

राजस्थान सरकार

निदेशालय, चिकित्सा एवं स्वास्थ्य सेवायें, राजस्थान, जयपुर

क्रमांक: आई.डी.एस.पी./2020/721

दिनांक: 25/6/20

प्रधानाचार्य एवं नियंत्रक,
एस.एम.एस., मेडिकल कॉलेज,
जयपुर, राजस्थान।

विषय:- आयुर्वेद विभाग द्वारा कोविड-19 हेतु कोरोना रोगियों पर औषधी परीक्षण पर विशेष टिप्पणी बाबत।

उपरोक्त विषयान्तर्गत राष्ट्रीय आयुर्वेद संस्थान के कोविड-19 के संदिग्धों व कोरोना पोजिटिव रोगियों पर औषधी परीक्षण/उपयोगिता की स्वीकृति से संबंधित प्राप्त प्रस्ताव (संलग्न पताका अ) संलग्न कर लेख है कि उक्त प्रस्ताव पर एसएमएस, मेडिकल कॉलेज, जयपुर में गठित Ethics Committee एवं Clinical Trial Screening Committee से विशेष टिप्पणी लिये जाने का श्रम करावें।

उक्त पत्र सक्षम स्तर से अनुमोदन उपरान्त जारी किया जा रहा है।

निदेशक (जन स्वा.)
चिकित्सा एवं स्वास्थ्य सेवायें
राजस्थान, जयपुर

दिनांक: 25/6/20

क्रमांक: आई.डी.एस.पी./2020/721

प्रतिलिपि- निम्न को सूचनार्थ एवं आवश्यक कार्यवाही हेतु-

1. निजी सचिव, अतिरिक्त मुख्य सचिव, चिकित्सा एवं स्वास्थ्य विभाग, राजस्थान।
2. निजी सचिव, शासन सचिव, चिकित्सा शिक्षा विभाग राजस्थान।
3. निजी सचिव, शासन सचिव, आयुर्वेद एवं भारतीय चिकित्सा विभाग, जयपुर, राजस्थान।
4. अति.निदेशक (ग्रा. स्वा.) चिकित्सा एवं स्वास्थ्य सेवायें।
5. अधीक्षक, एसएमएस अस्पताल, जयपुर, राजस्थान।
6. निदेशक, राष्ट्रीय आयुर्वेद संस्थान, जयपुर, राजस्थान।
7. रक्षित पत्रावली।

निदेशक (जन स्वा.)
चिकित्सा एवं स्वास्थ्य सेवायें
राजस्थान, जयपुर

1754
9-6-2020
राजस्थान सरकार
आयुर्वेद एवं भारतीय चिकित्सा विभाग

विषय- कोविड-19 के संदिग्धों एवं कोरोना पॉजीटीव रोगियों पर औषधि परीक्षण/ उपयोगिता की स्वीकृति प्रदान करने बाबत।

उपर्युक्त विषयान्तर्गत अनुरोध है राष्ट्रीय आयुर्वेद संस्थान (आयुष मंत्रालय, भारत सरकार का स्ववित्तपोषित निकाय) जयपुर द्वारा कोविड-19 के संदिग्धों एवं कोरोना पॉजीटीव रोगियों पर औषधि परीक्षण एवं उपयोगिता की स्वीकृति हेतु दो प्रस्ताव इस विभाग को प्रस्तुत किये हैं। उक्त परीक्षण/प्रक्रिया में सम्बन्धित व्यक्तियों/मरीजों को समस्त औषधियां राष्ट्रीय आयुर्वेद संस्थान द्वारा ही औषधियां आपूर्ति की जायेगी। प्रस्ताव में जयपुर स्थित क्वारांटाईन सेन्टर्स के 500 नागरिकों तथा कोविड-19 के 200 मरीजों पर औषधि उपयोगिता की स्वीकृति प्रदान की जानी अपेक्षित है। उपर्युक्त प्रस्ताव आयुर्वेद विषयक अनुसंधान एवं शास्त्रीय विवेचना के अनुरूप है।

