



सत्यमेव जयते  
Ministry of AYUSH  
Govt. of India

# **Integrated AYUSH Guidelines for Public Health and Health care Practitioners for COVID -19**

# 1. Integrated AYUSH Guidelines for Public Health and Health care Practitioners for COVID -19

## PREAMBLE

In the wake of Covid 19, an infectious disease caused by Novel Coronavirus, entire mankind across the globe is affected. Till date there is no effective management to cure or to prevent this infection. The most common symptoms of COVID-19 are fever, tiredness, and dry cough. Some patients may have aches and pains, nasal congestion, runny nose, sore throat or diarrhoea. These symptoms are usually mild and begin gradually. Some people become infected but don't develop any symptoms and don't feel unwell. The best ways of preventing COVID19 infection known today as per WHO & National Health protocols are (social distancing, hand hygiene, respiratory hygiene) breaking the chain of spread, enhancing an individual's body immunity, identifying the infection early and timely medical care.

AYUSH systems has significantly contributed in the past bringing down the infirmities that troubled mankind by its unique modalities including immunomodulatory, non-pharmacological interventions, diet, lifestyle and other practices. Harmony of health is achieved through its intrinsic approaches which also focus on immune boosting protocols. The vast network of AYUSH which include approximately around 7 lakh trained health professionals can reach corners of the country in preventing the spread of infection and contributing to combat the problems arising out of same. The execution of mentioned protocols can be carried out as standalone /adjuvant interventions along with existing protocols as directed by respective state governments.

## Recommendations made by the after meeting all the members:

It is felt that all the public health measures and practitioner guidelines should be integrated to the ICMR guidelines to avoid the confusion on the field for HCPs (Health Care Professionals). This document (**AYUSH PRACTITIONER GUIDELINES**) is therefore, completely integrated with the ICMR guidelines. The earlier guidelines (**AYUSH PUBLIC HEALTH GUIDELINES**) issued on 29<sup>th</sup> January will remain the same where the immunity enhancement using *Chyawanprash*, spices etc., is advised.

Some of the important recommendations are as following:

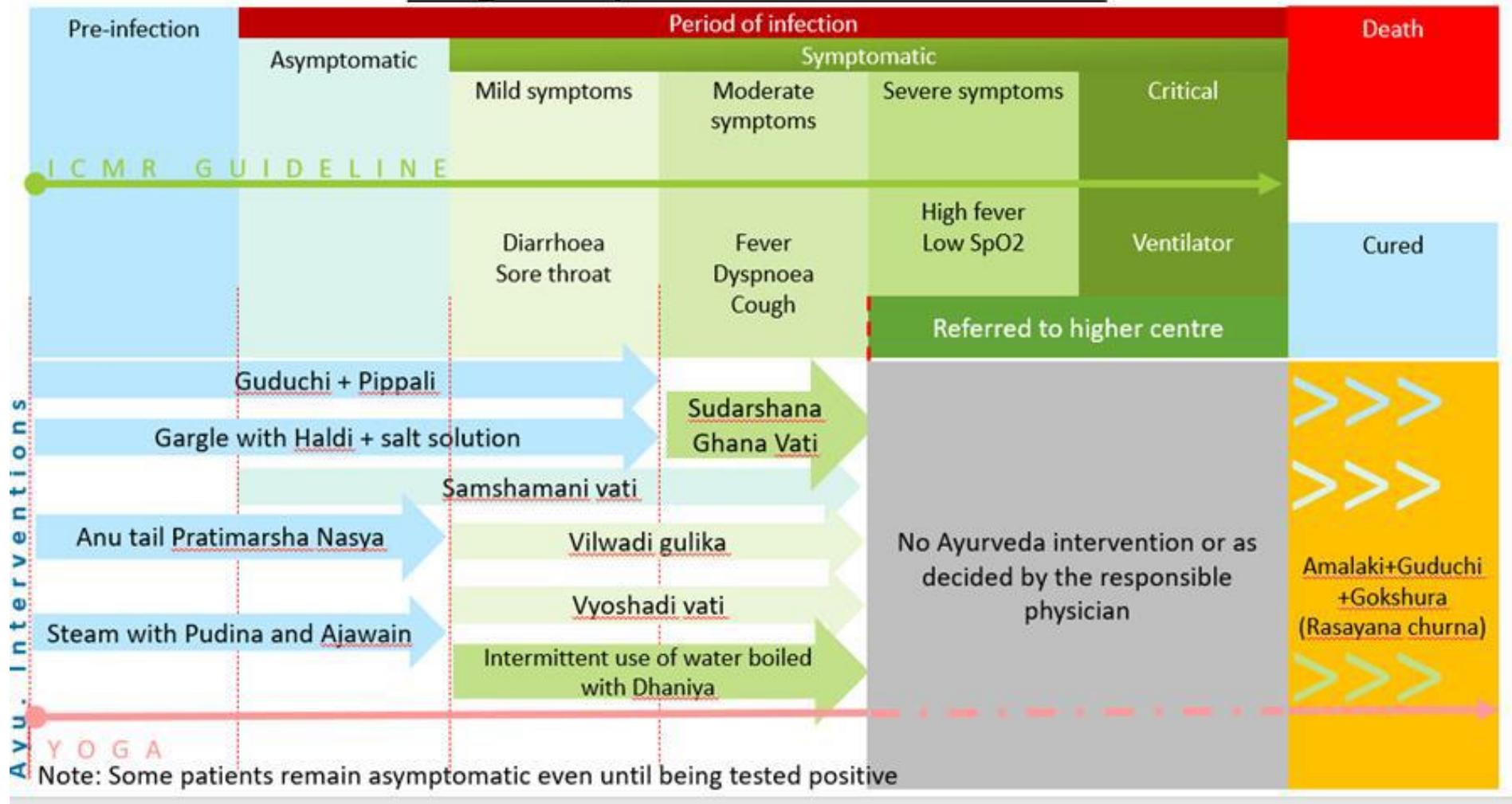
- i. There is a necessity to start intervention(s) with general public for preventive, immunity-boosting using some parameter / questionnaire.
- ii. Those who were under quarantine or under isolation or those who have high-risk exposure like health workers could be given common intervention guidelines with least controversy or least difference of opinion.

