राजस्थान सरकार
निदेशालय, चिकित्सा एवं स्वास्थ्य सेवायें, राजस्थान, जयपुर

क्रमांक: आईडीएसपी / कोरोना / 2020 / 1376
दिनांक: 7-10-2020

समस्त मुख्य चिकित्सा एवं स्वास्थ्य अधिकारी,
समस्त प्रमुख चिकित्सा अधिकारी
राजस्थान

विषय:—Corona Virus Preventive & Prophylactic Advocacy in Ayurveda/Homeopathy and Unani regarding.
संदर्भ:—कार्यालय अधीक्षक, आयुष मंत्रालय आयुष भवन शी-व्हाल्क जी.पीओ कॉम्प्लेक्स आई.एन.ए नई दिल्ली का झापन दिनांक 30.01.2020

उपरोक्त विषयान्तरगत सन्दर्भित झापन के साथ कोरोना वायरस की आयुर्वेद द्वारा रोकथाम हेतु झापन संलग्न कर भिजवाया गया है।
अतः झापन की प्रति संलग्न कर लेख है कि झापन में वर्णित विन्दुओं पर नियमानुसार कार्यवाही करे।

संलग्न:—उपरोक्तानुसार

अतिरिक्त निदेशक (प्राइवेट स्वास्थ्य सेवाएं, राजस्थान, जयपुर)

प्रमुख:— पुष्पा, श्वेत सम तो देखें कहीं आएं ।
OFFICE MEMORANDUM

Subject: Corona Virus Preventive & Prophylactic Advocacy in Ayurveda/ Homeopathy and Unani regarding.

In continuation of the O.M. of even number, dated 28th January, 2020 on the subject cited above. The preventive measures issued on 28.01.2020, further advisory is forwarded herewith to the notice of all concerned.

Encl: - As Above

To

1. CEO(NMPB)/Adv(DCK)/Adv(MN)/Adv.(U)
2. Dir (SKA)/ Dir (SRKV)/ Dir (VS) / Jt. (Qasmi)/ Jt. Adv. (Raghu)
3. DS(RM)/DS(YVS)/DS (V2)/ Dy. Adv(Suresh)/Dy. Adv (Chintal)/[IGM]
5. Ayurveda Section/Siddha & Unani Section/(AEP-I)/(AEP-II)/(AEP-III)/DPS/L&P/ IC/IMPCL/Homeopathy Section/E-II/Budget/NAM/NMPB/IEC/Y&N/Schemes/ P&E/E-I
6. DGs & Directors of Research Councils/National Institutes
7. The Principal Secretaries/Health Secretaries of all States/UTs.

Copy to:

1. PPS to Secretary (AYUSH)
2. PPS to Additional Secretary
3. PS to JS (RJ)/PS to JS (PNRK)/PS to DDG
4. Dr. Suresh Kumar Dy. Adv. for uploading on e-office
Corona Virus: Preventive & Prophylactic Advocacy in Ayurveda

From: Dr. Kartar Singh Dhiman <dg-ccras@nic.in>
Sender: dg-ccras@nic.in
Subject: Corona Virus: Preventive & Prophylactic Advocacy in Ayurveda
To: Secretary AYUSH <secy-ayush@nic.in>
Cc: DDGSrikanth <ccras_tec@nic.in>, OSD Rajeshwari <osdt-ayush@gov.in>

Respected Sir,

Please see the attachment.

Regards,

Prof. Vd. K.S. Dhiman, M.D. (Ay.), Ph.D.
Director General
Central Council for Research in Ayurvedic Sciences (CCRAS)
Ministry of AYUSH, Govt. of India
M. No. 61 - 65, Institutional Area, Opp. 'D' Block, Janakpuri, New Delhi - 110058
Email: dg-ccras@nic.in

#AYUSH #ZindagiRaheKhush #CCRAS

Corona virus advisory.docx
17 KB
Corona Virus: Preventive & Prophylactic Advocacy in Ayurveda

Introduction

Coronaviruses are a group of viruses that cause diseases in mammals, including humans. In humans, the virus causes respiratory infections, which are typically mild but, in rare cases, can be lethal.

