

Guidelines for UNANI Practitioners for COVID-19 Patients in Home Isolation

**Ministry of AYUSH
Govt. of India**

Preamble

The COVID-19 pandemic has emerged as a public health challenge. The burden of the disease and mortality are steadily increasing in many parts of the globe. Several social and economic factors are leading to devastating situations. Effective management to address this infection is still evolving and attempts are being made to integrate traditional interventions along with standard care.

Home isolation is applicable to confirmed COVID-19 cases which are asymptomatic or have mild symptoms, or to people who had a contact with suspected cases of the disease.

General Disclaimer

- Patients need to have a general consultation from a qualified physician before starting any intervention.
- In all severe cases, immediate referral to a higher medical centre as per the Government guidelines is advised.
- Patients with co-morbidities like hypertension, diabetes etc., are advised to continue their respective medications.
- Physicians are free to select drugs as per their own discretion/ availability.
- Use of drugs in vulnerable population is at the prudence of the consulting physician.
- Doses for children should be adjusted according to their age.

Management Guidelines for COVID-19 Patients in Home-Isolation

The common clinical features observed in mild COVID-19 cases include sore throat, mild fever, body-ache, nasal congestion, and dry cough. Although a variety of symptoms are being reported, many cases are asymptomatic and some uncommon clinical manifestations include loss of smell and taste as well.

Some of the asymptomatic cases can be in the pre-symptomatic stage. Considering this possibility, the patient should observe evolving symptoms or signs. This watchfulness should not lead to undue anxiety.

Specific measures for COVID-19 Patients in Home isolation

Stage/condition	Clinical Presentation	Medicine	Dosage*
Asymptomatic COVID-19 Patients	--	<i>Safuf Asgand</i> ⁽¹⁻⁵⁾	5 gmsonce daily
		<i>Khameera Marwareed</i> ⁽⁶⁾ (Not recommended for diabetics)	3-5 g once daily
		<i>TiryaqArba</i> ⁽⁶⁾ (Not recommended for diabetics)	3-5 gm with lukewarm water
		<i>Arq Ajeeb</i> ⁽⁶⁾	2-3 drops to be instilled in a bowl with hot water for immediate inhalation for 5 minutes twice daily
Mild COVID-19 Positive patients		<i>Unani Joshanda</i> prepared from <i>Unnab</i> 5 no, <i>Behidana</i> 3 gm and <i>Sapistan</i> 9 no	Preparation of Decoction by boiling these medicines in 250 ml of water, until it remains half and filter it, take luke warm once daily in the morning
	Headache / Nasal Congestion	<i>Arq Ajeeb</i> ⁽⁶⁾	2-3 drops to be instilled in bowl with hot water for immediate inhalation for 5 minutes twice daily
	Fatigue	<i>Khameera Marwareed</i> ⁽⁶⁾ (Not recommended for diabetics)	3-5 g once daily
	Fever	<i>Hab e Mubarak</i> ⁽⁶⁾	2 g (pill) twice daily
	Sore throat	<i>Sharbat e Toot Siyah</i> (Not recommended for diabetics)	20 ml twice daily
		<i>Laooq-e-Sapistan</i> ⁽⁶⁾ (Not recommended for diabetics)	10 gm twice daily for above 12 years of age
	Diarrhoea	<i>Safoof e Teen</i> ⁽⁶⁾	5-10 g
		<i>Sharbat Belgiri</i> ⁽⁶⁾ (Not recommended for diabetics)	15 ml twice daily

General guidelines

1. Patients should follow physical distancing, respiratory and hand hygiene, and wear masks.
2. Steam inhalation and use of warm water at frequent intervals.
3. Avoid use of cold water and exposure to cold air ⁽⁷⁾.
4. Adequate sleep (7-8 hours) should be taken and day time sleep especially after lunch may be avoided ⁽⁷⁾
5. Fumigation of patient's room with *Sandal* (*Santalum album*) and *Kafoor* (*Cinnamomum camphora*). ⁽⁸⁾
6. Keep the scalp covered ⁽⁷⁾
7. Avoid physical exertion ⁽⁷⁾
8. *Gharghara* (gargle) with lukewarm water/ 10-20 gm of pulp of *Khayar shamber* (*Cassia fistula*) boiled in 100 ml of water ^(1,10,11)

Dietary guidelines

1. Avoidance from sour diets ⁽⁷⁾
2. Use of *Kalonji* (*Nigella seeds*), *Lahsun* (*Garlic*), *Adrak* (*Ginger*), *Amla* (*Indian Gooseberry*), *Haldi* (*Turmeric*) in sufficient quantity.
3. Prefer easily digestible diet
4. Oral intake of *Maushaeer* (*Barley water*) ⁽⁹⁾
5. Take adequate oral fluids like hot soups/ hot tea

Note: In case of any deterioration/ worsening of symptoms patient should be immediately referred to a dedicated COVID- 19 Management Health Care Centre.

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