In this regard two things are particularly important:

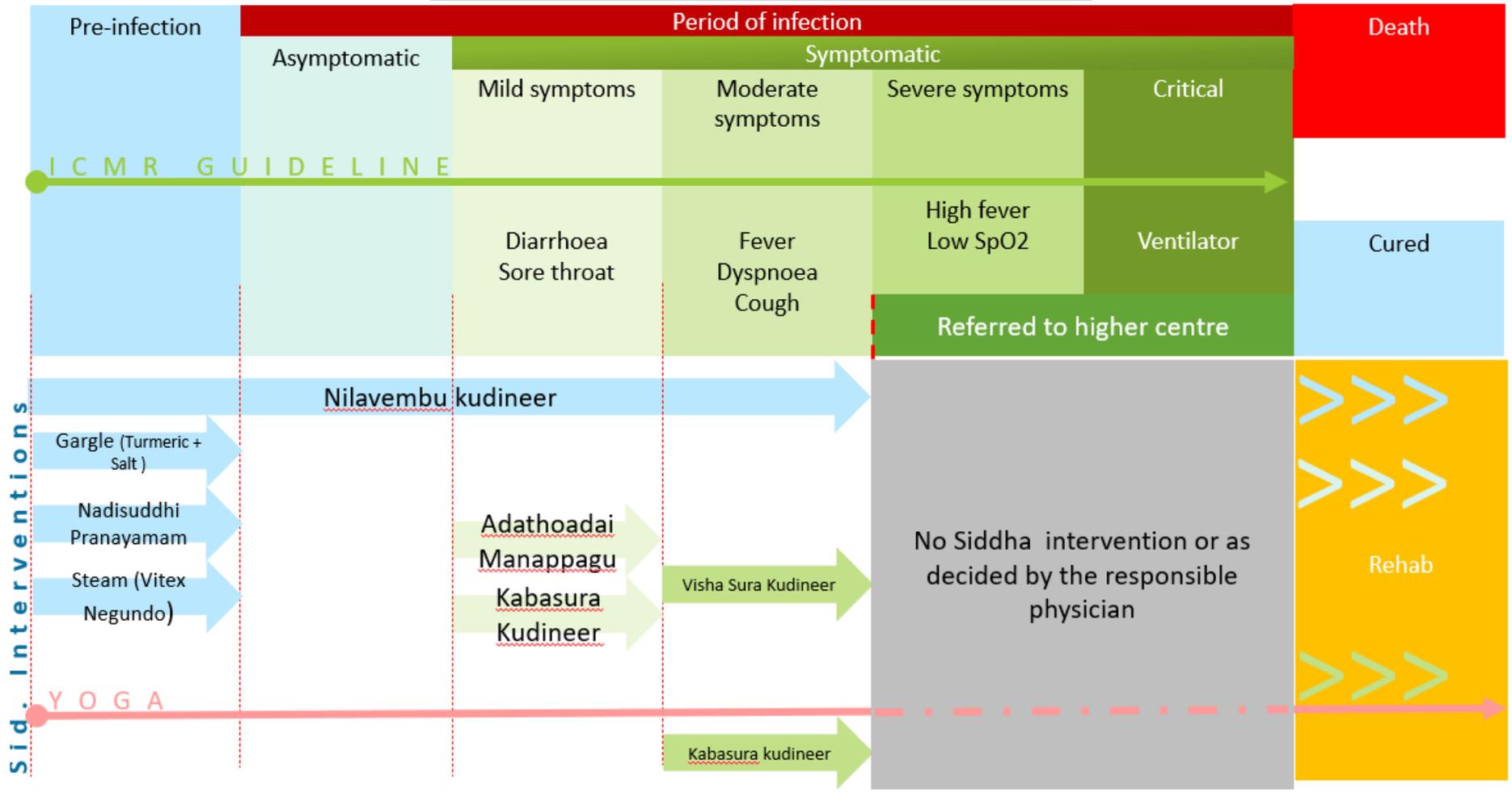
1. Capturing data from all AYUSH institutions / research councils across the country and the list should be followed as the base for making guidelines.
2. To make common guidelines very concise, the following points need attention:
  - a. Group Recommendations
  - b. List of Medicines
  - c. Practices
  - d. The Referral Systems
  - e. What Stage we will refer
  - f. What data we will collect from the organisations/firm
  - g. Present Status
  - h. Symptomatic symptoms
  - i. Reference

