



सत्यमेव जयते
Government of India
Ministry of AYUSH



ALL INDIA INSTITUTE
OF AYURVEDA

*My Health
My Responsibility*

AYU SAMVAD

Ayurveda

for

COVID 19



*My Health
My Responsibility*

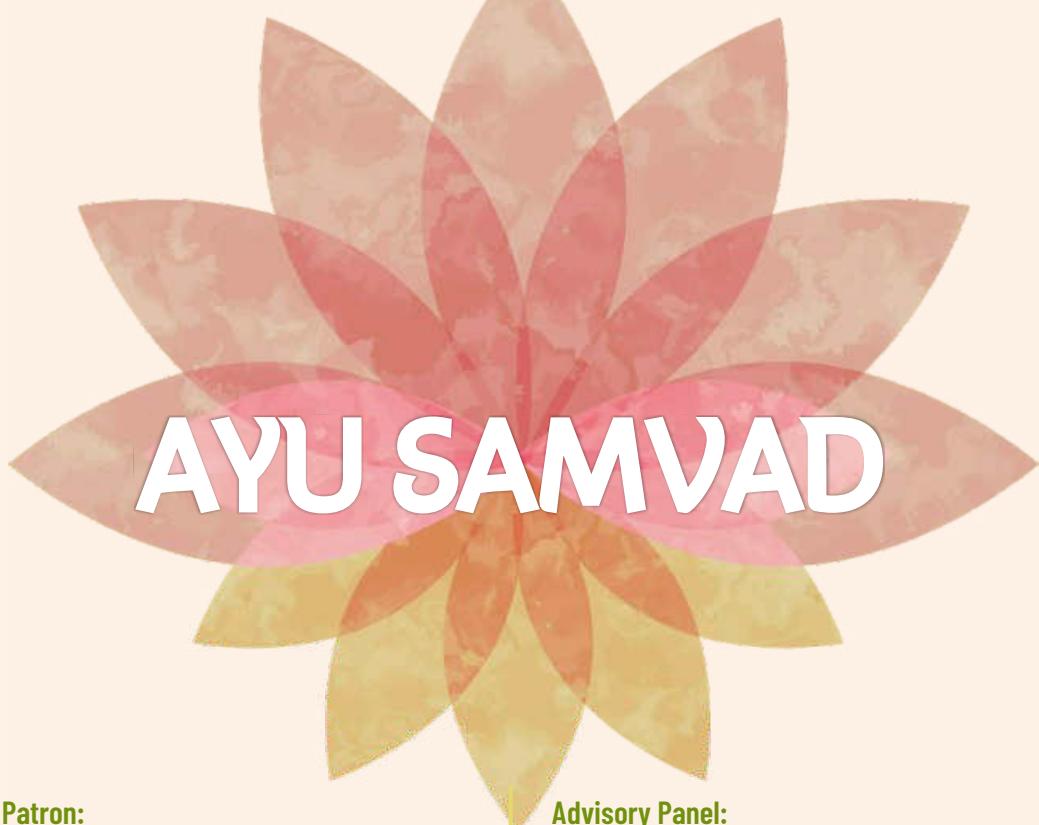
AYU SAMVAD

A LECTURE

Ayurveda for COVID 19

About the Lecture [PowerPoint Presentation]

- The Power point Presentation you can download from www.aiia.gov.in and www.ayush.gov.in
- The Power point presentation is a brief gist and the lecture material maybe referred to keep the uniformity in lectures
- The Power point presentation maybe translated into regional language as per the need
- These lectures do not contradict to the National COVID guidelines framed time to time by the Government
- These lectures do not intend to comment on other Medical systems
- The medicines mentioned maybe taken under supervision of authentic Ayurveda Vaidya
- Each Ayurveda graduate are expected to conduct minimum 05 public lectures on the provided theme and report back to their respective authorities and get the feed back of the community



AYU SAMVAD

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Introduction:

All India Institute of Ayurveda (AIIA), New Delhi is conceived as an apex Ayurveda institute under the Ministry of AYUSH with a vision to be an out-standing centre of excellence for Ayurveda Education, Research and Healthcare. The First Ever All India Institute of Ayurveda (AIIA), set up along the lines of AIIMS, was dedicated to the Nation by the Honorable Prime Minister, Shri Narendra Modi on 2nd Ayurveda Day on 17th October, 2017 at New Delhi. Set up as an apex institute under the Ministry of AYUSH, AIIA is bringing synergy between the traditional wisdom of Ayurveda and modern diagnostic tools and technology. AIIA has also been awarded with NABH Accreditation, therefore becoming the first Ayurveda Hospital in Public Sector to be conferred with NABH accreditation in July, 2017, indicating the quality patient services it is rendering.

AIIA is playing an exemplary role in providing Holistic care through individualized Ayurveda Medicine, diet, Yoga and Relaxation techniques to **COVID 19** patients across India.

As envisioned by the Ministry of AYUSH, in pursuance to the 5th Ayurveda Day 2020 theme "Ayurveda for Covid-19 Pandemic", a campaign in the form of lecture series "**AYU SAMVAD**" is organized from 26.01.2021 to 30.04.2021 pan India to make people aware about Ayurveda & COVID 19 pandemic. The objective of this campaign is to educate the community in an authentic way and make them feel responsible for their own health. "My Health My Responsibility"

On 11 March 2020, WHO declared Novel Corona-virus Disease (COVID19) outbreak as a pandemic and reiterated the call for countries to take immediate actions and scale up response to treat, detect and reduce transmission to save people's lives.

There's a lot of information & misinformation out there about coronavirus (COVID-19) and role of Ayurveda in this pandemic. Myths related to various infections have been prevalent from time to time, and it takes a long battle to de-mystify the existing myths by providing a realistic evidence-based approach. These myths can be very dangerous, as these can lead to over- complacency and lead to a reduction in actually needed practices, or can lead to other health hazards. Most importantly, it is necessary to get the information from reputable sources

In view of the above, the AYUSH Ministry has envisioned to conduct a public campaign **AYU SAMVAD** (Public Awareness Campaign) **"AYURVEDA FOR COVID PANDEMIC"**. to enable equip the health workers & general public with the right information and to enable them cascade the same to the communities they are serving.

The main objective of the campaign is to create awareness through Lecture series to make common people aware of the theme "Ayurveda for Covid-19 Pandemic". This campaign will assist to ensure the uniformity of information delivered to approximately 01 crore target audience across India through 05 Lakh lectures. This campaign will be immensely beneficial in understanding the importance of Ayurveda & in the fight against Covid-19 and will specifically focus on the Role of Preventive, Promotive, Curative and Restorative Ayurveda Management of Covid-19.

Refer SLIDE 3 from the shared PowerPoint Presentation

Ayurveda:

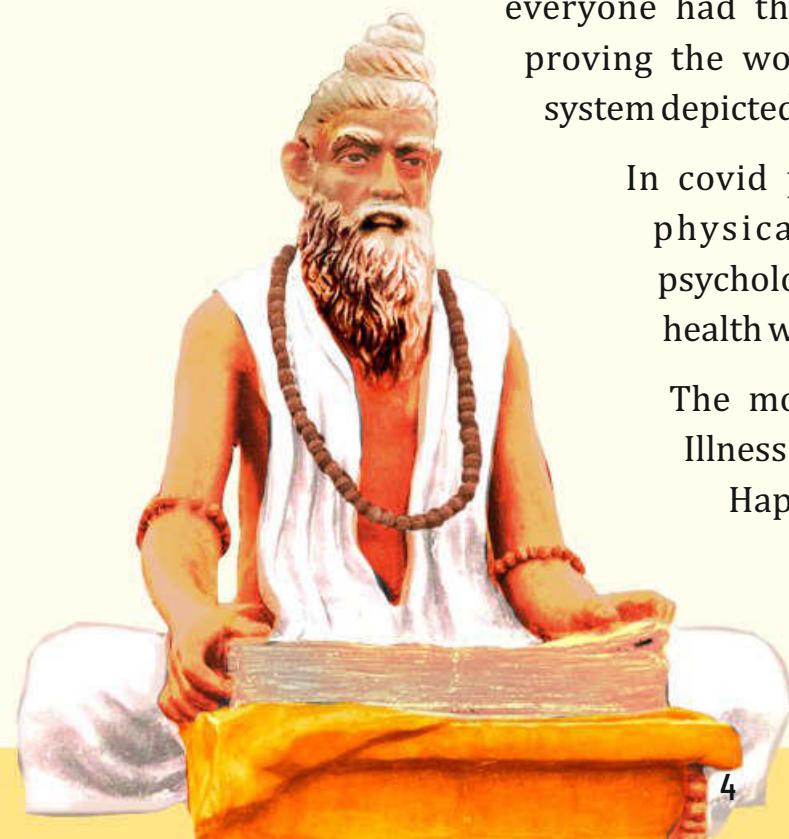
Knowledge System of Healthy and Happy Life

Ayurveda is unique in its approach as a healing science, rather than merely a medical science. It is rightly considered as science of life and it gives due importance to all the aspects of treatment. The word Ayurved is comprised of Ayu + Ved. Ayu denotes the healthy and happy life where as Ved is derived from vid dhatu which means the knowledge. Hence Ayurveda should be considered in true sense as Knowledge system about healthy and happy life.

