

महाराष्ट्र शासन

शासन निर्णय क्र.आयुसे-०५२०/प्र.क्र.३३/आयु-१

वैद्यकीय शिक्षण व औषधी द्रव्ये विभाग,

गोकुळदास तेजपाल रुग्णालय संकुल इमारत,

९ वा मजला, लोकमान्य टिळक मार्ग,

मंत्रालय, मुंबई ४००००९३

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प्रस्तावना :-

कोविड-१९ या संसर्गजन्य आजाराच्या पार्श्वभूमीवर शासनास तसेच राज्यातील आरोग्य यंत्रणेतील जबाबदार अधिकार्यांना आयुर्वेद/होमिओपॅथी/युनानी/योग चिकित्सा पद्धतीच्या अवलंबाबाबत सूचना/सल्ला देण्यासाठी संदर्भ क्र.१ येथील शासन निर्णयान्वये “टास्क फोर्स ऑन आयुष फोर कोविड-१९” गठीत करण्यात आला आहे. सदर समितीच्या संपन्न झालेल्या बैठकीत कोविड-१९ या साथीच्या रोगाकरीता आयुर्वेद, युनानी व होमिओपॅथी विषयक मार्गदर्शक सूचना भाग-२ तयार करण्यात आल्या. या सूचनांची अंमलबजावणी करण्यासाठी शासन स्तरावरून आदेश पारीत होण्याच्या दृष्टीने संदर्भ क्र.३ अन्वये याबाबतचा प्रस्ताव शासनास प्राप्त झाला आहे. त्यानुसार प्रस्तुत प्रकरणी खालीलप्रमाणे निर्णय घेण्यात आला आहे.

शासन निर्णय :-

“टास्क फोर्स ऑन आयुष फोर कोविड-१९” या समितीने कोविड-१९ या संसर्गजन्य आजारावरील उपचारासाठी संदर्भ क्र.३ येथील पत्रान्वये सादर केलेल्या खालील मार्गदर्शक सूचना भाग-२ च्या अंमलबजावणीस शासनाची मान्यता प्रदान करण्यात येत आहे.

ADVISORY-II

GUIDELINES ON COVID 19 FOR AYURVED, UNANI & HOMOEOPATHY PRACTITIONERS

ISSUED BY

TASK FORCE ON AYUSH FOR COVID 19

(MEDICAL EDUCATION & DRUGS DEPARTMENT, GOVERNMENT OF
MAHARASHTRA)

An **ADVISORY ON AYURVED, UNANI & HOMOEOPATHY FOR COVID 19 PANDEMIC** has been issued by the Medical Education and Drugs Department, Government of Maharashtra on 8th June 2020. This advisory enlists general and AYUSH specific preventive measures for COVID 19, prophylaxis and immunity boosters besides management of COVID 19 positive asymptomatic patients and also clinically stable and without pre-existing co-morbidities. This Advisory has been well received by the AYUSH fraternity, State Government officials and the public at large.

With the changing nature of the COVID 19 pandemic and necessity to highlight the use of Ayurved, Unani and Homeopathy medicines for COVID positive patients with mild to moderate symptoms, a second advisory for COVID 19 titled 'Guidelines on COVID 19 for Ayurved, Unani & Homoeopathy Practitioners' is being issued by the Medical Education and Drugs Department, Government of Maharashtra.

These Guidelines on COVID 19 are exclusively for the use of Registered Ayurved, Unani and Homoeopathy practitioners only and no self-medication should be attempted by any individual. The advised Medicines should be sourced from FDA approved Manufacturers only and the management of COVID 19 patients has to be done in the COVID Care Centres and Dedicated COVID Health Centres only which function under the supervision of the Commissioner, Health Services/ Director of Health Service (DHS-I and II)/ Director, Medical Education & Research(DMER)/ Municipal Commissioner/ District Collector as per Government of Maharashtra, Public Health Department Notification No.Corona-2020/CR-58/Arogya-5 dated 14.3.2020 with the consent and permission of the In charge of the Centres. No doctor is permitted to treat COVID 19 patients in his/her own clinic as per item No.9 of the aforesaid Notification.

The COVID Care Centres (CCC), Dedicated COVID Health Centres (DCHC) should prominently display 'Availability of AYUSH add-on treatment' wherever treatment according to these guidelines is being planned.

