

**AYURVEDA'S IMMUNITY BOOSTING MEASURES
FOR SELF CARE DURING COVID 19 CRISIS**

MEASURES TO PROMOTE IMMUNITY



Take Chyavanprash 10 gm (1tsf) in the morning.



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)



Golden Milk- Half teaspoon Haldi (turmeric) powder in 150 ml hot milk, once or twice a day

Graphic: 3/4

Note: Ayurveda is a totally plant-based science.



सत्यमेव जयते

MINISTRY OF AYUSH





कोरोना के संक्रमण से बचाने
में मदद करेगा सरकारी एप
'आरोग्य सेतु'

ऐसे सुरक्षित रहेंगे आप

जैसे ही आप किसी संक्रमित व्यक्ति के पास से गुजरते हैं यह ऐप आपको अलर्ट कर देगा.

इस ऐप में ब्लूटूथ, लोकेशन और मोबाइल नंबर का इस्तेमाल कोरोना संक्रमित व्यक्तियों को ट्रैक किया जाता है.

ऐप में कोरोना के हेल्प सेंटर और सेल्फ असेसमेंट टेस्ट जैसी जानकारी भी मौजूद है.

खुद चेक कर सकते हैं, आप सेफ हैं या नहीं

ऐसे करें डाउनलोड

GOOGLE PLAY या APP STORE से AAROGYASETU ऐप को इंस्टॉल करना है.

ऐप डाउनलोड करने के बाद आपको अपना मोबाइल नंबर, ब्लूटूथ और लोकेशन डेटा साझा करना होगा.

आपके नंबर पर आने वाले ओटीपी की मदद से आप खुद को वेरिफाई कर सकेंगे

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 regimes and "*Ritucharya*" - Seasonal regimes to maintain healthy life. It is a totally 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 certain 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.

Graphic: 1/4



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AYURVEDA'S IMMUNITY BOOSTING MEASURES FOR SELF CARE DURING COVID 19 CRISIS

GENERAL MEASURES TO ENHANCE THE BODY'S NATURAL DEFENCE SYSTEM

1



Drink warm water throughout the day

2



Daily practice of Yogasana, Pranayama and meditation for at least 30 minutes

3



Use Haldi (Turmeric), Jeera (Cumin), Dhaniya (Coriander) and Lahsun (Garlic) in cooking

Graphic: 2/4

Note: In Ayurvedic practice, preventive care revolves around "Dinacharya" - daily regimes and "Ritucharya"- seasonal regimes



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SIMPLE AYURVEDIC PROCEDURES



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



Oil pulling therapy - Take 1 tablespoon 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

DURING SORE THROAT/ DRY COUGH



Steam inhalation with fresh Pudina (Mint) leaves or Ajwain (Caraway seeds) can be practiced once a day



Lavang (Clove) powder mixed with natural sugar / honey can be taken 2-3 times a day (It is best to consult a doctor if symptoms of dry cough and sore throat persist)

Note: Ayurveda is the science of life and it propagates the gifts of nature in maintaining healthy and happy living

Graphic: 4/4



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