



सत्यमेव जयते



“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

Illness

Wellness

Happiness



AYURVEDA

ROOTED

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

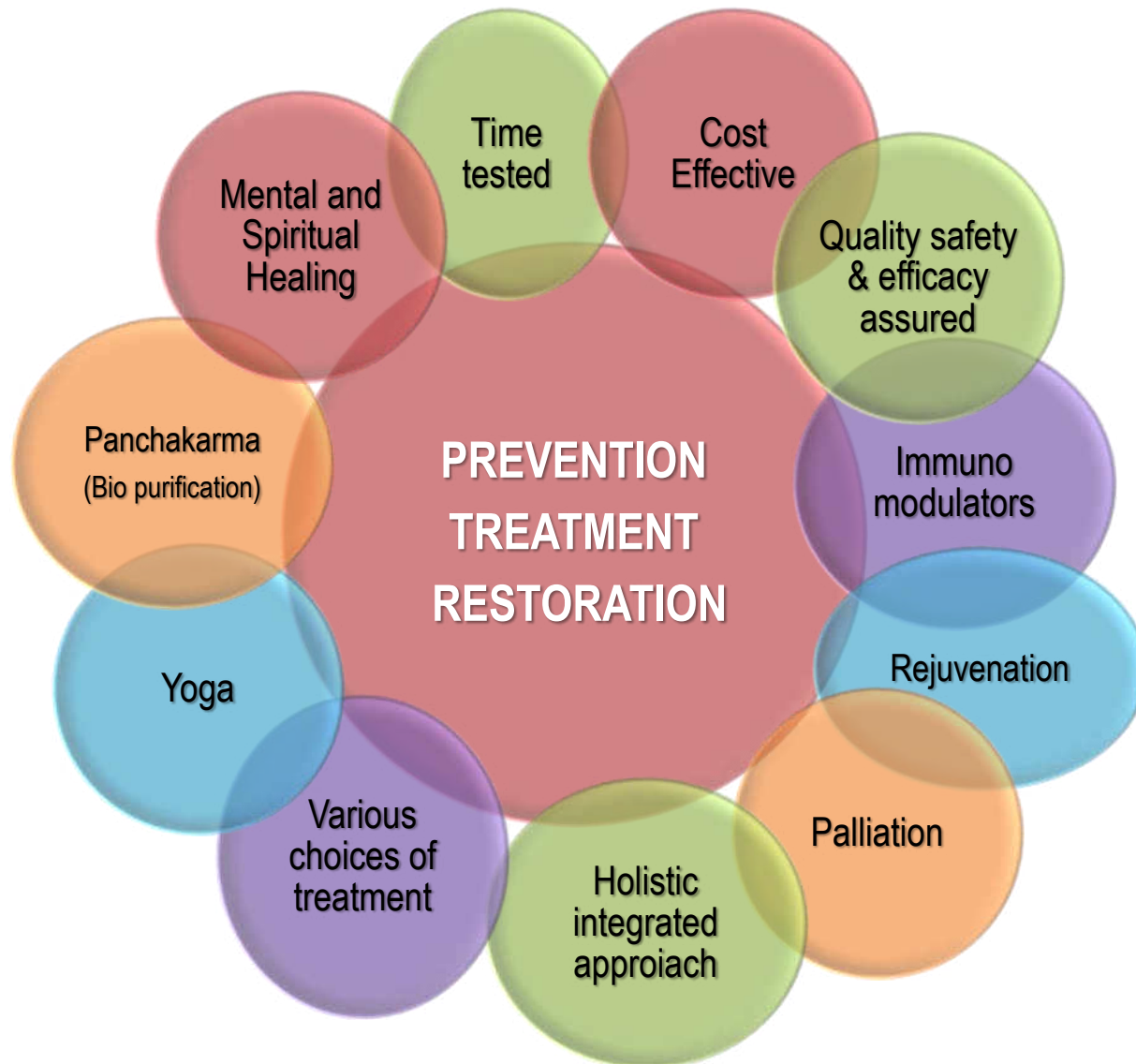
Celibacy

Personalized Holistic Approach



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Ministry of AYUSH

STRENGTHS OF AYURVEDA



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



