

# PRASĪDA AYURVEDA CLINIC

## GENERAL INSTRUCTIONS FROM AYURVEDA PREVENTIVE CARE COVID-19 CORONA VIRUS

World over the understanding of CORONA VIRUS COVID-19 PANDEMIC and its geographical spread, demographical effects and possible clinical management are still at an experimental stage. Possibility of arriving at a 'sure cure' or developing vaccines soon is wishful thinking, but will eventually happen.

To keep ourselves fit, and manage symptomatically if vulnerable to exposure, an Ayurvedic perspective for clinical care should evolve from a combination of epidemic prevention traditional practices and a number of supportive research studies like the potential benefits of herbal anti-virals, modulation of cytokine expression by Herbal Immuno-modulators, effects of herbal fumigation, anti-viral effects of Turmeric, Guduchī, Ashvagandhā, KālāJeera (nigella seeds), Karpoora, etc in conjunction with the therapeutic values of geo-specific dietetics of India. The principles of physiology, health and disease in Ayurveda are all based on the unique and extremely complex **TriDoshā** concept. Preventive care and symptomatic management are the only possible avenues as of now, i.e, March 2020.

'Strength of the disease' and the 'strength of the individual' seemingly go by the opposites, meaning, the stronger you are, the weaker the disease; and the weaker you are, stronger and more devastating is the effect of this pathogen of pandemic proportions.

Preventive care plays a primary and profound role, the following are pointers on simple yet practical and effective methods to inculcate in daily routine :

- Social distancing and voluntary self quarantine.
- Maintain utmost hygiene, wash hands with soap frequently, take bath once or twice a day, with regular soap or bath gel.
- Wash daily clothes on the same day and sun dry / shade dry in open air.

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- Delivery boys / service personnel / domestic help etc who are entering home, should first thoroughly wash their hands with soap and water till the elbows. The common practice of using just a few drops of sanitiser won't suffice.
- Masks are a must, encourage use of washable or disposable masks. It is not unusual these days to see people using the same mask for days without washing it. Educate personnel, and if possible, provide them a set of washable masks. Remember, dirty masks and gloves harbour microbes.
- Consume freshly prepared homemade foods.
- Drink only well boiled water / milk, warm or at room temperature.
- Stick to the basic dietetics: Daal, chaaval, sabji, roti, doodh, dahi, dilute lassi and fruits that can be skinned / peeled, and dry fruits.
- Minimise raw foods for now, because the process of cooking, steaming, baking, roasting, deep frying etc ensures sterilisation of food; Prepare foods the traditional way and consume fresh and hot.
- Do not store / freeze cooked leftovers in the refrigerator.
- Use refrigeration only for unprocessed foods like fruits, vegetables, milk and uncooked perishables.
- Include hot soups seasoned with fresh ginger, black pepper, cumin (jeera), asafoetida (hing), saindhava salt, turmeric, lemon and butter; as a starter for at least one meal in a day.
- Sip freshly prepared hot herbal teas made from cumin (jeera), nigella seeds (kalonji / kaali jeera), fresh or dry ginger, Tulasi leaves, turmeric, black pepper and cloves; alone, or in your choice of combination, this habit keeps the digestive and immune systems functional and fit.
- Make a habit of taking pure turmeric powder with warm milk once or twice daily.

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- Stress can be extremely counter productive to the immune system, Yōga, Praṇāyāma and Meditation can help.
- Try to get 6 to 8 hours of continuous nightly sleep, this is the best re-charger our mind and body can be plugged into.
- Avoid consuming too many 'social media recommended' unfamiliar herbs, or commercially advertised OTC (over the counter sale) products.
- A traditional method of home fumigation is to paste a combination of pure ghee and pure turmeric powder on a bandage cloth / cotton cloth, roll it into a wick or a cigar shape, and light it at one end, after a couple of minutes, extinguish the flame and fumigate with the smoke generated. Do this procedure carefully, keeping in mind the risk of fire and open flame.
- GOOD SENSE OF HYGIENE AND SIMPLE HOME REMEDIES PLAY AN EXTREMELY IMPORTANT ROLE NOW, AND IN FUTURE TOO, MAKE IT A HABIT.
- **Beyond preventive care, prescription internal medications and allied guidelines shall be as per the discretion of your attending Physician, depending on your presenting clinical condition and staging.**
- TAKE CARE, STAY SAFE.

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