



सत्यमेव जयते

**Ayurveda Preventive Measures  
for self care during COVID-19  
Pandemic**

**Ministry of Ayush  
Govt. of India**



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### **Ayurveda Preventive Measures for self-care during COVID-19 Pandemic**

The world is currently going through a health crisis due to COVID-19 with emergence of newer variants. Enhancing the body's natural defense is the most important tool for maintenance of an optimal state of health.

The Ministry of Ayush (MoA) has collaborated with premier research and medical institutions to generate considerable evidence on Ayush interventions for improving immunity and prophylaxis against COVID-19. The following self-care guidelines recommended by the MoA have been modified as per the evidence emerged out of research studies undertaken by MoA for COVID-19 prophylaxis.

### **Ayurveda Interventions for improving immunity and COVID-19 Prophylaxis**

**Any one of the following may be taken:**

1. Consume **Chyawanprash** 20 gm in divided doses on empty stomach with lukewarm water.
2. Take **Guduchi Ghan Vati 500 mg** twice daily after meals with lukewarm water.
3. Take **Ashwagandha tablet 500 mg** twice daily after meals with lukewarm water.
4. **AYUSH Kwath**- Drink herbal tea/decoction (Kadha) made from 3 gm powder comprising Tulsi (Basil)-4 part, Dalchini (Cinnamon)-2 part, Shunthi (Dry Ginger)-2, Kalimirch (Black pepper)-1 part, mixed in 150ml hot boiled water once or twice a day. Add Gud (Jaggery)/ Munakka (Raisin)/ Choti Elaichi (Cardamom) to improve taste and flavor.

*Note: Vasa (Malabar nut), Yashtimadhu (Liquorice root) and Guduchi (Giloy) may be added as per the Constitution (Prakriti) of individual/ seasonal changes/ geographical variation in consultation with Ayurveda Physician.*

\*Along with the above interventions, **nasal application of 1-2 drops of Anu Taila** in each nostril morning and evening.

5. **Ayu Raksha Kit:** Ayu Raksha Kit is a combination of four interventions viz. Chyawanprash, Samshamani Vati, Ayush Kwath and Anu Taila.

- 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 twice a day

**Following measures have also been recommended based on the Ayurvedic classical literature and available empirical evidence:**

### **I General Measures**

1. Drink lukewarm water frequently.
2. Golden Milk- Half teaspoon Haldi (turmeric) powder in 150 ml hot milk - once or twice a day.
3. Spices like Haldi (Turmeric), Jeera (Cumin), Dhaniya (Coriander), Saunth (Dry ginger) and Lahsun (Garlic) are recommended in cooking.
4. Consumption of fresh Amla fruit (Indian gooseberry) or Amla products.
5. Gargling with warm water added with a pinch of turmeric and salt.
6. Food should be freshly prepared, and easily digestible.
7. Daily practice of Yogasana, Pranayama and Meditation for at least 30 minutes as advised by the Ministry of Ayush National Clinical Management Protocol for COVID-19 prophylaxis.
8. Take adequate sleep (7-8 hours) and avoid day time sleep.

### **II Simple Ayurvedic Remedies**

1. **Oil pulling therapy-** Take 1 tablespoon sesame oil or coconut oil in the 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.

2. **Steam inhalation** with plain water OR fresh Pudina (Mint) leaves OR Ajwain (Caraway seeds) OR Karpur (Camphor) can be practiced once in a day in case of sore throat.

3. **Lavang (Clove)/ Mulethi (Liquorice) powder** mixed with honey can be taken 2-3 times a day in case of dry cough or throat irritation.

\* **The above measures can be followed in consultation with an Ayurvedic practitioner.**

*Disclaimer: The above advisory does not claim to be treatment for COVID-19.*