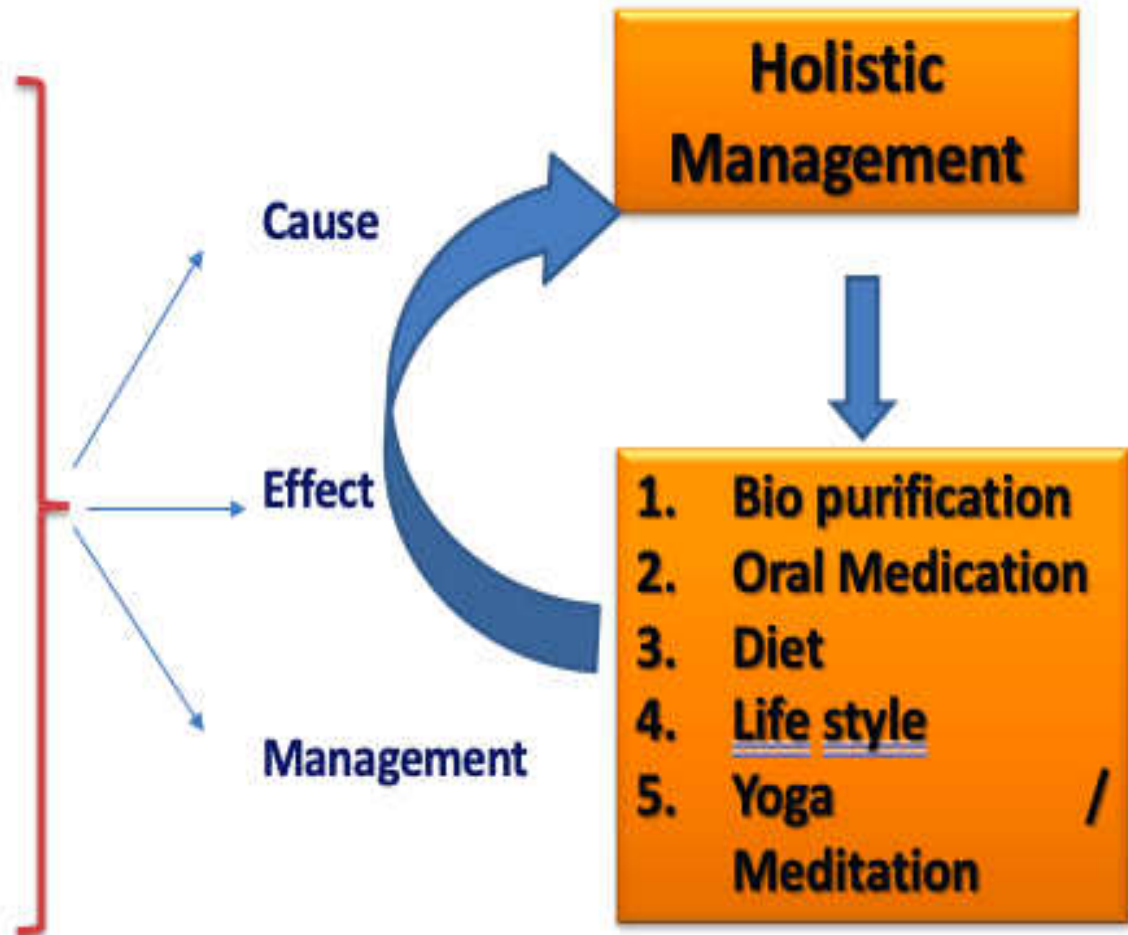
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Ayurveda – Knowledge System Of Healthy & Happy Life



Ashtanga Ayurveda – eight clinical specialties

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





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Ministry of AYUSH



EPIDEMICS IN AYURVEDA

Janapadoddhwamsa Roga (Charaka samhita)

