

Ayurveda and Alternative Medicine Guidelines of Preventive Measures and Management Protocol for COVID 19 in Nepal Interim Guideline



Prepared by



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मिति २०७७ बैशाख १५ गते

This guideline and protocol suggests following for prevention, immune boosting and curative management for this COVID-19.

Section-A: Preventive Measures

(Immunity Boosting Measures for Self-Care)

AAMs' intensive information on preventive care drives through the vastness of *Dinacharya* (Daily regime), *Ritucharya* (Seasonal regime) and *Achara Rasayana* (Good conduct) to maintain healthy life by increasing immunity to cope up the deadly disease, COVID 19. In this regards, preventive measures of Ayurveda is being advised to all individuals to maintain their healthy conditions

Category-1: Preventive measures for Apparently Healthy individuals

- **First step: Standard alcohol based sanitizer or Home Remedy Sanitizer:** ^[13]
Neem leaves, Tulsi leaves, Ghritakumari (Aloe leaves), Titepati (Artemisia leaves) and dry Garlic (Lasun) in equal portion (w/w); boil mixture in 4 times of water and reduce to one fourth of it. Filter the decoction and mix 1 gm of Phitakiri (Potash Alum) powder in each 100 ml of decoction. Use as sanitizer, body cleansing and floor cleaners or natural disinfectant (Annex-1).
- **Second Step:** Daily practice of *Yogasana* ^[14] or therapeutic Yoga (Surya Namaskara, Dhanurasan (Bow posture), Gaumukhasan (Cow Posture), Ustrasana (Camel posture), Bhujangasan (Cobra posture), Setubandhanasan (Bridge posture), Padmasan (Lotus poses) for 10 minutes; Pranayama ^[14] (Anulom and Vilom, Kapalbhathi, Bhastrika, and Bhramari)/breathing exercise (Chair breathing exercise and hand in and out breathing exercise) for 10 minutes; loosening exercise (Spinal twisting exercise, joint mobilization exercise) for 10 minutes; and Meditation^[14] (Omkar chanting, meditative/relaxing music therapy) for 15 minutes; in the morning for at 30-45 minutes collectively. After completion of *Yogasana*; and then intake 80 to 100 ml of *Guduchi* decoction/*Guduchi* tea in empty stomach (Annex-2,3).

- **Third step:** Intake of luke warm drinking water 2-3 liters or as per necessary throughout the day. ^[15] (Annex-4)
- **Fourth step:** Take Chyavanaprash ^[16] 10 gm (2tsf) in the morning or fresh *Amla*, if not available then use *Amla churna* (About 6 gm in twice with luke warm water routinely. ***(Diabetics patients should take sugar free Chyawanprash)***)
- **Fifth step:** Use spices like Besara (Turmeric), Jeera (Cumin), Maricha (black pepper) daily Dhaniya (Coriander), Daalchini (Cinamon), Timur (Toothache tree) and Lasun (Garlic) for cooking routinely. ^[17] (Annex-5)
- **Sixth step: Nasal Application (Nasya)-** Apply **Anu taila** or Sesame oil or mustard oil 1TSF or cow's Ghee in both the nostrils (Pratimarsh Nasya) 2 times i.e. morning and evening.
^[18]
- **Seventh step: Oil Pulling Therapy ^[19] (Gandusha)-** Take 1 table spoonful of Sesame or Mustard oil in mouth. 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.^[13]
- **Eighth step:** Drink Herbal Tea/Decoction (Kadha) ^[20] made from Tulsi (Basil), Daalchini (Cinnamon), Marich (Black Pepper), Shunthi (Dry Ginger) and Kalo Kisamisa (Raisin)/ or as per availability of drugs; and add jaggery (Natural Sugar) and/or fresh Lemon juice as per your taste, if needed. It can be taken once or twice daily.
- **Ninth step:** Dhoopana in home ^[21] - Mix these all; Guggulu, Neem patra, Vacha, Kutha, Harro, Sarso (Pahelo/Krishna), Lavana, Lasun/Pyaja, Yava, Titepati and Ghee, and burn on flame of fire.
- **Tenth step:** Yogic Cleansing therapy under guidance of expert and helio therapy should be done for 30 minutes (in between 7-10 am). (Annex-6)
- **For details, refer to daily regimen table in Annex-8.**

Category-2: Individual stayed at quarantine

- **First step:** Follow first, second and third steps of category 1.
- **Second step:** Follow sixth and seven steps of category 1.
- **Third step:** Take Chyavanaprash 10 gm (2 tsf) in the morning. *Diabetics patients should take sugar free Chyawanprash.***Fourth step:** Intake Golden Milk; half tea

spoon of *Besara* (Turmeric) powder and half tea spoon of Jaggery as own taste in 150 ml of hot milk-once or twice daily. ^[22,23]

