
COVID-19

Guidelines for Prevention and Mild Complaints

An Advice From the Ayurvedic Health System



ANVAG

Algemene Nederlandse Vereniging
voor Ayurveda Geneeskunde

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1. THE CORONA VIRUS

The COVID-19 virus is a new Corona virus. The Corona virus is a virus with RNA genetic material. The virus gets its name from the crown (Latin = corona) that surrounds the virus particles.

There is still no clarity about the origin of the virus.

It is proven that the virus can stay alive in air particles but it does not get spread by them. It can only spread by droplet transmission (coughing and sneezing). According to researchers of Princeton University, COVID 19 can stay alive for longer periods in different surfaces: up to 1 hour in air particles on copper up to 4 hours, on carton up to 3 and on plastic and stainless steel up to 2 to 3 days. For these reasons, personal hygiene measures are of the utmost importance.

1.1. HOW DOES A VIRUS ENTER THE BODY?

- By inhalation, by drip contact, e.g. by coughing
- Through the ingestion of food
- With contact, e.g. handshakes and rubbing eyes
- Through injections, e.g. in HIV

1.2. WHAT DOES IT DO IN THE BODY?

A virus settles in a cell. Once inside the cell, the virus copies its own genetic material. The host cell acidifies and falls apart after a few propagations. The viruses release free radicals.. The cell functions, such as division, are no longer under control because the viruses take over cell functions. Mutation takes place and complaints arise where the virus settles in the body.

The Covid-19 virus causes a disorder of the upper respiratory system initially and later on of the lower respiratory system.

1.3. INCUBATION TIME OF THE COVID-19 VIRUS

In all probability, the incubation period is of 2-14 days. In most cases, the first symptoms appear on the 5-6 day and almost always before the 12 day.

1.4. WHAT ARE THE MOST COMPLAINTS?

Depending on the quality of the immune system, very few to all symptoms occur:

- Respiratory complaints such as:
 - throat pain
 - cough
 - nose colds
 - stuffiness
 - shortness of breath
- Headache
- Fever
- Diarrhea
- No appetite

1.5. WHO GETS ILL?

Having good immunity is important because it protects us against foreign substances such as micro-organisms (viruses, bacteria and fungi) and environmental toxins.

People with a weak immune system are more likely to get sick. Examples of this are:

- Autoimmune diseases such as:
 - Thyroid problems
 - Diabetes

In general, the lymphatic system does not work as well with autoimmune diseases. This has consequences for the forming and regeneration of tissues in the body and thus for the body's general immunity.

- Obesity
- COPD
- Older age, from about 70 years. As a person ages, the functioning of the immune system decreases
- The use of corticosteroids
- Heart and vascular disease.

Younger people can also have a weakened immune system. Having a weak immunity is not a problem that only affects older people.

ANVAG does not claim that the Corona virus is cured with Ayurveda. The ANVAG does point out that it is important to detoxify the body regularly to increase the immune system and that Ayurveda can help with that process.

2. GUIDELINES FOR PREVENTION

Do not give viruses a chance by ensuring that your body is not acidified. A virus cannot grow if its environment is alkaline.

2.1. TAKE PRECAUTIONS

- Wash your hands regularly with soap for at least **20-25** seconds
- Do not touch your face, eyes, nose and mouth (mucous membrane) without washing your hands
- Keep social distance of at least 1.5 to 2 meters
- Cough or sneezing your elbow cavity
- Use tissue paper and discard it right after use
- Steam with peppermint oil, eucalyptus oil or lavender oil after returning home. This disinfects the respiratory system and sinus cavities. Dry wet hair to prevent catching a cold.
- Follow government rules

2.2. INCREASE IMMUNITY

Increasing one's own immunity is the key to reduce the chances of getting the Covid-19 virus. This can be done by:

2.2.1 *Avoid stress and panic*

It is scientifically proven that stress and fear lower the immune system. It is very important to be in a calm and positive state of mind. Try to calm your nervous system by doing yoga and breathing exercises. Doing meditation and listening to calming music are also proven to calm stress. Avoid focusing on distressful news or the opinions of stressed people.

2.2.2 *Use clean food*

Wash your fruit and vegetables with baking soda (5 liters water+ 5-10 grams baking soda). You can also use water with lemon juice (use a large lemon). Washing the food in this way gets rid of toxins that fruits and vegetables can accumulate.

Peel your fruits such as apples and pears before eating them.

