“AYU SAMVAD”
Ayurveda for Covid 19

“My Health My Responsibility”

ALL INDIA INSTITUTE OF AYURVEDA
An autonomous Institute under Ministry of AYUSH,
Government of India, New Delhi
NABH Accredited Tertiary care Hospital and Post Graduate Teaching and Training Institute in Ayurveda.
Ayurveda is derived from “Ayu” - meaning long life & “Veda” - meaning knowledge.
AYURVEDA

In community  In Public Health

POTENTIAL TO MEET HEALTH & WELLNESS FOR ALL
AIM OF AYURVEDA

- Prevention
- Promotion
- Maintenance

- Diet
- Sleep
- Celibacy

Maintenance of Health

Management of Diseases

Personalized Holistic Approach
STRENGTHS OF AYURVEDA

PREVENTION
TREATMENT
RESTORATION

- Time tested
- Cost Effective
- Quality safety & efficacy assured
- Immuno modulators
- Rejuvenation
- Palliation
- Holistic integrated approach
- Various choices of treatment
- Yoga
- Panchakarma (Bio purification)
- Mental and Spiritual Healing
STRENGTHS OF AYURVEDA

- Comprehensive definition of health
  - Acceptance by the community
  - Emphasis on promotion of health and prevention of diseases
    - Importance of diet and lifestyle
      - Holistic concept of health
      - Individualized approach
      - Universal approach
    - Stress on public health and eugenic
      - Use of natural products
    - Multiple Areas of clinical strength
      - Unique therapeutic approach

Preventive
Promotive
Predictive
Participatory
Curative
Ayurveda – Knowledge System Of Healthy & Happy Life

Ashtanga Ayurveda – eight clinical specialties

1. Internal medicine
2. Pediatric
3. Psychiatry
4. Eye & ENT
5. Surgery
6. Toxicology
7. Geriatrics
8. Rejuvenation

Holistic Management

- Bio purification
- Oral Medication
- Diet
- Life style
- Yoga
- Meditation
Janapadoddhwamsa Roga (Charaka samhita)

Entire community is affected

Aupasargika Roga (Sushruta samhita)

 Entire community is affected
Anukta Vyadhis In Ayurveda

*विकारनामाकृशलो न जिह्यात कदाचन | न हि सवविकाराणां नामंतोस्तितं धृवा स्थिति: | |

- Acharya Charaka

Dengue, chikungunya, Zika virus fever, SARS COVID etc. are newly discovered viral diseases
Fourfold Health Care Management (Chikitsa Chatuspad)

“My Health is my own responsibility”
Corona viruses (CoV) are a large family of viruses that cause illness ranging from the common cold to more severe diseases. The World Health Organization has announced that COVID-19 is a pandemic.

**Incubation period**
- 2-14 days. (onset of symptom average 5-7 days).
- Acute onset of low to moderate grade continuous fever.

**SYMPTOMS**
- Cough, Dyspnoea
- Fever, Myalgia
- Headache Sore throat, Loss of smell or taste.
- Diarrhoea, Abdominal pain & Rhinorrhea.

**SIGNS**
- Tachypnea, Decreased oxygen saturation, Multi organ involvement
COVID 19 – MANAGEMENT PRINCIPLES

- Preventing the virus entering to our cells.
- Stopping its replication if it gets inside the cells.
- Reducing the damage that occurs to our tissues.

Ayurveda
Prophylactic measures
Symptomatic Ayurveda management
Restoration through Rasayana
**PROPHYLATIC MEASURES**

### Ayurvedic Immunity Promoting Measures

1. Take Chyavanprash 10gm (1tsf) in the morning. Diabetics should take sugar free Chyavanprash.

2. Drink herbal tea / decoction (Kadha) made from Tulsi (Basil), Dalchini (Cinnamon), Kalimirch (Black pepper), Shunthi (Dry Ginger) and Munakka (Raisin) - once or twice a day. Add jaggery (natural sugar) and / or fresh lemon juice to your taste, if needed.

3. Golden Milk - Half tea spoon Haldi (turmeric) powder in 150 ml hot milk - once or twice a day.

### General Measures

- Drink warm water throughout the day.
- Daily practice of Yogasana, Pranayama and meditation for at least 30 minutes as advised by Ministry of AYUSH
- Spices like Haldi (Turmeric), Jeera (Cumin), Dhaniya (Coriander) and Lahsun (Garlic) are recommended in cooking.
Yoga practices for Mental wellbeing during COVID 19

- Sukshma Vyayama (warm up) loosening exercises for all joints
- Sitting postures
- Yogasana in supine postures
- Yogasana in Prone position
- Relaxing postures: Shavasana, Makarasana
- Pranayama: Deep Breathing
- Meditation: 10 minutes
General Measures

Drink warm water

Hot liquid is considered to be superior to cold liquids in the management of upper respiratory tract infections.

Spices like Haldi (Turmeric), Jeera (Cumin), Dhaniya (Coriander) and Lahsun (Garlic) are recommended in cooking.

