



**Ministry of Ayush
Government of India**

**Advisory on
Ayush interventions for Prophylaxis and Management of COVID-19**

The Ministry of Ayush (MoA), Government of India has undertaken several R&D initiatives to harness the potential of Ayush systems to contain the impact of the COVID-19 pandemic. The MoA issued various guidelines and advisories to improve immunity and advised simple home remedies easily accessible to the general public. The guidelines for registered practitioners of respective Ayush systems were issued by the MoA to have a considerable degree of uniformity in the management of COVID-19. During the resurgence of COVID-19 in April 2021, based on the experiences of the first wave, MoA has also released Guidelines for Ayush Practitioners for COVID-19 Patients in Home Isolation, Home care guidelines for children and Advisory for Ayush Practitioners about prophylactic care in children during the COVID-19 Pandemic and Information for Ayurveda Practitioners for prophylactic and symptomatic management of suspected and diagnosed cases of Mucormycosis. Further, Ayush Preventive Measures for self-care during COVID-19 Pandemic has also been revised as per the existing evidence.

Meanwhile, the MoA has collaborated with several research organizations such as ICMR, CSIR, DBT, AIIMS (New Delhi, Jodhpur, Jhajjar), King George Medical University Lucknow, Institute of Medical Sciences BHU, Govt. Medical College Nagpur, etc. to generate considerable evidence on Ayush interventions for prophylaxis and management of COVID-19. Overall, 139 clinical, pre-clinical and epidemiological studies were undertaken by the Research Councils and National Institutes under the Ministry based on the recommendations of Inter-disciplinary Ayush R&D Task Force set-up by the MoA. It includes 44 prophylactic, 44 standalone and add-on treatment, 15 observational and 10 survey studies as well as 22 experimental studies, two pharmacopoeial standards development and two systematic reviews. The following advocacies are evidence-based, emerged as outcomes of R&D undertaken by MoA for prophylaxis and management of COVID-19:

Interventions for COVID-19 Prophylaxis (any one of these)	
Ayuraksha Kit	Chyawanprash 6 gm once a day; Ayush kwath 75 ml (3 gm powder boiled in 150 ml water and reduced to 75 ml) once a day; Samshamani Vati 500 mg twice a day; Anu taila one to two drops nasal application in each nostril once a day
Guduchi Ghan Vati	500 mg twice a day
Ashwagandha tablet	500 mg twice a day
Interventions for COVID-19 management (any one of these)	
AYUSH-64	2 tablets of 500 mg twice a day in asymptomatic COVID-19
	2 tablets of 500 mg Thrice a day in mild to moderate COVID-19
Kabasura Kudineer	5 gm twice a day (to prepare decoction)

* These interventions are included in the 'National Clinical Management Protocol based on Ayurveda & Yoga for management of COVID-19' and 'Guidelines for respective Ayush Practitioners for COVID-19 Patients in Home Isolation' issued by MoA.

Other Ayush interventions for COVID-19 Prophylaxis

Homeopathic Intervention	
Arsenicum album 30C	4 globules of size 30, once a day in the morning, preferably empty stomach for three days and to be repeated in the same manner after 3 weeks.
Unani Intervention	
Khamira Marwareed	5 gm once a day for 15 days

Disclaimer: The Ayush interventions mentioned in the above tables may be taken under the supervision of Registered Ayush Practitioner.

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