We need to establishment of Case registry of the COVID-19 patients treated with AYUSH for data pulling at both State as well as Central level. The guidelines should be dynamic and should be amended from time to time as per the need and based on update of evidences. Without purchasing much time, general guidelines for each system of Ayurved, Unani, Siddha, and Homoeopathy are to be released.

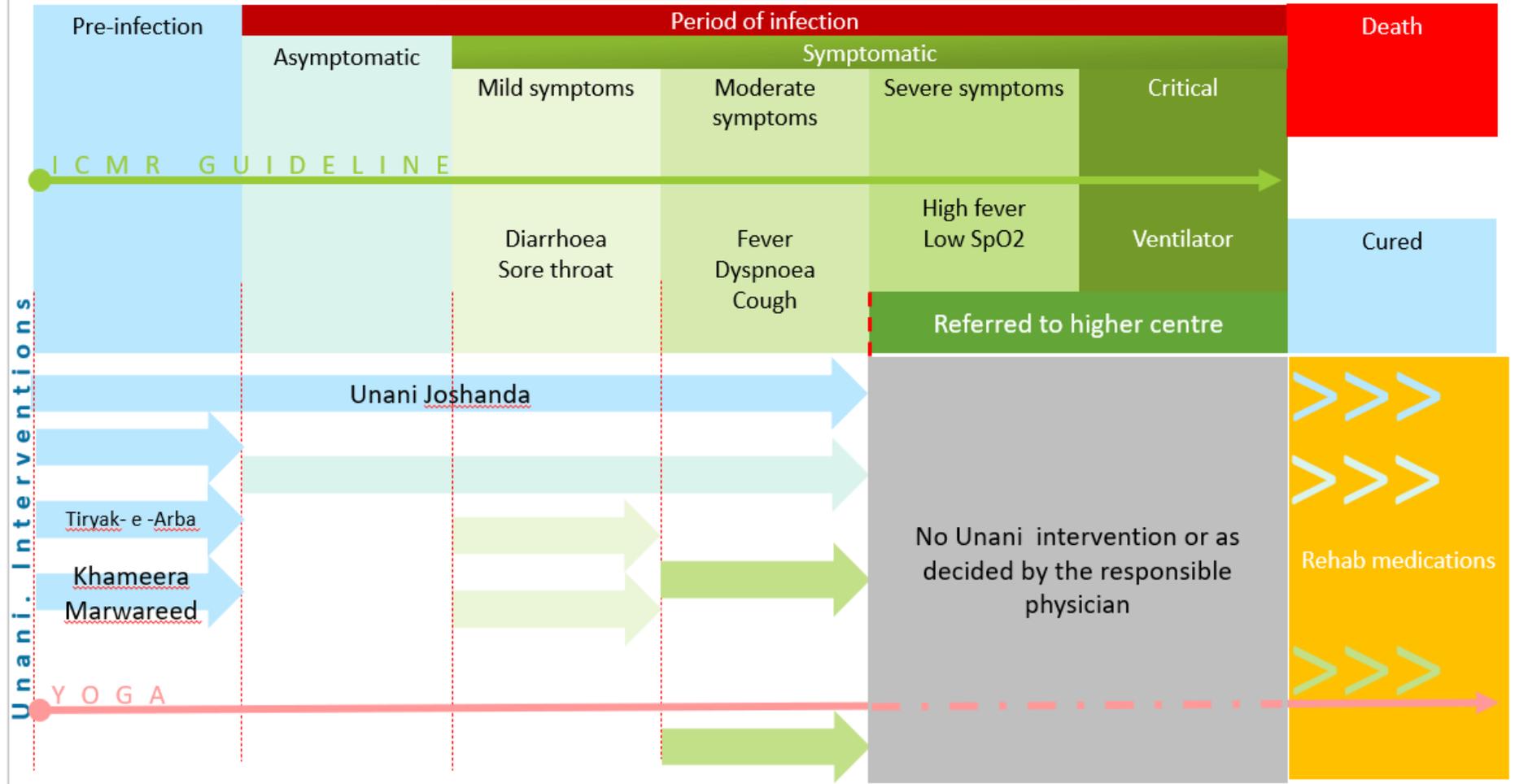
## Integrated Ayurveda Protocol: Interventions



