HOME REMEDIES FOR COVID-19

Home remedies to cure mid symptoms of covid-19


Video link:-
- [https://www.youtube.com/watch?v=QYCu7PdbN5Y](https://www.youtube.com/watch?v=QYCu7PdbN5Y) (English)
- [https://www.youtube.com/watch?v=AnxWwvKBNk0](https://www.youtube.com/watch?v=AnxWwvKBNk0) (Tamil)
- [https://www.youtube.com/watch?v=KaRt-5HpwRo](https://www.youtube.com/watch?v=KaRt-5HpwRo) (Kannada)
- [https://www.youtube.com/watch?v=Cf3TfVkJPL4](https://www.youtube.com/watch?v=Cf3TfVkJPL4) (Hindi)

![Proning for Self Care](image-url)
The Union Health Ministry has advised 'proning for self care' for coronavirus patients, stating that it is extremely beneficial for such patients with compromised breathing comfort, especially during home isolation.

The ministry, in a document, said proning is the process of turning a patient with precise, safe motions, from their back onto their abdomen so that the individual is lying face down.

"Proning is a medically accepted position to improve breathing comfort and oxygenation. It is extremely beneficial in COVID-19 patients with compromised breathing comfort, especially during home isolation," the document stated.

"Proning is required only when the patient feels difficulty in breathing and the SpO2 decreases below 94. Regular monitoring of SpO2, along with other signs like temperature, blood pressure and blood sugar, is important during home isolation. Missing out on hypoxia (compromised oxygen circulation) may lead to worsening of complications. Timely proning and maintaining good ventilation could save many lives," the document said.

The ministry, however, cautioned to avoid proning for an hour after meals and maintaining it for only as many times as easily tolerable.

Reference:-
2. Khada recipies and other remedies

I. Khada Recipe
In a pan put 2glasses of water then add jaggery, cumin, a pinch of turmeric, carom seeds, tulsi and ginger. (Feel free to add any other herbs if you want to as well like mulethi etc)
No worries if you don’t have all the ingredients make sure you have atleast 3 main ingredient that is jaggery, ginger, carom seeds (ajwain)
Video link:-
https://www.youtube.com/watch?v=GMMOdNL30uY (in hindi)
https://www.youtube.com/watch?v=Sh8QP_JBscM (in telugu)
https://www.youtube.com/watch?v=YwKzV30FC90 (English+hindi)

II. Camphor Potli
Take Camphor (kapoor), Carom seeds (anjwain), Cloves (loong), Mix it and keep in the cotton cloth and smell it in regular intervals. It helps to increase oxygen level in the body.
Video link:-
https://www.youtube.com/watch?v=7vJjhrraLfI (in Hindi)
https://www.youtube.com/watch?v=ReGq4OMIHNg (in English)

III. Lemon Grass Khada
Take freshly washed lemongrass and mint leaves and cut them. Then take a pan, pour water in the pan and let it boil. Add lemongrass. Then add mint leaves. Add jaggery to it, bring it to a boil lower the flame reduce it so that all the flavours are infused properly. Strain and serve fresh.

Related Video link:-
4 drinks to treat corona symptoms https://youtu.be/L-o08weV2cI

3. Coronavirus: Ayurvedic home remedies for mild COVID symptoms (cough, fever and tiredness), by an Ayurvedic expert.

Though fever, cough and fatigue still remain to be the most common symptoms associated with coronavirus infections, there are a few things people can do at home to strengthen their immune system and have a speedy recovery.

While people with serious complications must be kept under expert supervision, others with mild symptoms in home quarantine can be treated with some simple remedies along with medication
Dr Rekha Radhamony, an Ayurvedic expert took to her social media account to share the Ayurvedic protocol to treat mild COVID symptoms. Here is what all she suggests.

• Hydration
Dr Rekha suggests having warm water with dry ginger and tulsi leaves. To make this easy concoction, boil some water with a piece of dry ginger until it’s reduced to half of its quantity. Add some tulsi leaves and drink it multiple times a day.

• Food
Have freshly cooked and warm meals. Make sure to include rice gruel or moong dal soup without any salt or oil in your lunch and dinner. Do not overeat, in fact, leave the stomach half-empty after each meal. Make sure to have your dinner before 7 pm.

• Spices
We all know Indian spices have the power to heal. Thus, add spices like cinnamon, pepper, cardamom, star anise and cloves to your meals. Include dried turmeric and dried ginger too.

- **Sleep**
  Get 8 hours of sleep every night without fail. Our immunity is made and restocked when we sleep. Try not to sleep during the day.

- **Fruits**
  If you are asymptomatic, have fruits like pomegranate and grapes. If you have symptoms, skip having fruits completely.

- **Veggies**
  Have well-cooked vegetables, do not have raw vegetables or salads. Make sure to eat bitter vegetables like bitter gourd, ash gourd etc. Reduce the intake of eggplants, tomato, potato and bell peppers.

- **Relax**
  Talk to people, read a book, listen to soothing music and do something that helps you feel relaxed and healthy. Include meditation in your daily routine.

- **Avoid smoking and alcohol.**

- **Exercise**
  If you have symptoms and you are feeling fatigued or tired, do not do any form of physical activity. Just practice 30 minutes of Pranayama.

- **Herbs**
  Dr Rekha highly recommends taking Guduchi - 1000 mg tablet per day.
  If you have a cough, have one tablespoon of honey with black pepper powder three to four times a day.
  If you have throat irritation, chew on Vyoshadi Vatakam multiple times a day.
  For throat pain and congestion, do a hot water gargle and add pink salt and dried turmeric powder to it.

