



Government of India
MINISTRY OF
AYUSH

भारत सरकार

GUIDELINES

for

**AYURVEDA
PRACTITIONERS**

for

COVID 19



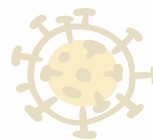
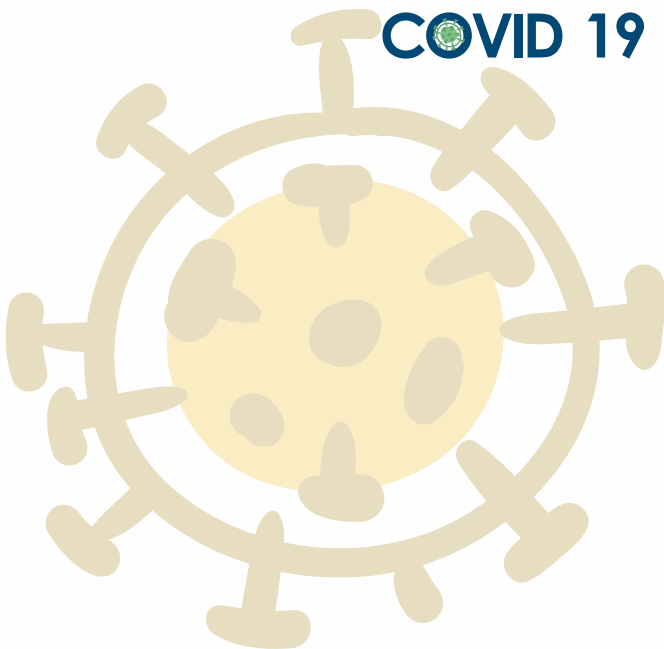
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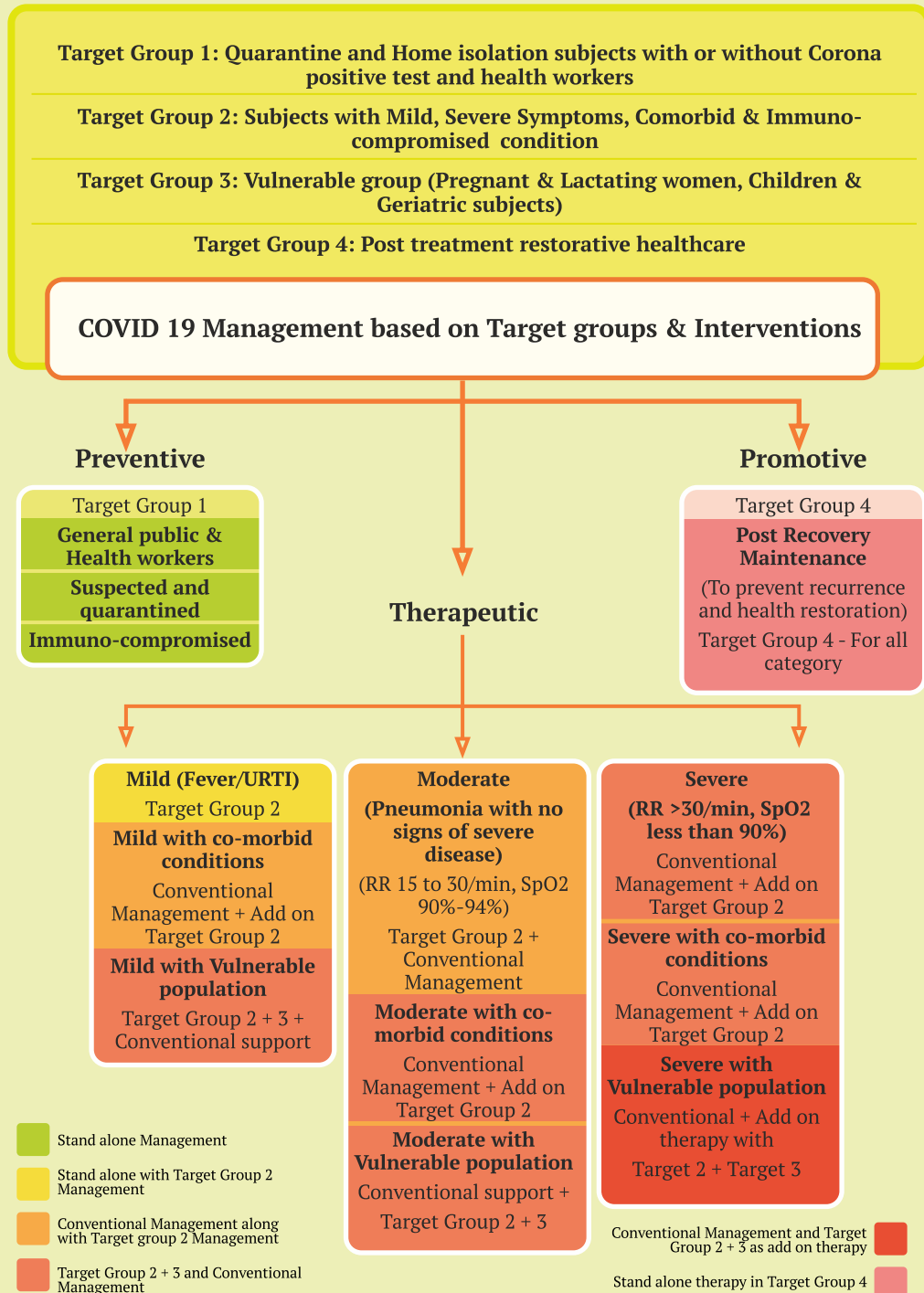
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COVID 19



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Flow chart of protocol of management of COVID -19



Preamble

In the wake of COVID 19, an infectious disease caused by a newly discovered coronavirus, entire mankind across the globe is suffering. Till date, no medicine or therapy has demonstrated promising results in either preventing the disease or improving its prognosis to prevent this infection. The best ways of preventing COVID19 infection are breaking the chain, enhancing an individual's body immunity, identifying the infection early and timely medical care. The Ministry of AYUSH is committed to help the nation with the large resource of time-tested traditional knowledge practiced in this continent for the benefit of mankind. The Ministry has already published a series of measures to improve individual's natural defence system (immunity) in addition to the personal hygiene and social distancing measures.

Ayurveda documented epidemics/pandemics under the context of Janapadodhvamsa (conditions devastate the human settlements). Similarly, infectious diseases have been considered under Sankramika rogas. Pollution of air, water, climate and environment is responsible for the spread of diseases on such a large scale resulting in Janapadodhvamsa. Causes of vitiation of air, water, climate and place along with their characteristics have been enumerated in classics¹. Improper disposal of waste, distribution of polluted water, air pollution, indulgence in unhealthy and unwholesome activities, failure of judgment and misunderstanding of situation etc. also result in reasonable damage to the health of the society; ultimately leading to Janapadodhwamsa. Such conditions will manifest in symptoms like cough, breathlessness, fever etc². In Ayurveda, initial phases of the manifestation can be comparable to AgantujaVataKaphajaJwara. Uncontrolled conditions, further vitiate other Doshaas and other Rasa, Rakta, Mamsadi dushyas thus entering into Sannipataja condition.

This document “Protocol for Ayurveda Practitioners” is a guideline for the use of registered Ayurveda Practitioners only. There are four sections covering the whole spectrum of COVID 19 infection management. The draft deals with the symptomatology in these three stages:

1. 1st stage – Swasa-Kasa symptoms with Jwara (COVID 19 positive or negative with mild symptoms)
2. 2nd stage – Vata-Kapha pradhan Jwara (Fever) (COVID 19 positive with specific symptoms at moderate level)

3. 3rd Stage – Vata-KaphajaSannipatikaJwara(Fever)(COVID 19 positive with severe symptoms with respiratory distress etc.)