Entire community is affected



Aupasargika Roga (Sushruta samhita)

प्रसङ्गाद्गात्रसंस्पर्शान्निश्वासात् सहभोजनात् ।
सहशय्यासनाच्चापि वस्त्रमाल्यानुलेपनात् ॥ 4

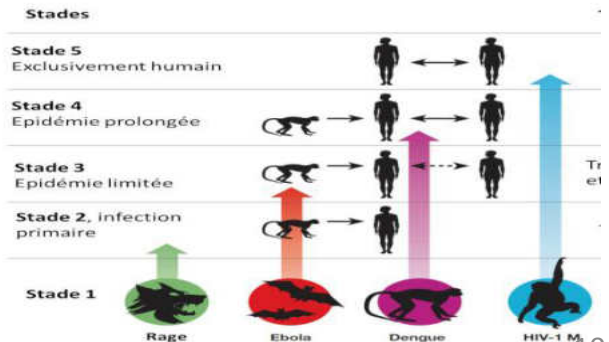
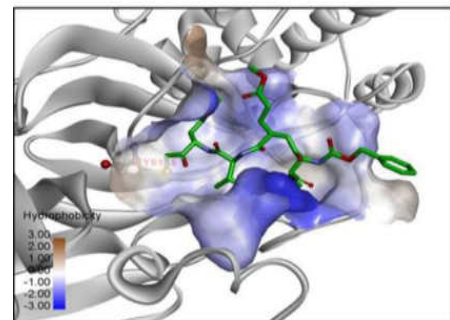


