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Government of Nepal
Ministry of Health & Population
Department of Ayurveda & Alternative Medicine,
Teku, Kathmandu

Nepal Ayurvedic Medical Council
Nardevi

Ayurveda Campus & Teaching
Hospital, Kirtipur
# Contributors

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<tr>
<th></th>
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<th>Position</th>
</tr>
</thead>
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<tr>
<td>1.</td>
<td>Dr. Vasudev Upadhayay</td>
<td>Director General, Department of Ayurveda &amp; Alternative Medicine, MOHP, Teku, Kathmandu, Nepal.</td>
</tr>
<tr>
<td>2.</td>
<td>Prof. Dr D. L. Bharkher</td>
<td>Chairman, Nepal Ayurveda Medical Council, Nardevi</td>
</tr>
<tr>
<td>3.</td>
<td>Asso. Prof. Dr Shivmangal Prasad</td>
<td>Campus chief, Ayurveda Campus, Tribhuvan University, Kirtipur</td>
</tr>
<tr>
<td>4.</td>
<td>Prof. Dr D. B. Roka</td>
<td>Executive Director, Tribhuvan University Ayurveda Teaching Hospital, Kirtipur.</td>
</tr>
<tr>
<td>5.</td>
<td>Asso. Prof. Dr Raj Kishor Sah</td>
<td>Associate Professor and HOD, Dept. of Shalya Tantra, TU Ayurveda Campus, Kirtipur</td>
</tr>
<tr>
<td>6.</td>
<td>Asso. Prof. Dr Pramod Bhatta</td>
<td>Associate Professor and HOD, Dept. of Swasthavritta, TU Ayurveda Campus, Kirtipur</td>
</tr>
<tr>
<td>7.</td>
<td>Dr Pradeep KC</td>
<td>Director, Ayurveda Hospital, Nardevi, MoHP, Nardevi, Kathmandu</td>
</tr>
<tr>
<td>8.</td>
<td>Dr Bamsheep Kharel</td>
<td>Managing Director, Singhdarvar Vaidyakhana Vikas Samiti, MoHP, Kathmandu</td>
</tr>
<tr>
<td>10.</td>
<td>Dr Shyam Babu Yadav</td>
<td>Division Chief, Department of Ayurveda &amp; Alternative Medicine, MoHP, Teku</td>
</tr>
<tr>
<td>11.</td>
<td>Dr Prakash Gyawali</td>
<td>President, Ayurveda Doctor's Association of Nepal.</td>
</tr>
<tr>
<td>12.</td>
<td>Dr Santosh Kumar Thakur</td>
<td>Ayurveda Physician, Department of Drug Administration, MoHP, Bijulibazar, Kathmandu.</td>
</tr>
<tr>
<td>13.</td>
<td>Dr Munkarnathapa</td>
<td>Division Chief, Department of Ayurveda &amp; Alternative Medicine, MoHP, Teku</td>
</tr>
<tr>
<td>14.</td>
<td>Dr Siddhartha Kumar Thakur</td>
<td>Ayurveda Physician, Ayurveda Hospital, Nardevi, MoHP, Nardevi</td>
</tr>
<tr>
<td>15.</td>
<td>Dr Puneshwar Keshwari</td>
<td>Ayurveda Physician, Department of Ayurveda &amp; Alternative Medicine, MoHP, Teku</td>
</tr>
<tr>
<td>16.</td>
<td>Dr Maharudra Kumar Thakur</td>
<td>Ayurveda Physician, Ayurveda Hospital, Nardevi, MoHP, Nardevi</td>
</tr>
<tr>
<td>17.</td>
<td>Dr Sharad Panthi</td>
<td>Ayurveda Physician, Department of Ayurveda &amp; Alternative Medicine, MoHP, Teku</td>
</tr>
<tr>
<td>18.</td>
<td>Dr. Pushpa Raj Poudel</td>
<td>Ayurveda Physician, Ministry of Social Development, Province- 5, Butwal</td>
</tr>
<tr>
<td>No.</td>
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<td>Designation and Institution</td>
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<tr>
<td>19</td>
<td>Dr Nirmal Bhusal</td>
<td>Chief Training officer, National Ayurveda Research and Training Centre, MoHP, Kirtipur</td>
</tr>
<tr>
<td>20</td>
<td>Dr Mithilesh Kumar Sah</td>
<td>Teaching Assistant, Dept. of Maulika Siddhanta, Ayurveda Campus, TU, Kirtipur</td>
</tr>
<tr>
<td>21</td>
<td>Dr Bishun Dayal Prasad Patel</td>
<td>Teaching Assistant, Dept. of Dravyaguna, Ayurveda Campus, TU Kirtipur</td>
</tr>
<tr>
<td>22</td>
<td>Dr Bijendra Shah</td>
<td>Teaching Assistant, Dept. of Shalya Tantra, Ayurveda Campus, TU Kirtipur</td>
</tr>
<tr>
<td>23</td>
<td>Dr Yanjan Gaihre</td>
<td>Vice-President, Yoga and Naturopathic Doctor’s Association, Nepal</td>
</tr>
<tr>
<td>24</td>
<td>Dr Ambika Prasad Gyawali</td>
<td>Vice-President, All Nepal Homeopathic Association</td>
</tr>
<tr>
<td>25</td>
<td>Shree Dev Raj Lamichhane</td>
<td>Nepal Ayurveda Paramedics society</td>
</tr>
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BACKGROUND

The humanity has been afflicted by devastating natural calamity time to time since antiquity. A Novel Corona virus known as 2019-nCoV; later named as SARS CoV 2 was emerged in Wuhan city of Hubei province, China, at the end of 2019. This virus is being defined global health crisis of our time and the greatest challenge we have faced since the World War II. The World Health Organization (WHO) has declared the novel Corona Virus (COVID-19) as a worldwide pandemic. The pandemic is moving like a wave-one that may yet crash on those least able to cope. But COVID-19 is much more than a health crisis; by stressing every one of the countries it touches, it has the potential to create devastating social, economic and political crises that will leave deep scars. Moreover, all the efforts have been made to stop this pandemic at any cost; taking risk of future bad consequences. Countries, all around the world are fighting to slow the spread of the virus by lockdown strategies which include limiting travel, quarantining citizens, and avoiding large gatherings such as sporting events, concerts, and even schools; and then carrying out contact tracing, isolating, and treating the contacted individuals.

