



सत्यमेव जयते

वैद्य राजेश कोटेचा
Vaidya Rajesh Kotecha



सचिव
भारत सरकार
आयुर्वेद, योग व प्राकृतिक चिकित्सा
यूनानी, सिद्ध, सोवा रिग्पा एवं होम्योपैथी (आयुष) मंत्रालय
आयुष भवन, 'बी' ब्लॉक, जी.पी.ओ. कॉम्प्लेक्स,
आई.एन.ए. नई दिल्ली-110023

SECRETARY
GOVERNMENT OF INDIA
MINISTRY OF AYURVEDA, YOGA & NATUROPATHY
UNANI, SIDDHA, SOWA-RIGPA AND HOMOEOPATHY (AYUSH)
AYUSH BHAWAN, B-BLOCK, GPO COMPLEX
INA, NEW DELHI-110023

Tel. : 011-24651950, Fax : 011-24651937

E-mail : secy-ayush@nic.in

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As you are aware, incidences of Corona Virus (COVID-19) have been reported worldwide and 30 Positive cases of Corona Virus have also been reported in India till date. Even though there is no panic response warranted, AYUSH being one of the important Ministry equipped for providing appropriate response to the circumstances arose due to this public health challenge, it is worthwhile to associate with other Stake holders in eliciting AYUSH based public health response considering the strength and evidences of these systems. In the past also, interventions under AYUSH systems had been varyingly used for making an effective public health response in similar situations faced in many States/UTs.

Keeping in view, Ministry of AYUSH with the recommendations from Research Councils under its administrative control has come out with an advisory (Copy enclosed as **Annexure-I**) which may be communicated /implemented through AYUSH personnel and facilities as per the prevailing system of medicine in your State/UT.

These interventions from different AYUSH systems of medicine are supported with evidences for promotion of immunity and help in improving the respiratory symptoms in similar diseases. In this regard, a separate list of references is also enclosed at **Annexure-II** for your ready reference.

Therefore, I request you to do the needful for appropriate roll out of this strategy in consultation with other stake holder departments responsible for Public Health in your State/UT.

Encl: as above

Yours sincerely,

-Sd/-

(Rajesh Kotecha)

To,

Chief Secretaries of all States/UTs.

Copy to:

- 1) Principal Secretary AYUSH/Health of all States/UTs
- 2) Director/Commissioner/Mission Director (AYUSH) of all States/UTs.

RAJESH
KUMAR
KOTECHA

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RAJESH KUMAR
KOTECHA
Date: 2020.03.06
19:25:05 +05'30'

(Rajesh Kotecha)

**ADVISORY FROM MINISTRY OF AYUSH FOR MEETING THE CHALLENGE
ARISING OUT OF SPREAD OF CORONA VIRUS (COVID-19) IN INDIA**

Corona viruses (CoV) are a large family of viruses that cause illness ranging from the common cold to more severe diseases such as Middle East Respiratory Syndrome (MERS-CoV) and Severe Acute Respiratory Syndrome (SARS-CoV). The new Corona virus disease (COVID-19) was first reported from Wuhan, China, on 31 December 2019. 72 countries reported COVID-19 incidence with 90,870 confirmed cases and 3112 deaths as per WHO factsheet as on 03.03.2020. As on 03.03.2020, 05 confirmed cases are reported in India from various parts.

Common signs of infection include fever, cough, myalgia, fatigue and breathing difficulties. In more severe cases, infection can cause pneumonia, severe acute respiratory syndrome, kidney failure and even death.

The function of the immune system is critical in the human response to infectious disease. Viral infections induce oxidative stress and cause damage to airway epithelial cells. A growing body of evidence identifies stress, nutrition and immunity as a cofactor in infectious disease susceptibility and outcomes. The mainstay in management of corona viral infections has been supportive care, nutrition and preventing further progression in the absence of any antiviral agent or vaccine.

During Ebola outbreak in 2014 expert group of WHO has recommended that "it is ethical to offer unproven interventions with as yet unknown efficacy and adverse effects, as potential treatment or prevention" keeping in view no vaccine or anti-virals were available.

Approach of AYUSH systems:

The holistic approach of AYUSH systems of medicine gives focus on prevention through lifestyle modification, dietary management, prophylactic interventions for improving the immunity and simple remedies based on presentations of the symptoms.

The AYUSH approach to manage the outbreak broadly comprise of:

- i. Preventive and prophylactic
- ii. Symptom management of COVID-19 like illnesses
- iii. Add on Interventions to the conventional care

Based on potential & strength of AYUSH systems supported by evidences for promotion of immunity and help in improving the respiratory symptoms in similar diseases and as per the recommendations from the research councils under Ministry of AYUSH following system wise approach is recommended:

Siddha System of Medicine

i. Preventive and prophylactic:

Nilavembu Kudineer decoction 60 ml twice a day for 14 days. The medicine contains aqueous extract of *Andrographis paniculata* and others.

ii. Symptom management of COVID -19 like illnesses

Nilavembu Kudineer / Kaba Sura Kudineer decoction 60 ml twice a day

Adathodai Manapagu - Syrup 10 ml twice a day

iii. Add on Interventions to the Conventional Care

Visha Sura Kudineer decoction 60 ml twice a day

Kaba Sura Kudineer decoction 60 ml twice a day

All these medicines should be taken in consultation with qualified physician of Siddha system of Medicine.

General preventive measures (already notified):

- i. Observe good personal hygiene.
- ii. Practice frequent hand washing with soap.
- iii. Follow respiratory etiquettes - cover your mouth when coughing or sneezing.
- iv. Avoid close contact with people who are unwell or showing symptoms of illness, such as cough, runny nose etc.
- v. Avoid contact with live animals and consumption of raw/undercooked meats.
- vi. Avoid travel to farms, live animal markets or where animals are slaughtered.
- vii. Wear a mask if you have respiratory symptoms such as cough or runny nose.

In addition, the following AYUSH specific measures may be adopted:

The diet should be fresh, warm, easy to digest, containing whole cereals, seasonal vegetables etc. Frequent sipping of water boiled with Tulsi leaves, crushed ginger, and turmeric would be beneficial. Honey with a pinch of pepper powder is also beneficial in case cough. Cold, frozen and heavy foods may be best avoided. It is always beneficial to avoid direct exposure to cold breeze. Appropriate rest and timely sleep are advisable. The practice of Yogasana and Pranayama under the guidance of qualified Yoga instructor is recommended.

Common medicinal plants useful in similar symptoms are Tulsi (*Ocimum sanctum*), Guduchi (*Tinospora cordifolia*), Ginger (*Zingiber officinale*) and Turmeric (*Curcuma longa*)

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