- **Fifth step:** SDVKVS (Singhdurbar Vaidhyakhana) Tulsi Tea ^[24] /Guduchi Tea or prepare and drink herbal Tea/Decoction (Kadha) made from Tulsi (Basil), Daalchini (Cinnamon), Marich (Black Pepper), Shunthi (Dry Ginger) and Kalo kismis (Raisin) of equal proportion; and prepare in desired amount; and take once or twice daily. Jaggery (Natural Sugar) and/or fresh Lemon juice can be added as per your taste, if needed.
- ***All detailed regimen mentioned for healthy individual in category 1 should be followed.***

Category-3: Self-Isolation / Isolation ward

- **First Step:** Steam inhalation with fresh Mint and Tulsi leaves (each 3-4 leaves) and *Besara* powder (3-5 gm in 1 litre of water) can be practiced once or twice in a day for 5- 10 minutes. ^[25,26]
- **Secondstep:** Gargle 4-6 times with salt mixed hot water.
- **Third step:** Mix *Lavang* (Clove) powder 1 gm with Honey or Mishri; and intake 2-3 times a day in case of cough or throat irritation. ^[27]
- **Fourth step:** Gargle with drugs mentioned in Annex-8.
- **Fifth step:** Follow first, third and fourth steps of category 1.
- **Sixth step:** Follow fourth and fifth steps of category 2.
- **Seventh step –** Chitraka Haritaki 1 tsf (3-6 gm) twice daily with luke warm water or luke warm milk.
- **Eighth step-** Yastimadhu Churna 1 tsf (3-6 gm) with luke warm water BD.
- **Ninth step-** Mahasudarshan churna(3 gm) or Kwath (40 ml) in case of fever BD.

Section-2: Curative Management Protocol

When grading the stages of symptoms of COVID -19 the different types of Sannipataja Jwara Awastha are seen. The Common symptoms mentioned by WHO fever, tiredness and dry cough, shortness of breath, aches and pains, sore throat and very few people with diarrhoea, nausea or a runny nose are very much same as in different types of Sannipataja Jwara. The duration of Vataja, Pittaja, Kaphaja Sannipataja Jwara^[28] is 7 days, 10 days and 12 days (or sometimes 14, 18 and 22 days) respectively. If the fever and the symptoms get relief in the duration indicated then the patient recovery is good but if the fever and symptoms persists even after the duration of 14, 18 and 22 days in each type the complication arise and the patient suffered by pneumonia and may die. Although there is no clear cut evidence or finding to suggest with particular type of Jwara with Covid -19 but with the symptoms, its management plan may be in these stages:

Management in different stage:

A. Patients with positive case of COVID 19 having no symptoms

Following treatment for 7 days

- ✓ Trikatu Churna: 2 gm * BD with Luke warm water or with Dashmoola or Pathyadi kwatha.
- ✓ Sudarshana Churna: 3 gm *BD with luke warm water
- ✓ Tab Samsamni Vati or Giloyaghan vati: 2Tab *BD with luke warm water

For Rasayana chikitsa for 1 5-30 days

- ✓ Ashwagandha Churna/Capsule: 3gm/1-2 tab *BD with luke warm water
- ✓ Brahmi Vati / Churn/ Tablet: 3gm/1-2 tab *BD with luke warm water
- ✓ Chyavanaprash : 1tsf *BD (Sugar free for Diabetic Patients) and use luke warm water

B. Stage 1. Kaphavata Sannipataj Jwara (Patients with positive case of COVID 19 having mild symptoms -mild fever, mild cough, no breathlessness):

1) Management of Amajwara Chikitsa ^[29]

In primary stage with Langhana by any one from following drugs; when symptoms persist from to 5-7 days

Shunthi jal -SOS

Shadang Paniya

SOS.

Chitrakadi Vati: 2Tab *BD with luke warm water before meal.

Following treatment for 7-15 days

- ✓ Trikatu Churna: 2 gm * BD with Luke warm water or with Dashmoola or Pathyadi kwatha.
- ✓ Sudarshana Churna: 3 gm *BD with luke warm water
- ✓ Talisadi or Sitopladi Churna: 2gm *BD with luke warm water
- ✓ Tab Samsamni Vati or Giloyaghan vati: 2Tab*BD with luke warm water

For Rasayana chikitsa for 15-30 days

- ✓ Ashwagandha Churna/Capsule: 3gm/1-2 tab *BD with luke warm water
- ✓ Chyavanaprash: 1tsf *BD (Sugar free for Diabetic patients)
- ✓ **Detailed daily regimen in Annex 3 also should be followed with treatment schedule.**

C. Stage-2: Kapha-Vata Sannipaataja Jwara (Patients with positive case of corona Virus including all symptoms of corona together with Allopathy treatment but not in ventilator)

Management Guideline – Jwara Shamana, Kapha Shamana, Vata Anulomana and protection of Rogi Bala in 5 different steps of treatment

2) Management of Dosha Pachana

These can be started from beginning of the symptoms.