WHO has also announced to use indigenous and traditional medical practices of their own which have been practicing since many centuries to stop this disease. In our context, we have Ayurveda, Homeopathy, Acupuncture, Unani, Yoga & Naturopathy and Sow-Rigpa which is collectively known as Ayurveda and Alternative Medicines (AAM); ancient and traditional medicinal practices and compendia of huge medical knowledge including respiratory tract diseases can be tested to treat flu-like symptoms of the patients during this pandemic. It pandemic crisis also brings us to the need of the hour for preventive, curative aspects and managing complications related to the current situation.

Therefore, Ayurveda experts’ recommendations, based on Ayurvedic literatures and scientific publications for preventive health measures, curative management and boosting immunity with special reference to respiratory health in Ayurveda; this guidelines suggest following for prevention, immune boosting and curative management for this COVID-19.
COVID-19: AYURVEDA AND ALTERNATIVE MEDICINE PERSPECTIVE

Ayurveda and Alternative medicine deals a newly detected disease on the basis of its Dosha involvement; it may explain more specifically on its signs and symptoms and then approaches to manage the disease. Otherwise Ayurveda doesn’t focus on the microbiological etiology; it embraces holistic approaches for elaborating the details of the disease we have. In Ayurveda, epidemics are discussed under the term of Janapadodhwamsa[1] where it is mentioned that due to either of deranged Vayu, Jala, Desha and Kala, outbreak of certain disease erupt which causes death of large population in a single episode. These diseases can be considered as either airborne or waterborne occurring due to soil contamination or conditions arising due to weather or seasonal hazards. Furthermore, diseases are classified as Adidaivika Bala Pravritta Vyadhi (diseases arising due to such causes that cannot be controlled by human intelligence), Sansargaja and Upasragaja (Transmitted directly from infected persons to healthy persons) and Aupasargic Rogas (Communicable & contagious diseases). In Ayurveda, the management of these infectious diseases can be either preventive or curative. Prevention can be preferred by Shodhana (Bio-purification) and Rasayana (Immuno-modulatory drugs) in the risk zone so that infectious agents can be reduced low; and immunity of individual can be enhanced.

In newly emerging covid-19 where the direct description are not available in Ayurveda classical literatures, however a vigilant study of signs and symptoms of the disease from previously contacted patients can help to prepare the management plan. The Signs and symptoms of COVID-19 may appear 2 to 14 days after exposure and can include: Fever, Cough and Shortness of breath or difficulty breathing. Other symptoms are Tiredness, Aches, Running nose, Sore throat, Headache, Diarrhea, Vomiting. Some people have experienced the loss of smell or taste, memory loss, loss of hearing which are more likely to different categories of Jwara described in Ayurveda. The complications of Jwara are Swasa (difficulty breathing), Murcha (Fainting), Aruchi (Anorexia), Vamana (Vomiting), Trishna (Thrust), Atisara (Diarrhoea), Vishada (Depression), Hikka (Hiccough), Kasa (Cough), Angamardha (Body-ache) which are the symptoms of COVID -19 too. Thus categorization of Jwara Awastha/category and planning of promotive, preventive, and curative aspects on the basis of Ayurveda can bring a hope to fight
with this pandemic. The Complications can include Pneumonia in both lungs and Organ failure in several organs which is very much similar to Jwara Vyapada indicating difficulty in management.

We have three different approaches to elaborate an unknown disease like COVID-19 which are natural history of the disease (Vikaara Prokriti), site of the pathological process (Adhishtana) and Etiological features (Samuthaana Visesha). [2] The natural history of the disease (Vikaara Prokriti) Considering the Vikaara Prokriti, in term of COVID-19 has evolved itself into a pandemic affecting a large population irrespective of their physical features, dietary patterns, psychological attributes, borders, etc., Ayurveda considers it as a Janapada-udhwamsa Vikaara esp. Rakshasadi Prakopanonya.[3] It can be grouped under the class of Aagantuja Vikaara with special reference to the class of Bhutabhishangaja (microbiological etiology).[4] The management of Aagantuja Vikaara should also follow the lines of Nija Vikaara. Hence, identification of the suitable pathological model along with the associated features is important. Data of COVID-19 shows that 40% of the cases were very mild with no symptoms of viral pneumonia; another 40% of the cases were having moderate symptoms with mild pneumonia; 15% were having very severe symptoms and 5% were critical. Generally 98% patients were having mild to moderate fever (Jwara), 76% were having cough (Kasa) and 44% were having myalgia (Anga Marda) and fatigue (Tanda).

Among those developed pneumonia, 99% were having fever (Jwara), 70% were having fatigue (Tanda), 59% dry cough (Vatika Kasa), 40% having anorexia (Aruchi), 35% having myalgia (Anga Marda), 31% having dyspnea (Shwaasa) and 27% were having sputum production (Kaphaja Kasa).[5]

Considering all these signs and symptoms in classical as well as the COVID-19; it can be contemplated as a Kapha-vata Samsarga Jwara[6], of course, with Pitta[7] association in the beginning. But it acquires the status of a full Snanipata Jwara[8], in certain subset of patient population as the condition progresses. Due to compromised immunity (Rogi Bala), the co-existing Pitta, even mild is causing Syandana and Shoshana[9] in the chest progressively, which can’t be resisted by the body. This process can be technically described as a Dhaatupaaka, a
dysregulated host response, from the context of Sannipaataja Jwara. This results in the rapid instability of Ojus leading to sepsis and eventually septic shock.

Because of the Syandana and Shoshana property of intervening Pitta, the Jwara may end up in the fatal forms of Sannipaataja Jwara; of which two special fevers worth mention- Vata predominant SannipaatajaJwara titled as Visphaarak and Vata-kapha predominant Sannipaata Jwara titled Sheekhrakaari. Along with the change in the nature of Jwara and Shwas which was previously a feature, later it becomes prominent as a complication (Upadrava). Adhishtaana (Site) - The proper Adhishtaana of COVID-19 can be suspected as Koshta itself, but the manifestation happens in Urah, which itself is a predominant site of Kapha. Many a time, it has been found that Pitta Dosha exerts a significant pathological influence on Kapha. The UshnaGuna of Pitta, in combination with the Sasneha and Drava Guna will exert a pathological effect on Kapha, thereby making it Asthira (unstable) and Abadha (unbounded). Here also, as stated in the description of the stages, Pitta can trigger this pathological cascade leading to the Syandana and further Shoshana. This can lead to DhatuPaaka and death. Samuthaana Visheshha (The Etiology) - The occurrence of a Kapha-vata predominant Sannipaata Jwara as a Janapadodhwamsa in Vasanta ritu points to the rapid and violent vitiation of Vayu, Udaka, Desa and Kala due to the activities that can be earmarked as Pragyaparaadha. Moreover, the predisposing factors such as the old age and co-morbidities are reasons of deteriorated Rogi Bala and which results in instability of Ojus and fatality.

