



“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



AYUSH
Ayurveda, Yoga & Naturopathy, Unani, Siddha and Homoeopathy



**NABH Accredited Tertiary care Hospital and
Post Graduate Teaching and Training Institute in
Ayurveda .**



AYUSH
Ayurveda, Yoga & Naturopathy, Unani, Siddha and Homoeopathy



WHAT IS AYURVEDA

Ayurveda is derived from
“Ayu” - meaning long life
&
“Veda” - meaning knowledge .

AYURVEDA
Knowledge System of Healthy and Happy Life





AYURVEDA



A large, stylized word 'ROOTED' is formed by the roots of a tree. The tree's canopy is visible at the top of the image, and its intricate root system forms the letters. The roots are dark brown and contrast with the bright green background.

In community

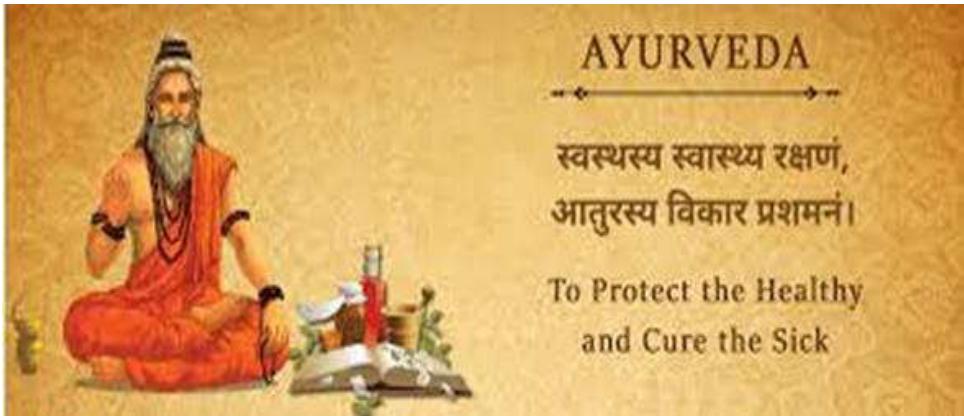


In Public Health

POTENTIAL TO MEET HEALTH & WELLNESS FOR ALL



AIM OF AYURVEDA



Prevention

Promotion

Maintenance

Maintenance of Health

