



ABSTRACT

Indian Medicine and Homoeopathy – “AAROKYAM” Special Programme with AYUSH Interventions for COVID-19 – Implementation – Orders issued.

HEALTH AND FAMILY WELFARE (IM1-1) DEPARTMENT

G.O.(Ms).No.201

Dated:23.04.2020

திருவள்ளூர் ஆண்டு 2051
விகாரி, சித்திரை- 10.

Read:

1. G.O.(D) No.405, Health and Family Welfare (IM1-1) Department, dated.03.04.2020.
2. G.O.(D) No.420, Health and Family Welfare (IM1-1) Department, dated.15.04.2020.
3. From the Secretary to Government of India, Ministry of AYUSH, D.O. Letter No.S16030/18/2019-NAM, dated 06.03.2020.
4. From the Director of Indian Medicine and Homoeopathy letter Ref.No.4047/A3/2019, dated.20.04.2020 & 22.04.2020.

ORDER:

Corona viruses (CoV) are a large family of viruses that cause illness ranging from the common cold to more severe diseases such as Middle East Respiratory Syndrome (MERS-CoV) and Severe Acute respiratory Syndrome (SARS-CoV).

2. The function of the immune system is critical in the human response to infectious disease. The mainstay in management of corona viral infections has been supportive care, nutrition and preventing further progression in the absence of any antiviral agent or vaccine.

3. The holistic approach of AYUSH systems of medicine gives focus on prevention through lifestyle modification, dietary management, prophylactic interventions for improving the immunity and simple remedies based on presentations of the symptoms.

4. To explore the feasibility of using Indian System of Medicines for the treatment of COVID-19, in the Government Order first and second read above, the Government have constituted a Committee under the Chairmanship of the Director of Indian Medicine and Homoeopathy.

5. In the meanwhile in the reference third read above the Ministry of AYUSH, Government of India have also issued guidelines for using Indian System of Medicines, used for similar illness, to be used as general Immunity booster.

6. In the letter fourth read above, the Director of Indian Medicine and Homoeopathy has submitted the recommendations of the Committee constituted by the Government of Tamil Nadu for developing guidelines for immune enhancement, clinical management and research with AYUSH interventions.

7. The Government accept the recommendations of the Committee and order that "AAROKYAM" SPECIAL PROGRAMME WITH AYUSH INTERVENTIONS FOR COVID-19 be implemented in the State of Tamil Nadu as detailed below:-

**"AAROKYAM"
SPECIAL PROGRAMME WITH AYUSH
INTERVENTIONS FOR COVID 19
"Immune enhancement and Convalescence"**

PART-I

Immune Enhancement

In Ayurvedha System of medicine

15ml Indhu Kantha Kashayam with 60 ml pre boiled cooled water, twice a day before food
10GMS kooshbanda rasayanam/ Agasthya rasayanam- twice a day after food- as per the physicians advise.

In Siddha System of Medicine

Kabasura kudineer / Nilavembu kudineer can be given with the prescribed adult dose of 60 ml to 90 ml and for children 30 – 45 ml, once a day before food for a month.

In Yoga and Naturopathy system of Medicine

(for prevention and management)

- i. Natural immune boosting fresh juices with Indian gooseberry, tulsi, ginger, fresh lime and turmeric – 250 ml twice a day; children – 100 ml, twice a day.
- ii. Natural immune boosting hot drinks with peeled crushed ginger, tulsi, black pepper, adhimadhuram and turmeric - 50 ml twice a day; children – 20 ml, twice a day.
- iii. Yoga Therapy - Vajirasanas, bhastrika pranayama, brahmari pranayama and quick relaxation and deep relaxation techniques (QRT & DRT), Kiriya.

- iv Sun bath. Hydro therapy and Aroma therapy can be given as per the Yoga and Naturopathy Physician's advice. The concern Institution should give, Institutional Ethical Clearance certificate for this study

In Unani systems of Medicine

1. Behidana, Unnab, Sapistan - Decoction is prescribed

In Homeopathy system of Medicine

1. Arsenicum Album 30c potency , Daily- once a day in empty stomach for three days
2. Bryonia alba. Rhus toxico dendron, Belladonna Gelsemium Eupatorium, perfoliatum-are the other Homeo medicines can be used as per the homeo physicians advise.

PART- II

IN THE CONVALESCENCE PERIOD

(AFTER THE COMPLETION OF TREATMENT AND DISCHARGED FROM HOSPITAL CARE)

IN AYURVEDHA SYSTEM OF MEDICINE

Dasamoola Katuthrayam Kashayam, Indhu Kantham kashayam, Viyagriyadi Kashayam,
Apart from the three medicines, Rasayana Sikitcha' to be opted as per the physicians advise

IN SIDDHA SYSTEM OF MEDICINE

1. Amukara Chooranam Mathirai – 2 tablets twice a day after food or as directed by Physician
2. Nellikai Lekiyam – 5 to 10 gms. twice a day after food

Part-III

Clinical Support

a) Yoga and Naturopathy as supplementary dietary intervention along with treatments for COVID 19 Patients.

1. Natural immune boosting fresh juices with Indian gooseberry, tulsi, ginger, fresh lime and turmeric – 250 ml twice a day; children – 100 ml. twice a day.
2. Natural immune boosting hot drinks with peeled

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crushed ginger, tuisi, black pepper, achimadhuram and turmeric - 50 ml twice a day; children – 20 ml. twice a day.

3. Yoga Therapy - Vajirasanas, bhastrika pranayama, brahmari pranayama and quick relaxation and deep relaxation techniques (QRT & DRT), Kiriyas.
4. Sun bath, Hydro therapy including Steam inhalation and Aroma therapy can be given as per the Yoga and Naturopathy Physician's advice. The concern institution should give Institutional Ethical Clearance certificate for this study

- b) **Siddha treatment as a supplementary, therapeutical intervention along with Allopathic treatment only for mild COVID 19 asymptomatic patients. (The Director of Indian Medicine and Homeopathy will apply to the appropriate authority for clinical trials)**

Kabasura kudineer / Nilavembu kudineer – 60 to 90 ml. twice a day for adults and 30 – 45 ml. for children for a month or as directed by Physician

(BY ORDER OF THE GOVERNOR)

**BEELA RAJESH
SECRETARY TO GOVERNMENT**

To

The Director of Indian Medicine and Homoeopathy, Chennai-106.
The Director of Medical Education, Chennai-10.
The Director of Medical & Rural Health Services, Chennai-6.
The Director of Public Health & Preventive Medicine, Chennai-6.
The Director of Family Welfare, Chennai-6.
The Director of Drugs Control, Chennai-6.
The Director of Medical & Rural Health Services (ESI), Chennai-6.
The State Nodal Officer COVID-19,
Rajiv Gandhi Government General Hospital, Chennai-3.
All Deans / Joint Director of Health Services / Deputy Director of Health Services /
The Private Clinical Establishment
(through the Director of Medical and Rural Health Services)

Copy to:

The Private Secretary to Secretary to Government,
Health and Family Welfare Department, Chennai-9.
The Private Secretary to Chief Secretary to Government, Chennai-9
The Health and Family Welfare (Data Cell) Department, Chennai-9
Stock File/Spare copy.

// Forwarded by Order //


23/04/2020
SECTION OFFICER