Segmentation of subjects - Target Groups and management principle

Target groups	Treatment
1 Target Group 1: Quarantine and Home isolation subjects without Corona positive test and health workers	Preventive treatment
2 Target Group 2: Subjects with Mild, Severe symptomatology , Co-morbid and Immuno-compromised conditions	Symptomatic treatment
3 Target Group 3: Vulnerable Subjects (Pregnant &Lactating women, Children, Geriatric subjects)	Integrated Care (Ayurveda management along with existing medicines under regular observation)
4 Target Group 4: Post treatment restorative healthcare	Treatment for recovery and Rejuvenation

All the standing instructions issued by Health authorities (Ministry of Health & Family Welfare, World Health Organization and state and local health authorities) are to be adhered completely and Ayurveda Management may stand as 'ADD ON' to the present contemporary line of management.

The medicines recommended here are based on Essential Drugs List, Standard Treatment Guidelines, Ayurvedic Pharmacopoeia of India, Ministry of AYUSH Govt. of India along with considerations from other recommendations issued by various health authorities across India. The practicing Vaidya has to have his/her own discretion in selecting medicines based on the stage of the disease, symptom complex and availability of the drugs in their locality. Use of Mask, Hand Sanitization, Social/Physical distancing to break the chain healthy nutritious diet and measures of improving immunity and all other general health care measures are to be advised as per the guidelines issued by health authorities from time to time.

General Disclaimer

- *Physicians have their own discretion to select drugs based upon the stage of the disease, symptom complex and availability of the medicines in his locality.*
- *Patients need to have a general consultation/advice of qualified physicians before starting any intervention.*
- *Drug allergy and Herb-Drug Interaction information wherever is anticipated, consultant physicians has to take care of this.*
- *Use of drugs in vulnerable populations is at the prudence of the consulting physician.*
- *Physicians have to document the cases of treating patients in the format specified. (CRF)*
- *Drugs mentioned in the guidelines are to be used with caution during pregnancy.*
- *Dose for children should be adjusted according to age.*
- *In all severe cases and life threatening conditions, immediate medical care should be provided and, Ayurvedic drugs may be used as adjuvants along with contemporary management with proper consent procedures.*
- *Patients in whom already some medications are going on for health issues such as hypertension, diabetes, cancer-chemotherapy etc. are to be continued.*
- *While selecting the medicines, Physicians are should be cognizant as to refrain from prescribing sugar containing dosage forms for diabetics and high fat/salt containing formulations for hypertensive and so on prescribe sugar containing dosage forms in Diabetes patients, high fat/salt containing drugs in patients of hypertension etc.*

Target group 1

Quarantine and Home isolation in subjects with COVID positivity, it would not be prudent to give only preventive care or without Corona positive test and health workers

Ayurveda's intensive information on preventive care drives through the vastness of Dinacharya (daily regime) and Ritucharya (Seasonal regime) to maintain healthy life. The simplicity of awareness about oneself and the harmony each individual can achieve by uplifting and maintaining their immunity is highly emphasized across Ayurveda's classical scriptures. Further, Ayurveda emphasizes on PREVENTION first. In that direction Svastahitadravyas (recipes for healthy) have been indicated in the form of Rasayana & Vajikarana. Ojus is considered as responsible for Vyadhikshamatva (immunity). It is achieved by two approaches viz., VyadhiBalaVirodhitva & Vyadhyutpadaka Pratibandhakatva. Among them Vyadhibalavirodhitva is achieved by improving the immunity of an individual's body, while Vyadhyutpadaka Pratibandhakatva is created by using recipes which are specific in preventing disease.

Awareness about the mode of spread of this disease is highly recommended to prevent oneself from falling prey to the same. As per WHO advisory, people can get infected by COVID-19 from others who have the virus. The disease can spread from person to person through small droplets that are spread when an infected person coughs or sneezes.



1.1 Preventive Measures

1. Stay aware of the latest information on the COVID-19 outbreak available on official websites of national public health authorities. Follow advice given by your healthcare provider, your national health authorities or your employer on how to protect yourself and others from COVID-19.

2. Hygiene

- a) Wash hands frequently with an alcohol-based hand rub or wash them with soap and water. Washing hands with soap and water or using alcohol-based hand rub kills viruses that may be on hands.
- b. Physical touch and shaking hands to greet are to be avoided.
- c. Spitting in the public is discouraged.
- d. Frequent touching of eyes, nose and mouth that can pick up viruses is to be avoided. Once contaminated, hands can transfer the virus to your eyes, nose or mouth. From there, the virus can enter your body and can cause infection.
- e. Usage of gloves can be encouraged whenever possible.
- f. Practicing good respiratory hygiene is to be encouraged. This means covering mouth and nose with bent elbow or tissue paper / handkerchief when one cough or sneeze. After coughing or sneezing dispose of the tissue paper / wash the handkerchief.

3. Social Distancing

- a. Advice maintaining social distance of at least 1 meter (3 feet) with anyone who is coughing or sneezing. Advice also not to go into crowded places like parks, markets and religious places.
- b. Advice to stay home to the best possible extent and reschedule traveling, if any.
- c. If anyone has fever, cough and difficulty breathing, advice to consult a physician immediately and all instructions are to be followed meticulously.

4. Additional care is to be observed in case of elderly, children, or if the individual is immunocompromised or with comorbidities or in case of women during and after childbirth.

5. COVID-19 positive women can breastfeed if they wish to do so. They should be encouraged to practice all hygienic / preventive measures mentioned above.

6. DIET: Proper nutrition is to be ensured through freshly cooked hot food considering individuals digestive power.

Intake of comfortable warm fluids boiled with medicinal herbs (preferably Shunthi, Dalchini, Trikatu) should be used as a regular drink to maintain hydration.

- Freshly prepared Laghu-supachyaahara (easily digestible, light diet).
- Preferable vegetables are Shigru (*Moringa Oleifera* Lam), Karvellaka (*Momordica Charantia* Linn), Patola (*Tricosanthes dioica*. Roxb), Mudga (*Vignaradiata* (L.) R. Wilczek), Patha (*Cissampelos parietal* Linn.), Vaastuka(*Chenopodium album* L.), Jivanti (*Leptadenia reticulate* (Retz.) Wight & Arn), Tanduliyak (*Amaranthus spinosus* L.), Kakamachi (*Solanumnigrum* Linn), Draksha (*Vitis vinifera* L.), Kapittha (*Feronia limonia* (Linn.)), Dadima (*Punica granatum* Linn), Lashuna (*Allium sativum* L.) etc. are to be taken. (Ref: Yoga Ratnakara, Jwara Chikitsa, By Vaidya Lakshmipati Shastri, Chaukhamba Prakashan Varanasi, Edition 2018, Pg no. 251-253 & Govindadasa. Bhaishajya Ratnavali. Shastri RD, editor. 18th ed. Varanasi: Chowkambha Samskrita Samstana; 2005. Jwara Adhikara)
- Restrict use of sweet food items sweets and food which is heavy to digest. (Yoga Ratnakara) Also advise not to use chilled, fried, oily, fermented food items, cold and refrigerated food / beverages.

7. Cope up with stress.

It is normal to feel stressed, scared or angry during the lockdown period. Talking to people can help to cope with stress. Contact friends and family as frequently as possible.

Encourage maintaining a healthy lifestyle. Proper diet, sleep, exercise and social contacts with loved ones at home and by email and phone with other family and friends can be encouraged.

Also encourage reading books, listening to light music as per the interest to counter stress.

Avoid smoking and consumption of alcohol or other drugs to deal with stress. Consultations can be provided, if physical and mental health needs are required.

Child's reactions are to be encouraged to be addressed in a supportive way. Let their concerns be listened carefully and extra time, love and attention to be given.

8. Exercise and meditation, daily practice of Yogasana, Pranayama for at least 30 minutes as advised by Ministry of AYUSH is to be practiced.

9. Adequate sleep of 7-8 hours at night is essential and should be encouraged. Preferably, advice to avoid day time sleep.