Common human coronaviruses, including types 229E, NL63, OC43, and HKU1, usually cause mild to moderate upper-respiratory tract illnesses, like the common cold. Most people are infected with these viruses at some point in their lives. These illnesses usually only last for a short amount of time. Symptoms may include

- Runny nose
- Headache
- Cough
- Sore throat
- Fever
- A general feeling of being unwell

Human coronaviruses can sometimes cause lower-respiratory tract illnesses, such as pneumonia or bronchitis. This is more common in people with cardiopulmonary disease, people with weakened immune systems, infants, and older adults.


For confirmed 2019-nCoV infections, reported illnesses have ranged from infected people with little to no symptoms to people being severely ill. Symptoms can include:

- Fever
- Cough
- Shortness of breath

As per the CDC, the symptoms of 2019-nCoV may appear in as few as 2 days or as long as 14 days after exposure.

In Ayurvedic perspectives, it comes under the category of Agantuj Jwar with Vata predominant symptoms initially, which may further lead to severe complications (Upadravas).
Corona Virus: Preventive & Prophylactic Advocacy in Ayurveda

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In Ayurvedic perspectives, it comes under the category of Agantuj Jwar with Vata predominani symptoms initially, which may further lead to severe complications (Upadravas).
Preventive Management

- Maintain personal hygiene.
- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available.
- Drink Shadang Paniya (Musta, Parpat, Usheer, Chandan, Udeechya & Ngar) processed water (10 gm powder boiled in 1-liter water, until it reduces to half). Store it in a bottle and drink it when thirsty.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid close contact with people who are sick.
- Stay home when you are sick.
- Cover your face during cough or sneeze and wash your hands after coughing or sneezing.
- Clean and disinfect frequently touched objects and surfaces.
- Preferably, use an N95 mask while traveling or working in public places to avoid droplet transmission.
- If you suspect Corona Viral infection, wear a mask and contact your nearest hospital immediately.

Prophylactic Measures/Immunomodulatory drugs

- Measures shall be taken to strengthen the immune system through a healthy diet and lifestyle practices.
- Agastya Harityaki 5 gm, twice a day with warm water.
- Sanshamani Vati 500 mg twice a day.
- Trikatu (Pippali, Marich & Shumthi) powder 5 gm and Tulasi 3-5 leaves (boiled in 1-litre water, until it reduces to ½ liter and keeps it in a bottle) keep taking it in sips as and when required.
- Pratinarsa Nasya: Instill two drops of Anu taila/ Sesame oil in each nostril daily in the morning.

* This advocacy is for information only and shall be adopted in consultation with registered Ayurveda practitioners only.
HOMOEOPATHY INTERVENTION

- On the basis of published symptoms and signs of patients of coronavirus in Wuhan, China, experts has recommended taking one dose of *Arsenic album* 30 (4 pills of size 30 by adults and 2 pills of size 30 by children) daily, on empty stomach, for 3 days.
- The dose should be repeated after one month by following the same schedule in case risk of Coronavirus conditions persist.
- General hygiene measures, as suggested by the Ministry of Health and Family Welfare, Government of India, for prevention of the disease, should be followed by the public.

<table>
<thead>
<tr>
<th>DOs</th>
<th>DON'Ts</th>
</tr>
</thead>
<tbody>
<tr>
<td>✓ Observe good personal hygiene.</td>
<td>✓ Shake hand or use other contact greeting</td>
</tr>
<tr>
<td>✓ Practice frequent hand washing with soap</td>
<td>✓ Spit in public</td>
</tr>
<tr>
<td>✓ Follow respiratory etiquettes - cover your mouth when coughing or sneezing.</td>
<td>✓ Take medicines without consulting the physician</td>
</tr>
<tr>
<td>✓ Avoid close contact with people who are unwell or showing symptoms of illness, such as cough, runny nose etc.</td>
<td>✓ Fasting for long or overeating</td>
</tr>
<tr>
<td>✓ Avoid contact with live animals and consumption of raw/undercooked meats.</td>
<td>✓ Take physical and mental stress</td>
</tr>
<tr>
<td>✓ Avoid travel to farms, live animal markets or where animals are slaughtered.</td>
<td>✓ Don’t plan travel if sick.</td>
</tr>
<tr>
<td>✓ Wear a mask if you have respiratory symptoms such as cough or runny nose.</td>
<td></td>
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<tr>
<td>✓ Don’t plan any further travel, if sick.</td>
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</tr>
<tr>
<td>✓ Seek medical attention promptly.</td>
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</tbody>
</table>