AYURVEDA TREATMENT GUIDELINES FOR COVID 19 POSITIVE

PATIENTS

Mild and Moderate symptoms. Co-morbid and immune compromised conditions

I. Mild symptoms -(fever , nasal congestion, sore throat , headache, body ache)

1. **Tribhuvankirti Ras** - 250 mg T.D.
2. **Sitopaladi Churna** 2 Gram + **Yashtimadhu churna** 500 mg + **Pushkarmula Churna** 1 Gram + **Godanti Bhasma** 1 Gram - mixed with honey in 3 divided doses per day.
3. **Amrutarishta** -30 ml 2 times with equal amount of Luke warm water after food.

II. Moderate symptoms -(Fever, breathlessness breathing more than 40 per min, SPO2 less than 90)

1. **Laxmivilas Ras** 250 mg + **Shwaskuthar ras** 250 mg + **Talisadi chura** 2 Gram + **Pushkarmula Churna** 1 Gram - with ginger juice & honey in 3 divided doses per day.
2. **Vishanbhasma Yog (Rasasindur 1 part + Shrunga Bhasma 8 to 16 part) – 1 Gram 3 times.**
3. **Tribhuvan Kirti Rasa** - 250 mg 3 times with hot water
4. **Arogyavardhini** – 500 mg 3 times with hot water.
5. **Kanakasava**- 30 ml 3 times with equal amount of Luke warm water after food
6. **Vyaghriharitaki / Chitrakharitaki Avaleha**- 5 to 10 gm once in the morning with luke warm water.

III. Immuno Compromised Conditions –

1. **Laghmalini / Madhumalini / Suvarnamalini vasanta rasa** 125 mg two times with water after food.
2. **Chyavanprash**- 10 to 20 grams empty stomach in the morning 3
3. **Choushasti Prahar Pippali Rasayan** – (Tablet) 250 mg once daily with honey or luke warm water.

Comorbid conditions -

a. Diabetes

1. **Nisha Amlaki chura** -5gms with warm water on empty stomach.
2. **Vasanta kusumakar Rasa** 125 mg 2 times with water after food

b. Cardio vascular disease

1. **Hrudayarnav rasa**-125 mg after food 2 times.

2. **Arjunarishta** 15 to 20 ml two times with water after food
3. **Ashwagandha churna** 3gm + **Arjuna churna** 3gm two times with milk before food.
4. **Sarpagandhavati** 250 to 500 mg two times with water for hypertension.

c. Renal disease -

1. **Chandraprabha Vati**- 500 mg 2 to 3 times after food
2. **Varunadi Kwath** 30 to 40 ml two times.
3. **Sarvatobhadra vati** - 250 mg two times.

Rasayan Chikitsa for Vulnerable Group (Pregnant & Lactating Woman, Children & Geriatric Subjects)

Rasayan Drugs should be consumed after recovery from the fever and Agni is stabilised

Rasayan for Pregnant & Lactating Woman -

1. **Phala Ghrita**-10 to 12 gms in 2 divided doses with warm water
2. **Soubhagya Shunti leha** 10 to 12 gms twice daily with warm milk .

Rasayan for Children -

- 1 **Kalyanaka Ghrita** 5 to 10 ml in 2 divided doses with warm milk.
- 2 **Bala Chaturbhadra Churna** 1 to 2 gms with honey 2 times a day

Rasayan for Geriatric Subjects -

- 1 **Chyvanaprasha Avaleha** 10 to 12 gms twice daily with warm milk
- 2 **Ashwagandha Avaleha** 10 to 12 gms twice daily with warm milk

Prevention & Treatment through SwasthaVrutta to maintain proper health in the symptomatic conditions at every stage to be followed.

Post COVID restorative Health Care –

Corona Virus victim may experience lingering health effects even after testing Negative i.e. Shortness of breath, loss of some lung function due to pulmonary fibrosis. In such cases –

Initial Stage –

Amritarishta 15 to 20 ml with equal quantity of warm water along with
Agnitundi Vati 1Tab. BID with lukewarm water.

Once Agni is regained, Rasayan & Other immune boosting drugs also can be used.

Rasayana –

Draksharishta – 15 to 20 ml 3 times a day with equal amount of water, after meal. Or

Drakshadileha / Vasavleha / Kantakaryavleha – 10 to 12 gms 3 times a day,
1 hour before meal.