Management of Diseases

Diet

Sleep

Celibacy

Personalized Holistic Approach



STRENGTHS OF AYURVEDA





संतान योग

Ministry of AYUSH

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

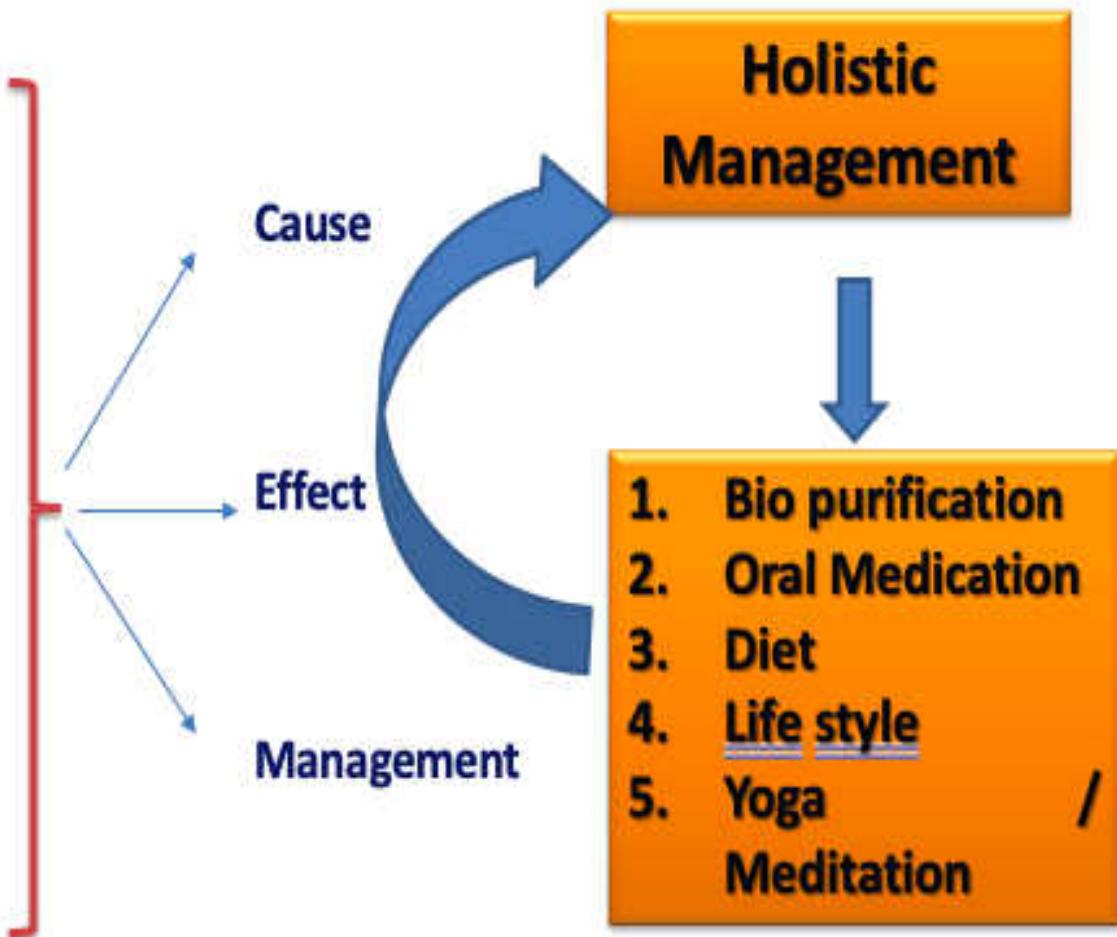


Ayurveda – Knowledge System Of Healthy & Happy Life



Ashtanga Ayurveda – eight clinical specialties

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



Janapadodhamsa Roga (Charaka samhita)

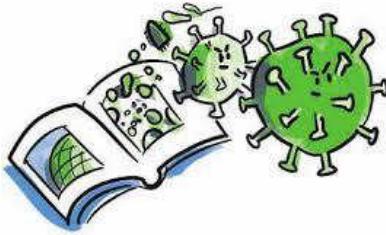
Entire community is affected



Aupasargika Roga (Sushruta samhita)

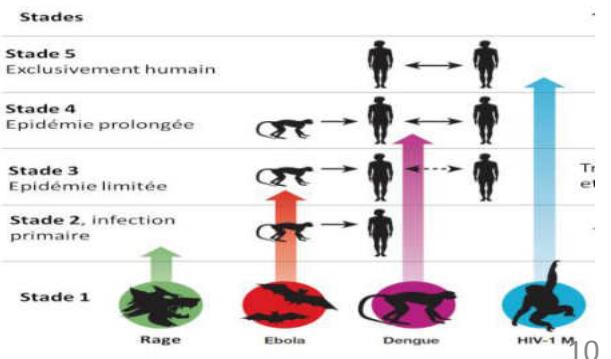
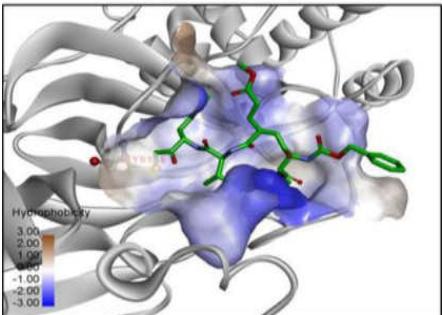
प्रसङ्गाद् गात्रसंस्पर्शनिश्वासात् सहभोजनात् ।
सहशर्यासनाच्चापि वस्त्रमाल्यानुलेपनात् ॥ 4

Anukta Vyadhis In Ayurveda



विकारनामाकुशलो न जिहीयात् कदाचन ।
न हि सर्वविकाराणां नामतोऽस्ति ध्रुवा स्थितिः ॥
- Acharya Charaka

Dengue, chikungunya, Zika virus fever, SARS
COVID etc. are newly discovered viral diseases

