

Management of Mild COVID-19 Cases

Clinical severity	Symptom	Formulation*	Dose*
Mild COVID-19	Fever with Body ache, Headache	Nagaradi Kashaya	20 ml twice a day or as directed by Ayurveda physician
	Cough	Sitopaladi Churna with Honey	2 g thrice daily with Honey or as directed by Ayurveda physician
	Sore throat, Loss of taste	Vyoshadi vati	Chew 1-2 pills as required or as directed by Ayurveda physician
	Fatigue	<i>Chyawanprasha</i>	10 g with warm water / milk once a day
	Hypoxia	Vasavaleha	10 g with warm water or as directed by Ayurveda physician
	Diarrhoea	Kutaja Ghana Vati	500 mg - 1 g thrice daily or as directed by Ayurveda physician
	Breathlessness	Kanakasava	10 ml with equal amount of water twice a day or as directed by Ayurveda physician

* In addition to these medicines; general and dietary measures are to be followed.

* According to physician's discretion. Physicians have to decide useful formulations from the above or substitutable classical medicines based upon their clinical judgement, suitability, availability and regional preferences. Dose may be adjusted based upon the patient's age, weight, and condition of the disease.

* **Guidelines for Ayurveda Practitioners for COVID-19** notified by Ministry of AYUSH may also be referred.

This is a general advisory. Attending physicians need to use their discretion to select the drugs based upon the stage of the disease, symptom complex and availability of the medicines. The recommended formulations in this attempt are in addition to standard approaches of care and prevention as well as other Ayurvedic approaches recommended for prevention earlier. Moderate to Severe COVID-19 individuals may have informed choice of treatment options.