

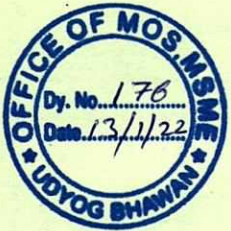
**Ministry of Micro, Small and Medium Enterprises**

\*\*\*\*\*

Please find enclosed a D.O. letter No. Y-11015/19/2020-LP dated 04<sup>th</sup> January, 2022 received from the Hon'ble Minister of Ayush and Ports, Shipping & Waterways (Shri Sarbananda Sonowal), Ministry of Ayush, Ayush Bhawan, New Delhi-110023.

Hon'ble Minister of Ayush has exhorted upon promoting the usage of AyuRaksha Kit and ayush medicines to prevent and contain the omnipresent danger of spread of Omicron.

It is requested that this note be widely circulated for general information and necessary action.



*(B Singh Verma)*  
13.1.2022  
**(Bhanu Pratap Singh Verma)**  
Minister of State (MSME)  
13-01-2022



Secretary (MSME)

*13.1*

~~JS (ME)~~      On Priority Pl.

~~DS (CDN/Media)~~  
7.14.1/22.

~~DS (CDN)~~      *14/1/22*  
*Sh. Kumar*



सर्बानंद सोणोवाल  
SARBANANDA SONOWAL



Y-11015/19/2020-LP  
04 January, 2022

Respected Shri Bhana Pratap Singh Ji,

Hon'ble Prime Minister of India reviewed possible scenario/crisis due to the new variant of COVID i.e. Omicron and requisite preparedness to manage it with the Secretaries and other officers of the Government of India on 23<sup>rd</sup> December, 2021.

2. During the meeting, Hon'ble Prime Minister mentioned, inter alia, the following:

- (i) People have 'Shraddha' (belief) in Ayush Systems in prevention and mitigation of COVID. Hence, its preventive aspect should be emphasized among masses.
- (ii) Evidence based Ayush medicines may be made available in large scale and distributed effectively to reduce possible hospitalization.
- (iii) State Governments should be taken on board in disseminating the widespread distribution of Ayush medicines and creating its awareness.
- (iv) A well-designed communication strategy with appropriate creative contents should be developed to create mass awareness about Ayush systems.
- (v) Visual, print and electronic media including Doordarshan should be used widely for propagating the beneficial impact of Ayush systems for mitigation of COVID 19.

3. During the first and second wave of COVID, Ministry of Ayush carried out large-scale distribution of Ayush 64, Kabasur Kudineer and the AyuRaksha Kit among the masses. Ministry of Ayush also carried out 139 scientific research studies for generating evidences and findings of the research have been published in peer reviewed journals.

4. I am enclosing herewith AyuRaksha Kit along with an information brochure on how to use it for your good self and your family. Ministry of Ayush has made AyuRaksha Kit available nationwide through Ayush pharmacies and e-commerce portals.

Contd.2/-



सर्बानंद सोणोवाल  
SARBANANDA SONOWAL



-2-

5. I am also enclosing a detailed note on 'Prophylaxis and Management of COVID-19 through Ayush interventions - Best practices and evidence based approach' and a dossier containing a summary of R&D initiatives in COVID 19 by Ministry of Ayush, infographic presentation of major study outcomes and glimpse of published papers for kind perusal.

6. I would also like to inform you that Ministry is also extending its services for counseling and facilitation of COVID-19 patients through a helpline no. 14443.

7. I shall be grateful if you kindly promote the utilization of Ayush system of medicine for management and mitigation of crisis due to omicron through your Ministry.

*With kind regards,*

Yours sincerely,

(Sarbananda Sonowal)

Encl. As above

**Shri Bhanu Pratap Singh**  
Minister of State for Micro, Small &  
Medium Enterprises,  
Udyog Bhawan, Rafi Marg, New Delhi – 110011

# Ayu-Raksha Kit



## Ministry of Ayush recommends Ayuraksha Kit (based on research evidences) for prophylactic care against COVID 19

- ✓ 'Ayush Kwath is made from four parts of Tulsi (Holy Basil), two parts each of Dalchini : (Cinnamon) and Sunthi (Dry Ginger) and one part of Kali Mirch (Black Pepper): General health promotive & immunomodulator - 3gm powder to be boiled in 150 ml (one cup) of hot water, prepare like a tea and consumed once or twice daily. Jaggery (Guda) or Munnaka may also be added
- ✓ Samsamani Vati (Comprising of Guduchi/Giloy): Immunomodulator, antiviral and antipyretic - 2 tablets twice a day
- ✓ Chyawanprash: general health tonic & nutritive, anti-oxidant and respiratory immunity booster - 1 tsp/6 gm once a day with milk in morning
- ✓ Anu Tail: for nasal application for protection against droplet infections - 1-2 drops in both nostrils with finger tip once a day

**Available at Ayush pharmacies and e-commerce portals**

# आयु-रक्षा किट



**आयुष मंत्रालय कोविड -19 से बचाव हेतु आयु रक्षा किट (अनुसंधान साक्ष्यों पर आधारित) के प्रयोग की सलाह देता है।**

✓ आयुष क्वाथ, चार भाग तुलसी, दो-दो भाग दाल चीनी और शुंठी (सौंठ) और एक भाग काली मिर्च से निर्मित किया गया है। यह स्वास्थ्य वर्धक और इम्युनिटी को व्यवस्थित करने वाला है। इसको प्रयोगार्थ 3 ग्राम चूर्ण, 150 मि.ली. (एक कप) गर्म पानी के साथ उबाल कर और चाय की तरह तैयार करके दिन में एक या दो बार सेवन करें। इसमें गुड अथवा मुनक्का मिला कर भी सेवन कर सकते हैं।

✓ संशमनी वटी (यह गुड़ुची/गिलोय द्वारा निर्मित है): यह इम्युनिटी को व्यवस्थित करने, विषाणुरोधी (एंटी वायरल) और ज्वर में लाभदायक है। दो गोली दिन में दो बार।

✓ च्यवनप्राश: स्वास्थ्य वर्धक और पौष्टिक, एंटी-ऑक्सीडेंट एवं श्वास रोग प्रतिरोधक क्षमता बढ़ाता है- एक छोटा चम्मच / 6 ग्राम, दूध के साथ दिन में एक बार, सुबह के समय लेना चाहिए।

✓ अणु तैल: नस्य हेतु। यह ड्रॉपलेट (छींकने) से होने वाले संक्रमण से बचाव करता है -ऊँगली के अग्र भाग से एक से दो बूंद दोनों नासिका के अंदर दिन में एक बार लगाना है।

सभी आयुष औषध केंद्रों एवं ई-कॉमर्स पोर्टल पर उपलब्ध