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 up to 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 kwatha 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/UCHxvBT1mCJUrG2tB0H7w5yE1UJ7w](https://www.youtube.com/channel/UCHxvBT1mCJUrG2tB0H7w5yE1UJ7w) 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

For more information please visit www.ayush.gov.in