



Government of India
MINISTRY OF
AYUSH

भारत सरकार

GUIDELINES

for

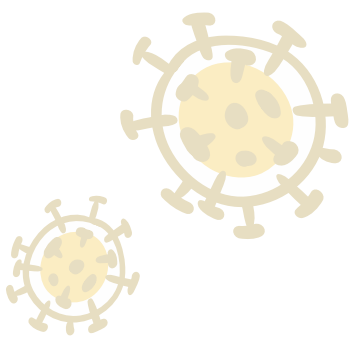
UNANI

PRACTITIONERS

for

COVID 19





GUIDELINES

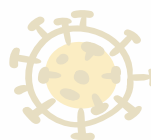
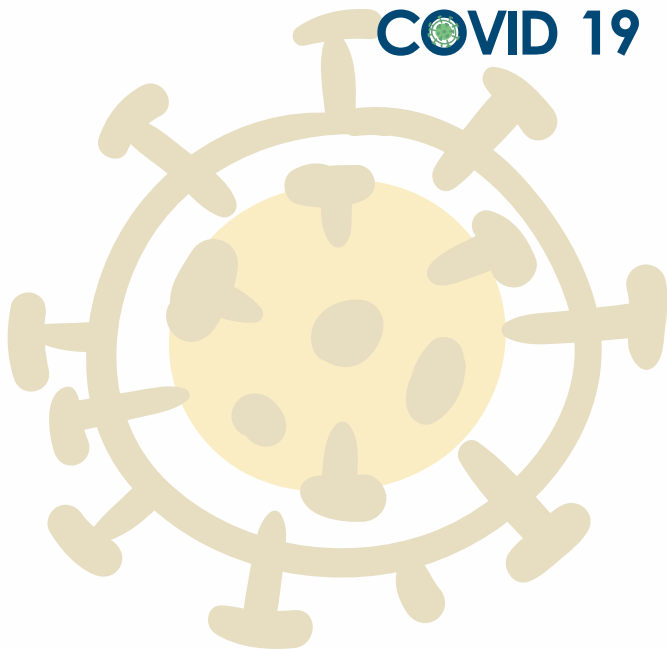
for

UNANI

PRACTITIONERS

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COVID 19



Disclaimer

- This document does not claim any specific prevention, management or cure for COVID-19.
- This document is for the use of Unani practitioners only.
- These measures may possibly boost an individual's immunity against infection and provide symptomatic relief to the patients of upper respiratory tract infection.
- Unani physicians may adopt these guidelines as per feasibility and prevailing conditions.
- Unani physicians should follow the instructions issued from time to time by World Health Organization, Ministry of Health & Family Welfare and Ministry of AYUSH, Government of India.
- These guidelines are for immunity boosting and symptomatic relief only.

Note

- Unani physicians may adopt these guidelines for themselves, to the extent possible.
- Unani physicians may also adopt these guidelines for enhancement of immunity of their family members against any possible infection.
- Mechanism may be devised for providing these measures to the willing members of general public.
- These guidelines are recommended by the Unani officers and researchers of Ministry of AYUSH in consultation with other academia, experts and leading practitioners of Unani Medicine.
- Essential Drug List, Unani Pharmacopoeia and other standard Unani reference books have been consulted while preparing this document.
- Unani physicians have the discretion to select the drugs based upon extent of the associated symptoms.
- Unani physicians are advised to maintain a record / data of use of these practices for symptomatic relief as per annexure attached to this document.

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About Covid-19

COVID-19 is an infectious disease caused by the recently discovered novel Coronavirus. This disease was unknown before the outbreak began in Wuhan, China in December 2019. The most common symptoms of COVID-19 are fever, tiredness and dry cough. Some patients may have aches and pains, nasal congestion, runny nose, sore throat or diarrhoea and in case of serious illness develop difficulty in breathing. Older people and those with underlying medical problems like high blood pressure, heart problems or diabetes mellitus are more prone to develop serious illness. The World Health Organization has declared the COVID-19 as a pandemic and a global health emergency.

