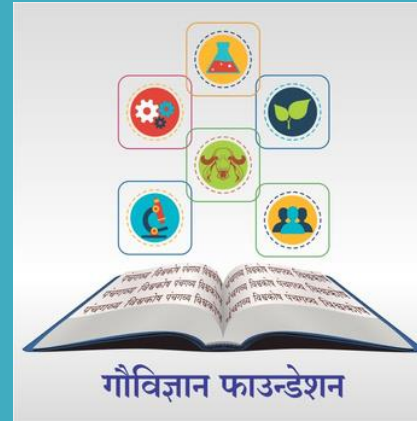


COVID MANAGEMENT THROUGH AYURVEDA

Prepared by

॥लोकायुर्वेद॥[®]
The Wellness Revolution



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RECOMMENDED BY



AYURVEDACHRAYRA

DR. HITESH JANI

EX-PRINCIPAL, GUJARAT AYURVED UNIVERSITY



DR_HITESH_JANI2000

PERSON'S BLOOD PRESSURE



120 – 80 Normal

130 – 85 Normal (Control)

140 – 90 High

* 150 – 95 Very High

* Consult your Physician

WE RECOMMEND



आवर्तन ध्यान
Cyclic Meditation



Anulom Vilom
Pranayam

OXYGEN LEVEL AS PER OXYMETER READING



94 – Normal

95 – 100 Very Good

90 – 93 Little Less

* 80 – 89 Very Less

* Consult your
Physician

WE RECOMMEND



Bhramari Pranayama
Omkar
Humming Sound



Smelling Potli pack
filled with Ajwain
seeds, Clove buds and
Camphor

PULSE RATE



72 / min – Standard (Very Good)

60 to 80 / min – Normal (Good)

*** 90 – 120 / min – High (Bad)**

*** Consult your Physician**

WE RECOMMEND



**Pranayam
Anulom Viloma**

BODY TEMPERATURE



As per Thermometer reading

92 – 98.6 Degree – Normal (No fever)

99 Degree – Little Fever

* 100 to 102 Degree – High Fever

* Consult your Physician

WE RECOMMEND



Shitali Pranayama

Rehydration

- * Shadang Paniya
- * Coconut Water
- * Lime Juice

HRCT OR CHEST SCAN



HRCT Score 0 – 8 – Mild Infection

HRCT Score 9 – 18 – Moderate Infection

HRCT Score 19 – 25 High Infection

HRCT Score means

Due to Covid infection airbags in lungs which absorb oxygen are swollen and accumulates mucous.

High score indicates less oxygen absorption and more risk.

WE RECOMMEND

Humming Sound or Omkar with emphasis on M sound

Smelling a cloth packet filled with

*** Ajwain seeds**

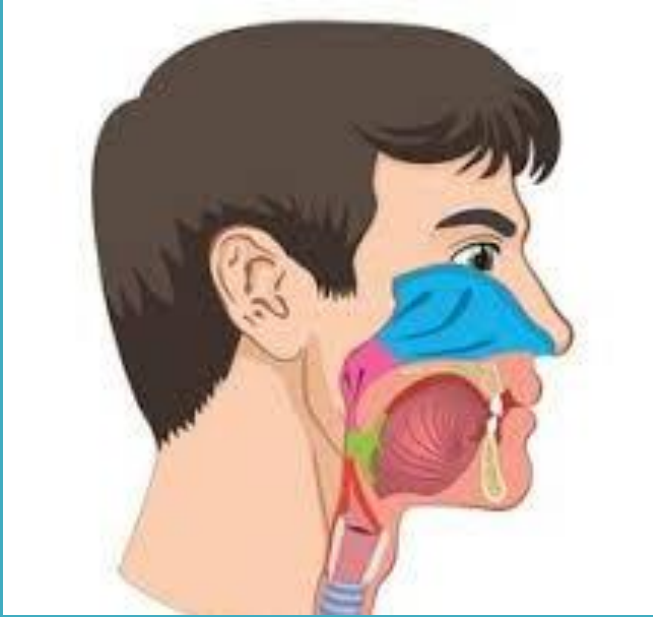
*** Clove buds**

*** Camphor**

*** Eucalyptus oil**

Hot fomentation followed by Medicated oil Massage on Chest & Back

PREVENTION STAGE



When Virus enters Nasopharynx area through Nose or Oropharynx area through Mouth, it may stay there for 3 days and grow in presence of Mucosal Protein.

WE RECOMMEND

Dry Ginger Therapy विश्वभेषज



1. Sniffing a pinch of Dry Ginger Powder
2. Taking 1 gm or 1/4th Tsp. Dry Ginger Powder after meals.

For Demo and Details
visit our site
www.lokayurved.com

PROTECTION STAGE



As the Virus progresses to Lungs they start replicating, blocking airbags and making it difficult to breath. With Medical Intervention, one should go for Treatment Protocol.

WE RECOMMEND

**Rashtriya Kamdhenu Aayog's
Panchgavya Protocol
Prepared by
Ayurvedacharya Hitesh Jani
and his Research Team
Approved by
Ayush Dept, Govt. Of Gujarat**



**Contact:
Vedgarbha Clinic
Jamnagar, Gujarat
9409976886**

POST COVID MANAGEMENT



Even after getting negative reports of Virus, several Post Covid ailments like physical weakness, mental fatigue, breathlessness on exertion, etc. are observed.

WE RECOMMEND

Post Covid Care
Prepared by
Ayurvedacharya Hitesh Jani



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