

**Guideline for Siddha Practitioners for Home Quarantine
COVID-19 Patients**



**Ministry of AYUSH
Govt. of India**

Preamble

COVID-19 has burdened Indian public health system as like other countries. The absence of any clinical symptoms of COVID-19 termed as asymptomatic holds a vital role in the transmission of the disease. Prevalence of asymptomatic individuals among the COVID-19 infected people is about 40-45%. Asymptomatic and mild symptomatic cases and close contacts of COVID-19 positive cases have been asked to quarantine in their home itself.

General Disclaimer

- This guideline is in addition to the Guideline for Siddha practitioners for COVID-19 by the Ministry of AYUSH, Govt of India
- In all severe cases, immediate referral to a higher medical center as per the Government guidelines is advised.
- Patients with co-morbidities like hypertension, diabetes etc., are advised to continue their respective medications.
- Doses for children should be adjusted according to their age.









(The symbol of snowflake  indicates *Thatpa Veeriyam* with cooling properties, and symbol of Sun  indicates *Veppa Veeriyam* with hot properties. Considering these properties and the symptoms, suitable medicines are to be used.)

Management Guideline for Home-Quarantine COVID-19 Patients

The common clinical features observed in mild COVID-19 cases include sore throat, mild fever, headache, body-ache, nasal congestion, diarrhea & loose stools, nausea & vomiting 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 home quarantine COVID-19 Patients

| Stage/condition | Clinical Presentation | Medicine | Dosage |
|---------------------------------------|----------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------|
| Asymptomatic COVID-19 Patients | -- | <i>Kaba Sura Kudineer</i> (KSK)*  | 5 ml to 60 ml as per the advice of the physician for 14 days |
| | | <i>Amukkara Chooranam</i> Tablet  | 500 mg one to two tablets twice daily with warm water for 30 days |
| | | <i>Nellikai Ilagam</i>  | 2 -5 gm twice daily for 30 days |
| Mild COVID-19 Positive | Fever, Headache, Malaise, Dry Cough, Sore throat, Nasal Congestion, Diarrhea, Nausea & Vomiting | <i>Thalisathi Vadagam</i> (Aiyam / Vali Dominant symptoms)  | 500 mg one to two tablets thrice daily with warm water for 30 days |
| | | <i>Adathodai</i> <i>Manappagu</i>  | 2 ml to 10 ml for 15 days |
| | | <i>Nellikai Ilagam</i>  | 2 gm to 5 gm for 15 days |
| | | * <i>Kaba Sura Kudineer</i> (Aiya dominant symptoms)  | 5 ml to 60 ml as per the advice of the physician for 14 days |
| | | <i>Seenthil Chooranam</i>  | 1-2 gm twice daily for 15 days |

* To 5 gm of *Kabasura Kudineer* (coarse powder) add 240 ml water and boil and reduce to 60 ml. Filter and drink (within 3 hours of preparation)

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 Fever, Headache, Malaise, Fatigue | <i>NilaVembuKudineer</i> (NVK) / <i>Kaba Sura Kudineer</i> (KSK)  | 5 ml to 60 ml as per the Direction off the physician. |
| | | <i>Brahmananda Bairavam</i> tablets  | 1 to 2 tablets with Honey and Ginger juice. As directed by the physician. |
| | Cough | <i>Thaleesathi Chooranam</i> with Honey (Aiyam dominant symptoms)  | 3 gm thrice daily with Honey or as directed by Siddha physician |
| | | <i>Thippili Rasayanam</i> (Aiyam dominant symptoms)  | 500 mg to 1 gm twice daily or as directed by Siddha physician |
| | Sore throat | <i>Thaleesathi Vadagam</i> (Aiyam dominant symptoms)  | Chew 1-2 pills as required or as directed by Siddha physician |
| | | <i>Athimathura Chooranam</i> (Azhal dominant symptoms)  | 1-3 gm twice daily with honey or as directed by Siddha physician |
| | Nasal Congestion, Loss of smell | <i>Manjal kombupugai / Milagu pugai, Oma pottanam, Neerkovai mathirai.</i>  | Use as advised by physician. |
| | Breathing Difficulty | <i>Seenthil Chooranam</i>  | 1-2 gm twice daily for 15 days |
| | | <i>SwasaKudori Mathirai</i>  | 1-2 Nos twice daily for 15 days |
| | Diarrhea | <i>Sundai Vutral Chooranam / Thayirchunti Chooranam</i>  | 2 gm with Buttermilk As directed by the physician |
| | Nausea & Vomiting | <i>Madhulai Manapagu</i>  | 5-10 ml twice daily for 15 days |

(* **Siddha** physician can change the dose and duration considering requirement of the patient.)

General guideline (Physical distancing, Hand hygiene, and Masks are compulsory in Indoor)

1. Patients should follow physical distancing, respiratory and hand hygiene, and wear masks.
2. Personal sanitation: *PadigaraNeer* for Handwash, Turmeric water washes for sanitizing hands and legs.
3. Environmental sanitation: *Kungiliyam (Shorearobusta)*, *Sambrani (Styraxbenzoin)*, *Manjal (Curcuma longa)*, *Vembu (Azadirachta indica)* fumigation is advocated.
4. Coarse powder of coriander seeds with palm jaggery made as a decoction and can be taken in the morning for stress management. It is essential for subjects under isolation / quarantine.
5. Advised to take oil bath twice a week with medicated oils like *KarisalaiThailam*, *SanthanathyThailam*.
6. Nasiyam: *Thumbai poo*, *Thulasi* leave juice for Sore throat and Nasal obstruction
7. Pugai: *KandangathiriPugai*, *MilaguPugaiManjal Kombu Pugai* for rhinitis, nasal obstruction.
8. Daily practice of Yogam such as *NaadisutthiPranayamam*, *Pranayamam*, *Suriyanamaskaram*, *Savasanam*, *Makarasanam*, *Meenasanam*, *Arthameenasanam* helps to increase the elasticity of bronchioles as well as rejuvenate the lung tissues and Meditation for at least 30 minutes as advised by the Ministry of AYUSH National Clinical Management Protocol for COVID-19 prophylaxis.
9. Varmam: *Thivalai Kalam*, *Adapa Kalam*, *Kavuli Kalam*, *Mudichu Varmam*, *Sakthi Varmam*, and other energizing Varmam points for immune enhancing, fever and respiratory illness are advised for Self-stimulation by the physician as per the Guidelines for Siddha practitioners for COVID-19 by the Ministry of AYUSH, Govt of India
10. Take adequate sleep (7-8 hours) and avoid day time sleep.

Diet Advisory:

- Foods can be easily digestible should be advocated
- Advised to take Plenty of boiled Water.
- Take lemon juice daily.
- Barley gruel, *Panchamutti kanji* gruel.
- *Rasam* with pepper, jeera, star anise, cinnamon, ginger and garlic.
- Daily green smoothie like *Avaraipinju* (Broad beans), *KathariPinju* (Brinjal), *Murungai* (Moringa Leaves) to improve prebiotics in Gut and for detoxification.

*The suggested guideline is supported by Siddha literature, scientific publications and emerging evidence based on COVID-19 studies undertaken by the Ministry of AYUSH.

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