Moreover, it emphasizes on knowledge system, which includes physician, infrastructure, supporting staff and legislation. The COVID 19 pandemic is also a role model to prove the significance of considering all the aspects of the Chikitsa Chatushpada; wherein the whole knowledge system viz. physician, medication, para-medicals and the patient – everyone had their participatory role, hence proving the worth of the whole knowledge system depicted in Ayurveda.

In covid pandemic situation not only physical health was affected but psychological, social as well spiritual health were also affected.

The motto is to make a move from Illness to Wellness and Wellness to Happiness. It is not sufficient to just



cure the disease or in other words the Wellness is not just merely one does not suffer from any ailment and is able to do the regular work. Medicine typically treats injuries, disabilities, and symptoms, to bring the individual to a "neutral point" where there is no longer any visible illness. However, the Wellness Paradigm requires moving the state of wellbeing further along the continuum towards optimal emotional and mental states that is towards happiness. This is the state of achieving your higher self. The concept assumes that wellbeing is a dynamic rather than a static process.

Ayurveda therefore proposes
the paradigm shift from

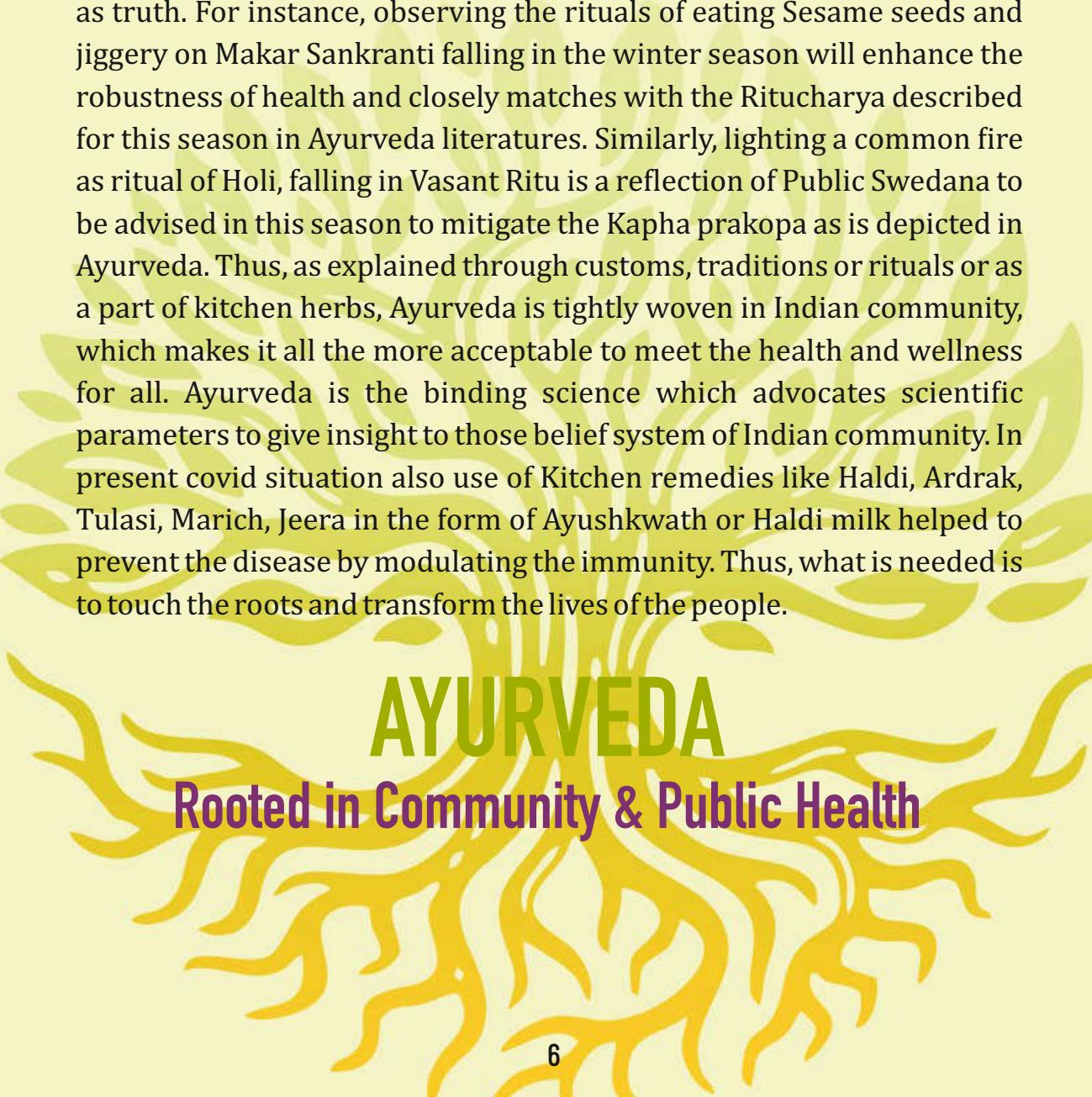
**Ayu to Deeraghayu,
Deeraghayu to Sukhayu
and
Sukhayu to Hitayu.**



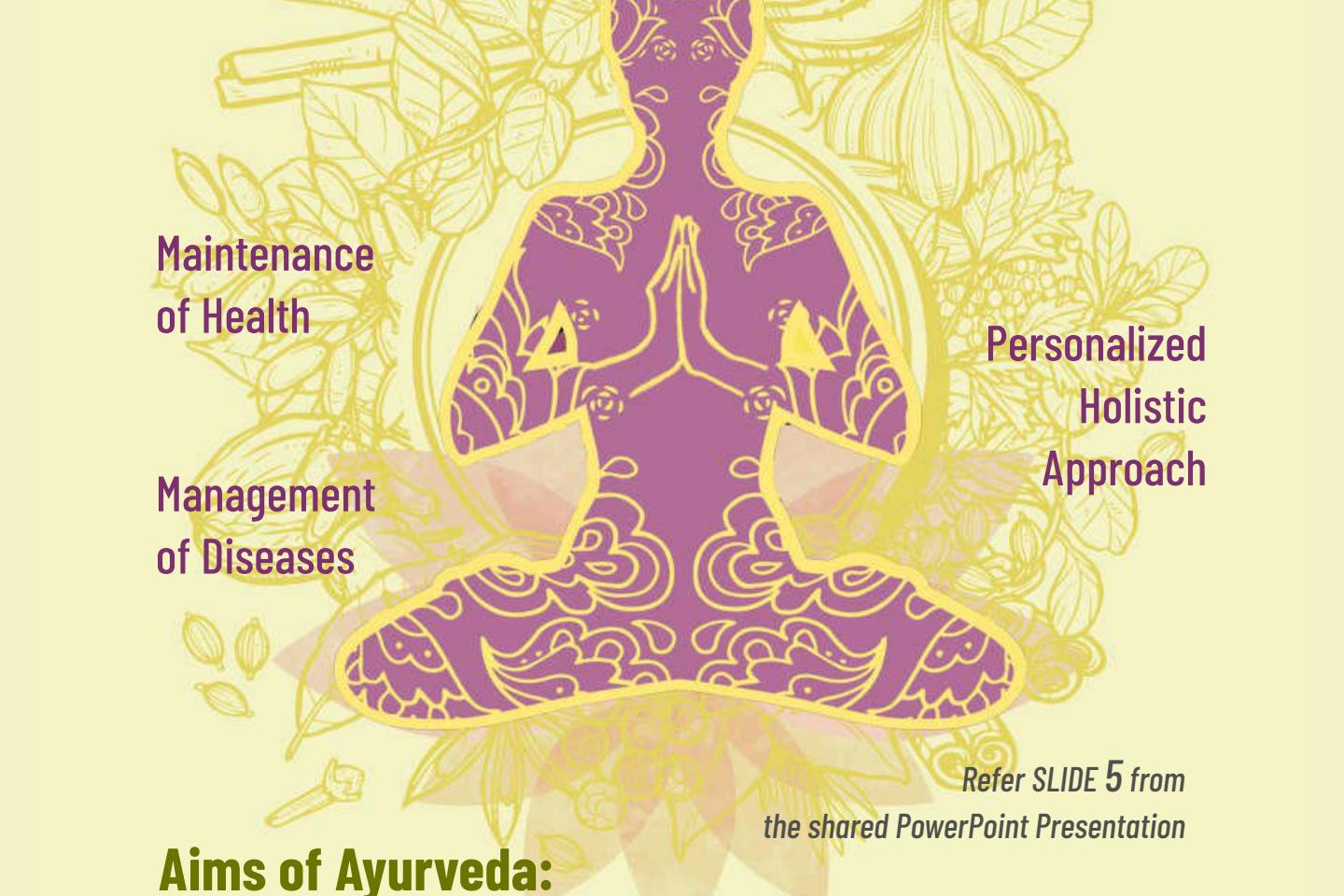
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Ayurveda:

