

STATE AYURVEDA COVID-19 RESPONSE CELL

# The Essential Drug List

FOR THE AYURVEDIC PREVENTION AND  
CONVALASCENT CARE IN COVID-19

Department of AYUSH,  
Government of Kerala  
4-15-2020

### Guidelines for Usage

- The EDL is solely intended for the purpose of Ayurvedic prevention and convalescent care of COVID-19 at the Regional and District Ayurveda COVID-19 Response Cells as well as *Ayur Reksha Clinics* across the state.
- The medicines from the EDL shall be administered only under the strict guidance of registered Ayurvedic practitioners only.
- The administration of the EDL shall be in accordance to the approved annexures attached herewith.
- *The EDL under any circumstances shall not be used as a cure of COVID-19 patients (with or without laboratory confirmation) or individuals with symptoms of potential COVID-19 manifestations.*

### **Kasahayas**

1. Indukantham
2. Nayopayam
3. Pathya Shadamgam
4. Elakanadi
5. Vyaghryadi
6. Drakshadi
7. Dasamoola Katuthrayam
8. Shadangam/ Amruta Shadanagam (as panakam)

### **Chooranam/Gudika**

1. Sudarsanam Chooranam/Gudika/Tablet
2. Vilwadi Gudika/Tablet
3. Aswagandha Chooranam
4. Triphala Chooranam
5. Guduchi Chooranam
6. Yashti Chooranam
7. Pippali Chooranam

### **Ghrutham**

1. Indukantham
2. Bruhat Chagaladi

### **Avaleham**

1. Kooshmanda Rasayanam
  2. Agasthya Rasayanam
  3. Pippali Rasayanam
  4. Amrutha Prasam
  5. Chyavana Prasam
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## Annexures – Technical

### Annexure 1

#### Guidelines for Healthy People

##### Non Pharmacological Interventions

###### *Diet*

a. Food: The lockdown reduces physical activity and at the same time can induce craving for food. It is important to refrain from overeating and especially indulgence in snacking and junk food. Here are some general guidelines:

- Eat only when you are hungry
- Avoid frequent snacking just to while away time. Snacks may be used only if you are really hungry. Dry fruits, homemade chips, boiled banana etc. are the options to select from.
- Reduce the quantity to  $\frac{3}{4}$  or  $\frac{1}{2}$  of what you take on an active normal day.
- Rice gruel (Kanji) at least once a day is an ideal option
- Avoid or restrict the use of non-vegetarian food.
- Try adding  $\frac{1}{4}$  teaspoon of dry ginger powder while cooking the rice. This will aid digestion. Good gut is the foundation of good health.
- ‘Chammanthi’ made of gooseberry (Nellikka) and ginger (inchi) can be a healthy and tasty recipe
- In curry, pastries, snacks, tiffin, soups, wherever possible, use green gram (cheru payar) liberally.
- Minimize the use of black gram (uzhunnu).
- Include locally available vegetables and fruits in the daily menu as per the availability. Bananas, Mangoes, Jackfruit, Guavas and other seasonal fruits available in our villages have good nutritional value. Use them according to one’s digestive capacity. .
- Avoid pickles, hot spicy foods, and garam masala.

b. Beverages:

- The water for drinking may be converted into an excellent medicine by some simple techniques. See one example: boil the water with comfortable amounts of dry ginger, coriander seeds (malli), thulasi leaves, muthanga, panikkoorkayila, ayamodakam (ajwain seeds), and turmeric. The quantities need not be that specific. Make it a tasty chukkuvellam. All members of the family can quench their thirst with this.
- Drink tea and coffee, the popular beverages of Kerala, sparingly during the lockdown. There are reports of sleeplessness, hyperacidity, heartburn and other similar issues caused by excessive use of tea and coffee.
- ‘Chukkukaappi’ may be a safer alternative, which is a simple digestive and medicinal beverage. Also try similar drinks like thulasikkaappi, mallikkaappi etc.
- Those who are familiar with diluted milk, or milk as such, try it with a piece of dry ginger (chukku) and a pinch of turmeric powder while boiling it. It is more helpful to improve the respiratory health. Goat’s milk has an edge over cow’s milk in this regard.
- Sarbath prepared out of nannari/naruneendi is a tasty and healthy option for healthy persons, but don’t prepare with ice water.
- Diluted buttermilk (sambharam) with some salt, ginger and curry leaves is an exceptionally healthy drink. Buttermilk boiled with turmeric, dry ginger and curry leave (kaachiya moru) can keep the digestive tract healthy and smooth. This was a panacea of our ancestors.
- Avoid Curd.
- Avoid refrigerated water. It can invite throat infection. Please remember that sore throat of any sort may be suspected as an initial presentation of COVID. Don’t jeopardize the health status of your respiratory tract.
- Don’t use carbonated and alcoholic beverages of any sort.

