



INDIAN MEDICINE AND HOMEOPATHY DEPARTMENT

Prevention of COVID-19 Spread: Home Maintenance through Natural means



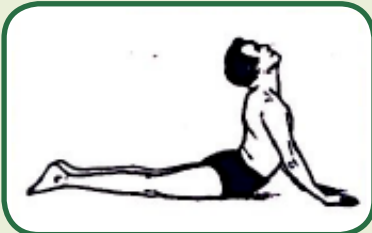
A healthy way of life through YOGA and Natural Medicines

14 Days Mantra



1. Pawanamukthasanam:

Put both feet together, lift your feet up and press the abdominal area together holding with both hands. Keep the Jaw between your legs



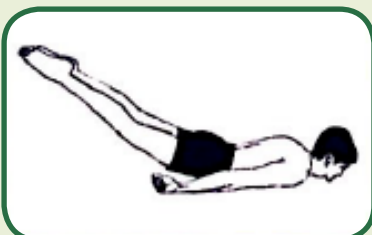
2. Sarpasanam:

Bring both your hands and legs together to your body and inhale while planting your palm on the ground and lifting your body in a way where your head, neck and the chest area is lifted



3. Makkarasanam:

Lie facedown and lift your head, shoulder blades and your jaw up by supporting on your two hands. Keep your eyes closed in this position



4. Salabasanam:

Lie face down and keep both your hands underneath your thighs. Inhale and lift both your legs as high as possible



5. Meruvakrasanam:

Extend your legs in front and keep your spine straight and sit down. Bend your right leg and keep it near the interior of your left knee. Inhale and turn left keeping both your hands near your spine's underside. Repeat the action in the left side



6. Komukaasanam:

Extend your legs in front of you and bend your right leg and keep your foot on the left hip side. Bend both your hands backside and hold them together. Repeat the action on the left side



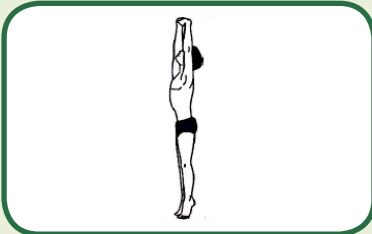
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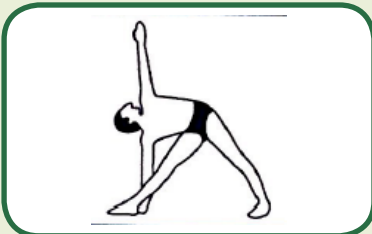
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7. Thadaasanam:

Stand keeping both your legs straight. Inhale and bring both your hands together above your head and join them while raising your feet and standing on your toes



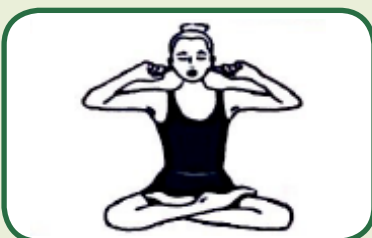
8. Thirikonaasanam:

Spread your legs and stand in a way that your legs are 1 ft. apart. Bend and keep your right palm near your right foot and exhale when you do it. Repeat the action on your left side



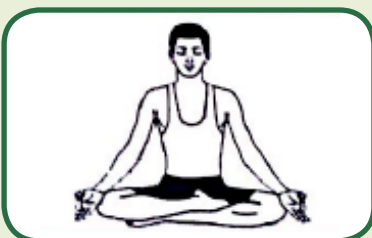
9. Naadi Suthi pranaayamam:

Close your right nostril and inhale through your left nostril and close your left nostril and breathe through your right nostril. Repeat the action on the other side



10. Braahmari Pranaayamam:

Extend your index finger and keep it on your ears. Inhale deeply and while exhaling make the sound "mmmm...." which resembles a bee's buzzing



11. Chanting Om:

Close your eyes and sit in a calm state with your head, neck and spine straight. Inhale deeply and while exhaling chant OM or AUM while concentrating on your breath



12. Practice to clean your nostrils:

Stand bending forward with the salt water filled Nethi vessel inserted into your nostril. Bend your head towards one side and keep your mouth open for the water to come out. Repeat the action on the other side



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Steam inhalation through mouth and nose: Heat water in a vessel to a point where it steams up and inhale the steam with a blanket over your head and the vessel. Eucalyptus, neem, nochchi leaves, tulsi, karpooravalli leaves or eucalyptus, peppermint, or aromatic tulsi oil can be put in the water



Rinse your mouth: With warm salt water (30 ML) rinse your mouth in a way that the water comes in contact with your throat



Sun bath treatment: Daily morning before 9 AM and evening after 4 PM, stand in the sun light for 15-20 minutes with light dressing



Juice to increase the immunity naturally: Gooseberry juice 50 ml, Tulsi Juice 50 ml, Ginger juice 10 ml, Lemon juice 5 ml, Turmeric powder 1/4 tsp, Water 150 ml - mix all this and drink



Warm Juice to increase the immunity naturally: Peeled ginger 5 gms, Tulsi 10 gms, Powdered black pepper 1/4 tsp, Powdered Adhimaduram 5 gms, turmeric powder 5 gms - mix all this in 250 ml water, heat it up and drink

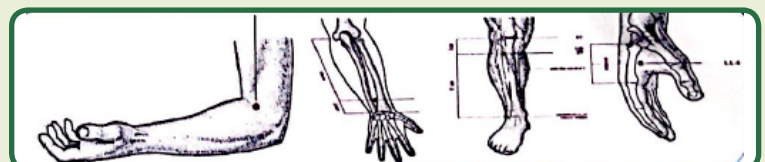
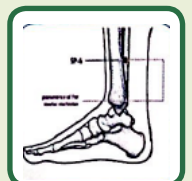
Natural medical food:

- Add ragi and multi grains which are healthy and nutritious along with vegetables and fruits
- Decrease the intake of salt, oil and sugar
- Have orange, grapes, apple, pomegranate, papaya and carrot in higher quantities
- Add greens like Curry leaves, drumstick leaves and fenugreek leaves
- Have curry leaves atleast 5 gms daily in the form of juice, paste or powder. Give half the quantity for children
- Avoid fast food, and processed food and keep away from cold drinks
- Drink up to 3-4 ltrs of warm water
- Finish your dinner before 7:30. Don't have anything except water after that



19. Self acupuncture : Press in the below mentioned points for 2-5 minutes. Doing this will increase your immunity

For more information contact the nearby, registered, Yoga trainer and natural medicine practitioner



You can intake neem water enema