PROPOSED CLINICAL STAGES OF THE DISEASE

Stage-1: Kapha-vata Sannipaata Jwara

Stage-2: Aggravation of the already existing situation.

Stage-3: The stage of initiation of Dhatu paka, due to unchecked activity of the Pitta dosha

Stage-4: Dhatu paka proceeds and Swasa coming forwards as an Upadrava.

Stage-5: Sannipaata Jwara titled as Vispharak or manifests and becomes fatal which needs technological support along with Aatyayika chikitsaa

Ayurveda experts’ recommendations, based on Ayurvedic literatures and scientific publications for preventive health measures, curative management and boosting immunity concerning
respiratory health in Ayurveda; this guidelines and protocol suggests following for prevention, immune boosting and curative management for this COVID-19.

Section-A: Preventive Measures

(Immunity Boosting Measures for Self-Care)

AAMs' intensive information on preventive care drives through the vastness of Dinacharya (Daily regime), Ritucharya (Seasonal regime) and Achara Rasayana (Good conduct) to maintain healthy life by increasing immunity to cope up the deadly disease, COVID 19. In this regards, preventive measures of Ayurveda is being advised to all individuals to maintain their healthy conditions.

Category-1: Preventive measures for Apparently Healthy individuals

- **First step:** Standard alcohol based sanitizer or Home Remedy Sanitizer: [13] Neem leaves; Tulsi leaves; Ghritakumari (Aloe leaves), Titepati (Artemisia leaves) and dry Garlic (Lasun) in equal portion (w/w); boil mixture in 4 times of water and reduce to one fourth of it. Filter the decoction and mix 1 gm of Phitakiri (Potash Alum) powder in each 100 ml of decoction. Use as sanitizer, body cleansing and floor cleaners or natural disinfectant (Annex-1).

- **Second Step:** Daily practice of Yogasana [14] or therapeutic Yoga (Surya Namaskara, Dhanurasan (Bow posture), Gaumukhasan (Cow Posture), Ustrasana (Camel posture), Bhujangasan (Cobra posture), Setubandhasan (Bridge posture), Padmasan (Lotus poses) for 10 minutes; Pranayama [14] (Anulom and Vilom, Kapalbhati, Bhashrika, and Bhramari)/breathing exercise (Chair breathing exercise and hand in and out breathing exercise) for 10 minutes; loosening exercise (Spinal twisting exercise, joint mobilization exercise) for 10 minutes; and Meditation[14] (Omkar chanting, meditative/relaxing music therapy) for 15 minutes; in the morning for at 30-45 minutes collectively. After completion of Yogasana; and then intake 80 to 100 ml of Guduchi decoction/Guduchi tea in empty stomach (Annex-2,3).
• Third step: Intake of luke warm drinking water 2-3 liters or as per necessary throughout the day. (Annex-4)

• Fourth step: Take Chyavanaprash [18] 10 gm (2tsf) in the morning or fresh Amla, if not available then use Amla churna (About 6 gm in twice with luke warm water routinely. (Diabetics patients should take sugar free Chyawanprash)

• Fifth step: Use spices like Besara (Turmeric), Jeera (Cumin), Maricha (black pepper) daily Dhaniya (Coriander), Daalchini (Cinnamon), Timur (Toothache tree) and Lasun (Garlic) for cooking routinely. (Annex-5)

• Sixth step: Nasal Application (Nasya)- Apply Anu taila or Sesame oil or mustard oil 1TSF or cow’s Ghee in both the nostrils (Pratimarsh Nasya) 2 times i.e. morning and evening. [18]

• Seventh step: Oil Pulling Therapy [19] (Gandusha)- Take 1 table spoonful of Sesame or Mustard oil in mouth. Swish in the mouth for 2 to 3 minutes and spit it off followed by warm water rinse. This can be done once or twice a day.[13]

• Eighth step: Drink Herbal Tea/Decoction (Kadha) [20] made from Tulsi (Basil), Daalchini (Cinnamon), Marich (Black Pepper), Shunthi (Dry Ginger) and Kalo Kisamisa (Raisin)/ or as per availability of drugs; and add jaggery (Natural Sugar) and/or fresh Lemon juice as per your taste, if needed. It can be taken once or twice daily.

• Ninth step: Dhoopana in home [21] - Mix these all; Guggulu, Neem patra, Vacha, Kutha, Harro, Sarso (Pahelo/Krishna), Lavana, Lasun/Pyaja, Yava, Titepadi and Ghee, and burn on flame of fire.

• Tenth step: Yogic Cleansing therapy under guidance of expert and helio therapy should be done for 30 minutes ( in between 7-10 am). (Annex-6)

• For details, refer to daily regimen table in Annex-8.

Category-2: Individual stayed at quarantine

• First step: Follow first, second and third steps of category 1.

• Second step: Follow sixth and seven steps of category 1.

• Third step: Take Chyavanaprash 10 gm (2 tsf) in the morning. Diabetics patients should take sugar free Chyawanprash.
**Fourth step:** Intake Golden Milk; half tea spoon of Besara (Tumeric) powder and half tea spoon of Jaggery as own taste in 150 ml of hot milk-once or twice daily. [22,23]

**Fifth step:** SDVKVS (Singhdurbar Vaidhyakhana) Tulsi Tea [24]/Guduchi Tea or prepare and drink herbal Tea/Decoction (Kadha) made from Tulsi (Basil), Daalchini (Cinnamon), Marich (Black Pepper), Shunthi (Dry Ginger) and Kalo kismis (Raisin) of equal proportion; and prepare in desired amount; and take once or twice daily. Jaggery (Natural Sugar) and/or fresh Lemon juice can be added as per your taste, if needed.