The concepts and practices of Ayurveda are deeply rooted in our community viz the kitchen remedies, making use of spices, rituals and traditions observed in India at various seasons and places. This is the nerve of our traditions. However, it is not merely a Folklore or Home Remedies Science, as it is scientific and provides an insight to our beliefs as truth. For instance, observing the rituals of eating Sesame seeds and jiggery on Makar Sankranti falling in the winter season will enhance the robustness of health and closely matches with the Ritucharya described for this season in Ayurveda literatures. Similarly, lighting a common fire as ritual of Holi, falling in Vasant Ritu is a reflection of Public Swedana to be advised in this season to mitigate the Kapha prakopa as is depicted in Ayurveda. Thus, as explained through customs, traditions or rituals or as a part of kitchen herbs, Ayurveda is tightly woven in Indian community, which makes it all the more acceptable to meet the health and wellness for all. Ayurveda is the binding science which advocates scientific parameters to give insight to those belief system of Indian community. In present covid situation also use of Kitchen remedies like Haldi, Ardrak, Tulasi, Marich, Jeera in the form of Ayushkwath or Haldi milk helped to prevent the disease by modulating the immunity. Thus, what is needed is to touch the roots and transform the lives of the people.



AYURVEDA
Rooted in Community & Public Health



Maintenance
of Health

Management
of Diseases

Personalized
Holistic
Approach

Refer SLIDE 5 from
the shared PowerPoint Presentation

Aims of Ayurveda:

Ayurveda has two basic aims: First, to preserve the health of healthy people and to help them attain the four principle aims of life (virtue, purpose or wealth, pleasure, and release or liberation from cycle of rebirth); second, to treat illness and disease. The disease COVID has provided an opportunity to prove Ayurveda – its strength in both of these fields viz. prophylaxis & prevention through Immuno modulators (Rasayana) and in treating the mild to moderate cases through the stand alone Ayurveda treatment in significant number of cases through the Advisory protocol notified by Ministry of AYUSH – Gargling, Anu Taila Nasya, AYUSH kwath, Samshamani Vati, Chyawanprash etc. Moreover, an integrated approach imbibing the rules of diet, sleep, and healthy life style regimen (true meaning of brahmacharya) is incorporated for achieving both the aims along with keeping in mind the individualization of the patient as a unique being and providing a tailor made treatment for every individual based on his/her Prakriti (Constitution).

Strengths of Ayurveda:

Ayurveda science has certain salient characteristic features which makes it unique. First of all, it is Time tested. It has the legacy of thousands of years well documented in form of texts and practiced till today. As it has its roots in the community and as it is our genetic knowledge, it becomes Cost effective. Many of the remedies mentioned are readily available in the Kitchen and known to a common man. Since, these remedies are part and parcel of our routine life in form of spices, herbs, vegetables etc., it Quality, Safety & Efficacy assured. Further, this system has separate governing body, Ministry of AYUSH to ensure the optimal development and propagation of AYUSH systems of health care, regulating the rules pertaining to the Quality, Safety & Efficacy of the drugs and procedures.

Ayurveda has Rasayana herbs like Amla, Guduchi, Shatavari, Ashwagnadha etc. which are known to the common public and can be easily grown in the kitchen garden. These drugs bring about the immune modulation, Restoration and Rejuvenation of the body tissues. For the treatment of various ailments, we have vast choices of treatment based on the condition of the patient, condition and stages of diseases, environment, time and place; in terms of Shamana (Palliation), Shodhana (Bio purification), Nidana Parivarjana (Avoiding the causes), Antah Parimarjana, Bahir Parimarjana, Shastra Pranidhana and so on. In the vast flora and fauna in the biodiversity of India, thousands of drugs are available to choose for treatment. More than 10,000 herbal & Herbo-mineral formulations are documented in the texts for the purpose. The Panchakarma in an unique modality of treatment wherein the toxin are removed from the natural orifices through Emesis (Vamana), Purgation (Virechana), Enema (Basti), Nasal Errhines(Nasya) or Blood letting (RaktaMokshana). These modalities of detoxification is applicable in various pathological conditions as well as for the maintenance of health in terms of seasonal Panchakarma. Apart from the treatment modalities,

a Holistic integrated approach is imbued incorporating the guidelines to Ahara, Vihara & Achara. Ayurveda also makes a synergy with Yoga system and brings about Mental & Spiritual healing.

Ayurveda science tends to consider the individual as a whole: a soul /mind/senses /body thinking and interacting with its environment. It is thus a matter of adjusting a treatment according to the individual characteristics of each patient. The approach of P5 medicine as Predictive, Preventive, Promotive, Personalized & Participatory is well incorporated in Ayurveda principles and not merely curative alone.

Personalised: everyone is unique, we are interested in the personal profile of the individual (genetic, environmental, etc.).

Preventive: health education aims to reduce the risk of disease (primary prevention), promote early detection (secondary prevention) and improve the quality of life of the sick (tertiary prevention). "Wellness" is at the centre of these different processes.

Promotive: The immune modulators in form of Rasayana drugs like Amalaki, Ashwagandha, Shatavari etc. the health status is enhanced to its optimum in the desired way.

Predictive: by establishing a personalised mapping of the risk factors and protective elements of a person's health, the risk of developing a disease can be assessed and the most appropriate drug and other treatments proposed.



Participatory: patients are the actors of their own health and care. They are now considered “expert patients”, with theoretical knowledge and subjective knowledge derived from experience of their disorders. Further, during COVID it is once again proved that ‘health is an individual responsibility’ by following the proper prophylaxis, diet and regimen.

Further, it also imparts the Universal approach of looking to the individual being as a reflection of the universe, through “Loka Purusha Samya Siddhanta” which says that whatever is present outside is present inside. There exists a harmony and synergy between the macrocosm & microcosm.

The comprehensive definition of health as mentioned in Ayurveda is a state of balance – physically, mentally & emotionally. Health is uninterrupted physical, mental, spiritual happiness and fulfillment; a true balance of organs/systems, psyche and spirit, and balanced and creative relationships with fellow creatures and nature as a whole, family, friends, work, climate, ideals and customs. This holistic perspective is one of Ayurveda's basic principles. Swastha also means being established in one's self. Generally, we talk about mental health and physical health, but one of Ayurveda's basic principles emphasizes from the beginning that we should be established in our self. Ayurveda together with its sister science, yoga, which includes the practice of meditation, helps you to stay physically fit and spiritually on point at all times in order to lead a holistically healthy life. Ayurveda views physical health as balance and Wellness as living the dynamic expression of your own nature and body type to its full potential.

Implementation of this holistic approach in COVID situation helped the community to restrict the spread and also improved the immunity so as to keep the disease in mild to moderate grade in most of the population.

Ayurveda Knowledge System:

Refer SLIDE 8 from
the shared PowerPoint Presentation



Ayurveda knowledge is systematically categorized into eight specialties, which looks after the different needs of different conditions, pathologies, body systems and treatment procedures. Basically there were two main branches viz. Kaya Chikitsa (Internal medicine) and Shalya Tantra (Surgery). This was later further divided into 08 specialties called as Ashtang Ayurveda. Today, there are 14 specialties existing in Ayurveda. Hence, specialized treatment is provided based on the need of the disease and the diseased. However, in spite of having these specialties, Ayurveda does not keep an analytical approach. The approach is synthesized through the concept of Triskandha viz. Hetu, Linga and Aushadha. In other words, the basics remains common for all the 08 branches, in the interest of patient.

Amongst 8 branches Jara / Vrushan is the unique branch which speaks about rejuvenation and immune-modulation. During COVID 19 through this unique wisdom of immune-modulatory measures Ayurveda could serve the entire humanity.

