Integrative Therapy based on Yoga, Ayurveda and Modern Western Medicine for Treatment of High-risk Cases of COVID-19: A Telemedicine-Based Case Series

Sumitra A. Bentur^a, Alka Mishra^b, Yogesh Kumar^c, Sonika Thakral^{d,e,*},
Sanjiv^f, Rahul Garg^{e,g,h}

^a*Ayurveda physician and yoga expert, Noida, India*

^b*Department of Ayurveda and Holistic Health, Dev Sanskriti Vishwavidyalaya, Haridwar, India*

^c*Advait Clinic, Delhi, India*

^d*Shaheed Sukhdev College of Business Studies, University of Delhi, Delhi, India*

^e*National Resource Center for Value Education in Engineering, Indian Institute of Technology, Delhi, India*

^f*Department of Chemical Engineering, Indian Institute of Technology, Delhi, India*

^g*Amar Nath and Shashi Khosla School of Information Technology, Indian Institute of Technology, Delhi, India*

^h*Department of Computer Science and Engineering, Indian Institute of Technology, Delhi, India*

Abstract

Background: We report a telemedicine-based case-series of thirty high risk COVID-19 positive patients with co-morbidities such as Diabetes Mellitus (DM), Hypertension (HTN), Hypothyroidism, Ulcerative Colitis and Chronic Kidney Disease (CKD) or aged 60 and above (or possibly both), treated successfully using an Integrative Therapy plan based on Ayurveda, Yoga and Modern Western Medicine. The symptoms experienced by the patients included fever, body-ache, sore throat/throat pain, cough/running nose, headache, nasal/chest congestion, stomach problems (such as diarrhea, constipation), nausea, loss of taste, loss of smell, foul smell or taste, loss of appetite, weakness, gastric upset, respiratory trouble (such as breathlessness or high respiration rate) and anxiety. Two patients (both aged above 70) were asymptomatic and remained asymptomatic

*Corresponding author

Email addresses: infobentursuma@yahoo.com (Sumitra A. Bentur),
alka.mishra@dsbv.ac.in (Alka Mishra), advaitayurveda@yahoo.co.in (Yogesh Kumar),
sthakral@nrcvee.iitd.ac.in (Sonika Thakral), a27070@chemical.iitd.ac.in (Sanjiv),
rahulgarg@cse.iitd.ac.in (Rahul Garg)

during the entire course of the treatment.

Design: The reported cases have been categorized into YAS (patients taking Yoga and Ayurveda based treatment, with possibly western Supplements), YASP (patients taking Yoga and Ayurveda based treatment, with possibly western Supplements and Paracetamol), YAM (patients taking Yoga and Ayurveda based treatment, and Modern western medicine (MWM) as an adjunct), MYA (patients who first tried the Modern western medicines (in most of the cases mandated by the government) and later switched to Yoga and Ayurveda treatment. The last group has been further subdivided into subgroups – patients who developed new symptoms after the commencement of Yoga and Ayurveda based treatment (MYA-S) and those who did not (MYS-NS). The YAS group had 4 patients, YASP had 6 patients, YAM had 6 and MYA had 14 patients (MYA-S having 7 and MYA-NS having 7).

Case-Series Presentation: Ayurveda is a highly personalized system of medicine that considers the *Prakruti* (the Ayurvedic constitution) as well as *Vikruti* (the homeostatic imbalances) in treating the patients. Based on the patient's symptoms and co-morbidities, a personalized treatment plan including Ayurvedic medicines, Yoga protocol, dietary recommendations and lifestyle modifications was prescribed by a registered Ayurveda doctor and a Yoga consultant. More than half of the symptomatic patients started experiencing improvement within 5 days (90% within 9 days) from the start of the treatment. More than 60% of the symptomatic patients reported at least 90% recovery within 10 days (90% within 17 days) from the start of the treatment. Six patients, whose SpO2 level was observed to be at or below 95%, benefited from the practice of *Makarasana* and *Shithilasana*. None of the patients progressed to severe stage of illness. Many patients experienced improvement with respect to their co-morbidities besides COVID-related symptoms. Some of them, after recovering from COVID, even sought consultation for long-term management of their co-morbidities through Ayurveda and Yoga. Some patients got so convinced about the possibility of restoration of health through Yoga, that they adopted this practice into their lifestyle.

Conclusions: The Integrative Therapy was found to be very effective in mitigating the symptoms of all the high-risk cases of COVID-19 patients with comorbidities who remained compliant to the treatment. Considering that approximately 32.8% of the patients with the comorbidities such as DM, HTN, COPD, cardiovascular disease, cerebrovascular disease, chronic kidney disease, Hepatitis B, malignancy, immunodeficiency progress to severe stage of illness [1], and assuming under the null hypothesis that a similar percentage of patients are expected to progress to a severe stage for the treatment population, the corresponding p-value (incorporating 23 symptomatic patients with one or more of the above comorbidities) turns out to be 1.07×10^{-4} . Integrative Therapy based on classical texts of Ayurveda and Yoga from the East and emergency treatment of modern western medicine may offer a promising and scalable treatment option for COVID-19 patients. More studies including a suitably designed randomized controlled trial is needed to assess its efficacy.

Keywords: SARS-Cov-2, COVID-19, Ayurveda, Yoga, Integrative Therapy

1. Introduction

With the rapid rate at which COVID-19 engulfed the planet, this pandemic has become one of the most deadly health disasters witnessed in the known history of mankind. Across 219 countries and territories hit by The deadly coronavirus, more than 113.29 confirmed cases of COVID-19 and more than 2.5 million deaths owing to the disease have been reported as on February 25, 2021 [2]. The case fatality rate (CFR) among COVID-19 patients (as reported on February 25, 2021) worldwide is approximately 2.2%; for India it is 1.4%, for USA 1.7% and for China 5.1% [3]. Besides claiming numerous lives, the pandemic crippled healthcare infrastructures and economies across the globe. The severity of illness caused by COVID-19 has been observed to be associated with one's medical condition [4, 5, 6, 7]. COVID-19 patients with co-morbidities such as Diabetes Mellitus (DM), Hypertention (HTN), Chronic Obstructive Pulmonary Disease (COPD) or old age have been observed to exhibit poorer clinical

15 outcomes [1, 4, 5, 8], thereby making the management of the illness even more
 challenging. While the mortality rate for hospitalized COVID-19 patients in
 China has been reported to be 3.1% [1], for those amongst these patients hav-
 ing one or more comorbidities, the mortality rate has been reported to be 8.8%
 [1]. In the same cohort, the percentage of patients for whom the illness pro-
 20 gresses to a severe stage has been reported to be 16%, whereas for patients with
 co-morbidities, the corresponding percentage is substantially higher at 32.8%.
 Several research studies aimed at assessing the efficacy of various therapeutic
 agents for COVID-19 are in progress. For instance, in a double-blind, ran-
 domized, placebo-controlled trial conducted on hospitalized adult COVID-19
 25 patients having lower respiratory tract infection, Remdesivir was found supe-
 rior to placebo in speeding up recovery [9]. Several experimental monoclonal
 antibody treatments targeting the SARS-CoV-2 S protein are also in the human
 testing phase, and at least 150 other antibodies are in discovery research [10].
 However, no known cure for COVID-19 is yet available in the Modern Western
 30 Medicine (MWM). Intensive research to find vaccine for the novel coronavirus
 disease is also in progress. As of February 2021, 66 vaccines are in different
 phases of trial across the world [11].

Ayurveda and Yoga are two ancient complementary systems of India based on
 identical theoretical foundations. While Ayurveda focuses on health and well-
 35 ness, Yoga assumes basic physical and mental health and proceeds to unfold
 subtler and deeper aspects of life [12, 13]. The system of Yoga adopts a holistic
 approach to well-being. According to the classical Yogic text 'Yoga Vashishta'
 [14] (Book 6, Chapter 81), health is freedom from physical diseases as well as
 from erroneous affections of the mind. The holistic principle of mind-body-soul,
 40 which is the foundation of Yogic philosophy, defines a theoretical framework
 for the human body with five different and progressively subtler layers of ab-
 stractions. These layers are termed as *Pancha kosha* (or five sheaths), viz.,
Annamaya (physical body), *Pranamaya* (energy field), *Manomaya* (mental di-
 mension), *Vijnanamaya* (related to intuitive knowledge) and *Anandamaya* (level
 45 of bliss) (*Taittiriya Upanishad* [15, 16]). The goal of most yogic practices is to

achieve holistic well-being by ensuring proper distribution and circulation of the vital life force within all realms of existence.

Ayurveda, one of the most ancient holistic healing systems based on profound therapeutic principles, is well-supported with a rich pool of evidence of empirical use [17, 18]. According to Ayurveda, every individual possesses a unique combination of *Doshas* (*Vata*, *Pitta*, *Kapha*), *Agni* (metabolism / digestion), *Dhatu* (body tissues/elements that provide them nourishment) and *Mala* (excreta) [17], which defines one's *prakriti* or constitution (Ashtanga Hridaya, Sharira Sthana, Chapter 3, Verse 83) [19]. A stable equilibrium of these constituent elements is the key to good health. Factors such as environment, experiences, emotions, food habits, season, of physical toxins, irritants, micro-organism or impurities, unhealthy habits cause these elements to change, possibly disturbing their equilibrium and causing imbalance (*vikruti*), which may further manifest as lack of energy, excess mucous, inflammation, and a wide variety of dysfunction and diseases (Ashtanga Hridaya, Sharira Sthana, Chapter 3, Verse 83) [19]. Ayurveda works on the principle of restoring this balance according to one's *prakruti* and *vikruti*, making it intrinsically personalized.

Interestingly, classical Ayurveda texts such as *Charaka Samhita* (*Vimana Sthana*, Chapter 3) [18] and *Sushruta Samhita* (*Sutra Sthana*, Chapter 6, Verse 19, 20) [17] describe COVID-like pandemics, referring to them as *Janapadoddhvansa*, literally translating into 'destruction of communities'. They also offer specific guidelines about treatment and management of diseases that spread during *Janapadoddhvansa*. Based on this, many proposals to use Ayurveda for prophylaxis [20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30, 31, 32, 33] as well as treatment of COVID-19 [34, 22, 35, 36, 37, 23, 24, 25, 27, 38, 28, 39, 40, 41, 42, 43] have been published. See [44] (Related Works) for a detailed review on use of Yoga, Ayurveda and other systems of traditional medicine for treatment of COVID-19. More recently, there are reports of the use of Ayurveda for prophylaxis as well as treatment of COVID-19. In an open-label randomized controlled trial performed on COVID patients with mild to moderate symptoms in a tertiary care facility

[45], the Ayurvedic medicines *Dasamoolkaduthrayam Kashaya* and *Guluchyadi Kwatham* (in tablet form) were administered as adjunct to the Standard of Care treatment to the treatment group; the Ayurvedic regime was observed to have
80 fastened recovery in terms of reduction of symptoms (particularly breathlessness) as well as duration of stay in hospital. In another randomized controlled trail [40] that used the Ayurvedic medicine *Guduchi Ghan Vati* in addition to the standard treatment for asymptomatic COVID patients, all the patients in the intervention group continued to remain asymptomatic while 11.7% of those
85 in the control group developed mild symptoms; moreover, significant differences between the two groups were observed in terms of duration of hospital stay as well as virologic clearance on days 7 and 14. The first COVID case treated entirely with Ayurveda has also been reported [46]. In another case report [47], very promising result of Ayurvedic treatment was seen on a COVID patient with
90 severe hypoxia. The patient whose SpO2 remained at 80% even with oxygen supplementation not only voluntarily opted for Ayurveda but also refused to take any allopathic medicines except Vitamin C. The patient showed improvement within a day of the start of Ayurvedic treatment with no breathlessness and stable SpO2 between 95% and 98%; oxygen supplementation was removed
95 within 2 days. A recent study [44] reports the use of Yoga and Ayurveda in the treatment of a high-risk case of COVID-19.

The case series presented here is the first major study on thirty high-risk COVID-19 positive patients with co-morbidities such as Diabetes Mellitus (DM), Hypertension (HTN), Hypothyroidism, Ulcerative Colitis and Chronic Kidney
100 Disease (CKD) or aged 60 and above (or possibly both), treated successfully using an Integrative Therapy plan based on Ayurveda, Yoga and Modern Western Medicine. The cases form a rich diversity that includes patients taking Yoga and Ayurveda based treatment, with possibly western Supplements (YAS), patients
taking Yoga and Ayurveda based treatment, with possibly western Supplements
105 and Paracetamol (YASP), patients taking Yoga and Ayurveda based treatment, and Modern western medicine (MWM) as an adjunct (YAM), patients who first tried the Modern western medicines (in most of the cases mandated by the gov-

ernment) and later switched to Yoga and Ayurveda treatment (MYA). The MYA group had patients who developed new symptoms after the commencement of
 110 Yoga and Ayurveda based treatment (MYA-S) and those who did not (MYS-NS). The YAS group had 4 patients, YASP had 6 patients, YAM had 6 and MYA had 14 patients (MYA-S having 7 and MYA-NS having 7). The Ayurveda and Yoga treatment protocol was customized to the constitution (*prakriti*) and needs (*vikriti*) of the patients, in conformance with the principles of Ayurveda.
 115 All the patients reported benefit from the Integrative therapy and none of them progressed to the severe stage of the illness.

The case series presented here adds to the already growing evidence in support of the use of Yoga and Ayurveda for treatment and management of COVID-19. The authors are not aware of any published work reporting the use of Ayurveda
 120 or Yoga in the successful treatment of high-risk cases of COVID-19 besides a single-case study [44]. The present case-series offers a sufficiently strong evidence supporting that incorporating the elements of Yoga and Ayurveda in the treatment plan of high-risk cases of COVID-19 with mild to moderate symptoms can be very promising. A suitably designed randomized control trial (RCT),
 125 while incorporating the personalized treatment principles of Ayurveda and Yoga, would be strongly advised to take the full advantage of these ancient sciences while searching for a viable and effective cure for the COVID-19 pandemic.

130 2. Methods

2.1. Patients and Enrollment

Patients were recruited into the study based on the following inclusion criteria:

- Willingness to participate in the study and provide the informed consent
- Willingness to share all the details (such as government-issued photo id.)
 135 required for telemedicine practice

- Access to video conference capability (phone/computer with high speed Internet) for consultations, Yoga and monitoring
- Confirmed cases of COVID-19 with age between 18 and 60 years and presenting history of one or more of the following comorbidities: diabetes, hypertension, COPD, CAD, malignancy.
- Confirmed cases of COVID-19 with age 60-75 years without any comorbidities

Enrolments to the case series began on July 1, 2020 and went on till November 8, 2020. A total of 47 patients filled in the registration form to join the study (online or offline); out of these 13 patients were dropped due to non-compliance, one patient was excluded from the study since she had no symptoms at the time of enrolment and turned negative within 2 days of the first consultation, three patients were dropped because they did not satisfy the inclusion criteria. We hereby present the case reports of 30 patients. Table 1 presents the demographic details and other relevant information about the patients whose case reports have been presented in this paper.

2.2. Treatment Settings

The presented case series involved treatment through telemedicine. Only confirmed positive cases of COVID-19 were recruited into the study; for a patient to get enrolled into the study, he/she was required to fill in a registration form (online or hard-copy) and sign an informed consent. A detailed medical history and existing condition of the patient was subsequently recorded, based on which a personalised treatment plan (based on Ayurveda and Yoga) was prescribed by the concerned Ayurveda doctor and the yoga therapist in the team. In case a patient with COVID-like symptoms approached one of the Ayurveda doctors in the team, Ayurveda-based symptomatic treatment was initiated, but the patient was enrolled in the study only after being detected positive with COVID; the treatment plan was also appropriately revised thereafter. The treatment prescribed to the patients comprised Ayurvedic medicines, 10-15 guided Yoga

165 sessions, lifestyle modifications and dietary recommendations. However, the patients enrolled in the study could have had taken or be simultaneously taking modern western medicine for COVID in consultation with other doctor(s). Also, the patients continued with their ongoing treatments for any comorbidity(ies) they had.