- Cook your food

Cooking causes all microorganisms to die, it is also easier to digest.

Add sprouts to a meal. Sprouts are one of the most concentrated sources of vitamins, minerals, enzymes and amino acids and therefore have a lot of nutritional value.

2.2.3 *Use complete food*

Use six flavors in your meals: Sharp - bitter - astringent - salty - sweet – sour

2.2.4 *Use the right fats*

The good fats protect the cell wall and ensure that the cell wall is flexible and permeable to nutrients and waste. What are those good fats?

- Ghee
- Olive oil
- Sesame oil

2.2.5 *Fibers*

- Fibers are not digested, they regulate the peristalsis of the intestines and ensure that there is no inflammation or irritation in them. Fibers take care of the removal of waste of the gastro intestinal tract.

2.2.6 *Take enough minerals - vitamins – carbohydrates*

2.2.7 *Incorporate herbs with an antiviral effect*

Use herbs with antiviral effects with your meals or take them as tea:

- Fresh turmeric
- Fresh ginger
- Take lime / lemon juice with your meal
- Cinnamon

2.2.8 *Herbs for good (lung) immunity*

- Tulsi is sacred basilicum; e.g. It can be taken as tea. See: <https://www.organicwebshop.nl>
- Dried ginger
- Long pepper or pippali (piper longum)
- Liquorice tea. Be cautious if you have high blood pressure.

2.2.9 *Hydrate yourself*

With sufficient fluids specially water, the lymphatic system is enhanced so that the subsequent tissues can be well fed, optimizing the functioning of the immune system

- Drink boiled hot / hot water with:
 - A pinch of baking soda or Himalayan salt.
 - Lime juice
- Green tea
- Fresh homemade soup
- Fresh fruit juices in the morning on an empty stomach. The vitamins can then be absorbed by the body immediately

Dont's:

- Never overeat: this ruins the digestive system and insures a big accumulation of toxins in the body
- Do not snack between meals
- Do not use alcohol
- Avoid the consumption of animals and dairy products
- Do not eat junk food
- Avoid chili pepper
- Avoid sweet/refined foods
- Do not eat heavily in the evening. It is advisable to eat your warm meal for lunch.
- Do not consume cold refrigerated/frozen foods or drinks.

Fresh whole foods and the right hydration ensure that there are quantitatively enough nutrients to build good quality tissues which in turn fortify the immune system.

2.3. LIFESTYLE

In time of big changes, like the time we are experiencing now, it is of special importance to find and maintain a daily routine. This is done by:

2.3.1 Doing light exercises such as:

- Walking
- Yoga helps to reduce stress and anxiety and also helps improve lung function. There are specific poses that help to relax:
 - Crocodile pose or makarasana. With this posture, the body comes to rest when there is stress or tension. Many studies prove the positive effects of Yoga on lung function: https://www.researchgate.net/profile/Ananda_Bhavanani/publication/327793102_Effect_of_Adjuvant_Yoga_Therapy_on_Pulmonary_Function_and_Quality_of_Life_Among_Patients_with_Chronic_Obstructive_Pulmonary_Disease_A_Randomized_Control_Trial/links/5ba4d88345851574f7dbafc3/Effect-of-Adjuvant-Yoga-Therapy-on-Pulmonary-Function-and-Quality-of-Life-Among-Patients-with-Chronic-Obstructive-Pulmonary-Disease-A-Randomized-Control-Trial.pdf
 - Massage: numerous studies have shown that massage therapy can increase dopamine and serotonin (our happy, feel-good hormones), and lower stress hormones like, cortisol. Additionally, massage has been shown to produce endorphins, the body's natural painkiller. The best you can do these days is to give yourself a relaxing and soft full body massage every day with warm sesame oil before you shower.

2.3.2 Adequate rest and sleep

2.3.3 Good oral hygiene to remove as many micro-organisms as possible

- Tongue scraping; 2x a day before brushing your teeth
- Oil pulling; rinse your mouth with cold-pressed sesame oil (or olive oil) for 5 minutes in the morning. Spit it out and rinse the mouth with warm water

2.3.4 Take care of nose and ear openings

Apply sesame oil to the nostrils and ear openings in the morning with sesame oil.

The oil protects the mucous membranes of the mouth, nose and ear openings against the penetration of micro-organisms.