Kitchen is the primary pharmacy, spices are the best medicines, it can act as medicines to prevent infections when used in right quality and quantity in daily cooking.

REFERENCE - https://www.ayush.gov.in/
**Chyavanprash**

Immunoprotective role of *Chyavanprash* at cellular level mediated by immune stimulation is proven as key in immune cells viz. Dendritic cells, Macrophages and Natural killer cells.

*Amla* (Phyllanthus Emblica) has immense benefit in boosting Immunity if it is Consumed daily, and also helps to prevent cold & Cough.

AYUSH KWATH

Tulsi (Ocimum Sanctum)

Munakka (Vitis Vinifera)

Dalchini (Cinnamomum Verum)

Kali Mirch (Piper nigrum)

Shunthi (Zingiber officinalae)

REFERENCE - https://www.ayush.gov.in/
Tulsi (Ocimum Sanctum), Dalchini (Cinnamomum Verum), Shunthi (Zingiber officinalae) and Kali Mirch (Piper nigrum) are the ingredients of Ayush Kwath (Tea), daily consumption of this tea can be beneficial in cough, cold & Fever.

- As per taste, lime/Jaggery can be added.
- Drink Ayush Kwath 1-2 times.
- For individuals having acidity or Acid peptic diseases, advise of Vaidya should be taken for consumption of AYUSH Kwath.

Add 3 gram/one tea spoon AYUSH KWATH powder in 150ml of water.
- And allow it to boil and then switch of the flame.
- Cover the container with a lid and keep it for 2-3 minutes.
- Strain the decoction and serve it lukewarm.
HALF TEA SPOON HALDI (TURMERIC) POWDER IN 150 ML HOT MILK - ONCE OR TWICE A DAY


Haldi/ Turmeric is found to be highly beneficial in boosting immunity and preventing infections
Daily Nasal application of two drops of sesame oil / coconut oil or Ghee in both the nostrils (Pratimirsh Nasya) in morning and evening.

It is advised to use daily essentially before leaving home and before sleeping.

Take 1-2 drops of Anu taila on the finger and pour it in both the Nostrils.

Anu taila acts as a Physical and physiological barrier for foreign bodies /micro-organism inside the Nostrils/nasal cavity.

These can act as a preventive layer from the entry and procreation of virus like a Bio Mask when used regularly.

REFERENCE - https://www.ayush.gov.in/
Steam inhalation

Fresh Pudina (Mint) leaves or Ajwain (Caraway seeds) can be used along with water once in a day. It should be especially done during dry cough / sore throat
Two Tablets daily twice a day (Morning and Evening) with lukewarm water.

The main Ingredient is Guduchi / Tinospora cordifolia and it’s daily usage is beneficial as immune modulator and prevents occurrence of communicable diseases.

All India Institute of Ayurveda, New Delhi
Wholesome food including all six tastes

What we eat

When we eat

How much?
Diet guidelines in COVID Management

- Chew a piece of ginger with a pinch of rock salt 15 to 20 minutes before food to improve appetite.
- Light to digest food preparations like:
  - Soups of mung dal or lentil.
  - Soups of vegetables, Meat soup.
  - Khichadi of rice and mung dal.
  - Phulka with cows ghee.
  - Vegetables like gheya, turai, bhindi, sitaphal etc.
  - Use spices like jeera, black pepper, garlic, coriander, ginger, Ajwayan.
- If appetite and digestion improves start with normal diet & Quantity of food as per appetite.
Lifestyle modifications in COVID management

1. Wake up early in the morning around 5 - 5.30 am
2. Ushahpana: Drink warm 100ml to 640 ml water stored in copper vessel.
3. Defecation and Urination.
4. cleansing face and oral cavity
5. Brushing teeth with astringent tooth paste or powder, tongue cleaning.
6. Frequent Gargling with warm water added with salt and haldi
7. Further washing face with warm water.
8. 2drops of Anutail in each nostril.
9. Oil application daily at least on head, ear and foot feet (sole), preferably whole body once a week.
10. Light physical exercise
LONGEVITY A WAY OF LIFE
“MY HEALTH MY RESPONSIBILITY”

- Diet, Nutrition
- Exercise
- Massage
- Yoga Meditation
- Work Life Balance
- Happy state of Mind
- Adequate rest – Sleep
- Seasonal Panchakarma (Purificatory measures)
- Rejuvenating Herbs

\[8 \times 3 = 24\]
FREQUENTLY ASKED QUESTIONS (FAQ’S)

- Are there any traditional medicines or therapies that can prevent or cure COVID-19?
- Who has prepared the National Clinical Management Protocol based on Ayurveda and Yoga for management of Covid-19?
- Is there any scientific rationale behind selection of drugs figuring in the Protocol?
- What is immunity in Ayurveda?
- Are the recommended medicines safe?
- Is taking Ayush Kwath regularly injurious to liver?
- Are the medicines prescribed in the protocol immune-boosting?
Government of India  
Ministry of Health & Family Welfare  
Directorate General of Health Services  
(EMR Division)

Post COVID management protocol

Annexure I

Immunity promoting AYUSH medicine (to be prescribed only by practitioners permitted under law for prescribing the medicine/therapy under specific stream)

Ayush Kwath (150 ml; 1 cup) daily, Samshamani vati twice a day 500 mg (1 gm per day) or Giloy powder 1-3 grams with luke warm water for 15 days, Ashwagandha 500 mg twice a day (1 gm per day) or Ashwagandha powder 1-3 grams twice daily for 15 days and Amla fruit one daily/Amla powder 1-3 grams once daily.