अतः समस्त उपर्युक्त प्रस्तावों की प्रतिलिपि संलग्न कर अनुरोध है कि इनका परीक्षण/ अनुमोदन सवाईमान सिंह चिकित्सालय जयपुर में गठित Ethics Committee एवं Clinical Trial Screening Committee से करवाने हेतु निर्देश प्रदान करने का कष्ट करावे। उक्त अनुसंधान के आवश्यक समंको (Data) का प्रकाशन राज्य सरकार के सहयोग से किया जायेगा, साथ ही सम्पूर्ण औषधिया, मानव संसाधन, परीक्षण आदि का दायित्व राष्ट्रीय आयुर्वेद संस्थान का रहेगा।

संलग्न- उपर्युक्तानुसार।

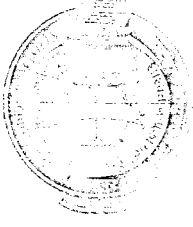
(गायत्री राठौड़)
शासन सचिव

अतिरिक्त मुख्य सचिव
चिकित्सा एवं स्वास्थ्य विभाग

अशा. टीप क्रमांक- प.25(5)आयु./2020 पार्ट
जयपुर, दिनांक- 28.05.2020

प्रतिलिपि- निदेशक, राष्ट्रीय आयुर्वेद संस्थान जयपुर को उनके प्रस्ताव COVID/Dir/02/01 Dt. 08-05-2020 के परिप्रेक्ष्य में सूचनार्थ एवं अग्रिम आवश्यक कार्यवाही हेतु प्रेषित है।

(आर.पी. चतुर्वेदी)
शासन उप सचिव



राष्ट्रीय आयुर्वेद संस्थान

(आयुष मंत्रालय, भारत सरकार)

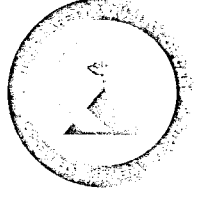
जोरावर सिंह गेट, आमेर रोड़, जयपुर-302002

NATIONAL INSTITUTE OF AYURVEDA

(Ministry of AYUSH, Govt. of India)

Jorawar Singh Gate, Amer Road, JAIPUR-302002 (Raj.)

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No.- COVID/Dir/02/01

9/5/20

DS-k

Dated: 08.05.2020

To

The Secretary
Department of Ayurveda
Govt. of Rajasthan
Jaipur (Rajasthan)

9/5/20

11/5/20

Subject: Submission of the proposals for the permission for Ayurvedic drug intervention (treatment protocol) in quarantined patients and COVID 19 positive patients.

Respected Madam

Regards and Greetings of the day from National Institute of Ayurveda, Jaipur.

At the outset I am thankful to your good self and the Govt. of Rajasthan for principally allowing Ayurvedic interventions in quarantined and COVID 19 positive patients (*vide letter no. M.25(5) AYU/2020 part dated 06.05.2020*). This is really a big step of the state Government for the benefit of ailing humanity and its positive effects will go along way.

I along with this letter submitting the Ayurvedic interventional proposals for your reference and request you to please allow us to intervene in both the groups as mentioned above (Quarantined and COVID 19 positive). For both the categories we are having separate intervention proposals.

We further request you to assign us approximately 500 quarantined patients and about 400 COVID 19 positive patients (with no symptoms or mild symptom or moderate symptoms). We shall give as an add on treatment. The conventional treatment protocol will continue as such. It is also important to mention that in patients with severe symptoms or critically ill patients or patients having co-morbidities will not be given this treatment.

All the interventional drugs will be provided to the patients by NIA free of cost. We shall also monitor the patients at our own when Ayurvedic treatment will start.

