

Greetings & Best Wishes for 3rd Sowa Rigpa Day, 11th September, 2021.

“Ayurvedic Approach of Managing COVID-19 ”

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Director- Pharmacopoeia Commission of Indian Medicine & Homoeopathy

Ministry of AYUSH.

Pluralistic Health System in India

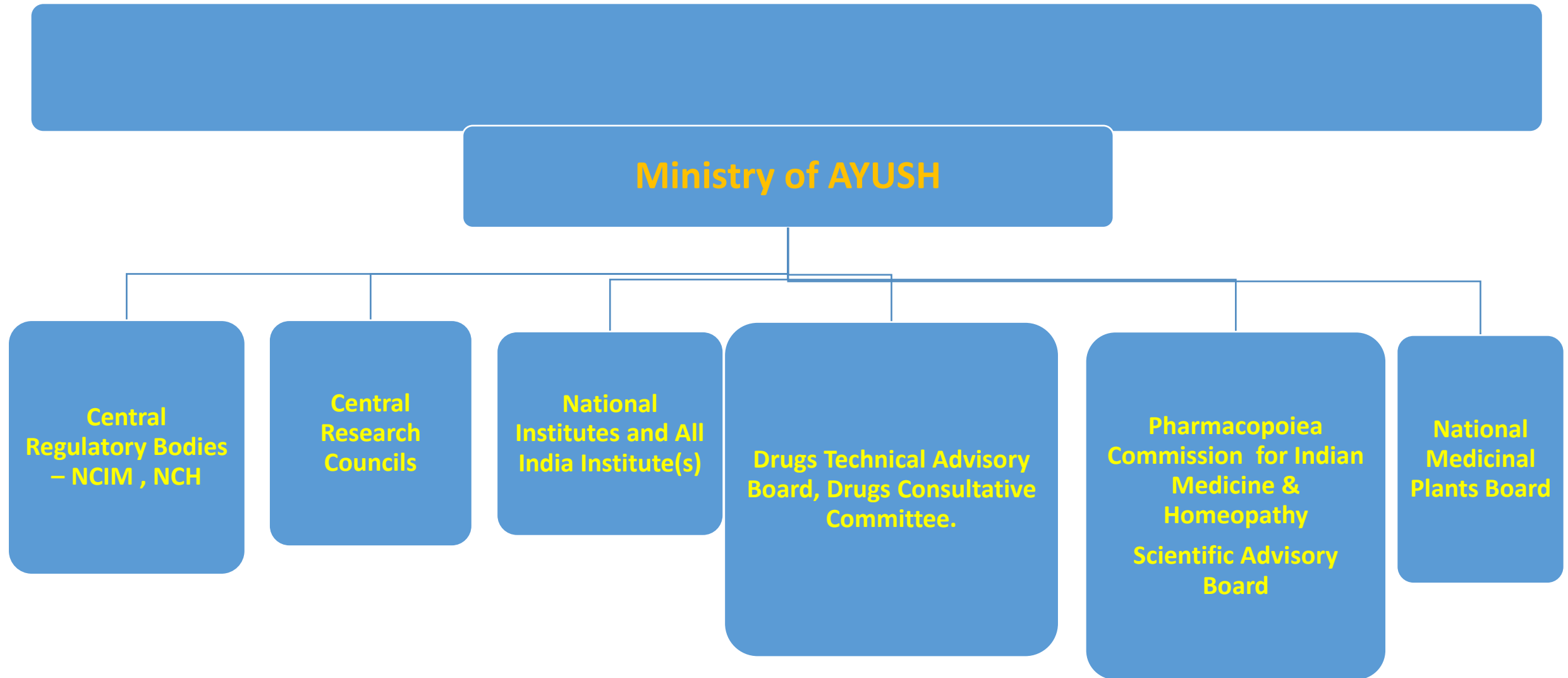
- **A:** Ayurveda
- **Y:** Yoga & Naturopathy
- **U:** Unani Medicine
- **S:** Siddha and Sowa Rigpa
- **H:** Homoeopathy

and

Conventional system of medicine i.e. Allopathic system

**** Each system has its own strength and potential for healthcare and medical interventions.*

Central Organizational Set Up for AYUSH



WHO Prescription for Health Development : Declaration -1978

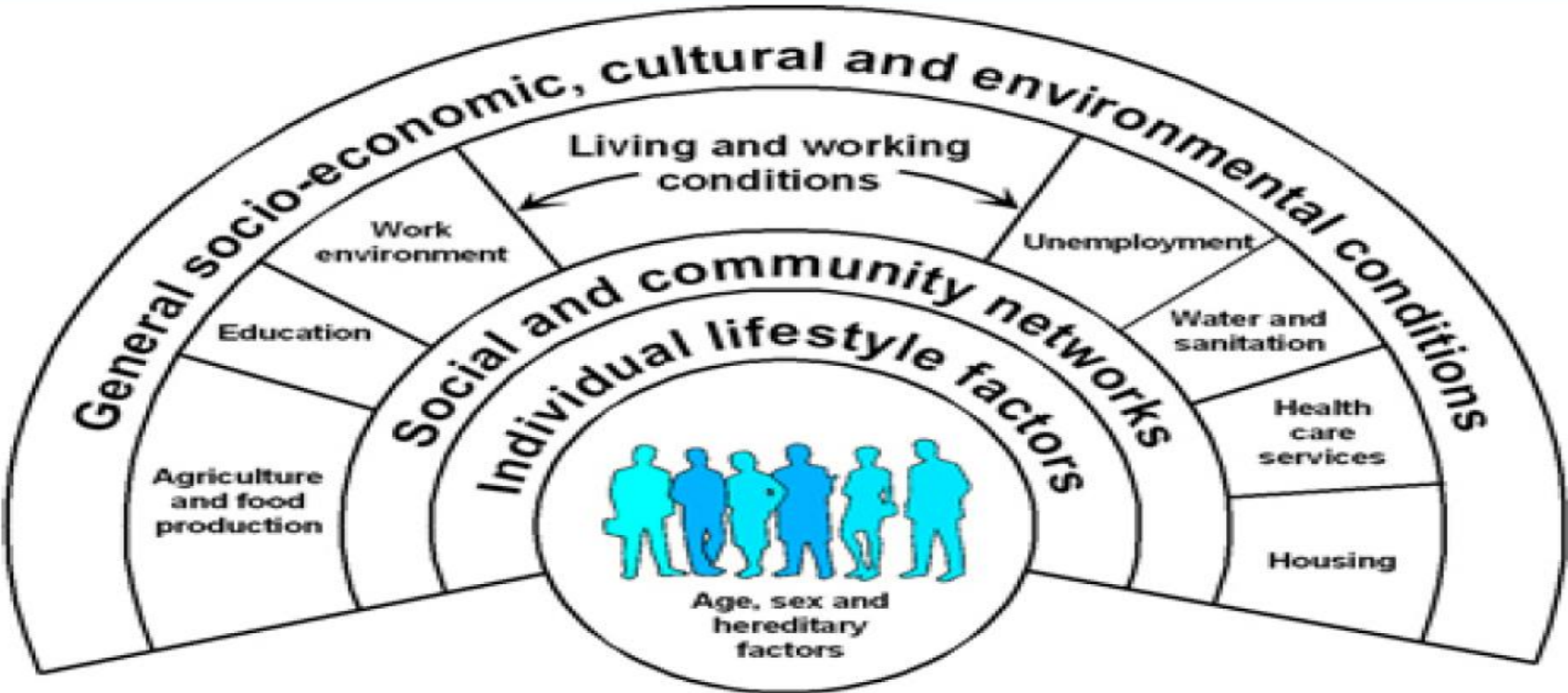
Alma Ata



Promote:

- ✓ Use of socially and culturally appropriate and acceptable health technologies, affordable to the communities.
- ✓ Primary prevention of diseases with public health initiatives focusing on management of health risks and health determinants.

