

Guidelines for Ayurveda Practitioners for COVID-19 Patients in Home

General Disclaimer (1/2)



Patients to consult qualified physician before starting any intervention



In all severe cases, immediately refer to a higher medical centre as per the Govt guideline



Patients with comorbidities like hypertension, diabetes etc., advised to continue their medications



Guidelines for Ayurveda Practitioners for COVID-19 Patients in Home

General Disclaimer (2/2)



Physicians may select interventions as per their own discretion



Use of drugs in vulnerable population is at the prudence of the consulting physician



Doses for children to be adjusted according to their age

Guidelines for Ayurveda Practitioners

for COVID-19
Patients in Home

Specific Measures for Asymptomatic COVID-19 Patients



Guduchi Ghana vati tablet (500 mg) twice a day with warm water for 15 days



Two tablets of Ashwagandha (500 mg) twice a day with warm water for 30 days



Two tablets of AYUSH 64 (500 mg) twice daily with warm water for 30 days



Guidelines for Ayurveda Practitioners

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Patients in Home

Specific Measures for Mild COVID-19 Positive

Fever, Headache, Malaise, Dry Cough,
Sore throat, Nasal Congestion



Two tablets AYUSH 64 (500 mg) thrice a day
with warm water for 30 days



Ashwagandha tablet (250 mg) + Shunthi powder
(500 mg) twice a day with warm water for 15 days



Guduchi Ghana vati tablet (500 mg) twice a day
with warm water for 15 days



Take Guduchi (100 ml) + Pippali Churna (2 gm)
twice a day before meals for 15 days OR Guduchi
Pippali two Tablets (375 mg each) twice daily

Guidelines for Ayurveda Practitioners

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Symptomatic Management of Mild COVID-19



Mild Fever, Headache, Malaise, Fatigue

- Sudarshan Ghan Vati (500 mg) twice daily with warm water for 15 days
- Nagaradi Kashaya (20 ml) twice a day for 15 days



Cough : Sitopaladi Churna with Honey (3g) thrice daily with Honey for 15 days



Sore throat: Chew 1-2 pills of Vyoshadi vati as required; Yashtimadhu churna (1-3g) twice daily with honey for 15 days



Nasal Congestion, Loss of taste: Chew 1-2 pills of Vyoshadi vati as required

*Ayurveda physician can change the dose & duration considering requirement of the patient



Guidelines for Ayurveda Practitioners for COVID-19 Patients in Home

General Guidelines



Gargle with warm water with a pinch of turmeric & salt. Water boiled with Triphala or Yashtimadhu can also be used for gargling



Nasal instillation/application of medicated oil or Sesame/ Coconut oil or nasal application of cow's ghee once/twice a day



Steam inhalation with Ajwain or Pudina or Eucalyptus oil (1-5 drops) or Karpur (Camphor) once a day



Adequate sleep of 7 to 8 hrs; day time sleep preferably be avoided



Frequent intake of water processed with Tulasi (basil leaves) is advised



Guidelines for Ayurveda Practitioners

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Dietary Guidelines



Drink warm water or water boiled with herbs like ginger (saunth) or coriander (dhaniya)/basil(tulsi) /cumin seeds (jeera) etc.



Food should be freshly prepared, and easily digestible



Drink Golden Milk (Half tsp turmeric powder in 150 ml hot milk) once at night. Avoid in case of indigestion





Unani Medicine Based Preventive Measures

for Self-care During
COVID-19 Pandemic

Unani Immunity Promoting Measures

(1/2)



Take Khamira Marwareed (5 gm) or Tiryaqe Arba (3-5 gm). To be avoided by Diabetics



Prepare AYUSH Joshanda (decoction) by boiling



Raihan/Tulsi leaves (4 parts), Dar Chini/Cinnamon stem bark (2 parts), Zanjabeel/Adrak rhizome (2 parts), Filfil Siyah/Kali Mirch fruit (1 part) in 250 ml water until it reduces to half



Add jaggery/lemon juice for taste & take sips in evening or as and when required



Unani Medicine Based Preventive Measures

for Self-care During
COVID-19 Pandemic

Unani Immunity Promoting Measures

(2/2)



Take decoction by boiling



Behidana (3 gm), Unnab (5 in number), Sapistan (9 in number) in water. Boil these in 250 ml of water until it reduces to half. Use it lukewarm



This decoction may be taken twice a day for 14 days



Take Safoof Asgandh 5 gm (not recommended for children)



Unani Medicine Based Preventive Measures

for Self-care During
COVID-19 Pandemic

**Simple Unani Procedures
may be followed**



Steam inhalation by adding Arq-e-Ajeeb (2-5 drops) once daily



Gargle with pulp of 10-20 gm Khayar shamber (Cassia fistula) boiled in 100 ml of water



Fumigation (Bakhoor) of the house/working place at frequent intervals with combination of Sandal and Kafoor

Disclaimer: The above advisory does not claim to be treatment for COVID-19



Ayurveda Preventive Measures

for Self-Care During
COVID-19 Pandemic

**General Measures to Enhance
Body's Natural Defense System**
(1/2)



Drink lukewarm water frequently



Spices like Turmeric, Cumin, Dhaniya, dry Ginger & Garlic are recommended in cooking