- ✓ Trikatu Churna ^[30]: 2 gm * BD with luke warm water or Dashmoola or Pathyadi ^[31] Kwatha.
- ✓ Sudarshana churna ^[32] : 3 gm *BD With luke warm water
- ✓ Tab Samsamni Vati or Giloyaghan vati ^[33] : 2Tab*BD with luke warm water

3) After 7 days of symptoms; it turns to Madhya jwara, and following can be taken as its management

- ✓ Talisadi ^[34] (for dry cough) or Sitopladi churna (for productive cough) ^[35]: 3-5 gm with Yastimadhu kwatha ^[36] or appropriate anupan*BD (*Please use warm decoction*)
- ✓ Tab Shanjeevani Vati ^[37]: 250mg * BD with luke warm water
- ✓ Tab. N. Laxmivilasa Rasa ^[38]: 60 mg *BD with luke warm water Additional drugs:

- ✓ Mrigamadasav^[39] : For children 1-5 yrs 6-10 drops TDS. For Adult – 10-20 drops TDS with luke warm water or honey.
- ✓ Guduchi Kwath^[40] 40-80 ml B.D.
- ✓ Yashtimadu Kwath^[41] 40-80 ml BD.

4) After this Pakwa Stage:

Aggravation of the already existing situation (COVID 19 positive with specific symptoms at moderate level) Management Guideline- JwaraShamana, KaphaShamana, VataAnulomana, protection of RogiBala, Particularly important in geriatric and those with co-morbidities.

Kapha Nissaraka management can be needed for 5 to 7 days

- ✓ Talisadi (for dry cough) or Sitopladi churna (for productive cough) : 3-5 gm with Yastimadhu kwatha or appropriate anupan*BD (*Please use warm decoction*)
- ✓ Chitraka haritaki ^[42] OR Kantakari avaleha ^[43]: 1tsf *BD with luke warm water
- ✓ Tab Lavangadi vati ^[44]: 1-2 Tab; suck 4-6 times a day
- ✓ Amritarishta^[45] 15- 30 ml B.D. with equal amount of water after meal.

Additional drugs:

- ✓ Kankasav^[45] 15- 30 ml B.D. with equal amount of water after meal.
- ✓ Tribhuvan kirti^[45] ras 125-250 mg BD with luke warm water.
- ✓ Shatyadi Kwath^[46] (Kachoor, Pushkar mool, Kantakari Mool, Karkatshringi, Duralabha, Guduchi, Shunthi, Patha, Kirattikta, Kutaki all in equal amount) 40-80 ml B.D.

- ✓ Kirattikta or Mahasudarshan Kwath 40-80 ml B.D.

5) Rsayana chikitsa

- ✓ Ashwagandha Churna/Capsule ^[47]: 3gm/1-2 tab *BD with luke warm water
- ✓ Brahmi Vati or Churna/ T ^[48]: 3gm/1-2 tab *BD with luke warm water
- ✓ Chyavanaprash ^[49]: 1tsf *BD (Sugar free for Diabetic patients)

D. STAGE 3 Dhatu Paaka and Swasa coming forwards as an Upadrava (Complications due to unchecked activity of the Pitta Dosha) (COVID 19 positive with severe symptoms with respiratory distress etc. and progressive towards fatality)

Management guideline –Jwara Shamana, medicines to stop DhatuPaaka, medications for bronchodilation and expectoration, protection of Rogi Bala in a more potent and aggressive manner. Special procedures enlisted in Sannipataja Jwara Prakaran need to be applied.

- ✓ Kankasav: 15- 30 ml B.D. with equal amount of water after meal .
- ✓ Tribhuvan kirti rasa: 125-250 mg BD with luke warm water.
- ✓ Shatyadi Kwath (Kachoor, Pushkar mool, Kantakari Mool, Karkatshringi, Duralabha, Guduchi, Shunthi, Patha, Kirattikta, Kutaki all in equal amount) 40- 80 ml B.D.
- ✓ Kirattikta or Mahasudarshan Kwath 40-80 ml B.D.