2.3.5 Gargle with salt water

Gargle with salt water and spit it out. Several times a day. The Covid-19 virus is present in the mouth and pharynx for the first few days. Use Jala Neti (the Ayurvedic nasal cleanser) to rinse your nose and sinus cavities with warm water and a little salt (9 grams per liter).

2.3.6 Breathing correctly is important for keeping the lungs in shape: how do you learn that?

- Kapalbhati or fire breathing. For detailed information: www.ayuryoganederland.nl
- Pranayama exercises (breathing)
Studies reveal the positive effects of correct breathing in chronic respiratory inflammation: <https://search.proquest.com/openview/d0bd0fb6d4f9e764c95295c2fc54cd58/1?pq-origsite=gscholar&cbl=706378>

Dont's:

- Do not smoke
- Do not drink alcohol

2.4. AYURVEDIC HERBS FOR A GOOD IMMUNITY

The most aspect around immunity has been mentioned above: avoid stress and fear, keep your food fresh and clean, hydrate yourself, keep a healthy and steady routine with enough exercise and take known hygiene precautions. In addition to the guidelines described, the following herbs help to strengthen the immune system. Use these herbs under the guidance of an Ayurvedic Practitioner / doctor:

1. Ashwaganda (*Withania somnifera*)

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- To be taken with with organic milk:
 - It increases resistance
 - Helps to reduce stress. See also: <https://www.ncbi.nlm.nih.gov/pubmed/23439798>
 - Is a tonic for the hormonal system.
2. Guduchi (*Tinospora cordifolia*)
 - Boosts the immune system by increasing white blood cell count
 - Helps with diseases of the lungs
 - Reduces stress
 3. Tulsi has anti-inflammatory properties, especially in the respiratory system

Very strong immune boosters for children

4. Taurine is found in animal foods and has many functions, including:
 - It improves the immune system, brain metabolism and eyes and acts as an antioxidant
 - It reduces free radicals and stress
5. Gold: In Ayurveda, the axis of gold (gold nanoparticles) is used as a way to introduce active substances into the cell and as a way to increase resistance. Gold nanoparticles (nanoparticles) are also used in mainstream medicine as an alternative to the treatment of prostate cancer (wearing gold in contact with the skin) helps.

2.5. AYURVEDIC HERBS THAT WORK AS AN ANTIOXIDANT

Consult for this an Ayurvedic Practitioner or doctor.

1. Amla (*Embolica officinalis*) contains great quantities of vitamin C and helps with flu and cold viruses
2. Lime juice which also helps to get through the flu process faster
 - Juice a lime in 1 liter of water, add honey and drink it during the day
3. Shilajit (*Asphaltum punjabium*) is found in the rocks of the Himalayas. It is probably plant-based. It contains:
 - More than 84 minerals
 - Fulvic acid. This ensures that heavy metals are removed from the body.In this, Shilajit can work as:
 - Antioxidant to improve the body's immunity and memory
 - Anti-inflammatory
 - Energy booster
 - Immunity booster
4. Mukta pishti: is a calcified pearl powder and is a great source of calcium. It prevents acidification in the body. Effects:
 - Antioxidant
 - Cools and helps with fever
 - Anti-inflammatory
 - Works as a protective layer on the mucous membranes
 - Works as a sedative to the nervous system

3. GUIDELINES FOR MILD COMPLAINTS

All of the above guidelines apply. Generally, the Covid-19 virus may initially be present in the oral cavity and causes a dry cough type of a viral pneumonia.

Symptoms such as fever and cough are not the problem, since they have a functionality in the body when we get sick. The problem starts when we start getting sicker. This is however, not a reason to take medication. Why? Because the body increases its temperature to get rid pathogens. It also produces coughing to expel this pathogens.

3.1. DEALING WITH THE SYMPTOMS

3.1.1 *Anxiety and panic*

Anxiety and panic undermine the immune system. It is important to remain as calm as possible and to try to relax when we experience mild complaints.

3.1.2 *Coughing and mucus*

Coughing is a mechanism of the body to expel bacteria and viruses. The Covid-19 virus may initially be present in the oral cavity and causes a dry cough type of a viral pneumonia.