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The patients recruited in the study have been classified into the following categories based on their intake of modern western medicine for COVID-19: (i) YAS: only Yoga-and-Ayurveda-based treatment with possibly allopathic supplements (ii) YASP: Yoga-and-Ayurveda-based treatment with allopathic supplements
175 and paracetamol (iii) YAM: Yoga-and-Ayurveda-based treatment with modern western medicine as adjunct (iv) MYA: Yoga-and-Ayurveda-based treatment pursued after modern western medicine; this category has been further divided into three subcategories, viz. MYA-S (new symptoms presented after enrolment into the study), MYA-NS (no new symptoms presented after enrolment into the
180 study) and MYA-A (asymptomatic throughout).

For the purpose of this study, the day when a patient receives the first consultation from a doctor in our team would be considered as the ‘date of first consultation’ for the patient. Consultation with the Ayurveda doctor and Yoga
185 therapist was done through telephone and/or via video call (as per requirement); the yoga sessions were held through video calls (skype/google meet/whatsapp). Regular follow-up was done with the patients and the patients could also approach the Yoga therapist as well as their consulting Ayurveda doctor in the team. At the end of the guided sessions, the patients were given a recorded
190 video of the yoga protocol for them to continue practising on their own.

As per the protocol of the study, any patient becoming severe during the course of the treatment (characterized by dyspnea, hypoxia, severe lung infection or other severe symptoms as assessed by the Ayurveda doctors and yoga therapist), he/she was to be referred to a standard tertiary care facility for COVID-19
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(though no such situation arose during the execution of the study). It may be noted that the ICMR guidelines for testing and treatment of COVID-19 kept evolving during the study. For instance, initially, ICMR had mandated a second RTPCR test to confirm absence of infection before terminating the treatment and isolation period of a patient even after recovery from symptoms [48]. Later, the norms changed and COVID patients who had recovered from symptoms and had been quarantined for a stipulated period of time no longer needed a second test [49]. In line with the government-issued guidelines, the treatment concluded with the patients' symptoms being (almost) resolved and their isolation period ending. Most patients chose not to go for a second test, but some did. The authors have reported the information as it was. No funding from any source was received for carrying out the presented case series. No fee was charged for consultation or guided yoga sessions; however, the patients had to buy their own medicines and pay for the suggested/required tests.

3. Case Presentations

This section provides an overall picture of the study. The number of patients in each of the categories described above is as follows: YAS had 4 patients, YASP and YAM had 6 each, and MYA had 14 patients with 7 in MYA-S, 7 in MYA-NS. Two of the cases were asymptomatic, one of which was from YAS and the other from MYA; both the patients remained asymptomatic throughout. An overview (including the comorbidities and medical history of the patients, and the progression of illness with respect to COVID-19) of the cases enrolled in the study follows.

3.1. Comorbidities, Present-Illnesses and Medical History

Table 2 summarizes the comorbidities and medical history of the patients enrolled.

3.2. History of Present Illness/COVID

Table 3 summarizes the history of present illness (COVID) - the date of first consultation, category of the patient, the onset and progression of symptoms,
225 date of confirmation of COVID etc.

3.3. Treatment Plan

The pool from which Ayurvedic medicines were prescribed to the patients is given in Section 3.3.1 and the generic yoga protocol based on which personalised protocols were designed is given in Section 3.3.2. Besides Ayurvedic medicines
230 and yoga, some lifestyle modifications or practices were also recommended to the patients. An important practice recommended to many patients was *nasya* (putting 2 drops of oil in each nostril) with *anu teil*/mustard oil/almond oil/ghee made with cow-milk. *Nasya* is a purification procedure in the *Panchakarma* Therapy of Ayurveda wherein herbal medicines in different forms (oil, powder
235 or vapors) are administered through the nasal route. This procedure causes the administered medicine to be absorbed by the *Shringataka marma* (a vital spot at the union of the nerves in the head region that supplies to the nose, ears, eyes, and tongue) thereby affecting the supra-clavicular region [50]. Some other common suggestions given to the patients are listed below: *usha paan*
240 (drinking 2-3 glasses of lukewarm water in the morning and drinking lukewarm water throughout the day, taking steam (with *Ajwain*/turmeric/rock salt added to water or with plain water), doing gargles, adopting spiritual practices such as meditation, chanting and *Yoga nidra* for which links were provided ([51], [52], [53], [54]). Also, dietary recommendations were given that included turmeric
245 milk at night, consuming light/easy to digest food, increase in the intake of fruits and green vegetables, coconut water; refraining from cold, sour, fried, spicy, heavy to digest food such as curd, cold drinks, ice-creams, chilled water, any refrigerated food items, black gram pulse (or any food item prepared with black gram), jackfruit etc.

250 3.3.1. Pool of Ayurvedic medicines prescribed to patients

The prescriptions given to patients comprised suitable Ayurvedic medicines from the following pool (besides other components of the therapy): *Giloy Ghanvati*, *Sanshamani vati*, *Ashwagandha vati*, *Lavangadi vati*, *Chitrakadi vati*, *Ar-ogyavardhini vati*, Oritus syrup, *Pathyadi Kwath - pravahi*, *Laghimalini Vas-*
 255 *ant*, *Sudarshan Ghanvati*, *Mahasudarshan Ghanvati*, *Kutaj Ghanvati*, *Laxmivi-*
las ras, *Basant Kusumakar ras*, Immunity capsules, Bacnil capsules, Fifatrol tablet, Zoemit tablet, Bowel care, Softovac, Septilin tablet, Amynity plus syrup, Himcocid syrup, Diarex syrup, Koflet-SF syrup, *Kutajarishta*, *Jirakadyarishta*, *Vasavaleh*, Jufex Forte, Chyawanprash, Ayush Kwath, *Nagaradi Kwath*, *Kan-*
 260 *takari Avaleha*, *Talishadi churna*, *Amalaki churna*, Aloe-vera+amla juice, *Swarna vasant malti ras*, *Diabecon*, *Sitopaladi*, *Madhumeh kusumakar ras*, *Vijaysar churna*, *Astha 15 syrup*, *Astha 15 capsules*, *Amlapittantak yog*, *Alsarex*, *Him-*
cospaz, *Bresol*, *Sarpagandha vati*, Coldab tablets, *Kufrakshak syrup*, Immuno-care tablets, Cardiol-H tablets, Unexozim Forte tablets, Orplat tablets, Oro-T.

265 3.3.2. Components of the yoga protocols designed for patients

The common components in the yoga protocols were: *Sukshma Vyayama* (subtle joint movements for upper and lower body parts); breathing exercises; *asanas* (a subset from the following set were included based on each patient's condition and capability: *Tadasana*, *Triyaktadasana*, *Trikonasana*, *Hastapadasana*,
 270 *Ardhachakrasana*, *Virabhadrasana*, *Parshva Sukhasana*, *Sukhasana* twist, *Ut-*
thana Mandukasana, *Ardha Ushtrasana*, *Vakrasana*, *Meru Vakrasana*, *Bhujan-*
gasana, *Shalabhasana*, *Ardha Halasana* – with one leg folded, *Anantasana*, *Pawan Muktasana*, *Matsyasana*), supported *Supta-vajrasana*; *Shavasana* (quick relaxation/deep relaxation); *pranayama* (Sectional breathing and full Yogic
 275 breathing, *Anulom-vilom*, *Chandra/Surya Anulom-vilom*, *Bhramari*, *Udgeet*,);
Dhyana (mindful breathing).

The *Yoga* component of the Integrative Therapy was tailored for each patient to achieve maximum benefits considering the co-morbidities and COVID-19 symp-

280 toms. The generic protocol comprised *sukshma vyayama* (micro/subtle joint
movements for upper/lower body parts relieve joint stiffness and muscle ten-
sion, and also bring about relaxation), breathing techniques (which improve the
lung function, help overcome weakness and reduce anxiety), *yogasanas* (*yogic*
postures selectively picked for each patient to improve lung capacity and flexibil-
285 ity, enhance blood circulation, and bring about a deep sense of calmness; certain
postures were avoided, while some were replaced in many cases based on the
patient’s condition and capability). Besides, each protocol included relaxation
techniques that counter stress response in the body. Stress raises blood glucose
levels, suppresses the immune system, and increases blood pressure; relaxation
290 techniques, such as Quick Relaxation Technique (QRT) [55], Deep Relaxation
Technique (DRT) [55] and *Yoga nidra* [56] are some powerful tools that re-
duce stress and anxiety. Given the anxiety and stress that COVID patients
go through, relaxation techniques were expected to bring about overall heal-
ing. The *yoga* sessions always concluded with *pranayama* and *dhyana* (mindful
295 breathing), which are known to reduce anxiety and improve lung function.

A detailed description of each patient’s symptoms, treatment plan (Ayurvedic
medicines as well as yoga protocol), progression of illness/recovery and com-
pliance to the prescribed treatment have been provided in the supplementary
300 material. Also, detailed compositions and benefits of the medicines prescribed
to the patients have been provided in supplementary material, justifying their
use.

4. Results

The offered treatment delivered very promising outcomes. Out of the 23 symp-
305 tomatic and comorbid patients in the case series, each with one or more of fol-
lowing conditions - DM, HTN and CAD, no one’s symptoms turned severe; no
patient required hospitalization or needed oxygen supplementation. Given that
approximately 32.8% of the patients with the above comorbidities are expected

to progress to severe stage of illness [1], the corresponding p-value (incorporating
310 23 symptomatic patients with one or more of the following comorbidities: DM,
HTN, CAD, CKD) turns out to be 1.07×10^{-4} , showing a significant drop in the
percentage of high-risk patients turning severely ill. With no case of mortality,
and an expected mortality rate of 8.8% [1], there is clearly an improvement in
the mortality rate as well, though not significant. Two comorbid patients (both
315 aged above 70) who were initially asymptomatic, continued to remain so till the
end of the prophylactic treatment. Three symptomatic patients (two of whom
were above the age of 60 and one was above 70) who had no comorbidities, on
an average took 7.7 days to almost complete recovery. Two patients (aged 38
and 49), who had ulcerative colitis took on average 19 days to recover almost
320 completely. Six patients whose SpO2 level was observed to be dropping be-
low 95 benefitted from the practice of prone-position asanas, *Makarasana* and
Shithilasana, in that their SpO2 levels improved or were at least arrested. Two
patients reported improvement in joint and muscular stiffness with yoga prac-
tice; one reported improved lung functioning with *pranayama*, four reported
325 better sleep with the *Yoga nidra* practice. In general, most of the patients were
helped with respect to distress during the illness and showed enthusiasm about
yoga.

330 Figure 1 gives a broad view of the condition of patients with progression of
treatment (and illness). The day of the first consultation with an Ayurveda
doctor has been considered as Day0. The intensity of symptoms has been
marked on a 4-point scale with 0 meaning absence of symptom and 1 being
the maximum intensity; 0.33 and 0.66 are intermediate levels. Average cumu-
335 lative intensity has been computed as follows. The sum of intensities of all
symptoms observed for each patient was computed for each day after the com-
mencement of the treatment; this measure was averaged over 28 symptomatic
patients and plotted against the respective day. The symptoms experienced by
the patients included fever, body-ache, sore throat/throat pain, cough/running

Figure 1: Average cumulative intensity of symptoms per patient with progression of treatment.

340 nose, headache, nasal/chest congestion, stomach problems (such as diarrhea, constipation), nausea, loss of taste, loss of smell, foul smell or taste, loss of appetite, weakness, gastric upset, respiratory trouble (such as breathlessness or high respiration rate) and anxiety. An overall idea of the efficacy of the treatment may be derived from the following statistics. More than 53% of the symptomatic patients started experiencing improvement within 5 days and almost 90% of them within 9 days from the start of the treatment. More than 60% of the symptomatic patients reported at least 90% recovery (approximately) within 10 days and almost 90% reported the same within 17 days from the start of the treatment (with some of these patients reporting complete recovery while others reporting almost complete recovery).

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Table 4 summarizes the result of each case undertaken; this comprises the date by which most symptoms were resolved, the symptoms that got resolved by this date and those that persisted.

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5. Discussion and Conclusions

This study reports a telemedicine-based case series of 30 high-risk COVID-19 patients successfully treated using integrative therapy based on Ayurveda, Yoga and modern western medicine. To the best of the authors' knowledge, this is
360 the first report on the use of Ayurveda and Yoga in the treatment of high-risk cases of COVID-19. Remarkable results were observed with 100% recovery rate; the patients not only recovered from COVID-related symptoms, but also experienced improvement with respect to their comorbidities, illness-induced anxiety and oxygen saturation levels. Many patients who experienced improvement
365 with respect to their comorbidities with Ayurveda-and-Yoga-based intervention consulted the Ayurveda doctors in the team for long-term management. Many patients were so convinced about the role Yoga played in accelerating their recovery and bestowing an overall sense of well-being post-illness that they got committed to adopting Yoga in their lifestyles. Another important observation
370 was the commendable improvement in the oxygen saturation levels of patients who had a tendency of SpO2 level dropping below 95. Yet another dimension where Yoga gave an edge to the overall treatment was controlling the anxiety of patients. It is well-known that COVID patients, go through a lot of distress due to the uncertainty associated with the disease; this is worsened by
375 the fear of spreading it to other family members, staying in isolation and the associated social stigma owing to the highly contagious nature of the disease. To add to all this, the patients treated in the presented case series were all high-risk patients with one or more comorbidities and/or old age. As can be expected, most of the patients exhibited anxiety initially, which could weaken
380 their already compromised immune system and worsen their symptoms thereby creating a vicious circle. However, authors believe that regular practice of yoga (comprising *asanas*, *pranayama*, deep relaxation, *dhyana*) came to the rescue. Some patients reported to be reaping immense benefits from the practice of *Yoga nidra*. The authors attribute the success of the treated high-risk cases to the
385 holistic approach adopted by Ayurveda and Yoga; not only were the symptoms

managed, but the immune system was strengthened and the psychologically affected patients were imparted relief through a sense of overall well-being.

The case fatality rate (CFR) for COVID-19 in India has been reported to be
390 around 1.4% [3] which is significantly lower than that of many other countries
[3]. The recently released third National Sero-Survey of India [57] suggests that
the COVID-19 may have much wider spread in India than previously thought.
Interestingly, this data may also suggest a significantly lower COVID-19 infec-
tion fatality rate for the Indian population. The use of Ayurveda and Yoga by
395 the Indian population may be an important factor which needs to be carefully
examined while explaining the lower COVID-19 IFR in India. Ayurveda, Tra-
ditional Indian Medicine (TIM) based on Ayurveda, and Yoga are very widely
practised in India.

The Ministry of AYUSH, Government of India issued advisories for the use of
400 Ayurveda and Yoga to boost immunity, manage and prevent COVID-19 [58, 59].
The study [60] has already demonstrated the role of Yoga in lowering the stress
during the COVID-19 lockdown. A suitably designed cross sectional study may
be able to uncover the impact of Yoga and Ayurveda in the infection fatality
rate of COVID-19 in India.