Rsayana chikitsa

Based on *Kapha in Urasthana* or according to the age for 15-30 days

- ✓ Ashwagandha Churna/Capsule : 3gm/1-2 tab *BD with luke warm water
- ✓ Brahmi Vati or Churna/ Tablet: 3gm/1-2 tab *BD with luke warm water
- ✓ Chyavanaprash: 1tsf *BD (Sugar free for Diabetic patients)

E. Stage 4 Dhatu paka proceeds and Shwasa coming forwards as an Upadrava.

Management guideline – the same as above, but in a more potent and aggressive manner. Special procedures enlisted in *Sannipata jwara* .

F. Stage 5. Sannipaata jwaram titled as Vispharakam or manifests and becomes fatal- needs technological support along with Aatyayika chikitsaa

G. Apparently healthy individual for immunity improving drugs.

Following drugs can be prescribed for 7-15 days

- ✓ Dashmoola or Pathyadi kwatha: 40-80 ml twice a day
- ✓ Tab Samsamni Vati or Gilowghan vati: 1-2 Tab *BD with luke warm water
- ✓ Ashwagandha Churna/Capsule: 3gm/1-2 tab *BD with luke warm water

Post Recovery Maintenance (To prevent recurrence and health restoration):

Treatment for recovery and Rejuvenation:

As per Ayurveda concepts, there is *Dhatu-Kshaya & Agnimandya Avastha* after *Jwaramukti* (Post COVID 19 infection). Although the test report may be negative; but if symptoms of shortness of breath are present then it may be state of *Jirna Jwara* and *Aushad* like Guduchi, Pippali should be used before Dhatu Poshana. Dhatu Poshana, Rasayana Sevana with drugs like Draksha & Vasa for at least 30 days and to combat the residual effects of the virus on the body; Vishaghna chikitsa with Vidanga or Haridra churna are suggested after clinical recovery. Cardioprotective, Hepatoprotective and renal protective drugs like Arjuna Churna, Amalaki Churna, Bhumyamalaki, Punarnava kwatha, etc. may be given for 30-45 days after clinical recovery to combat toxicity produced from antiviral drug therapy. *Deepana* and *Pachana* drugs like *Shadanga Paneeya*, *Musta*, *Sunthi* may be used in case of Diarrhoea, vomiting or loss of appetite. Dhatu Poshana and Rasayana may be provided for a time period of 30-45 days as per the discretion of physician.

- ✓ Ashwagandha Churna/Capsule: 3gm/1-2 tab *BD with luke warm water
- ✓ Brahmi Vati / Churna/Tablet: 3gm/1-2 tab *BD with luke warm water
- ✓ Chyavanaprash: 1tsf *BD (*Sugar free for Diabetic Patients*) and take luke warm water

Additional Medicines (Aushadi):

- Amritarishta: 10 - 20 ml with equal quantity warm water twice after food.
- Draksharishta^[50]: 10 - 20 ml thrice a day with equal volume of water after meal.
- Vasavaleha/ Kantakaryavleha^[51]: 10 - 12 gm thrice a day 1 hour before meal.
- Vasa/kantakari is a very useful drug for *Jvara*, *Kasa*, *Pitta Vriddha* conditions; so it would be helpful in removing the residual *Khavaigunyain Srotas*

- Amalaki Churna; 3 - 6 gm or Triphala churna^[52]; 3 - 6 gm is given in empty stomach at the morning with lukewarm water
- Kalamegha Churna^[53]; 3 - 6 gm in empty stomach at the morning with lukewarm water when Hepatoprotective Drugs are needed.
- Vidanga Churna^[54]; 3-6 gm with honey at night after 1 hour of meal for Kriminashaka/Vishahara.

GUIDELINES FOR IMPLEMENTING THIS PROTOCOL

1. Facilities of general safety measures for doctors, paramedics and health workers need to be ensured before management of COVID-19 patients.
2. Take the travel and contact history of the patient first and then examine the patient well to assess the *Koshta*, *Agnistatus* of the patient.
3. Laboratory or imaging panels is needed; as and when required. Modern diagnostic and assessment criteria's should be used whenever necessary.
4. Definitely have an assessment of the *Vyadhi-avastha* in a meticulous manner, as some medicines may be contra-indicated in some specific *Avasthas*.
5. Assess the *Rogi Bala* using the ten-point clinical examination protocol (*Dasha Vidha Pareeksha Vidhi*) and calculate the functional status of the patient.
6. Assess the status of *Ojus* (immunity) and predict the chance for an immediate casualty.
7. It is mandatory to read the Ayurveda diagnostic and pathologic approach to COVID-19 prior to the management protocol, and understand the pathologic processes happening at different stages of disease process.
8. The selection and combinations of medicines and dose should be done considering the *Rogi Bala*, *Agni* and *Koshta*, and the *Rogavastha*.
9. The medicines described in each stage shall be utilized judiciously in the succeeding stages also.
10. Diet and regimens must be continued in preventive, curative and rehabilitative phases.

