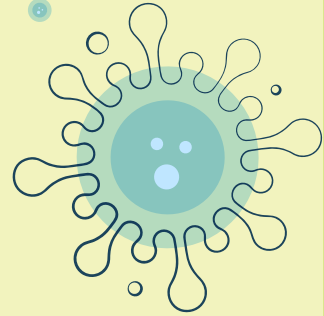


ADVISORY

ON AYURVED, UNANI & HOMOEOPATHY FOR COVID 19 PANDEMIC



महाराष्ट्र शासन
वैद्यकीय शिक्षण व औषधी द्रव्ये विभाग



आयुष संचालनालय
महाराष्ट्र राज्य



सार्वजनिक आरोग्य विभाग
महाराष्ट्र शासन

TASK FORCE ON AYUSH FOR COVID-19

(MEDICAL EDUCATION & DRUGS DEPARTMENT, GOVERNMENT OF MAHARASHTRA)

General preventive measures

- i) Observe good personal hygiene.
- ii) Practice frequent hand washing with soap for twenty seconds every time.
- iii) Follow respiratory etiquettes - cover your mouth when coughing or sneezing.
- iv) Avoid close contact with people who are unwell or showing symptoms of illness, such as cough, runny nose etc.
- v) Avoid contact with live animals and consumption of raw/undercooked meats.
- vi) Avoid travel to animal farms, live animal markets or where animals are slaughtered.

In addition, the following AYUSH specific measures may be adopted

- The diet should be fresh, warm, easy to digest, containing whole cereals, seasonal vegetables etc
- Frequent sipping of water boiled with Tulsi leaves, crushed ginger, and turmeric would be beneficial.
- Honey with a pinch of pepper powder is also beneficial in case of cold and cough.
- Common medicinal plants useful in similar symptoms are Tulsi (*ocimum sanctum*), Guduchi (*Tinospora cordifolia*), Ginger (*Zingiber officinale*) and turmeric (*Curcuma longa*).
- Cold, frozen and heavy foods may be best avoided. It is always beneficial to avoid direct exposure to cold breeze.
- Appropriate rest and timely sleep are advisable.
- The practice of Yogasana and pranayama under the guidance of qualified yoga instructor is recommended.
- Moong/Green Gram Soup- Soup prepared by boiling Moong Dal/Green gram in water, should be consumed when it is still hot. This Soup is nourishing and healthy.
- Golden Milk- Half tea spoon Haldi (turmeric) powder and half teaspoon Shunthi/dry ginger powder to be added in 150 ml hot milk and consumed once or twice a day.

I. Ayurved , Unani & Homoeopathy Interventions for Boosting Immunity and Prophylaxis

a. Ayurvedic medicine

1. Tab Samshamani vati - 1 tablet of 500 mg twice daily for 15 days.
2. AYUSH Kwath- Concoction (Faant) of the coarse powder of the ingredients such as Tulsi (4 parts), Dry Ginger(2 parts), Cinnamon(2 parts) and Black pepper(1 part).
(Only 3 gm from the combined powder to be put in 100 ml boiled water and keep covered for around 5-7 minutes, filter and consume. This concoction is to be prepared and consumed fresh in the morning and evening for 15 days.)
3. Take Chyawanprash - 10 gm (1 tsf) in the morning. Diabetics should take sugar free Chyawanprash.
4. Simple Ayurvedic Procedures-
 - i) Nasal application - Apply sesame oil / coconut oil or Ghee in both the nostrils (Pratimarsh Nasya) in morning and evening.
 - ii) Oil pulling therapy/gargles & Warm water gargles- Take 1 table spoon sesame or coconut oil in mouth. Do not drink, Swish in the mouth for 2 to 3 minutes and spit it off followed by warm water rinse. This can be done once or twice a day. Also warm water gargles can be done once or twice a day.

b. Unani Medicine

1. Joshanda. [ingredients: BIHIDANA UNNAB SAPISTAN KARANJAWA]. Joshanda of Bahidana 5 gm, Barge Gaozaban 7 gm, Unnab 7 dana, Sapistan 7 dana, Darchini 3 gm, Banafsha 5gm. Boil these ingredients in 250 ml of water for 15 mins and consume warm like regular tea once or twice a day for 15 days.
2. KHAMEERA MARWAREED : 5 grams with milk, BID (not for diabetic)

c. Homoeopathic medicine

Arsenicum album (30) – 4 globules twice daily on empty stomach for three consecutive days. The dose should be repeated after one month by following the same schedule.

