AYU SAMVAD

Ayurveda for Covid 19

Lecture By:-

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Ayurvedic Immunity Promoting Measures

1. Take Chyavanprash 10gm (1tsf) in the morning. Diabetics should take sugar free Chyavanprash.

   Drink herbal tea / decoction (Kadha) made from Tulsi (Basil), Dalchini (Cinnamon), Kalimirch (Black pepper), Shunthi (Dry Ginger) and Munakka (Raisin) - once or twice a day. Add jaggery (natural sugar) and / or fresh lemon juice to your taste, if needed.

2. Golden Milk - Half tea spoon Haldi (turmeric) powder in 150 ml hot milk - once or twice a day.

General Measures

- Drink warm water throughout the day.
- Daily practice of Yogasana, Pranayama and meditation for at least 30 minutes as advised by Ministry of AYUSH
- Spices like Haldi (Turmeric), Jeera (Cumin), Dhaniya (Coriander) and Lahsun (Garlic) are recommended in cooking.
- Enhance your immunity with AYUSH Kwath Formulation comprises of 4 medicinal herbs: Tulsi Leaves 4 parts, Dalchini 2 parts, Sunthi 2 parts, Krishna Mirch 1 parts.
- Preparation: Take all the ingredients in dry form & make coarse powder. Make sachets or tea bags of 3 gms or 500 mg tablet of aqueous extract of this powder.
- Use: Consume like tea by dissolving in 150 ml of boiled water, once or twice daily. Add jaggery/Rasana/Lemon Juice for taste.
कोरोनाची लक्षणे
Coronavirus (COVID-19)

लागण झाल्यानंतर २ ते १४ दिवसानंतर खालील लक्षणे दिसू शकतात.

- ताप येणो
- घसा दुःखणो
- सर्दी होणो
- अंग दुःखणो

ताप, सर्दी, घसा दुःखत असेल, श्वास घेण्यास त्रास होत असेल तर लगेच वरील कोणत्याही लक्षणांसाठी आपल्या जवळील डॉक्टरांचा सल्ला घ्या.

#stopcoronavirus
Spices like Haldi (Turmeric), Jeera (Cumin), Dhaniya (Coriander) and Lahsun (Garlic) are recommended in cooking.

Kitchen is the primary pharmacy, spices are the best medicines, it can act as medicines to prevent infections when used in right quality and quantity in daily cooking.
Immunoprotective role of *Chyavanprash* at cellular level mediated by immune stimulation is proven as key in immune cells viz. Dendritic cells, Macrophages and Natural killer cells.

*Amla* (Phyllanthus Emblica) has immense benefit in boosting Immunity if it is Consumed daily, and also helps to prevent cold & Cough.
AYUSH KWATH

Tulsi (Ocimum Sanctum)

Munakka (Vitis Vinifera)

Dalchini (Cinnamomum Verum)

Kali Mirch (Piper nigrum)

Shunthi (Zingiber officinaliae)
Golden Milk / Haldi Doodh

Half tea spoon Haldi (Turmeric) powder in 150 ml hot milk - once or twice a day

Haldi / Turmeric is found to be highly beneficial in boosting immunity and preventing infections
SAMSHAMANI VATI

For Fever

- Two Tablets daily twice a day (Morning and Evening) with lukewarm water.

- The main Ingredient is Guduchi / Tinospora cordifolia and it’s daily usage is beneficial as immune modulator and prevents occurrence of communicable diseases.

All India Institute of Ayurveda, New Delhi
Wholesome food including all six tastes

What we eat
When we eat
How much?

Series 1, FREE SPACE FOR AIR, 1, 25%
Series 1, SOLID FOODS, 1, 25%
Series 1, LIQUID FOODS, 2, 50%

Sunrise 6 am
2 am
10 pm
6 pm
10 am
2 pm
5 pm
Sunset

Pitta
Kapha
Vata
Kapha
Pitta
Vata

Ministry of AYUSH
All India Institute of Ayurveda
• Sukshma Vyayama (warm up) loosen exercises for all joints
• Sitting postures
• Yogasana in supine postures
• Yogasana in Prone position
• Relaxing postures: Shavasana, Makarasana
• Pranayama: Deep Breathing
• Meditation: 10 minutes
POST COVID MANAGEMENT

- AYUSH Kwatha – 150 ml daily.
- Sanshamani Vati – 500 mg BD.
- Ashwagandha Powder - 1 – 3 gm twice per day with lukewarm water for 15 days.
- Amla Powder - 1 – 3 gm per day.
- Mulethi Powder - 1 – 3 gm twice per day with lukewarm water.
- Chyawanaprasha – 1 teaspoonful (5 gm) once daily.

*(Above all medication should be taken by Consulting Ayurveda Physician.)*
Rasayana - Way to enhance Immunity

- Guduchi (Tinospora cordifolia)
- Ashwagandha (Withania somnifera)
- Haridra (Curcuma longa)
- Amalaki (Emblica officinalis)
- Shatavari (Asparagus racemosus)
- Draksha (Vitis vinifera)
आपले हात स्वच्छ ठेवा
हात निर्जतुक करण्याची योग्य पद्धत

1. सनिटाईझर लावा
   हाताच्या तज्ज्वयास सनिटाईझर पाया

2. हाताचे तव्व्ये
   हाताचे तव्व्ये एकेकांतर चीत्या

3. हाताची मागील बाजू आणि बोटे
   उजवा हाताच्या तज्ज्वयास आणि बोटे

4. हाताची आतील बाजू
   दोनी हाताच्या आतील बाजू बोटे स्वच्छ करा

5. बोटांची आतील बाजू
   एक हाताची बोटे दुसऱ्या

6. हाताचे अंगठे
   एक हाताच्या अंगठा दुसऱ्या

7. बोटांचा आगमाग आणि नवे
   बोटांच्या आगमाग दुसऱ्या

8. शोधा चेळता थांबा
   हात कोसऱ्या होक दा, अंतर तुम्हाले हात स्वच्छ आणि सुरक्षित आहेत
STOP VIRUS SPREAD

Maintain Social Distance

Use Face Mask

Wash Your Hand

Do Not Spit Anywhere

Dispose in Dustbin Only
आपले शहर, कुंटबीय आणि स्वतःला कोरोनापासून वाचवा!

घरी थांबा सुरक्षित रहा!
Thank you