

## Ministry of AYUSH, Govt. of India

### Siddha's Preventive Measures for self-care during COVID-19 Pandemic

In the wake of the current spike in COVID-19 cases, enhancing the body's natural defense system (immunity) is important in maintaining optimum health.

The Ministry of AYUSH recommends following the self-care guidelines modified as per the available evidence for improving immunity.

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

#### **Recommended Measures**

##### **I General Measures**

1. Drinking water- Herbal water infusion made up of half teaspoon of *Chukku*  (Dried Ginger) / boiled in two liters of water can be used as drinking water.
2. *Injithenooral* / *Inji*  (Ginger) Tea / *Adhimaduram*  (Licorice) tea may be taken as hot beverages.
3. Take Milk at bedtime. It is advisable to add a pinch of *Manjal* (Turmeric) and *Milagu*  (Pepper).
4. Steam inhalation – With *Tulasi/Notchi* (Vitex negundo) leaves / *Manjal* (Turmeric) 
5. Gargling – water boiled with a pinch of Salt and Turmeric should be used not less than 3 times.
6. All *karappan pandam* (allergic foodstuff) should be avoided in the diet.
7. Food should be freshly prepared, and easily digestible.
8. Daily practice of Yogam such as *Naadi sutthi Pranayamam*, *Pranayamam*, *Suriyanamaskaram*, *Savasnam*, *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. Take adequate sleep (7-8 hours) and avoid daytime sleep.

 indicates hot and  indicates cold and  indicates a balanced state.

## II Siddha Immunity Promoting Measures

### Option-1:

1. Consume *NellikaiI lagam* 5 to 10 gm twice daily with lukewarm water. 
2. Take 500 mg to 1 gm of powdered *Amukkara* with milk or Hotwater  .
3. Self-stimulation of immune-boosting Varmam points as per the Guidelines for Siddha practitioners for COVID-19 by the Ministry of AYUSH, Govt of India

### Option-2:

1. Take *Seenthil Chooranam* 500 mg to 1 gm / *Amukkara Chooranam* tablet 500 mg (1 to 2 tablets) twice daily after meals with lukewarm water. 
2. *Kaba Sura Kudineer* (KSK) / *Nila Vembu Kudineer* (NVK) / *Visha Sura Kudineer* (VSK)  5ml to 60 ml as per the advice of the physician.
3. Self-stimulation of immune-boosting Varmam points as per the Guidelines for Siddha practitioners for COVID-19 by the Ministry of AYUSH, Govt of India

### Option-3:

1. *Kaba Sura Kudineer* (KSK) / *NilaVembu Kudineer* (NVK) / *Visha Sura Kudineer* (VSK)  5ml to 60 ml as per the advice of the physician.
2. *Inji Vadagam*  1-2 tablets with water thrice a day.
3. Self-stimulation of immune-boosting Varmam points as per the Guidelines for Siddha practitioners for COVID-19 by the Ministry of AYUSH, Govt of India

## III Simple Siddha Procedures

1. **Oil Bath:** Advised to take oil bath twice a week with medicated oils like *Karisalai Thailam* , *SanthanathyThailam*  .
2. **Nasiyam/ Nasal Application:** *Thumbaipoo*, *Thulasi* leave the juice for Sore throat and Nasal obstruction
3. **Pugai:** *Kandangathiri Pugai*, *Milagu Pugai*, *Manjal Kombu Pugai*  for rhinitis, nasal obstruction

#### IV Paediatric Age group:

1. Consume *Nellikai Ilagam*  2 - 5 gm twice daily with lukewarm water for 3 years and above
2. Take *Uraimathirai* 1-2 in divided dose for below 3 years
3. *Kaba Sura Kudineer (KSK) / NilaVembuKudineer (NVK)*  5ml to 30 ml as per the advice of the physician.
4. Take 200 mg of powdered *Amukkara* with milk or Hot water

**The above measures can be followed to the extent possible as per an individual's convenience.**

***Disclaimer: The above advisory does not claim to be a treatment for COVID-19.***

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\*These suggested measures are supported by Siddha Classical literature, scientific publications, and evidence based on COVID-19 studies undertaken by the Ministry of AYUSH.