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क्रमांक/ST/योजना/20/964-1030
प्रति,

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1. प्रधानाचार्य
शासकीय आयुर्वेद / होम्योपैथी / यूनानी महाविद्यालय
2. संभागीय आयुष अधिकारी
समस्त संभाग म.प्र.
3. जिला आयुष अधिकारी
समस्त जिला म.प्र.

विषय :- Corona Virus से बचाव हेतु दिशा निर्देश।

संदर्भ:- भारत शासन पत्र क्र. D.O.No.S.16030/18/2019-NAM Dated
06.03.2020

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विषयांतर्गत संदर्भित पत्र का अवलोकन करें। जिसमें आयुष मंत्रालय भारत सरकार से प्राप्त निर्देशानुसार आपके अधीनस्थ शासकीय आयुष संस्था में कोरोना वायरस के प्रतिरोधात्मक हेतु निम्नानुसार कार्यवाही सुनिश्चित करें एवं उक्त कार्यक्रम हेतु व्यय मेगा शिविरों में आवंटित राशि से किया जावे :-

उद्देश्य

1. प्रदेश के नागरिकों को कोरोना वायरस संक्रमण से बचाव के उपाय बताना
2. आयुष चिकित्सा पद्धति के माध्यम से रोग प्रतिरोधक क्षमता बढ़ाना एवं श्वसन संबंधी रोग प्रतिरोधक औषधि एवं आहार विहार आदि के बारे में जानकारी देना।

गतिविधियां

1. कोराना वायरस से बचाव के सामान्य सावधानियों, उपाय, संक्रमण के सामान्य लक्षणों एवं आयुष रोग प्रतिरोधात्मक चिकित्सा के बारे में जानकारी फ्लेक्स (बैनर) के माध्यम से जागरूकता शिविर साप्ताहिक हाट बाजार, स्कूलों, पंचायतों तथा सार्वजनिक स्थल पर प्रदान करना।

सामान्य उपाय एवं सावधानियाँ

- नमस्ते कर अभिवादन करें
- व्यक्तिगत स्वच्छता बनायें
- साबुन व पानी से हाथों को 20 सेकण्डस तक धोये
- सार्वजनिक स्थानों पर यात्रा करते समय एन 95 मास्क का प्रयोग करें।
- ताजे बने हुये एवं पोष्टिक आहार (Balanced Diet) का सेवन करें।
- रोग प्रतिरोधक क्षमता बढ़ाने हेतु प्रतिदिन योग एवं प्राणायाम करें।

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- सर्दी, खांसी व छीक आने पर मुंह व नाक को रुमाल या टीशू पेपर से ढक लें।

सामान्य लक्षण


- ❖ सिर दर्द
- ❖ बुखार
- ❖ गले में खराश, खांसी
- ❖ नज़ला/जुखाम
- ❖ सांस लेने में परेशानी

आयुष पद्धति द्वारा रोग प्रतिरोधक चिकित्सा

आयुर्वेदिक रोग प्रतिरोधक चिकित्सा	होम्योपैथी रोग प्रतिरोधक चिकित्सा	यूनानी रोग प्रतिरोधक चिकित्सा
❖ संशमनी वटी, 500 मि. ग्र. दिन में दो बार 15 दिन तक गर्म पानी से लें	❖ आर्सेनिकम एल्बम 30 को कोरोना वायरस संक्रमण के उपचार एवं रोक थाम में प्रभावी माना गया है।	❖ निम्न लिखित औषधियों का काढ़ा (जोशांदा) <ul style="list-style-type: none"> • वेहीदाना 3 ग्राम • उन्नाब 5 दाना • सपिस्तान 9 दाना 250 एम.एल पानी में डालकर आधा शेष रहने तक उबालें एवं पियें।
❖ AYUSH 64 की 2 गोली दिन में दो बार लें।	❖ Bryonia alba, Belladonna, Gelsemium, Eupatorium, Perfoliatum भी सर्दी जुकाम जैसे लक्षणों में लाभदायी हैं।	❖ अर्क अजीब 4-8 बूंद ताजे पानी के साथ दिन में 4 बार इस्तेमाल करें।
❖ अणु तैल/शीशम तैल का प्रतिमर्श नस्य प्रतिदिन सुबह प्रयोग करें।		
❖ षडंग पानीय(मुस्ता, परपट, उशीर, चंदन, उदीच्य, शुण्ठी) 01 लीटर पानी में इनका 10 ग्राम पाउडर डालकर उबालें आधा शेष रहने पर प्यास लगने पर गुनगुना पियें।		
❖ त्रिकटु पाउडर 5 ग्राम, तुलसी 3 से 5 पत्तियाँ 1 लीटर पानी में डालकर उबालें, आधा शेष रहने पर पियें।		

