
 D Y PATIL AYURVEDIC HOSPITAL NAVI MUMBAI	D.Y.PATIL AYURVEDIC HOSPITAL NERUL, NAVI MUMBAI	Doc. No. DYPATIL/AYUR/HCO/SOP/COP	
		Issue No. 01	
	Standard Operating Procedure Post COVID Management	Rev. No 00	
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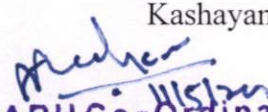
Post –COVID Management


General guidelines to patient:



- Continue COVID appropriate behaviour (use of mask, hand & respiratory hygiene, physical distancing).
- Drink adequate amount of warm water (if not contra-indicated).
- Balanced nutritious diet, preferably easy to digest freshly cooked soft diet.
- Have adequate sleep and rest.
- Avoid smoking and consumption of alcohol.
- Take regular medications as advised for COVID and also for managing comorbidities, if any.
- Self-health monitoring at home - temperature, blood pressure, blood sugar (especially, if diabetic), pulse oximetry etc. (if medically advised)
- Look for early warning signs like high grade fever, breathlessness, SpO₂ < 95%, unexplained chest pain, new onset of confusion, focal weakness.

According to Ayurveda concepts, there will be Dhatu-Kshaya & Agnimandya Avastha Post COVID 19 infection. Following measures can be taken

1. Dhatuposhana and Rasayana sevana with drugs like Draksha (*Vitis vinifera* L.) & Vasa (*Justicia adhatoda* L.) for at-least 45 days
2. To combat the residual effects of the virus on the body – Vishaghnachikitsa with Shirisha (*Albizia lebbek* (L.) Benth.) or Haridrachurna (*Curcuma longa*) are suggested after clinical recovery.
3. Hepatoprotective and renal protective drugs like Amalaki Churna (*Emblica officinalis* GAERTN.), Bhumyamalaki (*Phyllanthus niruri* L.) etc. may be given for 45-60 days after clinical recovery to combat toxicity produced from antiviral drug therapy.
4. Deepana Pachana drugs like Shadanga Paneeya may be used in case of Diarrhoea, vomiting or loss of appetite.
5. Kriminashaka therapy with Vidanga Churna, Vilwadigutika, Neelithulasyadi Kashayam may be used in such cases.


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The above said medications alike Dhatu Poshana and Rasayana be provided for a time period of 45 days as per the discretion of physician

Immunity promoting AYUSH medicine

1. Ayush Kwath (150 ml; 1 cup) daily,
2. Samshamani vati twice a day 500 mg (1 gm per day) or Giloy powder 1 -3 grams with luke warm water for 15 days,
3. Ashwagandha 500 mg twice a day (1 gm per day) or Ashwagandha powder 1-3 grams twice daily for 15 days and Amla fruit one daily/Amla powder 1-3 grams once daily.
4. Mulethi powder (in case of dry cough) 1- 3 gram with luke warm water twice daily
5. Warm Milk with ½ teaspoonful Haldi in (morning/evening)
6. Gargling with turmeric and salt
7. Chyawanprash 1 teaspoonful (5 mg) once daily in morning (as per directions from Vaidya)

Preferable Diet/Ahara

- Chew a piece of ginger with a pinch of rock salt (Lavanadrak) 15 to 20 minutes before
- food improves the appetite.
- Light to digest food preparations like Tarpanalaja saktu
- (powder of roasted grains) mixed with honey, sugar and fruit juices, Yush of mung dal or lentil, Soups of vegetables, Meat soup,
- Khichadi of rice and mung dal (Green Gram),
- Phulka with cows ghee,
- Vegetables like gheya, turai, bhindi, sitaphal etc. should be taken.
- Spices like jeera, black pepper, garlic, coriander, ginger, Ajwain should be used in cooking.

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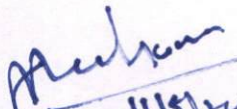
Yoga Practices:


The following Yoga-Asanas can be practised for 15 to 20 minutes to improves flexibility of the body and relieve mental stress

- Sukshnavyayama (warm up) loosening exercises for all joints
- Sitting postures like padmasana, sukhasana, vajrasana, paschimottanasana
- Yogasana in supine position: pawanmuktasana, halasana, matsyasana
- Yogasana in Prone position: bhujangasana, shalabhasana
- Relaxing postures: Shavasana, Makarasana
- Pranayama: Deep Breathing, Nadishodhana pranayama, Bhramari Pranayama 10 repetitions each
- Meditation – 10 minutes

Reference :

1. Post COVID management protocol, Government of India Ministry of Health & Family Welfare Directorate General of Health Services (EMR Division) dated 13th September, 2020
2. Guidelines for Ayurveda practitioners for COVID 19 by Ministry of Ayush.


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