HOMOEOPATHY PREVENTIVE MEASURES [55,56,57,58,59]:

- ✓ All preventive measures mentioned above and as per WHO guidelines should be followed.
- ✓ 1 dose of **Arsenicum album-30** should be taken daily in empty stomach for 3 days. The dose should be repeated after 1 week by following the same schedule in case Corona Virus infection prevails in community.

Following Homeopathic Medicines are recommended for COVID-19 problems for Nepal on the basis of prevalent symptoms, materia medica and references from worldwide:

Prevention	Treatment
<ul style="list-style-type: none">• Arsenicum album• Gelsimium• Bryonia• Camphor• Aconite <p><i>Any one of the above listed medicine can be given according to the symptoms prevalent in the area. These medicines boost immune system and could work against Corona Problems.</i></p>	<ul style="list-style-type: none">• Bryonia• Gelsimium• Eupatorium perfoliatum• Camphor• Antium Tart• Phosphorus <p><i>Remedy is to be prescribed in consultation with homeopathic doctor in proper potency according to the symptom similarity. Patients should be isolated and other supportive measures should be given according to the proper guidance by Homeopathic Doctor.</i></p>

Note: In case of infection, individualized treatment is recommended under supervision of Registered Homeopathic Doctor. Some bio-chemic & mother tincture can also be used according to the severity of the case.

Along with recommended medicines precautions should be followed:

- Regular cleaning of hands with soap water or alcohol based sanitizer.
- Maintain safe distance from anyone.
- Don't touch eyes, nose or mouth.

- Cover nose, mouth with bent elbow or tissue during coughing & sneezing.
- Clean & disinfection of touched surfaces such as tables, phones, toilets...
- Proper use of masks.
- Drink warm water at regular interval
- Eat food which boost up the immune system and avoid junk foods.
- Regular exercise for boosting immune system.

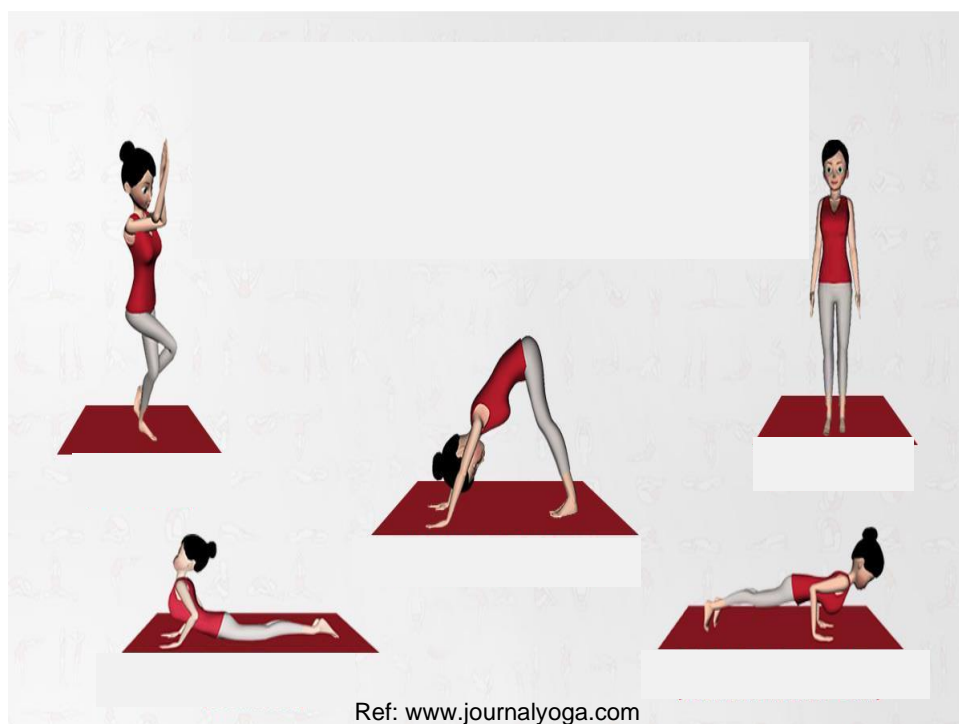
DISCLAIMER –

The guidelines for curative management doesn't claim confirmatory curative management of COVID 19. The curative management mentioned in this protocol is based on classical/ symptoms of disease and scientific evidences of AAM (Ayurveda and Alternative Medicines).