**All detailed regimen mentioned for healthy individual in category 1 should be followed.**

**Category-3: Self-Isolation / Isolation ward**

- **First Step:** Steam inhalation with fresh Mint and Tulsi leaves (each 3-4 leaves) and Besara powder (3-5 gm in 1 litre of water) can be practiced once or twice in a day for 5-10 minutes. [25,26]

- **Second step:** Gargle 4-6 times with salt mixed hot water.

- **Third step:** Mix Lavang (Clove) powder 1 gm with Honey or Mishri; and intake 2-3 times a day in case of cough or throat irritation. [27]

- **Fourth step:** Gargle with drugs mentioned in Annex-8.

- **Fifth step:** Follow first, third and fourth steps of category 1.

- **Sixth step:** Follow fourth and fifth steps of category 2.

- **Seventh step – Chitraka Haritaki 1 tsf (3-6 gm) twice daily with luke warm water or luke warm milk.

- **Eighth step- Yastimadhu Churna 1 tsf (3-6 gm) with luke warm water BD.

- **Ninth step- Mahasudarshan churna (3 gm) or Kwath (40 ml) in case of fever BD.
Section-2: Curative Management Protocol

When grading the stages of symptoms of COVID-19 the different types of Sannipataja Jwara Awastha are seen. The Common symptoms mentioned by WHO fever, tiredness and dry cough, shortness of breath, aches and pains, sore throat and very few people with diarrhea, nausea or a runny nose are very much same as in different types of Sannipataja Jwara. The duration of Vataja, Pittaja, Kaphaja Sannipataja Jwara[28] is 7 days, 10 days and 12 days (or sometimes 14, 18 and 22 days) respectively. If the fever and the symptoms get relief in the duration indicated then the patient recovery is good but if the fever and symptoms persists even after the duration of 14, 18 and 22 days in each type the complication arise and the patient suffered by pneumonia and may die. Although there is no clear cut evidence or finding to suggest with particular type of Jwara with Covid-19 but with the symptoms, its management plan may be in these stages:

Management in different stage:

A. Patients with positive case of COVID 19 having no symptoms

Following treatment for 7 days
✓ Trikatu Churna: 2 gm * BD with Luke warm water or with Dashmoola or Pathyadi kwatha.
✓ Sudarshana Churna: 3 gm *BD with Luke warm water
✓ Tab Samsamni Vati or Giloyaghan vati: 2Tab *BD with Luke warm water

For Rasayana chikitsa for 1 5-30 days
✓ Ashwagandha Churna/Capsule: 3gm/1-2 tab *BD with Luke warm water
✓ Brahmi Vati / Churn/ Tablet: 3gm/1-2 tab *BD with Luke warm water
✓ Chyavanaprash : 1tsf *BD (Sugar free for Diabetic Patients) and use Luke warm water

B. Stage 1. Kaphavata Sannipataj Jwara (Patients with positive case of COVID 19 having mild symptoms -mild fever, mild cough, no breathlessness):
1) Management of Amajwara Chikitsa [29]

In primary stage with Langhana by any one from following drugs; when symptoms persist from to 5-7 days

Shunthi jal -SOS
Shadang Paniya SOS.
Chitrakadi Vati: 2Tab *BD with luke warm water before meal.

Following treatment for 7-15 days

✓ Trikatu Churna: 2 gm * BD with Luke warm water or with Dashmoola or Pathyadi kwatha.
✓ Sudarshana Churna: 3 gm *BD with luke warm water
✓ Talisadi or Sitopladi Churna: 2gm *BD with luke warm water
✓ Tab Samsamni Vati or Giloyaghnan vati: 2Tab*BD with luke warm water

For Rasayana chikitsa for 15-30 days

✓ Ashwagandha Churna/Capsule: 3gm/1-2 tab *BD with luke warm water
✓ Chyavanaprash: 1tsf *BD (Sugar free for Diabetic patients)
✓ Detailed daily regimen in Annex 3 also should be followed with treatment schedule.

C. Stage-2: Kapha-Vata Sannipaataja Jwara (Patients with positive case of corona Virus including all symptoms of corona together with Allopathy treatment but not in ventilator)

Management Guideline – Jwara Shamana, Kapha Shamana, Vata Anulomana and protection of Rogi Bala in 5 different steps of treatment

2) Management of Dosha Pachana

These can be started from beginning of the symptoms.

✓ Trikatu Churna [30]: 2 gm * BD with luke warm water or Dashmoola or Pathyadi [31] Kwatha.
✓ Sudarshana churna[32] : 3 gm *BD With luke warm water
✓ Tab Samsamni Vati or Giloyaghnan vati[33] : 2Tab*BD with luke warm water
3) After 7 days of symptoms; it turns to Madhya jwara, and following can be taken as its management

- Talisadi [34] (for dry cough) or Sitopladi churna (for productive cough) [35]: 3-5 gm with Yastimadhu kwatha [36] or appropriate anupan*BD (Please use warm decoction)
- Tab Shanjeevani Vati [37]: 250mg * BD with luke warm water
- Tab. N. Laxmivilasa Rasa [38]: 60 mg *BD with luke warm water

**Additional drugs:**

- Mrigamadasav [39]: For children 1-5 yrs 6-10 drops TDS. For Adult – 10-20 drops TDS with luke warm water or honey.
- Guduchi Kwath [40]: 40-80 ml B.D.
- Yashtimadu Kwath [41]: 40-80 ml BD.

4) After this Pakwa Stage:

**Aggravation of the already existing situation** (COVID 19 positive with specific symptoms at moderate level) Management Guideline- JwaraShamana, KaphaShamana, VataAnulomana, protection of RogiBala, Particularly important in geriatric and those with co-morbidities.

Kapha Nissaraka management can be needed for 5 to 7 days

- Talisadi (for dry cough) or Sitopladi churna (for productive cough): 3-5 gm with Yastimadhu kwatha or appropriate anupan*BD (Please use warm decoction)
- Chitraka haritaki [42] OR Kantakari avaleha [43]: 1tsf *BD with luke warm water
- Tab Lavangadi vati [44]: 1-2 Tab; suck 4-6 times a day
- Amritarishta [45]: 15-30 ml B.D. with equal amount of water after meal.