Homoeopathic Management Services available at:

Homoeopathic Treatment Centre, Room No. 139-140, 1st Floor, C-Wing, Safdarjung Hospital, New Delhi;
Homoeopathic OPD, Near Emergency ward, C-604, Lady Hardinge Medical College, Delhi
Dr. D.P. Rastogi Central Research Institute for Homoeopathy, A-1/1, Sector 24, Noida, Uttar Pradesh

Visit your nearest doctor or health service centre immediately if you develop any symptoms of Coronavirus infection like:
- Fever
- Cough
- Bodyache
- Respiratory difficulties

Issued in public interest by

CENTRAL COUNCIL FOR RESEARCH IN HOMOEOPATHY
Ministry of AYUSH, Government of India
Tel.: 011- 28525388, Email: ccrh.dengue@gmail.com, Website: www.ccrhindia.nic.in
Th advisory issued now is in continuation to our advisory issued on 28/01/2020.

best
T.R. Sreenivas, Sc
Dy. Director General,
M/o AYUSH
Govt. of India
New Delhi

Dear Sir,

PFA,

Regards,

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In continuation of the preventive measures issued on 29.01.2020, further advisory is attached herewith for issue immediately.

Kindly acknowledge the receipt of the email.

With regards,

O/o Secretary AYUSH
Ministry of AYUSH
in continuation of the preventive measures issued earlier, further advisory to recess the symptoms of respiratory tract in possible Corona virus infected cases is as below:

AYUSH system is based on traditional health practices. The traditional Healthcare system of the country provides lifestyle advocacies to boost immunity which helps the prevention of various kind of infectious diseases. Recently, the outbreak of corona virus has been noticed which mainly involve Respiratory system. The Ministry of AYUSH is issuing the advisory as preventive measure and not claiming to be a treatment advice for the Corona virus infection. The Research Councils under Ministry of AYUSH are involved in various public health activities and provide lifestyle advocacies time to time for the general public.

A. As per the Ayurvedic Practices, the following Preventive Management Steps are suggested:

- Drink Shadang Paniya (Musta, Parpat, Usheer, Chandan, Udeechya & Nagar) processed water (10 gm powder boiled in 1-liter water, until it reduces to half). Store it in a bottle and drink it when thirsty.
- Prophylactic Measures/Immunomodulatory drugs as per the Ayurvedic practices.
- Measures shall be taken to strengthen the immune system through a healthy diet and lifestyle practices.
- Agastya Harityaki 5 gm, twice a day with warm water.
- Samshamani Vati 500 mg twice a day.
- Trikatu (Pippali, Marich & Shunthi) powder 5 gm and Tulasi 3-5 leaves (boiled in 1-litre water, until it reduces to ½ liter and keeps it in a bottle) keep taking it in sips as and when required.
- Pratimarsa Nasya: Instill two drops of Anu taila/Sesame oil in each nostril daily in the morning.

B. As per the Homoeopathy Practices, the following Preventive Management Steps are suggested:

The Group of Experts inter-alia has recommended that homoeopathy medicine Arsenicum album 30 could be taken as prophylactic medicine against possible Corona virus infections, which has also been advised for prevention of ILI. It has recommended one doze of Arsenicum album 30, daily in empty stomach for three
days. The dose should be repeated after one month by following the same schedule. In case Corona virus infections prevail in the community.

C. As per the Unani Practices, the following Preventive Management Steps are suggested:

- Prepare decoction by boiling Behidana (Cydonia Oblonga) 3gm, Unnah Zizyphus (Jujube Linn) 5nos, Sapistan (Cordia Myxa Linn) 7nos in 1 litre water until it reduces to half. Store it in a bottle and take sips as and when required.
- For prophylactic measures immune system need to be strengthened for this purpose Khamira Marwareed 3-5 gm once a day may be taken.

* This advocacy is for information only and shall be preferably adopted in consultation with registered Ayurveda, Homoeopathy and Unani practitioners.