What are the social determinants of health?



Strengths of AYUSH

- Holistic, personalised and customised approach.
- Psychosomatic (body-mind) concept of health and illness.
- Individualised body & mind constitution-based lifestyle interventions for preventive, promotive, curative, rehabilitative, restorative and mitigative healthcare.
- Wide range of healthcare modalities, medicinal plant-based remedies and drug-less interventions.
- Safe and effective solutions for common ailments; chronic, metabolic, immunological and degenerative diseases and comprehensive management of Non-communicable lifestyle diseases.
- Emerging scope for infectious diseases and antimicrobial resistance.
- Yoga and Ayurveda are globally known for promoting healthy living and holistic healthcare.

Ayurveda Model of Healthcare

ENABLING

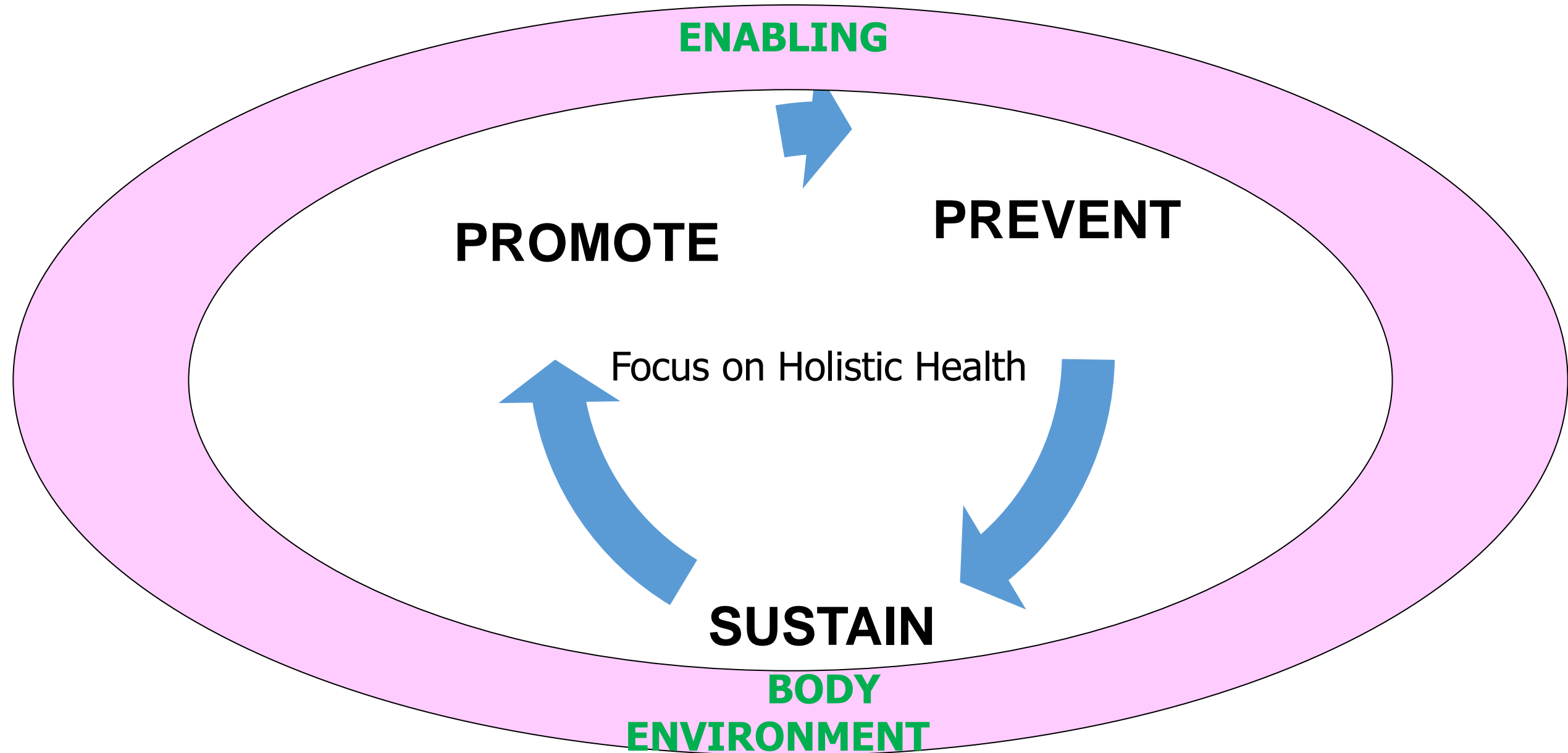
PROMOTE

PREVENT

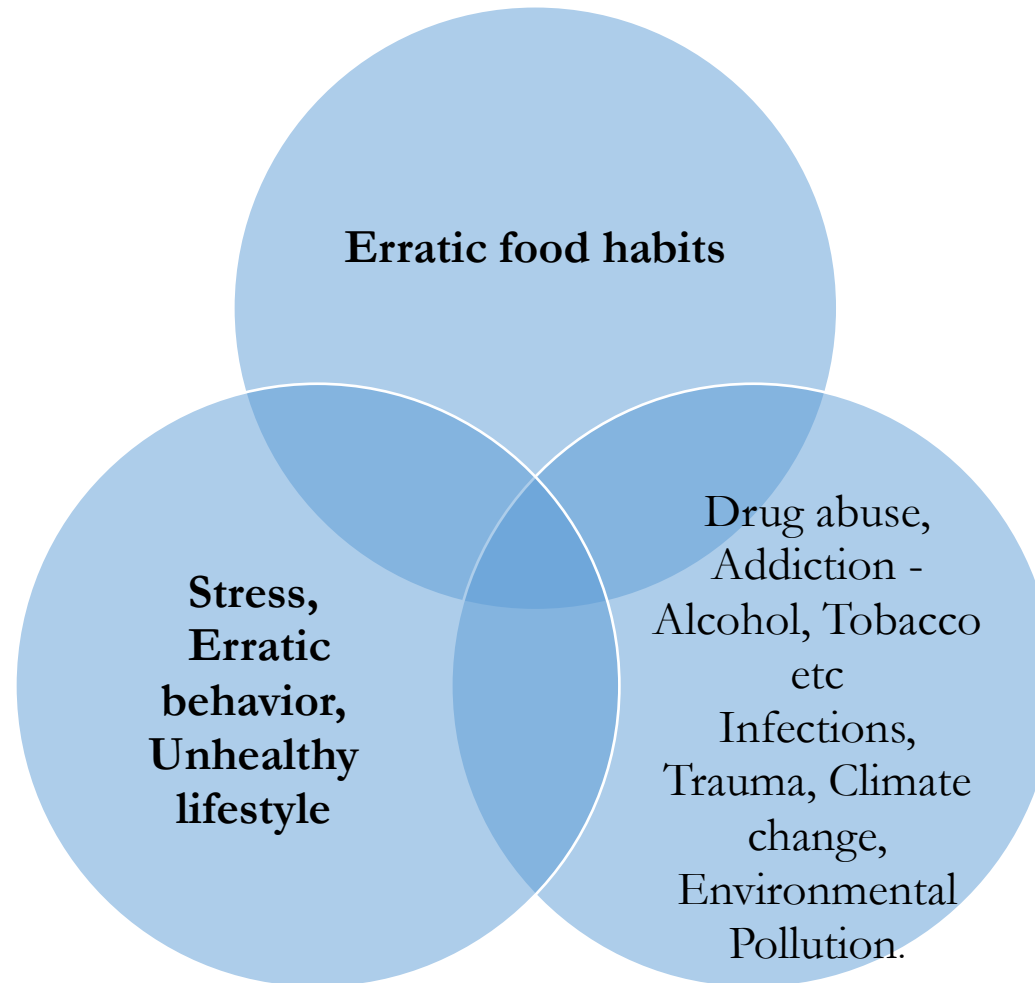
Focus on Holistic Health

SUSTAIN

**BODY
ENVIRONMENT**



Acquired Causes of Disease/Illness





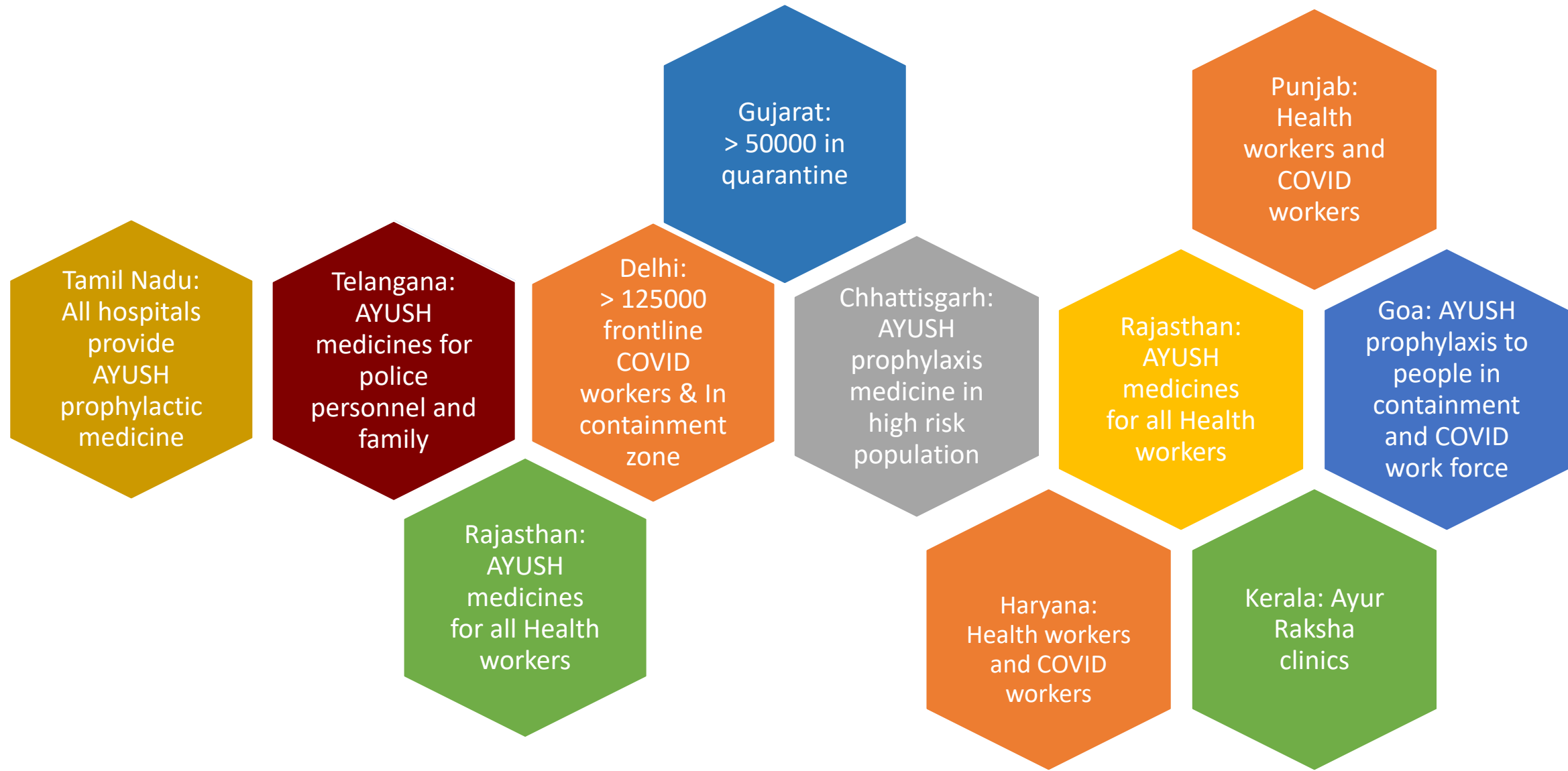
Coronavirus disease (COVID-19) is an infectious disease caused by a newly discovered corona virus.

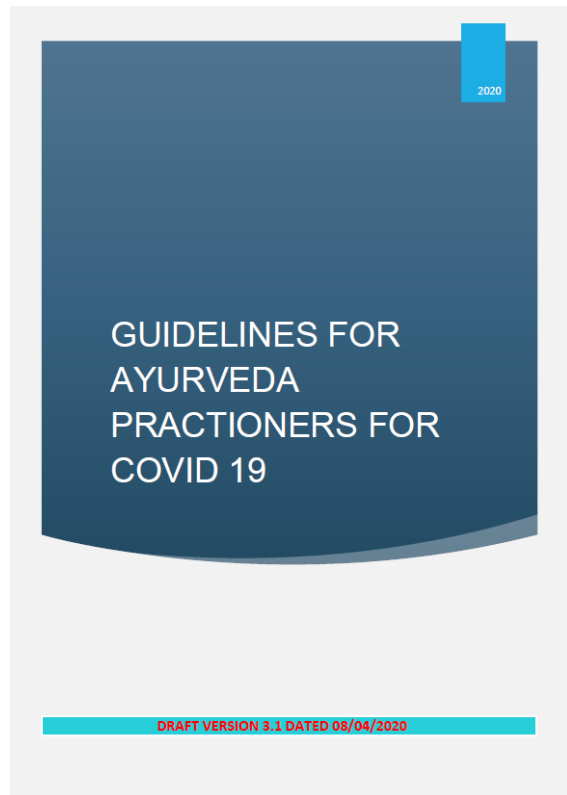
The virus that causes COVID-19 illness is mainly transmitted through air/ droplets generated when an infected person coughs, sneezes, or exhales.