Thanks a lot

Prof. Sanjeev Sharma

Director

Proposal for Ayurveda Therapy As Preventive Medicine to the Subjects kept in Quarantine

- **Under the primary supervision of Prof. Sanjeev Sharma, Director, NIA, a Team of NIA physicians will Administer the Treatment protocol**
- **Treatment site: Identified Quarantine Centres**

Ayurveda Therapy As Preventive Medicine to the Subjects kept in Quarantine

Background

Coronavirus disease 2019 (COVID-19) is a newly emerging respiratory tract infection caused by a newly evolved coronavirus, SARS-CoV-2, that was first recognized in Wuhan, China, in December 2019.¹

SARS-CoV-2 causes a respiratory infection with a highly variable clinical course that is dependent on **host** and **organism** factors.² 81% of patients were reported with **Mild disease** in the initial Wuhan report, manifesting as self-limited respiratory symptoms typical of a viral pneumonia, including fever, cough, dyspnea, sore throat but also, interestingly, anosmia and dysgeusia.³ 14% of the cases in the same cohort were observed to progress to **Severe disease** - florid pneumonia which may progress to acute respiratory distress syndrome (ARDS) along with cardiogenic or distributive shock.⁴

Subsequent studies, conducted in other geographic locations and patient populations, showed a different distribution of clinical severity among patients. Mortality rates associated with severe COVID-19 are high (8-25%), **despite aggressive supportive measures including mechanical ventilation**.⁵ Individuals most vulnerable to developing severe and critical disease include those of advanced age or with significant comorbid conditions, such as cardiovascular disease, chronic obstructive pulmonary disease, and hypertension.

The acute shortage of ventilators worldwide for treating COVID-19 patients has compounded the problem of the lack of any **preventive** or curative medicine.⁶ Therefore it is the need of the hour to search for any viable alternative as preventive measures. WHO concurs that "*traditional remedies may provide comfort and alleviate symptoms of COVID-19*".⁷

The analysis of epidemiological data of COVID-19 till date with an Ayurvedic perspective leads us to the following major **Samprapti** tenets :

- Janapadodhwamsa
- Pranavaha Srotodushti
- Raktavaha Srotodushti
- Pradhanik karana- SARS-CoV-2
- Vatolvaṇa Sannipatik Jwara
- Rajajakshma

With these justifications the present treatment module, for the **frontline warriors** and / or those **contacts** and **subjects** kept in **Quarantine**, is being proposed:

- **Interventions** (Ayurvedic drug combination):
 1. **Samshamani Vati** 250 mg , 2 Tabs, twice a day,
 2. **Chyawanprash Avaleha** 20 Gms twice a day and
 3. **Gojihvadi Kwatha**, 30 ml, twice a day

- **Ayurvedic drug combination**

1. **Samshamani Vati:**

(Reference: Siddha Yoga Sangraha, Jwara Adhikara, AFI Vol. II.)

Samshamani Vati is another name for Guduchi Ghana Vati. Guduchi Ghana is one of the unique Ayurvedic classical preparation which is prepared from aqueous of extract of Guduchi (*Tinospora cordifolia* Miers.) stem. It is one of the frequently used drugs treat Madhumeha, Pandu, Kamala, Amlapitta, Grahani, Kustha, Jirna Jwara and Viswamjwara, Trishna, Shool, Yakritavikara, etc.

Guduchi (*Tinospora cordifolia* (Willd.) Miers) (family Menispermaceae) is an important medicinal plant. It is widely distributed in India, extending from the Himalayas down to the southern part of peninsular India.⁸ It is categorized as “*Rasayana*”⁹ and used for its anti-inflammatory,¹⁰ immunomodulatory,¹¹ properties etc. The whole plant is used medicinally; however, the stem is approved for use in medicine as listed by the Ayurvedic Pharmacopoeia of India. This is due to higher alkaloid content in the stems than in the leaves.¹² *Guduchi Ghana* (concentrated form of decoction) is the secondary *Kalpana* (formulation) derived from the primary *Kalpana*, i.e. *Kwatha* (decoction). The freshly collected stem will be cut into small pieces; soaked in four times of water and made decoction of it. The decoction will be reheated until it becomes semisolid and dried in the oven at 55°C. This Ghana will be rolled into pills of 250 mg each.

