Following measures are recommended for routine practice based on the Ayurvedic classical literature and available empirical evidence:

- Frequent intake of lukewarm water.
- Half teaspoon Haldi (turmeric) powder in 150 ml hot milk once/twice a day.
- Food should be freshly prepared, and easily digestible.
- Spices like Haldi (Turmeric), Jeera (Cumin), Dhaniya (Coriander), Saunth (Dry ginger) and Lahsun (Garlic) are recommended in cooking.
- Consume fresh Amla fruit (Indian gooseberry), if available or Amla products as per the suggestions of Ayurveda physician.
- Gargling with warm water added with a pinch of turmeric and salt.
- Nasal application of 1-2 drops of Anu Taila/ Sesame oil/ Coconut oil in each nostril morning and evening.
- 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.

Disclaimer: The above advisory does not claim to be treatment for COVID-19.
* This is in addition to the existing guidelines issued by the ICMR and Ministry of Ayush for COVID-19

For more information please visit www.ayush.gov.in
Following measures are recommended for routine practice based on the Ayurvedic classical literature and available empirical evidence:

- Steam inhalation with plain water or fresh Pudina (Mint) leaves or Ajwain (Caraway seeds) or Karpur (Camphor) once a day in case of sore throat.

- Daily practice of Yogasana, Pranayama and Meditation for at least 30 minutes as advised in the National Clinical Management Protocol based on Ayurveda and Yoga issued by the Ministry of Ayush for COVID-19 prophylaxis.

- Please visit: https://www.youtube.com/channel/UCDv8TtM0JGZrD0H7wEdUl7w for daily morning 7:00 AM and evening 5:00 PM sessions by Morarji Desai National Institute of Yoga (MDNIY)

- Adequate sleep (7-8 hours) should be taken and day time sleep preferably be avoided.

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