



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 Siddha Self-care Measures for Allied and Healthcare Professionals

Essential COVID Appropriate measures:

- ⦿ Wearing Mask, Sanitization, and social distancing.
- ⦿ Get vaccinated as early as possible

Siddha Self-care measures:

Unavu -(Dietary measures) :

- ⦿ Regular use of spices Manjal (turmeric), Seeragam (cumin),Kothamalli (coriander), Poondugarlic),Omam (carom seeds), Milagu (black pepper) etc. in limited quantities is advisable while preparing the food.
- ⦿ To drink adequate lukewarm water throughout the day, water may be processed with roasted Kothamalli (coriander)/ Seeragam(cumin) /Inji (ginger) etc.
- ⦿ Eerulli pal- Slow cooked milk with sambar onions (1glass milk with 2 cloves of sambar onion).
- ⦿ 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, milk & milk products, etc.
- ⦿ Avoid use of junk food, cold beverages and excessive sweets.
- ⦿ Healthy eating habits help to stay healthy, cope with stress, and optimize the functions of the immune system.
- ⦿ Rasam with Milagu, Seeragam,Karuvapatta,Ginger, and Garlic.
- ⦿ Daily green smoothie like Avaraipinju(Broad beans), KathariPinju(Brinjal), Murungai (Moringa Leaves)to improve prebiotics in Gut and for detoxification
- ⦿ Coarse powder of Kothamalli with Panam sakkarai made as a decoction and can be taken in the morning for stress management .
- ⦿ Barley gruel, Panchamutti kanji gruel.

Ozhukkam- (Lifestyle measures):

- ⦿ 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.
- ⦿ Steam inhalation with Manjal or herbal essential oils (eucalyptus oils etc.) after coming from outside.
- ⦿ Maintain Dental hygiene through proper brushing at morning and at night.



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- ⊙ 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.
- ⊙ Ennai kuliya advised to take oil bath twice a week with medicated oils like KarisalaiThailam, Santhanathi Thailam.
- ⊙ Bath be taken with warm water after the duty. Clothes worn on duty to be washed immediately.
- ⊙ Advised to have sound sleep (6-8 hrs).
- ⊙ Mobile phones are to be wrapped with transparent plastic sheets during the duty hours, and the plastic cover be removed later, to reduce surface transmission of infection.
- ⊙ 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)

Natattai and ulaviyal Paramarippu (Behavioural & Psychological measures):

- ⊙ Environmental sanitation: Kungiliyam(Shorearobusta), Sambrani (Styrax Benzoin), Manjal (Curcuma longa), Vembu (Azadirachta indica) fumigation is advocated.
- ⊙ Practice meditation regularly, and also during the breaks in the duty if possible.
- ⊙ Regular chanting of sacred hymns as per the personal religious beliefs.
- ⊙ Indulge in recreational activities and hobbies at home with family like dancing, mimicry, 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.

Marunthu -(Pharmacological Measures):

- ⊙ Nellikkai Legiyam 1 tsp morning empty stomach.
- ⊙ Kapha jwara kudineer 60 ml once a day.
- ⊙ Amukkara choornam 1 tsp bedtime with milk.
- ⊙ Madhulai manappagu 5 to 10 ml with warm water once a day.

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