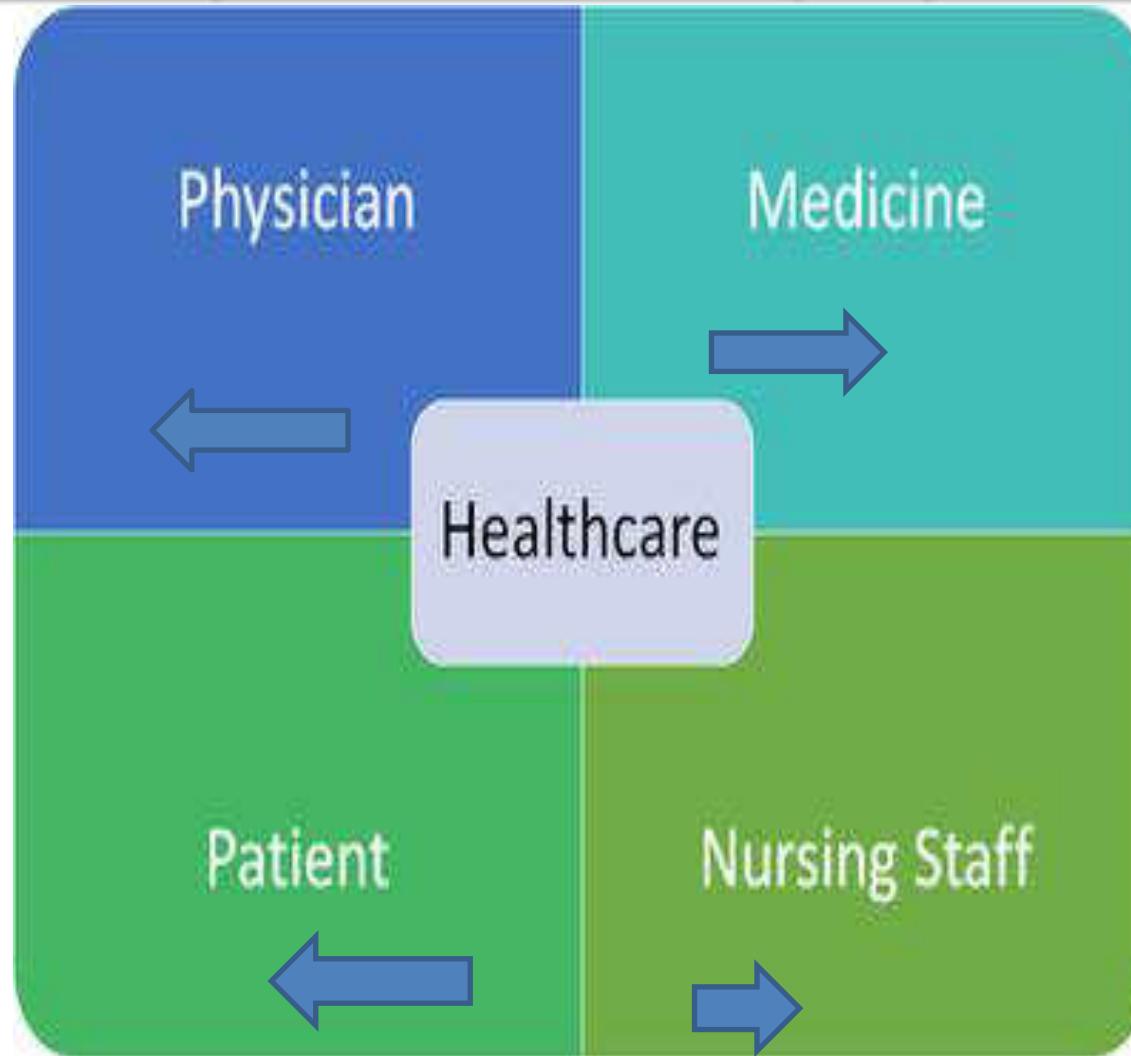




मन्त्रालय जनरी

Ministry of AYUSH

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 & Rhinorrhoea.

SIGNS

- Tachypnea, Decreased oxygen saturation, Multi organ involvement



COVID 19 – MANAGEMENT PRINCIPLES



Preventing
the virus
entering to
our cells.