Chayanprash / Ashwagandhaleha - 10 to 12 gms 3 times a day, before meal.

Vardhaman Pippali Rasayan

Vasant Kalpa

Hepatoprotective Drugs –

Amalaki Churna / Triphala Churna – 3 to 6 gms empty stomach in the morning with lukewarm water.

Nephroprotective Drugs –

Rasayan Churna - 3 to 6 gms empty stomach in the morning with lukewarm water.

Chandraprabha Vati – 2 Tab (250 mg) BD / TDS a day after food with warm water.

Apart from the aforementioned Ayurvedic medicines for COVID 19 and Post COVID 19 , the registered Ayurved practitioners can also use any other classical/ generic or FDA approved proprietary Ayurvedic medicine as per their discretion based on the signs and symptoms of the patients.

VI. WORK PLACE GUIDELINES FOR Clinics & Panchakarma Centres:

Everyday sanitation of the clinic to be done with 1% sodium hypochlorite solution. Foot operated sanitizer dispenser /or touch less-wall mounted dispenser to be placed at the entry of the centre. Every person is advised to sanitize their hands before entering.

Thermal screening of every person to be done before entering the Premises. Every patient is advised to show their health status at the gate on Arogya Setu app. Proper ventilation and airflow is required to ensure at the work places. Door knobs, handles and high touch surfaces in the common facility area shall be cleaned frequently. Everyone must follow social distancing, usage of 3 layer masks & respiratory. Hygiene practices are to be followed. **Dhupana karma** - Medicated fumigation to be carried with Aparajita or Dasanga, Dhupachooram etc. WHO guidelines regarding proper hand wash technique with soap and water for 20 seconds are to be followed regularly. Training & Education on updated information of COVID-19 is to be given to all technicians and health care workers. It is advisable to use steam inhalation, regularly by the staff and patients of Panchakarma.

A) Before initiation of therapies:

Patients can be posted for the Panchakarma procedures, after proper history.

Consent from patient & ID proof from the patients who have registered for therapies. Staff shall report any incidence of infection in family or self. The

disposable linen should be used as far as possible.

B) During the conduction of therapies:

Technicians shall ensure that while performing the therapy, they use hand gloves for each patient separately, 3 layered medical mask, face shield, disposable Head cover, shoe cover and washable gowns as per the need. Therapy room & therapy table to be sanitized after every therapy session.

C) After the completion of therapies:

Waste generated during Panchakarma procedures such as oils, liquids, cotton, hand gloves, mask, empty containers/ bottles of medicines etc. shall be properly disposed as per Biomedical Waste Management Rules 2016 the staff should do donning & doffing of PPE, with all precautions.

All should follow the guidelines regarding General Self Care Measures as advocated by Ministry of AYUSH, Govt. of India and Directorate of AYUSH, Govt. of Maharashtra advised to practice Namaste and avoid shake hands, hugging etc.

Consent form

I Age Gender have come for the treatment of disease, as part of treatment, I am made aware that, I should undergo Panchakarma therapies at Panchakarma centre.

I have been explained the procedure, the sanitation care, and special precautions which will be taken during my therapies. I hereby give my consent to undergo my treatment at Panchakarma centre. I also declare that I am not suffering from Flue like disease and my family members have not been detected or under treatment of COVID 19. I also declare that my area is not declared as, COVID containment zone. I hereby submit my ID and address details for reference purpose.

Signature.

Doctors guidelines for checking fever patients.

As we know patients with fever are notifiable under the current epidemic act and disaster management act every patient who is having flu like fever symptoms must be referred to the local government governed fever OPD this means that all private practitioner who see any patient with fever should be referred to the nearest fever OPD if not reported it may be punishable under the Government of Maharashtra, Public Health Department Notification No. Corona-2020/CR-58/Arogya-5 dated 14.3.2020, so it is a dilemma for many doctors, whether to treat the patient and give him immediate results or wait & send the patient through government mechanism. All Ayurvedic doctors are advised to follow some simple steps to check such fever patients and investigate or treat them at earliest. The doctors have to check the patient with all proper precautions and those with fever should be given a letter for

the concerned fever OPD in his/her vicinity and send information to the authorities as per Notification referred above. The Doctor may advice investigations to diagnose the current condition of the patient which could be because of reasons other than COVID 19.