The number of cases of COVID-19 infection in India is increasing day by day. With the spread in many states, general measures like isolation, social distancing, regular use of masks and frequent washing of hands are being propagated. The Government of India has presently imposed a lockdown in the country as a way of preventing COVID-19 and breaking its chain of spread. The Government is also taking effective steps for early identification of the infection and providing adequate prevention and timely medical care.

The coming days will now decide whether there will be flattening of the curve or considerable increase in the number. In either case, the medical fraternity is geared up to handle the situation. However, when the infection affects a large number of population, the present healthcare system will be strained. It is expected that majority of COVID-19 positive patients, with mild or moderate symptoms, may recover on their own. Certain number of patients who are expected to suffer from severe to critically ill situations mainly belong to 60 years and above age group.

About Unani medicine

Unani Medicine recognizes the influence of surroundings and ecological conditions on the state of health of human beings. Apart from treating disease conditions, Unani Medicine lays great emphasis on the prevention of disease and promotion of existing health through principles of six essential factors (*Asbab-e-Sitta Zarooriyah*) of life. It lays great emphasis on the maintenance of a proper ecological balance and on keeping air, water and food free from all possible pollution and pathogens(1). An eminent Unani physician Galen (129-200 CE) postulated that certain diseases caused by pollutants tend to be carried by wind and hence, do disseminate faster; these enter human body through respiratory route(2)

As per Unani classical wisdom, improving immunity with immune boosters is one of the key approaches for prevention of disease and maintenance of health. Therefore, a strategy to enhance immunity and provide symptomatic relief in upper respiratory tract infection is advocated in these guidelines for qualified Unani Medicine practitioners.



Prophylactic approach through Unani medicine

Unani scholars have prescribed several single drugs as well as compound formulations for the prevention and treatment of infectious diseases in general. They have emphasized more on the use of certain drugs which are known to improve host immunity during the outbreak of epidemics, endemics and pandemics. *Ismail Jurjani* (1041-1136 CE) mentioned that use of *Tiryags* during epidemics strengthens the heart and keeps the body faculties strong(13). Single and compound Unani drugs mentioned hereunder, may prove to be beneficial and can be used under the supervision of qualified Unani physicians for possible immune-boosting / symptomatic relief in upper respiratory tract infections.



Unani Single Drugs

- **Behi dana (*Cydonia oblonga*):** Antioxidant, immunomodulator, antiallergic(3) and anti- influenza.(4) (Dose is 3-5 gm)
- **Unnab (*Zizyphus jujuba*):** Anti-influenza(9), immunomodulator and antioxidant.(10) (Dose is 5 pcs.)
- **Sapistan (*Cordia myxa*):** Immunomodulator(5),(6), tracheal smooth muscle relaxant⁷ and anti-oxidant.⁸ (Dose is 9 pcs.)
- **Karanjwa (*Caesalpinia bonducella*):** Antipyretic(12), antimicrobial, anti-inflammatory and immunomodulator.(11) (Dose is 3 to 5 gm)

Unani Formulation

Tiryag-e-Arba has *Dafae Sumoom* (antidote) and *Dafae Tashannuj* (anti-spasmodic) properties and used in the dose of 3-5 gm with lukewarm water.(13),(47) (Not recommended for diabetics)

Local Application

In case of respiratory discomfort, local application of *Roghan-e-Babuna Sada* on chest is advocated (in quantity sufficient).(14), (47)

Inhalation

Arq-e-Ajeeb 2-5 drops (47).

Antivirals

Below mentioned Unani herbs have shown few leads to possess certain antiviral activities. They may be used under the supervision of a qualified Unani physician.