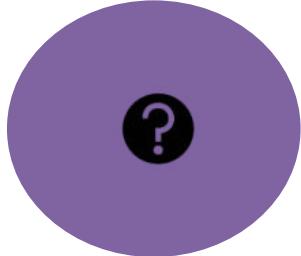
Stopping its
replication
if it gets
inside the
cells.

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.

 Ministry of Ayush
Government of India
B-Fit

 Help us to
Help you.

ENHANCE YOUR IMMUNITY WITH AYUSH KWATH

Formulation comprises of 4 medicinal herbs

GOVERNMENT OF INDIA



Tulsi Leaves
4 parts



Dalchini
2 parts



Shunthi
2 parts



Krishna Mirch
1 parts

PREPARATION

Take all the ingredients in dry form & make coarse powder.

USE

Consume one tea bag by dissolving in 150 ml of boiled water, once or twice daily.

Make sachets or tea bags of 3 gms or 500 mg tablet of aqueous extract of the powder.

Add Jaggery/Raisins/Lemon Juice for taste.

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



AYURVEDA IMMUNITY BOOSTING MEASURES FOR SELF CARE - COVID 19



NASYA



AYUSH KWATH



GARGLING



GOLDEN MILK



STEAM INHALATION



YOGA



General Measures

Drink warm water



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

REFERENCE - Saketkhoo K, Januszkiewicz A, Sackner MA. Effects of drinking hot water, cold water, and chicken soup on nasal mucus velocity and nasal airflow resistance. *Chest*. 1978 Oct;74(4):408-10. doi: 10.1378/chest.74.4.408. PMID: 359266.

Spices

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

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*)





AYUSH KWATH



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 off the flame.
- ❖ Cover the container with a lid and keep it for 2-3 minutes.
- ❖ Strain the decoction and serve it lukewarm.





Golden Milk / Haldi Doodh



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**

REFERENCE - Gautam SC, Gao X, Dulchavsky S. Immunomodulation by curcumin. *Adv Exp Med Biol.* 2007;595:321-41. doi: 10.1007/978-0-387-46401-5_14. PMID: 17569218.



NASYA



**Daily Nasal application of two drops of sesame oil / coconut oil or Ghee in both the nostrils
(Pratimash 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



STEAM INHALATION



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



SAMSHAMANI VATI



For Fever



- ❖ Two Tablets daily twice a day (Morning and Evening) with lukewarm water.

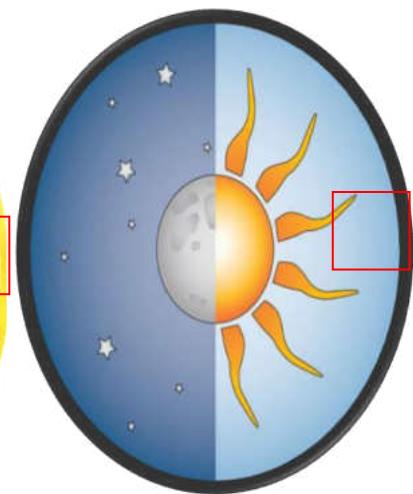
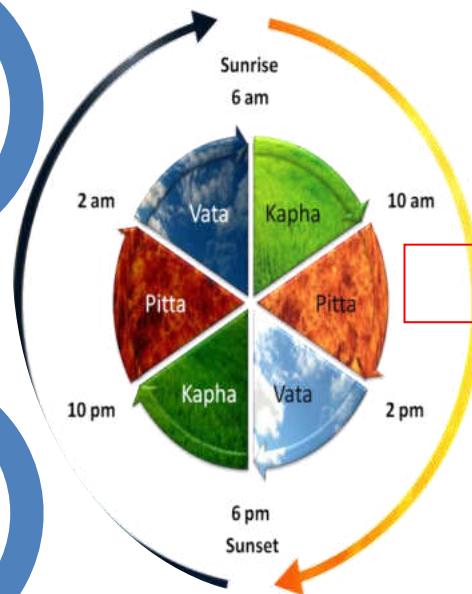
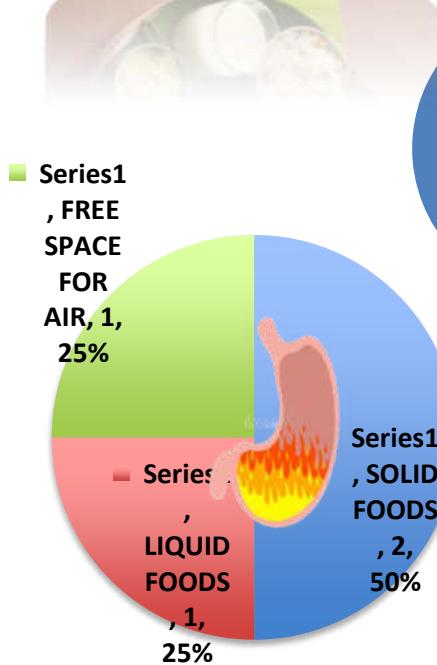
- The main Ingredient is Guduchi / *Tinospora cordifolia* and it's daily usage is beneficial as immune modulator and prevents occurrence of communicable diseases.