Contents: *Guduchi Ghana*

Dosage: 250 mg , 2 Tabs, twice a day

2. **Chyawanprashavaleha** 13

बिल्वोऽग्निमन्थः श्योनाकः काश्मर्यः पाटलिर्बला॥⁶²
 इत्ययं च्यवनप्राशः परमुक्तो रसायनः॥⁶⁹॥

जराकृतं रूपमपास्य सर्वं विभर्ति रूपं नवयौवनस्य॥74॥
(इति च्यवनप्राशः) (Ch. Chi. 1/1/69-74)

Dosage: 20 gms twice a day

3. Gojihvadi Kwatha

Ingredients of Gojihvadi Kwatha

An equal amount of:

- Gojihva *Onosma bracteatum* Whole Plant,
- Yastimadhu *Glycerrhiza glabra* Root,
- Saunf *Foniculum vulgare* Fruit,
- Draksha *Vitis vinefera* Dry fruit,
- Anjir *Ficus carica* Dry Fruit,
- Unnav *Zizyphus sativa* Fruit ,
- Vasa *Adhatoda vasica* Whole Plant,
- Jufa *Hyssopus officinalis* Whole Plant
- Sapistan *Cordia latifolia* Fruit,
- Khubkalam *Sisymbrium irio* Seed,
- Gulavanaphsa *Viola odorata* Flower,
- Hansraj *Adiantum lanulatum* Whole Plant,
- Atasi *Linum usitatissimum* Seed,
- Khatmi *Althoea officinalis* Seed,
- Kantakari *Solanum surattance* Root and
- Marich Black pepper in half amount

**Dosage: 30 ml of Kwatha (liquid/decoction form) diluted with an equal amount of water
twice daily**

SOP:

- Subjects' Vitals will be assessed on day 0.
- Subjects will be educated and informed of the common measures to be taken as per the guidelines of Central/State/local health authorities to prevent the spread of the disease.
- AYD will be given to the Subjects and they will be advised to take it as per the dosage schedule. Record will be kept of their daily health condition.

Data collection:

- Epidemiological data with Ayurvedic perspective will be collected.
- Information on socio-demographic, clinical (Allopathic and Ayurvedic) and outcomes will be collected.

Data analysis:

- Descriptive analysis of baseline characteristics including clinical profile
- Outcomes will be assessed and analyzed with reference to baseline variables using SPSS statistical Package

Activity	Baseline (Day 0)	End of First week (Day 7)	Completion of Treatment Schedule or Day 14 or 21
Demographic Data and History, Prakruti		X	X
Physical and systemic Examinations			
Clinical Assessment of health related parameters			
Drug Dispensing		X	X
Global assessment of safety and efficacy	X		
Assessment of vitals, safety and ADR/Adverse Events monitoring			
Drug Compliance	X		

Subjects protection

- Guduchi is recommended by the Ministry of AYUSH in clinical trials of COVID-19
- Chyawanprasha and Gojihvadi Kwatha are approved by the Institutional Human Ethics Committee of NIA for COVID-19.
- The Treatment SOP details will be explained to the patients & voluntary, written informed consent will be taken.

Expected benefits

- The Ayurvedic Drugs may prove beneficial to the patients
- The Treatment protocol will go a long way in generating evidence of the efficacy of Ayurvedic interventions in Prevention of COVID-19.
- The report will be shared with all the stakeholders
- The evidence so generated will provide a foundation for further trials as well as help in framing treatment guidelines and protocols.

