



सत्यमेव जयते

**Guidelines for Ayurveda
Practitioners for COVID-19 Patients
in Home Isolation**

**Ministry of Ayush
Govt. of India**



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Preamble

The COVID-19 pandemic can be considered as a public health challenge. The burden of the disease and mortality are steadily increasing with the emergence of newer variants throughout the globe. Effective management to address this infection is still evolving and attempts are being made to integrate traditional interventions along with standard care.

Home isolation is applicable to confirmed COVID-19 cases which are asymptomatic or have mild symptoms, or to people who have had contact with suspected COVID-19 cases. The clinical efficacy and safety of Ayurveda interventions included in this guideline have been demonstrated through robust research studies.

General Disclaimer

- Patients need to have a general consultation from a qualified physician before starting any intervention.
- In all severe cases, immediate referral to a higher medical centre as per the Government guidelines is advised.
- Patients with co-morbidities like hypertension, diabetes etc., are advised to continue their respective medications.
- Physicians may select interventions as per their own discretion.
- Use of drugs in vulnerable population is at the prudence of the consulting physician.
- Doses for children should be adjusted according to their age.

Management Guidelines for COVID-19 Patients in Home-Isolation

The common clinical features observed in mild COVID-19 cases include sore throat, mild fever, body-ache, nasal congestion, and dry cough. Although a variety of symptoms are being reported, many cases are asymptomatic and some uncommon clinical manifestations include loss of smell and taste.

Some of the asymptomatic cases can be in the pre-symptomatic stage. Considering this possibility, the patient should observe evolving symptoms or signs. This watchfulness should not lead to undue anxiety.

Specific measures for COVID-19 Patients in home isolation

Stage/condition	Clinical Presentation	Medicine	Dosage*
Asymptomatic COVID-19	--	<i>Guduchi Ghana vati</i> (<i>Samshamani vati</i>)	500 mg tablet twice daily with warm water for 15 days
		Ashwagandha Tablet (Aqueous extract)	500 mg two tablets twice daily with warm water for 30 days
		AYUSH-64	500 mg two tablet twice daily with warm water for 20 days
Mild COVID-19	Fever, Headache, Malaise, Dry Cough, Sore throat, Nasal Congestion	AYUSH-64	500 mg two tablet thrice daily with warm water for 20 days
		Ashwagandha-Shunthi	Ashwagandha (Aqueous extract) Tablet 250 mg and Shunthi powder 500 mg twice daily with warm water for 15 days
		<i>Guduchi Ghana vati</i> (<i>Samshamani vati</i>)	500 mg tablet twice daily with warm water for 15 days
		<i>Guduchi + Pippali</i>	<i>Guduchi kwatha</i> * - 100 ml + <i>Pippali Churna</i> -2 gm twice daily before meals for 15 days. OR <i>Guduchi Pippali</i> two Tablets** (375 mg each) twice daily

*25 gm of *Guduchi kwath churna* (coarse powder) + 400 ml water boiled and reduce to 100 ml.

** *Guduchi Pippali* Tablet may be advised based on the availability.

Note: Physician may prescribe the above indicated medicines in combination as per his/her own discretion

Symptomatic management of mild COVID-19 patients

Stage/condition	Clinical Presentation	Medicine	Dosage*
Mild COVID-19	Mild Fever, Headache, Malaise, Fatigue	Sudarshan Ghan Vati	500 mg twice daily with warm water for 15 days
		Nagaradi Kashaya	20 ml twice a day for 15 days
	Cough	Sitopaladi Churna with Honey	3 g thrice daily with Honey for 15 days
	Sore throat	Vyoshadi vati	Chew 1-2 pills as required
		Yashtimadhu churna	1-3 g twice daily with honey for 15 days
	Nasal Congestion, Loss of taste	Vyoshadi vati	Chew 1-2 pills as required

*The Ayurveda physician can change the dose and duration considering requirement of the patient.

General guidelines

1. Patients should follow physical distancing, respiratory and hand hygiene, and wear masks.
2. Gargle with warm water along with an added pinch of turmeric and salt. Water boiled with *Triphala* (dried fruits of *Emblica officinalis*, *Terminalia chebula*, *Terminalia bellirica*) or Yashtimadhu (*Glycyrrhiza glabra*) can also be used for gargling.
3. Nasal instillation/application of medicated oil (*Anu taila* or *Shadbindu Taila*) or plain oil (Sesame or Coconut) or of cow ghee (*Goghrita*), once or twice a day, especially before going out and after coming back home.
4. Steam inhalation with Ajwain (*Trachyspermum ammi*), Pudina (*Mentha spicata*) or Eucalyptus oil (1-5 drops) or Karpur (Camphor) once a day.
5. Frequent intake of water processed with Tulasi (basil leaves – *Ocimum tenuiflorum* L.Merr (synonym *Ocimum sanctum* L.) is advised.
6. Adequate sleep (7-8 hours) should be taken and day time sleep preferably be avoided

Dietary guidelines

1. Drinking of warm water or water boiled with herbs like *Saunth (Zingiber officinale)*, *Dhania (Coriandrum sativum)*, *Tulasi (Ocimum sanctum)*, or *Jeera (Cuminum cyminum)* seeds.
2. Food should be freshly prepared, and easily digestible.
3. Drinking of Golden Milk (Half tea spoon Haldi(*Curcuma longa*) powder in 150 ml hot milk) once at night. The same should be avoided in case of indigestion.
4. Diet may be advised as per “Ayush recommendations for the public on holistic health and well-being- Preventive measures and care during COVID-19 & Long COVID-19” issued by the Ministry of Ayush.

*These suggested guidelines are supported by Ayurvedic literature, scientific publications and evidence based on COVID-19 studies undertaken by the Ministry of Ayush.

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