Ministry of AYUSH issued advisories to boost the immunity and guidelines/protocols for practitioners to combat the COVID-19 pandemic and infection

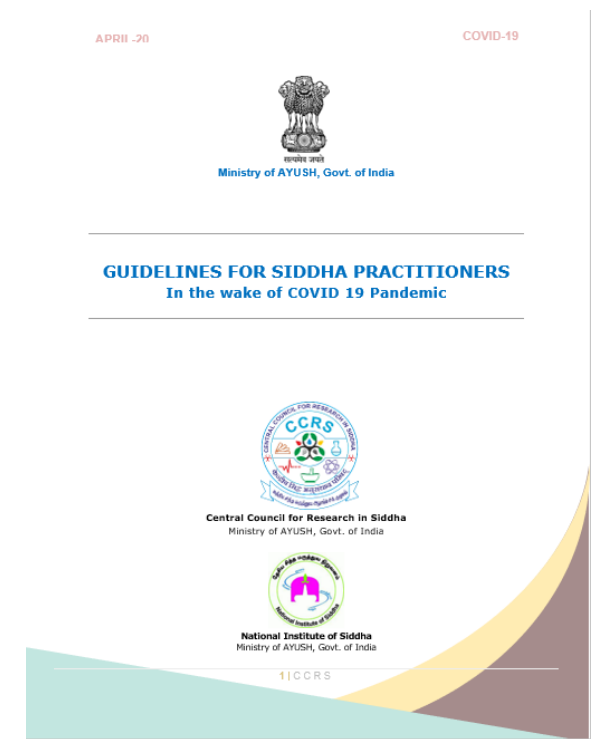
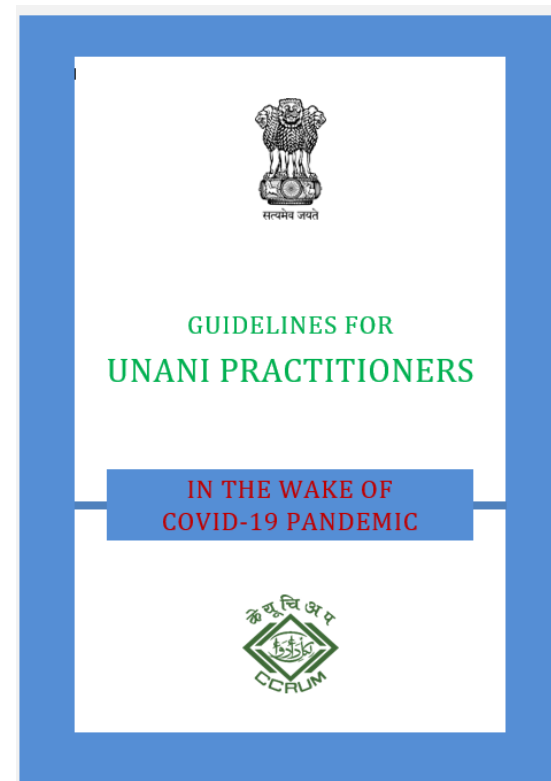
Interventions for prophylaxis :

to bring down the number of infections in the populations





Ministry of Ayurveda, Yoga & Naturopathy, Unani,
Siddha and Homoeopathy (AYUSH)
Government of India, New Delhi
<http://ayush.gov.in/>



Therapeutics: Independent AYUSH clinical guidelines finalized and published

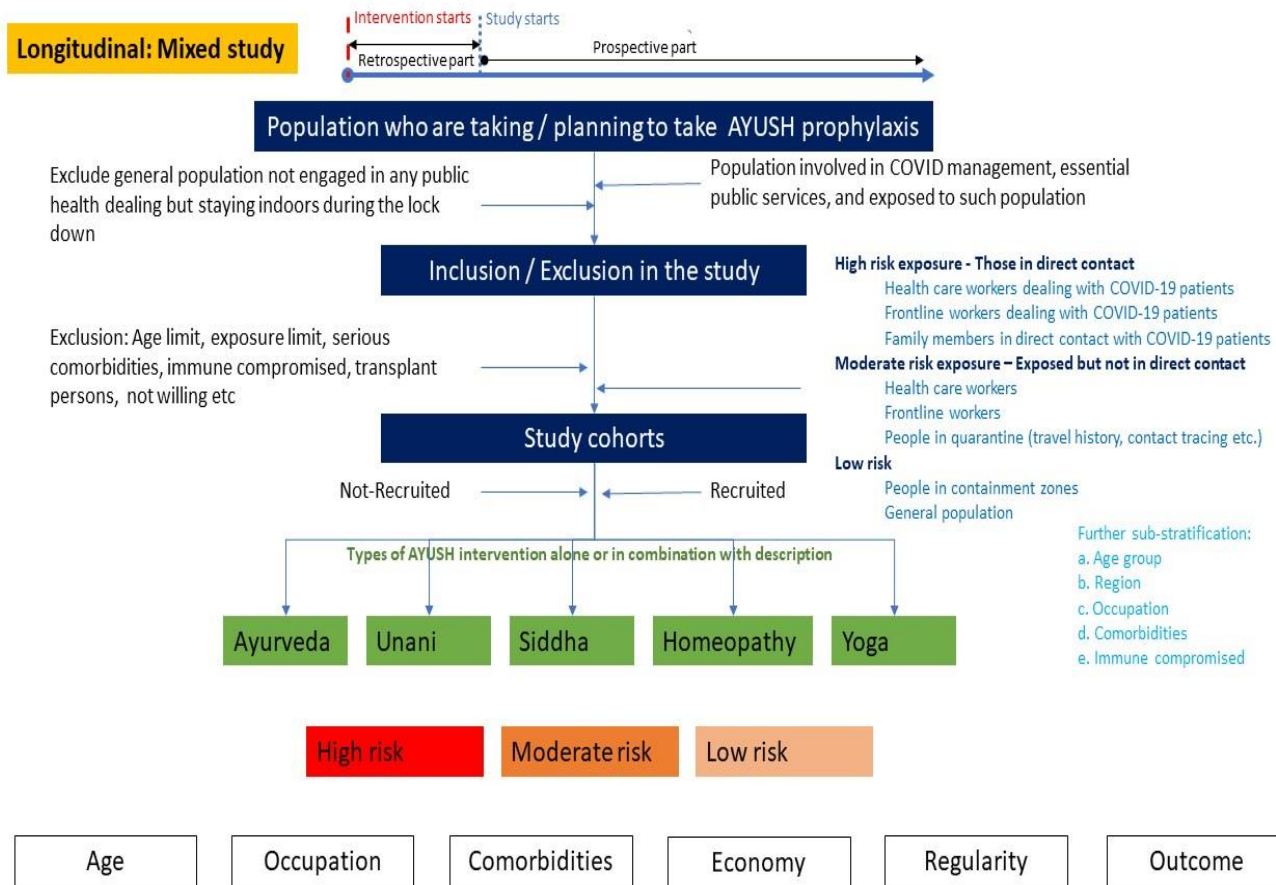
COVID related research on Ayurvedic drugs/interventions



