

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.**

सन्दर्भ:—कार्यालय अधीक्षक, आयुष मंत्रालय आयुष भवन बी-ब्लॉक जी.पी.ओ कॉम्प्लेक्स आई. एन.ए नई दिल्ली का ज्ञापन दिनांक 30.01.2020

उपरोक्त विषयान्तर्गत सन्दर्भित ज्ञापन के साथ कोरोना वाईरस की आयुर्वेद द्वारा रोकथाम हेतु ज्ञापन संलग्न कर भिजवाया गया है।

अतः ज्ञापन की प्रति संलग्न कर लेख है कि ज्ञापन में वर्णित बिन्दुओं पर नियमानुसार कार्यवाही करे।

संलग्न :-उपरोक्तानुसार

  
अति० निदेशक (ग्रा० स्वा०)  
चिकित्सा एवं स्वास्थ्य सेवाएं,  
राजस्थान, जयपुर।

प्रतिलिपी:- प्रभारी, सर्वर कम को ईमेल करके जायते।

OFFICE MEMORANDUM

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

In continuation of the O.M. of even number, dated 28<sup>th</sup> 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**

*Tanandhan →  
circulate to all concerned  
28/1/20*

*(Dalip Kumar)*  
30/1/2020  
**(Dalip Kumar)**  
Section Officer

**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 (VB)/ Dy.Adv(Suresh)/Dy.Adv (Chinta)/(IGM)
4. US(AB)/US(AJJK)/US (KBS)/ US(PKS)/Asst. Adv.(MR) AD(SB)
5. Ayurveda Section/Siddha & Unani Section/(AEP-I)/(AEP-II)/(AEP-III)/DPS/L&P/IC/IMPCL/Homoeopathy 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

Email

secy-ayush@nic

---

**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>

Tue, Jan 28, 2020 12:56 PM

1 attachment

Respected Sir,

Please see the attachment.

Regards,

--

प्रो. वैद्य के.एस. धीमान, एम डी (आयु.), पी.एच.डी.

**Prof. Vd. K.S. Dhiman, M.D. (Ay.), Ph.D.**

**महानिदेशक, Director General**

केन्द्रीय आयुर्वेदीय विज्ञान अनुसंधान परिषद्

Central Council for Research in Ayurvedic Sciences (CCRAS)

आयुष मंत्रालय, भारत सरकार, Ministry of AYUSH, Govt. of India

न: 61 - 65 सांस्थानिक क्षेत्र, सम्मुख डी ब्लॉक, जनकपुरी, नई दिल्ली - 110058

No. 61 - 65, Institutional Area, Opp. 'D'- Block, Janakpuri, New Delhi -110058

Email: [dg-ccras@nic.in](mailto:dg-ccras@nic.in)

सम्पर्क न: /Contact No . 011 - 28524457

टेलीफैक्स: /Telefax 011 - 28520748

**#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.

**Novel coronavirus (2019-nCoV):** Reported symptoms of 2019-nCoV includes **fever, fatigue, dry cough, shortness of breath, and respiratory distress**. Cases of severe infection can result in **pneumonia, kidney failure, and death**.

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

### 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.

**Novel coronavirus (2019-nCoV):** Reported symptoms of 2019-nCoV includes **fever, fatigue, dry cough, shortness of breath, and respiratory distress**. Cases of severe infection can result in **pneumonia, kidney failure, and death**.

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*).

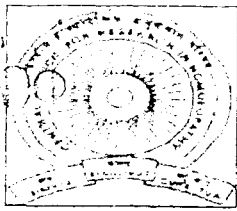
## Preventive Management

- 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 & 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

- 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.



# HOMOEOPATHY INTERVENTION FOR PREVENTION OF CORONAVIRUS INFECTIONS

## 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.

DOs	DON'Ts
<ul style="list-style-type: none"><li>✓ Observe good personal hygiene.</li><li>✓ Practice frequent hand washing with soap.</li><li>✓ Follow respiratory etiquettes - cover your mouth when coughing or sneezing.</li><li>✓ Avoid close contact with people who are unwell or showing symptoms of illness, such as cough, runny nose etc.</li><li>✓ Avoid contact with live animals and consumption of raw/undercooked meats.</li><li>✓ Avoid travel to farms, live animal markets or where animals are slaughtered.</li><li>✓ Wear a mask if you have respiratory symptoms such as cough or runny nose.</li><li>✓ Don't plan any further travel, if sick.</li><li>✓ Seek medical attention promptly.</li></ul>	<ul style="list-style-type: none"><li>✓ Shake hand or use other contact greeting</li><li>✓ Spit in public</li><li>✓ Take medicines without consulting the physician</li><li>✓ Fasting for long or overeating</li><li>✓ Take physical and mental stress</li><li>✓ Don't plan travel if sick.</li></ul>

### 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](mailto:ccrh.dengue@gmail.com), Website: [www.ccrhindia.nic.in](http://www.ccrhindia.nic.in)

Gmail

Pc Ayush <pcayush@gmail.com>

vd: PIB note

T.R. Sreenivas <tr.sreenivas62@gov.in>  
To: coordination <pcayush@gmail.com>

Wed, Jan 29, 2020 at 3:47 PM

The advisory issued now is in continuation to our advisory issued on 28/01/2020.

best

T.R.Sreenivas<sub>1.55</sub>

Dy. Director General,  
M/o AYUSH  
Govt. of India  
New Delhi

From: "RAJESH KOTECHA" <secy-ayush@nic.in>  
To: "Coordination parliament" <pcayush@gmail.com>, "T.R. Sreenivas" <tr.sreenivas62@gov.in>  
Cc: "dr rajeshwari" <drrajeshwarisingh.4@gmail.com>  
Sent: Wednesday, January 29, 2020 3:37:32 PM  
Subject: Fwd: PIB note

Dear Sir,

PFA,

Regards,

From: "RAJESH KOTECHA" <secy-ayush@nic.in>  
To: "Rajeev Jain" <pibayush@gmail.com>  
Cc: "Dr.Kartar Singh Dhiman" <dg-ccras@nic.in>, "Anil Khurana" <anil23101961@gmail.com>, "unanimedicine" <unanimedicine@gmail.com>  
Sent: Wednesday, January 29, 2020 2:05:41 AM  
Subject: Fwd: PIB note

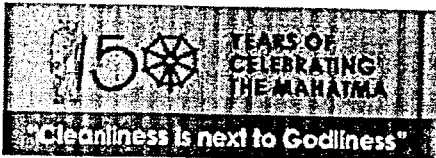
Dear Sir,

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.
- Samsamani 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 incase 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, *Unnab 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 strengthen 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.**