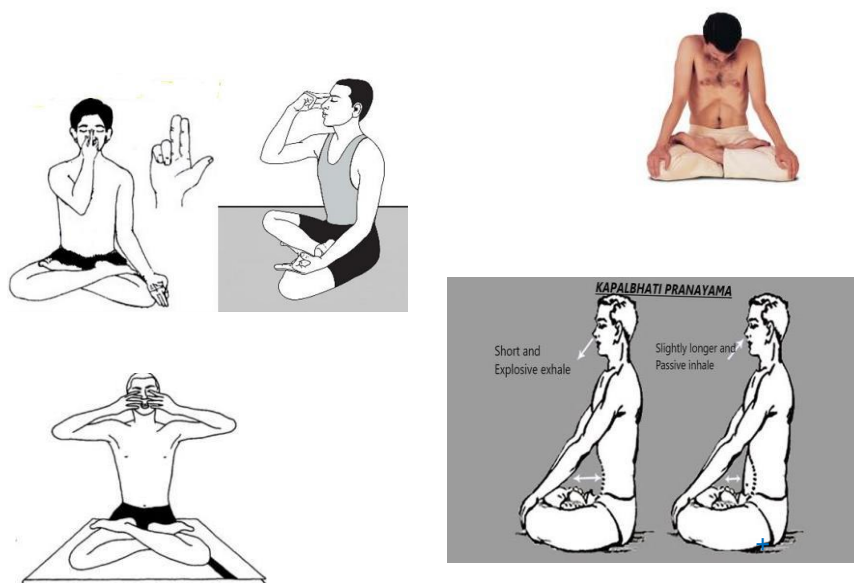
Annex-1: Steps for Surya Namaskar, a Yoga posture



Annex-2: Different Immune boosting Yoga postures



Annex-3: Pranayama



Ref: www.journalyoga.com

Annex-8: Daily activities for apparently healthy individual



स्वास्थ्य तथा जनसंख्या मन्त्रालय
आयुर्वेद तथा वैकल्पिक चिकित्सा विभाग
को

COVID-19 सम्बन्धमा जनहितमा जारी सन्देश

हाल सम्म विश्वमै COVID-19 को उपचार तथा खोप तयार नभैसकेको अवस्थामा यस रोगलाई लाग्न नदिनु सबै भन्दा उत्तम उपाय हो । शरीरमा रोग प्रतिकारात्मक क्षमता बढाउने गुण र Antimicrobial तथा Antiviral गुण भएका विभिन्न किसिमका जडिबुटीहरूको नियमित रूपमा प्रयोग गर्ने बानि बसालौं ।

१. गुडूची (गुर्जो) ५ ग्रा. आधा लि. पानीमा पकाएर आधा बांकी रहेपछि चिया जस्तै प्रयोग गरौं ।
२. असुराको पात र बेसारलाई १ लि. पानीमा पकाएर आधा बांकी रहेपछि चिया जस्तै प्रयोग गरौं ।
३. सुठो, मरिच, पिप्ला २ ग्रा. र तुलसीको पात ५ वटा १ लि. पानीमा पकाएर आधा बांकी रहेपछि सेवन गरौं ।
४. तेजपात २ ग्रा. र दालचिनी २ ग्रा. आधा लि. पानीमा पकाएर चिया जस्तै गरि प्रयोग गरौं ।
५. नियमितरूपमा योग तथा प्राणायाम गर्ने गरौं ।

संग संगै यस रोगबाट बच्न नेपाल सरकार तथा WHO द्वारा निर्देशित निम्न उपायहरू अपनाऔं:

- अत्यावश्यक काम बाहेक घर बाहिर नजाऔं ।
- घरबाहिर निस्कदा मुख, नाक छोप्ने गरि मास्क लगाउने गरौं ।
- साबुन पानिले मिचि मिचि राम्रोसाग पटक पटक हात धुने बानी बसालौं ।
- अनावश्यक रूपमा मुख, नाक, तथा आखामा हात लग्ने र मिच्ने नगरौं ।
- अभिवादनका लागि हात मिलाउने र अंकमाल गर्नुको साटो नमस्कार गर्ने गरौं ।

❖ थप सल्लाह तथा सेवाका लागि नजिकको स्वास्थ्य संस्थामा सम्पर्क राखौं ।

FOR HEALTHY PEOPLE			
A. Non Pharmacological Interventions			
	Measures	Components	Guidelines
A. Dinacharya			
1. Daily Activities	a. Early Morning Regime	Wake Up	-Before 45 min. of Sun Rise (Brahma Muhurta) - Digestion of Food is to be taken into consideration before wake up.
		Gandusha/ Kavala	- Oil Pulling- 1 tablespoon of sesame or Mustard oil for Kavala followed by warm water rinse after morning routine but before bath.
		Gargle	- With warm water added with a pinch of -Turmeric and salt, - Triphala, and Yashtimadhu. - ShuddhaTankana (2% aqueous solution) also can be used
		Nasya	- PratimarshaNasya (2 drops of sesame / mustard oil in each nostril).
		Yoga/ Exercise	- For 30-45 Min. moderately
		Helio therapy	Sun bath: For 30 minutes between 7 am to 10 am.