Anukta Vyadhis In Ayurveda

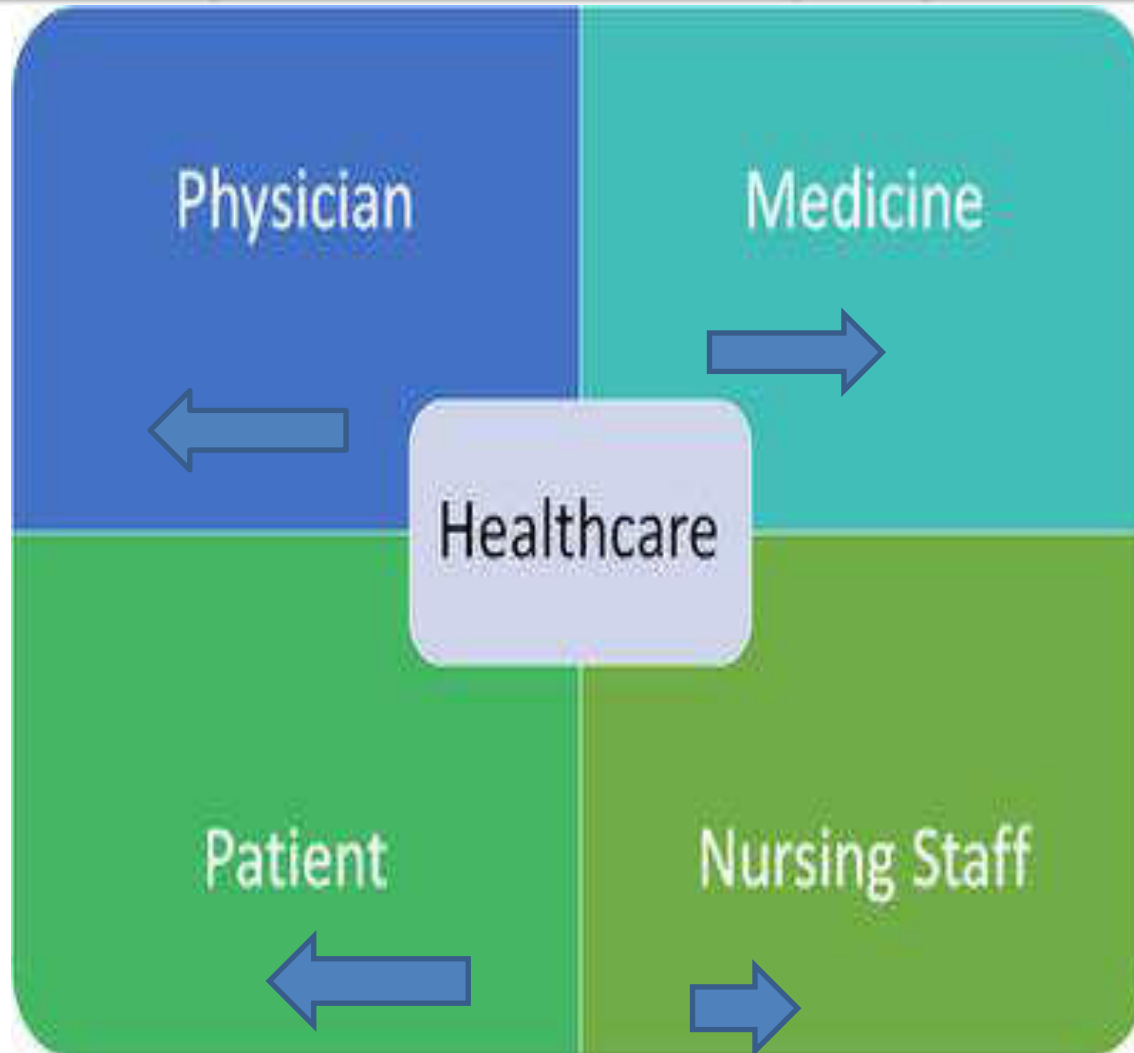


विकारनामाकुशलो न जिहीयात् कदाचन ।
न हि सर्वविकाराणां नामतोऽस्ति ध्रुवा स्थितिः ।।
- Acharya Charaka

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



Fourfold Health Care Management (Chikitsa Chatuspad)



“My Health is my own responsibility”



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COVID 19



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

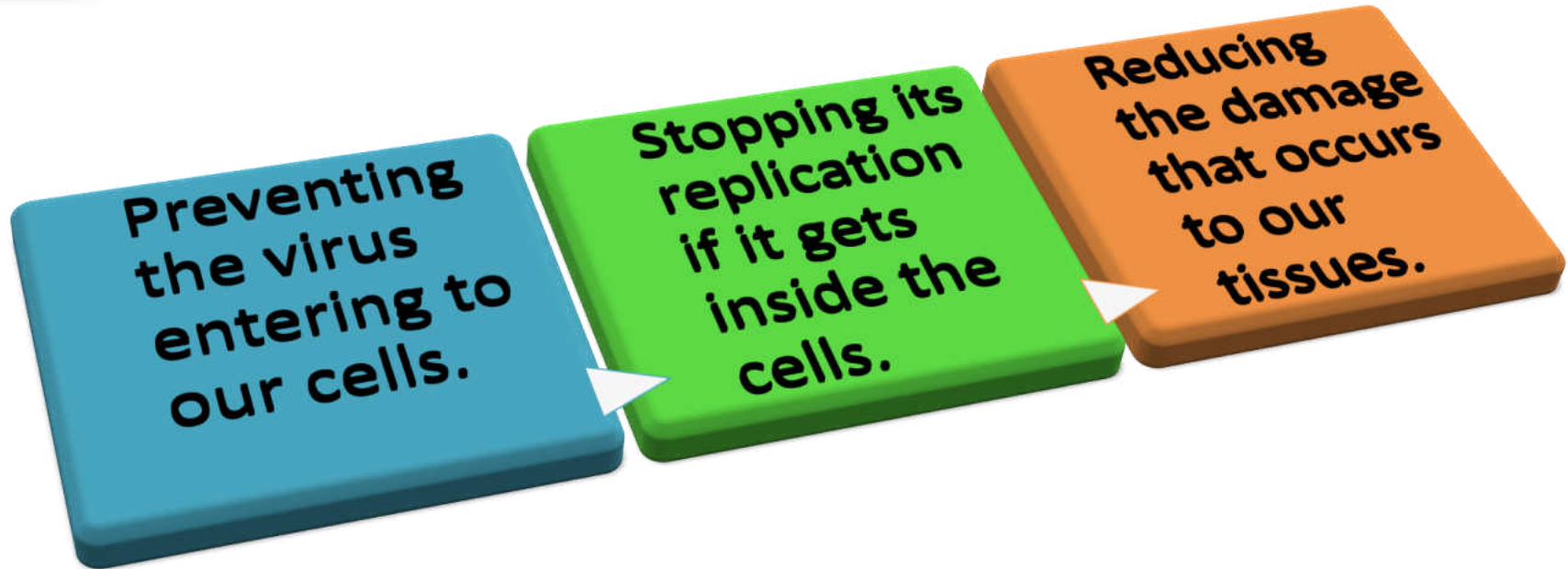
- Cough, Dyspnoea
- Fever, Myalgia
- Headache Sore throat ,Loss of smell or taste.
- Diarrhoea ,Abdominal pain & Rhinorrhoea.