**Additional drugs:**

- Kankasav [45]: 15-30 ml B.D. with equal amount of water after meal.
- Tribhuvan kirti [45] ras 125-250 mg BD with luke warm water.
- Shatyadi Kwath [46] (Kachoor, Pushkar mool, Kantakari Mool, Karkatshringi, Duralabha, Guduchi, Shunthi, Patha, Kirattikta, Kutaki all in equal amount) 40-80 ml B.D.
- Kirattikta or Mahasudarshan Kwath 40-80 ml B.D.

5) Rsayana chikitsa

- Ashwagandha Churna/Capsule [47]: 3gm/1-2 tab *BD with luke warm water
✓ Brahmi Vati or Churna/ T \[48\]: 3gm/1-2 tab *BD with luke warm water
✓ Chyavanaprash \[49\]: 1tsp *BD (Sugar free for Diabetic patients)

D. STAGE 3 Dhatu Paaka and Swasa coming forwards as an Upadrava (Complications due to unchecked activity of the Pitta Dosha) ( COVID 19 positive with severe symptoms with respiratory distress etc. and progressive towards fatality)

Management guideline –Jwara Shamana, medicines to stop DhatuPaaka, medications for bronchodilation and expectoration, protection of Rogi Bala in a more potent and aggressive manner. Special procedures enlisted in Sannipataj Jwara Prakaran need to be applied.
✓ Kankasav: 15-30 ml  B.D. with equal amount of water after meal .
✓ Tribhuvan kirti rasa: 125-250 mg BD with luke warm water.
✓ Shatyadi Kwath ( Kachoor, Pushkar mool, Kantakari Mool, Karkatshringi, Duralabha, Guduchi, Shunthi, Patha, Kirattikta, Kutaki all in equal amount) 40-80 ml B.D.
✓ Kirattikta or Mahasudarshan Kwath 40-80 ml B.D.

Rsayana chikitsa

Based on Kapha in Urashtana or according to the age for 15-30 days
✓ Ashwagandha Churna/Capsule : 3gm/1-2 tab *BD with luke warm water
✓ Brahmi Vati or Churna/ Tablet: 3gm/1-2 tab *BD with luke warm water
✓ Chyavanaprasrash: 1tsp *BD (Sugar free for Diabetic patients)

E. Stage 4 Dhatu paka proceeds and Shwas comes forwards as an Upadrava.
Management guideline – the same as above, but in a more potent and aggressive manner. Special procedures enlisted in Sannipata jwara .

F. Stage 5. Sannipata jwaram titled as Vispharakam or manifests and becomes fatal- needs technological support along with Aatayika chikitsaa
G. Apparently healthy individual for immunity improving drugs.

Following drugs can be prescribed for 7-15 days

✓ Dashmoola or Pathyadi kwatha: 40-80 ml twice a day
✓ Tab Samsamni Vati or Gillowghan vati: 1-2 Tab *BD with luke warm water
✓ Ashwagandha Churna/Capsule: 3gm/1-2 tab *BD with luke warm water

Post Recovery Maintenance (To prevent recurrence and health restoration):

Treatment for recovery and Rejuvenation:

As per Ayurveda concepts, there is Dhatu-Kshaya & Agnimandya Avastha after Jwaramukti (Post COVID 19 infection). Although the test report may be negative; but if symptoms of shortness of breath are present then it may be state of Jirna Jwara and Aushad like Guduchi, Pippali should be used before Dhatu Poshana. Dhatu Poshana, Rasayana Sevana with drugs like Draksha & Vasa for at least 30 days and to combat the residual effects of the virus on the body; Vishagtha chikitsa with Vidanga or Haridra churna are suggested after clinical recovery. Cardioprotective, Hepatoprotective and renal protective drugs like Arjuna Churna, Amalaki Churna, Bhumyamalaki, Purarnava kwatha, etc. may be given for 30-45 days after clinical recovery to combat toxicity produced from antiviral drug therapy. Deepana and Pachana drugs like Shadanga Paneeya, Musta, Sunthi may be used in case of Diarrhoea, vomiting or loss of appetite. Dhatu Poshana and Rasayana may be provided for a time period of 30-45 days as per the discretion of physician.

✓ Ashwagandha Churna/Capsule: 3gm/1-2 tab *BD with luke warm water
✓ Brahmi Vati / Churna/Tablet: 3gm/1-2 tab *BD with luke warm water
✓ Chyavanaprash: 1tsf *BD (Sugar free for Diabetic Patients) and take luke warm water

Additional Medicines (Aushadi):

- Amritarishta: 10 - 20 ml with equal quantity warm water twice after food.
- Draksharishta<sup>50</sup>: 10 - 20 ml thrice a day with equal volume of water after meal.
- Vasavaleha/ Kantakaryavleha<sup>51</sup>: 10 - 12 gm thrice a day 1 hour before meal.
- Vasa/kantakari is a very useful drug for Jvara, Kasa, Pitta Vridhha conditions; so it would be helpful in removing the residual Khavaigunya in Srotas.
- Amalaki Churna; 3 - 6 gm or Triphala churna\(^5\); 3 - 6 gm is given in empty stomach at the morning with lukewarm water
- Kalamegha Churna\(^6\); 3 - 6 gm in empty stomach at the morning with lukewarm water when Hepatoprotective Drugs are needed.
- Vidanga Churna\(^7\); 3-6 gm with honey at night after 1 hour of meal for Kriminashaka/Vishahara.

GUIDELINES FOR IMPLEMENTING THIS PROTOCOL

1. Facilities of general safety measures for doctors, paramedics and health workers need to be ensured before management of COVID-19 patients.
2. Take the travel and contact history of the patient first and then examine the patient well to assess the Koshta, Agni status of the patient.
3. Laboratory or imaging panels is needed; as and when required. Modern diagnostic and assessment criteria’s should be used whenever necessary.
4. Definitely have an assessment of the Vyadhi-avastha in a meticulous manner, as some medicines may be contra-indicated in some specific Avasthas.
5. Assess the Rogi Bala using the ten-point clinical examination protocol (Dashavidha Pareeksha Vidhi) and calculate the functional status of the patient.
6. Assess the status of Ojus (immunity) and predict the chance for an immediate casualty.
7. It is mandatory to read the Ayurveda diagnostic and pathologic approach to COVID-19 prior to the management protocol, and understand the pathologic processes happening at different stages of disease process.
8. The selection and combinations of medicines and dose should be done considering the Rogi Bala, Agni and Koshta, and the Rogavastha.
9. The medicines described in each stage shall be utilized judiciously in the succeeding stages also.
10. Diet and regimens must be continued in preventive, curative and rehabilitative phases.
HOMEO PATHY PREVENTIVE MEASURES [55,56,57,58,59]:

✓ All preventive measures mentioned above and as per WHO guidelines should be followed.