UNANI TREATMENT GUIDELINES FOR COVID 19 POSITIVE PATIENTS

General prophylactic Unani Measures useful for all (Refer to 1st Guideline):

1. Target Group-I: High risk population, individuals in containment zone, health workers, subjects in quarantine without COVID positivity:

Along with guidelines of Ministry of Health and Family welfare (e.g. hand washing, social distancing), these prophylactic Immunity Booster may be given.

Sr. No.	Name of Medicine	Dosage per day			Method of administration
		Adults	Adolescents	Children	
1	AYUSH Unani Joshanda	100-120 ml	60-80 ml	20-40 ml	As per the 1 st Guideline.
2	Khamira Marvared	5 gm/2 Tablet	2-3 gm	1 gm	Orally with water
3	Tiryage Arba	5 gm	2-3 gm	1 gm	Orally with water
4	Asgandh Safoof	5 gm	2-3 gm	1 gm	Orally with water or milk
5	Sharbat Ejaz	20 ml	10 ml	5 ml	Orally with warm water

2. Target Group-II: COVID Positive cases with mild to moderate symptoms:

Following Unani regimens may be used as adjuvant treatment according to physician's clinical decision.

a. General Symptoms:

1. Fever or chills

Sr. No.	Name of Medicine	Dosage per day			Method of administration
		Adults	Adolescents	Children	
1	Habbe Ikseer Bukhar	2 pills TDS	1 pill TDS	1-2 pills OD	Orally with water
2	Satte Gilo	2 gm	1 gm	0.5 gm	Orally with water

2. Fatigue, Muscle or body aches

Sr. No.	Name of Medicine	Dosage per day			Method of administration
		Adults	Adolescents	Children	
1	Habbe Asgandh	2 pills TDS	1 pill TDS	1-2 OD	Orally with water
2	Habbe Suranjan	3 pills BID / TDS	1-2 BID/TDS	1-2 OD	Orally with water

b. Respiratory Symptoms:**1. Congestion or runny nose**

Sr. No.	Name of Medicine	Dosage			Method of Administration
		Adults	Adolescents	Children	
1	Laoq Sapistan	6 gm BID /TDS	3 gm BID/TDS	1-2 gm BID/TDS	Orally with warm water
2	Habb-e-Nazla	Two pills BID	1 pill BID	Half pill / day	With water
3	Arqe Ajeeb	3-5 drops with warm water	2-3 drops with warm water	1 drop (Only for inhalation and smelling not for gargling)	Orally with water or Externally as inhalation or smelling

2. Sore throat

Sr. No.	Name of Medicine	Dosage			Method of administration
		Adults	Adolescents	Children	
1	Laoq Sapistan Khayar Shambari	6 gm BID /TDS	3 gm BID/TDS	1-2 gm BID	Orally with lukewarm water
2	Qurs Sual	4 tablet BID	2 tablet BID	1 tablet BID	Orally with warm water

3. Dry Cough

Sr. No.	Name of Medicine	Dosage			Method of administration
		Adults	Adolescents	Children	
1	Sharbat Sadar	20 ml BID/TDS	10 ml BID/TDS	5 ml BID/TDS	Orally with water
2	Tukhme Khashkhash	3-5 gm	1-3 gm	0.5 -1 gm	orally

4. Productive cough

Sr. No.	Name of Medicine	Dosage			Method of administration
		Adults	Adolescents	Children	
1	Sharbat Zoofa Murakkab	20 ml BID/TDS	10 ml BID/TDS	5 ml BID/TDS	Orally with warm water
2	Kushta Qaran-ul-Eyyal	125 mg	60 mg	10-30 mg	Orally with cream or honey

c. Gastrointestinal Symptoms:**1. Nausea, vomiting**

Sr. No.	Name of Medicine	Dosage			Method of administration
		Adults	Adolescents	Children	
1	Sikanjabeen Sada/Laimooni	20 ml BID/TDS	10 ml BID/TDS	5 ml BID/TDS	Orally with warm water
2	Arqe Ajeeb	3-5 drops with warm water	2-3 drops with warm water	1 drop drops with warm water	Orally with water