### *Personal hygiene and Activities of daily living*

- Go to the bed early at night and get up early in the morning. Sound sleep is an excellent tonic for the body and mind.

- Don't opt to have a nap during daytime. Excessive sleeping is a good reason for weight gain.
- Don't use an air-conditioner. Keep the windows open and the rooms properly ventilated. If at all using an AC, never set temperature to below 25 degrees. When you use a fan, don't sit or lie down right below it, especially at night. These practices are to keep your respiratory tract healthy.
- Keep the day actively engaged in works that you can do at home. Prepare a timetable for the lockdown period.
- Start reading good books. During these days, reading can be developed into a healthy habit, good for the mind as well.
- Spend time with your loved ones.
- Try activities like cooking, painting, stitching, gardening, games, etc.
- Do things on a timetable.
- Be regular with the morning routines like brushing the teeth, toilet, bathing, etc. as the season is warm and humid in Kerala, wash your body twice and head once (preferably in the morning)
- *Nasyam*: put one drop of coconut oil or sesame oil in each nostril and inhale. This may be done in the morning before head bath.
- Don't bathe immediately after a meal.
- Exercise moderately but regularly. An adult with moderate built shall exercise two times a day. It can be Yoga, Skipping, Treadmill, *Orbitrek* or something of that sort. Opt for those, which can be done indoors. Yoga has an edge over the others because it can be incorporated with pranayama and meditation, which will be excellent support for the mind as well.
- Keep good posture while sitting, lying down or standing. Faulty postures may end up in spinal disorders by the time we come out of the lockdown period.
- Keep yourself happy and composed. Stress is the biggest enemy of our immune system.

### *Hygiene of the premises*

- Keep your home and surroundings clean. This is essential for prevention of all sorts of diseases.

- Manage the domestic waste properly. Don't allow mosquitoes, rats or other rodents to breed around.
- Smoke (dhoopanam) all the rooms of your house with herbs. Turmeric, Garlic, mustard, Neem leaves, and Salt. Aparajitha churnam is another option. If available vayambu, kottam, katukka, and yavam may also be used. These are all given as choices. Add a bit of ghee while doing the dhoopanam.

## Pharmacological Interventions

### *Preventive Medical Practices*

- For a healthy person, no medicine is needed. But certain preventive medical practices added on to the daily activities may give enhanced capacity to fight against infections. They are listed below:
    - Apply or put a drop of coconut oil in your nostrils in the morning after brushing teeth.
    - Warm gargle with water boiled with dry ginger, turmeric, panikkoorkkayila, and a bit of salt. This may be done after the nasal drops.
  - Steam inhalation with turmeric, thulasi leaves and panikkoorkkayila in the evening.
- a. Some medicines are helpful in improving the general health.
- 15 ML Indukantham kashayam diluted with 60 ML pre-boiled cool water may be taken two times a day before food.
  - 10 GM of Kooshmandarasayanam (for those with good appetite) or Agasthyarasayanam (for those with less appetite) may be taken two times a day after food. Dose may be adjusted according to digestive capacity.
  - Age appropriate modifications of dose and frequency of medicines are to be made by the medical team through the facility entrusted for the same by the Govt.



## Annexure 2

### CONVALESCENT PERIOD CARE

#### The Non-pharmacological intervention

1. Follow annexure 1.
2. Head bath shall not be regular during this period. Those who have residual symptoms like breathing difficulty may avoid head bath until the symptoms resolve. Use warm water for body and boiled cool water for head while bathing. Apply Rasnadi powder on the crown after head bath. Oil bath shall be started only after 7 days after recovery and on the advice of an Ayurvedic physician.
3. Strictly avoid contact with general public
4. Pranayama, yoga can be continued under medical advice
5. Strictly avoid pungent and sour foods and reduce salt intake.
6. Drinking water can be boiled with chittamruthu, chukku, Tulsi, jeerakam and ayamodakam as per availability.
7. cherupayar soup, banana / arrowroot powder soup with chukku and sarkara can be taken in the evening..
8. 1 teaspoon of small onion made into a paste with honey can be taken once or twice daily.
9. Milk boiled with turmeric and dry ginger can be taken once.
10. Keep yourself engaged in music, reading, communicating with friends and relatives, write down your experiences during the disease.