SIGNS

- Tachypnea, Decreased oxygen saturation, Multi organ involvement



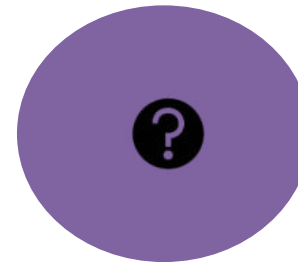
COVID 19 – MANAGEMENT PRINCIPLES



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), Kalimirsch (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.





ENHANCE YOUR IMMUNITY WITH AYUSH KWATH

Formulation comprises of 4 medicinal herbs
GOVERNMENT OF INDIA

Tulsi Leaves	Dalchini	Shunthi	Krishna Marich
4 parts	2 parts	2 parts	1 part



PREPARATION

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

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



USE

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

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



GARGLING



AYUSH KWATH



GOLDEN MILK



STEAM INHALATION



YOGA



General Measures

Drink warm water



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

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 of 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**

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



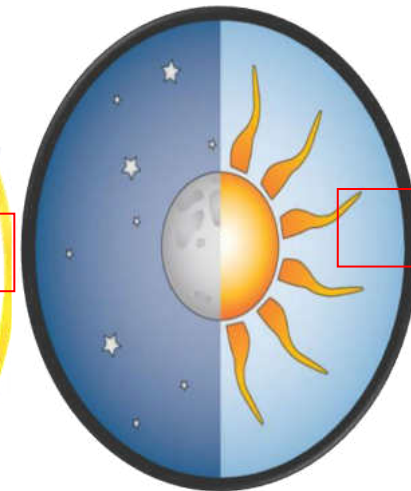
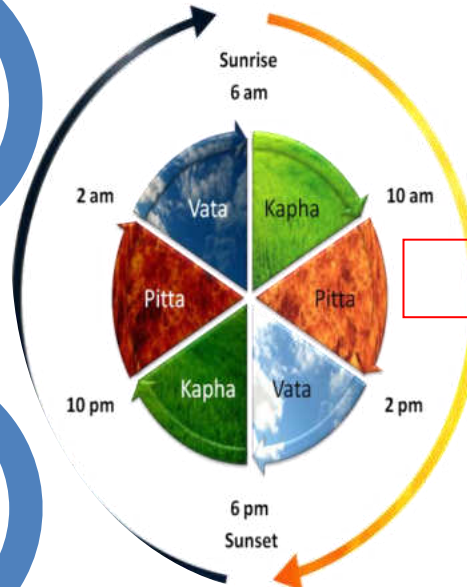
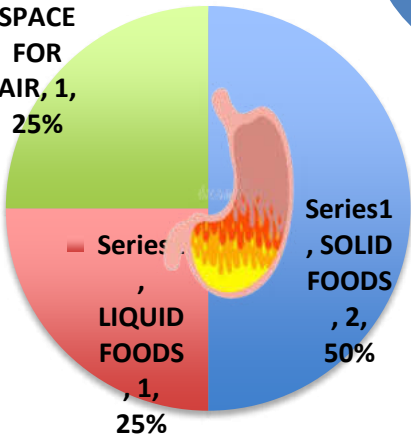
- ❑ The main Ingredient is Guduchi / *Tinospora cordifolia* and it's daily usage is beneficial as immune modulator and prevents occurrence of communicable diseases.