405 As on July 14, 2020, 25% of the total 312 Indian clinical trials registered with
CTRI involved Ayurveda, Yoga and Naturopathy [61]. While the results of
some of these trials (such as [45, 40]) indicate positive results for Ayurvedic
formulations, most of these trials restrict to studying the impact of one formu-
lation on the entire patient population without following the true Ayurvedic
410 approach of personalized medicine. This severely limits the potential benefits
that Ayurvedic and Yogic sciences have to offer for COVID-19. The World
Health Organization and Ministry of AYUSH propose the black-box approach
for clinical trials in Traditional Medicines [62, 63]. Unfortunately, executing
a clinical trial involving the traditional Indian systems of Yoga and Ayurveda
415 while adopting the black-box approach has its own set of administrative chal-
lenges, which is beyond the scope of this paper. The case series presented in

this paper demonstrates how personalized treatment plan comprising Yoga and Ayurveda and modern western medicine can be very effective in treating high-risk cases of COVID-19. However, in order to establish the effectiveness of the
420 black-box approach, suitably designed clinical trials are required.

The crisis, known as ‘COVID’, that humanity is facing today needs an immediate, scalable, affordable and easy to administer solution. This situation has made us realise that times to come may bring more health hazards in different forms. Thus, it is not just the novel coronavirus that we need to fight. The
425 solution lies in preparing ourselves by strengthening our immune system and and working towards physical, emotional and psychological well-being. Given the need of the hour, the traditional Indian systems of Yoga and Ayurveda deem fit. When the entire world is suffering, India may have an invaluable treasure to offer. The promising results of the presented case series pose the need for a
430 well-designed randomized controlled trial to conclusively establish the efficacy of Yoga and Ayurveda for the current pandemic.

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7. Declarations

440 *Ethics Approval and Consent to Participate*

No explicit ethics approval was required for this case-series as it was conducted in compliance with the notification from the Ministry of AYUSH for undertaking research on COVID 19 through Ayurveda, Unani, Siddha and Homeopathy systems [64] and the Telemedicine Practice Guidelines for Ayurveda, Siddha and

445 Unani Practitioners (issued by Central Council of Indian Medicine) [65]. Prior
to the commencement of the treatment, an informed consent for participation
was duly taken from each subject.

Consent for Publication

A consent for publishing the anonymized details was duly taken from all the
450 subjects.

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8. Tables

Patient Id.	Age	Gender	Height (cm) approx	Weight (Kg) approx	City	Date of enrolment (year: 2020)
P01	55	M	160.02	70	Delhi	July 01
P02	40	M	165.02	85	Delhi	July 09
P03	62	M	173.00	68	Delhi	July 30
P04	75	F	160.02	66	Delhi	Aug 02
P05	65	M	170.18	73	Delhi	Aug 10
P06	65	F	157.48	68	Delhi	Aug 10
P07	38	M	170.00	68	Delhi	Aug 15
P08	43	M	160.00	95	Delhi	Aug 25
P09	49	M	172.50	96	Delhi	Aug 26
P10	43	F	165.00	77	Delhi	Aug 27
P11	38	M			Delhi	Aug 31
P12	45	F	154.00	68	Delhi	Sep 04
P13	60	M	167.64	48	Delhi	Sep 04
P14	75	M	150.00	60	Delhi	Sep 07
P15	66	F	160.02		Delhi	Sep 11
P16	52	M	172.72	80	Delhi	Sep 24
P17	39	M	165.10	67	Delhi	Sep 26
P18	49	M	177.80	86	Delhi	Sep 30
P19	71	M			Delhi	Sep 30
P20	40	F	157.48	71	Delhi	Oct 12
P21	38	M			Delhi	Oct 16
P22	71	M	162.56	56	Delhi	Oct 22
P23	62	F	160.02	65	Delhi	Oct 24
P24	35	F	157.48	78	Delhi	Oct 24
P25	65	F	162.56	70	Delhi	Oct 26
P26	65	M	170.18	60	Delhi	Nov 03
P27	60	F	157.48	70	Delhi	Nov 03
P28	52	M	162.56	75	Delhi	Nov 07
P29	44	F	154.94	75	Delhi	Nov 08
P30	55	M	162.56	70	Delhi	Nov 08

Table 1: Patient Details

Table 2: Comorbidities and Medical History

Patient Id.	Comorbidities	Other (present) illnesses	Medical history
P01	HTN, DM-Type II (leading to renal dysfunction), Hypothyroidism		Cholecystectomy (removal of gall bladder) 20 years ago
P02	DM-Type II, Hypothyroidism		
P03	HTN, DM-Type II	watery stools since 2.5 months (normal frequency), chronic constipation	
P04	HTN, DM-Type II, Hypothyroidism (border-line)	constipation	
P05	Tachycardia, CAD	experiences neck pain after exertion, poor digestion, constipation (at times), gastric upset, acidity, disturbed sleep since 6 months	cervical spondylosis
P06	HTN	anxiety, nervousness, stress, excessive thinking, indigestion, gastric upset, acidity, constipation	migraine, chikungunya
P07	Ulcerative Colitis		Glaucoma, Cataract, Retinal detachment
P08	HTN	Left humerus bone fractured	
P09	Ulcerative Colitis	High cholesterol level, tendency of allergic cough in winters	
P10	HTN		

P11	HTN	sinusitis (mild)	
P12	CAD, unstable angina		
P13	None	Frequent cough	Pulmonary Tuberculosis
P14	HTN	Difficulty sleeping since 5-6 years	
P15	DM, Hypothyroidism	Cervical spondylitis, Lumbar radiculopathy, OA , B\L knee, Pricking pain in left breast since 8-10 months, Acidity, Poor appetite, Poor digestion, difficulty sleeping, Anxiety	HTN, Asthma, Epilepsy, Jaundice, TB, Blood Transfusion
P16	DM	Weak memory since 3 years	
P17	DM	Indigestion and acidity at times, Tachycardia, Renal stone	Sarcoidosis in 2016, Increased serum uric acid (15 years back; now normal)
P18	HTN	Seasonal bronchitis, acidity, tendency to worry and get stressed	Asthma until 15 years back
P19	DM-Type II, HTN	Cardiomyopathy, dyspnea on exertion	
P20	HTN	Disturbed sleep since a few months; emotionally disturbed due to loss of a family member	
P21	DM-Type II	Muscular cramps and dry mouth on increase of blood sugar level, occasional constipation	
P22	None	Recent onset of DM during COVID-19 treatment	Chikungunya in 2015

P23	None	Seasonal bronchitis	Jaundice 25 years ago, was operated for nasal polyp at the age of 16 (relapsed after a few years), underwent Lumpectomy (left breast) 15 years ago
P24	HTN		underwent surgery for renal stone 8 years back
P25	HTN	Osteoporosis, tendency of anxiety and worry	Jaundice at the age of 19, underwent surgery due to hip injury in January 2018
P26	HTN, DM, hypothyroidism, Gout	chronic insomnia	
P27	HTN	tendency of anxiety	
P28	HTN	cervical spondylosis	
P29	HTN		elevated blood glucose levels observed on some occasions in the past - not monitored in past couple of years; dysmenorrhea 3 months ago
P30	HTN		

Table 3: Progression of Present Illnesses/COVID

Patient Id.	Date of first consultation	Category	Symptoms at first consultation	COVID test date (+ve)	Progression of symptoms	Other Remarks
P01	July 1	MYA-NS	obstruction in throat while speaking for long, extreme weakness, bad smell and taste, gastric upset, reduced appetite	June 24	started with fever, body ache, dry cough and other pneumonia-like symptoms; no new symptoms observed after the first consultation	patient sounded low, depressed, lacking in energy at first consultation; exhibited disease-induced anxiety
P02	July 9	MYA-NS	cough with sputum, weakness (mild), nasal and throat congestion, chest pain (mild)	July 4	started with fever that persisted for 2-3 days and progressed to other symptoms specified	SpO2 levels observed to be on the lower side (92-93) initially, patient advised to do <i>kunjil</i> twice weekly for the cough problem
P03	July 30	MYA-NS	sore throat (mild), stomach ache (mild), loose motions, weakness (mild)	July 26	constipation	slight drop in SpO2 in between - <i>Matsya Kreedasana</i> and <i>Makarasana</i> advised
P04	Aug 1	YAS	no symptoms	July 31	no symptoms at the onset; had nausea and vomiting, headache, constipation on a few occasions	the patient could not sit cross-legged and had stiffness in muscles and joints
P05	Aug 3	YAM	sore throat, mild fever, weakness	Aug 3	no new symptoms experienced	

P06	Aug 4	YAM	fever, cough with sputum, weakness	Aug 4	gastric upset, anxiety	
P07	Aug 15	MYA-S	fever, sore throat, cough with sputum, body-ache, weakness	Aug 14	started with fever, body ache and cough 4-5 days prior to the first consultation; symptoms progressed to ulcers in mouth, diarrhoea, headache, bad taste, reduced appetite, extreme weakness	patient seemed in distress believing that he has low immunity
P08	Aug 23	YAS	fever, body ache	Aug 24	foul taste/smell from the mouth, nausea, morning sickness	patient had anxiety about his postponed surgery for the fractured bone
P09	Aug 26	MYA-S	fever, mild cough and cold, headache, sore throat	Aug 26	started with fever and cough 3 days prior to the first consultation; progressed to weakness, reduced appetite, bitterness in taste, body ache, mild nasal blockage primarily in the morning, constipation	patient is a regular practitioner of yoga and meditation; claimed to have observed a lot of improvement in short-tempered nature after resorting to yoga
P10	Aug 27	YAM	fever, sore throat, throat pain, cough with sputum, muscular cramps	Aug 26	weakness, upset stomach (loose stools), body ache, mild chest/nasal blockage, running nose with sneezing	developed headache on a certain day during the course of treatment - later recalled had forgotten to take medicine for BP

P11	Sep 1	MYA-S	diarrhoea	Aug 26	started with fever; progressed to upset stomach (loose motions), mild pain in the stomach	patient exhibited anxiety over his continuing symptoms
P12	Sep 2	YASP	fever, body-ache	Sep 2	headache, dry cough, weakness, mild dyspnea	high respiration rate observed during the course of treatment; panting during yoga sessions
P13	Sep 4	MYA-S	sore throat, body ache, diarrhea, weakness	Sep 3	started with fever, extreme weakness; progressed to specified symptoms	
P14	Sep 1	YAS	fever (previous night), body-ache, sore throat, cough	Sep 7	initial symptoms subsided in 2 days; fever relapse on one day	patient had blood in stools on one day during the course of treatment following which <i>Kwath</i> was discontinued and coconut water recommended; problem did not recur; patient reported worsening of sleeping problem - yoga nidra suggested
P15	Sep 9	YAS	fever, cough	Sep 8	body ache, weakness, cough, diarrhea, reduced appetite	patient reported scanty urination; patient in distress and demotivated to do yoga
P16	Sep 25	MYA-NS	body ache (legs and back), sore throat, weakness	Sep 22	initial symptoms: fever, headache, body-ache, burning feeling in eyes; no new symptom observed after first consultation	

P17	Sep 28	MYA-NS	Anosmia (loss of smell), mild weakness and feeling cold	Sep 24	patient used to develop feverish feeling in the evening; no other symptoms	
P18	Sep 29	YAM	fever, breathlessness, cough, chest congestion	Sep 28	sore throat, cough with sputum, weakness, body-ache, reduced appetite	SpO2 level was 92 at the time of first consultation, patient was suggested to practise <i>Makarasana</i> , after which <i>SpO2</i> rose to 98 the same day
P19	Oct 6	MYA-A	asymptomatic	Oct 2	no symptoms observed	
P20	Oct 10	YAM	fever, weakness, body-ache	Oct 11	sore throat, heaviness in abdomen, headache, constipation, breathlessness after talking for long, restlessness	patient exhibited a lot of anxiety during the treatment, Yoga nidra recommended
P21	Oct 17	MYA-NS	dry cough, bad taste	Oct 15	initial symptoms were sore throat/dryness in throat, body-ache; no new symptoms observed after the first consultation	patient's blood glucose not controlled - complained to be experiencing dry mouth and muscular cramps when blood glucose level becomes high
P22	Oct 22	MYA-S	fever, mild cough, loss of appetite, weakness, body-ache	Oct 21	Heaviness in abdomen, bad taste, cough	SpO2 level tending to drop below 95 - <i>Makarasana</i> and <i>Shithilasana</i> recommended

P23	Oct 24	YASP	mild cough, body-ache, weakness	Oct 23	throat irritation, fever, feels cold, body-ache, weakness, upset stomach (semi-formed stool with increased frequency), loss of appetite, chest congestion	
P24	Oct 24	MYA-S	Mild sore throat with mild pain, weakness, loss of smell, loss of taste	Oct 21	started with fever on October 17; progressed to severe body-ache, fever relapse, throat pain, extreme weakness and sweating	
P25	Oct 20	MYA-S	body-ache, sore throat, cough	Oct 24	started with fever, throat irritation, and body-ache on October 18; progressed to loss of taste, mild stomach ache, semi-formed stools with increased frequency, loss of appetite, extremely bitter taste, body-ache, extreme weakness	SpO2 tending to drop below 95 - <i>Makarasana</i> and <i>Shithilasana</i> recommended
P26	Oct 26	YAM	gastric upset, burning sensation in stomach	Nov 02	cough with sputum, sore throat, fever, loose stools, weakness, loss of appetite	SpO2 tending to drop below 95 - <i>Makarasana</i> and <i>Shithilasana</i> recommended; low platelet count observed during the course of treatment

P27	Oct 28	YASP	body-ache	Nov 03	fever, weakness, loss of appetite	SpO2 tending to drop below 95 - <i>Makarasana</i> and <i>Shithilasana</i> recommended
P28	Nov 04	YASP	body-ache, mild cold, feverish feeling	Nov 06	fever, weakness, loose stools	
P29	Nov 07	YASP	body-ache, shivering, sore throat, feverish feeling	Nov 07	fever, mild cough, weakness, throat irritation, sneezing, nasal/chest congestion	
P30	Nov 06	YASP	body-ache, mild fever	Nov 07	mild dry cough, weakness	

Table 4: Results

Patient Id.	Date of resolution of majority of symptoms	Symptoms resolved by the specified date	Any persisting symptoms	Other remarks
P01	July 11	obstruction in throat while speaking, weakness, bad smell and taste, reduced appetite	mild heaviness in abdomen	rejuvenated; committed to adopt yoga in lifestyle
P02	July 19	mild chest pain, nasal and throat congestion, weakness	cough with sputum	
P03	Aug 10	loose motions, weakness, stomach ache, sore throat	none	sought consultation for other issues

P04	NA	the patient was asymptomatic to begin with and remained so	issues such as headache, constipation and gastric problems appeared on some occasions during the treatment but it was observed that the patient had such a tendency and these had nothing to do with COVID	it is worth mentioning that despite her age and comorbidity, the patient remained asymptomatic with the integrative therapy; moreover, the patient reported being able to sit cross-legged after the therapy; Patient sought Ayurvedic intervention for diabetes, which was duly done after observing the most recent HbA1c report available and fasting+PP reports on following three successive days
P05	Aug 9	sore throat, fever	weakness	
P06	Aug 20	fever, cough (partly), weakness (partly)	cough (mild), weakness (mild)	
P07	Sep 1	fever, body ache, ulcers in mouth, diarrhoea, headache, bad taste, reduced appetite, extreme weakness	a little trouble in stomach at times (loose stools with normal frequency)	patient developed strong belief in Yoga and Ayurveda by the end of the treatment; recommended IT for his mother later when she was tested positive

P08	Aug 29	all	none	patient reported observable improvement in bowel by the end of the therapy and attributed it to yoga and usha paan; moreover, he expressed willingness in continuing with yoga and was brought in contact with a yoga organization
P09	Sep 16	fever, body ache, sore throat, headache, bitterness in taste, nasal blockage, reduced appetite	mild dry cough, mild weakness	
P10	Sep 04	all	none	
P11	did not experience complete relief	-	loose motions	Showed a lot of interest in yoga - continuing after the treatment
P12	Sep 16	fever, body ache, headache, weakness	mild breathlessness and dry cough that develops after speaking for long	
P13	Sep 09	fever, sore throat, body ache, loose motions, weakness	mild cough with sputum	

P14	Sep 11	all		none	patient continuing to pursue <i>yoga nidra</i> even after the therapy; reported improvement in sleep - able to sleep for 4-5 hours as against 2-3 hours earlier
P15	Sep 24			very mild cough and scanty urination (though improved)	patient responded very well to <i>Makarasana</i> and <i>Shithilasana</i> wrt dropping SpO2 level - rose from 87 to 92 in about half an hour; slight improvement reported in sleeping trouble
P16	Oct 02	body ache, sputum		mild weakness	
P17	Oct 02	all		none	patient committed to adopt yoga in lifestyle; started Ayurvedic medicines for DM
P18	Oct 06	fever, cough with sputum (partly), breathlessness, loss of appetite, weakness, body-ache, sore throat		mild cough	

P19	NA	NA	NA	patient reported improved breath holding capacity with the practice of <i>pranayama</i> , they also reported to be feeling much better and happier
P20	Oct 22	fever, weakness, body-ache, sore throat, heaviness in abdomen, headache, constipation, sleeplessness	none	patient reported to have immensely benefited by yoga nidra w.r.t. sleeplessness
P21	Oct 22	all	none	patient continued Ayurvedic consultation for DM
P22	Nov 01	fever, mild cough, loss of appetite, weakness, body-ache, heaviness in abdomen	none	patient's SpO2 level started to remain above 95 after pursuing <i>Makarasana</i> and <i>Shithilasana</i> ; sought consultation for long term management of diabetes that surfaced during treatment.