#### Pharmacological intervention\*

1. Strictly continue all medicines prescribed by the physician during the COVID attack and the regular medicines prescribed for other comorbidities like diabetes
2. 15 ML Elakanadi kashayam with 45 ML boiled cool water and ½ teaspoon Jeerakappodi as mempoti two times a day. For non-diabetic patients, add 1 teaspoon honey also. Other options are :
  - a. Dasamoolakatuthrayam kashayam
  - b. Indukantham kashayam
  - c. Vyaghryadi kashayam
3. Rasayana Chikitsa to be opted for to avoid potential sequel of the infection. Special consideration shall be given to major organs like lungs, liver kidneys etc. A list of medicines in this regard is given below:
  - a. Kooshmanda rasayanam
  - b. Agasthya rasayanam
  - c. Amrutha prasam
  - d. Chyavana prasam
  - e. Pippali rasayanam
  - f. Indukantham ghrutham
  - g. Bruhat chagaladi ghrutham

\*This needs medical advice from the facility provided for this purpose

## Annexure 3

### High risk like health care professionals and other field staff working with corona patients (without comorbidities\*)

#### Non Pharmacological Interventions

1. Follow Annexure 1.
2. Try to sleep for 6 hours a minimum
3. Practice deep breathing/yoga/pranayama every day. Find time to relax and exercise regularly. Specific exercise modules for this purpose are incorporated in this program
4. Keep yourself hydrated. Drink plenty of water. More advice in this regard is available in Annexure 1. Some extra options are given below:
  - a. Limewater can be fortified with any of the above drugs like ginger, thulasi leaves, panikkoorkka etc, sugar candy would be more helpful instead of sugar.
  - b. gooseberry (2-3nos) and cardamom(1no) can be used to make juice and take with Honey
  - c. Black dry grapes- 20 nos is kept in water overnight, squeezed and juice can be taken with honey or sarkkara
  - d. Dry ginger, coriander, jeeraka, uluva, tulsi leaves, elakkai can be slightly roasted, powdered and boil in sarkkara to make a syrup. This can be diluted with water and consumed.
5. Do not suppress your natural urges to urinate, pass motion etc.
6. Do steam inhalation twice (at least once) a day. More advice in this regard is available in Annexure 1.

#### Pharmacological Interventions

1. Follow Annexure 1.
2. Chyavanaprasam 10 GM shall be taken two times a day after food followed by ½ glass of milk boiled with dry ginger and turmeric.

*\*Cardiovascular Diseases, Diabetes, Hypertension, Chronic Respiratory Diseases, Cancer*

## Annexure 4

### General Guidelines for People with Comorbidities

#### 1. Chronic Respiratory Ailments

##### I. Non Pharmacological Intervention

- a. Diet: General directions in **Annexure 1** shall be followed
- b. The food should be light and warm. As far as possible avoid late night meal
- c. Never eat bellyful.
- d. Avoid refrigerated food.

Drinking water: additional suggestions are listed below.

- e. 10 Tulasi leaves / 2 panikoorka) + 1 teaspoon crushed coriander seeds + 2 pinch dried ginger powder boil in 1 litre water – can be used for drinking comfortably warm.
- f. Chukkukaappi
- g. Mallikkaappi
- h. Thulasikaappi
- i. Avoid milk and milk products in general
- j. Avoid carbonated, refrigerated drinks

##### B. Activities of Daily Living

- a. Breathing exercises/pranayama/yoga/physical exercises. (Special Instructions are given)
- b. Avoid lying directly beneath the fan at night.
- c. Avoid AC
- d. Steam inhalation (Refer Annexure 1 for details). Cover the eyes during steam inhalation.
- e. Gargling two times a day: (Refer Annexure 1 for details).
- f. Nasyam: (Refer Annexure 1 for details).

##### II. Pharmacological Intervention

- a. Special medicines shall be used as supportive measures in consultation with Ayurveda physician using the telemedicine facility provided by the Govt.

## Annexure 5

### General Guidelines for People with Comorbidities

#### 1. Diabetes Mellitus

##### General Guidelines:

1. All regular medicines shall be continued without fail.
2. Keep monitoring the blood sugar values at regular intervals.
3. Follow the diet prescribed by your doctor.