10. If any comorbidities exist; medicines as prescribed are to be encouraged to be taken under supervision. Avoid self-medication.

11. Seasonal regimen (Rutucharya) under the consultation / supervision of Ayurveda Physician is always to be encouraged.

12. Usage of adequate Personal Protective Equipment (PPE) during medical practice as advised by health care authorities is to be encouraged.

1.2 Contemporary Guidelines:

WHO has adapted guidelines for the clinical management of severe acute respiratory infection when SARS-CoV 2 infection is suspected. It is intended for clinicians involved in the care of adult, pregnant, and paediatric patients with or at risk for severe acute respiratory infection (SARI) when infection with the COVID-19 virus is suspected¹.

1.3 Immunity Enhancers - Single Drugs:

1. Guduchi² Consuming 500 to 1000 mg of aqueous extract of Guduchi (*Tinospora cordifolia* (Thunb.) Miers)
2. Amla³ Consumption of fresh Amla fruit (Indian gooseberry – *Embilica officinalis* L/ *Phyllanthus emblica* L) or Amla candy is also advisable.
3. Haridra⁴ Gargling with warm water added with turmeric powder (*Curcuma longa* L) and a pinch of salt or Turmeric (*Curcuma longa* L)
4. Tulasi⁵ Frequent sipping of water processed with Tulsi (basil leaves – *Ocimum tenuiflorum* L Merr (synonym *Ocimum sanctum* L) is advised.
5. Ashwagandha root powder 3-5gm twice a day with warm milk or water/ ashwagandha extract 500mg twice a day with warm water

1.4 Immunity Enhancers - Formulations:

- CHYAWANPRASH AVALEHA⁶ - 10 - 12 gm / 1 Spoon
- DRAKSHAVALEHA - 10 - 12 gm / 1 Spoon
- INDUKANTAM GRUTHAM - 10 - 12 gm twice daily before food, when hungry
- ARAVINDASAVA - 15 - 20 ml with equal quantity of warm water after food
- BALACHATURBHADRA CHURNA - 1 - 2 gm with honey
- HARIDRA KHANDA - 3 - 5 gm intermittently with honey/ warm water

1.5 Lifestyle Tips (Dinacharya) For Boosting Immunity

Early Morning Regime (4.30am to 8.30am)

- Wake up between 4:30 - 5:00 in the morning or 45 minutes before sunrise.
- Drink 1-3 glasses of warm water
- Gandusha / Kavala (Oil Pulling) 1 tablespoon of sesame or coconut oil for Kavala followed by warm water rinse.
- Gargle with warm water added with a pinch of turmeric and salt, Triphala, and Yashtimadhu. ShuddhaTanka (2% aqueous solution), Madhooaka (5% aqueous solution) also can be used for Kavala graha.
- Nasal Health – Pratimarsha Nasya (2 drops of sesame / coconut oil each nostril).
- Daily practice of Yogasana, Pranayama and meditation for at least 30 minutes as advised by Ministry of AYUSH
- Warm water bath

After Noon Regimen

- Don't sleep during the daytime
- Involve in Work from Home/Indoor recreational activities like Studies, Reading, Painting, Gardening, Playing-listening Music, Social Media etc.

Evening Regimen

- Meditation / Pranayama – 30 minutes
- Indoor Recreational Activities

Dietetic Rules

- Eat only when hungry, in the appropriate amount according to the digestive power (Neither too less nor more).
- Always take a fresh & warm diet.
- Eat easily digestible foods.
- Eat a night meal 3 hours after sunset or till 8 pm.

Sleep atleast 2-3 hours after dinner. Adequate sleep is very important for health.

1.6 Other General Measures:

Dhupana - (fumigation) of the house every evening with antimicrobials such as Neem leaf, Sarshapa (*Brassica campestris* L), Loban (gum bezamin/benzoin - *Styraxbezoin* Dryand), Karpura (*Cinnamomum camphora* (L) J.Presl.), Ghee etc. Also usage of Aparajita Dhooma Choorna (A.h. Jwara Chikitsa) as per availability can be adopted.

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Target group 2

Subjects with Mild, Severe Symptoms

Comorbid & Immuno-compromised conditions

2.1 Management of Mild Symptoms

Sore throat is one of the main features or the first clinical presentation of the COVID 19 infection among clinical features of the disease. It is followed by fever, myalgia, dry cough, dyspnea in mild state and severe dyspnea of Pneumonia in severe state, multi-organ failure followed by fibrosis of lungs and death. A small percentage of cases are asymptomatic and some uncommon clinical manifestations include loss of smell and taste (Rasa-Gandha Bodha Nipata).



Showing Stages and Medicines with Doses for Mild Symptoms

Stages	Clinical Presentation	Medicines	Doses** & Timing			
Uncomplicated illness	Fever, cough, sore throat, nasal congestion, malaise and headache	First Line (Jwara-Angamarda Predominant)	• Mahasudarshana GhanVati -	500mg –TDS		
			• Sanjeevani Vati*	125 mg TDS		
			• Samshamni Vati	500 mg TDS		
			• Talishadi churna+	2 g +1g- TDS		
			• Yastimadhu churna	3G –TDS		
			• Sitopaladi churna	2 tab –TDS		
		Second Line (Shwasa Kasa Predominant)	• Lozenges- Vyoshadivati*/ • Lavangadivati/ • Yashtimadhughanvati	- 10 gm boiled in one glass of water , reduced to half BD empty stomach		
			• Chaturthaka varaharakwatha(Giloya stem either dry or wet - 5gms+ Amalaki-Dry-5gms+ Nagarmotha-5gms decoction with 200ml of water and reduced it up to 100ml)			
			• PathyadiKashayam /GuduchyadiKashayam / BharangyadiKashayam			
			• Trikatu Siddha jala*	3g boiled in 1 liter of water		
			• Vyaghri Haritakileha * • Agastya Rasayana • Kantakari Avaleha *	10gm –BD		
			Gargle with warm water mixed with rock salt and turmeric	QS		
For Myalgia		• Amritarishta	20 ml-BD with equal amount of water			
		• Shadanga –paniya				
		• Gargling with YashtimadhuPhanta -3 to 4 times daily (200 ml lukewarm water + 5gms Yashtimadhuchurna)	QS			
		• Shwasakuthara Rasa + NaradiyaLakshmililasa Rasa	250 mg each with Honey TID			
		• Ashwagandharishta and / or Balarishta	15-20 ml with equal amount of water three times a day - 10 gm boiled in one glass of water , reduced to half BD empty stomach			
		• Rasnasaptakakwatha*				
		Mild Pneumonia	Difficulty in breathing/ fast breathing >40 breaths/min	First Line	• Dhanwantara Gutika	2 tablets with Jeeraka water
					• Sameerapannaga Rasa* / Shrunagarabhra Rasa	250mg – BD with honey
					• Marsha Nasya* (Shirovirechana) with AnuTaila / Shadbindu Taila / Sarshapa Taila	dose as per age
				Second Line	• Steam inhalation with Ajwain / Pudina / Eucalyptus oil	Once/ twice in a day
					• Somasava*	10 ml – BD mixed with equal amount of water
				Second Line	• Dashmularishta*	20 ml – BD mixed with equal amount of water
Second Line	• Dashamoolakwatha* with Pippalichoorna prakshepa (1gm)	10 gm boiled in one glass of water , reduced to half BD empty stomach				

* Not for pregnant and lactating women
** Dose shown here are adult dose, for children it is to be converted to child dose, as per age

All the patients should be advised to take Rasayana drugs as given in this guideline along with the addition of Deepana and Pachana drugs.

Note: Ushna and Teekshna drugs, drugs having contraindication in pregnancy are not to be prescribed to pregnant ladies.

2.2 Management Guidelines for Severe Symptoms Disclaimer:

The below medicines are recommended with or without the conventional medicines as per the condition/decided by the physician.

