SRINAGAR, MAY 09:- At a time when Jammu and Kashmir is facing a difficult situation due to outbreak of Covid-19 disease, the Department of ISM (AYUSH) is playing its role in containment and prevention of corona virus in Kashmir Division. Giving details about the initiatives and measures undertaken by the ISM(AYUSH) to contain and prevent the spread of Covid-19 pandemic in Kashmir Division, the Divisional Nodal Officer Covid-19 for Kashmir, Dr Iftikhar Hussain Qazi said that as many as 350 Medical officers and 240 Pharmacists are working round the clock as front line workers in their respective districts to fight covid-19 pandemic and to strengthen the immunity of the masses.

He said as per the Advisory issued by the Union Ministry of AYUSH, immune boosting medicines are being distributed in all the districts of Kashmir province and till date these immune boosting medicines have been distributed to about 70000 persons like frontline warriors, people kept in quarantine centers, isolation centers, people living in red zones as well as front line workers of civil and police administration across the Kashmir division.

Explaining the benefits of Indian System of Medicines, AYUSH experts said that people can use garlic, ginger, turmeric, lemon, besides Unaab, Be-dana, Sapistaan, Daalchini, Kaloonji to improve their immunity and consuming fresh fruits, drinking luke warm water to strengthen immune and respiratory system is an effective remedy in fight against this disease. They added that liquid Amritarishta, Sharbat, Tab libest, Liquid Ashwagandha Arishta, Annu Taila etc can also be used as immune boosting medicines.

It was also informed that Medical Officers and Pharmacists of ISM (AYUSH are performing their duties 24*7 in red zones, contact tracing centers and Covid-19 control rooms to fight this pandemic.

ISM Department has also set up telemedicine facility through which people can contact doctors for emergency treatment and general public can get in touch on these mobile numbers: Srinagar, 7006277690, Bandipora 7889898644, Ganderbal- 7006271393, Anantnag, 7889683848, Kulgam, 7006338425, Pulwama 9419406283, Shopian 7006913269, Shopian 7780910107 and Budgam/Baramulla 9419999445.