P23	Nov 01	mild cough, body ache, weakness, throat irritation, fever, cold feeling, body-ache, upset stomach (semi-formed stools with increased frequency), loss of appetite, chest congestion	mild cough (chronic problem)	
P24	Nov 02	sore throat, throat pain, severe body-ache, loss of smell, loss of taste, extreme weakness (partly)	mild weakness	
P25	Nov 17	fever, throat irritation, sore throat, cough, body-ache, upset stomach (stool consistency normal, but frequency increased), tastelessness, loss of appetite, bad and bitter taste, weakness, body-ache, mild stomach pain	none	
P26	Nov 12	fever, cough with sputum, upset stomach (loose stools)	none	patient's SpO2 level improved with the practice of <i>Makarasana</i> and <i>Shithilasana</i> ; patient continuing with yoga practice after the treatment.

P27	Nov 12	fever, weakness, loss of appetite	none	patient's SpO2 level improved with the practice of <i>Makarasana</i> and <i>Shithilasana</i> ; patient continuing with yoga practice after the treatment.
P28	Nov 17	fever, body-ache, cough, loose stools, weakness	none	
P29	Nov 14	fever, body-ache, shivering, sore throat, nasal/chest blockage, weakness	mild cough	
P30	Nov 12	fever, body-ache, dry cough, weakness	none	Patient determined to adopt yoga in lifestyle

9. Supplementary Material

800 9.1. Progress Tracking During Treatment

Here we furnish details about the progress during the course of treatment for each patient. It may be noted that though some patients started their treatment with modern western medicine, the presented case series pertains to Ayurveda-and-Yoga-based treatment. Thus, the days referred to in the detailed presenta-
805 tion of each case are the days after the beginning of Ayurveda-and-Yoga-based treatment; for instance, Day 0 refers to the day when the first consultation with an Ayurveda doctor was done. It may be noted that the ICMR guidelines for testing and treatment of COVID-19 kept evolving during the study. Thus, some non-uniformity may be expected due to factors beyond our control. For in-
810 stance, initially ICMR had mandated a second RTPCR test before terminating the treatment and isolation period of a patient even after recovery from symptoms. Later, the norms changed and COVID patients who had recovered from symptoms no longer needed a second test; their quarantine was terminated after a specified period of time. However, some patients did go for a second RTPCR,
815 the details of which have been furnished in the respective case details.

Detailed history, treatment plan and progress tracking for P01:

The patient presented with the following symptoms at the time of first consulta-
820 tion: occasional obstruction in throat while speaking for long; extreme weakness (as reported, the patient used to get exhausted even on doing his daily chores); heaviness in the abdomen (gastric upset); frequent bloating feeling in the stomach; bad smell and taste, reduced appetite. Moreover, he sounded very low and lacking in energy.

825 History of the present illness was taken, which is as follows. The patient was asymptomatic three weeks prior to the first consultation. Later, he developed fever and symptoms of pneumonia, following which he went to the hospital and underwent the RT-PCR test. He reported to have had fever for about 10 days

until June 22, 2020. The patient was detected positive on June 24, 2020. Subsequently, he was prescribed the following allopathic medication for 10 days - Nizonide 500mg (Nitazoxanide 500 mg), Doxy 100mg (Doxycycline 100mg), PAN 40mg (Pantoprazole 40mg), Vitamin C, Matilda-ER (Methylcobalamin, Pyridoxine and Folic acid), LCZ 5mg (Levocetirizine 5mg). On July 1, 2020, at the time of the first consultation for the Integrative Therapy, the patient was home quarantined. He also reported to have had dry cough and body-ache earlier, both of which no longer persisted at the time of his first consultation. The following allopathic medicines were being taken regularly by the patient for DM and Hypothyroidism: Glimepiride-2mg, Galvas-50mg, Vobit-0.3mg, Torcilin-10, Thyroxin 75 mcg. Despite taking allopathic medicines, the patient's blood sugar levels were generally as follows: FBS > 200 mg/dl, PPBS > 250 mg/dl; PPBS was reported to be 230 mg/dl on June 30. Based on the symptoms at the time of first consultation and the patient's medical history, the following prescription for the Integrative Therapy was given: Ayurvedic medicines and procedures prescribed: *Giloy Ghanvati* (3 doses of 2 tablets each to be taken after meal with lukewarm water), *Ashwagandha vati* (2 doses of 2 tablets each to be taken after meal), *Pathyadi Kwath - pravahi* (15 ml mixed with an equal quantity of lukewarm water to be consumed twice a day 30 minutes after meal), and Diabecon (2 doses of 1 tablet each to be taken 30 minutes before meal). The Yoga protocol designed for the patient comprised *Sukshma vyayama* (upper and lower body parts), breathing exercises (4 exercises with 5 iterations in each), *asanas* (*parshva sukhasana*, *sukhasana* twist, *utthana mandukasana*, *ardha ushtrasana*, *meru vakrasana*, *ardha halasana* with one leg folded, *anantanasana*, *pawan muktasana*); *Shavasana*, *Pranayama* (sectional breathing and full yogic breathing, *anulom-vilom*, *bhramari*, *udgeet*), and *Dhyana*. Looking at the anxiety level of the patient, he was also suggested to practise *Yoga nidra* [56] (guided Yogic sleep and relaxation practice), for which he was provided a link to guided audio instructions for *Yoga nidra* (in Hindi language) by Swami Satyananda Saraswati [52], the duration of the practice being 42 minutes.

860 The patient complied to the prescribed medication and suggested procedures
almost fully; he was also very regular with the yoga sessions. Moreover, he
adopted many modifications and yoga in his lifestyle. During follow-up, he sev-
eral times remarked that he could feel many changes in his overall health in
such a short span of time.

865

Details of the patient's progress and compliance during the course of the treat-
ment are given below in Table 5. More details about this case may be found in
the case report [44].

Day	Date	Vital Measures	General Remarks
0	July 1		Symptoms reported/ observed: occasional ob- struction in throat while speaking for long; ex- treme weakness (gets exhausted even on doing his own daily chores); sounded very low and lacking in energy; heaviness in the abdomen (gastric upset); frequent bloating feeling in the stomach; bad smell and taste (occurred less fre- quently than it did earlier), reduced appetite; patient also exhibited disease-induced anxiety.
1	July 2		Most symptoms from the previous day persist; patient reported uneasiness in body.
2	July 3	FBS: 169	Improvement observed; approximately 25% re- lief reported in all the symptoms; lightness in the body reported.
3	July 4	FBS: 190, PPBS: 206	Doing Yoga twice daily; feeling good, with im- provement in all the symptoms.
4	July 5	FBS: 160, PPBS: 206	Approximately 50% relief reported in all the symptoms; lightness in the body reported.
5	July 6	FBS: 155, PPBS: 175	No weakness; normal appetite; taste and smell almost normal; approximately 75% relief re- ported.
6	July 7	FBS: 140, Random: 110	No sore throat; no weakness; normal taste and smell; almost no other problem except mild heaviness in abdomen; approximately 80% re- lief reported.

7	July 8	FBS: 140, Random: 110	No problem except mild heaviness in abdomen.
8	July 9	FBS: 130, PPBS: 230	Second RT-PCR report received on July 8 was +ve, patient had anxiety again; slight change done in the prescription: i) Diabecon - 1 tab. in the morning and 2 tab. in the evening (earlier it was 1 tab. in the evening) ii) advised to take (<i>ajwain</i> + <i>saunf</i> + <i>dhaniya</i>) powder - 1/2 spoon, with lukewarm water, after meal.
9	July 10	FBS: 110, PPBS: 150	Improvement in all the problems (including heaviness in abdomen).
10	July 11	FBS: 110, PPBS: 150	No problem except mild heaviness in abdomen, improvement in anxiety; dose of Diabecon changed to 2 tab. BD (patient advised to start the revised dose from July 12).
11	July 12	FBS: 130, PPBS: 140	No problem except mild heaviness in abdomen; started Diabecon 2 tab. BD.
12	July 13	FBS: 99, PPBS: 112	No problem except mild heaviness in abdomen.
13	July 14	FBS: 108, PPBS: 112	Sample given for RT-PCR test; no problem except mild heaviness in abdomen.
14	July 15	FBS: 120, PPBS: 165	No problem except mild heaviness in abdomen.
15	July 16	FBS: 108, PPBS: 140	RT-PCR test inconclusive; no problem except mild heaviness in abdomen.
16	July 17	FBS: 90, PPBS: 140	No problem except mild heaviness in abdomen.
17	July 18		No problem except mild heaviness in abdomen; no more anxiety.
18	July 19		No problem except mild heaviness in abdomen.
19	July 20		Sample given for RT-PCR test; the patient's allopathic doctor reduced the dosage of his diabetes medication, i.e. Glimepiride changed from 2 mg to 1 mg; no problem except mild heaviness in abdomen.

20	July 21		Diabecon changed to Diabecon DS 1 tab. BD; no problem except mild heaviness in abdomen.
21	July 22		RT-PCR reported no infection (negative); no problem except mild heaviness in abdomen.

Table 5: Progress of patient P01 and evolution of the treatment plan

Detailed history, treatment plan and progress tracking for P02:

870 The patient presented with the following symptoms at the time of first consultation: cough with sputum, mild chest pain, nasal and throat congestion and mild weakness.

History of the present illness was taken, which is as follows. The patient had developed fever some time back that persisted for 2-3 days, following which he
875 underwent the RT-PCR test on July 4. The result of the test (shared with him on July 8) confirmed that he was COVID positive. Subsequently, he was prescribed the following allopathic medication - Vit D, Becasule, Bro-Zedex syrup, Novaclav 625. On July 9, 2020, at the time of the first consultation, the patient had been taking these medicines. Besides, the patient had been taking home-made *kadha*, drinking warm water and doing gargles.
880

The following allopathic medicines were being taken regularly by the patient for DM and Hypothyroidism: Gemer P1, Thyronorm 25 mcg. Despite taking allopathic medicines, the patient's blood sugar levels were observed as follows on April 22: FBS 118 mg/dl, PPBS 247 mg/dl; his TSH was found to be 5.6 on
885 April 22. The patient also reported that his SpO2 level remained around 92-93. Based on the symptoms at the time of first consultation and the patient's medical history, the following prescription for the Integrative Therapy was given:

Ayurvedic medicines and procedures prescribed: *Lavangadi vati* (2 doses of 2 tablets each to be sucked after meal), *Giloy Ghanvati* (3 doses of 2 tablets each
890 to be taken after meal with lukewarm water), *Pathyadi Kwath - pravahi* (15 ml mixed with an equal quantity of lukewarm water to be consumed twice a day 30 minutes after meal), and Diabecon (2 doses of 1 tablet each to be taken 30

minutes before meal), *nasya* (putting 2 drops of oil in each nostril) to be done twice a day (morning and evening) with mustard oil; steam inhalation and gargles with medicated water containing *ajowan caraway*, rock salt and turmeric. 895
Yoga Protocol: *Sukshma Vyayama* (upper and lower body parts); Breathing exercises (4 exercises with 5 iterations in each); *Asanas*: (*tadasana*, *triyak-tadasana*, *trikonasana*, *hastapadasana*, *ardhachakrasana*, *utthana mandukasana*, *vakrasana*, *bhujangasana*, *shalabhasana*, *ardhahalasana*, *matsyasana*); *Shavasana*; 900
Pranayama (anulom-vilom, sectional breathing and full yogic breathing, *bhramari*, *udget*); *Dhyana*

The patient was only partially compliant with respect to the ayurvedic medicines, but very regular and passionate about yoga sessions. He expressed his wish to continue the ongoing allopathic medication for DM, instead of taking Diabecon. 905
Besides, he was reluctant to take *Lavangadi vati*; instead he started *Kantha Sudharak vati* on his own. However, he was regular in taking all other medicines and following the prescribed procedures; also, he continued to practise yoga with the recorded video provided to him for self-practice.

910 Details of the patient's progress and compliance during the course of the treatment are given below in Table 6.

Day	Date	Vital Measures	General Remarks
0	July 9	SpO2: 92-93	Symptoms observed/reported: cough with sputum, chest pain (mild), nasal and throat congestion, weakness (mild)
2	July 11		Patient remained non-compliant till this day.
3	July 12		Patient started the prescribed medication partially; vitals not shared
5	July 14		Patient reported about 20% improvement in all the symptoms; yoga sessions commenced
8	July 17	SpO2: 95-96 Temp: 96.6-97.5	Patient reported about 50% improvement in all the symptoms; feeling light; SpO2 reported to fluctuate between 92 and 96

9	July 18	SpO2: 96-97 Temp: 97.1-97.6	
10	July 19		Patient reported about 90% improvement; only symptom persisting was cough with sputum; advised to do <i>kunjla</i> twice weekly.
11	July 20	SpO2: 96 Temp: 97.6	

Table 6: Progress of patient P02 and evolution of the treatment plan

Detailed treatment plan and progress tracking for P03:

The patient presented with the following symptoms at the time of first consultation: sore throat (mild), stomach ache (mild), weakness (mild), loose motions.

915 History of the present illness was taken, which is as follows. The patient also reported having tendency of watery stool (with normal frequency) since about two and a half months. The patient, after being tested positive for COVID on July 26, had the following vital measurements - BP: 187/127; PR: 94; SpO2: 98; Blood glucose FBS: 110-115, Random: 112. Due to high blood pressure, he was temporarily hospitalized. However, the BP came down to 150/93 within half an hour, following which he was given the option of being home quarantined, which the patient opted for. Thus, he was discharged within 2 hours of admission and was prescribed the following allopathic medicines: Vitamin C, Zinc, Vitamin E (Evion 400 mg), Azithromycin.

925 The following allopathic medicines were being taken regularly by the patient: Galvas Met 50mg/500mg (for DMT2), Olmetrack 20 (for HTN). He informed that his blood glucose level usually remained under control with his ongoing medication, and therefore he did not require any extra medicines for the same (however, his HbA1c report dated May 27, 2020 showed the value of 7.1%, which is above normal). As reported by the patient, the blood glucose level (fasting) 930 remained controlled (between 110 and 115 mg/dl). As observed in the daily vitals shared by the patient (starting July 26 upto the time of first consultation on July 30), the blood pressure remained controlled (systolic mostly between

126 and 140 and diastolic mostly between 77 and 86.