1. *Kalonji* (*Nigella sativa*): 1-2 gm (15), (47)
2. *Seer* (*Allium sativum*): 2-3 gm (16-20, (47)
3. *Zanjabeel* (*Zingiber officinale*): 5 gm (20-22, (47)
4. *Aslassus* (*Glycyrrhiza glabra*): 5-10 gm (23-28, (47)
5. *Afsanteen* (*Artemisia absinthium*): 3-5 gm (29-30)
6. *Tukhm-e-Kasoos* (*Cuscuta reflexa*): 15 gm (seeds) (31)
7. *Khayarshamber* (*Cassia fistula*): 10-20 gm (pulp) for gargle (32),(33),(47)
8. *Gilo* (*Tinospora cordifolia*): 5-10 gm (40),(41), (47)

Note: Antiviral activity of the above-mentioned drugs against COVID-19 is not being claimed.

Immunity Enhancers

- Khameera Marwareed: 3-5 g (34),(47) (Not recommended for diabetics)
- Asgandh (Safoof): 5 g (35-39)



Symptom Specific Approach

Symptom	Formulations	Dose according to age group
Dry Cough	<i>Habb-e-Surfa</i> (125-250 mg)	125 mg (pill) twice daily for 6-12 years of age
		250 mg (pill) twice daily for above 12 years of age
	<i>Khamira-e-Banafsha</i> (10-20 gm) (Not recommended for diabetics)	5 gm twice daily for 6-12 years of age
		10 gm twice daily for above 12 years of age
	<i>Laoq-e-Sapistan</i> (10-20 gm) (Not recommended for diabetics)	5 gm twice daily for 6-12 years of age
		10 gm twice daily for above 12 years of age
<i>Sharbat-e-Sadr</i> (20-40 ml) (Not recommended for diabetics)	10 ml twice daily for 6-12 years of age	
	20 ml twice daily for above 12 years of age	
High Fever	<i>Habb-e-Bukhar</i> (250-500 mg)	250 mg (pill) twice daily for 6-12 years of age
		500 mg (pill) twice daily for above 12 years of age

High Fever		500 mg (pill) twice daily for above 12 years of age
	<i>Habb-e-Mubarak</i> (1-2 gm)	1 gm (pill) twice daily for 6-12 years of age
		2 gm (pill) twice daily for above 12 years of age
Sore Throat	<i>Sharbat-e-Toot Siyah</i> (20-40 ml) (Not recommended for diabetics)	10 ml twice daily for 6-12 years of age
		20 ml twice daily for above 12 years of age
Difficulty In Breathing	<i>Laooq-e-Katan</i> (10-20 gm)	5 gm twice daily for 6-12 years of age
	(Not recommended for diabetics)	10 gm twice daily for above 12 years of age
	<i>Habb-e-Hindi Zeeqi</i> (125-250 mg)	125 mg (pill) twice daily for 6-12 years of age
		250 mg (pill) twice daily for above 12 years of age

Note: Unani physicians attending to the patients may modify the dose / dosage form as per age of the patient and severity of the disease.

Specific Recommendations

Prophylactic approach:

Zanjabeel (Zingiber officinale), *Gilo* (Tinospora cordifolia), *Aslassus* (Glycyrrhiza glabra), *Khameera Marwareed*, *Safoof Asgand*

Symptomatic relief in upper respiratory tract infections:

Behi dana (Cydonia oblonga), *Unnab* (Zizyphus jujuba), *Sapistan* (Cordia myxa), *Karanjwa* (Caesalpinia bonducella), *Habb-e-Surfa*, *Khamira-e-Banafsha*, *Laoq-e-Sapistan*, *Sharbat-e-Sadr*, *Habb-e-Bukhar*, *Habb-e-Mubarak*, *Sharbat-e-Toot Siyah*, *Laoq-e-Katan*, *Habb-e-Hindi Zeeqi*

Note: These medicines may be used as per details mentioned above.