##### I. Non Pharmacological Interventions

###### A. Diet

- a. Limit the amount of grains in your diet
- b. Wheat and Small millets like Ragi can be an alternative
- c. Whole green gram (Cherupayar) is a good option
- d. steam cooked foods are considered beneficial
- e. Special Precautions: Indian gooseberry (nellikka/amla) and turmeric are beneficial for improving general immunity and also to control diabetes. These can be used as:
  - 4-5 raw gooseberry + one small piece of raw turmeric (manjal) can be ground together to take the juice and can be taken once in a day.
  - Dry gooseberry powder- 1 tsp, turmeric powder -3 pinch, can be mixed in hot water and taken once a day.
  - Dry gooseberry powder- 1 tsp, turmeric powder -3 pinch can be boiled in 1 ½ glass water, to be reduced to ¾ glass and can be taken once a day.
- f. Fenugreek should be dry fried and made into powder and can be taken with hot water, ½ tsp once a day.
- g. 1 tsp triphalachoornam can be taken with luke warm water at bedtime for relieving constipation and is good for diabetes also.
- h. For drinking water: Boil 2 litres of water with ½ tsp coriander or ½ tsp cumin seeds with 10 crushed pieces of jackfruit leaf (plavila) petiole or mango leaf (mavila) petiole, and add 10 tulsi leaves or 2 panikkoorka (indian borage) leaf, when it starts boiling. Keep this closed for a while. And use as drinking water when cold.

##### II. Pharmacological Intervention

- a. Special medicines shall be used as supportive measures in consultation with Ayurvedic physicians using the telemedicine facility provided by the Govt.

## Annexure 6

### General Guidelines for People with Comorbidities

#### 1. Cardiac Patients and Hypertensive Patients

##### General Guidelines:

1. All regular medicines shall be continued without fail.
2. Keep monitoring the blood pressure at regular intervals.
3. Follow the diet prescribed by your doctor.

##### I. Non Pharmacological Interventions

###### A. Diet

- a. Spicy, sour and fried items should be avoided.
- b. Salt intake shall be limited
- c. Add shallots, ginger, coriander, garlic, black pepper, turmeric, curry leaves etc shall be more included in daily foods.
- d. For panajalam: Boil 2 litres of water with  $\frac{1}{2}$  tsp coriander or  $\frac{1}{2}$  tsp cumin seeds with 10 crushed pieces of jackfruit leaf petiole (plavilanjettu) or mango leaf petiole (mavilanjettu), and add 10 tulsi leaves or 2 panikkoorka (indian borage) leaf, when it starts boiling. Keep this closed for a while. And use as drinking water when cold.
- e. Special Guidelines: 8 cloves of garlic, and  $\frac{1}{2}$  tsp cumin seeds are crushed and boiled with  $1\frac{1}{2}$  glass water and  $\frac{1}{2}$  glass milk and is reduced to  $\frac{3}{4}$  glass. It is then filtered and taken once a day. (Those who don't prefer milk can use water alone). Or 5 flaps of garlic can be roasted, ground and eaten as such.

###### B. Activities of daily living

- a. Follow annexure 1.
- b. For exercise, follow special guidelines in that regard

##### II. Pharmacological Intervention

- a. Special medicines shall be used as supportive measures in consultation with Ayurvedic physicians using the telemedicine facility provided by the Govt.

## **Annexure 7**

### **General Guidelines for People with Comorbidities**

#### **1. Cancer**

##### **General Guidelines:**

1. All regular medicines shall be continued without fail. .
2. Follow the diet prescribed by doctor.

Follow the instructions of **Annexure 1**.

## **Annexure 8**

### **High risk health care professionals and other field staff working with corona patients (with comorbidities\*)**

#### **General Guidelines:**

- a. Follow the corresponding special annexure according to the specific comorbidity

## Annexure 9

### 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 regimens and "Ritucharya" - seasonal regimens 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 (1tsf) 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.

1. The above measures can be followed to the extent possible as per an individual's convenience.
2. 2 These measures are recommended by following eminent Vaidyas from across the Country as they may possibly boost an individual's immunity against infections.

1. Padma Shri Vaidya P R Krishnakumar, Coimbatore
2. Padma Bhushan Vaidya Devendra Triguna, Delhi
3. Vaidya P M Varier, Kottakkal
4. Vaidya Jayant Devpujari, Nagpur
5. Vaidya Vinay Velankar, Thane
6. Vaidya B S Prasad, Belgaum
7. Padma Shri Vaidya Gurdeep Singh, Jamnagar
8. Acharya Balkrishna ji, Haridwar
9. Vaidya M S Baghel, Jaipur
10. Vaidya R B Dwivedi, Hardoi UP
11. Vaidya K N Dwivedi, Varanasi
12. Vaidya Rakesh Sharma, Chandigarh
13. Vaidya Abichal Chattopadhyay, Kolkata
14. Vaidya Tanuja Nesari, Delhi
15. Vaidya Sanjeev Sharma, Jaipur
16. Vaidya Anup Thakar, Jamnagar

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