

AYURVEDA IMMUNITY BOOSTING MEASURE FOR SELF CARE DURING COVID-19 CRISIS

**COVID-19 HRI LEN LAIA
AYURVEDA HMANGA TAKSA A
NATNA DOTUTE TI CHAK TURA
MAHNI INENKAWL DAN**



सत्यमेव जयते
Government Of India

MINISTRY OF AYUSH

GOVT. OF INDIA

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THUHMA

- “Tihdam aiin inven a tha zawk”



- He khawvel chawkbwaitu COVID-19 hripui hluar lai hian kan taksaa natna dotu kan tihchak hi kan hriselna vawng tha turin a pawimawh a ni.
- COVID-19 damdawi hmuhchhuah ala nih hrih loh avangin mahni phak tawka inven leh kan taksa tihchakna kawng hrang hranga hmalakte hi kan tih ve atan a tha ni.

AYURVEDA CHANCHIN

- Ayurveda hi nunna science lamhawi a nih angin khuanu min pek ramhmul damdawite hmanga kan hriselna enkawl dan leh kan nun hlim dan tur kawhhmuhte hi a thiltumte chu an ni.
- Ayurveda hnuaia mahni inven dan kawng hrang hrang hriatna tizau thei takte hi heng zirtirna atangte a lakchhuah hi an ni - (1) **“Dinacharya”** – Kan hriselna atana tha tur, nitina (*Daily*) kan tih turte (2) **“Ritucharya”** – Kan hriselna atana tha tur, hunbi neia (*Seasonal*) kan tihturte. Hengte hi kan nun ti hrisel tur chuan zawm an tha a ni.
- Mitinte hian kan hriselna kan enkawl uluk hian hlimna min pe thei ani tih hi hmanlai Ayurveda zirtirna bu ah te an lo chuang tawh a ni.

INVEN NAN LEH TAKSA TIHCHAKNA ATANA MAHNI INENKAWL DAN KAIHRUAINATE

- COVID-19 hripui a len laia he natna do tura mahni a inenkawl dan, mahni taksa raldotute tihchak dante hi Ministry of AYUSH in a hriatpui thlap, rampuma *Ayurvedic Doctor (Vaidyas)* te buatsaih a ni.

- **Tihtur pawimawh hrang hrangte -**

I. TIHTUR PAWIMAWH TLANGLAWN –

1. Nilengin a khat tawkin tuilum in thin tur a ni
2. Ministry of AYUSH-in a kawhhmuh angin nitinin rilru sawizawi (*Meditation/Yogasana/Pranayama*) minute 30 chung tal tih thin tur a ni. (*#YOGA@Home#StayHome#StaySafe*)
3. Heng hmuihmer/bawlhlo – Aieng, *Jeera (Cumin)*, Bahkhawr, leh Purun Var te hi kan chawhhmeh chhumah kan telh thin tur a ni.

II. AYURVEDIC DAMDAWI HMANGA TAKSA TI CHAK TURA TIHTUR PAWIMAWHTE –

1. Zing tinin *Chyavanprash* (Chini, khawizu, sunhlu, chhawhchhi, theihmu leh bawlhlo dang dang chawhpawlh) thirfiante khat (10gm) in thin tur a ni. Zunthlum neite erawh chuan chini tello *Chyavanprash* an in thung tur a ni.
2. *Herbal Tea* (Thingpui Sen), heng atanga siamte hi nitinin wawi 1-2 in thin tur a ni – Thakthing, *Tulsi*, Thinghmarcha, Sawhthingro, *Grape rep (Raisin/Munakka)*. Chini emaw nimbu tui, tui i tih dan anga pawlh a pawilo a ni.

3. Bawnghnuteah Aieng dip thirfian chanve (150ml) i pawlh ang a, chu chu nikhatah vawi 1-2 i in thin tur a ni.

III. AYURVEDIC DAMDAWI HMANGA TIHTUR AWLSAMTE-

1. Hnar Thlawr – Chhawahchhi hriak emaw, *Coconut* hriak emaw, Ghiu (*Ghee*) emaw te hi zing leh tlaiah i hnarkua ding lam leh vei lam ve ve-ahte i thlawr thin tur a ni.
2. Hriak Hmanga Enkawl Dan – Chhawahchhi hriak emaw *Coconut* hriak emaw thirfiante khat i ka-ah hmuam la, mahse, lem suh ang che. I kam thuah nan minute 2-3 i hman hnuah i chhak chauh dawn nia. Chumi hnuah chuan tuilumin i kam i thuah leh dawn nia.

IV. KHUH RO/HRAWK THIP LAIA TIHTURTE-

1. Tuihu hip turah *Pudina* emaw *Ajwain (Caraway Seeds)* emaw thlakin nikhata vawikhat tal hip thin hi a tha a ni.
2. Khuh leh hrawk thip atan chuan Lawngpar (*Clove*) rawt dip, chini emaw khawizu nena tua chawhpawlh hi nikhatah vawi 2-3 in thin tur a ni.



3. Khing a chung a kan sawi takte khian khuh ro leh hrawk thip pangngaite chu tidam thei tura ngaih an ni a. Mahse, *symptom* hi an lan reng a, an dam theih loh chuan Doctor-te rawn leh inentir hi a tha ber a ni.
 - *A chung a kan rawn tarlan takte khi mahni remchan dan ang zela her rem mai tur an ni e.*

Ministry of AYUSH chuan Ayush damdawite hi COVID-19 lakah kan invenna atana an tangkainate, an thatna te mai bakah a hman dan tura rawtna leh hmalakna hrang hrangte hi Mobile App - 'AYUSH SANJIVANI' hmanga mi maktaduai khat leh a chanve (1.5 Million) te hnen atanga a zirchianna atanga a lakkhawm a ni.



KAN LAWM E