



Ayurveda Wellness Centre
RELAX | RESTORE | REJUVENATE

Covid19 – Ayurvedic treatment protocol

Safe, simple and inexpensive treatment for COVID-19 is widely available and recognised internationally.

Phase 1: Before you or your whānau get sick: Boost your natural immune system and reduce your viral load.

Prevention is the first step. The most important is to look after your immune system before you have any signs or symptoms of Covid.

Remember:

- your food is your medicine: eat whole foods, seasonal, fresh, unprocessed food
- get lots of sleep, make sure you get 7-8 hours per night
- exercise and move your body every day
- spend time outdoors in natural sunlight
- reduce your stress levels and increase your sense of joy and wellbeing

Here is a more comprehensive article I wrote last year about Ayurveda's perspective on natural immunity: <https://www.avidaco.nz/wp-content/uploads/2021/11/Ayurvedas-view-on-immunity.pdf>

Phase 2: Infection Day 0 to 7

If you have been exposed and are showing symptoms you need to stay home, rest and treat yourself with the supplements and herbal remedies listed below. Depending on your constitution you may be more prone to certain symptoms:

Vāta (Air and Space) types: more body aches, headaches, fatigue

Pitta (Fire) types: more fever and higher temperatures, diarrhoea

Kapha (Earth and Water) types: more mucous, sinus and lung congestion, lethargy, brain fog

See pages 2-4 below for advice on diet, herbs, treatments and lifestyle for this phase.

Phase 3: Infection Day 7+

If your symptoms last beyond the 7th day, continue to treat yourself, monitor and seek professional advice. Dr Shankara Chetty from South Africa who treated over 10,000 Covid patients discovered that the virus has two distinct phases: around the 8th day some people suffer from an allergic reaction. Not everyone suffers from this allergic reaction. Dr Chetty treats his patients with anti-histamines and steroids. His video is listed on page 5.

Phase 4: Post Covid recovery

After you have been sick, you will need to take it easy for a while. Avoid all excess strain, stress and exertion, mentally and physically so you don't end up with post-viral fatigue or a relapse. You are still vulnerable and need to now focus on regaining your strength and building up your tissues again. This is the rejuvenation phase. Ayurvedically, we work with two herbal combinations here, still lots of rest, an easy lifestyle, massages and whole foods.

Chyavanprash: A traditional Ayurvedic herbal jam made of amalaki fruit and 41 other herbs. A rich source of vitamin C and antioxidants, Chyavanprash is a balancing formula that kindles agni and bolsters the immune system.

Source: Ayurveda Wellness Centre, 500g for \$36

Dosage: A daily dose of 1-2 teaspoons of this nutritive jam can support energy, vitality and overall wellbeing.

Ashvagandha: Is an Ayurvedic adaptogenic that has been used for centuries to strengthen and rejuvenate the whole body. It is said to give the power of a horse. It supports tissue health, counters fatigue and helps to improve energy levels.

Source: Ayurveda Wellness Centre, 60 tabl, \$17

Dosage: adult take 1 tabl twice per day, child ½ tabl twice daily

Advice on diet, herbs, treatments and lifestyle for the infectious phases 2 & 3

a) Food and Nutrition

1. Keep your liquids up. **Stay hydrated**. Best to drink warm liquids: warm water or herbal tea. Ayurveda is very fond of hot Ginger, Lemon and Honey which makes a wonderful healing combination. If you have a cough then add fresh or dried thyme to that combo.
2. If your appetite is low or gone completely, Ayurvedically this means your agni – digestive fire has been displaced elsewhere in your body trying to burn the illness. In this instance **fasting** is appropriate, or eating very little and eating easily digestible foods such as soups, broths and kichari (a combo of mung dahl, rice and veges). **Stewed fruits** such as apple, pears and peaches, cooked with cloves and cinnamon, warm you up nicely and keep the tissues away!
3. **Include 'warming' spices in your diet**: specifically black pepper, ginger, garlic, mustard seeds, chilli and cumin. Freshly crushed black pepper, mixed with a spoonful of honey, is a great cold-fighter. **Turmeric** is an all-time favourite spice for boosting immunity. It has innumerable healing benefits, among which is its capacity to destroy germs and ease inflammation. So, cook your greens, stews and stir-fries with a touch of turmeric. You get both golden colour and healthy respiration.
4. If you are into green juices, now is the time to get juicing: good combos are celery, spinach, kale, eatable weeds, ginger, carrot, apple, pear, beetroot to boost your health.
5. **Nutritional foods** to have more of while you are unwell:

