

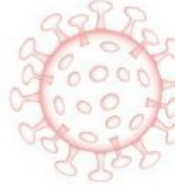


The National Clinical  
Management Protocol based on

अ्युर्णरुदुव वनुवु डुगुव

for management of

**COVID-19**



सत्यमेव जयते

Government Of India

Ministry of AYUSH

## THUHMAHRUAI

- *Ayurveda* leh *Yoga*-te hian *guideline* a inven dan tura hmalakna hrang hrang a sawiahte hian hmun pawimawh tak an chang a.
- Ministry of AYUSH chuan COVID-19 buaipuina turin *Ayurveda* leh *Ayush Protocol* (Kaihhruaina Dan) a duang a, heng a hnuai mite hi ngaihtuah ran chungin:
  - I. Hriatna, *Ayurveda* thu leh hla leh thiamna te atanga chawkluh
  - II. COVID-19 lo awm tan dan leh a hnathawh dan zirchianna
  - III. Enkawl dan zir mek laia ngaihtuahna thar hrang hrang lo chhuakte.
- *Protocol* hi *expert committee*, AIIA, Delhi, IPGT&RA, Jamnagar, NIA, Jaipur, CCRAS, CCRYN leh *national research organization* hrang hranga mithiamte buatsaih a ni.
- *Protocol* hi *Hon'ble Union Minister of Health & Family Welfare* in *Hon'ble MoS AYUSH* hriatpuinain 06.10.2020 khan a tlangzarh a ni.

Khawvel pum chawkbwaitu COVID-19 hri leng hian kan hriselna a khawihbuai hle a.

Hemi dona atan hian Ministry of AYUSH chuan kawng hrang hrangin hma a la a:

- Ram puma he hri leng chungchang puandarh/hrilhhriat
- Mahni a kan hriselna in vawn dan tur kawng hrang hrangte
- He khawvel chawkbwaitu hripuiin a thlen theih chhiatrupna laka inven dan turte
- AYUSH *stakeholder*-te tanpui
- AYUSH damdawi leh hriatna hmanga *scientific study* neih phalsak

# NATIONAL TASK FORCE ON COVID-19 RAWTNA

## HRANG HRANGTE

- 29<sup>th</sup> Meeting of National Task Force and Joint Monitoring Group on COVID-19, September ni 1, 2020 a an neih chuan heng a hnuai mite hi a rawt a:
  - ✓ COVID-19 hri vei vanga damlote an damkawr hnuah *Yoga* insawizawina dan anga insawizawi nise.
  - ✓ *Ayurveda* damdawi hman tangkai dan tur - *National Clinical Management Protocol* buaipui tura a hranpa a *National Task Force* din tura rawtna.
- An rawtna ang chiah hian, *Chairman, Interdisciplinary Committee for Inclusion of Ayurveda and Yoga in the Management of Mild COVID-19* leh *Interdisciplinary AYUSH Research and Development Task Force on COVID-19*-te chuan he *Protocol* hi an pawmpui a ni.
- **General and Physical Measures (Hmalakna Tur Tlanglawnte)**
  - ✓ Inhlata awm, thawkna (hmuil leh hnar) leh kut vawn fai, hmai tuam
  - ✓ Tuiluma Aieng leh Chi tlem telha kam thuah thin tur. Tuiluma 'Triphala' (Sunhlu, *Black Myrobalan* (*Terminalia chebula*) leh *Belleric Myrobalan* (*Terminalia bellerica*) chawhpawlh) pawh hi kam thuahna atan hman theih tho a ni.
  - ✓ *Anu Taila* emaw *Shadbindu Taila* hriak (*oil*) emaw *Chhawhchhi/Coconut* hriak emaw *Bawnghnute Ghee* emaw nitin wawi hnih khat hnara thlawr thin tur a ni. Pawn chhuah dawn leh haw vele thlawr thin theih nise.
  - ✓ *Ajwain* (*Trachyspermum ammi*) emaw *Pudina* (*Mantha spicita*) emaw *Eucalyptus Oil* emaw te hian nitin vawikhat tal hnar thlawr thin nise.