- Mulethi powder (in case of dry cough) 1-3 gram with luke warm water twice daily
- Warm Milk with ½ teaspoonful Haldi in (morning/evening)
- Gargling with turmeric and salt
- Chyawanprash 1 teaspoonful (5 mg) once daily in morning (as per directions from Vaidya)

It is also suggested by the Ministry of AYUSH that the use of Chyawanprash in the morning (1 teaspoonful) with luke warm water/milk is highly recommended (under the direction of Registered Ayurveda physician) as in the clinical practice Chyawanprash is believed to be effective in post-recovery period.
Ready Reckoner at a glance for Holistic Management in different stages of COVID:

<table>
<thead>
<tr>
<th>AYURVEDA MANAGEMENT</th>
<th>PERIOD OF INFECTION</th>
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<tbody>
<tr>
<td></td>
<td>PRE INFECTION</td>
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<tr>
<td>Gargle with Haldi &amp; Salt solution</td>
<td>Twice daily</td>
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<tr>
<td>Guduchi + Pippali Choorna</td>
<td>Twice daily</td>
</tr>
<tr>
<td>AYUSH Kadha / Decoction</td>
<td>Twice daily</td>
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<tr>
<td>(As per AYUSH advisory)</td>
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<tr>
<td>Samshamani Vati</td>
<td>Twice daily</td>
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<tr>
<td>Sudarshan Ghan Vati</td>
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<tr>
<td>Anu Taila Pratimarsha Nasya (Nasal Instillation)</td>
<td>Twice daily</td>
</tr>
<tr>
<td>Steam inhalation with Tulsi, Pudina &amp; Ajawain</td>
<td>Twice daily</td>
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<tr>
<td>Vilwadi Gutika</td>
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<tr>
<td>Vyoshadi Vati</td>
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Amalaki, Guduchi, Gokshura (Rasayan Choorna)
POST-COVID COMPLICATIONS

Heart
- Damage to heart muscle, heart failure

Lungs
- Damage to lung tissue and restrictive lung failure

Brain and the nervous system
- Loss of sense of smell (anosmia)
- Consequences of thrombo-embolic events such as pulmonary embolism, heart attack, stroke
- Cognitive impairment (e.g. memory and concentration)

Mental health
- Anxiety, depression, post-traumatic stress disorder and sleep disturbance

Musculoskeletal and others
- Pain in join and muscles
- Fatigue
**POST COVID MANAGEMENT**

- **AYUSH Kwatha** – 150 ml daily.
- **Sanshamani Vati** – 500 mg BD.
- **Ashwagandha Powder** - 1 – 3 gm twice per day with lukewarm water for 15 days.
- **Amla Powder** - 1 – 3 gm per day.
- **Mulethi Powder** - 1 – 3 gm twice per day with lukewarm water.
- **Chyawanaprasha** – 1 teaspoonful (5 gm) once daily.

* (Above all medication should be taken by Consulting Ayurveda Physician.)

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*Ministry of H & FW, DGHS, GoI guidelines dated 13th Sept. 2020*
Frequently Asked Questions?

• What is the importance of Rasayana in strengthening the host defense?
• Are the recommended medicines safe?
• Is there any research work done in AYUSH for COVID 19?
• How has the Ministry ensured the quality of the Research work?
• What is the basis of recommending Guduchi in the protocol?
• What is the basis of recommending Ashwagandha in the protocol?
• Has any large-scale study been undertaken in AYUSH for prophylactic care?
Rasayana - Way to enhance Immunity

- Guduchi (Tinospora cordifolia)
- Ashwagandha (Withania somnifera)
- Haridra (Curcuma longa)
- Amalaki (Emblica officinalis)
- Shatavari (Asparagus racemosus)
- Draksha (Vitis vinifera)
WE STAND FOR - CARE WITH COMPASSION

COVID HEALTH CENTRE (CHC) - AIIA

YOGA FOR HEALTH CARE WORKERS

- Hassle free admission process
- 40 beds equipped with ICU facility
- Availability of advanced modern diagnostic tools of investigations.
- Holistic approach of management of through Ayurveda for mild and moderate COVID 19 patients
- 24*7 dedicated team of medical experts, specialists and paramedical staff
- More than 700 patients managed without any mortality

CURATIVE HOLISTIC MANAGEMENT
Thank You

सत्यमेव जयते

Ministry of AYUSH