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3. उपरोक्त से आयुष चिकित्सा अधिकारी पैरामेडिकल, जनसामान्य को अवगत करावें।
4. जागरूकता शिविर के साथ साथ रोग प्रतिरोधक उपाय हेतु चिकित्सा शिविर का आयोजन करना।
5. Advisory के अनुसार संस्था में दवा की उपलब्धता सुनिश्चित करें। आवश्यकता पडने पर संचालनालय में मांग प्रेषित करें।


(डॉ. एम.के. शिवावाल)
आयुक्त
आयुष म.प्र.

ADVISORY FROM MINISTRY OF AYUSH FOR MEETING THE CHALLENGE
ARISING OUT OF SPREAD OF CORONA VIRUS (COVID-19) IN INDIA

Corona viruses (CoV) are a large family of viruses that cause illness ranging from the common cold to more severe diseases such as Middle East Respiratory Syndrome (MERS-CoV) and Severe Acute Respiratory Syndrome (SARS-CoV). The new Corona virus disease (COVID-19) was first reported from Wuhan, China, on 31 December 2019. 72 countries reported COVID-19 incidence with 90,870 confirmed cases and 3112 deaths as per WHO factsheet as on 03.03.2020. As on 03.03.2020, 05 confirmed cases are reported in India from various parts.

Common signs of infection include fever, cough, myalgia, fatigue and breathing difficulties. In more severe cases, infection can cause pneumonia, severe acute respiratory syndrome, kidney failure and even death.

The function of the immune system is critical in the human response to infectious disease. Viral infections induce oxidative stress and cause damage to airway epithelial cells. A growing body of evidence identifies stress, nutrition and immunity as a cofactor in infectious disease susceptibility and outcomes. The mainstay in management of corona viral infections has been supportive care, nutrition and preventing further progression in the absence of any antiviral agent or vaccine.

During Ebola outbreak in 2014 expert group of WHO has recommended that "it is ethical to offer unproven interventions with as yet unknown efficacy and adverse effects, as potential treatment or prevention" keeping in view no vaccine or anti-virals were available.

Approach of AYUSH systems:

The holistic approach of AYUSH systems of medicine gives focus on prevention through lifestyle modification, dietary management, prophylactic interventions for improving the immunity and simple remedies based on presentations of the symptoms.

For instance, emphasis on avoidance of causative factors and enhancing the immunity against host of infections are characteristics of Ayurveda management. The preventive aspect of Homoeopathy is well known, and historically, Homoeopathy has reportedly been used for prevention during the epidemics of Cholera, Spanish Influenza, Yellow fever, Scarlet fever, Diphtheria, Typhoid etc. The genus epidemicus (GE) is the remedy found to be most effective for a particular epidemic once data have been gathered from several cases. It was reported that, during recent past GE had been used during various disease outbreak for preventing the spreading of diseases like Chikungunya, Dengue Fever, Japanese Encephalitis and Cholera with good results. As detail accounts of use of homoeopathy in control of epidemics are given in recent publications.

The AYUSH approach to manage the outbreak broadly comprise of:

- i. Preventive and prophylactic
- ii. Symptom management of COVID-19 like illnesses
- iii. Add on Interventions to the conventional care

Based on potential & strength of AYUSH systems supported by evidences for promotion of immunity and help in improving the respiratory symptoms in similar diseases and as per the recommendations from the research councils under Ministry of AYUSH following system wise approach is recommended:

i. Preventive and prophylactic:

Ayurveda:

Samshamani Vati 500 mg. twice a day with warm water for 15 days. The medicine contains aqueous extract of *Tinospora cordifolia*.

