



16 November 2020

### Celebration of Ayurveda Day 2020

As part of the celebration of 'Ayurveda Day' in Brazil, Consulate General of India, Sao Paulo and Swami Vivekananda Cultural Centre organized various events in the month of November.

2. The celebration started on 5 November with a **webinar on "Ayurveda for Global Health during the time of COVID-19"**. The webinar received participation from Ayurveda practitioners in India and Brazil. Consul General, Amit Kumar Mishra gave the opening remarks for the webinar & spoke about the significant role played by Ayurvedic treatment in the high recovery rate of Covid19 patients in India and the importance of the National Clinical Management Protocol released by Ministry of AYUSH for management of Covid-19. He also spoke about the growing collaboration between India and Brazil in the field of Ayurveda.

3. The eminent Indian speakers for the webinar included Dr. Jeevan K. Jose, from Ayra Vaidya Pharmacy, Coimbatore India; Vadiya Radha Priya from Brahmi Vaidyalaya Bangalore, Karnataka. Brazil was represented by Ayurveda experts like Dr. Cezar Deveza, Director YAM project; Dr. Ricardo Balsimelli owner of Ayurveda clinic 'SOHA' and Ms. Margarete Mota, Director of Escola de Saberes Ancestrais. All the speakers highlighted various aspects of Ayurveda and Ayurvedic treatment through their presentations. The entire webinar was streamed live on the Facebook and YouTube channel of Swami Vivekananda Cultural Centre.

4. On 12 November, Swami Vivekananda Cultural Centre collaborated with Naradev Shala and invited its **Director Prof. Eric Schulz for a talk on 'Ayurveda: From tradition to Modernity'**. Talking about Ayurveda, which is the oldest healthcare system that originated in India, Prof. Schulz highlighted the basic principles of Ayurveda which include the concepts of universal interconnectedness, the body's constitution (*prakriti*), and life forces (*doshas*). The talk was streamed live on the Facebook page of Swami Vivekananda Cultural Centre.

5. **Consul General's interaction with Ayurveda practitioners:** As a part of the celebration of Ayurveda Day in Brazil, as a special initiative the Consulate General of India, Sao Paulo and Swami Vivekananda Cultural

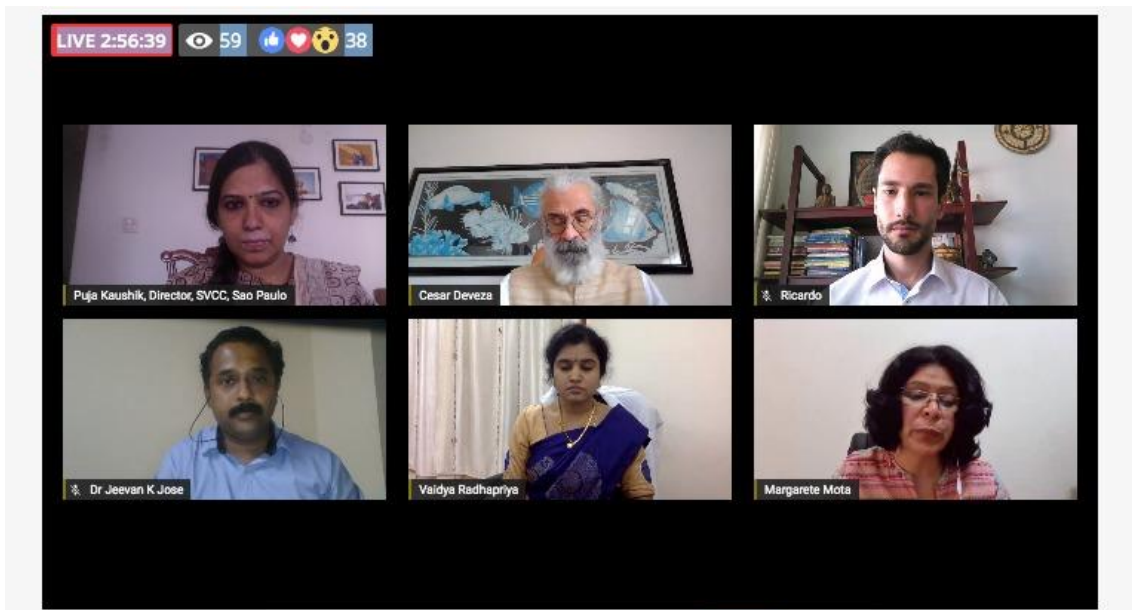
Centre got the 'National Clinical Management Protocol based on Ayurveda for management of Covid19' issued by Ministry of AYUSH translated into Portuguese. The Portuguese version of the protocol was released both in the print and E-book format by the Consul General, Mr. Amit Kumar Mishra at a special gathering of Ayurveda experts from Brazil at Swami Vivekananda Cultural Centre on 12 November. Consul General had an engaging conversation with the Ayurveda experts and discussed opportunities to promote Ayurveda in Brazil. He also highlighted the role played by Ayurveda in fight against #COVID19.