- Collaborative research: Ministry of Health and Family Welfare, Ministry of Science and Technology, and Ministry of AYUSH. Partnering with CSIR and with Technical support of ICMR.
- More than 60 clinical trials registered in CTRI
- About 34 Covid 19 relate research projects including 20 exclusively of Ayurvedic interventions supported under Extramural Research Scheme.
- Multi-centric Clinical trials for establishing effectiveness in prophylaxis and management (mild to moderate cases) involving >10000 subjects.
 - Four drug candidates
 - For Prophylaxis:
 - Ashwagandha
 - For add on treatment of mild to moderate COVID:
 - Guguchi + Pippali,
 - Yashtimadhu,
 - AYUSH-64

AYUSH: COVID related research

- Longitudinal prospective studies on Impact of AYUSH prophylaxis: to cover 500,000 participants
- Lead organisations: Research Councils, National Institutes of AYUSH and some states

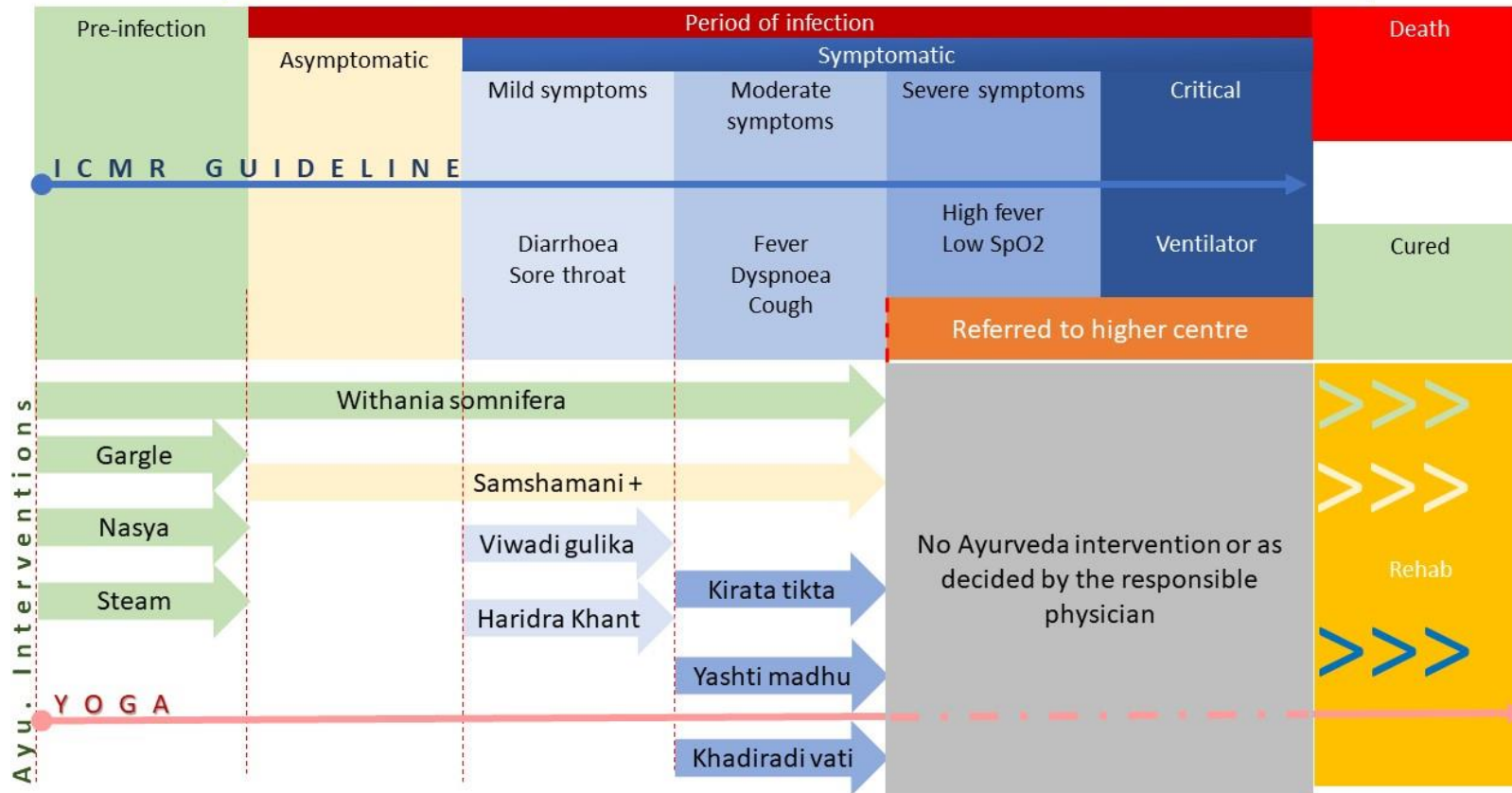


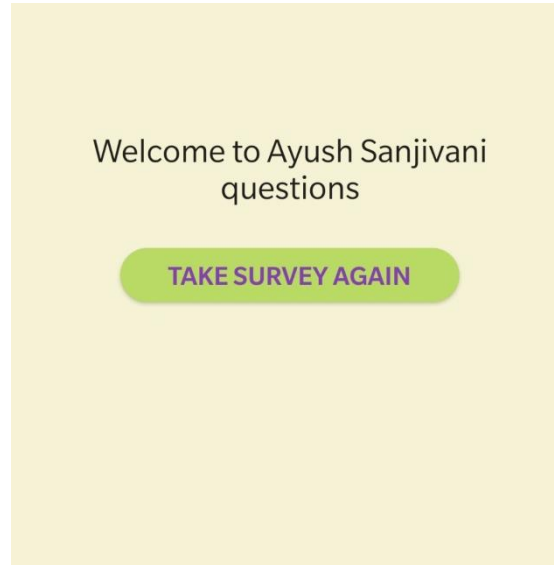
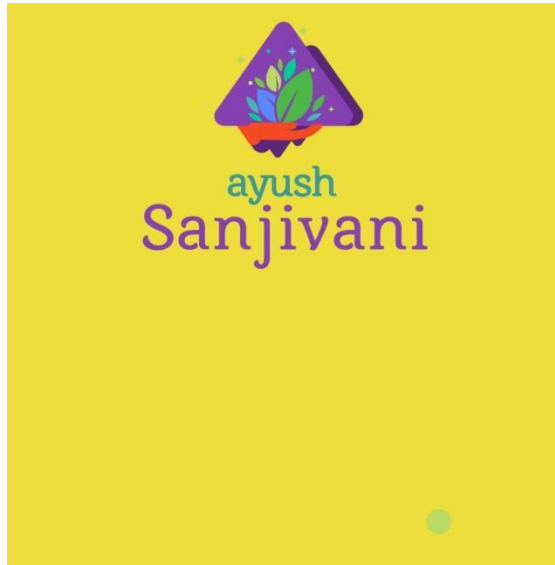
Working with Public Health Foundation of India



