



# North Eastern Institute of Ayurveda & Homoeopathy

(An Autonomous Institute under the Ministry of AYUSH, Government of India)

Mawdiangdiang, Shillong, Meghalaya-18



## Jingbthah jong ka AYUSH halor u COVID-19

**Ka Ministry jong ka AYUSH ka bthah ki rukom jingiada shimet ban pynkhlain ia ka bor jingiada ka met u briew khamtam ha ka liang u COVID-19.**

### Ka Rukom Bam:

- Dih um syaid barabor.
- Bam ia ki jingbam ba dang syaid bad ba suk ia ka kpoh ban tyl-liat.
- Bam bun jait ki soh aiom (sohmylleng) bad ki jhur kum ki pres-bin, buri, u ri, karela, bad ki jhur poh khyndew, jhur jyrngam, bad kiwei de (kum ki pudina, dhania, jamyrdoh, salad, etc).
- Kynthup ia u shynrai, dhania, long, dalchini, elaichi, sohmrit, sying, piat, rynsun, bad kiwei kiwei ha ki jingshet.
- Golden milk: Khleh shiteng shamoit u shynrai ha ka 150ml ka dud ba khluit, sa dih shi sien shi sngi.
- Bam Chyavanprash bad ka um syaid lane ka dud ha ba thylli ka kpoh.
- Kiar na ki jingbam ba bun mluh bad shini, ki doh processed bad ki jingbam ba dait thad.

### Ki rukom iada ka Ayurveda:

- Jingpynjaw khmut: pynjaw da ka umphniang sesame (nei) / snepkor / ghee / anu taila ha baroh ar ki thliw khmut ha ka por mynstep bad janmiet.
- Jingring umphniang: shim shi shamoit ka umphniang sesame (nei) / snepkor ha ka shyntur. Wat nym dih ia ka hynrei shu kynruh kumba 2-3 minute bad sa biah noh, nangta sa kynruh shyntur pat da ka um syaid. Leh ia kane 2-3 sien shi sngi.

### Ha ka por ba jyrhoh / sat ryndang:

- Ring ia ka jynhaw jong ka um lane ka um ba khleh bad u sla pudina / ajwain / camphor, shi sien shi sngi.
- Khleh ia u clove powder / mulethi powder bad ka shini / ka ngap, bad dih 2-3 sien shi sngi lada don jyrhoh lane sat ryndang.

\* Kine ki jingbthah ki shait iarap ia ka jyrhoh bad sat ryndang, hynrei, ka bha ban iakynduh ia ki doctor lada kine ki dak ki shin ki dang iai bteng.

**Disclaimer: Kine ki jingbthah halor kim kam ba ki dei ki jingsumar ban pynkoit na u COVID-19.**

**\*\*Ia kine ki rukom halor lah shim na ki kot Ayurveda bad Homoeopathy, ki scientific publications bad evidence based halor u COVID-19 ba lah shimti da ka Ministry of AYUSH.**

### Ka Rukom Im:

- Leh ia ki Exercise / Yogasana / Pranayam / Meditation kumba 30 minutes shaneng man ka sngi kat kum ba bthah da ka Ministry jong ka AYUSH National Clinical Management Protocol for COVID-19 prophylaxis.
- Khyndeh shyntur da ka um syaid khleh bad shi shyit u shynrai lane ka mluh.
- Leh khuid bha ialade. Sait ia ki kti barabor da ka sabon bad ka um kumba second, pynjingai ialade na kiwei bad deng bhai a ki mask.
- Tap ia ka khmut bad shyntur da ka rumal haba jyrhoh lane synriah.
- Kiar ban ktah ia ki khmat, khmut bad shyntur.
- Pynkhuid bha ia ki tiar bad ki jaka ba pyndonkam man ka por.
- Pynbiang ia ka por thiah (kumba 7-8 kynta ha ka shi sngi) bad kiar na kaba thiah ha ka por mynsngi.
- Kiar na ka jingdih kyiad bad duma.

### Ki Lad iada lyngba ka Ayurveda:

- Guduchi Ghan Vati 500 mg / Ashwagandha tablet 500 mg : 2 sien shi sngi bad ka um syaid da lah dep bam.
- Herbal tea / decoction (AYUSH Kwath): kaba don 3gm u powder ba kynthup 4 bynta u tulsi, 2 bynta u dalchini, 2 bynta u sying, 1 bynta u sohmrit, bad khleh ia kine ha ka 150 ml ka um khluit, shi sien lane ar sien shi sngi. Ai ia ka mithai / raisin / elaichi ban kham pynbang kat kum ka jingkwah.

**Note:** Lah ban ai vasa, yastimadhu, guduchi, kat kum ka met u briew / ka aiom / ka jaka, da kaba wad jingtip na ki nongsumar Ayurveda.

### Ki Lad iada lyngba ka Homoeopathy:

- Arsenicum Album 30 C : 4 tylli (rangbah), 3 tylli (6 bnai – 10 snem) man ka step ha ka por ba thylli kpoh, dih haduh 3 sngi. Ia kane ka dawai, hap ban dih biang ha ka juh ka rukom, man ba dap 3 taiew katba dang don u COVID-19.

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