

Proposed Ayurveda interventions in COVID-19 outbreak and their rationale^{a,b}.

No.	Category of people	Proposed Intervention
1.	Unexposed asymptomatic group	Common health keeping approaches of Ayurveda including healthy diet, healthy life-style, adequate sleep, physical activity, good conduct, care for retainable and non-retainable urges, and avoidance of disease causing factors (excessive cold and exposure to pollutants). In addition, <i>Chyavanprasha</i> , <i>Brahma Rasayana</i> , <i>Amrit Bhallataka</i> , <i>Sanjeevani vati</i> , <i>Swarna prashan</i> .
2.	Exposed asymptomatic (Quarantined)	<i>Sanjeevani vati</i> , <i>Chitrakatdi vati</i> , <i>Chyavanprasha</i> , <i>Brahma Rasayana</i> , and decoction of a combination of herbs, <i>Tinospora cordifolia</i> , <i>Zingiber officinale</i> , <i>Curcuma longa</i> , <i>Ocimum sanctum</i> , <i>Glycyrrhiza glabra</i> , <i>Adhatoda vasica</i> , <i>Andrographis paniculata</i> , <i>Swertia chirata</i> , <i>Moringa oleifera</i> , <i>Triphala</i> and <i>Trikatu</i> .
3.	With mild COVID-19 symptoms	<i>Pippali rasayan</i> , <i>Go Jihvadi Quath</i> , <i>Kantakari Avaleha</i> , <i>Chitrakadi vati</i> , <i>Vyaghri haritaki</i> , <i>Dashamul kwath</i> , <i>Sitopaladi</i> , <i>Talishadi</i> , and <i>Yashtimadhu</i> etc.
4.	With moderate to severe COVID-19 symptoms	<i>Pippali rasayan</i> , <i>Laghu Vasant Malati</i> , <i>Sanjeevani vati</i> , <i>Tribhuvan Keerti rasa</i> , <i>Brihata Vata Chintamni rasa</i> , <i>Mrityunjaya rasa</i> , <i>Siddha Makardhvaja</i> etc.

^a**Note:** The proposed interventions are supposed to be practiced without compromising the conventional advisories by government authorities including frequent hand-washing with soap till 20 s, cough and sneeze etiquette, physical distancing and universal mask usage.

^bDosage of individual formulations are to be judged carefully by an experienced Ayurvedic physician on the basis of *roga* and *rogi bala* with an utmost care for vulnerable population like children, pregnancy and elderly. In almost all cases hot water may be considered as preferred *anupan* (post drink) during the treatment.