(The above measures can be followed to the extent possible as per an individual's convenience.)

II. Ayurved, Unani & Homoeopathy Interventions for Symptom management of COVID-19 like illnesses

a. Ayurvedic medicine

1. Tab. AYUSH-64 - 02 tablets of 500 mg each twice a day for 15 days
2. Agasthya Hareetaki- 05 gm twice a day with warm water for 15 days
3. Anutaila/ Sesame oil- 2 drops in each nostril daily in the morning
4. Steam inhalation with fresh Pudina (Mint) leaves or Ajwain (Caraway seeds) can be practiced once/twice in a day.
5. Lavang (Clove) powder mixed with natural sugar / honey can be taken 2-3 times a day in case of cough or throat irritation.

b. Unani Medicine

1. ARQE-AJEEB (5 drops in half glass of water for gargling to be done for 15 days). The same solution can be prepared at home by mixing 5 gram each of satte-ajwain, satte-pudina, satte-kafoor .
2. Tiryaq Arba (Equivalent weight of Habbul Ghar [laurus nobilis fruit] , Juntiana [gentiana lutea root], Mur [commiphora myrrh gum] , Zaravand Taveel [aristolochia longa root] Preparation: make powder of all ingredients and fry in ghee, make qiwam) of Asl/Honey. Then mix drugs in qiwam. it can be used in powder form too. Use one teaspoon in morning for 15 days.

c. Homoeopathic medicine

Arsenicum album (30) – 4 globules twice daily on empty stomach for three consecutive days. The dose should be repeated after one month by following the same schedule.

Various other medicines found to be effective in treating flu like illness are Bryonia alba, Rhus toxico dendron, Belladonna Gelsemium, Eupatorium perfoliatum.

(All these medicines should be taken in consultation with qualified Ayurvedic, Unani & Homoeopathy physicians.)

III. Ayurved & Homoeopathy interventions as add-on to standard care to COVID 19 positive asymptomatic patients and those COVID positive patients who are clinically stable and without pre-existing comorbidities.

a. Ayurvedic Medicine

1. Tab. AYUSH-64- 02 tablets of 500 mg each twice a day for 15 days

OR

Tab. Sudarshan Ghana vati- 2 tablets of 250 mg each twice a day for 15 days.

2. Agasthya Hareetaki- 05 gm twice a day with warm water for 15 days

3. Simple Ayurvedic Procedures

- Nasal application - Apply sesame oil / coconut oil or Ghee in both the nostrils (Pratimarsh Nasya) in morning and evening.
- Oil pulling therapy/gargles and warm water gargle- Take 1 table spoon sesame or coconut oil in mouth. Do not drink, Swish in the mouth for 2 to 3 minutes and spit it off followed by warm water rinse. This can be done twice or thrice a day. Also warm water gargles can be done twice or thrice a day.
- Steam inhalation twice or thrice a day.

The general preventive measures mentioned above should also be adopted.

b. Homoeopathic medicine

Medicine mentioned symptom management of "COVID-19 like illnesses,' can also be given as add on to the conventional care.

All these medicines should be taken in consultation with qualified Ayurvedic & Homoeopathic physicians.

- The above mentioned interventions/measures can be of benefit in prevention of COVID 19 and as add on treatment in COVID 19 positive asymptomatic patients. However, if COVID 19 symptoms are experienced then it is necessary to immediately get tested from State Health facilities and take treatment as per their advice.



टास्कफोर्स ऑन आयुष फॉर कोविड-19

(वैद्यकीय शिक्षण एवं औषधी द्रव्ये विभाग, महाराष्ट्र शासनद्वारा निर्गमित)