

1	2	3	4
21.	Maharashtra	795.5	609.5
22.	Manipur	79	79
23.	Meghalaya	0	0
24.	Mizoram	29	29
25.	Nagaland	243.3	210
26.	Odisha	0	0
27.	Puducherry †	0	0
28.	Punjab	0	0
29.	Rajasthan	955	955
30.	Sikkim	86.6	70
31.	Tamil Nadu	2653	1212
32.	Telangana	239	239
33.	Tripura	0	0
34.	Uttar Pradesh	2666.9	2236
35.	Uttarakhand	203	203
36.	West Bengal	591	581
TOTAL		16068.5	13822.5

**Ayurvedic formulations to fight coronavirus**

166. SHRI K.J. ALPHONS: Will the Minister of AYURVEDA, YOGA AND NATUROPATHY, UNANI, SIDDHA AND HOMOEOPATHY (AYUSH) be pleased to state:

(a) whether there is any ayurvedic medicines or formulations to create immunity against coronavirus;

(b) whether there is any Government or private institutions doing research on this; and

(c) the results of the research?

THE MINISTER OF HEALTH AND FAMILY WELFARE (DR. HARSH VARDHAN):

(a) Ministry of AYUSH has issued self-care guidelines for preventive health measures and boosting immunity with special reference to respiratory health as given in the Statement (*See* below).

(b) and (c) The Research Councils and National Institutes under Ministry of AYUSH have launched clinical studies on AYUSH interventions as prophylactic interventions in high risk population. These studies are at various stages of conduction.

#### *Statement*

#### **Ministry of AYUSH**

#### **Ayurveda's immunity boosting measures for self care during COVID-19 crisis**

In the wake of the Covid-19 outbreak, entire mankind across the globe is suffering. Enhancing the body's natural defence system (immunity) plays an important role in maintaining optimum health.

We all know that prevention is better than cure. While there is no medicine for COVID-19 as of now, it will be good to take preventive measures which boost our immunity in these times. Ayurveda, being the science of life, propagates the gifts of nature in maintaining healthy and happy living. Ayurveda's extensive knowledge base on preventive care, derives from the concepts of "Dinacharya" - daily regimes and "Ritucharya" - seasonal regimes to maintain healthy life. It is a plant-based science. The simplicity of awareness about oneself and the harmony each individual can achieve by uplifting and maintaining his or her immunity is emphasized across Ayurveda's classical scriptures.

Ministry of AYUSH recommends the following self-care guidelines for preventive health measures and boosting immunity with special reference to respiratory health. These are supported by Ayurvedic literature and scientific publications.

#### **Recommended Measures**

##### **I. General Measures**

1. Drink warm water throughout the day.
2. Daily practice of Yogasana, Pranayama and meditation for at least 30 minutes as advised by Ministry of AYUSH (#YOGAatHome #StayHome #StaySafe)

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

## II. **Ayurvedic Immunity Promoting Measures**

1. Take Chyavanprash 10gm (1t sf) in the morning. Diabetics should take sugar free Chyavanprash.
2. 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.
3. Golden Milk- Half tea spoon Haldi (turmeric) powder in 150 ml. hot milk - once or twice a day.

## III. **Simple Ayurvedic Procedures**

1. **Nasal application** - Apply sesame oil/coconut oil or Ghee in both the nostrils (Pratimarsh Nasya) in morning and evening.
2. **Oil pulling therapy**- Take 1 table spoon sesame or coconut oil in mouth. Do not drink, Swish in the mouth for 2 to 3 minutes and spit it off followed by warm water rinse. This can be done once or twice a day.

## IV. **During dry cough/sore throat**

1. Steam inhalation with fresh Pudina (Mint) leaves or Ajwain (Caraway seeds) can be practiced once in a day.
2. Lavang (Clove) powder mixed with natural sugar/honey can be taken 2-3 times a day in case of cough or throat irritation.
3. These measures generally treat normal dry cough and sore throat. However, it is best to consult doctors if these symptoms persist.

The above measures can be followed to the extent possible as per an individual's convenience.

Disclaimer: The above advisory does not claim to be treatment for COVID-19.