DIET



Wholesome
food
including
all six tastes





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**



संसदीय अवलोकन

Ministry of AYUSH

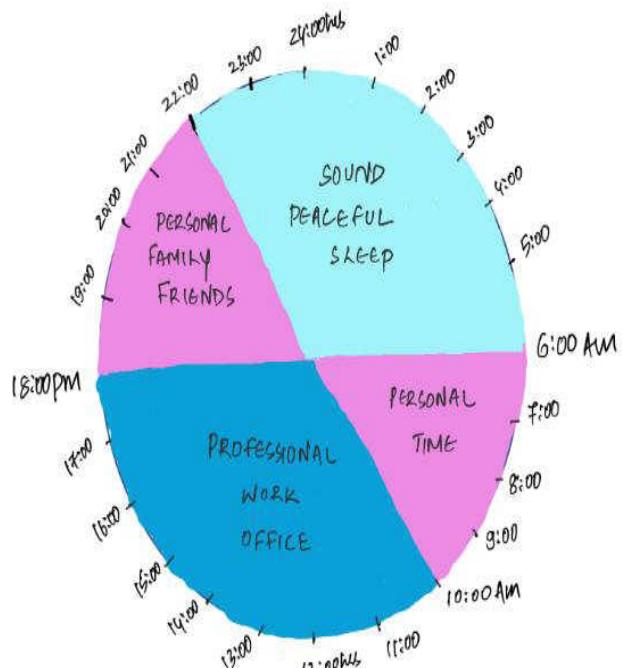


LONGEVITY A WAY OF LIFE

“MY HEALTH MY RESPONSIBILITY”

$$8 * 3 = 24$$

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





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?**

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 $\frac{1}{2}$ 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:



AYURVEDA MANAGEMENT	PRE INFECTION	ASYMPTOMATIC	PERIOD OF INFECTION			CURED REHABILITATION
			MILD SYMPTOMS	MODERATE SYMPTOMS	SEVERE SYMPTOMS	
A. AYURVEDA INTERVENTIONS						
Gargle with <u>Haldi</u> & Salt solution	Twice daily	Thrice daily	3-4 times daily			
<u>Guduchi</u> + <u>Pippali</u> Choorna		Twice daily				
AYUSH <u>Kadha</u> / Decoction (As per AYUSH advisory)	Twice daily	Twice daily	Thrice daily			
<u>Samshamani Vati</u>	Twice daily	Twice daily	Thrice daily			
<u>Sudarshan Ghan Vati</u>				Thrice daily		
Anu <u>Taila Pratimarma Nasya</u> (Nasal Instillation)	Twice daily					
Steam inhalation with <u>Tulsi</u> , <u>Pudina</u> & <u>Ajawain</u>	Twice daily	Thrice daily	3-4 times daily			
<u>Vilwadi Gutika</u>			As per need			
<u>Vyoshadi Vati</u>						

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 joints 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.)**

***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



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



COVID HEALTH CENTRE (CHC) - AIIA



CURATIVE HOLISTIC MANAGEMENT



Thank You



सत्यमेव जयते

Ministry of AYUSH