2. Diarrhea

Sr. No.	Name of Medicine	Dosage			Method of administration
		Adults	Adolescents	Children	
1	Anushadaru Sada	6 gm BID/TDS	3 gm BID/TDS	1-2 gm BID	Orally with water
2	Safuf Belghiri	3 gm BID	1-2 gm BID	0.5 -1 gm BID	Orally with water

d. Neurological Symptoms:**1. Headache**

Sr. No.	Name of Medicine	Dosage			Method of administration
		Adults	Adolescents	Children	
1	Khamira Gaozaban Sada	6 gm BID/TDS	3 gm BID/TDS	1-2 gm BID	Orally with water
2	Qurs Musakkin (NFUM VI)	1 tablet BID	Half tablet BID	1/4 th tablet BID	Orally with water

2. Anosmia, Aguesia

Sr. No.	Name of Medicine	Dosage			Method of administration
		Adults	Adolescents	Children	
1	Itrifal Ustukhuddus	6 gm BID/TDS	3 gm BID/TDS	1-2 gm BID	Orally with water
2	Roghan Badam Shirin				2 drops in each nostril BID

3. Target Group-III: Elderly Subjects, Immuno compromised persons, those with Comorbidities and cases recovering from disease in CCC or DCHC.

1. For Elderly and Immuno compromised individuals:

Sr. No.	Name of Medicine	Dosage per day	Method of administration
1	AYUSH Unani Joshanda	100-120 ml	As per the 1 st Guideline.
2	Khamira Marvareed	5 gm / 2 tablet OD	Orally with water
3	Tiryage Arba	5 gm	Orally with water
4	Asgandh Safoof	5 gm	Orally with water or milk
5	Zafran	5 mg	Orally with Arqe Gulab

2. For Diabetic patients:

Sr. No.	Name of Medicine	Dosage per day	Method of administration
1	Qurs Kafoor	2 tablet BID	Orally after food
2	Habbe Jawahar	1 pill BID	Orally
3	Asgandh Safoof	5 gm	Orally with water or milk
4	Zafran	5 mg	Orally with Arqe Gulab

3. For those suffering from Cardiovascular Diseases:

Sr. No.	Name of Medicine	Dosage per day	Method of administration
1	Khamira Abresham (Sada/Unnab wala/Hkm Arshad Wala)	3-6 gm	Orally empty stomach
2	Qurs Jawahar Mohra	1-2 tablet twice	Orally
3	Zafran	5 mg	Orally with Arqe Gulab

4. For those suffering from Renal Diseases:

Sr. No.	Name of Medicine	Dosage per day	Method of administration
1	Jawarish Zaruni (Sada/ Ambari)	3-6 gm	Orally after food
2	Banadiqul Bazoore	2-3 tablet twice	Orally
3	Arqe Kasni	30 -60 ml twice	Orally

4. Target Group 1V: Pregnant and Lactating Mothers:

Following Unani drugs are safe to use and are effective for pregnant and lactating mothers.

Sr. No.	Name of Medicine	Dosage per day	Method of administration
1	AYUSH Unani Joshanda	100-120 ml	As per the 1 st Guideline.
2	Khamira Marwareed	5 gm/ 2 tablet OD	Orally with water
3	Sufoof Kasni	3-6 gm	Orally with water
4	Gulqand	10 gm	Orally with water

ILAJ-BIT-TADABEER DURING COVID-19

Different detoxification methods used in Unani medicines for preventive and curative purposes are called as Ilaj Bit Tadabeer (Regimenal Therapies). We may divide commonly practiced procedures into two categories. Tadabeer to be done with caution and Tadabeer to be avoided. Details of benefits and precautions specific for these procedures in addition to general COVID-19 preventive guidelines for patient care are mentioned here.

Tadabeer to be done with Caution	Tadabeer to be avoided in pandemic
<i>Hammam (Steam Bath)</i>	<i>Irsale Alaq (Leech Therapy).</i>
--	<i>Dalk (Massage Therapy).</i>
--	<i>Hijama (Cupping Therapy)</i>
--	<i>Fasd (Venipuncture/Venesection)</i>

Post COVID Unani Medical Care

1. **Fatigue:** It may be due to post viral muscular inflammation. Following Medicine may help.