✓ 1 dose of Arsenicum album-30 should be taken daily in empty stomach for 3 days. The dose should be repeated after 1 week by following the same schedule in case Corona Virus infection reveal in community.

Following Homeopathic Medicines are recommended for COVID-19 problems for Nepal on the basis of prevalent symptoms, materia medica and references from worldwide:

<table>
<thead>
<tr>
<th>Prevention</th>
<th>Treatment</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Arsenicum album</td>
<td>• Bryonia</td>
</tr>
<tr>
<td>• Gelsimium</td>
<td>• Gelsimium</td>
</tr>
<tr>
<td>• Bryonia</td>
<td>• Eupatorium perfoliatum</td>
</tr>
<tr>
<td>• Camphor</td>
<td>• Camphor</td>
</tr>
<tr>
<td>• Aconite</td>
<td>• Antium Tart</td>
</tr>
<tr>
<td></td>
<td>• Phosphorus</td>
</tr>
</tbody>
</table>

Any one of the above listed medicine can be given according to the symptoms prevalent in the area. These medicines boost immune system and could work against Corona Problems.

Remedy is to be prescribed in consultation with homeopathic doctor in proper potency according to the symptom similarity. Patients should be isolated and other supportive measures should be given according to the proper guidance by Homeopathic Doctor.

Note: In case of infection, individualized treatment is recommended under supervision of Registered Homeopathic Doctor. Some bio-chemic & mother tincture can also be used according to the severity of the case.

Along with recommended medicines precautions should be followed:

- Regular cleaning of hands with soap water or alcohol based sanitizer.
- Maintain safe distance from anyone.
- Don’t touch eyes, nose or mouth.
• Cover nose, mouth with bent elbow or tissue during coughing & sneezing.
• Clean & disinfection of touched surfaces such as tables, phones, toilets...
• Proper use of masks.
• Drink warm water at regular interval
• Eat food which boost up the immune system and avoid junk foods.
• Regular exercise for boosting immune system.

DISCLAIMER –

The guidelines for curative management doesn’t claim confirmatory curative management of COVID 19. The curative management mentioned in this protocol is based on classical/symptoms of disease and scientific evidences of AAM (Ayurveda and Alternative Medicines).
References


19. AYUSH Advisory against COVID 19. [Link]


57. https://www.littlemountainhomeopathy.com/vaccine-alternatives


Annex-1: Home Made Remedy

रघुनूतरमा हात धुनेत तरिका
HOME REMEDY SANITIZERS
1. गिंह पाल  2. तुपस्य पाल  3. धीरुक्रम  4. तियाखीनी पाल  5. फिमोरी धुनेल

- टाजा पात्तलक
- सम्भाग धुतक्रमी बाहेर
- चार-मुणा सफा पानी
- प्रत्येक 100 ग्री.गा 1 ग्राम फिमोरी धुनेल मिसाइले
- एक भाग धुतक्रमीको स्वस्थ मिसाइले

Annex-1: Steps for Surya Namaskar, a Yoga posture

[Diagram of Surya Namaskar steps]

Inhaler Exhaler
Inhaler Exhaler
Inhaler
Exhaler
Inhaler
Inhaler
Exhaler
Inhaler
Exhaler
Exhaler
Retie
Exhaler

Page | 1
Annex-2: Different Immune boosting Yoga postures

रोगप्रतिरोधी प्रणालीको लागि पाँच प्रभावकारी योगाशाखाहरू

गरुडाशन
तदाशन
अधी मुख श्वालाशन
भुजाकाशन
छतुराड दण्डाशन

Ref: www.journalyoga.com

Annex-3: Pranayama

प्राणायाम

अनुलोक विलुक (नाडी शोपन) र देखि ५

अभासी

Ref: www.journalyoga.com
Annex-4: दैनिकरुपमा २ देखि ३ लिटर मनतालीय पानी पिउने।

(Ref: S.S. Su. 45.39)

* Precaution: Don’t use cold water/ any drinks of food stored in Fridge during this pandemic

Annex-5: ताजा तातो खाना खाने | दैनिकरुपमा खानामा बेसार जीरा धनिया र लसून अनिवार्य रुपमा प्रयोग गर्नु।

- शरीरमा उपस्थित विषाक्षताहरु नष्ट गर्नु।
- शरीरमा इन्टार्ग्रेस, रक्ततप, रक्तपट्ट्यको वस्तुता, स्वास्थ्यमा लागि दिँदै।
- शरीरको पाचन शक्ति बढाउँ।
- शरीरमा घुल्चे हर्माल र पाचन रस्को साल गर्नु।

(Ref: C.S. Cl. B.344)
COVID-19 समस्यामा जनहितमा जारी सुन्देर

हाल सम्म विश्वको COVID-19 को उपचार तथा धोप तयार नैसर्गिको अपभ्रंशमा यस रोगलाई लागि नयौं सबै भन्दा उल्लास उपयोग हो। सहीले रोग प्रतिकारवारक्रम धार्मिक बाधाहरू गृह र Antimicrobial तथा Antiviral गृह भएका विभिन्न प्रकारका अहिलास्तरको नियमित रूपमा प्रयोग गर्न बाँडी सँगाली।

१. गृह (घरी) ५ श. आधा शि. पानीमा पकाएर आधा बाङ्खी रेखिद्दृ दिनेका जस्तो प्रयोग गरी।
२. अहुङ्गको पाट र श्रेयसलाई १ शि. पानीमा पकाएर आधा बाङ्खी रेखिद्दृ दिनेका जस्तो प्रयोग गरी।
३. मुँह, बालिका, नियां २ श. र पुलकको पाट ५ वट १ शि. पानीमा पकाएर आधा बाङ्खी रेखिद्दृ सिनेका गरी।
४. तेलावाट २ श. र बालिका ३ श. आधा शि. पानीमा पकाएर पियाका जस्तो गरी प्रयोग गरी।
५. नियमिततयपूर्ण बोध तथा प्राणसाम्य जस्तो गरी।