Special Care For Elderly

Unani Medicine categorizes the elderly people under *Abdan-i Zaifa* (weaker bodies). Such population may have higher susceptibility for acquiring different illnesses. General guidelines are provided for maintaining their health (46), (48),(49):

- The diet should be in accordance with *Mizaj* (Temperament)
- Nutritive and easily digestible diet should be taken
- Frequent meals in small quantity
- Avoid drinking cold water
- Maintain good bowel habits
- Maintain adequate sleep
- Perform moderate exercises

Rationale behind Selected approach

In Unani Medicine, prevention has been preferred to treatment. Its classical literature mentions that *Quwwat-i-Mudabbira-i-Badan / Tabi'at* (Medicatrix naturae) is the supreme power, which controls all the physiological functions of the body and provides immunity against diseases. The disease conditions are considered to occur due to weakened medicatrix naturae and may be

cured by its strengthening (including immunomodulation). Drugs for dry cough, sore throat, fever and difficulty in breathing may be used for supportive symptomatic relief.

General Measures

- Maintain social distancing
- Frequent washing of hands with soap and water and use of alcohol-based sanitizer
- Avoid touching eyes, nose and mouth
- Use of face mask
- Practice good respiratory hygiene
- Maintain sanitation and general hygiene
- Isolation of vulnerable population like elderly people, pregnant women and people having co-morbid conditions such as hypertension and diabetes mellitus.
- Stress relieving measures are equally important to follow. Certain Unani drugs like *Sa'd Koofi* (*Cyperus rotundus*)(42), *Ood Saleeb* (*Paeonia emodi*)(43) and *Jadwar* (*Delphinium denudatum*)(44) may be beneficial.
- Fumigation (*Bakhoor*) of the house at frequent intervals with combination of Sandal (*Santalum album*) and *Kafoor* (*Cinnamomum camphora*)(45)

Recommendations for Unani Physicians

- These guidelines are primarily for Unani physicians. They may adopt these guidelines, to the extent possible, as per feasibility and prevailing conditions.
- Unani physicians may also adopt these guidelines for enhancement of immunity of their family members against any possible infection.
- In addition, Unani physicians may devise a mechanism for providing these measures to the willing members of general public.

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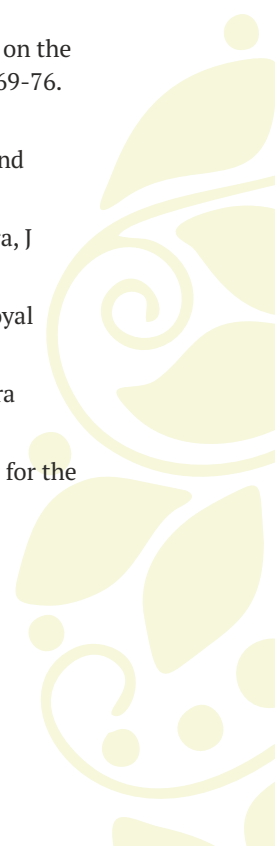
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Registration No:

Date of Starting Proposed Unani Medicine Approach: Date of Completion:

Demographic Data

NAME:			
Age:			
Sex: <input type="checkbox"/> F/M			
FATHER'S/SPOUSE'S NAME			
Address:			
Phone No: Email:			
Occupation:			
Socio-economic conditions: Lower/ Middle / Higher			

History of Exposure

Healthcare Worker? Yes <input type="checkbox"/> No <input type="checkbox"/>			
Others (Please specify)			
CHIEF COMPLAINTS			
History of fever		Yes <input type="checkbox"/>	No <input type="checkbox"/>
Cough		Yes <input type="checkbox"/>	No <input type="checkbox"/>
Dyspnoea (shortness of breath) or Tachypnoea*		Yes <input type="checkbox"/>	No <input type="checkbox"/>
Sore throat		Yes <input type="checkbox"/>	No <input type="checkbox"/>
Runny nose		Yes <input type="checkbox"/>	No <input type="checkbox"/>
General weakness		Yes <input type="checkbox"/>	No <input type="checkbox"/>
Headache		Yes <input type="checkbox"/>	No <input type="checkbox"/>
Irritability/confusion		Yes <input type="checkbox"/>	No <input type="checkbox"/>
Nausea/Vomiting		Yes <input type="checkbox"/>	No <input type="checkbox"/>
Diarrhea		Yes <input type="checkbox"/>	No <input type="checkbox"/>
Others:			
Travel History (If yes, please specify)			
Contact History (If yes, please specify)			
Date of onset and vital signs			
Symptom onset (date of first/earliest symptom)	[.D][.D][.M][.M][.2][.0][.Y][.Y]		
Temperature	[]	[]	[.]°F
Heart rate	[]	[]]beats/min
Respiratory rate	[]	[]]breaths/min
BP	[]	[]](systolic)
	[]	[]](diastolic) mmHg
Dehydration	Yes <input type="checkbox"/>	No <input type="checkbox"/>	
Height:	[]	[]]cm
Weight:	[]	[]]kg