**6. Release of Portuguese translation of book titled "Ayurvedic Standard Treatment Guidelines" by Consul General:** On 22 November Consul General, Mr. Amit Kumar Mishra released the Portuguese version of the book "Ayurvedic Standard Treatment Guidelines, Edition I" at a special virtual event organised in celebration of Ayurveda Day. The original English version of the book was published by Ministry of AYUSH in 2017 and the book has been translated by Escola De Ayurveda an Ayurveda School from Porto Alegre, Brazil. The E-version of the book will be freely available to Ayurveda practitioners.

A few photographs of the events are attached.

**Images from the Webinar "Ayurveda for Global Health during the time of COVID-19" held on 5 November 2020**





**Images from the talk 'Ayurveda: From tradition to Modernity' held on 12 November 2020**

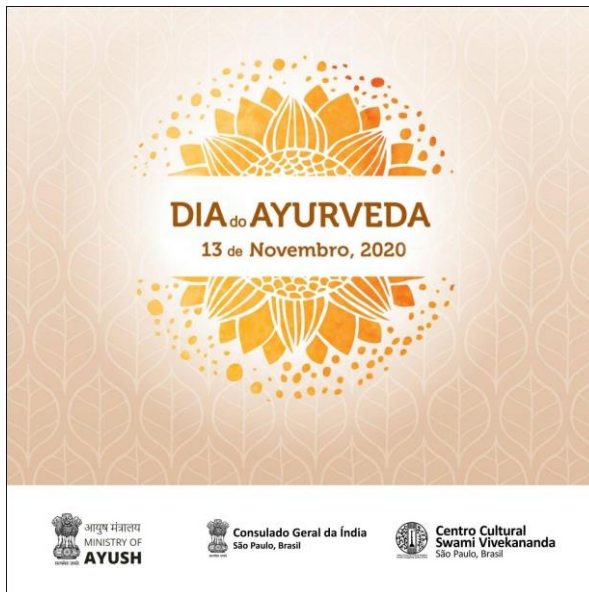




**Images from the meeting with Ayurveda experts from Brazil and release of the Portuguese version of 'National Clinical Management Protocol based on Ayurveda for management of Covid19' in book form on 12 November**







## Medidas gerais e físicas

1. Pratique distanciamento social, higiene respiratória e das mãos, use máscara
2. Faça gargarejo com água morna e um pouco de cúrcuma e sal. Água fervida com Triphala (frutos secos de Emblica officinalis, Terminalia chebula, Terminalia bellerica) ou Yashtimadhu (Glycyrrhiza glabra) também podem ser usados para gargarejo.
3. Instilação nasal/aplicação de óleos medicados (Anu taila ou Shadbindu Taila) ou óleo puro (gergelim ou coco) ou aplicação nasal de ghee bovino (Goghrita) uma ou duas vezes ao dia, especialmente antes de sair de casa e depois de voltar para casa.
4. Inalação de vapor com Ajwain (Trachyspermum ammi) ou Pudina (Mentha spicata) ou óleo de eucalipto uma vez ao dia
5. Sono adequado de 6 a 8 horas.
6. Exercícios físicos moderados.
7. Siga o Protocolo de Yoga para Prevenção Primária da COVID-19 (ANEXO-1) e Protocolo de Cuidado pós-COVID-19 (inclusive cuidado de pacientes com COVID-19) (ANEXO-2) – conforme aplicável.



## Medidas específicas/ Administração de sintomas

Gravidade clínica	Medicamentos*	Doses e períodos
Cuidado profilático (população de alto risco, contatos primários)	<i>Ashwagandha</i> [extrato aquoso de <i>Withania somnifera</i> IP] ou em pó	500 mg extrato ou 1-3 g em pó duas vezes ao dia em água morna por 15 dias, um mês, ou conforme prescrito pelo médico Ayurveda
	<i>Guduchi Ghana vati</i> [Samshamani vati ou Giloy Ghana vati tendo extrato aquoso de <i>Tinospora cordifolia</i> IP] ou o pó da <i>Tinospora cordifolia</i>	500 mg extrato 1-3 g Em pó duas vezes ao dia com água morna por 15 dias, um mês ou conforme prescrito pelo médico Ayurveda
	<i>Chyawanaprasha</i>	10 g com água morna / leite morno uma vez ao dia