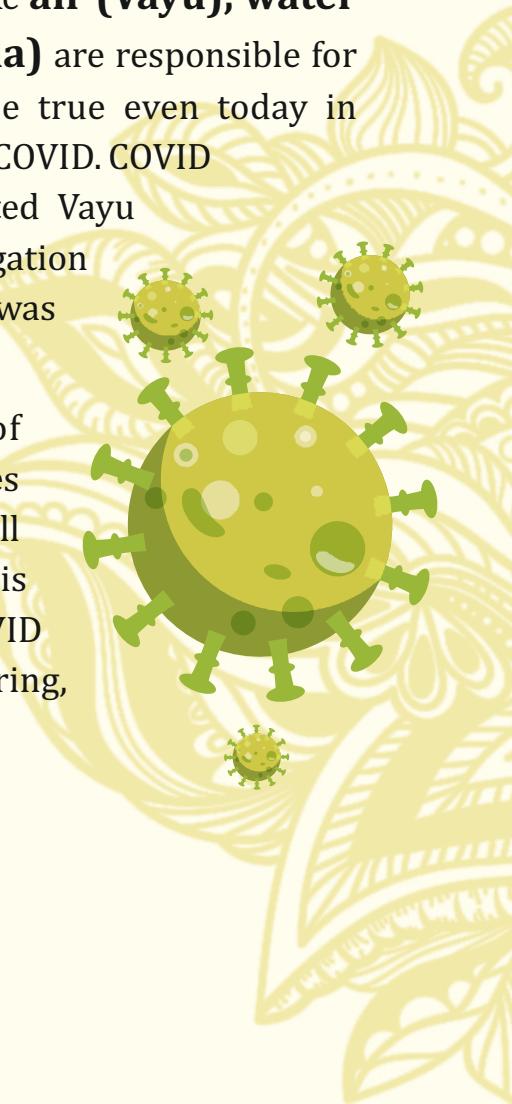
Epidemics in Ayurveda:

Epidemics or outbreak is a sudden spread of the disease within a short time to a large number of people in a given population.

In Ayurveda, a concept similar to the epidemic is narrated by Acharya Charaka under a broad heading 'Janapadodhwamsa'. The word 'Janapadodhwamsa' comprises of two words Janapada(large population) & Udhvamsa (destruction) which means the diseases affecting & causing damage of a large number of people; similar to pandemic.

Factors which are common to the community like **air (Vayu)**, **water (Jala)**, **habitat (Desha)** and **seasons (Kala)** are responsible for 'Janapadodhwamsa'. These factors prove to be true even today in perspective of different Pandemic situations like COVID. COVID 19, according to Ayurveda is caused by vitiated Vayu (droplets) and vitiated Desha. Thus, Herbal Fumigation (Hawan) with ghee and Vayu shuddhikara drugs was advocated and was found useful.

Similarly, Sushruta has given the concept of Aupasargika Roga for the communicable diseases and different modes of transmission are also well explained. Avoiding these factors of transmission is nothing but the modified practical version of COVID prevention viz. social distancing, avoid gathering, frequent hygiene, sanitization, wearing mask etc.



Aupasargika Roga (Sushruta samhita)

प्रसङ्गाद्वालसंस्पर्शन्निश्वासात् सहभोजनात् ।
सहशय्यासनाच्चापि वस्त्रमाल्यानुलेपनात् ॥

Anukta Vyadhis in Ayurveda:

The question arises whether such newly discovered diseases like COVID 19, Dengue, Zika virus, chikungunya etc. mentioned in Ayurveda texts or they are new to the Ayurveda fraternity? Ayurveda has clearly specified that there may be innumerable number of Vyadhis possible out of permutations and combinations of Tridoshas, Sapta Dhatus and Malas. The guidelines for diagnosis of the disease in terms of NidanaPanchaka viz. etiology, prodromal symptoms, symptomatology, pathogenesis, prognosis etc are explained in detail and based on these, one can infer the etio-pathogenesis of any disease which are newly discovered.

COVID 19 may also be explored on the same guidelines. COVID 19 is considered to be caused due to vitiation of Vata along with kapha in initial phase and with pitta in the later stage, making it a Sannipatika Vyadhi. Rasa ,Rakta and Mamsa are main Dushya however in some cases Oja is also depleted

Thus, the concept of including the new diseases in the compendium and understanding them through basic concepts is not a newer thing to Ayurveda.



Acharya Charaka

विकारनामाकुशलो नि जहीयात्कदाचन।
नि ह सर्वविकाराणां नामतोऽस्ति ध्रुवा स्थितिः॥

Fourfold Health Management through Knowledge system:

Chikitsa is a process of management which involves multi factorial issues and persons. In Ayurveda, however the success of Chikitsa depends mainly upon four factors which are known as Chikitsa Chatushpada. These Chatushpada includes Bhishag, Upastha, Rogi and Dravya.

Health management system in Ayurveda. Sucessful management depends on availability and best qualities of for segments i.e.

- **Vaidya** (physician)
- **Parichayak** (para medical and supporting staff)
- **Ayushdha** (Medicines) And
- **Rogi** (well aware and convinced patient)



In Covid 19 Awareness and eduction of preventive like donning ,doffing, hand sanitization and manegement of Covid 19 to all the segments of Chatushpada is important. Similarly, availability and feasibility of required medicines and infrastructure like green zones, orange zones and red zones etc is important.

Establishing four pillars for management of highly infectious communicable diseases through Ayurveda was important in successful treatment of COVID 19.

This is thus a team work and each pillar of the team has its role to play including the patient. COVID 19 is again a role model to prove this concept of knowledge system; wherein one had to train the paramedics, medicals and the patient too for certain technicalities of the disease and its prevention and treatment, at the same time being equipped with medicines, instruments and other requirements.

Ayurveda has mentioned the 4 qualities of each of the four pillars. Amongst the 4 qualities of physician and para medical staff “Anukampa” has been mentioned which means having sympathy and human touch. Especially in the pandemic conditions like COVID, this model of Care with Compassion has been a successful one. Also, the qualities of patient are mentioned as “Gyapak” (knowledgeable and informed). Thus, in the conditions like COVID 19, it has come out to be the important verse “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



COVID 19:

COVID-19 is a new virus which has spread quickly to many countries around the world. Knowing the facts about COVID-19 symptoms, how the virus spreads and what you can do to stop it will help protect you and your community. As ever, when the word “pandemic” began appearing in headlines, people became fearful — and with fear came misinformation and rumours. There is a lot of misinformation about COVID-19 in the public and on social media. Hence, it becomes necessary to provide primary information to the public on the incubation period, signs & symptoms, when to call a doctor, how to differentiate the symptoms from common flu etc and ask them not to panic even if found positive for COVID. Moreover, it's important to check that the information has come from a reliable source such as the World Health Organization or your government health authority.

Refer SLIDE 13 & 14 from the shared PowerPoint Presentation

COVID 19 – Management Principles:

The management principles of COVID-19 can be strategically planned based on the Ayurveda principles.

- The first and foremost step maybe the prevention. For preventing the virus to enter in to the body, along with the general measures of wearing a mask, hand hygiene, sanitization etc., Ayurveda prophylactic measures like Pratimarsha Nasya with Anu Taila; which will act as barrier to stop the entry of the virus, hot water gargling & drinking; warm water soothes the throat and acts as a protective shield.
- In the second step, if the virus enters the body and starts showing the earlier symptoms or if one has history of exposure or contact, than it becomes necessary to stop its replication inside the body. For this, the Katu Tikta dravyas or spices included in the AYUSH kwath, SamshamaniVati, Tab AYUSH-64 will be useful. These medications are useful for the prophylaxis as well as prevention of the virus to progress further from mild to moderate to severe stages.
- In the third step of management, if the virus has settled in the body and started showing confirmed symptoms, it becomes important to reduce the damage it causes to the tissues through the restorative treatment of Ayurveda viz. Chyawanprasha, Brahma Rasayana, Agastya Rasayana etc. These Rasayana formulations will help making the tissue robust and improve the host immunity.

Preventing the virus entering to our cells

Stopping its replication if it gets inside the cells

Reducing the damage that occurs to our tissues

Refer SLIDE 14 & 16 from the shared PowerPoint Presentation

Prophylactic Measures:

Ayurveda and Yoga can certainly play a pivotal role to augment preventive measures provided in the guidelines by Ministry of Health and Family Welfare (MoHFW). The current understanding of COVID-19 indicates that good immune status is vital to prevention and to safeguard from disease progression.

General and Physical measures as mentioned in National Clinical Management Protocol by Ministry of AYUSH

- Follow physical distancing, respiratory and hand hygiene, wear mask
- Gargle with warm water added with a pinch of turmeric and salt. Water boiled with Triphala (dried fruits of *Emblica officinalis*, *Terminalia chebula*, *Terminalia bellerica*) or Yashtimadhu (*Glycyrrhiza glabra*) also can be used for gargling.
- Nasal instillation/application of medicated oil (Anu taila or Shadbhindu Taila) or plain oil (Sesame or Coconut) or nasal application of cow's ghee (Goghrita) once or twice in a day, especially before going out and after coming back to home.