Prescribed Medicines for COVID 19 cases

1. Uncomplicated Cases

Prescribed Medicines

1.1 Fever (Jwara)

1. MahaSudarshanghanVati*- 500 mg TDS with lukewarm water
2. Amritarista 15-20 ml tid with water after food
3. Amritottara Kashaya 15 ml tid with water before food
4. Vishamajwarantakalauha* with gold - 125 mg bid with water - High fever with debility
5. Mrityunjaya rasa* - 125 mg tid with water - Uncontrolled fever with myalgia
6. Samshamanivati 500 mg. 2 tab BD after food
7. ArkaYavani* - 10 – 25 ml QID with water - Deepanapachana Jwara, Aruchi
8. Pathyadi Kashayam* /Guduchyadi Kashayam / Bharangyadi Kashaya* - freshly prepared 30 – 40 ml BD before food
9. Chaturthaka Jvaraharakwatha(Giloya stem either dry or wet -5gms+ Amalaki-Dry-5gms+ Nagarmotha-5gms decoction with 200ml of water and reduced it up to 100ml)
10. Tribhuvanakirti rasa* 125 mg BD after food with shunthijala or water
11. Bilwativati 1 TDS

1. Uncomplicated Cases

Prescribed Medicines

1.2 Sore throat

1. Vyoshadivati/ LavangadiVati/ Khadiradivati -2 tab TDS
2. Laxmivilasa rasa 125 mg tid with tamboolaswarasa after food

1.3 Nasal congestion (Pratishyaya)

1. Haridrakhand- 3 - 5 gm BD with lukewarm water/ milk
2. Laxmivilasa rasa 125 – 250 mg BD with tamboolaswarasa after food

1.4 Myalgia (Parshwa - shoola, Shirashoola, Angamarda)

1. Rasnasaptak*- Kwath- 30 - 40ml BD before food
2. Ashwagandharista 15 – 20 ml BD with water
3. Balarishta 15 – 20 ml BD with water
4. Devadaryadikwatha* 30 - 40 ml BD before food
5. Dashamoolakwath* 30 - 40 ml BD before food
6. Godantibhasma 500 mg – 1 gm BD/TDS daily with ghee, sugar, warm milk or water

1.5 Cough (Vataja Kasa)

1. Talisadi Churna (4 g)+ Madhuyashtichurna (2 g) BD with honey/ lukewarm water
2. Sitopaladichurna 3-6 gm with honey BD/ TDS or as required
3. Tankanabhasma* – 250 – 500 mg BD
4. Dashamoolakatutrayadi Kashaya* 20 – 30 ml TDS with water before food

1.6 Dehydration features (Trishana due to Jwara)

1. Shadangapaneeya 40 ml tid/as per requirement

2. Pneumonia – Shwasapradhanakasa

1. Sanjeevanivati*- 125mg TDS/ Gorochanadivati*- 125 mg TDS with luke warm water
2. Somasav/Pushkaramoolasava*- 10 – 20 ml with equal amount of water BD
3. Talisadi (4g)+Madhuyashtichurna (2gms) + Sameerapannaga rasa* 125 mg- twice in a day with honey / luke warm water
4. Pushkaramoolasava 15 – 20 ml BD/TDS with equal water
5. Agastya Haritaki*/Vyaghriharitaki*/Chitrakaharitaki Avaleha* – 10 – 12 gm BD after food with water
6. Kantakariavaleha* 10 – 12 gm BD after food
7. Dashamoolakatutrayadi Kashaya* 20 – 30 ml TDS with water before food
8. Vasakasava* 15 – 20 ml TDS with water after food
9. Bharangyadikwatha* 30 - 40 ml BD before food
10. Chandramrita rasa* – 250 mg BD with honey or tamboolaswarasa or vasa swarasa or ardrakaswarasa

3. Acute Respiratory Distress Syndrome - Shwasa

1. Inhalation with Karpooora and Nilgiritaila
2. ShwasKuthar Rasa* (125 - 250 mg) with Kantakari* (2 g) and pippalichurna (1 gm) given with mustard oil and jaggery
3. Mallasindoora* 125 mg + Talisadichurna 3gms + Shringabhasma 125 mg+ Abhrakabhasma 125 mg, with honey BD after food
4. Local application of saindhavaditaila to chest followed by Nadiswedana

4. Immunocompromised conditions – Reduced Vyadhikshamatwa

1. Samshamani Vati 500 mg tablet, 2 tablet BD after food
2. Agastya Haritaki Rasayana* 10 -12 gm BD after food
3. ChitrakaHaritaki Rasayana* 10 -12 gm BD after food
4. Chayavanaprashavaleha 10 -12 gm BD after food
5. Bramha Rasayana 10 -12 gm BD after food

6. Swarnamalinivasanta rasa 125 mg BD after food with water

7. Guduchi Rasayana

**Contraindicated in Pregnancy and lactating women*

2.3 Co- morbidities

2.3.1 Diabetes

If Diabetes is associated with the above symptoms, the following medicines may be prescribed in addition to existing medicines being consumed (Ref. Above Table)

- Nishamalaki Churna + Musta Churna – 3-6 gm BD with water before food
- Jambuchruna* 3 -6 gm with water before food
- Guduchichurna 3-6 gm with water before food
- VasantaKusumakara Rasa - 125 – 250 mg BD with water after food
- Abhrakabhasma 125 – 250 mg twice a day with honey or ghee or triphalakwatha or guduchiswarasa or ardrakaswarasa
- Other medications as per symptoms mentioned in point number 1.1 - 1.6, 2, 3

*** Avoid Talishadi and Madhuyashti Churna & somasava*

2.3.2 Cardio-vascular diseases

In case Cardio-vascular diseases are associated with the above symptoms, the following medicines may be prescribed in addition to above medicines (Ref. Above Table)

- Ashwagandha Churna (3 gm)+ Arjuna Churna (3 gm)- BD with milk/water before food
- Prabhakar Vati* 125 – 250 mg- 1 TDS after food - In patients with history of IHD/MI
- Hridayarnava rasa* 125 mg BD after food
- Arjunarista 15 – 20 ml BD with water after food
- Saraswatarista 15 – 20 ml BD with water after food
- Kooshmanda Rasayana 10 -12 gm BD

- Dhanwantargutika* 250 – 500 BD with decoction of Jeeraka or warm water
- Sarpagandhaghanavati* 250 – 500 mg OD/BD a day with milk or water
- Navajeevana rasa* 62.5 – 125 mg BD a day with milk
- Other medications as per symptoms mentioned in point number 1.1 - 1.6, 2, 3

2.3.3 Renal diseases

In case Renal diseases are associated with the above symptoms, the following medicines may be prescribed in addition to above medicines (Ref. Above Table)

- Dashamula Kwath* (freshly prepared 30 - 40 ml) BD before food
- Varunadikwatha* - freshly prepared 30 – 40 ml BD with water - For renal compromised condition
- Trinapanchamoolakwatha – freshly prepared 30 – 40 ml BD - For renal compromised condition
- Chandraprabha Vati* 2 tablets (250 mg) BD/TDS after food with water
- Shilajitwadi Lauha (250mg)- BD before food with warm water
- Vettumaran Gulika* 250 – 375 mg twice or thrice daily with warm water
- Other medications as per symptoms mentioned in point number 1.1 - 1.6, 2, 3

**Contraindicated in pregnancy and lactating mother*

2.4 Preferable Diet

- Eat freshly prepared warm food when hungry.
- Liquids – Instead of Tea, either of the following are advised
 - Herbal tea prepared from ½ inch ginger + 2 Black pepper + ¼ cinnamon or lemon grass, tulsi leaves in 2 cups boiled water reduce it to 1Cup & add honey 1 teaspoon
 - 1 cup hot cow's milk + dry Ginger powder/Haridra ½ teaspoon
- Cereals – Shalishashtika (Old Rice) / Laja/ Godhuma (Wheat) / Yava (Barley)
- Pulses - Mudga (Phaseolus radiatus Linn), Masur (Lens culinaris Medic), Kulattha (Dolichos biflorus Linn.), Chanaka, Moth
- Vegetables - Vaartak (Solanum melongena L), Karkotak(Momordica dioica Roxb. ex Willd.), Shigru (Moringa oleifera Lam), Karvellaka

(*Momordica charantia* Linn), Patola (*Tricosanthes dioica*. Roxb), Patha (*Cissampelos parietaria* Linn.), Vaastuka (*Chenopodium album* L.), Jivanti (*Leptadenia reticulata* (Retz.) Wight & Arn), Tanduliyak (*Amaranthus spinosus* L.), Kakamachi (*Solanum nigrum* Linn), Guduchi (*Tinospora cordifolia*. (Thunb.) Miers.)

