



Government of India
MINISTRY OF
AYUSH

भारत सरकार

GUIDELINES

for

SIDDHA
PRACTITIONERS

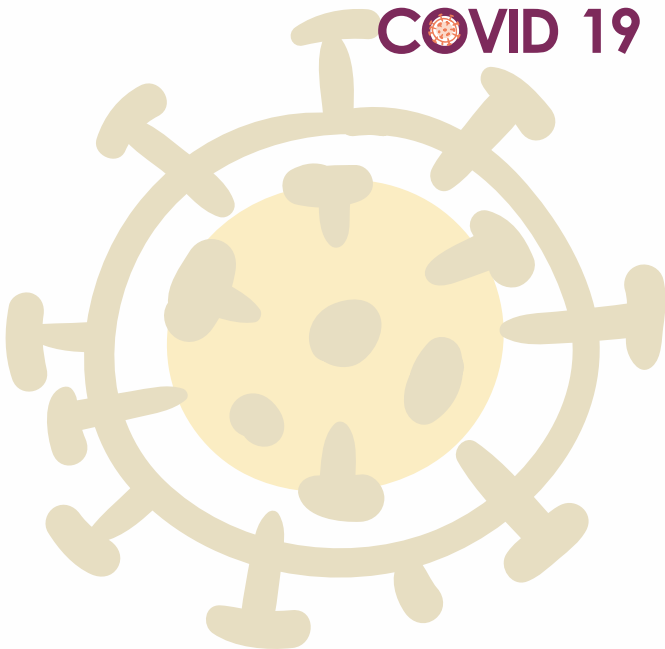
for

COVID 19



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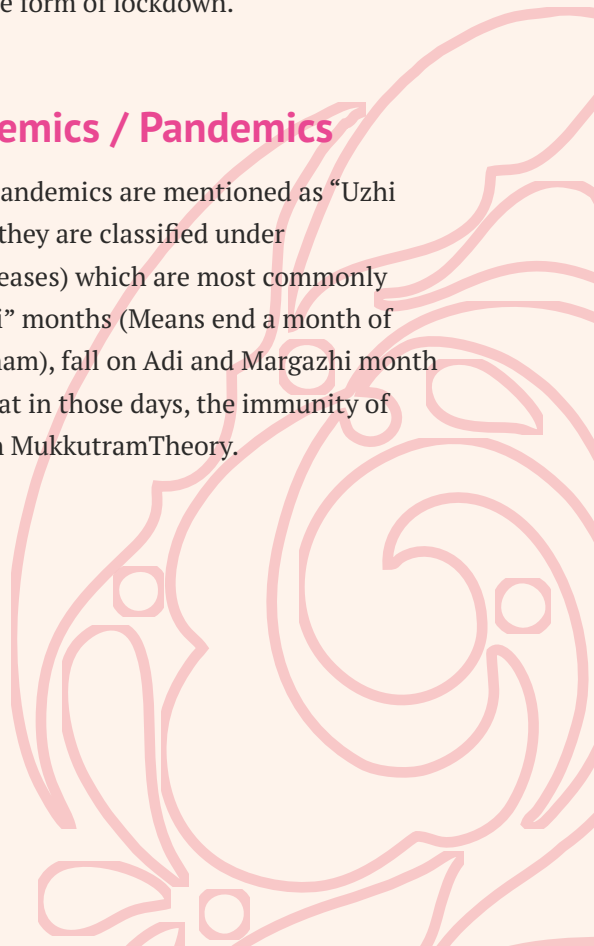
Current Status of Covid-19 in India

As on 13th April 2020, in India 9431 confirmed cases are increasing at the rate of 300 cases per day. Also active in quarantine is 7987 and confirmed death is 335. More than 3000 confirmed cases are available mostly in Maharashtra (2064), Tamil Nadu (1075), Delhi (1154), Rajasthan (847) and Madhya Pradesh (562) these 5 states. Andhra Pradesh, Uttar Pradesh, Madhya Pradesh, and Karnataka are having more than 200 cases in each state. It is clearly indicating almost 80% of cases available in this 9 States. Even among the exposed population, the growth rate is still moderate due to the initiatives taken by the government like nationwide lockdown creating awareness among the public about the social distancing. Also, we cannot ignore the self-immunity which we need to be boosted through our indigenous Medical Systems like Siddha.

Day by day the number of cases of COVID-19 infection in India is increasing. With the Spread over more than 28 states, isolation and social distancing is the general measures taken up by the public promoted by the government in the form of lockdown.

Siddha System & Epidemics / Pandemics

In the Siddha system, Epidemics/Pandemics are mentioned as “Uzhi Noi” or “Kothari Noi”. In general, they are classified under “KollaiNoikal”(Communicable Diseases) which are most commonly occurred the time of “Ayana Santhi” months (Means end a month of Uthara Ayanam & Thatchana Ayanam), fall on Adi and Margazhi month in Tamil Calendar. It is believed that in those days, the immunity of human beings will be low based on MukkutramTheory.