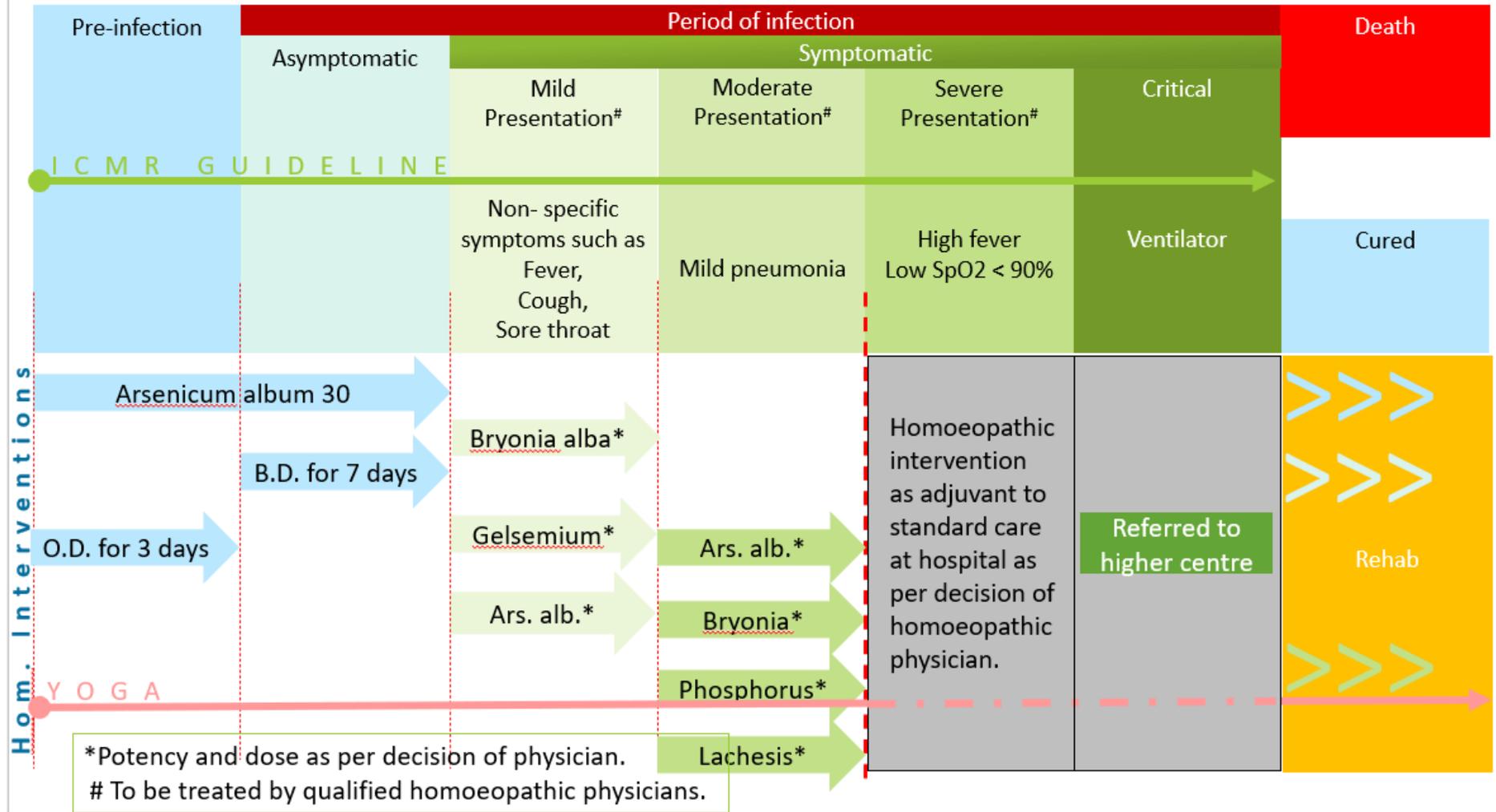
## Integrated Siddha Protocol- Interventions