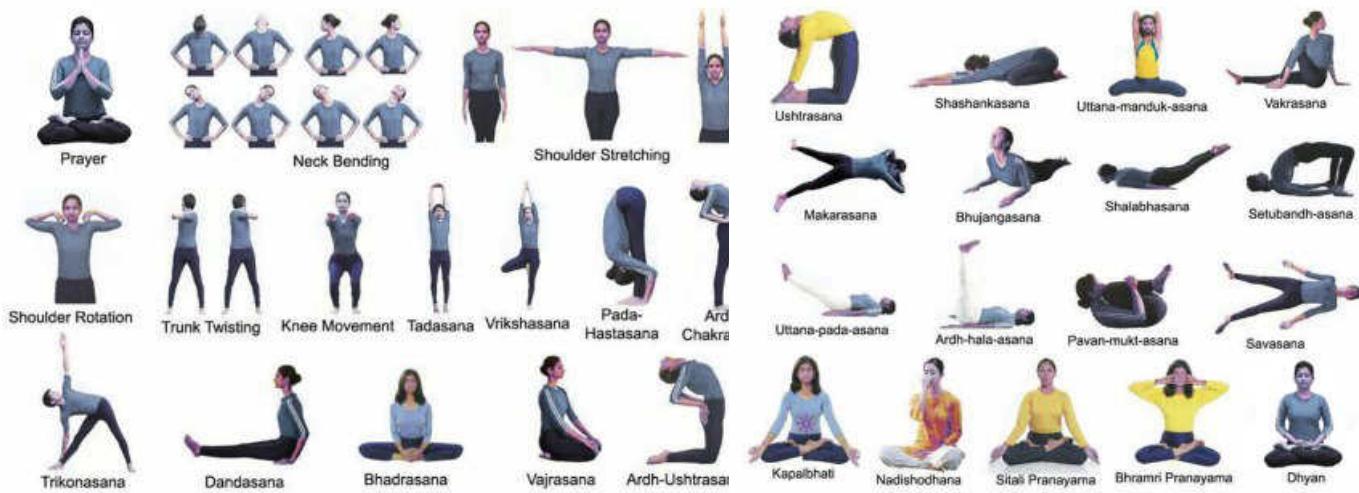


- Steam inhalation with Ajwain (Trachyspermum ammi) or Pudina (Mentha spicata) or Eucalyptus oil once a day
- Use warm water or boiled with herbs like ginger (Zingiber officinale) or coriander (Coriandrum sativum) or basil (Ocimum sanctum / Ocimum basilicum), or cumin (Cuminum cyminum) seeds etc., for drinking purpose.
- Drink Golden Milk (Half tea spoon Haldi (Curcuma longa) powder in 150 ml hot milk) once at night. Avoid in case of indigestion.
- Drink Ayush Kadha or Kwath (hot infusion or decoction) once a day
- Fresh, warm, balanced diet
- Adequate sleep of 6 to 8 hrs.
- Moderate physical exercises
- Follow Yoga Protocol for Primary Prevention of COVID-19 and Protocol for Post COVID-19 care (including care for COVID-19 patients)



Refer SLIDE 15 from
the shared PowerPoint Presentation

Yoga practices for Mental wellbeing during COVID 19:



Yoga and Ayurveda have joined hands complementing each other. Ayurveda is the physical form of Yoga and Yoga is the spiritual form of Ayurveda. A standard protocol is designed along with its Standard Operating Procedures with the objectives to improve respiratory and cardiac efficiency, to reduce stress and anxiety and to enhance immunity. This Standard protocol includes the sukshma vyayama which includes joint movements, Sitting postures, lying down postures in Supine position and prone position followed by relaxation postures, pranayama and meditation.

General Measures for COVID 19:

Drink Warm water:

Warm water (*Ushnodaka*) is specifically advised by Ayurveda in the conditions of *Jwara* and it acts as *Amapachaka*. It is also a part of *Langhana*. *Ushnodaka* is specifically mentioned in *Janapadodhwamsaniya Adhyaya*, which itself proves its indication for the pandemic conditions like COVID 19. Hot water drinking also relieves spasm and checks the entry of virus through its portal. Moreover, warm water is an easily available and simple modality which anyone can adopt.



Spices:

Kitchen is considered as the primary pharmacy and most of the times, the first aid for mild to moderate ailments are readily available in Indian kitchen. The data on COVID 19 from 163 countries including total cases, total deaths, and total recovered were analyzed. It was observed that there is a clear interrelated prevalence between the total number of COVID-19 cases per million population tested and the gram of spice supply per capita per day. Nations with lower consumptions of spices per capita showed greater number of COVID-19 cases per million population. This is not surprising as herbs and spices are well-known to boost immunity. Thus, the *Ahara yogi varga* and the *Haritaka Varga* mentioned in the *Samhita* has significant role as immune modulators.

Chyawanprash:

Chyawanprash – a polyherbal formulation containing *Amla* as the main ingredient is considered as an important practical version of *Vatatapika Rasayana*. The *Ayusanjivani*



App developed by Ministry of AYUSH had come out with a survey data that more than 80% of the population in India have been consuming Amla in one or the other way during the COVID period. Amla has proved to be effective immune booster, immune modulator, rich in vitamin C and effective in strengthening the tissues. Apart from Amla, Chyawanprash also has many other drugs acting on Respiratory system, Cardio vascular system and Digestive system.



AYUSH Kwath:

For prevention of the disease progression to symptomatic and severer form and to improve recovery rate, AYUSH Kwath has been included in the National protocol Advisory of COVID 19. Based on the Prakriti of the patient and the environmental conditions, the herbs included in the AYUSH Kwatha can be added or omitted. The proportion of Shunthi and Kali Mirch should be 1/4th of the other ingredients. Moreover, for the persons of Pitta Prakriti and those suffering from acidity, acid peptic diseases, piles, mouth ulcers etc. Amla / Yashtimadhu may also be added. It can also be flavoured with lemon and jaggery. It may also be boiled with milk or prepared as Tea. This has proved to be very effective if the Prayog Vigyan is done properly.

Golden Milk:

Ayurveda describes "Kshira Ghrita Abhyasa" i.e routine intake of ghee and milk (preferably cow's milk & ghee) as best among the Rejuvenators. Turmeric is having the proven effect as anti-microbial, anti-oxidative immune booster and particularly useful for the diseases of Respiratory tract. It helps in the co-morbid conditions like Diabetes Mellitus for which also it is a drug of choice. Thus, Golden milk / Turmeric milk is advised for the prophylaxis as well as treatment of COVID 19. Half Tea spoon of Haldi powder in 150 ml of hot milk once or twice can be advised.



Nasya:

Instilling the drops of sesame oil or coconut oil or mustard oil or cow's ghee in the dosage of 2-3 drops in each nostril will stop the virus from entering into the further respiratory system. This will act as a bio mask and strengthen the mucous membrane of the nose as a first line of defence. Further, Pratimarsha Nasya is part of Dincharya mentioned in Ayurveda, wherein Anu Taila Nasya is advised and flexibility is provided for instilling Nasya at any of the eight Kaala mentioned in Charaka Samhita for Pratimarsha Nasya. It can be advised atleast while going out and after coming back home. Moreover, the other ingredients in the formulation of Anu Taila are beneficial for making the sensory organs strong, as loss of sensation of smell and taste are also involved in the manifestations of COVID 19. So, Nasya will be beneficial for these symptoms as well.



Steam Inhalation:

Steam inhalation is a simple measure which can be practised anywhere even at the small village level and at every ordinary home in India. Steam inhalation has proven effect as relieving the spasm, broncho dilators, checking the entry of virus and preventing the cytokine storm. Fresh Pudina (Mint) leaves or Ajwain (Caraway seeds) can be used along with water for steam inhalation once in a day. It should be especially done during dry cough / sore throat.

Samshamani Vati:

Guduchi (Giloy) is a wonder herb. It is especially mentioned under the Rogadhikara of Jwara. Moreover, it also is a drug of choice for Rejuvenation. Thus, its daily usage is beneficial as immune modulator and prevents the occurrence of communicable diseases. It can be prescribed as two tablets twice daily with lukewarm water.



Diet:

Diet and lifestyle management are the important integration in Ayurveda management. The guidelines of Ahara as mentioned in Ayurveda are detail in terms of 12 Ahara Varga, Ashta Ahara Vidhi Vishesha Ayatanani, Ahara Vidhi Vidhana and Viruddha Ahara. This comprehensive description of Ahara includes what to eat, when to eat, where to eat, how to eat, how much to eat etc. Amongst those the foremost thing is to advice what to eat. The diet should be balanced not only in terms of its calorie value or in terms of carbohydrates, proteins, lipids, vitamins etc., but from Ayurveda point of view, the balance should be in terms of Shad Rasas, Panchabhautika Ahara, Chaturvidh Ahara (four forms of Ahara) etc. Regarding the time to eat, the food chronobiology of nature's clock has to be followed. i.e the Ahara consumption should be in presence of the Sun, as the solar energy representing Pitta component in the body, is responsible for digestion. Regarding the quantity of food, the patients maybe advised to consume the amount of solids 50% of the capacity, liquids 25% of the capacity and 25% of the space to be kept empty for circulation of Doshas. Further, the heavy to digest Ahara should be consumed less than the satiety and light things also upto the satiety only. In general, the Ahara quantity should be only that much which does not cause trouble or hamper the routine physical activities after its consumption.