संग सँगि यस रोगलाई बन्ने नेपाल सरकार तथा WHO उद्गार निर्देशित निम्न उपायहरू अपनाउँछः

- अवयववचक काण्ड बाहेक प्रति बाहिर नजाली।
- धरातली निकाय गृह, नाक खोजाए गरी गराउने र लगाउने गरी।
- साथु पात्र विद्यु मात्र सार्वदायिक पटक पटक हल्का धुने बाँडी सँगाली।
- अवयववचक रूपमा गृह, नाक, तथा आधार लागि प्रयोग गरिएको पुनः गरी।
- रुक्कालाई लागि हल्का मिलाउने र अन्य माइक्रो गृहको सादो संचालन गर्नुहोस् गरी।
- वस्त्र सल्लाह तथा सेवाका लागि नीचलको स्थायी संरचना स्थापन राख्नुहोस्।
Annex-7: Yoga cleansing

जल नेति

कण्जी
# FOR HEALTHY PEOPLE

## A. Non Pharmacological Interventions

<table>
<thead>
<tr>
<th>Measures</th>
<th>Components</th>
<th>Guidelines</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>A. Dinacharya</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1. Daily Activities</td>
<td>a. Early Morning Regime</td>
<td>Wake Up</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- Before 45 min. of Sun Rise (Brahma Muhurta)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- Digestion of Food is to be taken into consideration before wake up.</td>
</tr>
<tr>
<td></td>
<td>Gandusha/Kavala</td>
<td>- Oil Pulling- 1 tablespoon of sesame or Mustard oil for Kavala followed by warm water rinse after morning routine but before bath.</td>
</tr>
<tr>
<td></td>
<td>Gargle</td>
<td>- With warm water added with a pinch of</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- Turmeric and salt,</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- Triphala, and Yashtimadhu.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- ShuddhaTankana (2% aqueous solution) also can be used</td>
</tr>
<tr>
<td></td>
<td>Nasya</td>
<td>- PratimarshaNasya (2 drops of sesame / mustard oil in each nostril).</td>
</tr>
<tr>
<td></td>
<td>Yoga/Exercise</td>
<td>- For 30-45 Min. moderately</td>
</tr>
<tr>
<td></td>
<td>Helio therapy</td>
<td>Sun bath: For 30 minutes between 7 am to 10 am.</td>
</tr>
<tr>
<td></td>
<td>Bath</td>
<td>- Use warm or normal water as per the season</td>
</tr>
</tbody>
</table>
- Wash body at least once a day and head once (preferably in the morning)
- Don’t bath or wash whole body immediately after meal.
- Rub RasnadiChurna over scalp.

<table>
<thead>
<tr>
<th>Yogic cleansing therapy</th>
<th>Jal Neti, Kunjal</th>
</tr>
</thead>
<tbody>
<tr>
<td>Foot bath</td>
<td>Lukewarm saline water for 10 minutes</td>
</tr>
</tbody>
</table>

| Afternoon Regimen | Involvement | - Official work from home
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>- Make a target to be accomplished in certain period of time in a suitable time table.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- Indoor recreational Activities like cooking, study, reading, gardening, playing, listening music, etc.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- Avoid daytime sleep</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Evening Regimen</th>
<th>Involvement</th>
<th>- Spend with family and keep composed and happy environment as stress itself is the biggest enemy of our immune system.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Foot bath</td>
<td>Lukewarm saline water for 10 minutes</td>
<td></td>
</tr>
</tbody>
</table>

2. Ahara

<p>| a. Food | Snacks | - Eat only when hungry |</p>
<table>
<thead>
<tr>
<th>Diet</th>
<th>Meal</th>
</tr>
</thead>
<tbody>
<tr>
<td>- Avoid frequent Snacking</td>
<td></td>
</tr>
<tr>
<td>- Dry fruits, homemade chips, boiled banana, apples etc. are the options to select from.</td>
<td></td>
</tr>
<tr>
<td>- Soup made up of Green gram</td>
<td></td>
</tr>
<tr>
<td>- Freshly cooked hot food is advisable</td>
<td></td>
</tr>
<tr>
<td>- <em>Laghu-supachyaahara</em> (easily digestible, light diet)</td>
<td></td>
</tr>
<tr>
<td>- Reduce the quantity of meal at least quarter of the stomach.</td>
<td></td>
</tr>
<tr>
<td>- Use ginger powder while cooking rice.</td>
<td></td>
</tr>
<tr>
<td>- Chatani made up of Goose berry (Amalaki) can be brought into practice.</td>
<td></td>
</tr>
<tr>
<td>- Avoid pickles, hot spicy foods, and Garam Masala.</td>
<td></td>
</tr>
<tr>
<td>- Restrict using sweets, oily &amp; fried foods.</td>
<td></td>
</tr>
<tr>
<td>- Avoid or restrict use of non-vegetarian food. If used then it should be cooked for long time.</td>
<td></td>
</tr>
<tr>
<td>- Avoid Refrigerated food.</td>
<td></td>
</tr>
<tr>
<td>- Eat a night meal 3 hours after</td>
<td></td>
</tr>
</tbody>
</table>
sunset or till 8 pm.

- Sleep 2 hours (10 am) after the night meal.

<table>
<thead>
<tr>
<th>b. Beverages</th>
<th>Drinking Water</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>- Boil the water with comfortable amounts of dry ginger, coriander seeds, Tulasi leaves, Ajwain and turmeric and can be taken throughout the day in sip wise.</td>
</tr>
<tr>
<td></td>
<td>- Luke warm water is to be consumed.</td>
</tr>
<tr>
<td></td>
<td>- Drinking water- made up of ShadangaKashayaChoorna one teaspoon boiled in two liters of water can be used as drinking water.</td>
</tr>
<tr>
<td></td>
<td>- Restrict Refrigerated cold beverages</td>
</tr>
</tbody>
</table>

| Milk          | - Warm milk boiled with Turmeric powder and/or Ginger power can be taken once/twice a day. |
| Tea           | - Regular tea can be taken using Black Pepper and Shunthi with less amount of sugar. |

* Herbal Tea like Tulsi tea (SDVKVS) can be advised.

* Carbonated and Alcoholic beverages of any sort is to be Avoided.