- Fruits - Draksha (*Vitis vinifera* L.), Kapittha (*Feronia limonia* (Linn.)), Dadima (*Punicagranatum* Linn) can be taken.
- Condiments and spices: Cardamom/dry ginger/ black pepper/ long pepper/ garlic



Target group 3

Vulnerable Group (Pregnant & Lactating women, Children & Geriatric subjects)

3.1 Introduction

Children, pregnant women, elderly people, malnourished people, and people who are ill or immune-compromised, are particularly vulnerable to any health disasters and they face relatively high risk of the disease burden associated with emergencies. These groups of population need special care in terms of prevention and management. The best way of prevention is boosting the immunity and here are some proven immune boosters or Rasayana drugs which can be prescribed to the vulnerable groups. Postpartum and lactating women may continue with feeding the baby, and a prophylactic dose may be given to breast fed children also.

These vulnerable groups, if they fall in suspected, quarantine or isolated cases with or without Covid 19 test positive mild or severe symptoms, the management is the same as described in Target Group 2.

The following are some of the commonly prescribed Rasayana medicines in each category, however Physicians should confirm the absence of fever and other symptoms and the appetite is improved, if appetite is poor Deepana and Pachana drugs may be added.



3.2 Rasayana for Children

- Indukanta Ghritam – 5 – 10 ml in two divided doses with warm milk
- Kalyanaka Ghrita 5 – 10 ml in two divided doses with warm milk
- Aravindasavam - 5 – 15 ml in two divided doses with warm water after food.
- Balachaturbhadra Churna - 1-2 gm dose with honey two times a day

Dose of medicines in Children

- Above 15 years - Adult dose
- Between 10-15 years - $\frac{3}{4}$ of Adult dose
- Between 5-10 years - $\frac{1}{2}$ of Adult dose
- Below 5 years - $\frac{1}{4}$ of Adult dose

Specific Dose calculation:

$$\text{Child dose} = (\text{Adult Dose} / 16) \times \text{Age of Child}$$

3.3. Rasayana for pregnant and lactating women

The following drugs may be used specifically in pregnancy and lactating women:

- **Phala Sarpis*** - 10 - 12gm in two divided doses with warm water
- **Kalyanaka Ghrita*** - 10 - 12gm in two divided doses with warm water
- **Ashwagandha Rasayana*** - 10 -12 gm twice daily with warm milk.
- **Soubhagya Shunti Leha*** - 10 - 12 gm twice daily with warm milk in empty stomach
- **Daily use of Milk with Ghee** (cup of milk with a teaspoon of ghee)
-

**Disclaimer – The Rasayana drugs should be consumed after recovery from the fever and once Agni is stabilized during pregnancy*

3.4 Rasayana for Geriatric subjects

The following Rasayana medicines may be administered in elderly population such as-

- **Chayvanaprasha Avaleha** - 10 - 12 gm twice daily with warm milk.

- **Ashwagandha Avaleha** - 10 - 12 gm twice daily with warm milk.
- **Brahma Rasayana** - 10 - 12 gm twice daily with warm milk.
- **Daily use of Milk with Ghee** (cup of milk with a teaspoon of ghee)
- **Shilajeet Rasayana** [prepared by giving 7 times Bhavana of all the medicines - Triphala, Musta, Guduchi (Tinospora Cordifolia), Pippali etc.) -Ref. A. H. 39/133-142]
- **Khadiradi Rasayana** [Ref. A. H. 39/152]
- **Shatavari Siddha Ghrita** [Ref. A. H. 39/156]

The following Rasayana Yoga in Vardhamana Krama may also be advised with strict supervision of attending Physician:

- **Vardhamana Pippali Rasayana** [Kasa, Shwasa, Galagraha, Vishama Jwara -Ref. A. H. 39/101-102]
- VardhamanaGuduchi Rasayana [Ref. A. H. 39/104-105]
- **Vardhamana Musta Rasayana** [Ref. A. H. 39/104-105]
- **Vardhamana Triphala Rasayana** [Ref. A. H. 39/104-105]

3.5 Rasayana for immune-compromised subjects

1. Samshamani Vati 500 mg tablet, 2 tablet BD after food
2. Agastya Haritaki Rasayana* 10 -12 gm BD after food
3. Chitraka Haritaki Rasayana* 10 -12 gm BD after food
4. Chayavanaprashavaleha 10 -12 gm BD after food
5. Bramha Rasayana 10 -12 gm BD after food
6. Swarnamalinivasanta rasa 125 mg BD after food with water
7. Guduchi Rasayana

Target group 4

Post treatment restorative healthcare

4.1 Introduction

Along with the daily spikes in confirmed coronavirus cases and deaths, a third, more hopeful number is also ticking upward: the number of people who have recovered from COVID-19. Public health experts have said covid-19 is unique and complex. The growing number of recoveries comes with a growing number of questions about what it means to overcome COVID-19: about a patient's contagiousness, subsequent immunity to the disease, and long-term effects. Much about the aftermath of the illness remains unclear or unknown, and there is even uncertainty about the term "recover" in the coronavirus context.

According to the Ministry of Health's discharge policy for covid-19 cases, a patient is discharged only after two samples test negative within 24 hours and there's evidence of chest radiographic clearance and viral clearance in respiratory samples. Early evidence suggests that coronavirus victims may experience lingering health effects of COVID-19, even after testing negative. Medical experts in Hong Kong who have observed discharged COVID-19 patients report the patients had shortness of breath and may have lost some lung function, but the researchers were unsure how long those ailments would last.



4.2 Contemporary Guidelines

Post discharge there is a requirement to self-quarantine for another 14-day period. If these guidelines are followed, it still ensures that there is no further spread of the virus.

4.3 Management

According to Ayurveda concepts, there will be Dhatu-Kshaya & AgnimandyaAvastha Post COVID 19 infection. Hence, Dhatuposhana and Rasayana sevana with drugs like Draksha (*Vitis vinifera* L.) & Vasa (*Justicia adhatoda* L.) for at-least 45 days and to combat the residual effects of the virus on the body – Vishagnachikitsa with Shirisha (*Albizia lebbek* (L.) Benth.) or Haridrachurna (*Curcuma longa*) are suggested after clinical recovery. Hepatoprotective and renal protective drugs like Amalaki Churna (*Emblica officinalis* GAERTN.), Bhumyamalaki (*Phyllanthus niruri* L.) etc. may be given for 45-60 days after clinical recovery to combat toxicity produced from antiviral drug therapy. Deepana Pachana drugs like Shadanga Paneeya may be used in case of Diarrhoea, vomiting or loss of appetite. Fecal shedding has been demonstrated from some patients and a viable virus has been identified in a limited number of case reports. Kriminashaka therapy with Vidanga Churna, Vilwadigitika, Neelithulasyadi Kashayam may be used in such cases.

4.4 Formulations - With Posology

Disclaimer - Any of the following medicines as per the availability and choice of physician, depending upon individuals Agni status may be prescribed.