- **Herbal Decoction**
  If you have congestion, have this herbal decoction twice a day before you have your meals:
  Boil two glasses of water and add two tablespoons of trikatu churna (mix of dried ginger powder, pepper powder and long pepper powder in the ratio of 1:1:1). Boil the mixture until the quantity is reduced to half. Add tulsi leaves and palm jaggery to it.


**Related video link**

1. Immunity boosting diet for covid positive patients
   [https://youtu.be/jU9BsoHZuiM](https://youtu.be/jU9BsoHZuiM)

2. Useful home care for mild covid symptoms
   [https://www.youtube.com/watch?v=xTvd7oAEyhs](https://www.youtube.com/watch?v=xTvd7oAEyhs)

3. Covid-19 home treatment
   [https://www.youtube.com/watch?v=coK4FRASTcA](https://www.youtube.com/watch?v=coK4FRASTcA)
4. Siddha research papers throw light on efficacy of ‘Kabasura kudineer’ in managing COVID-19

The ingredients are powdered and mixed with water, then boiled to make a decoction of one-fourth of its initial volume.

With a global race on to find a cure for the deadly coronavirus, teams of Siddha doctors in Tamil Nadu who dug deep into the traditional system of medicine have found ‘kabasura kudineer’ a herbal concoction to be effective in managing COVID-19 cases.

At least two research papers in Siddha, including one after the novel Coronavirus began to spread in Tamil Nadu in early March this year, claim kabasura kudineer is effective in managing the COVID-19 positive persons.

Kabasura kudineer is a herbal concoction, comprising dry ingredients of ginger, pippali, clove, cirukancori root, mulli root, kadukkai, ajwain and many other herbs. The ingredients are powdered and mixed with water, then boiled to make a decoction of one-fourth of its initial volume. Incidentally, the Tamil Nadu government has also been promoting its consumption to boost immunity, although it has made it clear that it is not a medicine to treat COVID-19.

A study on two groups of COVID-19 positive cases both primary and secondary contacts, numbering 84 in nearby Vellore claim the study may be taken as a preliminary evidence of the protection offered by the herbal drink and its prophylactic effect in high risk COVID-19 cases.

The study by Dr. V. Vikramkumar, Assistant Medical Officer (Siddha), Tirupattur district, S. Ganesh, Director, Directorate of Indian Medicine and Homeopathy in Tamil Nadu, M.P. Sivanarul, Tirupattur District Collector, P. Parthiban, Joint Director, Directorate of Indian Medicine and Homeopathy, Tamil Nadu, and others was conducted in April.

It found that those who received kabasura kudineer intervention tested negative for COVID-19 on April 6, 2020 and those not administered the herbal concoction tested positive.

From the chi-square test analysis and graphical interpretation it emerged that there is an association between the intake of the concoction and the patients’ health status, according to the study.

Kabasura kudineer was distributed to 42 patients in quarantine facility at Agraharam in Tirupattur district.

At another facility in Jamiya College of Ambur taluk in the same district, Kabasura kudineer intervention was not resorted to for the subjects.

They were quarantined on April 1, 2020 and special attention was given to both groups.

No home-made food was given to them, but only that prepared and given by a supervision team.

For the treatment group, 60 ml of the concoction was administered daily after food to adults and 15 ml to children for 14 days.

Both groups comprised 42 patients each and their ages ranged between 3 and 70 years. All patients were quarantined on April 1, 2020.

A five-year-old male child in this group got relieved from dry cough after drinking four doses of kabasura kudineer under adult supervision.
Further, 10 patients got immediate relief from mild tiredness after the intake. No adverse effects were reported, according to the study.

Swabs for PCR for six cases (direct positive contact) on April 6 showed negative. Repeat sample tests on April 20 also showed negative results.

Secondary contacts tested on April 11, too, were negative. However they didn't develop any symptoms and no repeat tests were done.

In the control group all the cases were tested on April 6 and five primary contacts out of 42 tested positive and the others negative.

After 14 days quarantine period all others (secondary contacts) were out of symptoms and therefore no second testing was done for these cases.

Immediately after the COVID-19 pandemic was first reported from Wuhan, China, in December 2019, a team of Siddha doctors took up research on kabasura kudineer and Thonthasura Kudineer — the two Siddha formulations used against fevers due to respiratory infections.

Siddha medicine classifies disease and disorders into 4,448 types and has remedies for more than 64 types of fevers.

In a paper published in the Asian Journal of Pharmaceutical Research and Health Care in January this year, K. Pitchiah Kumar, State Licensing Authority, Directorate of Indian Medicine, Government of Tamil Nadu, K. Meenakshi Sundaram, Sanjeev Biomedical Research Centre and M.S. Ramasamy, through their study, demonstrated kabasura kudineer could be a potential Siddha medicine for COVID-19, provided further preclinical and clinical confirmatory studies were conducted.

Kabasura kudineer contained more active phyto constituents, the higher activity than in Thontha sura kudineer was observed, in the study on silico evidence for Corona Viral Drug.

Meanwhile, two pilot studies conducted in May and June 2020 by the National Institute of Siddha, Tambaram, here and SRM Medical College Hospital and Research Centre on the herbal concoction revealed that 99 per cent COVID-19 cases turned negative within five days.

Reference:-

Author: - PTI
Dated:- June 19, 2020