		Bath	- Use warm or normal water as per the season
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			<ul style="list-style-type: none"> - Wash body at least once a day and head once (preferably in the morning) - Don't bath or wash whole body immediately after meal. - Rub RasnadiChurna over scalp.
		yogic cleansing therapy)	Jal Neti, Kunjal
		Foot bath	Lukewarm saline water for 10 Minutes
	b. Afternoon Regimen	Involvement	<ul style="list-style-type: none"> - Official work from home - Make a target to be accomplished in certain period of time in a suitable time table. - Indoor recreational Activities like cooking, study, reading, gardening, playing, listening music, etc. - Avoid daytime sleep
	c. Evening Regimen	Involvement	<ul style="list-style-type: none"> - Spend with family and keep composed and happy environment as stress itself is the biggest enemy of our immune system.
		Foot bath	Lukewarm saline water for 10 Minutes
2. Ahara	a. Food	Snacks	<ul style="list-style-type: none"> - Eat only when hungry

(Diet)			<ul style="list-style-type: none"> - Avoid frequent Snacking - Dry fruits, homemade chips, boiled banana, apples etc. are the options to select from. - Soup made up of Green gram
		Meal	<ul style="list-style-type: none"> - Freshly cooked hot food is advisable - <i>Laghu-supachyaahara</i>(easily digestible, light diet) - Reduce the quantity of meal at least quarter of the stomach. - Use ginger powder while cooking rice. - Chatani made up of Goose berry (Amalaki) can be brought into practice. - Avoid pickles, hot spicy foods, and Garam Masala. - Restrict using sweets, oily & fried foods. - Avoid or restrict use of non-vegetarian food. If used then it should be cooked for long time. - Avoid Refrigerated food. - Eat a night meal 3 hours after

			<p>sunset or till 8 pm.</p> <p>- Sleep 2 hours (10 pm) after the night meal.</p>
	b. Beverages	Drinking Water	<p>- Boil the water with comfortable amounts of dry ginger, coriander seeds, Tulasi leaves, Ajwain and turmeric and can be taken throughout the day in sip wise.</p> <p>- Luke warm water is to be consumed.</p> <p>- Drinking water- made up of ShadangaKashayaChoorna one teaspoon boiled in two liters of water can be used as drinking water.</p> <p>- Restrict Refrigerated cold beverages</p>
		Milk	- Warm milk boiled with Turmeric powder and/or Ginger power can be taken once/twice a day.
		Tea	<p>- Regular tea can be taken using Black Pepper and Shunthi with less amount of sugar.</p> <p>- Herbal Tea like Tulsi tea (SDVKVS) can be advised.</p>
* Carbonated and Alcoholic beverages of any sort is to be Avoided.			
B. Ratrichary a	a. Sleep	Time	- 2 Hours after Dinner. (Before 10 PM)
		Duration	- Adequate sleep of 7-9 Hours.
		Precautions	- Window should be opened and

			<p>rooms have proper ventilation.</p> <p>- Restrict use of Air conditioner (AC).</p> <p>- If at all using an AC, never set temperature to below 25 degrees.</p> <p>- Don't sit or lie down right below the Fan.</p>
C. Hygiene	a. Personal	Washing	<p>- Wash hands frequently with an alcohol-based hand rub or Decoction made of Ghritakumari (Aloe vera), Neem leaves, Tulsi leaves, Artemisia leaves and Dry Garlic in equal proportion followed by mixing of Phitkiri (Potash Alum) powder 1 gm.</p> <p>- Washing with soap and water is advisable.</p>
		Touching	<p>- Physical touching and shaking hands to greet are to be avoided.</p> <p>- Frequent touching of eyes, nose and mouth that can pick up viruses is to be avoided.</p>
		Social Distancing	<p>- Distance of 1 meter (3 feet) is to be maintained.</p> <p>- Avoid crowded places.</p>
		Advice	<p>- Spitting in the public is to be discouraged.</p>