Preventive Care:

Common Advisory:

- Drinking water- Herbal water infusion made up of half teaspoon of Chukku (Dried Ginger) / boiled in two liters of water can be used as drinking water.
- Inji thenooral / Inji (Ginger) Tea / Adhimaduram (Licorice) tea may be taken as hot beverages.
- Avoiding Milk at bedtime is advisable if needed for children to add a quarter teaspoonful of Manjal (Turmeric) with Milagu (Pepper).
- Steam inhalation – With Tulasi/ Nochi (Vitex negundo) leaves / Manjal (Turmeric)
- Gargling – water boiled with a pinch of Salt and Turmeric should be used not less than 3 times .
- All karappan pandam (allergic foodstuff) should be avoided in the diet.
- Diet may include Nandu kanji (Crab soup), Pancha mudichi kanji (5-grain gruel) and Irumurai vadittha kanji (double-cooked gruel).
- Environmental sanitation - Neem leaves fumigation is advocated

Anti-Virals

Anti-viral Siddha Formulation:

- **Kaba Sura Kudineer** - 60 ml twice a day after food
- **NilaVembu Kudineer**– 60 ml twice a day after food
- **Visha Sura Kudineer**- 60 ml Twice a day after food
- **Pavala Parpam** -100 mg twice a day with Honey
- **Velli parpam** - 50 to 100 mg twice a day with Honey

Anti-Viral Siddha herbs:

- **Inji** (Zingiber officinale): Injisurasam– 10 ml Once a day
- **Thulasi** (Ocimum sanctum): Thulasi Kudineer– 60 ml Twice a day
- **Milaku** (Piper nigrum): With Thulasi as Kudineer said above
- **Karunjeerakam** (Nigella sativa): Karunjeeraka Chooranam1gm BD
- **Keezhanelli** (Phyllanthus niruri): Keezhanellisamoolam– 2gm Twice a day

- **Athimadhuram** (Glycyrrhiza glabra): Athimadhura Chooranam- 1 gm BD
- **Vellaipoondu** (Allium sativum): Poonduthaen
- **Cittra mutti** (Sidacordifolia): Cittramutti Kudineer-30 ml Twice a day
- **Seenthil** (Tinospora cordifolia): Seenthil Chooranam– 1gm Twice a day
- **Manjal** (Curcuma longa)
- **Elumitchai** (Citrus limonia) Volatile oil
- **Vembu** (Azadirachta indica)

Note: Antiviral activity of the above mentioned drugs and formulations against COVID 19 is not established and not being claimed

Immunity enhancers specific to respiratory care

Details of Siddha medicines for Boosting Immunity

S.No	Immunity Enhancer	Usage	Remarks
1.	Karpam: <ul style="list-style-type: none"> • Korai kizhangukarpam • Thoothuvelai Karpam 	With sugar	Internal
2.	Vatral: <ul style="list-style-type: none"> • Kovaikkaivatral • Manathakkalivatral • Nellivatral 	As fryums	It can be taken along with regular food.
3.	Vadagam: Inji Vadagam	1 - 2 tablets, with water, thrice a day.	Internal
4.	Adai: Musumusukkaiadai	Leaves grind with boiled rice flour	Internal
5.	Others:		
6.	<ul style="list-style-type: none"> • Seenthil Chooranam 	1 - 2 gm, With Ghee Twice a day.	Internal
7.	<ul style="list-style-type: none"> • Thiripala Chooranam 	1 - 3 gm, With Honey, Ghee or Hot water, twice a day.	Internal
8.	<ul style="list-style-type: none"> • Vallarai Choorana • Mathirai 	2 - 4 tablets, with hot water, twice a day.	Internal
9.	<ul style="list-style-type: none"> • Urai Mathirai 	50mg (Depend upon the age group)	Internal for Children
10.	<ul style="list-style-type: none"> • Amukkara Chooranam 	1 - 2 gm, with honey, hot water or milk, twice a day.	Internal
11.	<ul style="list-style-type: none"> • Nellikaillagam 	2- 4 gm, twice a day	Internal
12.	Ennai muzhukku: <ul style="list-style-type: none"> • Thulasithailakarpam 	Oil bath	External