DIET

Wholesome
food
including
all six tastes



Series1
, FREE
SPACE
FOR
AIR, 1,
25%



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.

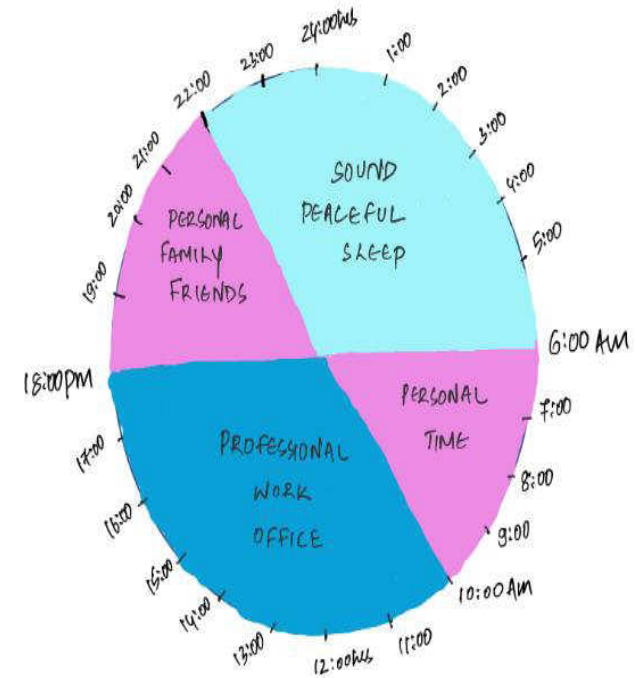


Lifestyle modifications in COVID management

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**



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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?**

GUIDELINES

for
AYURVEDA
PRACTITIONERS
for
COVID 19



13th September, 2020

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 $\frac{1}{2}$ 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.

NATIONAL CLINICAL MANAGEMENT PROTOCOL

BASED ON

AYURVEDA AND YOGA
FOR MANAGEMENT OF
COVID-19

Ready Reckoner at a glance for Holistic Management in different stages of COVID:

AYURVEDA MANAGEMENT			PERIOD OF INFECTION			
	PRE INFECTION	ASYMPTOMATIC	MILD SYMPTOMS	MODERATE SYMPTOMS	SEVERE SYMPTOMS	CURED REHABILITATION
						Amalaki, Guduchi, Gokshura (Rasayan Choorna)
A. AYURVEDA INTERVENTIONS					NO INTERVENTION REFERRED TO HIGHER CENTER	
Gargle with Haldi & Salt solution	Twice daily	Thrice daily	3-4 times daily			
Guduchi + Pippali Choorna	Twice daily					
AYUSH Kadha / Decoction (As per AYUSH advisory)	Twice daily	Twice daily	Thrice daily			
Samshamani Vati	Twice daily	Twice daily	Thrice daily			
Sudarshan Ghan Vati				Thrice daily		
Anu Taila Pratimarsha Nasya (Nasal Instillation)	Twice daily					
Steam inhalation with Tulsi, Pudina & Ajawain	Twice daily	Thrice daily	3-4 times daily			
Vilwadi Gutika			As per need			
Vyoshadi Vati						



POST-COVID COMPLICATONS



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.)**

***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 (*Embllica officnalis*)



Shatavari (*Asparagus racemosus*)



Draksha (*Vitis vinifera*)



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



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