4.4.1 Initial Stage

- INDUKANTHAM KASHAYAM¹ 15ml + 45 ml warm water twice before food along with MAHASUDARSHAN GHAN VATI² twice before food OR
- AMRITARISHTAM³ - 15 - 20 ml with equal quantity warm water twice after food along with AGNITUNDI VATI 01 Tab BID with Lukewarm water

Once Agni - Digestive capacity is regained - INDUKANTAM GHRITAM⁴ 10 - 12 gm twice daily whenever hungry. Rasayana and other immune boosting drugs in group 1 can be also be utilized judiciously as per the discretion

4.4.2 Rasayana

- DRAKSHARISHTA⁵ 15 - 20 ml thrice a day with equal volume of water after meal or
- DRAKSHADI LEHA⁶ 10 - 12gm thrice a day 1 hour before meal (Draksha is having specific potential to rejuvenate lungs) OR
- VASAVALEHA/ KANTAKARYAVLEHA⁷ – 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 khavaigunya in srotasas)
- CHYAWANPRASH⁸ 10 - 12 gm/ ASHWAGANDHA LEHA⁹ 10 - 12 gm thrice a day before meal
- VARDHAMANA PIPPALI RASAYANA
- VASANTA KALPA

4.4.3 Kriminashaka/Vishahara

VIDANGA CHURNA¹⁰ 3 - 6 g with honey at night after 1 hour of meal/
VILWADI GUTIKA - 1 tab thrice after food

4.4.4 Digestive Disorders

DADIMASHTAKA CHURNA¹¹ - 3 - 6 gm thrice a day - 1 hour before meal with lukewarm water or Takra (freshly prepared sanskarita with panchakolachurna)
ASHTACHOORNAM - 3 - 6 gm twice a day with ghee and honey

4.4.5 Hepatoprotective Drugs

AMALAKI CHURNA¹² 3 - 6 gm or Triphalachurna 3 - 6 gm empty stomach in the morning with lukewarm water or
KALAMEGHA CHURNA - 3 - 6 gm empty stomach in the morning with lukewarm water.

4.4.6. Nephro-protective Drugs

- RASAYANA CHURNA 3 - 6 gm empty stomach in the morning with lukewarm water
- PUNARNAVASAVAM - 15 - 20 ml with equal quantity of water
- CHANDRAPRABHA VATI - 2 tablets (250 mg) BD/TDS a day with warm water, after food
- GOKSHURADI GUGGULU - 2 tablets (500 mg) BD/TDS day with warm water, after food

4.4.7 Duration of Intake of Medications

The above said medications alike Dhatu Poshana and Rasayana be provided for a time period of 45 days as per the discretion of physician

Other groups of drugs which are protective in nature can be provided for 45-60 days as per discretion of the practitioner.

4.5 Preferable Diet habits / Ahara

Chew a piece of ginger with a pinch of rock salt (Lavanadrak) 15 to 20 minutes before food improves the appetite. Light to digest food preparations like Tarpanalaja saktu (powder of roasted grains) mixed with honey, sugar and fruit juices, Yush of mung dal or lentil, Soups of vegetables, Meat soup, Khichadi of rice and mung dal (Green Gram), Phulka with cows ghee, Vegetables like gheya, turai, bhindi, sitaphal etc. should be taken. Spices like jeera, black pepper, garlic, coriander, ginger, Ajwain should be used in cooking.

4.6 Yoga Practices

The following Yoga-Asanas can be practised for 15 to 20 minutes to improves flexibility of the body and relieve mental stress

- Sukshnavyayama (warm up) loosening exercises for all joints
- Sitting postures like padmasana, sukhasana, vajrasana, paschimottanasana
- Yogasana in supine position: pawanmuktasana, halasana, matsyasana
- Yogasana in Prone position: bhujangasana, shalabhasana
- Relaxing postures: Shavasana, Makarasana
- Pranayama: Deep Breathing, Nadishodhana pranayama, Bhramari Pranayama 10 repetitions each
- Meditation – 10 minutes

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CASE RECORD FORM (CRF-COVID19)

***For the use of Registered Ayurveda Practitioners**

Date of Screening [D][D]/[M][M]/[2][0][Y][Y]			
DEMOGRAPHICS			
NAME:			
Last	First	M. I.	
Birth date: ___/___/___		Age: _____	
Sex: <input type="checkbox"/> F <input type="checkbox"/> M			
FATHER'S/HUSBAND'S NAME			
MOTHER'S NAME			
ADDRESS			
Phone No:		Email:	
Healthcare Worker? <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Unknown			
Laboratory Worker? <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Unknown			
Pregnant? <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Unknown <input type="checkbox"/> N/A If yes: Gestational weeks assessment [][] weeks			
CHIEF COMPLAINTS			
History of self-reported feverishness or measured fever of $\geq 38^{\circ}\text{C}$		<input type="checkbox"/> Yes <input type="checkbox"/> No	
Cough		<input type="checkbox"/> Yes <input type="checkbox"/> No	
Dyspnoea (shortness of breath) OR Tachypnoea*		<input type="checkbox"/> Yes <input type="checkbox"/> No	
Sore throat		<input type="checkbox"/> Yes <input type="checkbox"/> No	
Runny nose		<input type="checkbox"/> Yes <input type="checkbox"/> No	
General weakness		<input type="checkbox"/> Yes <input type="checkbox"/> No	
Headache		<input type="checkbox"/> Yes <input type="checkbox"/> No	
Irritability/confusion		<input type="checkbox"/> Yes <input type="checkbox"/> No	
Nausea/Vomiting		<input type="checkbox"/> Yes <input type="checkbox"/> No	
Diarrhea		<input type="checkbox"/> Yes <input type="checkbox"/> No	
Others:			
TRAVEL HISTORY			
Undertaken international travel in the last 14 days		<input type="checkbox"/> Yes <input type="checkbox"/> No	
Undertaken Domestic travel in the last 14 days		<input type="checkbox"/> Yes <input type="checkbox"/> No	
CONTACT HISTORY			
Contacts of laboratory confirmed cases		<input type="checkbox"/> Yes <input type="checkbox"/> No	
Asymptomatic direct and high risk contacts of a confirmed case		<input type="checkbox"/> Yes <input type="checkbox"/> No	

DATE OF ONSET AND VITAL SIGNS	
Symptom onset (date of first/earliest symptom)	[_][_]/[_][_]/[_][_][_][_][_][_]
Temperature	[_][_]·[_]°C
Heart rate	[_][_]beats/min
Respiratory rate	[_][_]breaths/min
BP	[_][_]([_][_])(systolic)[_][_]([_][_])(diastolic)mmHg
Severe dehydration	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Unknown
Sternal capillary refill time >2seconds	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Unknown
Oxygen saturation:	[_][_] [%] on <input type="checkbox"/> room air <input type="checkbox"/> oxygen therapy <input type="checkbox"/> Unknown
Glasgow Coma Score	(GCS/15)[_][_]
Malnutrition	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Unknown
Mid-upper arm circumference	[_][_] [_] mm
Height:	[_][_] [_] cm
Weight:	[_][_] [_] kg
CO-MORBIDITIES (<i>Unk=Unknown</i>)	
Chronic cardiac disease (not hypertension)	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Unk
Hypertension	<input type="checkbox"/> Yes <input type="checkbox"/> No
Chronic pulmonary disease	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Unk
Asthma	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Unk
Chronic kidney disease	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Unk
Chronic liver disease	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Unk
Chronic neurological disorder	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Unk
Diabetes	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Unk
Current smoking Yes No Unk specify:	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Unk
Tuberculosis	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Unk
HIV	<input type="checkbox"/> Yes -onART <input type="checkbox"/> Yes -not onART <input type="checkbox"/> No <input type="checkbox"/> Unknown
Malignant neoplasm	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Unk
Other <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Unk If yes, specify	
MEDICATION HISTORY	
Angiotensin converting enzyme inhibitors (ACE inhibitors)?	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Unk
Angiotensin II receptor blockers (ARBs)?	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Unk
Non-steroidal anti-inflammatory (NSAID)?	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Unk
Others (if any, Please specify)	