Vitamin C rich foods: citrus, berries, kiwifruit, leafy greens, broccoli, brussel sprouts

Zinc: pumpkin seeds, sunflower seeds, legumes, cashew nuts

Probiotics: sauerkraut, kefir, kimchi, miso, tempeh, kichari

Quercetin: red onions, capers, red grapes, berries, citrus, honey, broccoli, brussel sprouts

Omega 3: flax seeds

Flavonoids: lemons, oranges, tangerines, grapefruit

6. **What to avoid:** alcohol, processed foods, sugar, microwaved food, unseasonal foods, foods straight out of the fridge and left-over lunches and dinners. **Avoid certain mucus-forming foods** such as yogurt, cheese and ice cream. They increase Kapha (Earth and Water element) which is associated with 'congestive' disorders.

b) Lifestyle & home treatments

1. Daily sun exposure: exposure as much of your skin as you safely can to the sun. This helps your Vitamin D.
2. Rest, rest and more rest. If you are unwell or low in energy, preserve your energy and let go of your work and chores for a few days until you regain your strength again.
3. Reduce your viral load by daily gargles: Ayurvedically we use turmeric and/or salt mixed with water. Other options include tea tree essential oil or a betadine gargle. And if that's all too hard then purchase the KiwiHerb Herbal Throat Spray.
4. Daily steam inhalations: use 1Tb of Ajwain seeds and 1 Ltr of boiling hot water, pour over the seeds in a bowl or pot, make a little tent using a towel over your head, and stay for at least 5min inhaling and exhaling deeply. Other options are for you use thyme or eucalyptus essential oils. Source: Ajwain 100gm for \$5 through Ayurveda Wellness Centre.
5. For cough/chest infections: apply a raw honey compression on your chest or use crushed mustard seeds (2 tsp). Let the seeds swell up in hot water first then wrap the mixture into two pieces of cloth. Apply oil or a balm onto your skin first before applying the mustard seed compression. Be careful it can burn your skin. You can use the same method with dried ginger. If that is too much hassle for you, purchase the Kereru Cold Balm and apply that.
6. For achy bodies: rub your whole body with a combination of Epsom salts and some drops of your favourite oil. Do it while you are in the shower so you can rinse it off easily. Or use the Detox Bath recipe: 1-2 cups Epsom salts, 1-2 cups baking soda, bit of bentonite clay and 1 cup borax. Removes toxins. Sit in hot bath for 20min. Scrub down.
7. If you have access to a home sauna: use it daily. The heat kills any virus and the sweating is an important aspect of detoxing.
8. Use an essential oil diffuser in your home: thyme, eucalyptus or rosemary are beneficial.
9. Take lots of deep full breaths, relax and meditate
10. Ask for support and help, especially if you live by yourself.
11. What to avoid: physical exertion, negative emotions, sleep deprivation.

c) Herbal remedies and supplements

For all Covid related symptoms take these two herbs in combination from day 1:

Pippali is pungent and heating in its effects. Pippali stimulates metabolism, burns natural toxins and helps maintain a healthy digestive environment. It is an excellent tonic for the lungs, supporting clear and comfortable breathing. Pippali nourishes the blood and promotes healthy circulation and supports a healthy liver.

Source: Ayurveda Wellness Centre, 100gm, \$25

Dosage: adult 1tsp twice per day mixed with honey, child ½ tsp twice daily

Guduchi: The health promoting powers of Guduchi were so respected by the authors of the ancient Ayurvedic texts that they called it "Amrita" or "Divine Nectar." A powerful nutritive tonic Guduchi strengthens the tissues, supports and strengthens the immune system and promotes vitality.