935 Based on the symptoms at the time of first consultation and the patient's medical history, the following prescription for the Integrative Therapy was given:

Ayurvedic medicines and procedures prescribed: *Sanshamani vati* (3 doses of 2 tablets each to be taken after meal), *Ashwagandha vati*, *Pathyadi Kwath - pravahi* (15 ml mixed with an equal quantity of lukewarm water to be consumed
940 twice a day empty stomach), *nasya* (putting 2 drops of oil in each nostril) to be done twice a day (morning and evening) with *anu teil*.

Yoga Protocol: *Sukshma Vyayama* (upper and lower body parts); Breathing exercises (4 exercises with 5 iterations in each); *Asanas*: (*tadasana*, *trikonasana*, *hastapadasana*, *ardhachakrasana*, *parshva sukhhasana*, *sukhasana* twist, *utthana*
945 *mandukasana*, *bhujangasana*, *shalabhasana*, *ardhahalasana* with one leg folded, *pawanmuktasana*); *Shavasana*; *Pranayama* (sectional breathing and full yogic breathing, *bhramari*, *anulom-vilom*, *udgeet*); *Dhyana*

The patient was almost fully compliant with respect to Ayurvedic medicines as well as yoga sessions. He regularly took medicines and attended most of the
950 yoga sessions. By the end of the treatment, he was convinced about the therapy by the benefits he had observed. Therefore, he sought advice for other long-term medical issues not related to COVID. The same was duly addressed.

Details of the patient's progress and compliance during the course of the treatment
955 are given below in Table 7.

Day	Date	Vital Measures	General Remarks
0	July 30	SpO2: 97-98 PR: 76-88 BP sys: 125-144 dias: 70-90 Temp: 97.3-98.1	Symptoms reported/ observed: sore throat (mild), stomach ache (mild), weakness (mild), loose motions.
1	July 31	SpO2: 98 PR: 75 BP: 136/69 Temp: 97.2	
2	Aug 1	SpO2: 95-98 PR: 80-98 BP sys: 130-144 dias: 81-90 Temp: 97.5-97.8	Patient complained of weakness, dropping SpO2 and constipation (also said constipation was chronic) - Softvac advised for constipation; <i>Makarsana</i> and <i>Shithilasana</i> for SpO2.

3	Aug 2	SpO2: 97-98 BP sys: 141-160 Temp: 97.6-98.2	PR: 80-85 dias: 86-96	Patient reported stable condition.
4	Aug 3	SpO2: 97-98 BP sys: 138-151 Temp: 97.7-98.4	PR: 80-87 dias: 90-93	Patient reported continuing relief.
5	Aug 4	SpO2: 98-99 BP sys: 140-145 Temp: 97.7-98.5	PR:78-95 dias: 83-91 FBS: 125	Patient reported continuing relief.
6	Aug 5	SpO2: 97-99 BP sys: 138-154 Temp: 97.6-98.1	PR: 79-90 dias: 84-95	Patient's condition was found stable and he reported continuing relief.
7	Aug 6	SpO2: 98 BP sys: 141-148 Temp: 97.9-98.2	PR: 80-90 dias: 89-91	Patient's HbA1c report received (dated Aug. 5) with value 7.3.
8	Aug 7	SpO2: 97-98 BP sys: 133-141 Temp: 98.0-98.4 FBS: 125	PR: 83-95 dias: 81-87 PPBS: 159	Patient reported to be feeling better.
9	Aug 8	SpO2: 97-98 BP sys: 135-144 Temp: 98.2-98.8 FBS: 111	PR: 85-90 dias: 84-91 PPBS: 182	Patient progressively experiencing relief.
10	Aug 9	SpO2: 98-99 BP sys: 139-143 Temp: 97.7-98.1 FBS: 100	PR: 80-95 dias: 79-86 PPBS: 184	Same as the previous day.
11	Aug 10	SpO2: 97-98 BP sys: 125-139 Temp: 97.7-97.8 FBS: 112	PR: 77-88 dias: 77-87 PPBS: 131	Patient reported complete relief, including constipation.

12	Aug 11	SpO2: 98-99 BP sys: 123-125 Temp: 97.5-97.8	PR: 85-95 dias: 75-55 FBS: 90	
13	Aug 12	SpO2: 98 BP sys: 137-141 Temp: 97.4-97.9	PR: 76-85 dias: 75-90	
14	Aug 13	SpO2: 98 BP sys: 133-134 Temp: 97.6-97.7 FBS: 83	PR: 85-90 dias: 84 PPBS: 135	Patient reported to have been measuring blood glucose level regularly - range FBS approx. 110 mg/dl ; PPBS approx. 150-160 mg/dl).
15	Aug 14	SpO2: 99 BP: 138/85	PR: 85 Temp: 98.2	

Table 7: Progress of patient P04 and evolution of the treatment plan

Detailed treatment plan and progress tracking for P04:

The patient was asymptomatic at the time of first consultation.

History of the present illness was taken, which is as follows. She had no symptoms since the time of being tested positive for COVID on August 1 (sample shared on July 31). However, the patient had reported chronic constipation and (border-line) hypothyroidism. Considering the patient's age (75 years), and given the fact that she had been a patient of HTN since 5 years, DM Type II since 15 years and had been on insulin (24U) since the last 4-5 years, she was considered to be in the high-risk group and given treatment as a preventive measure. The following allopathic supplements were prescribed: Vitamin C, Zinc, multivitamin.

The following allopathic medicines were being taken regularly by the patient: Janumet 50/500, Nebicard T, Glemi M2, Citanil, Ecosprin 75. The patient's FBS (recorded 3-4 days prior to the first consultation) was reported to be 125mg/dl and HbA1c (as on June 2020) was reported to be approximately 8%. Based on the patient's medical history, the following prescription for the Integrative Therapy was given as a preventive measure:

Ayurvedic medicines prescribed: *Sanshamani vati* (1 BD), *Laghmalini vasant* (1 BD), *Ayush Kwath* (BD), Aloe vera + Amla juice.

975 Yoga Protocol: *Sukshma Vyayama* (upper and lower body parts); Breathing exercises (4 exercises with 5 iterations in each); *asanas*: (*Triyaktadasana*, *Trikonasana*, *Ardhachakrasana*, *Parshva Sukhasana*, *Utthana Mandukasana*, *Ardhaushtrasana*, *Bhujangasana*, *Shalabhasana*, *Ardhahalasana* with one leg folded, *Pawanmuktasana*); *Shavasana*; *Pranayama* (sectional breathing and full yogic breathing, 980 *Bhramari*, *Anulom-vilom*, *Udgeet*); *Dhyana*.

The patient was almost fully compliant during the first half of the course of treatment, and remained asymptomatic. However, during the second half, the patient started having constipation and gastric issues (which had been a chronic problem with her); subsequently, she was advised to discontinue the medicines 985 but continue with the yoga sessions. This not only helped her overcome the gastric trouble, but also helped her with joint movement and muscular stiffness. At the end of the treatment, it was reported that she could now sit in cross-legged position - something she was not able to do prior to the treatment. She remained asymptomatic throughout the treatment. The patient's faith in 990 Ayurveda and Yoga was evident in the fact that at the end of the treatment Ayurvedic consultation for DM was sought, which was duly provided after observing the most recent HbA1c report available and fasting + PP reports on following three successive days.

995 Details of the patient's progress and compliance during the course of the treatment are given below in Table 8.

Day	Date	Vital Measures	General Remarks
0	Aug 1	SpO2: 93-95 PR: 73-77	Patient found to be asymptomatic
1	Aug 2	SpO2: 93-97 PR: 74-79	Patient remained asymptomatic
2	Aug 3	SpO2: 94-99 PR: 63-79	Vitals chart shared by the patient; SpO2 observed to be dropping below 95 on several occasions.

3	Aug 4	SpO2: 93-98 PR: 67-80 FBS: 299	Prone position asanas <i>makarasana</i> and <i>shithi-lasana</i> recommended for improving SpO2 level; no other symptom observed.
4	Aug 5	SpO2: 91-97 PR: 68-86	Patient continues to be asymptomatic.
5	Aug 6	SpO2: 94-96 PR: 66-73 FBS: 96	Patient continues to be asymptomatic.
6	Aug 7	SpO2: 95-98 PR: 66-76	Patient vomited twice - diagnosed to be due to acidity; SpO2 remained 95 or above this day onwards.
7	Aug 8	SpO2: 95-99 PR: 64-96 BP: 153/73	Patient continues to be asymptomatic.
8	Aug 9	SpO2: 96 PR: 68-72 BP: 153/79	Patient complained of headache and constipation (possibly due to gastric upset) and skipped the yoga session; discontinued <i>Sanshamani vati</i> and <i>Laghmalini vasant</i> hereon; SpO2 level remained 96 or above hereon.
9	Aug 10	SpO2: 97 PR: 70 BP: 156/78 FBS: 96	Patient discontinued medicines; did only yoga; increased intake of liquid diet - juice, coconut water, <i>tulsi</i> water etc. for constipation.
10	Aug 11	SpO2: 96-97 PR: 62-67	Only yoga done
11	Aug 12	SpO2: 96 PR: 63-64	
12	Aug 13	SpO2: 96-97 PR: 61-70 BP: 162/77 FBS: 194	Patient sought Ayurvedic intervention for diabetes - duly done.
13	Aug 14	SpO2: 97 PR: 62-67	
14	Aug 15	SpO2: 97 PR: 60 BP: 152/74 FBS: 75 PPBS: 311	
15	Aug 16	SpO2: 98 PR: 61 BP: 135/63 FBS: 131 PPBS: 234	

16	Aug 17	SpO2: 96 BP: 135/64 FBS: 110	PR: 60 PPBS: 267	
17	Aug 18	SpO2: 96 BP: 148/81 FBS: 105	PR: 69 PPBS: 209	The blood glucose levels observed from Aug 15 to Aug 18 were used for prescribing Ayurvedic medicines for DM (as requested by the patient)

Table 8: Progress of patient P04 and evolution of the treatment plan

Detailed treatment plan and progress tracking for P05:

The patient presented with the following symptoms at the time of the first consultation: sore throat, fever (mild) and weakness. He had developed the following symptoms: sore throat, mild fever and weakness on August 1. Following this, he underwent RAT on August 3 and was tested positive for COVID. Subsequently, he was prescribed the following allopathic medication - Doxy, Vitamin C (Citravite XT), Multivitamin (Vitneurin CZS), Cyra D, Zinc.

The following allopathic medicines were being regularly taken by the patient for Coronary artery disease (CAD), HTN, Tachycardia and acidity: tab. Dilzem-60, tab. Ecosprin 75, Zinetac.

Based on the symptoms at the time of the first consultation and the patient's medical history, the patient was prescribed the following Ayurvedic medication on August 3: *Sanshamani Vati* (1 BD), *Laghmalini Vasant* (1 BD). The symptoms persisted till August 9, and ceased after that (except that the patient continued to experience weakness). However, he joined the Integrative Therapy on August 10, when the only symptom prevailing was weakness. During the first consultation, the patient reported his SpO2 level to be consistently around 97-98. The patient continued to take the Ayurvedic medicines mentioned above.

The details of the Yoga protocol designed for the patient are given below.

Yoga Protocol: *Sukshma Vyayama* (upper and lower body parts); Breathing exercises (4 exercises with 5 iterations in each); *asanas*: (*Tadasana*, *Triyaktadasana*, *Trikonasana*, *Ardhachakrasana*, *Parshva Sukhasana*, *Sukhasana* twist, *Utthana Mandukasana*, *Bhujangasana*, *Shalabhasana*, *Ardhahalasana*, *Pawan-*

1020 *muktasana*); *Shavasana*; *Pranayama* (sectional breathing and full yogic breathing, *Bhramari*, *Anulom-vilom*, *Udgeet*); *Dhyana*.

The patient was almost fully compliant with respect to Ayurvedic medicines as well as Yoga sessions. He regularly took medicines and attended all the yoga sessions. Moreover, he continued to practice yoga with the help of the recorded
1025 video provided to him. Within about 6 days of joining the Integrative Therapy, the patient reported complete relief and rejuvenation. He was extremely happy with the yoga sessions and shared his experiences with both the Ayurveda doctor and the Yoga therapist.

1030

Detailed treatment plan and progress tracking for P06:

The patient was tested positive for COVID on Aug 4 through RAT, and presented with the following symptoms at the time of the first consultation done on the same day: fever, cough with sputum, weakness. She also reported to be having
1035 gastric upset, chronic constipation and tendency of anxiety. Subsequently, she was advised the following allopathic medication: Citravite XT, Cap. Doxy, Vitneurin CZS, Cyra D, Zinc, Azee.

The following allopathic medicines were being taken regularly by the patient for HTN: Azilzu 40 (given half a dose and on alternate days).

1040 Based on the symptoms at the time of the first consultation and the patient's medical history, the following Ayurvedic medicines were prescribed on Aug 4: Laghumalini vasant, Sanshamani vati, *kadha*. Later, as the illness progressed, *Talishadi churna* was added to the prescription.

The patient joined the Integrative Therapy on Aug 10. At the time of joining the IT, the patient reported to have fever ($< 100^{\circ}$ F), cough with sputum,
1045 weakness; the SpO2 level was reported to remain above 95. She continued with ayurvedic medicines specified above. The details of the yoga protocol suggested for the patient are given below:

Yoga Protocol: *Sukshma Vyayama* (upper and lower body parts); Breathing
1050 exercises (4 exercises with 5 iterations in each); *Asanas*: (*tadasana*, *triyak-*

tadasana, trikonasana, ardhachakrasana, parshva sukhāsana, sukhāsana twist, utthana mandukasana, bhujangasana, shalabhasana, ardhahalāsana, pawanmuktasana); *Shavasana*; *Pranayama* (sectional breathing and full yogic breathing, *bhramari, anulom-vilom, udgeet*); *Dhyana*.

1055 The patient was almost fully compliant to the prescribed treatment. She regularly took the medicines and attended all the yoga sessions. Moreover, she continued to practice yoga with the help of the recorded video provided to her after the completion of the treatment.