References

- 1 [https://www.who.int/emergencies/diseases/novel-coronavirus-2019/technical-guidance/naming-the-coronavirus-disease-\(covid-2019\)-and-the-virus-that-causes-it](https://www.who.int/emergencies/diseases/novel-coronavirus-2019/technical-guidance/naming-the-coronavirus-disease-(covid-2019)-and-the-virus-that-causes-it) (Retrieved on 14th April 2020)
- 2 Ohad Oren, Stephen L. Kopecky, Tyler J. Gluckman, et al., Coronavirus Disease 2019 (COVID-19): Epidemiology, Clinical Spectrum and Implications for the Cardiovascular Clinician, Expert Analysis, JACC, <https://www.acc.org/latest-in-cardiology/articles/2020/04/06/11/08/covid-19-epidemiology-clinical-spectrum-and-implications-for-the-cv-clinician> (Retrieved 14th April 2020)
- 3 Giacomelli A, Pezzati L, Conti F, et al. Self-reported olfactory and taste disorders in SARS-CoV-2 patients: a cross-sectional study. Clin Infect Dis 2020. [epub ahead of print].
- 4 Chan KW, Wong VT, Tang SCW. COVID-19: An Update on the Epidemiological, Clinical, Preventive and Therapeutic Evidence and Guidelines of Integrative Chinese-Western Medicine for the Management of 2019 Novel Coronavirus Disease. Am J Chin Med. 2020;1-26.
- 5 Guan WJ, Ni ZY, Hu Y, et al. Clinical characteristics of coronavirus disease 2019 in China. N Engl J Med 2020. [epub ahead of print].
- 6 <https://www.who.int/news-room/q-a-detail/q-a-coronaviruses#:~:text=protect> (Retrieved 14th April 2020)
- 7 Ibid.
- 8 Geetha KA, Josphin M, Maiti S. Gender instability in *Tinospora cordifolia*: An immunomodulator. Current Science. 2007;92:591.
- 9 Bhava Mishra. Varanasi: Chaukhambha Bharti Academy; 2008. Bhava Prakasha Nighantu, Part-1, Guduchyadi Varga, Commentary by Chunekar KC; p. 228.

Proposal for Integrated Ayurveda Therapy As Adjuvant To Conventional Medicine In COVID-19 Patients

- **Under the primary supervision of Prof. Sanjeev Sharma, Director, NIA, a Team of NIA physicians will Administer the Treatment protocol**
- **Treatment site: Identified COVID-19 Isolation Centre**

-
- 10 Pendse VK, Dadhich AP, Mathur PN, Bal MS, Madam BR. Anti-inflammatory, immunosuppressive and some related pharmacological actions of the water extract of Neem Giloe (*Tinospora cordifolia*): A preliminary report. Indian J Pharm. 1977;9:221-4.
- 11 Thatte UM, Dahanukar SA. Immunotherapeutic modification of experimental infections by Indian medicinal plants. Phytother Res. 1989;3:43-9.
- 12 The Ayurvedic Pharmacopoeia of India; 1st ed. Part I. Vol. 1. NewDelhi: Department of AYUSH, Ministry of Health and FW; 2001. pp. 53-4.
- 13 Sharma R, Martins N, Kuca K, et al. Chyawanprash: A Traditional Indian Bioactive Health Supplement. Biomolecules. 2019;9(5):161. Published 2019 Apr 26. doi:10.3390/biom9050161
- 14 <https://timesofindia.indiatimes.com/india/covid-19-india-begins-clinical-trials-of-ayush-medicines-on-health-workers-those-in-high-risk-areas/articleshow/75596421.cms> (ANI | May 7, 2020, 14:04 IST) Accessed on 07.05.2020

Integrated Ayurveda Therapy As Adjuvant To Conventional Medicine In COVID-19 Patients

Background

Coronavirus disease 2019 (COVID-19) is a newly emerging respiratory tract infection caused by a newly evolved coronavirus, SARS-CoV-2, that was first recognized in Wuhan, China, in December 2019.¹

SARS-CoV-2 causes a respiratory infection with a highly variable clinical course that is dependent on **host** and **organism** factors.² 81% of patients were reported with **Mild disease** in the initial Wuhan report, manifesting as self-limited respiratory symptoms typical of a viral pneumonia, including fever, cough, dyspnea, sore throat but also, interestingly, anosmia and dysgeusia.³ 14% of the cases in the same cohort were observed to progress to **Severe disease** - florid pneumonia which may progress to acute respiratory distress syndrome (ARDS) along with cardiogenic or distributive shock.⁴

Subsequent studies, conducted in other geographic locations and patient populations, showed a different distribution of clinical severity among patients. Mortality rates associated with severe COVID-19 are high (8-25%), **despite aggressive supportive measures including mechanical ventilation**.⁵ Individuals most vulnerable to developing severe and critical disease include those of advanced age or with significant comorbid conditions, such as cardiovascular disease, chronic obstructive pulmonary disease, and hypertension.

