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Indira Bahuuddeshiya Shikshan Sanstha, Buldana's



Dr. Rajendra Gode Ayurved College, Hospital & Research Center

Near Achyut Maharaj Heart Hospital, University-Mardi Road, Amravati. 444602
(Dept. Of Ayush, C.C.I.M., New Delhi, Govt. of Maharashtra, MUHS Nashik Affiliated)



Dr. U. M. Sakarkar
Principal

Dr. Yogesh R. Gode
Secretary

Mr. Yogendra R. Gode
President

Advisory for COVID -19 Crisis

Basic for fold measures-

1. Ahar (Food Habits)
2. Vihar (personal and Social Habits)
3. Rasayana Therapy (Therapeutic measures to boost the immunity)
4. Aushad

Ahar (Food habits)-

- Always drink leuke warm water.
- Drink tea made with Tulsi, kalimirch (Black pepper), Adrak (Ginger), Lavang (Clove)
- Drink black coffee and lemon tea.
- At night drink Turmeric Milk (In 150 ml milk +half spoon turmeric+ bit sunthi powder)
- Consume freshly prepared warm food twice a day (at right time)
- Eat available food as per season.
- Eat homemade food

Vihar (Personal and social habits)-

- Take a sound sleep at least 7-8 hours in the night.
- Do gargle everyday with warm water & take a spoon of Til Tail in your mouth, circulate it in mouth around 7-10 times, hold it and spit after some time. It should be followed with warm water. (**Mukh prakshalana**)
- Put 2-2 drops of Til Taila in each nasal cavity in morning and evening.
- Do Yoga, Pranayama and exercise in every day for at least half and hour.
- Take a bath and wash your clothes with warm water as soon as you come back home.
- Wash all vegetables/fruits with warm water + salt.
- Sanitize rest of the things that you bring from outside.
- Avoid going in crowed area .follow social distancing.
- Use handkerchief /tissue paper while coughing.
- Use Namaste as welcome.
- Wash your hand regularly with soap at least 20 sec. Do not touch your hands on your nose and mouth.
- Download Arogya setu App in your mobile.

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Rasayana Therapy-(Therapeutic measure to boost the immunity)-

- Take Chavyanprash daily -10 gms in morning and evening.
- Rasayan kwath -10 gms in morning having empty stomach (2 cup of water +10 gm Kwath medicine, boil it, when half of cup water is balanced, filter it and drink this warm water.
or
- Triphala, Trikatu, Mdhuyashti, Haridra, Giloy, Munnaka, Elayachi and Tulsi kwath.
- Giloy Ghan Vati-2-2
- Tulsi Ghan Vati 2-2
- Ashwagandhadi Churna -2gms
- Bhumymlakadi Churna-2 gms

Aushad (Medicine)-

- For less than 3 years old kids-Siyopaladi Churna-200mg
- Balchaturbhadra Churna-75 mg

Two times a day with Honey.

- For 3-10 old kids -Sitopaladi churna-1 g
- Trikatu Churna -500 mg Giloy Satva-125 mg

Two times a day with Honey.

- Gojivhadi kwath -10 mg
- Vatshleshmak jwarhar kwath -10 gm
- Maha sudarshan Ghan Vati-2-2
- Sanshamani vati-2-2
- Sanjivani vati-125 mg

Note :- All the above instructions will help you in keeping yourself healthy & will also help in increasing immunity power. However the advisory does not claim to be treatment for Covid -19 but it gives H to body in order to fight with Covid 19. Please take all the above mentioned medicine or other Ayurvedic medicine after consultation of Ayurvedic physician. Please avoid self-medication. DRGACH&RC is providing best care facilities to patient with expert Ayurvedic physician.