

**Press Information Bureau
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AYUSH**

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Advisory from Ministry of Ayush for meeting the challenges arising out of spread of Corona Virus in India

Incidences of Corona Virus have been reported from various countries and few confirmed cases have also been found in India. The main symptoms of novel corona virus disease are fever, cough, and difficulty in breathing. Previously advisories have been issued from Ministry of AYUSH for the public to follow the personal hygiene and adopting preventive measures of simple remedies which are commonly used in controlling the respiratory symptoms and strengthening the immunity.

The holistic approach of AYUSH systems of medicine gives focus on prevention through lifestyle modification, dietary management, prophylactic interventions for improving the immunity and simple remedies based on presentations of the symptoms. In similar symptoms common single medicinal plants like Tulsijuice or infusion (*Ocimum sanctum*), Guduchijuice/decoction with honey (*Tinosporacordifolia*), Ginger juice/decoction with honey (*Zingiber officinale*) and Turmeric powder in honey or warm milk (*Curcuma longa*) are useful. Emphasis on avoidance of causative factors and enhancing the immunity against host of infections are characteristics of Ayurveda management. The preventive aspect of Homoeopathy is also well known.

Following system wise preventive and prophylactic simple remedies may be useful which are based on potential and strength of AYUSH systems for promotion of immunity and improvement in respiratory symptoms in similar diseases as documented by the research councils under Ministry of AYUSH.

Ayurveda:

Samshamani Vati 500 mg. twice a day with warm water for 15 days. The medicine contains aqueous extract of *Tinosporacordifolia*.

Siddha:

Nilavembu Kudineer decoction 60 ml. twice a day for 14 days. The medicine contains aqueous extract of *Andrographis paniculata* & others.

Unani:

A decoction prepared from boiling Behidana (*Cydonia oblonga*): 3 gm, Unnab (*Zizyphus jujube*): 5 in number, and Sapistan (*Cordia myxa*): 9 in number in 250 ml. water to till it remains half. Keep in a glass bottle after filtering and use it lukewarm. This decoction may be taken twice a day for 14 days.

Homoeopathy:

Arsenicum album 30, daily once in empty stomach for three days. The dose should be repeated after one month by following the same schedule till Corona virus infections prevalent in the community.

The mainstay in management of corona viral infections has been supportive care, nutrition and preventing further progression in the absence of any antiviral agent or vaccine. However, in consultation with qualified physicians of respective AYUSH systems, following symptomatic management may be undertaken in similar clinical conditions.

Ayurveda

1. AYUSH-64 : 02 tablets twice a day
2. AgasthyaHareetaki : 05 gm twice a day with warm water
3. Anuthaila/ Sesame oil 02 drops in each nostril daily in the morning

(In case of nasal irritation, only swabbing the nostrils with Sesame oil may be done)

Siddha

1. NilavembuKudineer /Kaba Sura Kudineer – decoction 60ml twice a day
2. AdathodaiManapagu – Syrup 10 ml twice a day

Homoeopathy

Various medicine which found to be effective in treating flu like illness are Arsenicum album, Bryonia alba, Rhustoxico dendron, Belladonna Gelsemium Eupatorium perfoliatum.

Above mentioned system wise remedies may also be useful as add on to conventional care which should be taken under strict supervision of qualified medical practitioners within institutional care.

General preventive measures (already notified):

- Observe good personal hygiene.
- Practice frequent hand washing with soap.
- Follow respiratory etiquettes - cover your mouth when coughing or sneezing.
- Avoid close contact with people who are unwell or showing symptoms of illness, such as cough, runny nose etc.
- Avoid contact with live animals and consumption of raw/undercooked meats.
- Avoid travel to farms, live animal markets or where animals are slaughtered.
- Wear a mask if you have respiratory symptoms such as cough or runny nose.

In addition, the following AYUSH specific measures may be adopted:

The diet should be fresh, warm, easy to digest, containing whole cereals, seasonal vegetables etc. Frequent sipping of water boiled with Tulsi leaves, crushed ginger, and turmeric would be beneficial. Cold, frozen and heavy foods may be best avoided. It is always beneficial to avoid direct exposure to cold breeze. Appropriate rest and timely sleep are advisable. The practice of Yogasana and Pranayama under the guidance of qualified Yoga instructor is recommended.

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