- Khamira Marwareed 1tsf twice daily orally
- Majun Dabidulward 1tsf twice daily
- Habbe Asgand 2 pills twice daily

2. **Dyspnoea :** fibrotic condition of lungs is possibly important cause. These remediea may prevent such conditions

- Sharbat Zoofa Murakkab 20 ml twice daily
- Roghan Babuna for local application on chest

- Joshanda of Irsa, Aslussoos and Katan equally. Total 15 gm daily
- Steam inhalation of satte Ajwain

3. **Joint pain:** post viral joint involvement is common. May address the issue with following

- Majun Chob chini 3 gm twice daily orally
- Halwa Ghekwar 1 tsf twice daily orally
- Roghan Babuna or Roghan Surkh for local application

4. **Chest pain:** pulmonary embolism or damage to heart muscle may be the cause. To address these we may advise

- Joshanda of Ustukhuddus and Badranjboya 5 gm each daily preferably with honey
- Habbe Jawahar or Qurs Jawahar Mohra 1-2 twice daily
- Khamira Abresham sada 1 tsf twice daily orally

5. **Anxiety / Stress Disorder**

- Sharbat Ahmad Shahi 20 ml twice daily orally
- Majun Najah 5 gm twice daily orally
- Qurs Musakkin 1 tablet twice daily orally

6. **Memory/Cognition deficit:**

- Majun Falasfa 1 tsf twice daily orally
- Khamira Gaozaban Ambari 1 tsf twice daily

7. **Renal disorders:**

- Jawarish Zaruni 1 tsf twice daily
- Joshanda of Kulthi, Afsanteen, Gokhru khurd and Kasni 3 gm each daily morning orally.

Apart from the aforementioned Unani medicines for COVID 19 and Post COVID 19 , the registered Unani practitioners can also use any other classical/ generic or FDA approved proprietary Unani medicine as per their discretion based on the signs and symptoms of the patients.

HOMOEOPATHY TREATMENT GUIDELINES FOR COVID 19 POSITIVE PATIENTS

Introduction:

Homoeopathic treatment for mild to moderate symptoms of COVID 19 illness should be based on peculiar sign & symptoms exhibited by an individual suffering from the illness.

Typical diagnostic symptoms of COVID 19 are important to identify stage of illness. Individuals are exhibiting clinical patterns based on stage of disease and peculiar symptoms. Based on stages, clinical patterns and individualistic symptoms treatment should be formulated. The Government of Maharashtra, Public Health Department Notification No. Corona-2020/CR-58/Arogya-5 dated 14.3.2020 shall apply for any interventions in COVID 19 patients at any stage.

Any other indicated homeopathy medicine that comes out after individualisation, and not listed below, can also be given by the registered homeopathy practitioner.

Mild symptomatic patients in prodromal stage.				
Belladonna	Arsenic	Ferum Phos	Camphora	Arnica
Sudden Violent Symptoms. Throbbing pain. Redness & Heat of affected.	Prostration, anxiety restlessness. Thirst for sips frequent. Interval. Better by warmth in general	Initial stage of fever and inflammation of lungs. Superficial congestion with prostration in an anaemic looking patient. Worse Night and 4 to 6 am.	Insensibility of senses-no anxiety. Loss of smell or taste. Icy coldness. Too much panic and anxiety. Closes down and answers no questions. Sudden weakness.	Says nothing ails him. Severe soreness bruised feeling with lameness. Bed feels hard. Foul breath, discharges.
30 C	200C	30 C	1000 C	30 C

Mild symptoms with initial flu like illness.				
Bryonia	Merc Sol	Eupatorium Per.	Gelsemium	RhusTox
Severe myalgia, headache, least motion aggravates. Dryness with scanty discharges. Dry cough with stitching pain in chest better by support. Thirst for large quantities	Worse; Heat cold ,night. Metallic taste, with salivation indented tongue. Easy profuse, foul sweat, no relief.	Bruised feeling. Violent bone pains. Headache with sore eyeballs. Chills with rigors, thirsty, nauseated and vomits. Painful violent cough , chest pain, head hurts.	Aching, sore. Tired, weak, & tremors. Head, heavy with diplopia and vertigo. Drowsy, slurred speech. Chill, heat alternating moving up and down the spine. Thirst less.	Chilliness, stiffness, soreness. Backache, joint pains better by movements. Skin eruptions during fever. Tongue red at the tip.
200 C	30 C	200 C	200 C	200 C