Co-Morbidities		
Chronic cardiac disease	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Hypertension	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Chronic pulmonary disease	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Asthma	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Chronic kidney disease	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Chronic liver disease	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Chronic neurological disorder	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Diabetes mellitus	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Smoking	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Tuberculosis	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Malignant neoplasm	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Others If yes, specify		
Medication History		

Mizāj (Temperament) of Patients

- *Damwī* (Sanguine)
- *Balghamī* (Phlegmatic)
- *Safrāwī* (Bilious)
- *Sawdāwī* (Melancholic)

Parameter	<i>Damwī</i> (Sanguine)	<i>Balghamī</i> (Phlegmatic)	<i>Safrāwī</i> (Bilious)	<i>Sawdāwī</i> (Melancholic)
Complexion	Ruddy (Reddish/ Wheatish Brown)	Chalky (Whitish)	Pale (Yellowish)	Purple (Blackish)
Built	Muscular & Broad	Fatty & Broad	Muscular & Thin	Skeleton
Touch	Hot & Soft	Cold & Soft	Hot & Dry	Cold & Dry
HAIR	Black & Thick, Rapid Growth	Black & Thin Slow Growth	Brown & Thin Rapid Growth	Brown & Thin Slow Growth
Movement	Active	Dull	Hyperactive	Less Active
Diet (Most Liked)	Cold & Dry	Hot & Dry	Cold & Moist	Hot & Moist
Weather (Most Suitable)	Spring	Summer	Winter	Autumn
Sleep	Normal (6-8 hours)	In excess	Inadequate	Insomnia
Pulse	Normal in Rate (70-80/min) Large in Volume	Slow in Rate (60-70/min) Normal in Volume	Rapid in Rate (80-100/min) Normal in Volume	Slow in Rate (60- 70/min) Less in Volume
Emotions	Normal	Calm & Quiet	Angry	Nervous

(Maximum number of ticks in a particular column denotes the dominant temperament.)

Provisional Diagnosis:

Final Diagnosis:

Physician's Initial

Proposed Unani Medicine Approach

Details of Drugs	Dosage Form	Dose & Frequency	Route and Method of Drug Administration

A. Clinical Assessment:

S. No.	Clinical Symptoms	Before Proposed Unani Medicine Approach (0-5 Scale)	After Proposed Unani Medicine Approach (0-5 Scale)
1.	Fever		
2.	Sore Throat		
3.	Cough		
4.	Dyspnoea (Shortness of breath)		
5.	Sore throat		
6.	Runny nose		
7.	General weakness		
8.	Headache		
9.	Irritability/confusion		
10.	Nausea/Vomiting		
11.	Diarrhea		
12.	Others		

B. Adverse Events, if any:

Physician's Initial

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 **UNANI PRACTITIONERS** for **COVID 19**

Unani scholars have prescribed several single drugs as well as compound formulations for the prevention and treatment of infectious diseases in general. They have emphasized more on the use of certain drugs which are known to improve host immunity during the outbreak of epidemics, endemics and pandemics. Ismail Jurjani (1041-1136 CE) mentioned that use of Tiryraqs during epidemics strengthens the heart and keeps the body faculties strong¹³. Single and compound Unani drugs mentioned hereunder, may prove to be beneficial and can be used under the supervision of qualified Unani physicians for possible immune-boosting / symptomatic relief in upper respiratory tract infections.

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