Ayurveda’s immunity: boosting measures for self care during COVID-19 crisis

measures to Promote Immunity
as advised by Ministry of AYUSH

Drink warm water throughout the day.

Practice Yogasana, Pranayama and meditation for at least 30 minutes daily.

Use spices like Haldi (Turmeric), Jeera (Cumin), Dhaniya (Coriander) and Lahsun (Garlic) in cooking.
Ayurveda’s immunity measures to promote immunity as advised by Ministry of AYUSH during COVID-19 crisis

During dry cough / sore throat
Steam inhalation with fresh Pudina (Mint) leaves or Ajwain (Caraway seeds) can be practiced once in a day.

Lavang (Clove) powder mixed with natural sugar / honey can be taken 2-3 times a day in case of cough or throat irritation.

These measures generally treat normal dry cough and sore throat. However, it is best to consult doctors if these symptoms persist.
Ayurveda’s immunity
boosting measures for self care during COVID-19 crisis

measures to Promote Immunity
as advised by Ministry of AYUSH

Take Chyavanprash 10gm (1tsp) in the morning. Diabetics should take sugar free Chyavanprash.

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) or fresh lemon juice to your taste, if needed.

Golden Milk - Half tea spoon Haldi (turmeric) powder in 150 ml hot milk, once or twice a day.
ADVISORY FOR SENIOR CITIZENS ON MENTAL WELL-BEING

DO

• Communicate with relatives at home.
• Communicate with neighbours, provided social distancing is followed, and gathering of people is avoided.
• Create a peaceful environment.
• Rediscover old hobbies like painting, listening to music, reading.
• Make sure to access and believe only the most reliable sources of information.
• Avoid tobacco, alcohol and other drugs to tackle loneliness or boredom.
• If you have an existing mental illness, call helpline (08046110007).

DO NOT

• Isolate yourself.
• Confine oneself in a room.
• Follow any sensational news or social media posts.
• Spread or share unverified news or information.

Contact helpline in case of

• Change in mental status, such as feeling excessively drowsy during the day, disorientation, speaking inappropriately
• In case of inability to recognise relatives or friends which they could do before
Ayurveda’s immunity measures to promote immunity as advised by Ministry of AYUSH

Nasal application - Apply sesame oil / coconut oil or Ghee in both the nostrils (Pratimarsh Nasya) in morning and evening.

Oil pulling therapy - Take 1 table spoon sesame or coconut oil in mouth. Swish in the mouth for 2 to 3 minutes and spit it off followed by warm water rinse. Can be done once or twice a day.