			<ul style="list-style-type: none">- Usage of gloves can be encouraged whenever possible.- Advice to stay home to the best possible extent.- Maintaining the good posture while sitting, lying down or standing.- Advice to cope up with stress.- Encourage maintaining a healthy lifestyle.- Restrict Smoking and Tobacco chewing.
	b. Premises	Cleaning	<ul style="list-style-type: none">- Keep home and surroundings clean.- Manage domestic waste properly.- Don't allow mosquitoes, rats or other rodents to breed around.
		Dhoopana	<ul style="list-style-type: none">• - Mix these all; Guggulu, Neem patra, Vacha, Kutha, Harro, Sarso (Pahelo/Krishna), Lavana, Lasun/Pyaja, Yava, Titepati and Ghee, and burn on flame of fire.- Use of Aparajita Dhooma Choorna (Astanga Hridayay JwaraChikitsa) as per availability can be adopted.
B. Ritucharya			

<p>- As the Ritu varies with the Province, based on that it should be followed.</p> <p>- Mainly Vasanta and Grishma Ritu is seems to be continued in Mountain and Terai region respectively.</p>	
<p>C. Other Preventive measures</p> <p>For a healthy person, no medicine is needed. But certain preventive medical practices added on to the daily activities may give enhanced capacity to fight against infections.</p>	
<p>1. Steam Inhalation</p>	<p>- With Tulsi (holy basil)/Panikoorka (Plectranthusamboinices) with Haridra(Termeric) in the evening</p>
<p>2. Immunity Enhancers - Single Drugs</p>	<p>- Extract of Guduchi (<i>Tinosporacordifolia</i>) - 500-1000mg.</p> <p>- Amla (<i>Embilicaofficinalis</i>)fruit is advisable during the meal.</p> <p>- Haridra (Curcuma longa) powder for Gargling with luke warm water 2-3 times a day.</p> <p>- Tulsi (Ocimumtenuiflorum) processed water is advised for frequent sipping.</p>
<p>3. Immunity Enhancers - Formulations</p>	<p>- Chyawanprash Avaleha- 10 - 12 gm / 1 Spoon</p> <p>- Drakshavaleha - 10 - 12 gm / 1 Spoon</p> <p>- Balachaturbhadra Churna - 1 - 2 gm with honey</p> <p>- Ashwagandha Churna- 10-12 gm in divided dose with luke warm water</p> <p>- Yashtimadhu Churna- 10-12 gm in divided dose</p>

	<p>with luke warm water</p> <p>- Shatavari Churna- 10-12 gm in divided dose with luke warm water</p> <p>- Amalaki Churna- 10-12 gm in divided dose with luke warm water</p> <p>- Haridra Khanda - 3 - 5 gm intermittently with honey/ warm water</p>
D. Pathya (Favorable)	<p>- Easily digestible light food like Kanji or jaulo or khichadi; Chatani made up of Goose berry (Amalaki), Onion, Curry leaf, Ginger and Turmeric; Cooked vegetables like Shigru (Moringa Oleifera Lam), Karvellaka (Momordica CharantiaLinn), Patola (Tricosanthes dioica. Roxb), Mudga (Vignaradiata (L.) R. Wilczek), Patha (Cissampelo sparieta Linn.), Vaastuka (Chenopodium album L.), Jivanti (Leptadenia reticulate (Retz.) Wight & Arn), Tanduliyak (Amaranthus spinosus L.), Kakamachi (Solanum nigrum Linn), Draksha (Vitis vinifera L.), Kapittha (Feronia limonia (Linn.)), Dadima (Punica granatum Linn), Lashuna (Allium sativum L.) etc.; Soup made up of Green gram.</p> <p>- Use warm water for drinking. Take complete rest.</p>
E. Apathya (Unfavorable)	<p>Heavy, Spicy, oily or fried foods; Junk foods, Curd, Cold drinks, Alcohol, betel and tobacco in any form; Mid-day napping; Head bath; Exercise; Mental stress; Exposure to fan/Ac.</p>
F. Achar Rasyana (behavioral medicine)	<p>Truthfulness, Freedom from anger, Non-indulgence in alcohol, Nonviolence, Calmness, Sweet speech, Engaged in meditation, Cleanliness, Perseverance, Charitable, Religious, Respectful</p>

	toward teachers, parents and elders, Loving and compassionate, Balanced in sleep and wakefulness, Using ghee regularly, Knowing the measure of time and place, Controlling the senses, Keeping the company of elders and the wise, Positive attitude, Self-control, Devoted to Vedic scriptures.
G. Urges not to be suppressed by force	The urge of flatus,faeces, urine, sneezing ,thirst, hunger, sleep, cough,breathing on exertion,yawning,tears,vomiting, semen should not be suppressed