Consumption of fresh Amla fruit (Indian gooseberry) or Amla products



Gargling with warm water added with a pinch of turmeric and salt



Ayurveda Preventive Measures

for Self-Care During
COVID-19 Pandemic

**General Measures to Enhance
Body's Natural Defense System**
(2/2)



Food should be freshly prepared, and easily digestible



Daily practice of Yogasana, Pranayama & meditation for at least 30 minutes



Take adequate sleep (7-8 hours) & avoid day time sleep



Ayurveda Preventive Measures

for Self-Care During
COVID-19 Pandemic

Ayurvedic Immunity Promoting Measures

(1/2)



Option 1



Consume Chyawanprash (20 gm) in divided doses on empty stomach with lukewarm water



Golden Milk- Half teaspoon Haldi (turmeric) powder in 150 ml hot milk once or twice a day

Option 2



Take Guduchi GhanVati 500 mg/ Ashwagandha tablet 500 mg twice daily after meals with lukewarm water



Golden Milk- Half teaspoon Haldi (turmeric) powder in 150 ml hot milk once or twice a day



Ayurveda Preventive Measures

for Self-Care During
COVID-19 Pandemic

Ayurvedic Immunity Promoting Measures (2/2)



Option 3



Drink herbal tea* (Kadha) made from:

- 3 gm powder comprising Basil-4 part, Cinnamon-2 part, Dry Ginger-2 part, Black pepper-1 part, mixed in 150ml hot boiled water once/twice a day
- Add Jaggery/Raisin/Cardamom to improve taste & flavor



Golden Milk- Half tsp turmeric powder in 150 ml hot milk once/twice a day

**Malabar nut, Liquorice root, Giloy, may be added as per the individual's constitution in consultation with Ayurveda Physicians*

Ayurveda Preventive Measures

for Self-Care During
COVID-19 Pandemic

Simple Ayurvedic Procedures

(1/2)



Nasal Application

Apply Sesame oil/Coconut oil/Cow Ghee or Anu Taila in both the nostrils in morning & evening



Oil Pulling Therapy

Take 1 tsp sesame/coconut oil in the mouth. Swish it for 2 to 3 minutes & spit it off followed by warm water rinse. This can be done once or twice a day



Ayurveda Preventive Measures

for Self-Care During
COVID-19 Pandemic

Simple Ayurvedic Procedures

(2/2)



During Dry Cough/Sore Throat

- Steam inhalation with plain water/fresh Mint leaves/Caraway seeds/Camphor once in a day
- Clove/ Liquorice powder mixed with natural sugar/honey to be taken 2-3 times a day

Consult qualified physicians if these symptoms persist





Guidelines for UNANI Practitioners for COVID-19 Patients in Home Isolation

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Isolation

General Disclaimer (2/2)



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Use of drugs in vulnerable population is at the prudence of the consulting physician



Doses for children to be adjusted according to their age



Guidelines for UNANI Practitioners

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Specific Measures for Asymptomatic COVID-19 Patients



Safuf Asgand 1-5 gms once daily



Khameera Marwareed (Not recommended for
diabetics) 3-5 g once daily



TiryaqArba (Not recommended for diabetics)
3-5 gm with lukewarm water



Arq Ajeeb 2-3 drops to be instilled in a bowl
with hot water for immediate inhalation for 5
minutes twice daily



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Guidelines for UNANI Practitioners

for COVID-19
Patients in Home
Isolation

**Mild COVID-19 Positive
Patients** (1/2)



Preparation of Decoction by boiling

- Unani Joshanda prepared from Unnab 5 no., Behidana 3 gm and Sapistan 9 no. in 250 ml of water, until it remained half. Take lukewarm daily in the morning



Headache/ Nasal Congestion

- Arq Ajeeb 2-3 drops to be instilled in bowl with hot water for immediate inhalation for 5 minutes twice daily



Fatigue

- Khameera Marwareed (Not recommended for diabetics) 3-5 g once daily





Guidelines for UNANI Practitioners

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Mild COVID-19 Positive Patients (2/2)



Fever

- Hab e Mubarak 2 g (pill) twice daily



Sore throat

- Sharbat e Toot Siyah (Not recommended for diabetics) 20 ml twice daily
- Laooq-e-Sapistan (Not recommended for diabetics) 10 gm twice daily for above 12 years of age



Diarrhoea

- Safoof e Teen 5-10 g
- Sharbat Belgiri (Not recommended for diabetics) 15 ml twice daily



Guidelines for UNANI Practitioners for COVID-19 Patients in Home Isolation

Dietary Guidelines (1/2)



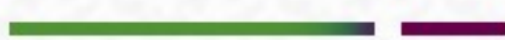
Steam inhalation & use of warm water at frequent intervals



Avoid use of cold water and exposure to cold air



Adequate sleep of 7-8 hours & day time sleep especially after lunch may be avoided



Fumigation of patient's room with Sandal and Kafoor





Guidelines for UNANI Practitioners

for COVID-19
Patients in Home
Isolation

Dietary Guidelines

(2/2)



Keep the scalp covered



Avoid physical exertion



Gargle with lukewarm water/ 10-20 gm of pulp
of Khayar shambar boiled in 100 ml of water





Guidelines for UNANI Practitioners

for COVID-19
Patients in Home
Isolation

Dietary Guidelines



Avoid sour diets



Use sufficient quantity of Nigella seeds, Garlic, Ginger, Indian Gooseberry, Turmeric



Prefer easily digestible diet



Oral intake of Barley water



Take adequate oral fluids like hot soups/ hot tea