

Yoga Protocol for Post COVID- 19 care (including care for COVID-19 patients)

Objectives:

- To improve pulmonary function and lung capacity
- To reduce stress and anxiety
- To improve Muco-ciliary clearance

Morning Session (30 Minutes):

S. No	Practices	Name of Practice	Rounds	Duration (in Minutes)
1	Preparatory Practices (In sitting)	Tadasana		6
2		Urdhva Hastottanasana		
3		Uttana Mandukasana		
4		Shoulder rotation	3 rounds	
5		Trunk twisting	3 rounds	
6		Ardha ustrasana		
7		Sasakasana		
8	Breathing Practices	Vaataneti	2 rounds (30 secs/round)	2
9		Kapalabhati	3 rounds (30 secs/round)	2
10		Deep Breathing	10 rounds	2
11	Pranayama Practices	Nadishodhana	10 rounds	6
12		Ujjaayee	10 rounds	3
13		Bhramari	10 rounds	3
14	Meditation	Dhyana	Awareness of breathing or Awareness of Positive thoughts /emotions /actions	6
Total Duration				30

****Period of exhalation shall be more than the period inhalation, preferably 1:2 (Inhalation: Exhalation).***

Evening Session (15 Minutes):

S. No.	Name of the practice	Rounds	Duration (in Minutes)
1	Savasana (Corpse Pose) arms stretched	1	1 minute
2	Abdominal Breathing	10 rounds	2 minutes
3	Thoracic Breathing	10 rounds	2 minutes
4	Clavicular Breathing	10 rounds	2 minutes
5	Deep Breathing (lying down position)	10 rounds	2 minutes
6	Relaxation in Shavasana with awareness on Abdominal breathing		5 minutes
Total Duration			15 minutes

- Period of exhalation shall be more than the period inhalation, preferably 1:2 (Inhalation: Exhalation).
- Advised steam inhalation every day or alternative day.
- Advised to gargling with lukewarm saline water regularly.

Note:

- **Loosening Exercises:** Forward/ Backward bends, Spinal twist,
- **Breathing Exercises:** Sectional Breathing, Yogic Breathing, Hands in and Out Breathing, Hands Stretch Breathing Yogic Breathing exercises and asanas found to improve lung volumes and reduce asthma attacks and inflammation in respiratory tract.
- **Breathing and Pranayama:** Vaataneti, Kapalabhathi kriya, Bhastrika pranayama, Nadishodana pranayama for improvement in pulmonary functions.
- **Kriya:** Jalaneti practice to cleanse and decongest the upper airways. Not to be used in dry cough.