Details of Varmam points stimulated for Boosting Immunity

Varmam	Location	Finger selection	Procedure	Duration
Vilangu Varmam	A dimple at the lateral end of the clavicle.	Middle three fingers	Place the tip of the middle three fingers over the varmam point and do a clockwise rotation	30 Sec
Ullangaal Vellai Varmam	At the junction of the big and second toe in the plantar region	Both the thumbs (Central part (pulp) of the thumb)	Place the Central part (pulp) of the thumb over the Varmam point and then press and release (both sides)	30 Sec
Nadi Soothira Varmam	Four finger breadths above the wrist joint (radial aspect)	Both the thumb (Medial 1/4 part of the thumb)	Place the middle of the thumb (palmar aspect) over the Varmam point; press and release.	30 Sec
Savvu Varmam	Four finger breadths distal from the shoulder joint on the medial side of the upper arm	Both the thumb (Medial 1/4 part of the thumb)	Place the middle of the thumb (palmar aspect) over the Varmam point; press and release.	30 Sec

Symptom Specific Approach in Covid-19:

Interventions for Preventive Category:

Prevention for fever and respiratory illness							
Interventions	Dose Recommendation as per the Age group					Anupanam / Direction of Use	Remarks
	Padiatric Age group (<12 Years)		Adolescent (13-18 Years)	Adult (19-65 Years)	Geriatric Age group (>65 Years)		
	<5 Yrs	5-12 yrs					
Nilavembu Kudineer / Kaba SuraKudineer	5ml	10ml	30 ml	60-90 ml	60 ml	Twice a day	After Food
Seenthil Chooranam	200mg	500 mg	1 gm	1-2 gm	1-2 gm	Honey/ twice a day	After Food
NellikaiIlagam	1-2 gm	3 gm	5 gm	5-10 gm	5 gm	Twice a day	After Food

Interventions for Mild and Moderate Symptoms:

Symptoms	Interventions for mild and moderate symptoms							
	Intervention	Dose Recommendation as per the Age group					Anupanam / Direction of Use	Remarks
		Pediatic Age group (<12 Years)		Adolescent (13-18 Years)	Adult (19-65 Years)	Geriatric group (>65 Years)		
		<5 Yrs	5-12 yrs					
Cough	Kaba Sura Kudineer	5ml	10ml	30 ml	60-90 ml	60 ml	Twice a day	After Food
	AdathodaiManapagu	2ml	5ml	10ml	10-20ml	10-15ml	Warm Water/BD	After Food
	NellikaiIlagam	1-2 gm	3 gm	5 gm	5-10 gm	5 gm	Twice a day	After Food
	VasanthaKusumakaram	-	1Nos	1 Nos	1 -2 Nos	1 Nos	Twice a day	After Food
Sore Throat	ThalisathiVadam	1/4 Nos	1/2 Nos	1/2 Nos	1 Nos	1 Nos	Twice a day	After Food
	Kaba Sura Kudineer	5ml	10ml	30 ml	60-90 ml	60 ml	Twice a day	After Food
	AdathodaiNei	1 ml	5 ml	10 ml	10-15 ml	5-10 ml	Twice a day	After Food
High Fever	NilaVembu / Kaba Sura Kudineer	5ml	10ml	30 ml	60-90 ml	60 ml	Twice a day	After Food
	BramanandaBairavam	-	1Nos	1 Nos	1 -2 Nos	1 Nos	Twice a day	After Food
	AdathodaiManapagu	2 ml	5 ml	10ml	10-20ml	10-15ml	Warm Water/BD	After Food
	Thirithoda Mathirai	-	1Nos	1 Nos	1 -2 Nos	1 Nos	Twice a day	After Food
Difficulty In Breathing	NilaVembu / Kaba Sura Kudineer	5ml	10ml	30 ml	60-90 ml	60 ml	Twice a day	After Food
	Seenthil Chooranam	200mg	500 mg	1 gm	1-2 gm	1-2 gm	Honey / twice a day	After Food
	PachaiKarpoora Mathirai	-	1/2 Nos	1Nos	1-2 Nos	1 Nos	Honey / only in the Morning	After Food
	SwasaKudori Mathirai	-	1/2 Nos	1Nos	1-2 Nos	1 Nos	Honey / only in the Morning	After Food
	ThippiliRasayanam	200 mg	500 mg	1 gm	1 gm	1 gm	Twice a day	After Food

External Therapy:

- Neerkovai Mathirai for headache.
- Fomentation - betel leaf over the chest

Nasiyam:

- Thumbai poo, Thulasi leave juice for Sore throat, Nasal obstruction

Pugai:

- Kandangathiri Pugai
- Manjal Kombu Pugai for rhinitis, nasal obstruction

Varmam:

- Thivalai Kalam, Adapa Kalam, Kavuli Kalam, Mudichu Varmam, Sakthi Varmam, and other energizing Varmam points for immune enhancing, fever and respiratory illness.

