



Ayurveda Day

#Ayurvedaday

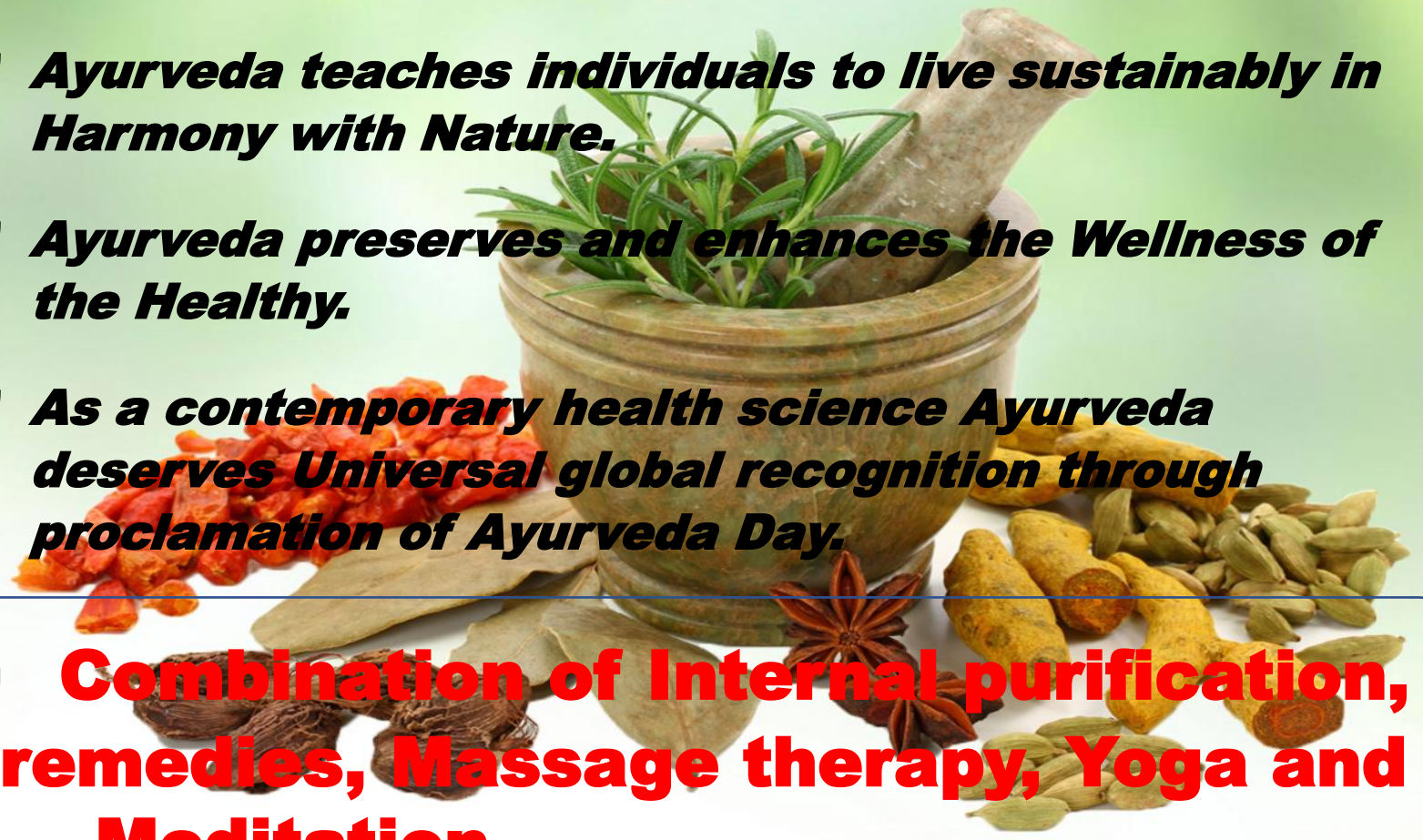


13 November 2020

#Ayurveda4Health



- ***Ayurveda (The knowledge of life)the science of Longevity and Self Actualization.***
- ***Ayurveda teaches individuals to live sustainably in Harmony with Nature.***
- ***Ayurveda preserves and enhances the Wellness of the Healthy.***
- ***As a contemporary health science Ayurveda deserves Universal global recognition through proclamation of Ayurveda Day.***







Treatment in Ayurveda :- Combination of Internal purification, Special diets, Herbal remedies, Massage therapy, Yoga and Meditation.



“National Clinical Management Protocol based on Ayurveda and Yoga for management of Covid”

Using preventive and prophylactic measures from Ayush to combat Covid-19

Dietary measures:




-  Drink warm water or water boiled with herbs
-  Take a balanced diet
-  Drink Golden Milk (Haldi doodh)
-  Drink Ayush Kadha or Kwath



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Dietary measures:

-  Ashwagandha powder with warm water
-  Guduchi Ghana Vati powder with warm water
-  Chyawanprash with warm water/milk



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Measures for symptomatic management of mild Covid-19 cases

-  Take Guduchi + Pippali with warm water
-  Take AYUSH 64 with warm water
-  Follow General and Dietary measures

