

To,

All the State NSS Officers,

In the region,

Punjab, Himachal Pradesh, U.T Chandigarh,

Sub:- Ayurveda's immunity boosting measures for self care during COVID 19 crisis-Reg.

Madam/Sir,

Kindly find attached herewith the **Advisory of Ministry of AYUSH, Government of India** received through Directorate of NSS, New Delhi. In this regard It is stated that as you are well aware that in the wake of the Covid 19 outbreak, entire mankind across the globe is suffering. While there is no medicine for COVID-19 as of now, it will be good to take preventive measures which boost our immunity in these times. We all know that prevention is better than cure. So enhancing the body's natural defence system (immunity) plays an important role in maintaining optimum health.

Further It is stated that Ministry of AYUSH recommends the following self-care guidelines for preventive health measures and boosting immunity with special reference to respiratory health. These are supported by Ayurvedic literature and scientific publications.

Recommended Measures

(I) General Measures

1. Drink warm water throughout the day.
2. Daily practice of Yogasana, Pranayama and meditation for at least 30 minutes as advised by Ministry of AYUSH (#YOGAatHome #StayHome #StaySafe)
3. Spices like Haldi (Turmeric), Jeera (Cumin), Dhaniya (Coriander) and Lahsun (Garlic) are recommended in cooking.

(II) Ayurvedic Immunity Promoting Measures

1. Take Chyavanprash 10gm (1tsf) in the morning. Diabetics should take sugar free Chyavanprash.
2. Drink herbal tea / decoction (Kadha) made from Tulsi (Basil), Dalchini (Cinnamon), Kalimirch (Black pepper), Shunthi (Dry Ginger) and Munakka (Raisin) - once or twice a day. Add jaggery (natural sugar) and / or fresh lemon juice to your taste, if needed.
3. Golden Milk- Half tea spoon Haldi (turmeric) powder in 150 ml hot milk - once or twice a day.

(III) Simple Ayurvedic Procedures

1. Nasal application - Apply sesame oil / coconut oil or Ghee in both the nostrils (Pratimarsh Nasya) in morning and evening.
2. Oil pulling therapy- Take 1 table spoon sesame or coconut oil in mouth. Do not drink, Swish in the mouth for 2 to 3 minutes and spit it off followed by warm water rinse. This can be done once or twice a day.

(IV) During dry cough / sore throat

1. Steam inhalation with fresh Pudina (Mint) leaves or Ajwain (Caraway seeds) can be practiced once in a day.
2. Lavang (Clove) powder mixed with natural sugar / honey can be taken 2-3 times a day in case of cough or throat irritation.
3. These measures generally treat normal dry cough and sore throat. However, it is best to consult doctors if these symptoms persist. 1 The above measures can be followed to the extent possible.

Therefore you are requested to kindly circulate these Ayurveda's immunity boosting measures for self care during COVID-19 crisis among all NSS functionaries under your jurisdiction. **Further it is requested that Programme Officers (NSS) will circulate these information among all NSS Volunteers under their jurisdiction and ask them to circulate and spread these Ayurveda immunity boosting measures for self care through social media in every part of society.**

Encls:- As Above

Yours faithfully,

**(Harinder Kaur)
Regional Director,
NSS, RD, Chandigarh,**