

# AYUSH GUIDELINES FOR COVID-19 PATIENTS UNDER HOME ISOLATION

## Asymptomatic COVID-19

### AYUSH 64

2 tab (500mg each) twice daily after food with lukewarm water for 7 days\*

or

### Kabasura Kudineer

60ml(5gm powder boiled in 240ml water and reduced to 60 ml) twice a day.

**\*Note:** Continue upto 14 to 21 days as per the clinical condition under the medical supervision.

All medicines are to be taken in consultation with Ayush physician.

## Symptomatic COVID-19

(Mild to Moderate cases)

A. AYUSH 64: 2 tab (500mg each) thrice daily after food with lukewarm water for 7 days\*

or

Kabasura Kudineer: 60ml(5gm powder boiled in 240ml water and reduced to 60 ml) twice a day.

B. Anu taila two drops nasal application in each nostril twice a day

C. Ayush kwath 75 ml (3 gm powder boiled in 150 ml water and reduced to 75 ml) twice a day

### If fever/body ache/headache/fatigue persist

➤ Sudarshan ghan vati 2 tablets (250 mg each) twice daily for 7 days

### For cough/common cold/sore throat

➤ Vyoshadi vati 2 tab(250 mg) thrice a day as lozenges.

### GENERAL INSTRUCTIONS:

- Frequent intake of lukewarm water.
- Gargle with warm water along with an added pinch of turmeric and salt.
- Steam inhalation with Ajwain (*Trachyspermum ammi*), Pudina (*Mentha spicata*) or Eucalyptus oil (1-5 drops) or Karpur (Camphor) once a day.
- Adequate sleep (7-8 hours) should be taken and day time sleep preferably be avoided
- Daily practice of Yogasana, Pranayama and Meditation for at least 30 minutes as per MDNIY. Ministry of Ayush guidelines,
- Please visit: <https://www.youtube.com/channel/UCDv8TtM0JGZrD0H7wEdU17w> for daily morning 7:00 AM and evening 5:00 PM sessions by Morarji Desai National Institute of Yoga (MDNIY)



## NOTE

- For more information, please call Ayush helpline at 14443.
- In the event of disease progression, kindly contact nearby hospital immediately.
- The above recommendations can safely be taken with standard allopathy care.
- It is also recommended to strictly follow the guidelines for home isolation patients and care givers as issued by Ministry of Health & Family Welfare, Government of India (<https://www.mohfw.gov.in/pdf/RevisedHomeIsolationGuidelines05012022.pdf>)