Source: Ayurveda Wellness Centre, there are 2 options: 60 tabs for \$22 of Guduchi Ghana Vati or 60 tabs for \$36 for Immune Guard (combo of Guduchi, Turmeric and Amla Vit C)

Dosage: adult 1 tabl twice per day, child ½ tabl twice daily

For sinus congestion/cough and runny noses take:

Sitopaladi supports the proper functioning of the lungs and sinuses, encourages healthy expectoration, kindles the digestive fire and helps to burn excess kapha. This formula promotes clear, healthy respiration and is used for coughs, shortness of breath, chronic rhinitis, asthma and thoracic pain. This herbal powder is particular helpful for treating children with cold/flu type symptoms.

Source: Ayurveda Wellness Centre, 50gm, \$12

Dosage: adult 1tsp twice per day mixed with honey, child ½ tsp twice daily

Sinocare: Contains herbs (thorny bamboo, cardamom, cinnamon, pippali) traditionally used in Ayurvedic medicine to support the respiratory system, the common cold, cough, sinus and hay fever.

Source: Ayurveda Wellness Centre, 60 tabs for \$36

Dosage: adult 1 tabl twice per day, child ½ tabl twice daily

Pranacare: Prana Care is a traditional formulation of herbs such as Tulsi, Vasa, Kantakari and Yashtimadhu, used to heal and cleanse the respiratory system. It is especially beneficial for those suffering from respiratory illnesses such as bronchitis, asthma, chronic cough and chest congestion

Source: Ayurveda Wellness Centre, 100gm, \$30

Dosage: adult 1tsp twice per day mixed with honey, child ½ tsp twice daily

Kofnil syrup: A natural cough syrup and expectorant, for dry non-productive cough. Contains Yasthimadhu, Tulsi, Ginger, Pippali.

Source: Ayurveda Wellness Centre, 200ml, \$20

Dosage: adult 1tsp twice per day mixed with honey, child ½ tsp twice daily

For general support:

Nigella Sativa/Kalanji seeds: have two active ingredients: thymoquinone and quinine; they work anti-viral, antioxidant, anti-inflammatory and immune modulatory; acts similar to Hydroxychloroquine

Source: Ayurveda Wellness Centre, 50gm, \$5

Dosage: adult 80mg per kg body weight per day, crush up the seeds and mix the powder into honey 1gm per kg body weight per day

Personally, I recommend taking all of the above plus supplementing it with Vitamin C (BioMedica), N-Acetyl-Cysteine (BioMedica) and Zinc (Sanderson). As well as Magnesium, Vit K and Melatonin. You can obtain the additional non-Ayurvedic supplements by emailing Michael at health@purewellbeing.com

Covid19 – Other alternative treatment protocols

Plenty of alternative treatment protocols have been designed by internationally renowned doctors such as Dr Peter McCollough, Dr Vladimir Zelenko, Dr Joseph Mercola, Dr Sucharit Bhakdi and Dr Pierre Kory. See below links for various treatment protocols:

1. World Council for Health – treatment protocol

<https://worldcouncilforhealth.org/resources/early-covid-19-treatment-guidelines-a-practical-approach-to-home-based-care-for-healthy-families/>

2. Wanaka Health Bridge from Wanaka NZ – early action for faster recovery protocol

<https://www.wanakahealthbridge.co.nz/the-protocol>

3. Front Line Covid19 Critical Care Alliance from the US – prevention and early treatment protocol

<https://covid19criticalcare.com/wp-content/uploads/2020/11/FLCCC-Alliance-I-MASKplus-Protocol-ENGLISH.pdf>

4. Dr Zelenko from the US – treatment protocol

<https://vladimirzelenkomd.com/treatment-protocol/>

5. Dr Shankara Chetty from South Africa – outpatient therapy options for Covid19, video 1.25hr

<https://odysee.com/@voicesforfreedom:6/Dr-Shankara-Chetty:b>

6. Ministry of AYUSH in India – Ayurvedic treatment protocol particularly page 7-8:

<https://www.ayush.gov.in/docs/ayush-Protocol-covid-19.pdf>