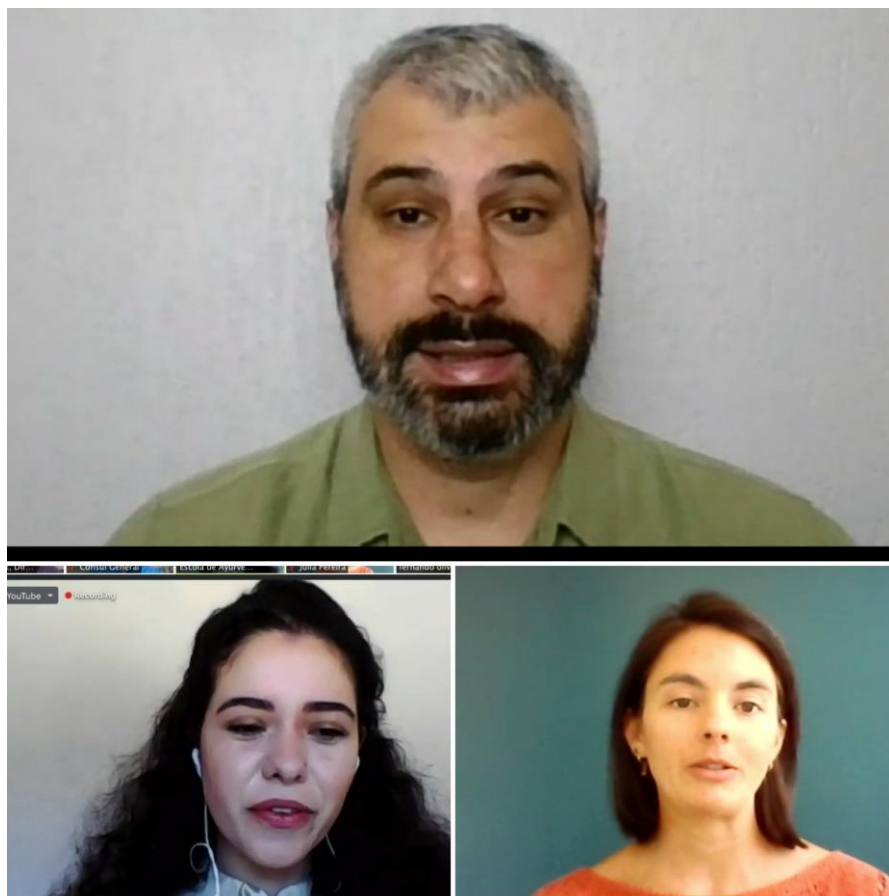
\* Além destes medicamentos, as medidas gerais e dietéticas devem ser seguidas.

## Administração de casos leves de COVID-19

Gravidade clínica	Apresentação clínica	Formulação	Doses e períodos
Caso leve de COVID-19	Febre e dor no corpo, dor de cabeça	Nagaradi Kashaya	20 ml duas vezes ao dia ou conforme prescrito pelo médico Ayurveda
	Tosse	Sitopaladi Churna com mel	2 g três vezes ao dia com mel ou conforme prescrito pelo médico Ayurveda
	Garganta inflamada, perda de paladar	Vyoshadi vati	Mastigue de 1 a 2 pilulas conforme necessário ou conforme prescrito pelo médico Ayurveda
	Fadiga	Chyawanprasha	10 g com água morna ou leite morno uma vez ao dia
	Hipóxia	Vasavaleha	10 g com água morna ou conforme prescrito pelo médico Ayurveda
	Diarreia	Kutaja Ghana Vati	500 mg - 1 g três vezes ao dia com mel ou conforme prescrito pelo médico Ayurveda
	Falta de ar	Kanakasava	10 ml com a mesma medida em água por três vezes ao dia com mel ou conforme prescrito pelo médico Ayurveda

- \* Além destes medicamentos, as medidas gerais e dietéticas devem ser seguidas.
- \* A critério do médico. Médicos devem decidir pelas fórmulas úteis dentre as acima ou dos clássicos, baseados em seu julgamento clínico, adequabilidade, disponibilidade e preferências regionais. Doses podem ser ajustadas conforme idade, peso do paciente e as condições da doença.
- \* Diretrizes para médicos Ayurveda, certificadas pelo Ministério do AYUSH para a COVID-19, também podem ser consultadas.

Images from the release of Portuguese translation of book titled "Ayurvedic Standard Treatment Guidelines" by Consul General on 22 November 2020





## Diretrizes de Tratamento Padrão em Ayurveda

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## Ayurvedic Standard Treatment Guidelines

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