Siddha:

Nilavembu.Kudineer decoction 60 ml. twice a day for 14 days. The medicine contains aqueous extract of *Andrograhis paniculata* & others.

Unani:

Preparation of decoction by boiling Behidana (*Cydonia oblonga*) 3 gm, Unnab (*Zizyphus jujube*) 5 in number. Sapistan (*Cordia myxa*) 9 in number in water. (Boil these in 250 ml water- boil it till it remains half- filter it – keep in a glass bottle and use it lukewarm). The drugs used in the preparation of this decoction have been reported to have

Antioxidant activity, Immuno-modulatory, antiallergic, smooth muscle relaxant activity and Anti-influenza activity. This decoction may be taken twice a day for 14 days.

Homoeopathy:

Arsenicum album 30, daily once in empty stomach for three days. The dose should be repeated after one month by following the same schedule till Corona virus infections prevalent in the community.

In one of the studies Arsenic album as one of the constituents in a formulation affected HT29 cells and human macrophages. Also, it showed ↓NF-κB hyperactivity (reduced expression of reporter gene GFP in transfected HT29 cells), ↓TNF-α release in macrophages. More over Arsenic album is a common prescription in the cases of respiratory infections in day to day practice.

ii. Symptom management of COVID-19 like illnesses

Ayurveda

1. AYUSH-64 : 02 tablets twice a day
2. Agasthya Hareetaki : 05 gm twice a day with warm water
3. Anuthaila/ Sesame oil 02 drops in each nostril daily in the morning

Siddha

1. Nilavembu Kudineer /Kaba Sura Kudineer – decoction 60ml twice a day
2. Adathodai Manapagu – Syrup 10 ml twice a day

Homoeopathy

Various medicine which found to be effective in treating flu like illness are *Arsenicum album*, *Bryonia alba*, *Rhus toxico dendron*, *Belladonna* *Gelsemium* *Eupatorium perfoliatum*.

All these medicines should be taken in consultation with qualified physicians of respective AYUSH systems.

iii. Add on Interventions to the conventional care

Ayurveda

1. AYUSH-64 : 02 tablets twice a day
2. Agastya Hareetaki : 05 gm twice a day with warm water

Siddh

1. Vishasura Kudineer : decoction 60ml twice a day
2. Kaba Sura Kudineer – decoction 60ml twice a day

Homoeopathy

Medicine mentioned Symptom management of COVID-19 like illnesses" under subhead Homoeopathy can also be given as add on to the conventional care.

All these medicines should be taken in consultation with qualified physicians of respective AYUSH systems.

General preventive measures (already notified):

- i. Observe good personal hygiene.
- ii. Practice frequent hand washing with soap.
- iii. Follow respiratory etiquettes - cover your mouth when coughing or sneezing.
- iv. Avoid close contact with people who are unwell or showing symptoms of illness, such as cough, runny nose etc.
- v. Avoid contact with live animals and consumption of raw/undercooked meats.
- vi. Avoid travel to farms, live animal markets or where animals are slaughtered.
- vii. Wear a mask if you have respiratory symptoms such as cough or runny nose.

In addition, the following AYUSH specific measures may be adopted:

The diet should be fresh, warm, easy to digest, containing whole cereals, seasonal vegetables etc. Frequent sipping of water boiled with Tulsi leaves, crushed ginger, and turmeric would be beneficial. Honey with a pinch of pepper powder is also beneficial in case cough. Cold, frozen and heavy foods may be best avoided. It is always beneficial to avoid direct exposure to cold breeze. Appropriate rest and timely sleep are advisable. The practice of Yogasana and Pranayama under the guidance of qualified Yoga instructor is recommended.

Common medicinal plants useful in similar symptoms are Tulsi (*Ocimum sanctum*), Guduchi (*Tinospora cordifolia*), Ginger (*Zingiber officinale*) and Turmeric (*Curcuma longa*)

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