1060 Details of the patient's progress and compliance during the course of the treatment are given below in Table 9.

Day	Date	Vital Measures	General Remarks
0	Aug 4		Symptoms presented: fever, cough with sputum, weakness
6	Aug 10	SpO2: > 95 temp: < 100.0	Patient complained of fever, weakness, cough with sputum (severe); besides, gastric upset and acidity were also reported
7	Aug 11	SpO2: 94-95 PR: 77-80 temp: 99.0-99.5	
8	Aug 12	SpO2: 93-97 PR: 79-88 temp: 98.0-99.4 BP sys:120-137, dias:72-84	Patient had fever and bouts of cough twice; complained of anxiety; <i>Makarsana</i> and <i>Shithilāsana</i> suggested due to low SpO2
9	Aug 13	SpO2: 96-97 PR: 69-84 temp: 98.0-98.4 BP sys:130-146, dias:77-86	Patient's condition reported to be much better than the previous day; no medicine taken for fever; cough better than previous day; <i>yoga nidra</i> recommended
10	Aug 14	SpO2: 96-97 PR: 70-81 temp: 98.3-98.4 BP sys:113-131, dias:70-76	Symptoms relieved to quite an extent; oxygen level improved; reported to have done <i>yoga nidra</i> and enjoying yoga; slept well

11	Aug 15	SpO2: 95-98 PR: 77-84 temp: 98.0-98.5 BP sys:128-137, dias:62-83	Same as before
12	Aug 16	SpO2: 96-97 PR: 77-81 temp: 98.2-98.5 BP: 123/71	Mild cough; weakness - felt tired for a while after climbing stairs; no more anxiety; overall feeling much better, sleeping well
13	Aug 17	SpO2: 96-97 PR: 67-80 temp: 98.2-98.5 BP: 134/81	started <i>Talishadi churna</i> and <i>San-shamani vati</i> (SOS)
14	Aug 18	SpO2: 96-98 PR: 77-86 temp: 98.2-98.4	symptoms same as above; took <i>Talisadi churna</i> only once due to discomfort caused by spicy
15	Aug 19	SpO2: 97-98 PR: 79-84 temp: 98.4-98.5	Patient advised to take <i>Talisadi churna</i> twice with reduced quantity; sleeping well; eating properly
16	Aug 20	SpO2: 96-98 PR: 74-84 temp: 98.0-98.4	Patient advised to do <i>nasya</i> with <i>til</i> oil; no fever medicine being taken for past few days; reported 50% relief in weakness; 80% relief in cough; relief in constipation without any additional medicines
17	Aug 21	SpO2: 96-98 PR: 74-87 temp: 98.2-98.4	
18	Aug 22	SpO2: 96-98 PR: 71-81 temp: 98.3-98.5	
19	Aug 23	SpO2: 96-98 PR: 71-80 temp: 98.2-98.4	
23	Aug 27		<i>Nasya</i> not followed; still taking <i>talishadi churna</i> and multivitamin; no cough; mild weakness; overall good; recovered according to the patient. Still doing yoga regularly; yoga nidra at times

Table 9: Progress of patient P06 and evolution of the treatment plan

Detailed treatment plan and progress tracking for P07:

The patient presented with the following symptoms at the time of the first consultation held on August 15: fever (since 4-5 days), sore throat, cough with sputum, body-ache, weakness.

History of the present illness was taken, which is as follows. He had developed fever, body-ache and cough a few days back, following which he consulted an Allopathic doctor on August 11; subsequently, the following Allopathic medicines were prescribed for 5 days: Dolo 650, tab. Azee, tab. LCZ. When the symptoms persisted, the patient underwent RT-PCR on August 14, which confirmed that he was COVID positive.

The following medicines were being regularly taken by the patient: Nupenta LS cap. SR (SOS) - for acidity; Travatan eye drops, Refresh tears - for eyes.

Based on the symptoms presented and the patient's medical history, the following prescription for the Integrative Therapy was given:

Ayurvedic medicines and procedures prescribed: Oritus syrup, *Sanshamani vati*, *Laghmalini vasant*, Amynity Plus Syrup, Arogyavardhini vati, steam and gargles; some modifications were done to the prescription based on the patient's response and further condition, as reflected in the details furnished in Table 10 below. Besides the above medicines, the patient had been taking *kadha* twice a day on his own

Yoga Protocol: *Sukshma Vyayama* (upper and lower body parts without neck rotation); Breathing exercises (4 exercises with 5 iterations in each); *asanas*: (*Tadasana*, *Triyaktadasana*, *Virabhadrasana*, *Parshva Sukhasana*, *Utthana Mandukasana*, supported *Supta Vajrasana*, *Vakrasana*, *Pawanmuktasana*; *Shavasana*; *Pranayama* (sectional breathing and full yogic breathing, *Bhramari*, *Anulom-vilom*, *Udgeet*); *Dhyana*.

The patient was largely compliant. He stopped taking the Ayurvedic medicines

1090 after experiencing upset stomach (such as loose stools). He was counselled 2
 days later to resume the medication, when he started taking half the prescribed
 dosage. Another couple of days later he resumed the full dosage. Also, he missed
 some of the guided yoga sessions. By Sep 1, the patient reported complete relief
 and rejuvenation.

1095

Details of the patient's progress and compliance during the course of the treat-
 ment are given below in Table 10. The patient underwent RTPCR on September
 7, which was negative.

Day	Date	Vital Measures	General Remarks
0	Aug 15		Patient had developed fever, body-ache and cough on Aug. 11, was on allopathic medication. Present symptoms: fever, sore throat, cough with sputum.
1	Aug 16		Patient not approachable; vitals not shared
2	Aug 17		Sudarshan ghanvati added to prescription; symptoms prevailed; patient appeared to have <i>anxiety</i> over health issues; vitals not shared; not yet ready to do yoga
3	Aug 18	SpO2: 97, PR:86 temp: 100	Symptoms prevailed; new symptom-loose stools; patient agreed to begin yoga sessions on Aug 19
4	Aug 19	SpO2: 98 PR: 80 temp: 97	Patient complained of mouth ulcers and upset stomach (loose motions); Clotrin mouth paint, Oro-T, Vitneurin CZS (1 OD) suggested. Patient attributed stomach problem to the medicines and discontinued most medicines; increased intake of liquid (<i>lassi</i> , <i>chhachh</i> , lemon water); did not show up for yoga session
5	Aug 20	SpO2: 97 PR: 78 temp: 97	Patient complained of cough, upset stomach, headache, bad taste, reduced appetite and extreme weakness; reported improvement in fever and having eaten solid food after many days; sleep cycle highly disturbed - <i>yoga nidra</i> was recommended for the same

6	Aug 21	SpO2: 95 PR: 69	Patient reported to have had severe headache in the morning - took medicine himself and slept again; reported feeling of restlessness in general and tiredness after yoga; all symptoms persist. Counselling and advised to resume medicines with half dosage, and have light meals with short gaps
7	Aug 22	SpO2: 97-99 PR: 75-82 BP: 118/84	Patient complained of headache and nausea in the morning, unable to eat, bad taste and upset stomach; syrup Himcocid (2 teaspoons thrice a day) added to the prescription, Zoemit and Di-arex advised (only 1 tablet each); skipped yoga
8	Aug 23	SpO2: 95 PR: 79	Full dose of medicines resumed; reported 30% improvement in symptoms, appetite improving; skipped yoga
9	Aug 24		Vitals not shared
10	Aug 25	SpO2: 95-96 PR: 66-83	Patient reported improvement in symptoms with appetite getting normal- he sounded much better; stomach still a bit upset; little cough, weakness, bad taste persist. Advised to do yoga more regularly, practise <i>yoga nidra</i> and prone position <i>asanas</i>
11	Aug 26	SpO2: 97-98 PR: 72-82	Patient reported 50% improvement - particularly cough improved; weakness persisted
12	Aug 27		No cough, stomach improved, but loss of appetite persists and still feels weak; overall worse than the previous day; vitals not shared
13	Aug 28	SpO2: 97 PR: 94 BP: 115/78	Mild cough again, stomach still little upset, weakness better, appetite improved. Overall 70% improvement
14	Aug 29	SpO2: 97-98 PR: 94-100	Bitterness in mouth, throat persisted; stomach still a little upset; cough quite improved; appetite normal; liquid intake still increased
15	Aug 30	SpO2: 98 PR: 83	Patient feels like 80% recovered; still having loose motions (with normal frequency); mild bitterness in taste but eating properly, mild weakness, no cough

16	Aug 31	SpO2: 98-99 PR: 76-85 BP sys: 120-122 dias: 78-83	
17	Sep 01	SpO2: 98 PR: 90	Medicines discontinued (dose completed); 100% recovery reported
25	Sep 09		RTPCR negative (sample given on Sep 07)

Table 10: Progress of patient P07 and evolution of the treatment plan

Detailed treatment plan and progress tracking for P08:

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The patient presented with the following symptoms at the time of the first consultation: fever, body ache. He was subsequently prescribed the following Ayurvedic medicines: *Sudarshan Ghanvati* (1 TDS), Immunity capsules (1 TDS), tab. Fifatrol (1 BD). The next day he complained of nausea and loss of taste (or bad taste as described by the patient), when he was prescribed Zoemit tab. He underwent RT-PCR the same day on August 24, and was found COVID positive.

1105

The following medicine was being regularly taken by the patient for HTN: Amcard-AT.

1110

Based on the patient's medical history and the symptoms presented, the following prescription for the Integrative Therapy was given:

Ayurvedic medicines and procedures prescribed: *Laghmalini Vasant* (1 BD), *Sanshamani Vati* (1 BD), Arynity (2 teaspoon BD), Chyavanprash, steam inhalation and gargles.

1115

Yoga Protocol: Breathing exercises (2 exercises with 5 iterations in each); *Sukshma Vyayama* (upper and lower body parts); *asanas* with 2 rounds each: *Parshva Sukhasana*, *Uthana Mandukasana*, *Ardha Halasana*, *Pawanmuktasana*, *Shavasana*, *Pranayama* (sectional breathing and full yogic breathing, *Bhramari*,

Anulom-vilom, Udgeet); Dhyana.

1120 The patient was almost fully compliant. He kept taking half the prescribed dosage of medicines by mistake for the first few days, until this came to notice and he was accordingly suggested. He attended all the guided Yoga sessions and continued practising himself with the help of the recorded video provided to him. In a follow-up call after the treatment was over, he reported immense
1125 improvement in digestion (bowel movement) and stiffness in joints and muscles - the patient attributed this to *Usha paan* and Yoga. He was subsequently connected to a Yoga organization so that he could further pursue his yoga practice and continue to reap the benefits he had started experiencing.

1130 Details of the patient's progress and compliance during the course of the treatment are given below in Table 11. The patient underwent RTPCR on September 9, which was negative.

Day	Date	Vital Measures	General Remarks
0	Aug 23		Symptoms reported: fever, body-ache
1	Aug 24		Symptoms reported: body-ache, nausea, loss of taste (later reported by the patient as foul taste)
2	Aug 25		Symptoms reported: No fever, loss of taste (later, reported as bad taste), morning nausea (feeling of vomiting early in the morning)
3	Aug 26	PR: 66-72 temp: 98.5-99.4 BP sys: 116-118, dias: 82-89	Patient complained of morning nausea; SpO2 not reported
4	Aug 27	PR: 72 temp: 99.4 BP 126/88	Patient complained of morning nausea, mild heaviness in throat; about 75% relief reported; <i>yoga nidra</i> recommended

5	Aug 28	PR: 71-76 temp: 98.6-99.3 BP sys: 118-125, dias: 80-86	Morning nausea and mild heaviness in throat persist; <i>usha paan</i> recommended
6	Aug 29	SpO2: 95-98 PR: 70-78 temp: 98.5-99.6 BP sys: 125-129, dias: 77-86	Improvement in morning nausea; no more heaviness in throat; started <i>usha paan</i> ; reported almost complete relief with normal diet, appetite
7	Aug 30	SpO2: 96-98 PR: 71-74 temp: 97.9-98.9 BP sys: 122-129, dias: 84-87	Morning nausea not felt after gargles; 100% relief and rejuvenated
8	Aug 31	SpO2: 95-98 PR: 69-75 temp: 97.9-99.2 BP sys: 117-133, dias: 83-87	Patient continues to be fine with no symptoms.
9	Sep 01	SpO2: 96-98 PR: 73-86 temp: 98.2-100.6 BP sys: 122-129, dias: 80-86	Patient continues to feel fine with no symptoms.
10	Sep 02	SpO2: 96-98 PR: 77-85 temp: 98.9-99 BP sys: 120-128, dias: 77-88	It was realised that the patient had been taking half the prescribed dosage of both <i>Sanshamani Vati</i> and <i>Laghumalini Vasant</i> (1 OD instead of 1 BD); advised to start taking the full dose.
12	Sep 04	SpO2: 96-98 PR: 77-79 temp: 98.2-98.7 BP sys: 116-123, dias: 77-79	Patient started taking the full dose of medicines as suggested; continuing with steam inhalation, gargles and <i>usha paan</i> . No more feeling of morning nausea.
13	Sep 05	SpO2: 96-98 PR: 78-85 temp: 98.4-99.3 BP sys: 115-127, dias: 74-86	Patient doing perfectly fine. Practising yoga twice a day since Sep 04 with the recorded video provided.
14	Sep 06	SpO2: 96-98 PR: 80-88 temp: 98.6-99.2 BP sys: 120-125, dias: 80	Patient doing perfectly fine. Practising yoga twice a day since Sep 04 with the recorded video provided.

16	Sep 08	SpO2: 96-98 PR: 77-81 temp: 97.5-98.8 BP sys: 119-125, dias: 73-83	Patient happily doing yoga twice everyday. Reported remarkable improvement in digestion.
18	Sep 10		RTPCR negative (sample given on September 9).

Table 11: Progress of patient P08 and evolution of the treatment plan

Detailed treatment plan and progress tracking for P09:

1135 The patient presented with the following symptoms at the time of the first consultation: fever, mild cough and cold.

History of the present illness was taken, which is as follows. He had developed fever and cough on August 23, following which he consulted an Allopathic doctor and was prescribed the following medication - Azithromycin and PCM for
1140 5 days. Subsequently he underwent RAT on Aug 26 and was tested positive.

The patient was regularly taking the following medicines for his comorbidities: Rosuvastatin 10 mg (for cholestrol); Meslazin 1BD (for Ulcerative Colitis); does a course of steroids (omnacotin) every year (starting 40 mg for 7 days, then 35 mg and so on upto 5 mg.; reported have used enema this year instead of
1145 steroids.

Based on the patient's medical history and the symptoms presented, the following prescription for the Integrative Therapy was given:

Ayurvedic medicines and procedures prescribed: Sudarshan Ghanvati (1 TDS for 5 days), Sanshamani vati (1 BD), Laghumalini vasant (1 BD), Chyavanprash
1150 (organic), Ayush Kwath, steam inhalation and gargles - all for 15 days; some addition was done to the prescription to address a new symptom later presented. The details have been furnished in Table 12 below.

Yoga Protocol: *Sukshma Vyayama* (upper and lower body parts); Breathing

exercises (4 exercises with 5 iterations in each); *asanas*: *Tadasana*, *Triyak-*
1155 *Tadasana*, *Trikonasana*, *Ardhachakrasana*, *Parshva Sukhasana*, *Utthana Man-*
dukasana, *Ardha Ustrasana*, *Vakrasana*, *Bhujangasana*, *Shalabhasana*, *Ardhaha-*
lasana, *Pawanmuktasana*, *Shavasana*; *Pranayama* (sectional breathing and full
yogic breathing, *Bhramari*, *Anulom-vilom*, *Udgeet*); *Dhyana*.

The patient was almost fully compliant. He was regular in taking the medicines
1160 as well as attending the yoga sessions. Besides, the patient reported to be a
spiritual seeker and a follower of a well-known tradition of yoga.

Details of the patient's progress and compliance during the course of the treat-
ment are given below in Table 12.