In regards to COVID 19, frequent warm liquids treated with medicinal herbs (preferably Shunthi, Dalchini, Trikatu) should be used as a regular drink to maintain hydration. Freshly prepared Laghusupachya ahara (easily digestible, light diet) should be consumed. The other guidelines of time for consumption and quantity will be same as mentioned above.



Refer SLIDES 27 & 28 from the shared PowerPoint Presentation

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

- Wake up early in the morning around 5 - 5.30 am
- Ushahpana: Drink warm 100ml to 640 ml water stored in copper vessel.
- Defecation and Urination.
- cleansing face and oral cavity
- Brushing teeth with astringent tooth paste or powder, tongue cleaning.
- Frequent Gargling with warm water added with salt and haldi
- Further washing face with warm water.
- 2 drops of Anutail in each nostril.
- Oil application daily at least on head, ear and foot feet (sole), preferably whole body once a week.
- Light physical exercise

Refer SLIDE 29 from the shared PowerPoint Presentation

Longevity: A way of life including Healthy Habits:

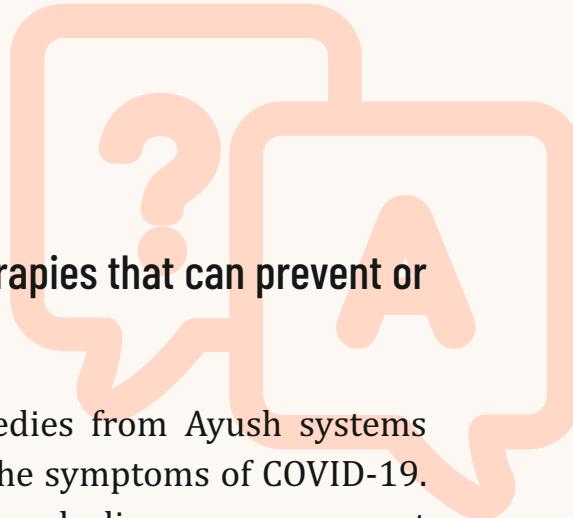
Regarding the modifications in life style, the practical equation for longevity maybe adopted. Classifying the day into 3 parts (8 hours each), the work life balance can be achieved. 8 hours can be conveniently utilized for the personal, family and social time; which should include the practices in the daily routine like exercise, massage, yoga meditation and diet nutrition. Seasonal panchakarma should be part of the Seasonal regimen followed by consumption of Rejuvenating herbs. 8 hours to be dedicated for adequate and timely peaceful sleep and rest. And the remaining 8 hours can be spared for the professional work, office etc. This way the life style guidance in a practical way maybe designed as keeping healthy is one's own responsibility.

"My Health my Responsibility"

Frequently Asked Questions

FAQS

Are there any traditional medicines or therapies that can prevent or cure COVID-19?



There are some traditional medicine remedies from Ayush systems which provide relief and alleviate some of the symptoms of COVID-19. Ayush systems follow a holistic approach towards disease management and maintaining health of a healthy person. It provides detailed advocacy and interventions for disease prevention. There are various interventions in Ayush systems which are presently being used in prophylactic approaches as well as in the management of COVID 19, and are providing good results. Further these are seen to be beneficial in symptomatic management in COVID 19.

The ongoing AYUSH-CSIR COLLABORATIVE STUDIES (a joint initiative among the Ministry of AYUSH, Ministry of Health and Family Welfare and Ministry of Science & Technology, with technical assistance from ICMR) includes four clinical studies on use of AYUSH medicines for COVID 19, both in a prophylactic role and as an addon intervention to conventional treatment. The Ministry has also initiated 68 studies at 112 locations undertaken through National institutes, Research Councils, Universities, State Governments and other collaborating hospitals (which includes AYUSH-CSIR studies also).

However, it is underlined that the interventions and measures proposed in the Clinical management protocol are not for cure, but for the management of asymptomatic and mild cases of COVID 19 and for prophylactic care. One should not get a false feeling of safety from adopting these measures. It is also underlined that for prevention of COVID 19, the mainstay approach remains adherence to the general guidelines as released by Government, including maintaining appropriate physical distance, wearing a mask, maintaining hand-hygiene and avoiding unnecessary crowding at any place, and these should be followed strictly.

Who has prepared the National Clinical Management Protocol based on Ayurveda and Yoga for management of Covid-19?

The Ministry of AYUSH has set up an Interdisciplinary Committee for Integration of Ayurveda and Yoga Interventions in the 'National Clinical Management Protocol: COVID-19'. The said Committee is chaired by Dr V M Katoch, former Director General ICMR and includes a group of experts.

The Committee, after a thorough consultative process, formulated its Report & Recommendations (which is available at <http://ayush.gov.in>) based on acceptable experimental and clinical published data indicating potential benefits and safety at the same time and trends from ongoing studies in COVID-19. The report was presented before the National Task Force on COVID 19 and the Joint Monitoring Group, both constituted by the Ministry of Health and Family Welfare.

On consideration of this report, the National Task Force on Covid 19 management suggested preparing a National Clinical Management Protocol based on Ayurveda and Yoga for management of Covid-19 for inclusion as a dedicated chapter in National Protocol for Management of COVID 19.

The Ministry of AYUSH referred these recommendations to the Chairman of its National Task Force (i.e., the UGC Vice Chairman) with a request to vet the recommendations by initiating consensus from experts from the concerned premier institutions. These institutions included the All India Institute of Ayurveda (AIIA), Delhi, Institute of Training and Research in Ayurveda (ITRA), Jamnagar, National Institute of Ayurveda (NIA), Jaipur, Central Council for Research in Ayurveda (CCRAS), Central Council for Research in Yoga and Naturopathy (CCRYN) Morarji Desai National Institute of Yoga (MDNIY) and other National Research Organizations. Finally, the National Clinical Management Protocol based on Ayurveda & Yoga for management of Covid-19 was prepared with cumulative inputs from all the above mentioned exercises and after due consideration by the best experts of all the concerned disciplines.

The report and recommendations have detailed scientific rationale with references of clinical studies, safety studies and in-silico studies based on which repurposing of the interventions for COVID 19 is proposed. This report is available in public domain at <https://www.ayush.gov.in/>. The said National Ayush protocol has been prepared in line with the protocol and rationale used by protocol of the conventional system of medicine.

Is there any scientific rationale behind selection of drugs figuring in the Protocol?

These drugs were selected after due consideration of relevant factors like published scientific evidence, literary research supported by scientific relevance, the rationale in support of repurposing of these medicines in COVID 19 and the outcomes and trends of completed and ongoing studies taken up by the Ministry of AYUSH across India.

What is immunity in Ayurveda?

In Ayurveda, immunity is referred to as vyadhikshamatva. Ayurveda has a comprehensive approach of immunity encompassing two-fold management, respectively of health and disease. Vyadhikshamatva is the resistance of the body to fight a disease by either of the following two ways: a. Vyadhi-Bala-Virodhitvam – The resisting power of the body to restrain or withstand the strength or severity or progression of a disease, or b. Vyadhi-Utpada-Pratibandhakatvam – The resisting power of the body to prevent the manifestation of a disease.

Significantly, various modifiable factors have been enlisted in Ayurveda that influence the host defense responses (Bala/Vyadhikshamatva). These factors include a healthy diet (Pathyaahara), condition of biological humors (dosha) and the state of physical and mental health (Sareera). The previous Covid 19 related advisories issued by the Ministry of AYUSH are based on this host defense mechanism or salutogenesis and also on various empirical evidences available from peer reviewed and indexed publications.

Are the recommended medicines safe?

The herbs selected are some of the most commonly used and prescribed ones in India. There has been a substantial number of clinical studies on each of these without any Serious Adverse Event (SAE) and these are also being prescribed in about 25000 Govt. Ayurveda PHCs and by a large number of Ayurveda practitioners in routine clinical practices for a vast range of clinical conditions and as health tonics (Rasayana). The scientific information available in public domain was also screened to substantiate their safety in preclinical and clinical studies. Furthermore, the trends coming out of the research studies in COVID 19 as standalone and add-on interventions of these Ayush medicines were found to be

absolutely safe and no herb-drug interaction was noted in these studies on a large number of participants.

Is taking Ayush Kwath regularly injurious to liver?

Ayush kwath is made up of a few common herbs which are used as kitchen spices viz. Dalchini, Lavang, Shunthi and Tulasi. These are regularly used by the majority of Indian households on a regular basis and are absolutely safe. There is no known study or report on it having any Adverse effect. These herbs are ushna virya (hot in potency) and may be used with added munnaka or mishri as per need or a person and taste. The ingredients of Ayush kwath are very good antioxidants. Antiviral and immuno modulatory properties of the ingredient like Tulasi are well documented in research studies.