Interventions for Comorbid Conditions with Fever and Respiratory Illness

Symptoms	Comorbid conditions with respiratory illness			
	Intervention	Dose Recommendation	Anupanam / Direction of Use	Re- marks
Diabetes	NilaVembu Kudineer	30-60 ml	Twice a day	After Food
	Seenthil Chooranam	2 gm	Warm Water/ Twice a day	After Food
	Keezhanelli Chooranam	3 gm	Twice a day	After Food
Hypertension	Seeraga Chooranam	1-2 gm	Warm Water/ Twice a day	After Food
Pregnant women	Poondu (Garlic) milk:	2 pieces	Poondu boiled with a glass of milk should be taken at night	After Food
	NilaVembu Kudineer	30-60 ml	second and third trimesters Twice a day	After Food
	Kothumalli (Coriander seeds) and Seeragam (Cumin seeds) kudineer	30-60 ml	Twice a day	After Food
Paediatric Population	Urai Mathirai	1 or 2 Nos	Rubbings with breast milk/honey/ Twice a day	After Food
	Athimatura Chooranam	1 gm	Honey / Twice a day	After Food
	Nellikai Ilagam	3-5 gm	Twice a day	After Food
	Balasanjeevi Mathirai /Kasthuri Mathirai	1 Nos	Twice a day	After Food
Lactating Mothers	Thanneervittannei	5-10 ml	Twice a day	After Food
Geriatric Population	Thulasi /Thoothuvelai /Kuppaimeni / Mukkarattai /Seenthil /Elam	1-2 gm	Decoction or Hot water / Twice a day	After Food

Rationale behind selected treatments:

In Siddha System, the Diseases are raised based on the derangement of Mukkutram. Usually, Thottru Noigal (communicable diseases) associated with Aiya kutram (Respiratory related Illness), are gets affected due to its Sthiram gunam (stability factor). In Guru Naadiquoted, Thottru Noigal generally caused by Kirumi(Pathogens). The symptoms are due to Noiyanan vanmai (Immunity of individual), if it is good, he/she will not be affected. So, the Medicines are used to neutralize the Aiya kutram.

Other general measures for the control of fever and respiratory illness:

General hygiene & sanitation measures are to be continued.

- Padigara Neer for Handwash
- Turmeric water washes for sanitizing hands and legs.

Environmental sanitation:

Fumigation of the house every evening with Kungiliyam (Shorea robusta), Sambrani (Styrax benzoin), Manjal (Curcuma longa), Vembu (Azadirachta indica) are advocated

Isolation & Quarantine of elderly people who are vulnerable.

Stress management is very essential among the subjects under isolation / quarantine.

- The Yogam practices such as Naadi sutthi Pranayamam as given in Thirumoolar Thirumanthiram Literature will help to increase the elasticity of bronchioles as well as rejuvenate the lung tissues.
- Pranayamam, Naadi suthi pranayamam, Suriya namaskaram, Savasanam, Makarasanam, Meenasanam, Artha meenasanam.

Varmam:

- Thivalai Kalam, Adapa Kalam, Kavuli Kalam, Mudichu Varmam, Sakthi Varmam, and other energizing Varmam points are advised for self-stimulation
- Coarse powder of coriander seeds with palm jiggery made as a decoction and can be taken in the morning.
- Take 500 mg of powdered Amukkara with milk or Hotwater.
- Advised to take oil bath twice a week with medicated oils like Karisalai Thailam, Santhanathy Thailam.

Diet Advisory:

- Foods can be easily digestible should be advocated
- Plenty of Boiled Water Intake
- Take lemon juice daily
- Barley gruel, Panchamutti kanji gruel, Raggi gruel
- Rasam with pepper and jeera, star anise and cinnamon, Ginger and Garlic
- Daily green smoothie like Avaraipinju (Broad beans), KathaiPinju (Brinjal), Murungai (Moringa Leaves) to improve prebiotics in Gut and for detoxification
- As above with diet for co-morbidities, like Low Glycemic index and Low Glycemic diet,

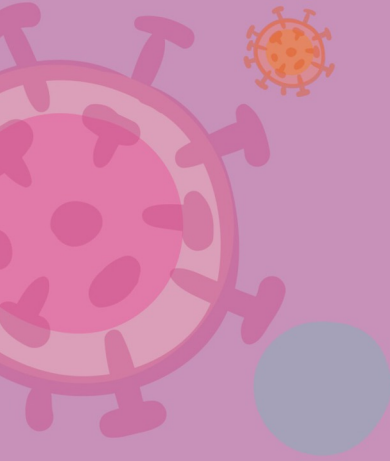
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Disclaimer

These guidelines are in addition to the standard treatment guidelines of Ministry of Health and Family Welfare, Govt of India and also vetted by the Interdisciplinary AYUSH Research and Development Task Force setup by Ministry of AYUSH, Govt of India



GUIDELINES for **SIDDHA PRACTITIONERS** for **COVID 19**

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