Therapeutics: Integrated AYUSH Clinical guidelines

Sample Integrated Ayurveda Protocol: interventions only representative





AYUSH: COVID related research

- Population study on the impact of AYUSH prophylaxis on 5 million participants
- Questionnaire administered through AYUSH SANJEEVANI mobile application
- Lead organisation: Central Council for Research in Ayurvedic Sciences



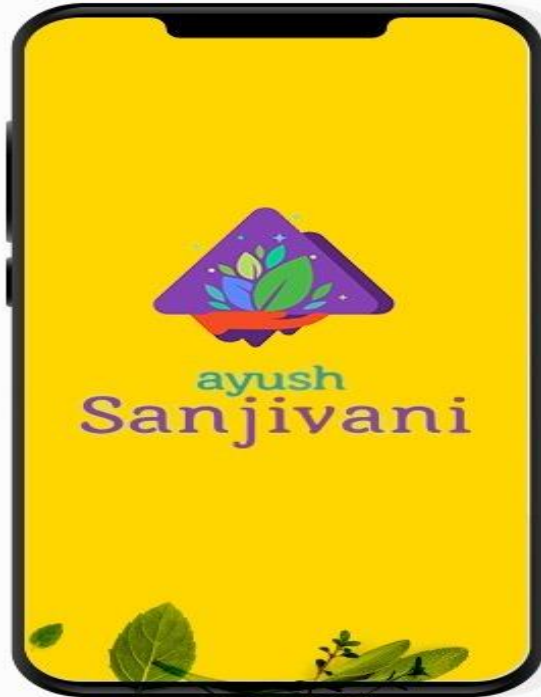
Expanding Horizons of Age-Old Traditional
Knowledge of Ayurveda with
AYUSH Sanjivani App



To generate data on acceptance & usage of AYUSH measures & its impact on prevention of COVID-19



Promote AYUSH knowledge for larger good of the global community



Provide AYUSH advisories related to immunity boosting measures



To develop AYUSH interventions & solutions; to reach out to target of 50 lakh people



Download Now!



Dated: 9 May, 2020

Support with Resources: Personnel

15 lacs of AYUSH personnel (including 8 lacs of AYUSH practitioners) have been sensitised to the possible need.

COVID warriors of AYUSH (practitioners)

- Govt. doctors/Teaching faculties: 20693
- Registered Ayush practitioners: 5,67,627
- Contractual Ayush doctors: 26,222
- State Ayush Staff : 29, 632
- Ayush UG students: 148375
- Ayush PG students: 13821
- **TOTAL: 806,370**

On 8th May-

- **Total no. of AYUSH personnel trained by State AYUSH Directorates: 105681**
- **Total no. of AYUSH personnel trained by National Institutes:2107**
- **Total no. of AYUSH personnel trained by Research Councils: 1437**
- **Total no. of AYUSH personnel trained by AYUSH UG&PG students trained at College: 60979**
- **TOTAL- 170204**
- **37328 AYUSH practitioners are deployed on COVID duty by the states**

Scope of Ayurvedic Interventions against Covid 19

- Preventive and prophylactic care with enhancement of immunity in pre-infection stage.
- Management of Infected but asymptomatic cases in isolation or quarantine.
- Management of Mild and Moderate illness
- Hospitalized care of Moderate and Severe illness with sophisticated integrated interventions.
- Adjuvant use of Ayurvedic remedies/interventions
- Management of post-covid and post-vaccination complications and side effects.
- Rehabilitative , Restorative, Mitigative care

Two fold Objectives of Ayurvedic Treatment

- Protection, maintenance and restoration of health
- Control and management of disease condition

Treatment Modalities of Ayurveda

- i) *Nidan Parivarjan*** (Avoidance of predisposing, causative and precipitating factors).
- ii) *Samshodhan Chikitsa*** (Bio-purification therapies/Panchakarma)
- iii) *Samshaman Chikitsa*** (Palliative treatment with medicines)
- iv) *Pathya Vyavastha*** (Conducive diet, lifestyle and behavior).

Expected effects of Ayurvedic interventions

- *Agni deepan, pachan* (facilitating digestion and metabolism)
- *Srotoshodhan* (cleansing of biological channels)
- *Lakshanupshaman* (control or suppression of symptoms)
- Antiviral, anti-inflammatory, immuno-modulation, cytoprotection
- Resolution of morbid complex and expulsion/neutralization of toxic materials.
- Restoration of normal health & nutritional status, vitality and strength.



सत्यमेव जयते
Ministry of AYUSH
Government of India



General Measures



Drink warm water throughout the day.



Daily practice of Yogasana, Pranayama and meditation for at least 30 minutes as advised by Ministry of AYUSH



Spices like Haldi (Turmeric), Jeera (Cumin), Dhaniya (Coriander) and Lahsun (Garlic) are recommended in cooking.



संयुक्त जगते
Ministry of AYUSH
Government of India

Ayurvedic Immunity Promoting Measures

1.



Take Chyavanprash 10gm (1tsf) in the morning. Diabetics should take sugar free Chyavanprash.

2.



Drink herbal tea / decoction (Kadha) made from Tulsi (Basil), Dalchini (Cinnamon), Kalimirch (Black pepper), Shunthi (Dry Ginger) and Munakka (Raisin) - once or twice a day. Add jaggery (natural sugar) and / or fresh lemon juice to your taste, if needed.

3.



Golden Milk- Half tea spoon Haldi (turmeric) powder in 150 ml hot milk - once or twice a day.



Simple Ayurvedic Procedures

- 1. Nasal application** - Apply sesame oil / coconut oil or Ghee in both the nostrils (Pratimarsh Nasya) in morning and evening.
- 2. Oil pulling therapy** - Take 1 table spoon sesame or coconut oil in mouth. Do not drink, 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.

During dry cough / sore throat

- 1. Steam inhalation** with fresh Pudina (Mint) leaves or Ajwain (Caraway seeds) can be practiced once in a day.
- 2. Lavang (Clove) powder** mixed with natural sugar / honey can be taken 2-3 times a day in case of cough or throat irritation.
- 3. These measures** generally treat normal dry cough and sore throat. However, it is best to consult doctors if these symptoms persist.





Immunity Enhancers –

Single Drugs:

Guduchi: Consuming Guduchi Ghan Vati/Samshamani Vati or aqueous extract of Guduchi

Amla: Consumption of fresh or dry Amla fruit (Indian gooseberry)

Haridra: Gargling with warm water with turmeric powder and a pinch of salt or Turmeric.

Tulasi: Frequent sipping of water processed with Tulsi.

Ashwagandha: Root powder 3-5gm twice a day with warm milk or water/ or Ashwagandha extract 500mg twice a day with warm water

Immunity Enhancers –

Formulations:

CHYAWANPRASH AVALEHA: 10 - 12 gm / 1 Spoon

DRAKSHAVALEHA: 10 - 12 gm / 1 Spoon

INDUKANTAM GRITHAM: 10 - 12 gm twice daily before food, when hungry

ARAVINDASAVA: 15 - 20 ml with equal quantity of warm water after food

BALACHATURBHADRA CHURNA: 1 - 2 gm with honey

HARIDRA KHANDA: 3 - 5 gm twice daily with honey/ warm water



A recent randomized trial comparing meditation and exercise with wait-list control among adults aged 50 years and older found significant reductions in ARI illness during cold season with mindfulness meditation.

