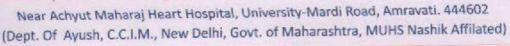
Indira Bahuuddeshiya Shikshan Sanstha, Buldana's



Dr. Rajendra Gode Ayurved College, Hospital & Research Center



Dr. U. M. Sakarkar Principal Dr. Yogesh R. Gode Secretary Mr. Yogendra R. Gode President

Advisory for COVID -19 Crisis

Basic for fold measures-

- 1. Ahar (Food Habits)
- 2. Vihar (personal and Social Habits)
- 3. Rasayana Therapy(Therapeutic measures to boost the immunity)
- 4. Aushad

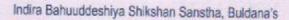
Ahar (Food habits)-

- Always drink leuke warm water.
- Drink tea made with Tulsi, kalimirch (Black pepper), Adrak (Ginger), Lavang (Clove)
- Drink black coffee and lemon tea.
- At night drink Turmeric Milk (In 150 ml milk +half spoon turmeric+ bit sunthi powder)
- Consume freshly prepared warm food twice a day (at right time)
- Eat available food as per season.
- · Eat homemade food

Vihar (Personal and social habits)-

- · Take a sound sleep at least 7-8 hours in the night.
- Do gargle everyday with warm water & take a spoon of Til Tail in your mouth, circulate it in mouth around 7-10 times, hold it and split after some time. It should be followed with warm water. (Mukh prakshalana)
- Put 2-2 drops of Til Taila in each nasal cavity in morning and evening.
- Do Yoga, Pranayama and exercise in every day for at least half and hour.
- Take a bath and wash your clothes with warm water as soon as you come back home.
- Wash all vegetables/fruits with warm water + salt.
- Sanitize rest of the things that you bring from outside.
- Avoid going in crowed area .follow social distancing.
- Use handerkechief /tissue paper while coughing.
- Use Namaste as welcome.
- Wash your hand regularly with soap at least 20 sec. Do not touch your hands on your nose and mouth.
- Download Arogya setu App in your mobile.

Principal Principal





Dr. Rajendra Gode Ayurved College, Hospital & Research Center



Near Achyut Maharaj Heart Hospital, University-Mardi Road, Amravati. 444602 (Dept. Of Ayush, C.C.I.M., New Delhi, Govt. of Maharashtra, MUHS Nashik Affilated)

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Mr. Yogendra R. Gode President

Rasayana Therapy-(Therapeutic measure to boost the immunity)-

- Take Chavyanprash daily -10 gms in morning and evening.
- Rasayan kwath -10 gms in morning having empty stomach (2 cuo of water +10 gm Kwath medicine, boil it, when half of cup water is balanced, filter it and drink this warm water.

or

- · Triphala, Trikatu, Mdhuyashti, Haridra, Giloy, Munnaka, Elayachi and Tulsi kwath.
- · Giloy Ghan Vati-2-2
- Tulsi Ghan Vati 2-2
- Ashwagandhadi Churna -2gms
- Bhumyamlakadi Churna-2 gms

Aushad (Medicine)-

- · For less than 3 years old kids-Siyopaladi Churna-200mg
- Balchaturbhadra Churna-75 mg

Two times a day with Honey.

- For 3-10 old kids –Sitopaladi churna-1 g
- Trikatu Churna -500 mg Giloy Satva-125 mg

Two times a day with Honey.

- · Gojivhadi kwath -10 mg
- · Vatshleshmak jwarhar kwath -10 gm
- Maha sudarshan Ghan Vati-2-2
- Sanshamani vati-2-2
- Sanjivani vati-125 mg

Note:— All the above instructions will help you in keeping yourself healthy& will also help in increasing immunity power. However the advisory does not claim to be treatment for Covid-19 but it gives H to body in order to fight with Covid 19. Please take all the above mentioned medicine or other Ayurvedic medicine after consultation of Ayurvedic physician. Please avoid self-medication. DRGACH&RC is providing best care facilities to patient with expert Ayurvedic physician.