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Specialists focus on integrated approach to combat Covid-19 pandemic

AYUSH Committee, PHDCCI recently organised a Webinar on Integrated Approach to Combat Covid-19 Pandemic.

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The speakers elucidated the various preventive measures one can take with Ayurvedic herbs and exercise to combat the virus

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Prof. (Dr.) Tanuja Manoj Nesari, Director, All India Institute of Ayurveda, Ministry of AYUSH, Govt. of India said that our protocol is not from illness to wellness but it is illness to happiness. She also mentioned that 400 patients have successfully recovered from COVID-19 in their institute through Ayurveda and only 4% needed integration with oxygen. She also highlighted few products such as olive oil, soya oil, mustard oil, chyawanprash and giloy, which are in a huge demand and registering 20% to 40% annual growth.

Prof. (Dr.) Nesari said many Ayurvedic herbs such as Kadha and Immunomodulators are playing a very significant role in building the overall immunity of an individual and also keeping them safe from the virus. She also talked about e-Advisory, which reaches out to more than 150 countries and the launch of AYURAKSHA, a joint venture of AIIA & Delhi Police for maintaining the health of front line COVID warriors -Delhi police personal through Ayurveda immunity-boosting measures.

Arvind Varchaswi, Chair, AYUSH Committee, PHDCCI gave a welcome address and talked about integrating modern medicine with the Ayurveda & Homeopathy systems of medicine along with role of our traditional healthcare systems including Yoga. He also talked about some major Ayurvedic herbs like giloy and ashwagandh, and Immunomodulators which could help in raising the overall immunity to fight against COVID.

Dr T.S. Kler, Chairman, PSRI Heart Institute said by adapting a healthy lifestyle, exercising with positive attitude could help to fight against any disease.

Dr. Kler said modern medicine and Ayurveda should have a joint approach & studies should be published in medical journals for creating awareness about any concept. He mentioned there’s a need for collaboration of these two medicines for taking it to next level.

Dr. R.N. Wahi, Homeopathy Physician & Vice President, SDHA shared his personal experience that how Homeopathy could also play a significant role in fighting against this virus. Dr. Wahi also talked about the integrated approach and how Immunomodulators, regular exercise and good diet could be very helpful in developing immunity of any individual.

Dr Himanshu S Tiwari, Medical Advisor, Multani Pharmaceuticals Ltd shared a brief presentation on current therapy available for COVID-19, which involves only symptomatic treatment, supportive care and prevention.

He also shared that general preventive measures and herbs like Tulsi leaves, crushed ginger and turmeric could be beneficial in developing overall immunity.

Dr Tiwari also recommended about some Ayurvedic Immunity herbs like Chyavanprasha and AYUSH Kwath which could also be useful in immunity building.

The session ended with a formal vote of thanks by Vivek Seigell, Principal Director, PHDCCI by thanking all the panellists, Sponsor and attendees for joining today’s webinar on integrated approach to fight with ongoing pandemic.

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