Day	Date	Vital Measures	General Remarks
0	Aug 26	Temp: 97.7	Symptoms reported: fever, mild cold, cough since past 3 days; no fever currently
1	Aug 27	SpO2: 97-98 temp: 98.1-98.3	Patient did not develop fever, but felt feverish and weak; cough and cold persist
2	Aug 28	SpO2: 98 PR: 99-110 temp: 98.-98.2	Feverish feeling and weakness persist, cough and cold better (70% improvement), appetite reduced; felt better after taking PCM
3	Aug 29	SpO2: 97-98 PR: 96 temp: 98.1	Weakness and reduced appetite reported
4	Aug 30	SpO2: 97-98 PR: 99 temp: 98.3-99.4	Mild fever recorded, mild cough, occasional nasal blockage (usual problem), extreme weakness, body-ache, appetite slightly reduced, bitterness in taste; also reported morning sickness; overall condition worse than the previous day; advised to do gargles and steam inhalation twice a day
5	Aug 31	SpO2: 99 PR: 90 temp: 97.9	Occasional mild nasal and chest blockage; weakness, body-ache, reduced appetite, bad taste, morning sickness- symptoms persist
6	Sep 1	SpO2: 97-98 PR: 82-87 temp: 97.4-98.3	All symptoms persist; overall condition same as before

7	Sep 2	SpO2: 98 PR: 83-92 temp: 97.3-98.4	All symptoms persist but improved; 50%-60% improvement in overall condition
8	Sep 3	SpO2: 97-98 PR: 82-88 temp: 97.3-97.9	Mild cough, mild bitter taste, mild pain in throat; weakness and reduced appetite persist; overall condition improved
9	Sep 4	SpO2: 98 PR: 82-86 temp: 97.3-97.8	Condition same as before
10	Sep 5	SpO2: 98 PR: 92 temp: 97.7	Mild cough, weakness, bad taste and morning sickness persist, appetite still not normal; throat pain improved by 60%-70%; reported constipation since 2-3 days; <i>Talishadi churna</i> and papaya suggested to the patient
11	Sep 6	SpO2: 98 PR: 82-92 temp: 96.8-97.9	condition almost same as before
12	Sep 7	SpO2: 98 PR: 88-90 temp: 97.1-98.0	Very mild cough and morning sickness, relief from constipation with papaya; other symptoms same as before; started taking <i>Talishadi churna</i> for cough; overall 70% recovery reported
13	Sep 8	SpO2: 99 PR: 102 temp: 97.8	all symptoms relieved except very mild cough and weakness
14	Sep 9	SpO2: 98 PR: 98 temp: 98.2	same as before
16	Sep 11	SpO2: 99 PR: 102 temp: 97.9	same as before
17 to 21	Sep 12 to Sep 16		Follow-up done till Sep 16 - very mild cough and weakness persisted; patient felt fit enough to join back work on Sep 14; vitals remained normal; reported constipation once during this period; discontinued <i>Talishadi churna</i> and started taking <i>kali mirch+neem powder+haldi powder+honey</i> for dry cough; reported 90% recovery on Sep 16

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Table 12: Progress of patient P09 and evolution of the treatment plan

1165 Detailed treatment plan and progress tracking for P10:

The patient presented with the following symptoms at the time of the first consultation: fever, sore throat, throat pain, cough with expectoration.

History of the present illness was taken, which is as follows. She had developed
1170 fever 2-3 days back, following which she underwent RT-PCR on August 26 and was tested positive. Subsequently, she was prescribed the following Allopathic medication: Azee 500 and Metrogyl 400 for 3 days, and Dolo (SOS).

The patient had been taking the following medicine regularly for HTN: Inzit 8 mg.

1175 Based on the patient's medical history and the symptoms presented, the following prescription for the Integrative Therapy was given:

Ayurvedic medicines and procedures prescribed: Sudarshan Ghanvati (1 TDS) 5 days , Sanshamani vati (1 BD), Laghumalini vasant (1 BD), Chyavanprash (organic), Ayush Kwath, steam inhalation and gargles; some addition was done
1180 to the prescription to address a new symptom later presented. The details have been furnished in Table 13 below.

Yoga Protocol: *Sukshma Vyayama* (upper and lower body parts); Breathing exercises (4 exercises with 5 iterations in each); *asanas*: *Tadasana*, *Triyak-Tadasana*, *Trikonasana*, *Ardhachakrasana*, *Parshva Sukhasana*, *Utthana Mandukasana*, *Ardha Ustrasana*, *Vakrasana*, *Bhujangasana*, *Shalabhasana*, *Ardhahalasana*, *Pawanmuktasana*, *Shavasana*; *Pranayama* (sectional breathing and full
1185 yogic breathing, *Bhramari*, *Anulom-vilom*, *Udgeet*); *Dhyana*.

The patient was almost fully compliant. She was regular in taking the medicines as well as attending the yoga sessions.

1190

Details of the patient's progress and compliance during the course of the treatment are given below in Table 13.

Day	Date	Vital Measures	General Remarks
0	Aug 27	SpO2: 99 Temp: 98.0-99.0	Initial symptoms: fever, sore throat, throat pain, cough with sputum' loose motions reported later during the day
1	Aug 28	SpO2: 99 PR: 87 temp: 98.2-99.0	Symptoms reported: fever (mild), sore throat, throat pain, cough with sputum (feeling like cough is stuck), body-ache, weakness, loose motions, restlessness
2	Aug 29	SpO2: 98-99 PR: 87-91 temp: 98.4-99.0	Fever (mild), throat pain, cough and stomach improved; patient reported to be feeling very weak and restless; also developed headache
3	Aug 30	SpO2: 99 PR: 85 temp: 97.7	Throat pain reduced, occasional nasal blockage (removed after steam inhalation), pain in legs, weakness; other symptoms relieved; overall 70%-80% relief; patient recalled that the previous day she had forgotten to take the regular BP medicine and attributed the headache to this - did not experience ever after; suggested to note BP daily, but could not arrange for the device
4	Aug 31	SpO2: 98 PR: 90 temp: 98.7	Throat pain persists, mild pain in legs and mild weakness, occasional nasal/chest congestion - relieved with steam inhalation; overall better than the previous day
5	Sep 1	SpO2: 95-99 PR: 72-87 temp: 97.7-98.4	Mild throat pain; other symptoms same as before
6	Sep 2	SpO2: 99 PR: 77-89 temp: 98.2-98.5	Throat pain much improved; mild pain in legs and weakness; nasal/chest congestion persists; overall 80% improvement reported
7	Sep 3	SpO2: 98-99 PR: 70-79 temp: 97.9-98.6	Feeling much better than the previous day; mild throat pain and mild weakness persist
8	Sep 4	SpO2: 99 PR: 76-86 temp: 97.6-98.4	90% relief reported

9	Sep 5	SpO2: 96-97 PR: 78-83 temp: 97.7-98.2	Throat pain worsened because of speaking for long in a meeting; also complained of running nose and sneezing; LCZ suggested by doctor (patient did not take), <i>Talishadi churna</i> suggested for throat
10	Sep 6	SpO2: 99 PR: 70-77 temp: 97.7-98.1	
11	Sep 7	SpO2: 98 PR: 85 temp: 98.2	Complete relief reported; no symptoms persist
12	Sep 8	SpO2: 98 PR: 96 temp: 98.2	<i>Talishadi churna</i> started; patient continues to be in good condition
15	Sep 11	SpO2: 99 PR: 76 temp: 97.8	

Table 13: Progress of patient P10 and evolution of the treatment plan

Detailed treatment plan and progress tracking for P11:

1195 The patient presented with the following symptoms at the time of the first consultation: diarrhea (loose stools with increased frequency).

History of the present illness was taken, which is as follows. He had developed fever a few days back, following which he underwent RT-PCR on August 26 and was tested positive. Subsequently, he was prescribed the following Allo-
1200 pathic medication: Immuxen (Vitamin C, Zinc – 1 OD), VSL #3 (probiotic – 1 BD). Besides, the patient also reported to be taking the following Ayurvedic medicines at the time of the first consultation: Coronil tab. (2 BD), Swasari vati (2 BD)

The patient had been taking the following medicine regularly for his comor-

1205 bilities: Nebistar 2.5 mg (for HTN), ABSOLUT 3G (multivitamin). He also reported a history of sinusitis (since past 3 years).

Based on the patient's medical history and the symptoms presented, the following prescription for the Integrative Therapy was given:

Ayurvedic medicines and procedures prescribed: Kutaj Ghanvati (2 BD), steam
1210 inhalation, gargles, *usha paan*; some modifications were made to the prescription later when the patient did not show signs of relief. The details have been furnished in Table 14 below. The patient continued to take the Ayurvedic medicines he had already been taking.

Yoga Protocol: *Sukshma Vyayama* (upper and lower body parts); Breathing
1215 exercises (4 exercises with 5 iterations in each); *asanas*: *Tadasana*, *Triyak-Tadasana*, *Trikonasana*, *Ardhachakrasana*, *Parshva Sukhasana*, *Utthana Mandukasana*, *Ardha Ustrasana*, *Vakrasana*, *Bhujangasana*, *Shalabhasana*, *Ardhahalasana*, *Pawanmuktasana*, *Shavasana*; *Pranayama* (sectional breathing and full yogic breathing, *Bhramari*, *Anulom-vilom*, *Udgeet*); *Dhyana*.

1220 The patient was quite compliant. He was regular in taking the medicines as well as attending the yoga sessions. However, he took Allopathic medication on his own at times. The patient felt immensely benefited with yoga practice and consequently joined regular yoga practice soon after completion of the above treatment plan.

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Details of the patient's progress and compliance during the course of the treatment are given below in Table 14. The patient underwent RTPCR on September 16, which was negative.

Day	Date	Vital Measures	General Remarks
0	Sep 01	SpO2: 97 PR: 75 temp: 96.8	Initial symptoms: diarrhea
1	Sep 02	SpO2: 98 PR: 72-87 temp: 96.1-96.9	Frequency normal but stools still loose; no other symptoms reported.
2	Sep 03	SpO2: 97-98 PR: 71-74 BP: 135/80 temp: 95.6-96.3	Same as the previous day.

3	Sep 04	SpO2: 97-98 PR: 66-77 BP: 138/82 temp: 95.6-96.7	Diarrhea persists - frequency again increased; patient also reported mild stomach ache. However, he was observed to be consuming heavy and difficult-to-digest food items and was advised against it. Received discharge from govt. home isolation.
4	Sep 05	SpO2: 97-98 PR: 64-88 BP: 138/80 temp: 95.1-97.7	Patient reported to have started course of an Allopathic medicine, Zen-flox oz, since the previous night.
5	Sep 06	SpO2: 97-98 PR: 65-77 temp: 97.3-97.5	
6	Sep 07	SpO2: 97-98 PR: 70-75 temp: 97.3-97.5	In the morning, patient reported relief with almost normal stools; he reported to be eating light food such as salted <i>daliya khichdi</i> , coconut water, fruits etc. However, later at night he reported trouble again with semi-formed stools thrice since evening. He was advised to start taking the prescribed Ayurvedic medicine thrice (instead of twice a day); however, the patient discontinued all medicines except the multivitamin and the one he had been taking regularly for HTN.
7	Sep 8	SpO2: 97 PR: 77-85 temp: 97.3-98.3	Stomach still upset - had loose stools twice; also reported mild stomach ache. Again suggested to start taking the prescribed medicine thrice, have light meals, and control anxiety through regular practice of Yoga and Pranayama. Patient reported to be having papaya - advised not to.
8	Sep 9	SpO2: 97 PR: 66-70 temp: 97.5-97.8	Condition same as the previous day; started taking medicine prescribed under Integrative Therapy thrice (as suggested); all other medicines still discontinued.

9	Sep 10	SpO2: 98 PR: 78 temp: 97.4	Condition same as before; RTPCR still positive; Yoga Nidra recommended
10	Sep 11	SpO2: 97 PR: 74 temp: 97.5	<i>Giloy</i> started on doctor's recommendation; Zinc and Vitamin C also started
11	Sep 12	SpO2: 97-98 PR: 71-73 temp: 96.7-97.4	Reported improvement in diarrhea (semi-formed stool only once); also reported better sleep after Yoga Nidra
12	Sep 13		Same as the previous day.
13	Sep 14		Condition worsened again - reported to have had motion thrice with mild pain in stomach.
15	Sep 16		RTPCR negative but stomach still upset; prescription revised by the doctor - <i>Kutajarishtha</i> (3 tsp)+ <i>Jirakadyarishtha</i> (3 tsp) mixed with 6 tsp lukewarm water to be taken BD after meals.

Table 14: Progress of patient P11 and evolution of the treatment plan

Detailed treatment plan and progress tracking for P12:

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The patient presented with the following symptoms at the time of the first consultation, which was done at an Ayurveda hospital: fever and body-ache. After developing symptoms on Sep 01, she underwent RAT on Sep 02, was found positive and got admitted to the Ayurveda hospital the same day. Subsequently, the patient was advised the following Ayurvedic medicines: *Nagaradi Kwath* 40ml BD, *Amalaki churna* 3gm BD, *Sanshamani gutika* 2 BD, *Kantakari Avaleha* 2 tsp TDS for cough; some medicines were added to the prescription during the course of treatment for new symptoms presented by the patient. The details have been furnished in Table 15. Besides, the patient was advised to take PCM (SOS).

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The patient had been taking the following medicine regularly for her comorbidities: Ecosprin.

The patient joined the Integrative Therapy on Sep 4, when she presented the following symptoms: fever, body-ache and headache. While she continued to
1245 take the above Ayurvedic medicines, based on the patient's medical history and the symptoms presented, the following Yoga protocol was prescribed for her:

Yoga Protocol: Breathing exercises (4 exercises with 5 iterations in each); *Sukshma Vyayama* (upper and lower body parts); *asanas*: *Parshva Sukhasana*, *Sukhasana* twist, *Utthana Mandukasana*, *Shavasana*; *Pranayama* (sectional breath-
1250 ing and full yogic breathing, *Bhramari*, *Anulom-vilom*, *Udgeet*); *Dhyana*.

The patient was almost fully compliant. She was regular in taking the medicines as well as attending the yoga sessions. In fact, she is a regular yoga practitioner.

1255 Details of the patient's progress and compliance during the course of the treatment are given below in Table 15.

Day	Date	Vital Measures	General Remarks
0	Sep 02		Symptoms reported: fever, body-ache
2	Sep 04		Symptoms reported: fever, body-ache, headache; vitals not shared
3	Sep 05		same as the previous day
4	Sep 06	SpO2: 97-99 PR: 97-112 BP: 120/81 temp: 99.3-99.8	all symptoms reported persist
5	Sep 07	SpO2: 97-98 PR: 78-112 temp: 98.6-100	Fever persists; no body-ache or headache; mild weakness reported. Medicine added to the prescription: Swarna vasant multi ras tab (125 mg 1 BD)
6	Sep 08	SpO2: 96-99 PR: 86-97 temp: 98.4-99.7	Mild fever and weakness reported.

7	Sep 09	SpO2: 96-98 PR: 80-97 temp: 97.7-98.6 RR (per min.): 19-24	No symptoms except mild weakness; started indulging in physical activities such as washing own clothes; respiration rate observed to be slightly high - practising Yoga Nidra and deep relaxation for it.
8	Sep 10	SpO2: 97-98 PR: 82-90 temp: 97.9-98.8 RR (per min.): 20-26	No more weakness reported; new symptoms emerged - dry cough and breathlessness; HRCT chest done - features suggestive of viral pneumonic consolidation likely to be COVID-19, CT severity score: 2.
9	Sep 11	SpO2: 98-99 PR: 73-84 temp: 98.0-98.6 RR (per min.): 20-23	Dry cough persists; SpO2 level normal despite breathlessness, so lung capacity observed to be preserved.
10	Sep 12	SpO2: 98-99 PR: 68-87 temp: 95.9 RR (per min.): 21-25	Improvement in dry cough.
11	Sep 13	SpO2: 98-99 PR: 79-90 RR (per min.): 20-24	Improvement in dry cough as well as breathlessness, but talking for long causes trouble.
12	Sep 14	SpO2: 97-99 PR: 78-88 RR (per min.): 22-24	
13	Sep 15		Discharged from hospital.
14	Sep 16	SpO2: 97-99 PR: 80-90 temp: 97.5-98.6	Talking for long still causes problem; no new symptoms; 90% recovery reported.

Table 15: Progress of patient P12 and evolution of the treatment plan

Detailed treatment plan and progress tracking for P13:

The patient presented with the following symptoms at the time of the first consultation: sore throat, body-ache, diarrhea and weakness. The patient also had

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mild cough with sputum.