Yoga is also known to increase mucosal immunity by increasing Salivary Beta Defensin-2 levels in elderly population.

Yoga practices such as Kriya, Yogasana and Pranayama have been shown to reduce airway reactivity in elderly subjects with asthma and COPD.

Yoga may play significant role in the psycho-social care and rehabilitation of COVID-19 patients in quarantine and isolation. They are particularly useful in allaying their fears and anxiety.

Yoga Practices for prevention, rehabilitation and to increase immunity:

Shodhana Kriya (Yogic cleansing practices) Jalaneti, Sutra Neti: Neti helps in cleansing sinuses, beneficial in allergic conditions and reduces upper airway reactivity)



Jalaneti



Sutra Neti

Yoga Practices for prevention, rehabilitation and to increase endurance:

Yogic Sūkṣma Vyāyāmas / Shithilikarana Vyayama/ Pawanamuktasana series (Joint movements): Neck movements, Shoulder rotation, Trunk movement, Knee movement, Ankle rotation. Joint movements help to **increase blood circulation, reduce stiffness and enhance joints flexibility.**

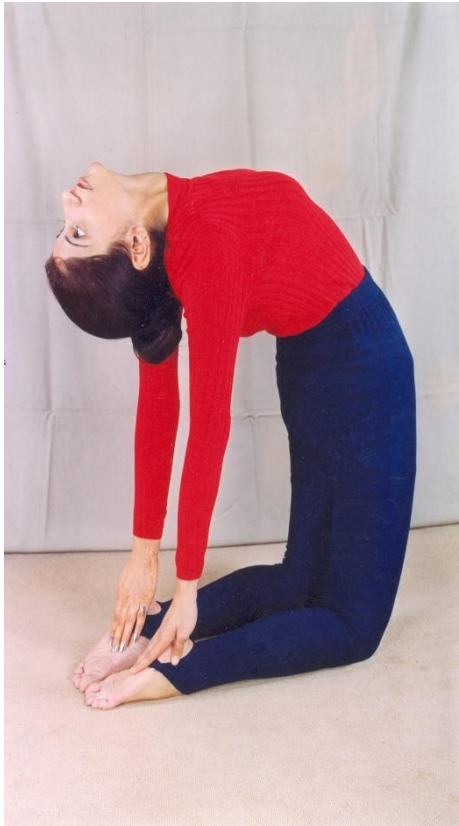


Sūkṣma Vyāyāma



Pawanamuktasana

Yogasana (Standing, Sitting, Prone and Supine lying postures): Ushtrasana, Utthana Mandukasana, Tadasana, Trikonasana, Vakrasana, Bhujangasana, Sarala Matsyasana etc. Practices of these yogasana will **improve chest expansion and cardiopulmonary functions.**



Ushtrasana



Utthana Mandukasana



Tadasana



Trikonasana



Vakrasana



Sarala Matsyasana



Bhujangasana

Breathing & Pranayama (Nadishodhana, Ujjayi, Bhramari)

- **Nadishodhan pranayama** reduces the sympathetic activity and stimulate vagal (parasympathetic) activity and **decreases stress and anxiety.**
- **Ujjayi pranayama** increase the **oxygen saturation** in body.
- **Bhramari pranayama** similar to humming may increase Nitric Oxide (NO) level leading to **improved blood flow to the brain parts** and has anti-inflammatory action



Nadishodhan pranayama



Ujjayi pranayama



Bhramari pranayama

Kapalabhati: 40-60 strokes per minute. Helps to cleanse frontal sinuses and improve vital capacity of the lungs and circulatory system.

Yoga Nidra (Pratyahara): Reduces sympathetic arousal and emotional distress, improves quality of sleep, rejuvenates the body, helps to keep the mind calm.



Kapalabhati



Yoga Nidra

Meditative practices (Breath awareness, Dharana & Dhyana): Meditation helps to reduce anxiety and stress by reducing the cortisol level and enhance the alpha brain waves; **make the body stable and calm the mind; balance the functions of neuro-endocrine system thereby enhance the immune system.**



Common Yoga Protocol (CYP)

A Common Yoga Protocol (CYP) was developed by a team of leading Yoga Experts / Yoga Gurus that is being widely performed on International Day of Yoga (IDY) i.e. 21st June of every year.

a) Forty-Five-minute module: The Common Yoga Protocol of IDY that was developed by a team of leading Yoga experts / Yoga Masters include safe practices to improve physical, mental, emotional and spiritual health of the population. Regular practice on empty stomach is recommended to improve immune resilience.

b) Twenty and ten minute modules are recommended for children, adults, Youth and the elderly population to be practiced twice a day (morning and evening).

c) Apart from CYP; Jalaneti, Sutraneti and Bhastrika Kriyas are recommended once or twice in a week and Yoga Nidra for 20-30 minutes twice or thrice a week.

COMMON YOGA PROTOCOL - 10 MINUTES

	Practices	Name of the Practice	Duration (Minutes)
A	Starting	Prayer	30 seconds
B	Loosening Practices (SukṣmaVyāyāma / CālanaKriyā)	Neck Bending	2 minutes
		Shoulder movement	
		Trunk Movement	
C	Yoga Practices		
	Āsanas performed in standing posture	Tadāsana (The Palm tree posture)	1 minute
		ArdhaChakrāsana (The Half wheel posture)	1 minute
	Āsana performed in sitting posture	Sasakāsana (The Hare posture)	1 minute
	Āsana performed while lying on the stomach	Bhujangāsana (The Cobra posture)	1 minute
	Āsana performed while lying on the back	PawanaMuktāsana (The Wind releasing posture)	1 minute
D	Pranayama	(AnulomaViloma /Nadiswhodhana Pranayama) The Alternate nostril breathing (2 rounds)	1 minutes
E	Dhyāna	The Meditation	1 minutes
	Closing	Sankalpa/ Shanti patha	30 seconds
	TOTAL DURATION		10 minutes

II COMMON YOGA PROTOCOL - 20 MINUTES

	Practices	Name of the Practice	Duration (Minutes)
A	Starting	Prayer	30 seconds
B	Loosening Practices (SukṣmaVyāyāma / CālanaKriyā)	Neck Bending	2.5 minutes
		Shoulder movement	
		Trunk Movement	
C	Yoga Practices		
	Āsanas performed in standing posture	Tadāsana (The Palm tree posture)	1 minute
		PadaHatasana(The Hands to the feet posture)/ArdhaChakrāsana (The Half wheel posture)	2 minutes
		Trikonāsana (The Triangle posture)	1 minute
	Āsanas performed in sitting posture	Bhadrāsana (The Firm/Auspicious posture)	1 minute
		ArdhaUshtrāsana (The Half camel posture)	1 minute
		Sasakāsana (The Hare posture)	1 minute
		Vakrāsana (The Seated twist posture)	1 minute
	Āsana performed while lying on the stomach	Bhujangāsana (The Cobra posture)	1 minute
	Āsana performed while lying on the back	PawanaMuktāsana (The Wind releasing posture)	1 minute
D	Kriya	Kaphalabhati (The Shining skull practice) 1 rounds, 30 cycles each	1 minute
E	Pranayama	AnulomaViloma Pranayama (The Alternate nostril breathing) (5 rounds)	2 minutes
		Bhramari Pranayama(BhramariRechaka) (The Bee sound breathing) (3 rounds)	1.5 minutes
F	Dhyāna	The Meditation	2 minutes
	Closing	Sankalp/ Shanti patha	30 seconds
	TOTAL DURATION		20 minutes