Are the medicines prescribed in the protocol immune-boosting?

Ayurveda system of healthcare takes holistic approach towards disease management and preservation of health in which salutogenesis (maintaining optimum health and immune status) is a major aspect. The medicines selected in the Protocol have immuno modulatory effect i.e. they tend to strengthen the immunity of a person in a natural way. In present times when altered lifestyles, diet and stress are a common, maintaining a natural immune system is challenging, and this renders a person prone to infections and diseases. The immuno modulatory interventions of Ayurveda which are included under the broad term 'Rasayana' are very helpful in preserving optimum health of a person. They also help in preventing disease and in controlling disease progression. This should not be confused with hyper immune status or aberrant activity of the immune system.

National Clinical Management Protocol of Covid-19:

Effective management to address COVID 19 infection is still evolving and attempts are being made to integrate traditional interventions along with standard of care. Ayurveda and Yoga can certainly play a pivotal role to augment preventive measures provided in the guidelines by Ministry of Health and Family Welfare (MoHFW). The current understanding of COVID-19 indicates that good immune status is vital to prevention and to safeguard from disease progression. Following three aspects are considered while preparing this “National Clinical Management Protocol based on Ayurveda and Yoga for management of Covid-19”:

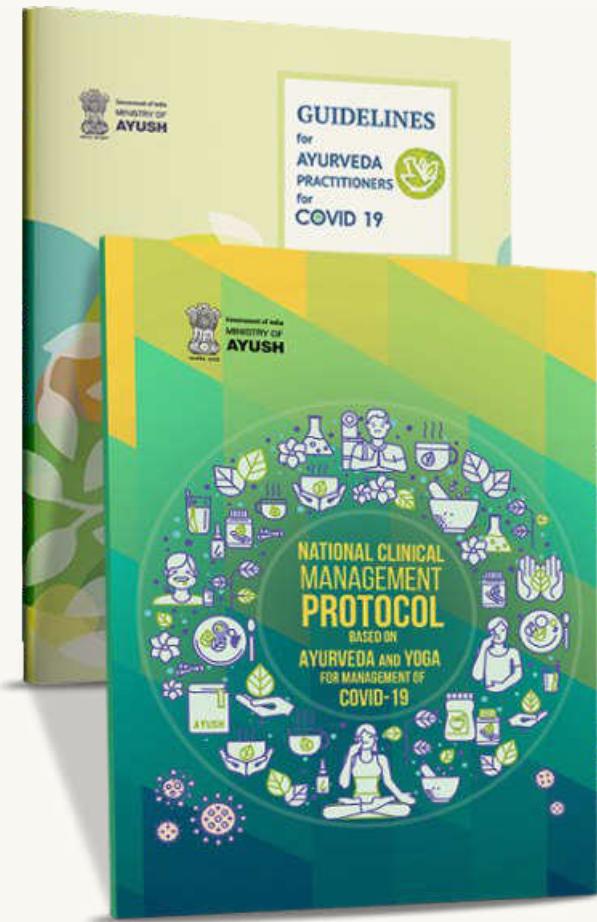
- *Knowledge from Ayurveda classics and experience from clinical practices*
- *Empirical evidences and Biological plausibility*
- *Emerging trends of ongoing clinical studies*

This consensus document is developed by expert committees from All India Institute of Ayurveda (AIIA), Delhi, Institute of Post Graduate Training and Research in Ayurved (IPGTRA), Jamnagar, and National Institute of Ayurveda (NIA), Jaipur , Central Council for Research in Ayurveda (CCRAS), Central Council for Research in Yoga and Naturopathy (CCRYN), other national research organizations. This protocol is for management of mild COVID-19. Moderate to Severe COVID-19 individuals may have informed choice of treatment options. All severe cases will be referred. This protocol and its annexure are approved by the Chairman, Interdisciplinary Committee for inclusion of Ayurveda and Yoga in the management of mild COVID-19 and approved by the empowered committee of the Interdisciplinary AYUSH Research and Development Taskforce on COVID-19, both constituted by the Ministry of AYUSH.

The protocol was also validated and then notified to the public domain and was included in the national protocol. At present, the Ministry of Health & Family Welfare has also included the Post-COVID management protocol of Ayurveda in the National Protocol which is as under:

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)*



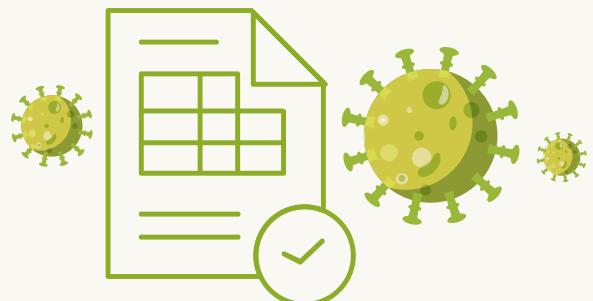
It is also suggested by the Ministry of AYUSH that the use of Chyawanprash in the morning (1 teaspoonful) with luke warm water/milk is highly recommended (under the direction of Registered Ayurveda physician) as in the clinical practice Chyawanprash is believed to be effective in post-recovery period.

Refer SLIDE 32 from
the shared PowerPoint Presentation

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

Based on the evidences and experience at COVID Health Centre, AIIA, a Spread sheet is laid in the Shared PowerPoint Presentation. Ayurveda can showcase its strength in the asymptomatic, mild and moderate cases and plan the interventions but as of now in the severe cases, the cases needs to be referred to the higher centres of conventional medicine but again in the post COVID management, the restorative Rasayana drugs like Guduchi, Gokshura and Amalaki maybe useful.

In the Spread sheet, some other drugs like Tab. AYUSH 64, Vasa-Guduchi Kwath, Guduchyadi Kwath, Nagaradi Kwath etc have also proven to yield good results.



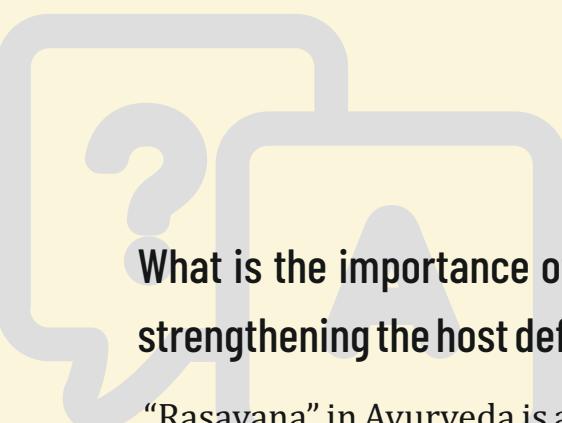
Refer SLIDES 33 & 34 from
the shared PowerPoint Presentation

Post COVID Complications & Management:

The post COVID sysmptoms ranges from simple complaints to major complalints involving the heart, lungs, brain and nervous system, musculo-skeletal system and mental health. Ayurveda management has been included in the national protocol by Ministry of Health & Family Welfare in the notification dated 13th September, 2020.

[https://www.mohfw.gov.in/pdf/PostCOVID13092020.pdf, Annexure I](https://www.mohfw.gov.in/pdf/PostCOVID13092020.pdf)

Frequently Asked Questions



What is the importance of Rasayana in strengthening the host defense?

“Rasayana” in Ayurveda is a comprehensive term which refers to a group of herbs, formulations and therapies for enhancing body resistance by attaining optimal level of Rasadi Dhatu. This is attained through specific medicinal herbs, formulations and some specific codes of conduct. Rasayana promotes strength, vitality, longevity, memory, intelligence, perseverance of youthfulness and the maintenance of optimum strength of the body and senses. There is a substantial body of scientific information on the said herbs and their phytoconstituents in public domain regarding the various activities viz; immunomodulation, antioxidant activities, neurodegenerative disorders, rejuvenators and nutritional supplements.

Are the recommended medicines safe?

The herbs selected are some of the most commonly used and prescribed ones in India. There has been a substantial number of clinical studies on each of these without any Serious Adverse Event (SAE) and these are also being prescribed in about 25000 Govt. Ayurveda PHCs and by a large number of Ayurveda practitioners in routine clinical practices for a vast

range of clinical conditions and as health tonics (Rasayana). The scientific information available in public domain was also screened to substantiate their safety in preclinical and clinical studies. Furthermore, the trends coming out of the research studies in COVID 19 as standalone and add-on interventions of these Ayush medicines were found to be absolutely safe and no herb-drug interaction was noted in these studies on a large number of participants.

Is there any research work done in AYUSH for COVID 19?