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The analysis of epidemiological data of COVID-19 till date with an Ayurvedic perspective leads us to the following major **Samprapti** tenets :

- Janapadodhwamsa
- Pranavaha Srotodushti
- Raktavaha Srotodushti
- Pradhanik karana- SARS-CoV-2
- Vatolvana Sannipatik Jwara
- Rajayakshma

With these justifications the present treatment module is being proposed:

• **Interventions** (Ayurvedic drug combination as adjuvant + Standard Allopathic treatment):

1. **Shati-Pushkarmuladi Vati** 250 mg , 2 Tabs, twice a day,
2. **Chyawanprash Avaleha** 20 Gms twice a day and
3. **Gojihvadi Kwatha**, 30 ml, twice a day

• **Ayurvedic drug combination**

1. **Shati-Pushkarmuladi Vati:** SPV is Shati-Pushkarmuladi Ghana vati adapted from Shati-Pushkarmuladi Churna and is indicated in the Sannipata jvara with manifestations similar to COVID-19:

शटी पुष्करमूलं च व्याघ्री शृङ्गी दुरालभा। गुडूची नागरं पाठा किरातं कटुरोहिणी॥
 एष शट्यादिको वर्गः सन्निपातज्वरापहः । कासहृद्ग्रहपार्श्वार्तिश्वासतन्द्रासु शस्यते॥

(च.चि.3.211-212)

Contents:

These puranika are Anayareeda, Parata Soma, Anana and Prana Vilomana¹⁰

Rupa (Symptoms):
 Some of the important symptoms which are very useful in the diagnosis are AtivaTrotavegaShwasa, Ghughnukam, Kasa, Anuslabhate, Saakhyam, Mularmular Shwasa, Lalate

Shatyadi Churna Yoga¹¹

Name of drug	Botanical name	Part used	Part
Shati	<i>Curcuma zedoaria</i>	Moola	1 part
Chyavan	<i>Asclepias platica</i>	Pustani	1 part
Jeevani	<i>Leptocleis reticulata</i>	Panchanga	1 part
Tyak	<i>Cinnamomum zeylanicum</i>	Tvaka	1 part
Mrida	<i>Cyperus rotundus</i>	Moola	1 part
Pushkarmul	<i>Bala racemosa</i>	Moola	1 part
Shata/Tula	<i>Cotinus coccinea</i>	Pana	1 part
Ela	<i>Pinellia termitis</i>	Faulaniza	1 part
Pippli	<i>Ziziphus caribaeana</i>	Bun	1 part
Agari	<i>Ficus religiosa</i>	Phala	1 part
Nagri	<i>Antonia straliocha</i>	Katiba	1 part
Batak	<i>Zingiber officinale</i>	Kanda	1 part
Shabara	<i>Ficus zeylanica</i>	Moola	1 part
			13*8-104 part

DISCUSSION

The prevalence of Asthma is increasing day by day due to urbanization, industrialization, air pollution etc. Most of the air pollutants are invisible and they affect the health¹². As the main Shwasa is Vata and Kapha dominant disease¹³, it should be treated with the Dravyas with opposite Guna and Karma. Most of the ingredients of Shatyadi Churna possess Kasa, Tula and Kashaya Rasa, Laghu and Teekshna Guna, Ushna Vaya, Deepan-Pachana Karma and Vata-Kaphaghna effect.

Mode of action of Shatyadi Churna

Effect on Srotas: The Shatyadi Churna have a positive effect on involved Pranavaha srotas as it is recommended in the disease of Pranavaha srotas Shwasa¹⁴.

By Rasa: Most of the drugs of this Yoga dominated by K, Taktu and Kashaya Rasa. Sankra which is used in this yoga is eight times. So this yoga has Kaphashamak property by Katu-Taktu Rasa and Vatashamak property by Madhu Rasa¹⁵.

By Guna: Laghu and Teekshna Guna of most of the drugs decrease the excess of Kapha¹⁶.

By Vitya: Ushna Vitya of the majority of the drugs has a positive effect on vitiated Kapha and Vata¹⁷.

