



AYUSH

Advisory for Corona virus

Homoeopathy for Prevention of Corona virus Infections

Unani Medicines useful in symptomatic management of Corona Virus infection

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The outbreak of a mysterious new CoronaVirus is rapidly spreading. The whole world is going through the fear of this Corona Virus, the Research Councils under the Ministry of AYUSH, Government of India have issued advisory based on the Indian traditional medicine practices Ayurveda, Homeopathy and Unani.

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

- 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 & 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.
- 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 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.

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

At the instance of Ministry of AYUSH, Central Council for Research in Homoeopathy(CCRH) discussed the ways and means of prevention of Coronavirus infection through Homoeopathy in 64th meeting of its Scientific Advisory Board on 28th January 2020. The Group of Experts inter-alia has recommended that homoeopathy medicine Arsenicum album 30 could be taken as prophylactic medicine against Coronavirus infections, which has also been advised for prevention of ILI. It has recommended one dose 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 Coronavirus infections prevail in the community. The Expert Group has further suggested that general hygienic measures for prevention of air-borne infections suggested by the Ministry of Health and Family Welfare, Govt. of India, for prevention of the disease should also be followed by the public.

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1. Sharbat Unnab 10-20ml twice a day
2. Tiryaq Arba 3-5g twice a day
3. Tiryaq Nazla 5g twice a day
4. Khamira Marwareed 3-5g once a day
5. Massage on scalp and chest with Roghan Baboona/ Roghan Mom/ Kafoori Balm
6. Apply Roghan Banafsha gently in the nostrils
7. Take Arq Ajeeb 4-8 drops in fresh water and use four times a day
8. In case of fever, take Habb e Ikseer Bukhar 2 pills with lukewarm water twice daily.
9. Sharbat Nazla 10ml mixed in 100ml of lukewarm water twice daily.

10. Qurs e Suaal 2 tablets to be chewed twice daily

11. Arq extracted from following single Unani drugs along with SharbatKhaksi is very useful:

S.No.	Name of Unani Drug	Common Name	Botanical Name
i.	<i>Chiraita</i>	<i>Indian Gentian</i>	<i>Swertiachirata Karst</i>
ii.	<i>Kasni</i>	<i>Common chicory</i>	<i>Cichoriumintybus Linn.</i>
iii.	<i>Afsanteen</i>	<i>Common sagewort</i>	<i>Artemisia absinthium Linn.</i>
iv.	<i>Nankhawa</i>	<i>Ajowan</i>	<i>Trachyspermumammi Sprague</i>
v.	<i>Gaozaban</i>	<i>Borage</i>	<i>Borage officinalis Linn.</i>
vi.	<i>Neem Bark</i>	<i>Margosa</i>	<i>Azadirachtaindica A. Juss.</i>
vii.	<i>SaadKoofi</i>	<i>Cypriol</i>	<i>Cyperusscariosus R. Br.</i>

12. Decoction of the following single Unani drugs can be used:

S.No.	Name of Unani Drug	Common Name	Botanical Name	Quantity
i.	<i>Behidana</i>	<i>Quince</i>	<i>CydoniaOblonga</i>	<i>3gm</i>
ii.	<i>Unnab</i>	<i>Jujubi</i>	<i>Zizyphus Jujube Linn.</i>	<i>7nos</i>
iii.	<i>Sapistan</i>	<i>Assyrian Plum</i>	<i>CordiaMyxa Linn.</i>	<i>7nos</i>
iv.	<i>Darchini</i>	<i>Cinnamon</i>	<i>Cinnamomumzeylanicum</i>	<i>3gm</i>
v.	<i>Banafsha</i>	<i>Sweet Violet</i>	<i>Viola Odorata Linn.</i>	<i>5gm</i>
vi.	<i>Berg-e-Gaozabaan</i>	<i>Borage</i>	<i>BoragoOfficinalis Linn.</i>	<i>7gm</i>

13. In case of sore throat use decoction of the following Unani drugs:


S.No.	Name of Unani drug	Botanical name	Quantity
i.	<i>Khashkhash</i>	<i>Papaversomniferum</i>	12g
ii.	<i>Bazrulbanj</i>	<i>Hyoscyamusniger</i>	12g
iii.	<i>Post Khashkhash</i>	<i>Papaversomniferum</i>	12g
iv.	<i>Barg e Moard (Habbulaas)</i>	<i>Myrtuscommunis</i>	12g
v.	<i>Tukhm e kahuMukashar</i>	<i>Lactuca Sativa</i>	12g
vi.	<i>GuleSurkh</i>	<i>Rosa damascena</i>	12g

Dietary Recommendations

As per recommendations of Unani physicians, easily digestible, light and soft diets are advised.

RJ/SK

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