Mucus is produced when the bronchi are irritated and hardened. The mucous membranes of the throat gets inflamed. At this point it is important to get rid of the formed mucus and try to loosen thick bronchial secretions by:

- Gargle with warm / hot water with baking soda or salt (2gr per day)
- Pippali also known as long pepper is a very powerful anti-expectorant and bronchodilator. The dosage is: ¼ to ½ teaspoon mixed with 1 teaspoon of honey in the morning on an empty stomach.
- Practice steam inhalation with peppermint oil, eucalyptus oil or lavender oil after returning home from work. This disinfects the airways and sinus cavities. In order to not catch a cold, do not go out with wet hair.
- Vasaka (*Adhatoda vasica*) widens the respiratory tract
- Sirish (*Albizia Lebbeck*) is a good expectorant and helps to lessen the irritation of the respiratory tract and to widen it.
- Tea or warm water with Tulsi extract drops (*Ocimum Sanctum*). Consult your ayurvedic doctor or practitioner regarding the dosage.
- Ginger tea
- Trikatu (*piper longum*, *piper nigrum*, *zingiber officinale*) mixed with honey. Consult your ayurvedic doctor or practitioner regarding the dosage.
- Sore throat: gargle twice a day with 15 ml of hot water with added 2 pinches of ginger powder - 2 pinches of black pepper - 2 pinches of salt - 1 teaspoon of honey

In case the lungs get badly affected or damaged it is advisable to contact an Ayurvedic doctor to look into the possibility of doing a Pancha Karma treatment. One of the five therapies of Pancha Karma in Ayurveda is called Vamana. Vamana means therapeutic vomiting which is a medicated emesis. This treatment is done for the aggravated kapha dosha (excessive mucus), which dislodges the toxins mainly from the respiratory and gastrointestinal tract. This therapy is done for preventive & curative purposes. Pancha Karma should always be done under the strict guidance of an Ayurvedic doctor.

3.1.3 *Stop inflammation*

We inhibit inflammation by cooling it and cooling its surroundings. This can be done with the above mentioned herbs indicated when having fever: Basil and Gypsum Godante. Food and drinks should be clean and cooling. Other efficient herbs are:

- Triphala (*Embllica officinalis*)
- Guduchi (*Tinospora cordifolia*)

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- Shunti (Zingiber officinale)

3.1.4 Fever and pain management

Fever is a mechanism that the body uses to get rid of a virus or bacteria. The virus dies when the body has a certain temperature. A body temperature of 38-38.5 °C is fine. Above 40° is too high and not healthy.

- Basil is fever-reducing
- Godante (Gypsum) is fever-reducing
- Rub ginger powder on the scalp with a headache after showering.
- Muktapisti

3.1.5 Diarrhea

Keeping yourself hydrated is very important! Do this by:

- Drinking water with a little salt or sugar
 - eating soup very often
- Taking Bilva (Aegle marmelos). Bilva helps to reduce diarrhea and correct digestion

3.2. AYURVEDIC VIRUS KILLER HERBS

Regular medicine has no medication that can kill a virus, unlike Ayurveda. Ayurveda has the following virus-killing herbs:

1. Semecarpus anacardium or Bhallataka.
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3847419/>
2. Amla is, among other things, anti-inflammatory - anti-deadening - increasing immunity
 - phyllanthus nirroh: prevents cell multiplication
 - velantis nirodhi
3. Rubia Cordifolia: has an anti-inflammatory effect
4. Euphorbia nerrifolia works:
 - against cell multiplication
 - swelling
 - cough
 - rhinitis
 - bronchitis
5. Swertia Chirata: (Sudarex - Bhunimba - Chiretta) works at:
 - fever of undiagnosed cause
 - bronchial infections
 - cough
 - malaria
6. Kiratatikta (Swertia chirata)

4. GUIDELINES FOR AGGRAVATED COMPLAINTS

If the above mentioned guidelines are not effective or you experience the following:

- Get sicker in a few days
- Breathing becomes increasingly difficult (e.g. when walking)
- Feel confused
Have a high fever for more than 3 days
- You are 70 years of age and or suffer from a chronic illness or feel weak and get a fever

Then call your family physician at once! immediately call your family doctor or and do not go to your family doctor !

This advice also applies for children.

5. CITATIONS

5.1. INFORMATION FROM AYURVEDIC DOCTORS:

Mr. Anil Mehta
Mr. Ish Sharma
Mr. Vijith Sasidha
Mr. Anand Mehta

5.2. INFORMATION FROM ANVAG MEMBERS

Carla van Dijk
Maria Willebrands-Peters
Veronica Rivera-Santander

5.3. INFORMATION FROM RELEVANT WEBSITES:

<https://www.rivm.nl/nieuws/actuele-informatie-over-coronavirus>
<https://www.thuisarts.nl>