By Karma: With Deepan-Pachana Karma of drugs, correct

Dosage: 250 mg , 2 Tabs, twice a day

2. Chyavanaprashavaleha 8

बिल्वोऽग्निमन्थः श्योनाकः काशमर्यः पाटलिर्बला॥62
 इत्ययं च्यवनप्राशः परमुक्तो रसायनः॥69॥
 जराकृतं रूपमपास्य सर्वं बिभर्ति रूपं नवयौवनस्य॥74॥
 (इति च्यवनप्राशः) (Ch. Chi. 1/1/69-74)

Dosage: 20 gms twice a day

3. Gojihvadi Kwatha

Ingredients of Gojihvadi Kwatha

An equal amount of:

- Gojihva Onosma bracteatum Whole Plant,
- Yastimadhu Glycerrhiza glabra Root,
- Saunf Foniculum vulgare Fruit,
- Draksha Vitis vinefera Dry fruit,
- Anjir Ficus carica Dry Fruit,
- Unnav Zizyphus sativa Fruit ,
- Vasa Adhatoda vasica Whole Plant,
- Jufa Hyssopus officinalis Whole Plant
- Sapistan Cordia latifolia Fruit,
- Khubkalam Sisymbrium irio Seed,
- Gulavanaphsa Viola odorata Flower,
- Hansraj Adiantum lanulatum Whole Plant,
- Atasi Linum usitatissimum Seed,
- Khatmi Althoea officinalis Seed,
- Kantakari Solanum surattance Root and
- Marich Black pepper in half amount

Dosage: 30 ml of Kwatha (liquid/decoction form) diluted with an equal amount of water twice daily

SOP:

- Subjects' Vitals will be assessed on day 0.
- Subjects will be educated and informed of the common measures to be taken as per the guidelines of Central/State/local health authorities to prevent the spread of the disease.
- AYD will be given to the patients and they will be advised to take it as per the dosage schedule. Record will be kept of their daily health condition.
- Subjects who turn negative for SARS CoV-2 will be asked to discontinue taking AYD.

Data collection:

- Epidemiological data with Ayurvedic perspective will be collected.
- Information on socio-demographic, clinical (Allopathic and Ayurvedic) and outcomes will be collected.

Data analysis:

- Descriptive analysis of baseline characteristics including clinical profile
- Outcomes will be assessed and analyzed with reference to baseline variables using SPSS statistical Package

Activity	Baseline (Day 0)	End of First week (Day 7)	Completion of Treatment Schedule or Day 14 or 21
Demographic Data and History, Prakruti		X	X
Physical and systemic Examinations			
Clinical Assessment of health related parameters and confirmation of Covid-19			
Drug Dispensing		X	X
Global assessment of safety and efficacy	X		
Assessment of vitals, safety and ADR/Adverse Events monitoring			
Drug Compliance	X		

Patients protection

- Protocol is approved by the Institutional Human Ethics Committee of NIA.
- The Treatment SOP details will be explained to the patients & voluntary, written informed consent will be taken.

Expected benefits

- The Ayurvedic Drugs may prove beneficial to the patients
- The Treatment protocol will go a long way in generating evidence of the efficacy of Ayurvedic interventions in COVID-19.
- The report will be shared with all the stakeholders
- The evidence so generated will provide a foundation for further trials as well as help in framing treatment guidelines and protocols.

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AYUSH

Health and AYUSH Ministers formally launch inter-disciplinary studies involving AYUSH interventions for COVID 19 situation

Posted On: 07 MAY 2020 2:51PM by PIB Delhi

Health Minister Sh. Harsh Vardhan and Minister of State for AYUSH Sh. Shripad Yesso Naik jointly launched clinical research studies on Ayurveda interventions as an add-on to standard care to COVID 19 situation and Ayush Sanjivani application today at New Delhi. AYUSH Minister was participating in the programme through Video Conferencing from Goa.

Speaking on the occasion Dr Harsh Vardhan informed that through a graded, pre-emptive and pro-active approach, Government of India is taking several steps for prevention, containment and management of COVID-19. These are being regularly reviewed and monitored at the highest level.

