

Government of India
Ministry of Health & Family Welfare
Department of AYUSH

Sub: AYUSH interventions in the management of common flu like conditions

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1. The Department of AYUSH is concerned about the increasing number of H1N1 virus cases reported from different parts of the country recently. The Department of Health and Family Welfare has taken a number of immediate steps including the issue of detailed guidelines for identification, clinical diagnosis, testing and treatment of those who develop symptoms of the disease. As per these guidelines specific treatment (Oseltamivir plus any required supportive therapy) needs to be administered to those who have been clinically diagnosed as suffering from H1N1 flu as well as those who are tested positive.
2. The Department of AYUSH set up a group of experts for suggesting AYUSH interventions which are useful in the prevention / treatment of flu like disease. The group comprising of Ayurveda experts / physicians from Department of AYUSH was of the view that viral epidemics come under the "Vaata Kaphaja Jwara" category mentioned in Charak Samhita and other ancient Ayurvedic texts.
3. Most of the viral fevers, including various types of flu comes under this category. The outbreaks of Vaatakaphaja Jawara are seen in Autumn / spring, in seasonal change and in moderate climatic conditions.
4. Ayurveda has advised following preventive measures for building immunity and protection from Vaata-Kaphaja Diseases:
 - a. Avoid Kapha provokating diet like curd, cold food, cold drinks, and fruit juices especially citrus, fermented food, ice-cream. Drink hot water instead of cold water.
 - b. Use of decoction made up of any one or combination of Tulsi, Ginger, Black pepper, Long Pepper, Guduchi in the morning. Taking decoction of Tulsi, Turmeric, Long Pepper and Guduchi every morning is recommended.

- c. The Ayurvedic medicines like Sudershanghana vati, Sudershana chuma, Samshamani vati(Guduchi Ghana vati) mainly works by way of improving the host defense mechanism.
 - d. Vamana (emesis) procedure of Panchakama may also be taken up under observation of an expert vaidya, if necessary.
5. The Central Council for Research in Unani Medicine (CCRUM) also had a detailed consultation with the unani experts and has come out with recommendations for preventive measures available in Unani system. Unani experts suggested.
- a. Decoction / tea of Unnab, Bahidana, Sapistan, Dalchini.
 - b. Arq prepared from Afsanteen, Chiraita, Kasni, Nankhwah, Gaozuban, Sad Koofi, Nilofar, Banafsha, Post eem may be prepared and taken with Sharbat Kaksi.
 - c. Specific compound formulations such as "Habb-e-Jadwar", "Khamira Nazli Aab Tarboozwala", Tiryaaq-e-Farooq may also be taken.
 - d. Local application of Roghan baboon / Roghan-e-Mom / Roghan Kahu / Roghan Kadu on sclap and chest.
 - e. Light diet and personal hygiene are also recommended.
6. After taking into consideration the expert option recived on the subject, the Department of AYUSH is of the view that Ayurveda / Unani interventions can be used for increasing the immunity to fight various flu like conditions. These can be adopted by normal healthy persons as well as those who have mild cold, cough, body pain etc. However, in cases with severe symptoms (category B&C defined in the guidelines of Ministry of Health and Family Welfare dated 14th August, 2009) develop they are advised to go to the designated screening centers / hospitals set up by the Central and State Governments and undergo the clinical diagnosis, testing as decided by a medical professional and standard management with specific drugs like Oseltamivir and supportive therapy.