- ✓ Mut kham tawk turin zanah darkar 6 – 8 chung tal mut thin tur a ni.
- ✓ Hahthlak vak lovin taksa insawizawi thin tur a ni.
- ✓ COVID-19 laka invenna atan leh COVID-19 veite inenkawlina atan *Yoga Inkaihruaina* dante zawm tur a ni.

- ***Dietary Measures (Ei leh In Lama Hmalakna Turte)***

- ✓ Kan tui in tur hi chhuanso hmasak a, *Sawhthing*, *Dhania*, *Basil (Ocimum sanctum)*, *Cumin (Cuminum cyminum)* a engemaw ber khi tuisoah chuan thlaka, dah vawh hnuah in thin tur a ni.
- ✓ Kan chaw ei tur reng reng chu a tharlamin, ei dawnah kan chhuang lum hmasa ziah tur a ni.
- ✓ Zanah Aieng tui (150ml) in tur a ni. Pum nat phah nana hman erawh chuan in tawh lo mai a tha a ni.
- ✓ ***Ayush Kadha*** emaw ***Kwath*** emaw hi thingpui anga chhuanlumin emaw a fira tui pawlhin emaw nikhatah vawikhat tal in thin tur a ni.

- Hmalak Dan Tur/Natna Lanchhuah Dan Zira Enkawl Dan

<b><i>Clinical Severity</i></b> <b>(A Natna Lanchhuah Dan)</b>	<b><i>Medicines</i></b> <b>(A Damdawi)</b>	<b><i>Doses &amp; Timing</i></b> <b>(Ei Zat Tur leh Ei Hun)</b>
<b>Invenna tura hmalakna (Vei hlauhawm risk sang zual ho, in hnimhnai ho)</b>	<i>Ashwagandha (Withania somnifera)</i> tui sawr emaw a rawt dip emaw in/ei tur	500mg (a tui) emaw 1-3g (a rawt dip) tuilumah thlakin ni 15 atanga thlakhat chung emaw <i>Ayurveda Doctor-te</i> chawh zat ang zela ei/in tur a ni
	<i>Guduchi Ghana Vati (Samshamani vati or Giloy Ghana vati), Tinospora cordifolia</i> zung sawr emaw a powder emaw in/ei tur	500mg (a tui) emaw 1-3g (a rawt dip) tuilumah thlakin ni 15 atanga thlakhat chung emaw <i>Ayurveda Doctor-te</i> chawh zat ang zela ei/in tur a ni
	<i>Chyawanprasha</i>	10g tuilum emaw bawnghnute lum emaw ah telhin nikhatah vawikhat in tur a ni.

\* Heng damdawite hi kan ei leh in pangngai thlah chuang lova ei/in thin tur a ni.

<b>Clinical Severity (Natna Lanchhuah Dan)</b>	<b>Clinical Presentation (Damlo Zirchianna)</b>	<b>Medicines (A Damdawi)</b>	<b>Doses &amp; Timing (Ei Zat Tur leh Ei Hun)</b>
<b>Asymptomatic COVID-19 Positive (A natna la langchhuaklo)</b>	A natna zual zel tur ven nan leh damchhuah vat theih nan	<i>Guduchi Ghana Vati (Samshamani vati or Giloy Ghana vati), Tinospora cordifolia</i> zung sawr emaw a powder emaw in/ei tur	500mg (a tui) emaw 1-3g (a rawt dip) tuilumah thlakin ni 15 atanga thlakhat chung emaw <i>Ayurveda Doctor-</i> te chawh zat ang zela ei/in tur a ni
		<i>Guduchi + Pippali (Tinospora cordifolia IF leh Piper longum IF)</i> tui sawr	375mg tuilum nen nikhatah vawihnih, ni 15 chung in tur emaw <i>Ayurveda Doctor-</i> te chawh ang zelin
		<i>Ayush 64</i>	500mg tuilum nen nikhatah vawihnih, ni 15 chung in tur emaw <i>Ayurveda Doctor-</i> te chawh ang zelin

\* Heng damdawite hi kan ei leh in pangngai thlah chuang lova ei/in thin tur a ni.