Ayurveda Examination

Samprapti

	Vata	Pitta	Kapha
Anubandhya dosha	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Anubandh dosha	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Avaraka dosha	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Ksheen dosha	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Ksheen dhatu

- | | | |
|----------------------------------|----------------------------------|-----------------------------------|
| • Rasa <input type="checkbox"/> | • Meda <input type="checkbox"/> | • Shukra <input type="checkbox"/> |
| • Rakta <input type="checkbox"/> | • Asthi <input type="checkbox"/> | |
| • Mamsa <input type="checkbox"/> | • Majja <input type="checkbox"/> | |

Dushya (Involved)

- | | | |
|----------------------------------|----------------------------------|-----------------------------------|
| • Rasa <input type="checkbox"/> | • Meda <input type="checkbox"/> | • Shukra <input type="checkbox"/> |
| • Rakta <input type="checkbox"/> | • Asthi <input type="checkbox"/> | |
| • Mamsa <input type="checkbox"/> | • Majja <input type="checkbox"/> | |

Stages of disease (Roga Kriya Kala):

- Sanchaya
- Prakopa
- Prasara
- Sthan Sanshray
- Vyakti
- Bheda

Ashtavidha Pariksha:

Nadi:	Mala:	Mutra:
Jivha:	Shabda:	Sparsha:
Drik:	Akriti:	

Dashavidha Pariksha:

Prakruti:

Satva: Pravara/ Avara/ Madhyama
 Sara: Twak/Rakta/Mamsa/Meda/Ashti/Majja/Shukra
 Samhanana: Samyak/Madhyama/Heena Pramana: Supramanita/Adhika/Heena
 Satyma: Ahara Shakti: Abhyavarana _____: Jarana _____
 Vyayama Shakti: Vaya:

Vikruti:

Srotas Pariksha

Pranavaha Pariksha

- | | |
|---|--------------------------|
| Alpa Alpa Swasa (Shortened Breathing) | <input type="checkbox"/> |
| Atisrama Swasa (Increased respiration rate) | <input type="checkbox"/> |
| Abhikshana Swasa | <input type="checkbox"/> |
| Kupit Swasa (Vitiated breathing) | <input type="checkbox"/> |
| Sashula swasa (Dyspnoea with pain) | <input type="checkbox"/> |

Rasavaha Srotas Pariksha

- | | |
|-------------------------------------|--------------------------|
| Mukha vairsya (Bad taste in mouth), | <input type="checkbox"/> |
| Hrillasa (Water brash) | <input type="checkbox"/> |
| Arasajnata (Tastelessness) | <input type="checkbox"/> |
| Gaurava (Feeling of heaviness) | <input type="checkbox"/> |
| Tandra (Stupor) | <input type="checkbox"/> |
| Anga marda (Body ache) | <input type="checkbox"/> |
| Jwara (Fever) | <input type="checkbox"/> |
| Pandu (Anaemia) | <input type="checkbox"/> |
| Avsada (Depression) | <input type="checkbox"/> |
| Karshya (Emaciation) | <input type="checkbox"/> |
| Klibya (Loss of libibo) | <input type="checkbox"/> |
| Agnimandya (Diminished appetite) | <input type="checkbox"/> |

Provisional Diagnosis

Final Diagnosis

Summary: _____

Ayurveda Management of the case of COVID19

Intervention	Details of Intervention	Dose	Anupana	Treatment Duration

Assessment

A. Clinical Symptoms

BT (0-5 Scale)

AT (0-5 Scale)

1. Fever
2. Sore Throat
3. Cough
4. Dyspnoea (shortness of breath)
5. Sore throat
6. Runny nose
7. General weakness
8. Headache
9. Irritability/confusion
10. Nausea/Vomiting
11. Diarrhea
12. Others (_____)

B. Viral clearance time [If the case is Positive]: _____ days

(Viral presence will be determined using RT-PCR to detect SARS-CoV-19 RNA. Throat swabs for viral RNA will be taken daily while in hospital until there have at least 2 consecutive negative results. Virus will be defined as cleared when the patient has had ≥ 2 consecutive negative PCR tests. The time to viral clearance will be defined as the time following randomization to the first of the negative throat swabs)

Others

- Number of days free from mechanical ventilation: _____ Days
- Duration of mechanical ventilation: _____ Days
- Duration of hospitalization/ Length of hospital stay on survivors: _____ Days
- Other secondary infections/ Presence of other secondary infections:

Adverse Events if any

	1.	2.	3.	4.
Adverse Experience				
Date Started Time: Date Stopped				
Pattern Isolated/ Intermittent/ Continuous				
Severity Mild/Moderate/ Severe				
Relationship to study Medication Unrelated-1;Possible -2; Probable-3				

Physician initials

Consent Form

Hospital/Medical College/Clinic Name: _____

Name of the Vaidya/Doctor: _____

Qualification: _____

Address: _____

Phone: _____

Email: _____

Information about the patient:

Name: Mr./Ms./Mrs. _____

Age: _____ Years

Address: _____

I, the undersigned, do hereby state and confirm as follows:

1. I have been explained the following in terms and language that I understand. I have been explained the following in (name of the language or dialect) that is spoken and understood by me.
2. I have been explained; I have been provided with the requisite information; I have understood; and thereafter I consent, authorize and direct the above named Vaidya/doctor and his / her team with associates or assistants of his / her choice to perform the proposed treatment / intervention / procedure / surgery mentioned hereinabove.
3. I have been explained and have understood that due to unforeseen circumstances during the course of the proposed treatment / intervention / procedure / surgery something more or different than what has been originally planned and for which I am giving this consent may have to be performed or attempted. In all such eventualities, I authorize and give my consent to the medical/ surgical team to perform such other and further acts that they may deem fit and proper using their professional judgment.
4. I have been explained and have understood the alternative methods and therapies of the proposed treatment / intervention / procedure / surgery, their respective benefits, material risks and disadvantages.
5. I have been explained and have understood that the proposed treatment / intervention / procedure / surgery has certain material risks / complications and I have been provided with the requisite information about the same. I have also been explained and have understood that there

are other undefined, unanticipated, unexplainable risks / complications that may occur during or after the proposed treatment / intervention / procedure / surgery.

6. I state that the Vaidya/doctor has answered all my questions to my satisfaction regarding the proposed treatment / intervention / procedure /surgery.

7. I have been explained and have understood that despite the best efforts there can be no assurance about the result of the proposed treatment / intervention / procedure / surgery. I further state and confirm that I have not been given any guarantee or warranty about the results of the proposed treatment / intervention / procedure / surgery.

8. I have been explained and have understood that despite all precautions complications may occur that may even result in death or serious disability.

9. I have been advised of the option to take a second opinion from another doctor regarding the proposed treatment / procedure / surgery.

10. I state that after explaining, counseling and disclosures I had been given enough time to take decision for giving consent.

11. I have signed this consent voluntarily out of my free will and without any kind of pressure or coercion.

Date & Time of giving consent:

Patient's / Guardian's Signature / Thumb impression:

Patient's / Guardian's Name:

Witnesses:

(Not compulsory. This part should be filled only in high risk cases; or when the patient / patient's guardian is illiterate or not conversant with English; or when the patient has been unable to personally sign this consent for any reason.)

We confirm that the aforesaid has been explained to the patient / patient's guardian in the terms and language that the patient / patient's guardian understand in our presence. We further confirm that the patient / patient's guardian has put his / her signature / thumb impression on this consent in our presence.