The Ministry of AYUSH has set up an Interdisciplinary Ayush R & D task force to formulate and plan research studies (clinical, preclinical, observational etc) for COVID-19. The inputs from the Taskforce which had prepared generic protocols (available in public domain at <http://ayush.gov.in>) led to many studies being initiated by Research Councils & National Institutes under ministry of AYUSH, Universities, State Governments and Covid hospitals. The above-mentioned agencies initiated various studies across the country in collaboration and consultation with reputed scientific organizations like Council of Scientific and Industrial Research (CSIR), Indian Council of Medical Research (ICMR), Public Health Foundation of India (PHFI), Department of Science and Technology (DST), Department of Biotechnology (DBT), including clinical, observational, in-silico and preclinical studies. The total number of such studies initiated by the Ministry presently stands at 68, spread over 112 locations, and being undertaken by premier institutions like National institutes, Research Councils, Universities, State Governments and other collaborating hospitals (this includes the AYUSH-CSIR studies also). Many of these are completed and data analysis has been undertaken, whereas the others are in the final stage of completion.

How has the Ministry ensured the quality of the Research work?

To ensure the scientific robustness of the interventions, the Ministry has constituted an Interdisciplinary Ayush Research and Development Task Force (<https://icssr.org/sites/default/files/Notification%20on%20task%20force002.pdf>)

on 2nd April 2020 chaired by Prof. Bhushan Patwardhan (Vice Chairman, University Grants Commission) and comprising of senior scientists and experts from reputed institutions of Ayurveda and conventional system of medicine like ICMR, AIIMS, Amrita school of Ayurveda, AVP Research Foundation, CSIR, All India Institute of Ayurveda (AIIA) and AYUSH Research Councils. The Committee called for research proposals and inputs from all stakeholders across India. This was followed by a series of consultative processes and thorough examination of inputs. The Committee then proposed certain interventions for research studies and also prepared comprehensive research protocols for undertaking research studies on COVID 19 through AYUSH interventions. In this sequence, the Ministry of AYUSH in a joint initiative with Ministry of Health and Family Welfare and Ministry of Science & Technology took up four clinical studies on AYUSH medicines for COVID 19 used as prophylactic and as add-on intervention. These came to be called the AYUSHCSIR collaborative studies, and were taken up under technical assistance from ICMR. These studies are currently in progress with a robust clinical protocol that was prepared by AYUSH Task Force with substantial contributions from eminent rheumatologist, clinician and researcher Dr Arvind Chopra, Center for Rheumatic Diseases (CRD) Pune.

The Ministry also monitored all the studies being undertaken by National institutes and Research Councils and other collaborating hospitals and institutes through a Project Monitoring Unit.

A Central Ethics Committee was also constituted with members from reputed institutes like AIIMS and all studies are put before the committee thereafter to ensure safety and robustness of the studies at each study site. All inputs and suggestions by ethical committees are properly addressed before initiation of the study.

To ensure Data Safety and safety of participants and proper conduct of studies, Data Safety and Monitoring Board (DSMB) was also constituted which was chaired by Dr Nandini Kumar, Former Deputy Director General Sr. Grade (ICMR) and Vice President, Forum for Ethics Review Committees in India.

What is the basis of recommending Guduchi in the protocol?

Guduchi is one of the most commonly used herbs in Ayurveda. It has been studied and found effective in viral fevers, as anti-inflammatory, antipyretic and immuno-modulatory interventions. There are three in-silico studies, which show its high binding efficacy against SARS-CoV-2 targets involved in attachment and replication of the virus, as compared to Favipiravir, Lopinavir/Ritonavir and Remdesivir. About 7 studies are also being done under the Ministry of AYUSH on Guduchi as Prophylactic care on about 1.33 Lakh population and with very good results in preventing COVID 19 and in management of asymptomatic COVID 19 without any side effect. Further detailed rationale of its inclusion has been provided in the Interdisciplinary Committee for integration of Ayurveda and Yoga Interventions in the 'National Clinical Management Protocol: COVID-19' which is made available in public domain on the Ministry of AYUSH website.

What is the basis of recommending Ashwagandha in the protocol?

Ashwagandha (*Withania somnifera*) (WS) is one of the most extensively experimented Ayurveda medicinal plants and has been used in Ayurveda practice since centuries. Ashwagandha has been selected owing to its properties like immune-modulatory, anti stress and antiviral efficacy. In-silico studies have shown its high binding affinity to ACE2–RBD interface which may stop SARS COV 2 entry into cells. The WS root extract has shown positive results against protracted social isolation induced stress and anxiety which makes it a good medicine for prophylactic use. Further, the medicine also has very good pulmonary protective function and hence is beneficial in post Covid care. There are substantial number of studies on Ashwagandha published in reputed peer reviewed journals to establish its efficacy, safety and protective action.

Has any large-scale study been undertaken in AYUSH for prophylactic care?

Prophylactic care is a major part of the AYUSH protocol, and in order to substantiate and understand its role in the management of Covid 19, several studies on a large cohort are being undertaken by the Ministry through Research Councils and National Institutes across India. Notable ones are prophylactic care through AYUSH interventions in about 20000 sample size by each Research Council and National Institute covering a large area through their peripheral institutes across India wherein AYUSH interventions are studied. Further, All India Institute of Ayurveda, Delhi has carried a promising study over a big cohort of 80000 Delhi police personnel for two months starting in May and are following up the cohort since then. The studies have shown very promising trends in reducing incidence of COVID 19 and Influenza like symptoms among participants to a significant level and also in improving Quality of Life.

Refer SLIDE 36 from the shared PowerPoint Presentation

Rasayana: Way to enhance immunity:

Easily available Rasyana drugs can be advocated like Guduchi, Ashwagandha, Haridra, Amalaki, Shatavari, Draksha. These drugs will take care of the prophylaxis management as well as the overall health during the COVID and post COVID management.



Refer SLIDE 37 from the shared PowerPoint Presentation

CHC Ward services, AIIA: "WE STAND FOR - CARE WITH COMPASSION"

AIIA has made efforts to give exemplary services for the management of mild to moderate COVID cases at CHC war, AIIA; wherein an integrated approach of Ayurveda management, Yoga, Diet, Meditation is applied. This centre is a perfect blend of traditional knowledge and contemporary technologies. All the beds has the facility of Oxygen supply, Emergency medical officer is available, Ambulance equipped with all Cardio-pulmonary resuscitation facility is in place. The health workers are given the training of Cardio-pulmonary resuscitation, Donning doffing and all precautions of COVID intervention etc. All the patients are made to follow the Yoga meditation protocol, which is also practiced by the Corona health workers Team as well. This centre is trying to be a role model in the country to extend the same healing practices for all the other diseases. What difference it makes in its healing touch is "CARE WITH COMPASSION"



ALL INDIA INSTITUTE OF AYURVEDA

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

All India Institute of Ayurveda (AIIA), conceived as an apex Ayurveda institute under Ministry of AYUSH with a vision to be an outstanding center of excellence for Ayurveda Education, Research and Healthcare. It is a perfect blend of Ancient wisdom and Modern technology, attracting global attention and expected to boost medical tourism in India showcasing strengths of Ayurveda.



Core of AYU-SAMVAD:

All India Institute of Ayurveda (AIIA) has been entrusted with the task of training the trainers, to guide and enlighten the vision regarding the role of Ayurveda during this Covid-19 pandemic. This online Training of Trainers (TOT) Programme had been organized from 18.01.2021 to 21.01.2021 for all State Directors, Principals of Ayurveda Colleges, Medical Officers and other stakeholders. The training material will be uploaded on the web portal of Ministry of AYUSH, and other important institutions of Ayurveda like AIIA, CCIM, CCRAS, RAV & State AYUSH Directors web portal for reference and will guide to organize Lectures across India, in regional languages to give wider publicity of the theme "Ayurveda for Covid-19 Pandemic" amongst government offices, Non- Government sector employees, Schools, Colleges, Panchayati Raj Institutions, Gram Sabhas, Industries, various Housing societies, Women's self-help group, various NGOs, Senior Citizens Group, Asha workers and Health staff, etc. for wider dissemination.

This campaign will be immensely beneficial in understanding the importance of Ayurveda in the fight against Covid-19 with the salient aspects of Ayurveda for Immunity boosting, in Pre-Covid, during COVID and in Post Covid management, essential role of Diet and Yoga and other guidelines and will specifically focus on the Role of Preventive, Promotive, Curative and Restorative Ayurveda Management of Covid-19. This campaign will assist to ensure the uniformity of information delivered to about 01 crore target audience across India through 5 Lakh lectures.



AYU SAMVAD

Ayurveda for COVID 19

We hope that this largest public campaign AYU SAMVAD (Public Awareness Campaign) "AYURVEDA FOR COVID PANDEMIC" will enable equip the health workers & general public with the right information and to enable them cascade the same to the communities they are serving.



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An autonomous Institute
under
Ministry of AYUSH,
Government of India, New Delhi