<b><i>Clinical Severity</i></b> <b>(Natna Hnathawh Dan)</b>	<b><i>Clinical Presentation</i></b> <b>(Damlo Zirchianna)</b>	<b><i>Clinical Parameter</i></b> <b>(Damlo Taksa Danglam Dan Tehna)</b>	<b><i>Medicines</i></b> <b>(A Damdawi)</b>	<b><i>Doses &amp; Timing</i></b> <b>(Ei Zat Tur leh Ei Hun)</b>
<b>MILD COVID-19 POSITIVE</b> <b>(Natna vei la langchhuak nasa lo)</b>	A natna a lang chhuak tan, Khawsik, Luna, Taksa chau, Khuh ro, Hrawk thip leh Hnar ping	Thawk harsa emaw oxygen tlachham emaw	<i>Guduchi + Pippali (Tinospora cordifolia IF leh Piper longum IF) tui sawr)</i>	375mg, nikhatah vawi hnih tuilum nen, ni 15 chhung in tur emaw <i>Ayurveda Doctor-te</i> chawh ang zelin
			<i>Ayush 64</i>	500mg, tuilum nen nikhatah vawi hnih, ni 15 chhung in tur emaw <i>Ayurveda Doctor-te</i> chawh ang zelin

\* Heng damdawite hi kan ei leh in pangngai thlah chuang lova ei/in thin tur a ni.

- COVID-19 VEI NASA LO ENKAWL DAN

<i>Clinical Severity</i> (Natna Hnathawh Dan)	<i>Symptom</i> (A Natna Lanchhuah Dan)	<i>Formulation</i> (A damdawi)	<i>Dose</i> (A Ei Dan Tur)
<b>MILD COVID-19</b> (Natna vei la langchhuak nasa lo)	Khawsik leh taksa na, lu na	<i>Nagaradi Kashaya</i>	20ml nikhata vawi hnih emaw <i>Ayurveda Physician</i> chawh ang zelin
	Khuh	<i>Sitopaladi Chuma with Honey</i>	2g nikhatah vawi thum <i>Ayurveda Physician</i> chawh ang zelin
	Hrawk thip, thil tui hriatna hloh	<i>Vyoshadi vati</i>	Mum 1-2 mamawh tawk ang zelin <i>Ayurveda Physician</i> chawh ang zelin
	Taksa chau (Kulcho)	<i>Chyawanprashtha</i>	10g tuilum/bawngnhnute lum nen nikhatah vawi khat
	<i>Hypoxia</i> (Thisena Oxygen tlem)	<i>Vasavaleha</i>	10g tuilum nen emaw <i>Ayurveda Physician</i> chawh ang zelin
	Kawthalo	<i>Kutaja Ghana Vati</i>	500mg – 1g nikhatah vawi thum emaw <i>Ayurveda Physician</i> chawh ang zelin
	Thawk harsa	<i>Kanakasava</i>	10ml leh a zat chiah tui nena pawlhin nikhatah vawi hnih emaw <i>Ayurveda Physician</i> chawh ang zelin



- **COVID-19 LAKA KAN HIMNA TURA YOGA INKAIHHRUAINA DANTE**

- ✓ **Kan thawkna dawt leh lung lam tihchak**
- ✓ **Rilru thlabar tih ziaawm**
- ✓ **Taksa natna dotu tihchak**
- ✓ **Kan thawkna, kan chuap tihchak**

## **KAN LAWM E**