Dr Harsh Vardhan said, "India has a history of traditional medicine since long and being the pioneer in the field of Ayurveda, the Ministry of AYUSH is working to address the COVID 19 pandemic problem in the country through clinical studies (prophylactic and add-on interventions) of AYUSH systems.

The Union Health Minister said that the Ayush Sanjivani mobile app developed by Ministry of AYUSH will be useful to generate data on acceptance and usage of AYUSH advocacies and measures among the population and its impact in prevention of COVID 19.

On this Occasion Shri Shripad Naik said that the Ministry of AYUSH has taken initiatives to address the COVID 19 pandemic problem in the country through clinical studies (prophylactic and add-on interventions) of AYUSH systems and also studying the impact of AYUSH based prophylactic interventions in high risk population. The ministry is also studying the impact of AYUSH advocacies and AYUSH measures for prevention of COVID 19 among the population.

Shri Naik further informed that the Ministry of AYUSH has undertaken four clinical and population based studies to find a better solution to the problem and to assess the role of AYUSH for prevention of the disease.

Speaking on this occasion Secretary, Ministry of AYUSH Vaidya Rajesh Kotech informed that the Ministry has setup an Interdisciplinary Ayush R&D *Task Force* with a group of experts under the chairmanship of Dr Bhushan Patvardhan, Vice Chairmen,

University Grant Commission (UGC) to formulate and develop strategies for this initiative.

The Joint Secretary, AYUSH Shri P.N.Ranjit Kumar gave presentation and explained in detail about three AYUSH based studies related to COVID-19. He also informed the gathering about the Sanjivni App and explained the benefit of Ayurveda. While talking about the three AYUSH based studies, he gave full details about development of the idea, crowd sourcing, making of the task force, alliance of various institutes like SGPGI, AIIMS, ICMR, CSIR & bringing the idea to reality.

The following studies were formally launched in the programme:

1. **Clinical research studies on Ayurveda interventions as prophylaxis and as an add-on to standard care to COVID 19:** Collaborative clinical studies as a joint initiative of Ministry of AYUSH, Ministry of Health and Family Welfare (MoHFW) and the Ministry of Science & Technology through Council of Scientific & Industrial Research (CSIR) with technical support of ICMR.

The *Interdisciplinary Ayush R&D Task Force* has formulated and designed clinical research protocols for prophylactic studies and add-on interventions in COVID-19 positive cases through thorough review and consultative process of experts of high repute from different organisations across the country for studying four different interventions viz. *Ashwagandha*, *Yashtimadhu*, *Guduchi +Pippali* and a poly herbal formulation (AYUSH-64)

- a. Ashwagandha for the Prophylaxes Against SARS-COV-2 in subjects with increased risk during the COVID 19 Pandemic: A comparison with Hydroxychloroquine in the health care providers and
 - b. Effectiveness of Ayurveda Formulation as an adjunct to 'Standard of Care' for the Treatment of Mild to Moderate COVID-19: A Randomized, Open Label, Parallel Efficacy, Active Control, Multi-Centre Exploratory Drug Trial.
2. **Population based interventional studies on impact of AYUSH based prophylactic interventions:** The ministry of AYUSH is initiating population based studies to study the impact of Ayurvedic Interventions in prevention of COVID-19 infection in high risk population. The core objectives comprise of, assessment of preventive potential of AYUSH interventions for COVID 19 and also to assess the improvement in Quality of Life in high risk population. The study will be carried out through four Research Councils under Ministry of AYUSH and National Institutes in 25 states across the country and several State Governments covering approximately 5 lakhs population.

The outcome of the study would certainly pave a new horizon in understanding the preventive potential of AYUSH interventions during pandemics like COVID 19 through scientific evidence.

3. Ayush Sanjivani application based study for impact assessment of acceptance and usage of AYUSH advisories in its role in prevention of COVID 19: The Ministry of AYUSH has developed Ayush Sanjivani mobile app, for generating data of large population with a target of 5 million people. The core expected outcomes includes to generate data on acceptance and usage of AYUSH advocacies and measures among the population and its impact in prevention of COVID 19.

RJ/SK

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