## Integrated Unani Protocol- Interventions



## Homoeopathic Protocol: interventions





# INTEGRATED AYUSH PROPOSAL COVID 19

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## INTEGRATIVE PROTOCOL FOR AYUSH SYSTEMS

INTEGRATED AYUSH INTERVENTIONS	PRE INFECTION	ASYMPTOMATIC	PERIOD OF INFECTION			CURED REHABILITATION
			MILD SYMPTOMS	MODERATE SYMPTOMS	SEVERE SYMPTOMS	
			Diarrhoea, Sore Throat	Fever, Dyspnoea, Cough	High fever, Reduced SpO <sub>2</sub>	Amalaki, Guduchi, Gokshura (Rasayan Choorana)
<b>A. AYURVEDA INTERVENTIONS</b>					<b>NO INTERVENTION REFERRED TO HIGHER CENTER</b>	
Gargle with Haldi & Salt solution (Non Pharmacological intervention)						
Guduchi +Pippali Choorana						
Samshamani Vati						
Sudarshan Ghan Vati						
Anu Taila Pratimarsha Nasya (Nasal Instillation)						
Steam with Pudina & Ajawain						
Vilwadi Gutika						
Vvoshadi Vati						
Intermittent use of water boiled with Dhaniya						

INTEGRATED AYUSH INTERVENTIONS	PRE INFECTION	ASYMPTOMATIC	PERIOD OF INFECTION			CURED REHABILITATION
			MILD SYMPTOMS	MODERATE SYMPTOMS	SEVERE SYMPTOMS	
<b>B. UNANI INTERVENTIONS</b>						<b>NO INTERVENTION REFERRED TO HIGHER CENTER</b>
<u>Unani Joshanda</u>						
<u>Tiryak e Arba</u>						
<u>Khameera Marwareed</u>						
<b>C. SIDHA INTERVENTIONS</b>						
<u>Gargle with Haldi &amp; Salt solution</u>						
<u>Steam with Vitex Negundo</u>						
<u>Nilavembu kudineer</u>						
<u>Vishasura Kudineer</u>						
<u>Kabasura kudineer</u>						
<u>Adathodai Manappagu</u>						

INTEGRATED AYUSH INTERVENTIONS			PERIOD OF INFECTION			CURED REHABILITATION
	<u>PRE INFECTION</u>	ASYMPTOMATIC	MILD SYMPTOMS	MODERATE SYMPTOMS	SEVERE SYMPTOMS	
<b>D. HOMEOPATHY INTERVENTIONS</b>						Homoeopathic intervention as adjuvant to standard care at hospital as per decision of homoeopathic physician. REFERRED TO HIGHER CENTER
Arsenicum album 30	O.D for 3days	B.D for 7 days				
Bryonia alba*						
Gelsemium*						
Ars alb*						
Bryonia*						
Phosphorous*						
Lachesis*						

\*Potency and dose as per discretion of qualified homeopathic physician