Mild symptoms with throat infection.				
Belladonna	Merc Sol	HeparSulph	Ars.Iod	Kali Mur
Symptoms appear and disappear suddenly. Thirst less. Fiery red throat. Sharp throbbing worse draft of	Worse; heat, cold night. Metallic taste, salivation indented tongue. Ulcers in throat with pain on deglutition.	Worse draft of cold air. Sharp splinter like pain better by warm drink. Offensive purulent discharge.	Weakness. Raw burning pain. Better hot drinks. Post nasal drip with hacking cough. Thin acrid profuse discharges. Burning heat.	Discharges, milky white & thick. Slow onset. Worse; open air, cold drinks. Stitching pain in throat that shifts. Eustachian block causing deafness.

air.			Night sweats.	
30 C or 200 C	30 C	30 C or 200 C	6C or 30 C	30 C or 200 C

Mild symptoms with diarrhoea, loss of taste & smell.				
Nux Vomica	Pulsatilla	Camphora	China Ars	Zinc Mur
Violent actions; cough, vomiting loud retching. Chilliness. Backache unable to move. Bitter taste. Coated tongue. Frequent ineffectual urge for stool.	Thirstless. Short of breath with air hunger. Better open air. Profuse bland yellow discharge. Bland taste. Coated tongue. Heavy deranged stomach. Changeable symptoms	Sudden Diarrhoea. Blackish, involuntary stools. Cramps in calves with diarrhoea. Great prostration, icy coldness of body with collapse. Pulse feeble. Cold perspiration.	Continuous yet oscillating fever. Weakness profuse exhaustive sweat at night. Egg, fish cause diarrhoea. Cardiac dyspnoea, palpitation, worse ascending stairs after an acute infection.	Fagged, exhausted yet, restless especially feet. Suppression of discharges leads to nervous system involvement; altered senses of smell & taste, Convulsions. Sensitive spine. Spasmodic cough with dyspnoea better sputum. Worse eating sweet.
30 C or 200C	200C	1000C	30C or 200C	1000C

Moderate symptoms with early lower respiratory infection.				
Bryonia	Phosphorus	ArsAlb	Ipecac	Ant Tart
Slow onset. Myalgia. Headache. Worse least motion. Thirst for large quantities. Dry hard cough with stitching pain in chest better by support. Blood streaked sputum. Dry tongue, dry hard stools.	Insidious onset ends severe, rapid disease. Increasing debility. Burning pain. Craves cold drinks which, ameliorates. Painful hard cough, sputum haemorrhagic. Worse lying on left side, in cold windy weather.	Weak, anxious restless. Thirst for sips of water at frequent interval. Cough, dyspnoea worse from cold air, lying down. Better; warm drink, sitting up. Internal burning heat externally cold.	Rattle in chest. Scanty sputum Haemoptysis profuse bright red blood. Dyspnoea with Nausea. No thirst. Clean tongue	Drowsy. Thirstless Profuse thick secretion. Chest rattle. Cough loose yet cannot raise sputum. Suffocative shortness of breath before cough. Vomiting after cough. Worse lying down, damp weather. Better sitting, vomiting, sputum.
200 C	200 C	200 C	30 C	200 C

Moderate symptoms with lower respiratory infection.				
Ant. Ars	Lycopodium	Phosphorus	Kali Carb	Chelidonium
Rattling chest. Prostration. Increased thirst.	Pneumonia Right sided first followed by Left. Short rattling breathing. Craves	Increasing debility. Burning pain. Craves cold drinks which, ameliorates.	Dyspnoea worse least motion. Hard choking cough ends in	Dyspnea with flapping of the alae nasi & tightness of chest. Cough rattling

Lots of mucus in the chest. Excessive dyspnoea, cough worse cold drink. Better warmth.	air but is chilled by it. Lumpy green foul sputum. Worse; cold drink after eating & 4 to 8 pm. Better by warm food. Noisy flatulence.	Pneumonia with painful hard with tightness of chest. Blood in sputum. Worse; lying on left side, thunderstorms.	vomiting. Sputum though green mucus. Stabbing chest pain. Worse; Cold draft of air & 3 -4 am, lying on left or painful side. Better warmth.	with little expectoration. Deep pain in right chest. Worse urinating, 4.am & 4. Pm. Better deep breathing, hot food, bending backward.
200 C	200 C	200 C	200 C	200 C

