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# 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

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# 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

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# 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

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# Guidelines for Ayurveda Practitioners

for COVID-19 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

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# Guidelines for Ayurveda Practitioners
for COVID-19 Patients in Home

## 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

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## 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

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# Guidelines for Ayurveda Practitioners

for COVID-19 Patients in Home

## 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

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# 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

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# 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)

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# 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

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# 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

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# 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

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# 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

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# 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*

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# 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

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# 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*

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# Guidelines for UNANI Practitioners

for COVID-19 Patients in Home Isolation

## 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 guidelines

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

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# Guidelines for UNANI Practitioners

for COVID-19 Patients in Home Isolation

## 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

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# Guidelines for UNANI Practitioners

## for COVID-19 Patients in Home Isolation

## 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

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# Guidelines for UNANI Practitioners

## for COVID-19 Patients in Home Isolation

## 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

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# 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

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# 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 shamber boiled in 100 ml of water

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# 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

Note: In case of any deterioration of symptoms, immediately refer to adedcated COVID- 19 Management Health Centre