<table>
<thead>
<tr>
<th>B. Ratrichary</th>
<th>a. Sleep</th>
<th>Time</th>
<th>Duration</th>
<th>Precautions</th>
</tr>
</thead>
<tbody>
<tr>
<td>a</td>
<td></td>
<td>- 2 Hours after Dinner. (Before 10 PM)</td>
<td>- Adequate sleep of 7-9 Hours.</td>
<td>- Window should be opened and</td>
</tr>
<tr>
<td>C. Hygiene</td>
<td>a. Personal</td>
<td>Washing</td>
<td>Touching</td>
<td>Social Distancing</td>
</tr>
<tr>
<td>------------</td>
<td>-------------</td>
<td>---------</td>
<td>----------</td>
<td>-------------------</td>
</tr>
</tbody>
</table>
|            |             | - Wash hands frequently with an alcohol-based hand rub or Decoction made of Ghritakumari (Aloe vera), Neem leaves, Tulsi leaves, Artemisia leaves and Dry Garlic in equal proportion followed by mixing of Phitkiri (Potash Alum) powder 1 gm.  
- Washing with soap and water is advisable. | - Physical touching and shaking hands to greet are to be avoided.  
- Frequent touching of eyes, nose and mouth that can pick up viruses is to be avoided. | - Distance of 1 meter (3 feet) is to be maintained.  
- Avoid crowded places. | - Spitting in the public is to be discouraged. |
- Usage of gloves can be encouraged whenever possible.

- Advice to stay home to the best possible extent.

- Maintaining the good posture while sitting, lying down or standing.

- Advice to cope up with stress.

- Encourage maintaining a healthy lifestyle.

- Restrict Smoking and Tobacco chewing.

<table>
<thead>
<tr>
<th>b. Premises</th>
<th>Cleaning</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>- Keep home and surroundings clean.</td>
</tr>
<tr>
<td></td>
<td>- Manage domestic waste properly.</td>
</tr>
<tr>
<td></td>
<td>- Don’t allow mosquitoes, rats or other rodents to breed around.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Dhoopana</th>
</tr>
</thead>
<tbody>
<tr>
<td>- Mix these all; Guggulu, Neem patra, Vacha, Kutha, Harro, Sarso (Pahelo/Krishna), Lavana, Lasun/Pyaja, Yava, Titepati and Ghee, and burn on flame of fire.</td>
</tr>
<tr>
<td>- Use of Aparajita Dhooma Choorna (Astanga Hridyay JwaraChikitsa) as per availability can be adopted.</td>
</tr>
</tbody>
</table>
- As the Ritu varies with the Province, based on that it should be followed.

- Mainly Vasanta and GrishmaRitu is seems to be continued in Mountain and Terai region respectively.

C. Other Preventive measures

For a healthy person, no medicine is needed. But certain preventive medical practices added on to the daily activities may give enhanced capacity to fight against infections.

<table>
<thead>
<tr>
<th>1. Steam Inhalation</th>
<th>- With Tulsi (holy basil)/Panikoorka (Plectranthusamboinices) with Haridra(Termeric) in the evening</th>
</tr>
</thead>
<tbody>
<tr>
<td>2. Immunity Enhancers - Single Drugs</td>
<td>- Extract of Guduchi <em>(Tinosporacordifolia)</em> - 500-1000mg.</td>
</tr>
<tr>
<td></td>
<td>- Amla <em>(Emblicaofficinalis)</em> fruit is advisable during the meal.</td>
</tr>
<tr>
<td></td>
<td>- Haridra <em>(Curcuma longa)</em> powder for Gargling with luke warm water 2-3 times a day.</td>
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<td>- Tulsi <em>(Ocimumtenuiflorum)</em> processed water is advised for frequent sipping.</td>
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<td>3. Immunity Enhancers - Formulations</td>
<td>- Chyawanprash Avaleha - 10 - 12 gm / 1 Spoon</td>
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<td>- Drakshavaleha - 10 - 12 gm / 1 Spoon</td>
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<td>- Balachaturbhadra Churna - 1 - 2 gm with honey</td>
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<td>- Ashwagandha Churna - 10-12 gm in divided dose with luke warm water</td>
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<td>- Yashtimadhu Churna - 10-12 gm in divided dose</td>
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| **D. Pathya (Favorable)** | - Easily digestible light food like Kanji or jaulo or khichadi; Chatani made up of Goose berry (Amalaki), Onion, Curry leaf, Ginger and Turmeric; Cooked vegetables like Shigru (Moringa Oleifera Lam), Karvellaka (Momordica Charantia Linn), Patola (Tricosanthes dioica. Roxb), Mudga (Vignaradiata (L.) R. Wilezek), Patha (Cissampelo sparieta Linn.), Vaastuka (Chenopodium album L.), Jivanti (Leptadenia reticulate (Retz.) Wight & Arn), Tanduliyak (Amaranthus spinosus L.), Kakamachi (Solanum nigrum Linn), Draksha (Vitis vinifera L.), Kapithha (Feronia limonia (Linn.)), Dadima (Punica granatum Linn), Lashuna (Allium sativum L.) etc.; Soup made up of Green gram.

- Use warm water for drinking. Take complete rest. |
<p>| <strong>E. Apathya (Unfavorable)</strong> | Heavy, Spicy, oily or fried foods; Junk foods, Curd, Cold drinks, Alcohol, betel and tobacco in any form; Mid-day napping; Head bath; Exercise; Mental stress; Exposure to fan/Ac. |
| <strong>F. Achar Rasyana (behavioral medicine)</strong> | Truthfulness, Freedom from anger, Non-indulgence in alcohol, Nonviolence, Calmness, Sweet speech, Engaged in meditation, Cleanliness, Perseverance, Charitable, Religious, Respectful |</p>
<table>
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<th>G. Urges not to be suppressed by force</th>
<th>The urge of flatus, faeces, urine, sneezing, thirst, hunger, sleep, cough, breathing on exertion, yawning, tears, vomiting, semen should not be suppressed</th>
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<td>toward teachers, parents and elders, Loving and compassionate. Balanced in sleep and wakefulness, Using ghee regularly, Knowing the measure of time and place, Controlling the senses, Keeping the company of elders and the wise, Positive attitude, Self-control, Devoted to Vedic scriptures.</td>
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