



**INDIRA GANDHI NATIONAL OPEN UNIVERSITY  
MAIDAN GARHI, NEW DELHI - 110068**

IG/VC/Appeal/2020/19

3<sup>rd</sup> April 2020

**APPEAL**

Dear Colleagues and Learners,

As you are aware, in order to combat the spread of this global COVID-19 pandemic, the Government of India has taken several safety measures and initiatives. Hon'ble Prime Minister of our Country has announced complete lockdown of 21 days from the midnight of 24<sup>th</sup> March 2020. In further continuation the Government of India has taken several other measures, which have been highlighted by Hon'ble Minister of Human Resources and Development, Dr Ramesh Pokhriyal Nishank ji in his address to the MHRD Officials, Vice Chancellors and other Officials of the Universities and Academic Institutions through teleconferencing today on 3<sup>rd</sup> April 2020, as under:

1. An 'Arogya Setu App' has been developed to fight against Covid-19. This App will be helpful to students, faculty/teachers/academics and their family members. This App can be downloaded from:  
iOS: [itms-apps://itunes.apple.com/app/id505825357](https://itunes.apple.com/app/id505825357)  
Android: <https://play.google.com/store/apps/details?id=nic.goi.arogyasetu>
2. Ministry of AYUSH has developed a protocol for immunity boosting measures for self care for kids. The same is also enclosed for downloading by our students, faculty members, teachers, academics and their family members.
3. As addressed by Hon'ble Prime Minister on 3<sup>rd</sup> April 2020, students and staff members may light a candle, diya or torch of their mobile for 9 minutes at 9 PM on 5<sup>th</sup> April 2020 to realize the power of light and to highlight the objective for which we all are fighting together. However, social distancing should be maintained and no one should assemble in colonies or roads or anywhere outside their homes.

As a member of IGNOU family comprising of more than 30 lacs learners, more than 2000 staff members and about 60000 Academic Counselors spread across the length and breadth of the Country and abroad through its 56 Regional Centres and more than 1800 Learner Support Centres, let us follow the aforementioned measures as well as sensitize our family, friends and society towards the same and resolve to fight this war against COVID-19.

Jai Hind !

**Nageshwar Rao  
Vice Chancellor, IGNOU**

1. **All Colleagues at HQRs/RCs/RECs of IGNOU**
2. **All the learners enrolled with IGNOU across Country and abroad**
3. **All the Academic Counselors of IGNOU programmes**

# AYURVEDA'S IMMUNITY BOOSTING MEASURES FOR SELF CARE DURING COVID 19 CRISIS

In the wake of the Covid 19 outbreak, entire mankind across the globe is suffering. Enhancing the body's natural defence system (Immunity) plays an important role in maintaining optimum health.

We all know that prevention is better than cure. While there is no medicine for COVID-19 as of now, it will be good to take preventive measures which boost our immunity in these times.

Ayurveda, being the science of life, propagates the gifts of nature in maintaining healthy and happy living. Ayurveda's extensive knowledge base on preventive care, derives from the concepts of "*Dinacharya*" - daily regimes and "*Ritucharya*" - Seasonal regimes to maintain healthy life. It is a totally plant-based science. The simplicity of awareness about oneself and the harmony each individual can achieve by uplifting and maintaining his or her immunity is emphasized across Ayurveda's classical scriptures.

Ministry of AYUSH recommends certain self-care guidelines for preventive health measures and boosting immunity with special reference to respiratory health. These are supported by Ayurvedic literature and scientific publications.

Graphic: 1/4



सत्यमेव जयते

MINISTRY OF AYUSH

**AYURVEDA'S IMMUNITY BOOSTING MEASURES  
FOR SELF CARE DURING COVID 19 CRISIS**

**GENERAL  
MEASURES  
TO ENHANCE  
THE BODY'S  
NATURAL  
DEFENCE  
SYSTEM**

-  1 Drink warm water throughout the day
-  2 Daily practice of Yogasana, Pranayama and meditation for at least 30 minutes
-  3 Use Haldi (Turmeric), Jeera (Cumin), Dhaniya (Coriander) and Lahsun (Garlic) in cooking

Graphic: 2/4

*Note: In Ayurvedic practice, preventive care revolves around "Dinacharya" - daily regimes and "Ritucharya"- seasonal regimes*



संस्मृतं जयते

MINISTRY OF AYUSH

# AYURVEDA'S IMMUNITY BOOSTING MEASURES FOR SELF CARE DURING COVID 19 CRISIS

## SIMPLE AYURVEDIC PROCEDURES



Nasal application - Apply sesame oil / coconut oil or Ghee in both the nostrils (Pratimarsh Nasya) in morning and evening



Oil pulling therapy - Take 1 tablespoon sesame or coconut oil in mouth. Do not drink, swish in the mouth for 2 to 3 minutes and spit it off followed by warm water rinse. This can be done once or twice a day

Graphic: 4/4

## DURING SORE THROAT/ DRY COUGH



Steam inhalation with fresh Pudina (Mint) leaves or Ajwain (Caraway seeds) can be practiced once a day



Lavang (Clove) powder mixed with natural sugar / honey can be taken 2-3 times a day (It is best to consult a doctor if symptoms of dry cough and sore throat persist)

*Note: Ayurveda is the science of life and it propagates the gifts of nature in maintaining healthy and happy living*



MINISTRY OF AYUSH

**AYURVEDA'S IMMUNITY BOOSTING MEASURES  
FOR SELF CARE DURING COVID 19 CRISIS**

# MEASURES TO PROMOTE IMMUNITY



Take Chyavanprash 10 gm (1tsf) in the morning.



Drink herbal tea / decoction (Kadha) made from Tulsi (Basil), Dalchini (Cinnamon), Kalimirch (Black pepper), Shunthi (Dry Ginger) and Munakka (Raisin) - once or twice a day. (Add jaggery (natural sugar) and / or fresh lemon juice to your taste, if needed)



Golden Milk- Half teaspoon Haldi (turmeric) powder in 150 ml hot milk, once or twice a day

Graphic: 3/4

*Note: Ayurveda is a totally plant-based science.*



सत्यमेव जयते

MINISTRY OF AYUSH

ignou