III COMMON YOGA PROTOCOL - 45 MINUTES

	Practices	Name of the Practice	Duration (Minutes)
A	Starting	Prayer	1
B	Loosening Practices (SukṣmaVyāyāma / CālanaKriyā)	Neck Bending	2
		Shoulder movement	2
		Trunk Movement	1
		Knee Movement	1
C	Yoga Practices		
Āsanas performed in standing posture		Tadāsana (The Palm tree posture)	1
		Vrikshāsana (The Tree posture)	2
		Pada-hastāsana (The Hands to the feet posture)	1
		ArdhaChakrāsana (The Half wheel posture)	1
		Trikonāsana (The Triangle posture)	2
Āsanas performed in sitting posture		Bhadrāsana (The Firm/auspicious posture)	1
		Vajrāsana The Thunderbolt/diamond posture)	1
		ArdhaUshtrāsana (The Half camel posture)	1
		Ushtrāsana (The Camel posture)	1
		Sasakāsana (The Hare posture)	1
		UtthanaMandukāsana (The Stretched up-frog posture)	1
		Vakrāsana (The Seated twist posture)	2

	Āsanas performed while lying on the stomach	Makarāsana (The Crocodile posture)	1
		Bhujangāsana (The Cobra posture)	1
		Shalabhāsana (The Locust posture)	1
	Āsanas performed while lying on the back	Setubandhāsana (The Bridge posture)	1
		Utthanapadāsana (The Raised leg posture)	0.5
		ArdhaHalāsana (The Half plough posture)	0.5
PawanaMuktāsana (The Wind releasing posture)		2	
		Shavāsana (The Corpse posture)	2
D	Kriya	Kaphalabhati (The Shining skull practice)	2
E	Pranayama	AnulomaViloma Pranayama (The Alternate nostril breathing)	2
		Ujjayee Pranayama (The Hissing breathing) (5 rounds)	2
		(Bhramari Pranayama) (BhramariRechaka)The Bee sound breathing) (5 rounds)	2
F	Dhyāna	The Meditation	5
	Closing	Sankalpa shanti patha	1
TOTAL DURATION			45



Prayer



Neck Bending



Shoulder Stretching



Ushtrasana



Shashankasana



Uttana-manduk-asana



Vakrasana



Shoulder Rotation



Trunk Twisting



Knee Movement



Tadasana



Vrikshasana



Pada-Hastasana



Ardh-Chakrasana



Makarasana



Bhujangasana



Shalabhasana



Setubandh-asana



Uttana-pada-asana



Ardh-hala-asana



Pavan-mukt-asana



Savasana



Trikonasana



Dandasana



Bhadrasana



Vajrasana



Ardh-Ushtrasana



Kapalbhati



Nadishodhana



Sitali Pranayama



Bhramri Pranayama



Dhyana

Ayush Kwath for immunity boosting and health promotion

Dose: 3 gm (1/2 tsf) soaked in 150 ml (small cup) of hot water for 5 minutes

Sl. No.	Medicinal Plant	Botanical name	Part Used	Form used	Proportion
1.	Tulasī (Holy basil)	<i>Ocimum tenuiflorum</i>	Leaves	Coarse Powder	4 parts
2.	Dalchini (Cinnamon)	<i>Cinnamomum verum</i>	Stem Bark	Coarse Powder	2 parts
3.	Śunṭhī (Dry Ginger)	<i>Zingiber officinale</i>	Rhizome	Coarse Powder	2 parts
4.	Kali Marich (Black Pepper)	<i>Piper nigrum</i>	Fruit	Coarse Powder	1 part

Properties of Tulasī (Leaf)

Śvāsa (difficulty in breathing), Kāsa (cough), Pratiśyāya (cold/catarrah), Pārśvaśūla (flank pain), Arūci (tastelessness), Hikkā (hiccough), Kṛmiroga (worm infestation), Kuṣṭha (various skin diseases)

Note: As per Ayurvedic Pharmacopoeia Part I, Vol. II



Properties of Tvak/Dalchini (Cinnamon)

Mukhaṣosa (dryness of mouth), Tṛṣā (thirst),
Kaṇthamukharoga (diseases of throat and mouth),
Pīnasa (rhinitis), Kṛmiroga (worm infestation),
Vastiroga (disease of urinary bladder), Arśa
(haemorrhoids)

Note: As per Ayurvedic Pharmacopoeia Part I, Vol. I



Properties of Śuṅṭhī (Dry Ginger)

Agnimāndya (diminution of agni), Ādhmāna (abdominal distension), Pāṇḍu (anaemia), Svāsa (difficulty in breathing), Udararoga (diseases of abdomen), Āmavāta (rheumatism due to Āma)



Note: As per Ayurvedic Pharmacopoeia Part I, Vol. I

Properties of Maricha (Black Pepper)

Śleṣmahara (pacifying Kapha doṣa), Svāsa (difficulty in breathing), Śūla (pain/ colicky pain in the abdomen), Kṛmiroga (worm infestation), Tvakroga (skin disease), Dīpana (digestion and metabolism enhancing), Rūcya (tastelessness)



Note: As per Ayurvedic Pharmacopoeia Part I, Vol. III

Ayushraksha Kit for Prophylaxis

(Developed by IMPCL)

- Samashamani Vati: 2 tablets twice daily with warm water or Ayush Kwath
- Ayush Kwath: 3 gm dissolved in 150 ml of hot water, filtered and consumed once or twice daily by adding jaggery/raisins/lemon juice.
- Chyavanprash: 1 tsf (6 gm) once a day with golden milk (Turmeric mixed in milk)
- Anu Tel : one drop in each nostril twice daily.

GENERAL PERSONAL CARE GUIDELINES

 **Keep yourself safe and stay healthy during the COVID-19 pandemic.**

-  Wash your hands frequently.
-  Cough or sneeze into your bent elbow or use a disposable tissue.
-  Follow social distancing and avoid public activities.
-  Clean and disinfect surfaces that are frequently touched.
-  Abstain from public gatherings. Connect with your loved ones over a phone/video call.

— Preventing infections - A collaborative responsibility —

Health is wealth.

Be smart and take care of yourself and your loved ones.

-  Call your doctor early if you feel unwell.
-  Seek medical care immediately.
-  Strictly follow the directions of your local health authority.

Preventing infections - A collaborative responsibility

TAP TURNERS OR FLOOR MOPPERS ?



Ayurvedic treatment of Covid -19 is holistic and comprehensive.

THANK YOU

