



सत्यमेव जयते

# **Ayurveda Preventive Measures for self care during COVID-19 Pandemic**

**Ministry of Ayush  
Govt. of India**



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### **Ayurveda Preventive Measures for self care during COVID-19 Pandemic**

In the wake of 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 the following self-care guidelines modified as per the available evidence for improving immunity.

#### **Recommended Measures**

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

1. Drink lukewarm water frequently.
2. Spices like Haldi (Turmeric), Jeera (Cumin), Dhaniya (Coriander), Saunth (Dry ginger) and Lahsun (Garlic) are recommended in cooking.
3. Consumption of fresh Amla fruit (Indian gooseberry) or Amla products.
4. Gargling with warm water added with a pinch of turmeric and salt.
5. Food should be freshly prepared, and easily digestible.
6. Daily practice of Yogasana, Pranayama and meditation for at least 30 minutes as advised by the Ministry of Ayush National Clinical Management Protocol for COVID-19 prophylaxis.
7. Take adequate sleep (7-8 hours) and avoid day time sleep.

## II Ayurvedic Immunity Promoting Measures

### Option-1:

1. Consume Chyavanprash 20 gm in divided doses on empty stomach with lukewarm water.
2. Golden Milk- Half teaspoon Haldi (turmeric) powder in 150 ml hot milk - once or twice a day.

### Option-2:

1. Take Guduchi GhanVati 500 mg/ Ashwagandha tablet 500 mg twice daily after meals with lukewarm water.
2. Golden Milk- Half teaspoon Haldi (turmeric) powder in 150 ml hot milk - once or twice a day.

### Option-3:

1. Drink herbal tea/decoction (Kadha) made from 3 gm powder comprising Tulasi (Basil)-4 part, Dalchini (Cinnamon)-2 part, Shunthi (Dry Ginger)-2 Kalimirch (Black pepper)-1 part, mixed in 150ml hot boiled water once or twice a day. Add Gud (Jaggery)/Munakka (Raisin)/Choti Elaichi (Cardamom) to improve taste and flavor.

*Note: Vasa (Malabar nut), Yashtimadhu (Liquorice root), Guduchi (Giloy), may be added as per the Constitution (Prakriti) of individual/ Seasonal changes/ Geographical variation in consultation with Ayurveda Physicians.*

2. Golden Milk- Half teaspoon Haldi (turmeric) powder in 150 ml hot milk- once or twice a day.

## III Simple Ayurvedic Procedures

1. **Nasal application** - Apply Sesame oil / Coconut oil/ Cow Ghee or Anu Taila in both the nostrils in morning and evening.

**2. Oil pulling therapy-** Take 1 table spoon sesame oil or coconut oil in the mouth. Do not drink, swish in the mouth for 2 to 3 minutes and spit it off followed by warm water rinse. This can be done once or twice a day.

#### **IV During dry cough /sore throat**

1. Steam inhalation with plain water OR fresh Pudina (Mint) leaves OR Ajwain (Caraway seeds) OR Karpur (Camphor) can be practiced once in a day.

2. Lavang (Clove)/Mulethi (Liquorice) powder mixed with natural sugar/honey can be taken 2-3 times a day in case of cough or throat irritation.

\* These measures generally treat normal dry cough and sore throat. However, it is best to consult qualified physicians if these symptoms persist.

**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 treatment for COVID 19.***

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