

Preventive care

Manufactured Ayurvedic medicines being in short supply, one may have to rely on single drug/herb or simple herbal formulations with proven anti-fever properties and effective in treating respiratory ailments. These are some of the advised ayurvedic preparations.

1. Sudarsana Churnam / tablets (text Sarangadhara Samhita), for all fevers and respiratory conditions – two tablets taken in water at room temperature.
2. Thaleesadi Churnam – 1/2 tsp taken with honey; for cough, fevers and respiratory conditions
3. Sitopthaladi Churnam (text Yogaratnakara)– 1/2 tsp taken with honey: for cough, fevers and respiratory conditions
4. Pippalyadi Churnam (Triphala 1 part, pippali 1 part; text – Sarngdhara Samhita): 1 tsp taken with honey for cough, fever, and respiratory conditions. (this is easy to prepare)
5. Kashayam / decoctions : Guduchi (giloy), Kiratatikta (chiraita) or its substitute Andrographis, Pepper, Dhaniya, Pippali, dry ginger (sonth), all or some of these in small amounts boiled in half glass of water for 10 minutes, is effective in combating fevers and phlegm.

It is eminently possible for various governments to put these in place as part of preventive care.

AVOID: Avoid ice-cold food and drinks, curd, buttermilk, fruit juices, cold pastries, excess sweet dishes and sour foods; air-conditioning; sleep during the day and keeping late hours at night.

(Reminder - what is to be avoided is as important as what is to be had.)