Witnesses No. 1's Signature:

Witnesses No. 1's Name:

Witnesses No. 2's Signature:

Witnesses No. 2's Name:

Doctor-in-charge / Principal Surgeon / Principal Interventionist's Signature:

Time and Temperature chart for the month of _____

Day	Hourly Temperature															
1	7:00	8:00	9:00	10:00	11:00	12:00	1:00	2:00	3:00	4:00	5:00	6:00	7:00	8:00	9:00	10:00
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Classical references of compound formulations

Note: for detailed use and dose, please refer the main document under relevant chapters and sections

Sr.No.	Name of drug	Reference
1.	Abhraka Bhasma	Ayurveda Prakasha 2/97 -98
2.	Abhraka Bhasma	Ayurveda Prakasha 2/97 -98
3.	Agastya Haritaki	Ashtanga Hridaya, Chiktsasthana, 3/125 -130
4.	Agastya Haritaki Rasayana	Ashtanga Hridaya, Chiktsasthana, 3/125 -130
5.	Amritarista	Bhaishajya ratnavali, Jwaradhikara,690-693
6.	Amrittottara Kashaya	Sahasrayogam, Kashaya prakaranam,. p. 4
7.	Arjunarista	Bhaishajya Ratnavali, Hridrogadhikara, 73-75
8.	Arka Yavani	Arkaprakasha, Shataka, 3:7
9.	Ashwagandharista	Bhaishajya Ratnavali, Murrchadhikara, 13-19
10.	Balarishta	Bhaishajya Ratnavali, Vatavyadhyadhikara, 569 -572
11.	Bharangyadi Kashayam	Sahastrayaoga, Kashayaprakaran, 36
12.	Bharangyadi kwatha	Sahastra Yoga, Kashaya Prakarana, 36
13.	Bilwadi vati	Ashtang Hridayam, Uttarasthana, 36/84-85
14.	Bramha Rasayana	Ashtang Hridayam, Uttarasthana, 39/15-23
15.	Chandramrita rasa	Rasamrita, Rasayogavigyana, 9/64-67
16.	Chandraprabha Vati	Sharangdhara Samhita Madhyama Khand, 7/40-49
17.	Chaturthaka Jvarahara kwatha	
18.	Chayavanaprashavaleha	Charaka Samhita, Chikitsasthana, 1(1), 62-74
19.	Chitraka haritaki Avaleha	Bhaishajya Ratnavali, Nasa Rogadhikara, 31 -33
20.	Chitraka Haritaki Rasayana	Bhaishajya Ratnavali, Nasa Rogadhikara, 31 -33
21.	Dashamoola katutrayadi Kashaya	Sahasrayoga, Kashayaprakarana, 107
22.	Dashamoola kwatha	Bhaishajya Ratnavali, Kasarogadhikara, 380-384
23.	Devadaryadi kwatha	Bhaishajya Ratnavali, Strirogadhikara, 380-384
24.	Dhanwantar gutika	Sahastrayoga, Gutikaprakarana 56
25.	Godanti bhasma	Rasatarangini 11/238
26.	Gorochanadi Vati	Vaidya Yoga ratnavali, Gutika Prakarana, 77
27.	Guduchyadi Kashayam	Sahastrayaoga, Kashayaprakaran, 38
28.	Haridrakhand	Bhaishajya ratnavali, Shitapittaudardkothadhikara, 12 -16
29.	Hridayarna rasa	Rasendra Sara Samgraha, Hridrogchikitsa, 1-3
30.	Kanthakari avaleha	Sharangdhara Samhita Madhyama Khand, 8/5-9
31.	Khadiradi vati	Yogaratanakara, Kasachikitsa, pg 353-354
32.	Kooshmanda Rasayana	Sharangdhara Samhita, Madhyama Khanda, 8/22-28
33.	Lavangadi Vati	Vaidyak Jeevam, Kasashwasa Chikitsa, 7
34.	Laxmivilasa rasa	Bhaishajya Ratnavali, Rasayanadhikara, 55-68
35.	Maha Sudarshangan Vati (Dried aqueous extract of Mahasudarshan Churna)	Sharangdhara Samhita Madhyama Khand, 6/26-36

Sr.No.	Name of drug	Reference
36.	Mallasindhoora	Siddha Bheshaja Manimala 5/37
37.	Mrityunjaya rasa	Bhaishajya ratnavali, Jwaradhikara, 409 – 418
38.	Navajeevana Rasa	Ayurveda Sara Samgraha, Rasa Rasayana Prakarana, Chapter 5, pg 382
39.	Pathyadi Kashayam	Sharangdhara Samhita Madhyama Khand, 2/143-145
40.	Prabhakar Vati	Bhaishajya Ratnavali, Hridrogadhikara, 67
41.	Pushkaramoolasava	Gadanigraha, Asavadhikara, 6
42.	Rasnasaptaka Kwatha	Sharangdhara Samhita, madhyama Khand, 2/86-87
43.	Saindhavadi taila	Bhaishajya Ratnavali Nadivranadhikara, 31
44.	Sameerapannaga rasa	Ayurveda Aushadhiguna Dharma Shastra, Part IV, pg 88
45.	Samshamani vati	Siddhayoga Samgraha, Jwaradhikara, pg 183
46.	Sanjeevani vati	Sharangdhara Samhita Madhyama Khand, 7/134-137
47.	Saraswatarista	Bhaishajya Ratnavali, Rasayanadhikara, 178-191
48.	Sarpagandha ghana vati	Siddhayogasangraha, Bhrama-Anidra-Unmadarogadhikara
49.	Shadanga paneeya	Charaka Samhita, Chikitsa Sthana
50.	Shilajitwadi Lauha	Bhaishajya Ratnavali, Rajyakshmadhikara: 166
51.	Shringa bhasma	Rasa Tarangini 12/104
52.	Shwas Kuthar Rasa	Yoga Ratnakara, Shwasa Chikitsa, pg 373
53.	Sitopaladi churna	Sharangdhara Samhita Madhyama Khand, 6/134-137
54.	Somasava	
55.	Swarnamalini vasanta rasa	Siddha Bheshaja Manimala, Jwaraprakarana, 60-62
56.	Talisadi Churna	Sharangdhara Samhita Madhyama Khand, 6/130-133
57.	Tankana bhasma	Rasatarangini 13/79-81
58.	Tribhuvana kirti rasa	Yogaratanakara, Jwarachikitsa, pg 241
59.	Trinapanchamoola kwatha	Bhaishajya Ratnavali, Mutrarogadhikara
60.	Varunadi kwatha	Chakradatta, Ashmari Chikitsa, 29
61.	Vasakasava	Gadanigraha, Prayoga Khanda, Asavadhikara, 152 -154
62.	Vasanta Kusumakara Rasa	Rasendra Sara Samgraha, Rasayana Vajikarana Adhikara, 80-85
63.	Vettumaran Gulika	Sahastrayoga, Jwaradhikara, 147
64.	Vishamajwarantaka lauha	Rasendra Sara Sangraha, Jwaradhikara, 271 -277
65.	Vyaghri haritaki	Bhaishajya Ratnavali, Kasarogadhikara, 43-46
66.	Vyoshadi Vati	Sharangdhara Samhita Madhyama Khand, Uttarasthana, 7/22-23

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Disclaimer

These guidelines are in addition to the standard treatment guidelines of Ministry of Health and Family Welfare, Govt of India and also vetted by the Interdisciplinary AYUSH Research and Development Task Force setup by Ministry of AYUSH, Govt of India



GUIDELINES for **AYURVEDA PRACTITIONERS** for **COVID 19**

The COVID-19 pandemic is defining the global health crisis of our time and transpire to be the greatest challenge we have faced since the Second World War. The number of deaths and incidence of infection are rising at an alarming rate throughout the world. The situation has materialized to be much more than a health crisis with a potential to create devastating situations at social, economic and political levels. Till date, no effective management to address this infection has been discerned and attempts are being made to integrate a few traditional interventions along with standard treatment protocols of COVID-19. It has further been observed that there is a paucity of empirical evidence to guide appropriate management of COVID 19. Collecting data and comparing outcomes is being recommended globally. In this view, it is very essential to develop guidelines for practitioners to generate evidence based data at prevention, promotion and therapeutic levels.

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