

Frequently Asked Questions (FAQs) for Ayu Raksha Kit and Bal Raksha Kit

1. What are these Kits?

The kits are combination of Ayurvedic polyherbal medicines effective in improving immunity against flu like illnesses. These Ayurveda Kits are developed for prophylactic care during COVID-19 pandemic.

2. What is Ayu Raksha kit?

Ayu Raksha Kit comprises of four Ayurvedic medicines viz., Chyawanprash, Samsamani Vati, Anu Taila (for nasal instillation) and Ayush Kwatha choorna (3 gm powder comprising Tulasi (Basil)-4 part, Dalchini (Cinnamon)-2 part, Shunthi (Dry Ginger)-2 part, Kalimirch (Black pepper)-1 part), which is intended for adults.

3. What is Bal Raksha kit?

Bala Raksha Kit comprises of four Ayurvedic medicines viz., Chyawanprash, SamsamaniVati, Anu Taila (for nasal instillation) and Ayush Bal Kwath Syrup. The Ayush Bal Kwath Syrup is made up of Tulasi (Basil), Dalchini (Cinnamon), Shunthi, Haridra, Draksha (Raisins) and Jaggery. It is developed on the basis of the Home care Guidelines for children issued by the Ministry of Ayush, to protect the children up to 16 years from recurrent infections and increase their overall health status.

4. Who can take these Kits?

Healthy individuals may consume these medicines to enhance their immunity. However, the Ayurvedic medicines in these kits also have therapeutic effect on mild symptoms of COVID-19. So, these kits may also be useful for mild cases of COVID-19 as add on to the standard of care.

5. Why should I take these Kits?

The Ayuraksha Kit has been studied scientifically for its safety and efficacy in reducing the incidence of COVID-19 like symptoms among the study population and it can be safely consumed for maintenance of health and wellbeing during the pandemic. The Bal Raksha kit is intended to help in improving digestion, curing cold & cough and building immunity against infection and illness. It is advised, the standard preventive measures including hand hygiene, respiratory etiquettes, use of mask and vaccination should be continued as per Government guidelines.

6. What is the ideal dose to use?

The Ayu Raksha Kit contains four Ayurveda medicines and the dose is given below -
Chyawanprash - 6 gm, once daily (empty stomach) in the morning with milk

Ayush kwath - 75 ml, once daily

Samsamani Vati - 500 mg twice daily with water

Anutaila one/two drop in each nostril twice daily for at least one month

Method of preparation of Ayush Kwath: 3gm of *Ayush Kwath* powder to be boiled in 150 ml (about a cup) of potable water and reduced to half i.e. 75 ml and consumed once daily. Jaggery or raisins may also be added if needed for palatability.

Dose of Bal Raksha Kit: The customized doses of the Ayurveda medicines in the Bal Raksha Kit are as follows -

Chyavanprash avleha:

1-3 years = 1/4th teaspoon (1.5gm) once daily

3-6 years = 1/2 teaspoon (3 gm) once daily

Above 6 years = 1 teaspoon (6 gm) once daily

Syrup Ayush Bal Kwatha

< 1 year = 1ml twice a day

1-3 years = 2 ml twice a day

3-6 years = 2.5 ml twice a day

6-12 years = 5 ml twice a day

Above 12 years = 7.5 ml twice a day

Samsamani vati (to be taken after food)

< 1 year = 1/4 tablet twice a day

1-3 years = 1/2 tablet twice a day

3-12 years = 1 tablet twice a day

6-12 years = 1 tablet twice a day

Above 12 years = 2 tablet twice a day

Tablet to be finely crushed and mixed with honey

Anu taila

<1 year = application to nostrils

1-12 years = 01 drop in each nostril once a day in morning

Above 12 years = 02 drops in each nostril once a day in morning

7. What are the expected side effects of these kits?

These medicines contain ingredients that are reported to be safe. Minimum side effects like loose motion, acidity may occur in few people. However, the symptoms are usually self limiting.

8. For how many days these kits can be taken?

These kits may be used for the period of one month safely as observed in the scientific studies. However, Chyawanprash and Anutaila (two out of four components of these kits) may be used for longer period. These medicines may be consumed beyond one month in consultation with Ayurveda physician.

9. Can a person having co-morbidities consume the Ayu Raksha Kit?

Yes. The formulations are safe and can be used in patients with co-morbidities. No herb-drug interactions were reported as of date. It is advised not to discontinue the ongoing medications for co-morbidities.

10. Whether Ayu Raksha Kit is safe, if taken after vaccination?

Yes. Apparently healthy individuals after vaccination, with or without symptoms can take these kits, in consultation with a qualified Ayurveda physician.

11. Whether Ayu Raksha Kit is safe in pregnant and lactating women?

The safety of the components of Ayu Raksha Kit is not yet evaluated through scientific studies among pregnant and lactating women.

12. Whether these Kits are available in the market?

Yes. One can purchase these Kits from Ayurveda pharmacies after consultation with qualified registered Ayurveda physician.

13. Is the efficacy of Ayur Raksha Kit scientifically proven?

Yes. Experimental and clinical studies on individual component of the kit have proven their efficacy of having positive impact on general health and preventing occurrence of flu like symptoms.

Chyawanprash is a rasayana formulation prepared by blending more than 50 herbs to yield a paste- like end product, termed as Avaleha (linctus/electuaries/herbal jams). It strengthens the respiratory system. The results of published clinical trials support the prophylaxis potential of Chyawanprash as one of the preventive remedies for COVID-19. It has been found effective and safe among high risk participants like health care workers and other healthy individuals in reducing the incidence of COVID-19.

The medicine prepared from aqueous extracts of the stem of *Tinospora cordifolia* named as Guduchi Ghana vati or SamsamaniVati has shown positive effects on the immune status and general well-being of the people during the pandemic. Guduchi in Ayurveda is mentioned to possess Rasayana property which is also explored experimentally in terms of its effect on longevity and the results confirm the effects of *Guduchi* as *Rasayana*. Guduchi Ghana Vati is found to reverse inflammation and tissue damage caused by the induction of SARS-CoV-2 spike protein. Its anti-inflammatory property is also established experimentally.

Anutaila is a formulation prescribed for *Nasya* (instillation of drops in the nostrils) by Ayurveda physicians for therapeutic as well as prophylactic purposes in different doses. Instilling one to two drops of anutaila in both nostrils is advocated as a part of *Dinacharya* (daily routine) for better strength of sensory organs, hair, teeth, facial skin and avoiding the *urdhwa jatrugata rogas* (diseases of head and neck region). The prophylactic efficacy of Anutaila was studied against SARS CoV-2 virus in an in vivo study which revealed that intranasal instillation of Anu oil is useful in limiting both viral load and severity in SARS-CoV2 infection

The ingredients of Ayush Kwath such as Tulsi, Marich, Sunthi and Dalchini are commonly used and easily available drugs at home. On the basis of the experimental studies conducted on these ingredients, Ayush Kwath may collectively show immune-modulatory, antiviral, anti-oxidant, anti-inflammatory, antiplatelet, anti-atherosclerotic, hepato-protective, reno-protective properties and seems to be effective in immuno-regulation for controlling viral infections like COVID-19. Pre-Clinical efficacy (immuno-modulatory) and safety of AYUSH Kwath has also been demonstrated.

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