(Post COVID) Convalescence. Slow delayed recovery.		
Sulphur	Carbo Veg	Zincum Met
Complaints recur, slow reaction weakness. Incipient pneumonia. Active mind. Emaciation, Loss of appetite.	Lack of vitality and vigour. Old age, weakness. Low, emaciated states. Exhausting disease. Loud eructation & flatulence.	Exhaustion of mind and body. Brain fag & Depression. Suppressions worsens the state. Nerves are fagged, loss of smell, taste. Twitching & formication.
30 C or 200 C	30 C or 200 C	200 C or 1000 C
Tub Bov	Influenzinum	Psorinum
Warm room worse. Ill-effects of influenza. Inflammation of bronchi. Weakness after severe infection.	Not well since influenza like illness. Clears residual symptoms like cold or cough. Weakness emaciation after influenza.	Prevents ill effects of infectious diseases lasting for years. Relapse of symptoms. Lack of reaction. When well selected remedy fails to improve.

Bio-Chemic Tissue Salts. Adjuvant to indicated Homoeopathic medicine			
Ferrum Phos	Kali Mur	Kali Sulph	Nat Sulph
Early stage of inflammation, fever. Pale anaemia & Superficial congestion.	Discharges, milky white thick. Stitching pain that shifts. Slow onset. Eustachian catarrh. Worse in open air, cold drinks.	Profuse yellow discharges. Coarse rattle in chest Slow inflammation. Worse warmth & evening	Worse damp air. Expectoration profuse green. Greenish yellow thick pasty tongue at base.
6X	6 X	6X	6X

२. उपरोक्त उपाय योजना कोविड-१९ या आजाराच्या प्रतिबंधास तसेच सौम्य व मध्यम स्वरूपाची लक्षणे असणाऱ्या रुग्णांवरील पूरक उपचारास फायदेशीर ठरू शकतात. तथापि, कोविड-१९ या संसर्गजन्य आजाराची लक्षणे जाणवल्यास राज्यातील आरोग्य यंत्रणेकडून तात्काळ चाचणी करून घेणे व त्यांच्या सल्ल्यानुसार उपचार घेणे आवश्यक राहील.

महाराष्ट्राचे राज्यपाल यांच्या आदेशानुसार व नावाने,

Handwritten signature
(सं.द.कमलाकर)

उपसचिव, महाराष्ट्र शासन.

प्रति,

१. प्रधान सचिव, मा.मुख्यमंत्री सचिवालय, मंत्रालय, मुंबई

कोविड-१९ मार्गदर्शक सूचना भाग-(२) अंतिम

२. मा.उपमुख्यमंत्री, मंत्रालय, मुंबई यांचे खाजगी सचिव.
३. सर्व मा.मंत्री/राज्यमंत्री यांचे खाजगी सचिव, मंत्रालय, मुंबई.
४. उपसचिव, मा.मुख्य सचिव कार्यालय, मंत्रालय, मुंबई.
५. प्रधान सचिव, सार्वजनिक आरोग्य विभाग, मंत्रालय, मुंबई.
६. प्रधान सचिव, मंत्रालय कोरोना नियंत्रण कक्ष, मंत्रालय, मुंबई.
७. प्रधान सचिव, नगर विकास विभाग, मंत्रालय, मुंबई.
८. मा.सचिव, वैद्यकीय शिक्षण व औषधी द्रव्ये विभाग, मंत्रालय, मुंबई यांचे वरिष्ठ स्वीय सहाय्यक.
९. संचालक, वैद्यकीय शिक्षण व संशोधन, मुंबई / संचालक, आरोग्य सेवा, मुंबई / संचालक, आयुष संचालनालय, महाराष्ट्र राज्य, मुंबई / आयुक्त, सर्व महानगरपालिका/ सर्व विभागीय आयुक्त/ सर्व जिल्हाधिकारी यांना विनंती करण्यांत येते की, सदर शासन निर्णय आपल्या अधिपत्याखालील संस्थांच्या तसेच खाजगी रुग्णालयांच्या निदर्शनास आणण्यात यावेत. तसेच या उपाय योजनांची माहिती सर्वसामान्य जनतेपर्यंत पोहोचेल यासाठी आवश्यक ते सर्व प्रयत्न करण्यात यावेत.
- १०.अध्यक्ष, सहअध्यक्ष व इतर सर्व सदस्य, टास्क फोर्स ऑन आयुष फोर कोविड-१९ समिती.