



सत्यमेव जयते
Govt. of NCT of Delhi



Examining Body for
Para Medical Training for
Bharatiya Chikitsa, Delhi
Govt. of NCT of Delhi

Block-4

Under Ring Road Bypass
Flyover Opp. Indira Gandhi
Stadium Gate-10
I.P. Estate, New Delhi-2

COVID Appropriate Ayurvedic Self-care Measures for Allied and Health care Professionals

Essential COVID Appropriate measures:

- ⦿ Wearing Mask, Sanitization, and Social distancing.
- ⦿ Get vaccinated as early as possible.
- ⦿ Follow COVID Appropriate behaviour (What) every time (When), everywhere (Where), everyone (Who) to stay protected from COVID-19 (Why) - 5 Ws of COVID-19.

Ayurvedic Self-care measures:

Ahara (Dietary measures):

- ⦿ Regular use of spices like Haldi (turmeric), Jeera (cumin), Dhaniya (coriander), Lahshun (garlic), Ajwain (carom seeds), Kali mirchi (black pepper) etc. in limited quantity is advisable while preparing the food.
- ⦿ To drink adequate lukewarm water throughout the day, water may be processed with Dhaniya (coriander) / Jeera (cumin) / Adraka (ginger) etc.
- ⦿ Milk (150 ml) processed with half tea spoon (2.5 to 5 gm) Haldi or sonth (dry ginger) for drinking once in a day.
- ⦿ Take light and easily digestible food at proper time, in a proper quantity according to individual's appetite / digestive strength.
- ⦿ Daily foods may include plenty of pulses, cereals, nuts, seasonal fruits, fresh vegetables, etc.,
- ⦿ Avoid use of junk food, cold beverages and excessive sweets.
- ⦿ Healthy eating habits helps to stay healthy, cope with the stress, optimizes the functions of the immune system.

Vihara (Lifestyle measures):

- ⦿ WHO five moments for hand hygiene i.e. before touching a patient, before any aseptic procedure, after exposure to body fluid, after touching a patient, and after touching a patient's surroundings must be ensured.
- ⦿ Practice Yoga and pranayama during early hours of the day.
- ⦿ Relax & follow deep breathing exercises for 10 minutes during the breaks at work.
- ⦿ Mild to moderate physical activity is advisable.
- ⦿ Use Ayush Kadha (ImmuniTEA) for immunity - (Tulasi 4 parts + Dalchini (Cinnamon) 2 parts + Shunti (Dry Ginger) 2 parts + Kali mirchi (Black pepper) 1 part) decoction by adding 100ml water and boil to remain 20ml, with suitable adjuvants such as Jaggery or lemon juice or dry grapes.
- ⦿ Intranasal application (Pratimarsha nasya) of Anutailam / Cow's ghee daily before leaving the home.
- ⦿ Steam inhalation with Haldi & Lahshun or herbal essential oils (eucalyptus oils etc.) before sleeping.



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- ⦿ Maintain Dental hygiene through proper brushing at morning and at night.
- ⦿ Gandusha (Oil pulling) : to be practiced with 20 – 25 ml of coconut oil (during summer) or sesame oil (during winter), followed by warm water rinsing daily once in the morning or night.
- ⦿ Abhyanga (Oil massage) be done with plain sesame or coconut or mustard oil etc. daily in the morning.
- ⦿ Bathing with warm water after the duty. Clothes wore on duty should be washed immediately.
- ⦿ Advised to have sound sleep (6-8 hrs).
- ⦿ Mobile phones be rapped with transparent plastic sheets for the use on duty, and the plastic cover be removed later, to reduce surface transmission of infection. Bluetooth use may be the choice to be considered so as to avoid frequent touching of the mobile.
- ⦿ Avoid taking tea, lunch etc in groups on a common table.
- ⦿ Avoid close and direct contact while attending OPD & during dispensing and unnecessary roaming at duty place.
- ⦿ Avoid 3 Cs (Closed spaces, Crowded places and Close contact) WHO five moments for hand hygiene i.e. before touching a patient, before any aseptic procedure, after exposure to body fluid, after touching a patient, and after touching a patient's surroundings must be ensured.
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Achara & Vichara (Behavioural & psychological measures):

- ⦿ Lightening cow's ghee lamps purifies the indoor environment due to its Visha Grahadi Bhutaghnami effect.
- ⦿ Dhupana karma (fumigation): Regular fumigation with Aparajitha dhoopa churnam is advisable at larger work places to purify the surrounding environment.
- ⦿ Practice meditation regularly during the breaks in the duty.
- ⦿ Regular chanting of sacred hymns as per the personal religious beliefs.
- ⦿ Indulge in recreational activities and hobbies at home with family like dancing, mimicry, playing small skids, indoor games, creative activities, art and crafts, listening to music, etc.
- ⦿ Make the habit of eating mindfully by avoiding the acts like watching T.V. & Mobile while eating.

Aushadha (Pharmacological Measures) :

- ⦿ AYUSH -64: Two tablets two to three times a day with water, if having history of contact with COVID positive patients and / or having influenza like symptoms (OR) Tab. Samshamani Vati 500 mg tablets 2 tab two times a day.
- ⦿ Chyavanprash 5-10 gm early morning on empty stomach.
- ⦿ Aswagndha Churnam 2 gm + Yastimadhu Churnam 1 gm + Pipplali churnam 500mg with milk once in a day afterdinner.
- ⦿ Consultation with a Qualified Ayurvedic physician is strongly advised in case of co-morbidities.

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