

AYURVEDIC STRATEGIES FOR THE PREVENTION, MITIGATION AND
REHABILITATION OF COVID-19 IN KERALA

Action plan

Component	Details	Responsible authority
Setting up of organisational framework	The constitution the State Ayurvedic COVID-19 Response Cell (SACRC) and the nomination of its office bearers	The Department of AYUSH, DISM, DAME, NAM
	Setting up of the Regional Ayurvedic COVID-19 Response Cell (RACRC) and the nomination of its office bearers	
	Setting up of the District Ayurvedic COVID-19 Response Cell (DACRC) and the nomination of its office bearers	
	Formation of <i>Ayur Raksha Clinics</i> across the state	
Setting up of Communication	Establishment of a state level official communication network for the effective execution of the recommended framework within and among the various levels of the framework (Various conferencing platforms, WhatsApp and others)	NAM
Establishing necessary linkages	Urgent intimation and integration of the newly formed organisational framework with the public health mechanism of the state and the relevant components of the LSGD for the smooth running of the same	The Department of AYUSH

Readiness and preparedness	The accepted strategies of the report submitted by the task force shall be circulated officially among the office bearers and members at various levels (SACRC, RACRC and DACRC).	Department of AYUSH, DAME, DISM, NAM
	Imparting training, awareness and sensitisation of the essential components of the <i>Ayur Raksha Clinics</i> (medical officers and allied human resources)	DAME, DISM and NAM
	Ensuring support and coordination with the local public health mechanisms and LSGD components	DAME, DISM and NAM
Initiating the programme	The first meeting of the SACRC shall be convened at the earliest. Selection of the programmes for immediate implementation, the formulation of the SOP's and assignment of duties and responsibilities to the members and the nominees	Department of AYUSH, SACRC
	Activation of RACRC, DACRC and Ayur Raksha Clinics via virtual meetings and ensuring readiness and preparedness for implementation	SACRC
The Declaration	Declaration of the state level implementation of the programme*	The Chief Minister and The Health Minister

*Major programmes are annexed

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Major Programmes for Declaration

1. The Ayurvedic Strategies for the Prevention, Mitigation and Rehabilitation of COVID-19 in Kerala will be initiated with the motto “*Karuthalode keralam, karuthekan Ayurvedam*” (കരുതലോടെ കേരളം, കരുത്തേകാൻ ആയുർവേദം).
2. Ayurvedic COVID-19 response cells will be specifically constituted at the state, regional and district levels for the effective implementation of the Ayurvedic Strategies for the Prevention, Mitigation and Rehabilitation of COVID-19 in Kerala (The State Ayurveda COVID-19 Response Cell (SACRC), The Regional Ayurveda COVID-19 Response Cell (RACRC) and The District Ayurveda COVID-19 Response Cell (DACRC)).
3. The three Government Ayurveda Medical Colleges in Kerala will serve as the Regional Ayurveda COVID-19 Response Cells.
4. All Ayurvedic Dispensaries under the department of Indian Systems of Medicine and National AYUSH Mission across the state will serve as the basic implementation unit of the programme – *Ayur Raksha Clinics* for strengthening the preventive mechanisms against COVID-19 in the state
5. “*Swasthyam*” (സ്വാസ്ഥ്യം) – A comprehensive Ayurvedic programme for the preventive campaign against COVID-19 comprising of dietary, lifestyle and behavioural modifications with minimal specific medications for the entire population classified into seven groups on the basis of age and risk of COVID-19 exposure. The programme also envisages popularisation of simple and systematic exercises comprising of *Yoga* essentially for a duration of 20 minutes daily for improving physical health, mental health and lung compliance.

6. “*Sukbayushyam*” (സുഖായുഷ്യം) – a special programme for the elderly above the age of 60 for the sustenance and promotion of general health, mental health and to minimise infection susceptibility as well as fatal complications
7. “*Punarjani*” (പുനർജനി) – The comprehensive Ayurvedic COVID-19 convalescent care programme. Specific Ayurvedic management for the sequels to COVID-19 patients in the recovery phase after the mandatory isolation of 14 days.
8. “*Niramaya*” (നിരാമയ) – the official virtual platform for enabling the effective utilisation of ayurvedic strategies against COVID-19 in state
9. Official discussions with public health mechanisms will be commenced immediately seeking the possibility of integration of Ayurvedic Medicines to the management of uncomplicated COVID-19 cases for terminating further progression of the disease

Submitted by

Dr Rajmohan V,

Convener

Task forces for the formulation of Ayurvedic strategies against COVID-19