

## Details of Varmam points stimulated for Boosting Immunity

Varmam	Location	Finger selection	Procedure	Duration
<b>Vilangu Varmam</b>	A dimple at the lateral end of the clavicle.	Middle three fingers	Place the tip of the middle three fingers over the varmam point and do a clockwise rotation	30 Sec
<b>Ullangaal Vellai Varmam</b>	At the junction of the big and second toe in the plantar region	Both the thumbs (Central part (pulp) of the thumb)	Place the Central part (pulp) of the thumb over the Varmam point and then press and release (both sides)	30 Sec
<b>Nadi Soothira Varmam</b>	Four finger breadths above the wrist joint (radial aspect)	Both the thumb (Medial 1/4 part of the thumb)	Place the middle of the thumb (palmar aspect) over the Varmam point; press and release.	30 Sec
<b>Savvu Varmam</b>	Four finger breadths distal from the shoulder joint on the medial side of the upper arm	Both the thumb (Medial 1/4 part of the thumb)	Place the middle of the thumb (palmar aspect) over the Varmam point; press and release.	30 Sec

## Symptom Specific Approach in Covid-19:

### Interventions for Preventive Category:

Prevention for fever and respiratory illness							
Interventions	Dose Recommendation as per the Age group					Anupanam / Direction of Use	Remarks
	Padiatric Age group (<12 Years)		Adolescent (13-18 Years)	Adult (19-65 Years)	Geriatric Age group (>65 Years)		
	<5 Yrs	5-12 yrs					
<b>Nilavembu Kudineer / Kaba SuraKudineer</b>	5ml	10ml	30 ml	60-90 ml	60 ml	Twice a day	After Food
<b>Seenthil Chooranam</b>	200mg	500 mg	1 gm	1-2 gm	1-2 gm	Honey/ twice a day	After Food
<b>NellikaiIlagam</b>	1-2 gm	3 gm	5 gm	5-10 gm	5 gm	Twice a day	After Food

## Interventions for Mild and Moderate Symptoms:

Symptoms	Interventions for mild and moderate symptoms							
	Intervention	Dose Recommendation as per the Age group					Anupanam / Direction of Use	Remarks
		Pediatic Age group (<12 Years)		Adolescent (13-18 Years)	Adult (19-65 Years)	Geriatric group (>65 Years)		
		<5 Yrs	5-12 yrs					
<b>Cough</b>	Kaba Sura Kudineer	5ml	10ml	30 ml	60-90 ml	60 ml	Twice a day	After Food
	AdathodaiManapagu	2ml	5ml	10ml	10-20ml	10-15ml	Warm Water/BD	After Food
	NellikaiIlagam	1-2 gm	3 gm	5 gm	5-10 gm	5 gm	Twice a day	After Food
	VasanthaKusumakaram	-	1Nos	1 Nos	1 -2 Nos	1 Nos	Twice a day	After Food
<b>Sore Throat</b>	ThalisathiVadam	1/4 Nos	1/2 Nos	1/2 Nos	1 Nos	1 Nos	Twice a day	After Food
	Kaba Sura Kudineer	5ml	10ml	30 ml	60-90 ml	60 ml	Twice a day	After Food
	AdathodaiNei	1 ml	5 ml	10 ml	10-15 ml	5-10 ml	Twice a day	After Food
<b>High Fever</b>	NilaVembu / Kaba Sura Kudineer	5ml	10ml	30 ml	60-90 ml	60 ml	Twice a day	After Food
	BramanandaBairavam	-	1Nos	1 Nos	1 -2 Nos	1 Nos	Twice a day	After Food
	AdathodaiManapagu	2 ml	5 ml	10ml	10-20ml	10-15ml	Warm Water/BD	After Food
	Thirithoda Mathirai	-	1Nos	1 Nos	1 -2 Nos	1 Nos	Twice a day	After Food
<b>Difficulty In Breathing</b>	NilaVembu / Kaba Sura Kudineer	5ml	10ml	30 ml	60-90 ml	60 ml	Twice a day	After Food
	Seenthil Chooranam	200mg	500 mg	1 gm	1-2 gm	1-2 gm	Honey / twice a day	After Food
	PachaiKarpoora Mathirai	-	1/2 Nos	1Nos	1-2 Nos	1 Nos	Honey / only in the Morning	After Food
	SwasaKudori Mathirai	-	1/2 Nos	1Nos	1-2 Nos	1 Nos	Honey / only in the Morning	After Food
	ThippiliRasayanam	200 mg	500 mg	1 gm	1 gm	1 gm	Twice a day	After Food

### **External Therapy:**

- Neerkovai Mathirai for headache.
- Fomentation - betel leaf over the chest

### **Nasiyam:**

- Thumbai poo, Thulasi leave juice for Sore throat, Nasal obstruction

### **Pugai:**

- Kandangathiri Pugai
- Manjal Kombu Pugai for rhinitis, nasal obstruction

### **Varmam:**

- Thivalai Kalam, Adapa Kalam, Kavuli Kalam, Mudichu Varmam, Sakthi Varmam, and other energizing Varmam points for immune enhancing, fever and respiratory illness.

## Interventions for Comorbid Conditions with Fever and Respiratory Illness

Symptoms	Comorbid conditions with respiratory illness			
	Intervention	Dose Recommendation	Anupanam / Direction of Use	Re- marks
<b>Diabetes</b>	NilaVembu Kudineer	30-60 ml	Twice a day	After Food
	Seenthil Choornam	2 gm	Warm Water/ Twice a day	After Food
	Keezhanelli Choornam	3 gm	Twice a day	After Food
<b>Hypertension</b>	Seeraga Choornam	1-2 gm	Warm Water/ Twice a day	After Food
<b>Pregnant women</b>	Poondu (Garlic) milk:	2 pieces	Poondu boiled with a glass of milk should be taken at night	After Food
	NilaVembu Kudineer	30-60 ml	second and third trimesters Twice a day	After Food
	Kothumalli (Coriander seeds) and Seeragam (Cumin seeds) kudineer	30-60 ml	Twice a day	After Food
<b>Paediatric Population</b>	Urai Mathirai	1 or 2 Nos	Rubbings with breast milk/honey/ Twice a day	After Food
	Athimatura Chooranam	1 gm	Honey / Twice a day	After Food
	Nellikai Ilagam	3-5 gm	Twice a day	After Food
	Balasanjeevi Mathirai /Kasthuri Mathirai	1 Nos	Twice a day	After Food
<b>Lactating Mothers</b>	Thanneervittannei	5-10 ml	Twice a day	After Food
<b>Geriatric Population</b>	Thulasi /Thoothuvelai /Kuppaimeni / Mukkarattai /Seenthil /Elam	1-2 gm	Decoction or Hot water / Twice a day	After Food