History of the present illness was taken, which is as follows. The patient informed that he had a history of smoking until 2 years back, and had developed pulmonary tuberculosis a few months back; he also reported that mild cough
1265 with sputum had been recurring since then. After developing the initial symptoms, the patient, who had completed 6-months long treatment of pulmonary tuberculosis about one and a half months back, had visited the hospital on August 21, suspecting relapse of TB. Subsequently, he was prescribed the following medication for 5 days: Cap. Amoxycillin 500 mg (1 BD), Tab. Paracetamol 500
1270 mg (SOS), Levocetirizine 5 mg (1 OD), Syp. Bromhexine (2 tsf BD). However, 2 days after the completion of the 5-day treatment, the patient developed fever again. As other symptoms started emerging, he got tested for COVID-19 on September 3, and was found positive. He had no fever at the time of the first consultation. He reported to have been taking Ayush Kwath on his own. He
1275 was also suggested the following Allopathic medication for fever: DOLO (SOS). Based on the patient's medical history and the symptoms presented, the following prescription for the Integrative Therapy was given:

Ayurvedic medicines and procedures prescribed: Cap. Bowel Care (1TDS), Fifiatrol (1TDS), Septalin (1BD) – all for 3 days; Sanshamani vati (1 BD), Laghumalini vasant (1 BD), Ayush Kwath (3gm BD), steam inhalation and gargles
1280 – for 15 days. Later, as specified in Table 16, he was additionally prescribed Vasavaleh, Syp. Jufex Forte during the course of the treatment.

Yoga Protocol: *Sukshma Vyayama* (upper and lower body parts); Breathing exercises (4 exercises with 5 iterations in each); *asanas*: *Tadasana*, *Triyak-*
1285 *Tadasana*, *Trikonasana*, *Ardhachakrasana*, *Parshva Sukhasana*, *Utthana Mandukasana*, *Ardha Ustrasana*, *Vakrasana*, *Bhujangasana*, *Shalabhasana*, *Ardhahalasana*, *Pawanmuktasana*, *Shavasana*; *Pranayama* (sectional breathing and full yogic breathing, *Bhramari*, *Anulom-vilom*, *Udgeet*); *Dhyana*.

The patient was almost fully compliant. He was regular in taking the medicines
1290 and attended almost all the yoga sessions.

Details of the patient's progress and compliance during the course of the treatment are given below in Table 16.

Day	Date	Vital Measures	General Remarks
0	Sep 04	SpO2: 98 PR: 81-89	Symptoms reported: sore throat, diarrhea, body-ache, weakness; mild cough with sputum had been persistent for a while
1	Sep 05	SpO2: 96-98 PR: 90-98	Symptoms persist.
2	Sep 06	SpO2: 97-99 PR: 82-91	Relief from all symptoms except weakness and mild cough with sputum.
3	Sep 07	SpO2: 96-99 PR: 80-84	Same as the previous day.
4	Sep 08	SpO2: 96-100 PR: 75-87	Mild cough with sputum persists.
5	Sep 09	SpO2: 98-99 PR: 85-92	Patient reported 90% recovery, though cough persists.
6	Sep 10	SpO2: 98-99 PR: 80-100	Same as above.
7	Sep 11	SpO2: 98 PR: 90-100	Same as above.
8	Sep 12	SpO2: 96 PR: 90-95	Same as above.
9	Sep 13	SpO2: 99-100 PR: 85-96	Additional medicines prescribed: Vasavaleh (1 tsf BD), Syp. Jufex Forte (2 tsf TDS with lukewarm water).
10	Sep 14	SpO2: 99-100 PR: 85	Same as above.
11	Sep 15	SpO2: 98-100 PR: 80-83	Same as above.
12	Sep 16		The patient said that mild cough had anyways been resurfacing often owing to TB, and may have nothing to do with COVID. He claimed to be rejuvenated, have resumed normal appetite, and absence of any weakness or tiredness; 100% recovery reported. He also said he was determined to continue with Yoga.

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Table 16: Progress of patient P13 and evolution of the treatment plan

1295 Detailed treatment plan and progress tracking for P14:

The patient presented with the following symptoms at the time of the first consultation: sore throat, body-ache, and cough.

History of the present illness was taken, which is as follows. The patient reported that he had fever the previous night and had taken DOLO 650 for the same. The patient was prescribed the following Ayurvedic medication for 2 days: Sudarshan Ghanvati (1 TDS), Sitopaladi Vati (1 TDS), Septilin tab. (1 BD), syp. Oritus (2 tsf TDS with lukewarm water). After taking the above medicines, the patient's symptoms no longer persisted. However, a few days later, when some of his family members started developing symptoms similar to COVID, the patient underwent RAT on September 7 and was tested positive. Subsequently, he was prescribed the following Allopathic supplements: Vitneurin CZS, Citravite XT.

The patient had been taking the following medicine regularly for his comorbidities: Remipress H 2.5 (1 OD), Reconia Silver, Ecosprin 150. He also reported sleeping difficulty since 4-5 years.

Though none of the symptoms presented by the patient persisted by the time he was tested positive, based on the his medical history and age, the following prescription for the Integrative Therapy was given as a preventive measure:

Ayurvedic medicines and procedures prescribed: Sanshamani Vati (1 BD), Laghumalini Vasant (1 BD), Ayush Kwath (3gm BD), Chyawanprash, steam inhalation and gargles - all for 15 days.

Yoga Protocol: Breathing exercises (4 exercises with 5 iterations in each); *Sukshma Vyayama* (upper and lower body parts); *asanas*: *TriyakTadasana*, *Trikonasana*, *Hastapadasana*, *Ardhachakrasana*, *Parshva Sukhasana*, *Sukhasana*

Twist, *Utthana Mandukasana, Bhujangasana, Shalabhasana, Ardhalasana, Pawanmuktasana, Shavasana; Pranayama* (sectional breathing and full yogic breathing, *Bhramari, Anulom-vilom, Udgeet*); *Dhyana*.

1325 The patient was almost fully compliant. He was regular in taking the medicines and attended almost all the yoga sessions. In a follow-up call after the treatment, he reported relief in his chronic sleeping problem with yoga nidra; he said he was able to sleep for 4-5 hrs. continuously, which was a remarkable relief to his previous condition when he used to have uninterrupted sleep for hardly 2-3 hrs.

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Details of the patient's progress and compliance during the course of the treatment are given below in Table 17.

Day	Date	Vital Measures	General Remarks
0	Sep 01		Symptoms: fever (previous night), body-ache, sore throat, cough.
6	Sep 07		No symptoms at the time of enrolment; vitals not shared
7	Sep 08	Temp: 99	No symptoms reported.
8	Sep 09	SpO2: 98 PR: 96	No symptoms reported.
9	Sep 10	SpO2: 98-99 PR: 93-95 temp: 100	Reported fever; sleeping problem aggravated since 2 days; also reported blood in stools. <i>Kwath</i> discontinued by the doctor, coconut water suggested; Yoga Nidra recommended for the sleeping trouble.
10	Sep 11	SpO2: 97-98 PR: 88-98 temp: 93.9-96.1	No more fever or blood in stools; sleeping difficulty continues.
11	Sep 12	SpO2: 96-99 PR: 82-101 temp: 94.7-95.9	Same as the previous day.
12	Sep 13	SpO2: 99 PR: 84-103 temp: 96.0-96.5	Same as above.

13	Sep 14	SpO2: 96-99 PR: 80-98 temp: 95.4	Same as above.
14	Sep 15	SpO2: 97-99 PR: 87-97 temp: 95.2-95.4	Same as above.
15	Sep 16	SpO2: 96 PR: 100 temp: 95	100% relief reported.
16	Sep 17	SpO2: 98 PR: 92	
17	Sep 18	SpO2: 97 PR: 100 temp: 95.9	
18	Sep 19	SpO2: 98 PR: 82	

Table 17: Progress of patient P14 and evolution of the treatment plan

Detailed treatment plan and progress tracking for P15:

1335 The patient presented with the following symptoms at the time of the first consultation: fever and cough.

History of the present illness was taken, which is as follows. Her symptoms had started appearing on September 5 with body temperature fluctuating between 101°F to 102°F; the fever persisted for 2 days and thereafter surfaced on and
1340 off. She underwent RTPCR on September 8 and tested positive. The patient's family informed that she was allergic to Sulpha drugs, Fluoroquinolones and Tinidazole. Subsequently, she was prescribed PCM 650 (SOS). She joined the Integrative Therapy 2 days after her first consultation, i.e. on September 11, when she presented with the following symptoms: fever, cough, mild diarrhea,
1345 reduced appetite and weakness.

The patient had been taking the following medicines regularly for her comorbidities: Insulin, Thyroxine 50. Besides, she reported sleeping difficulty and a disturbed sleeping pattern since 5-6 years - tends to sleep around 2-3 a.m. and wakes up late at around 11 a.m. Also, occasional breathing problem was

1350 reported.

Based on the patient's medical history and the symptoms presented, the following prescription for the Integrative Therapy was given :

Ayurvedic medicines and procedures prescribed: Sudarshan Ghanvati (1 TDS), Laxmivilas ras (1 TDS), Syp. Oritus (2 tsf TDS) - 6 days; Sanshamani vati (1
1355 BD), Laghumalini Vasant (1 BD), Amynity (2 tsf BD), steam inhalation and gargles - 15 days. Some modifications were made to the prescription during the course of treatment based on the progress and new symptoms presented by the patient; details of the same have been furnished in Table 18.

Yoga Protocol: Breathing exercises (2 exercises with 5 iterations in each); *Suk-*
1360 *shma Vyayama* (upper and lower body parts without neck movements); *asanas*: *Parshva Sukhasana*, *Utthana Mandukasana*, *Sukhasana* Twist, *Shavasana*; *Pranayama* (*Chandra* and *Surya Anulom Vilom*, *Bhramari*, *Udgeet*); *Dhyana*.

The patient was largely compliant. Some of the medicines that were prescribed TDS, were taken BD by her. Though she attended most of the yoga sessions, she
1365 was observed to be reluctant at many instances. However, the patient claimed to have been significantly benefited by *Makarasana* and *Matsya Kridasana* at an instance (before being down with COVID) when her SpO2 levels had dropped to 87. She reported that within 30 minutes of practice of the two *asanas*, the SpO2 level touched 92 (these *asanas* had been suggested to her son when he
1370 was down with COVID).

Details of the patient's progress and compliance during the course of the treatment are given below in Table 18.

Day	Date	Vital Measures	General Remarks
0	Sep 09		Symptoms: fever, cough.
2	Sep 11		Symptoms: fever, cough, diarrhea (mild), reduced appetite and weakness; excessive sweating and scanty urination also reported; vitals not shared; medicine <i>Laxmivilas Ras</i> replaced with Septilin (1 BD) and Sitopaladi (1 TDS).

3	Sep 12	SpO2: 95-96 PR: 82-91	Symptoms persist (except fever).
4	Sep 13	SpO2: 95 PR: 82	Overall about 50% relief reported by the patient; took coconut water to address the problem of scanty urination; advised to share blood glucose level.
5	Sep 14	FBS: 135	Called the doctor to complain about upset stomach and body-ache - Septilin replaced with Bacnil (1 TDS)
6	Sep 15	SpO2: 94-95 PR: 86-90 temp: 98.0 FBS: 100	Developed body-ache and felt feverish; relief w.r.t. diarrhea (upset stomach) and reduced appetite; sweating still more than usual. Bacnil taken only once. Patient not sharing blood glucose level despite reminders.
7	Sep 16	RBS: 233	Weakness and mild cough persist, excessive sweating and scanty urination continue; stomach upset worsened again. Patient shared that she has been practising <i>Anulom Vilom</i> and <i>Kapaal Bhati pranayama</i> in the morning - this was discussed with the Yoga therapist and the patient was advised to discontinue <i>Kapaal Bhati</i> . Resumed Bacnil at night due to worsening of condition of stomach.
8	Sep 17	SpO2: 94 PR: 82 FBS: 113 BP: 110/68	
9	Sep 18	SpO2: 93 PR: 97 temp: 95.4	Relief in all symptoms except weakness and mild cough. Oritus replaced with Koflet syp. Patient discontinued Sanshamani Vati and Laghumalini Vasant after taking once.
10	Sep 19		Symptoms same as above. Patient took a new allopathic medicine (Canagliflozin 100mg) for DM recommended by her physician; observed improvement in scanty urination problem.
11	Sep 20		Overall much better; weakness, mild cough and mild stomach problem persist.

14	Sep 23	Temp: 100	Developed fever - took PCM; improvement in all other symptoms.
15	Sep 24		Weakness still there; cough very very mild (much improved); urination still not normal; all other symptoms eliminated; overall 90% recovery reported.

Table 18: Progress of patient P15 and evolution of the treatment plan

Detailed treatment plan and progress tracking for P16:

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The patient presented with the following symptoms at the time of the first consultation: body ache (legs,back) and sore throat, weakness.

History of the present illness was taken, which is as follows. The patient had developed initial symptoms (fever, headache, body-ache and burning in eyes) on
1380 September 21; fever persisted for three days. He underwent RAT on September 22 and tested positive. Subsequently, he was prescribed the following Allopathic medication: Erythromycin; he was also given the following supplements: Vitamin C, Evion 400 (Vitamin E), PCM 500, Zinc Sulphate, Thiamine Pyridoxine. Besides, at the time of the first consultation, the patient informed that he had
1385 been taking home made *kadha* (thrice a day) made with *tulsi*, *adarak* (ginger), *dalchini* (Cinnamon), sonth (dried ginger powder) and *haldi* (turmeric); besides, he had been doing steam inhalation (occasionally) and had done *nasya* twice till the first consultation.

The patient had been taking the following medicine regularly for his comorbidity:
1390 Glimepiride 1mg, Metformin 500mg, Neurobion forte (1 OD). He also reported weakness in memory since past 3 years.

Based on the patient's medical history and the symptoms presented, the following prescription for the Integrative Therapy was given:

Ayurvedic medicines and procedures prescribed: *Sanshamani Vati* (2 TDS),
1395 *Ashwagandha Vati* (2 BD), *Laxmivilas Ras* (2 BD), *Basant Kusumakar Ras* 1

OD (replaced with *Madhumeh Kusumakar Ras* on patient's request), *Nasya* with *Anu til*, steam inhalation, *usha paan* and gargles - all for 15 days.

Yoga Protocol: *Sukshma Vyayama* (upper and lower body parts); Breathing exercises (4 exercises with 5 iterations in each); *asanas*: *Tadasana*, *Triyak-*
1400 *Tadasana*, *Trikonasana*, *Hastapadasana*, *Ardhachakrasana*, *Parshva Sukhasana*,
Utthana Mandukasana, *ArdhaUstrasana*, *Vakrasana*, *Bhujangasana*, *Shalabhasana*,
Ardhahalasana, *Pawanmuktasana*, *Shavasana*; *Pranayama* (sectional breathing and full yogic breathing, *Bhramari*, *Anulom-vilom*, *Udgeet*); *Dhyana*.

The patient was almost fully compliant. He was regular in taking the medicines
1405 and attended all the yoga sessions (except that it took him a while to arrange the medicine *Madhumeh Kusumakar Ras*, which he started taking on October 2).

Details of the patient's progress and compliance during the course of the treatment are given below in Table 19.

Day	Date	Vital Measures	General Remarks
0	Sep 25	SpO2: 97 PR: 87-88 temp: 96.4-97.5	Symptoms: body ache (mainly legs and back), sore throat, and weakness.
1	Sep 26	SpO2: 96-98 PR: 76-89 temp: 96.3-96.8 FBS: 142mg/dl	Symptoms: body-ache, sore throat, sputum, weakness.
2	Sep 27	PPBS: 184mg/dl	Same as before; patient expressed concern about high blood glucose level.
3	Sep 28	SpO2: 98 PR: 81 temp: 96.3 FBS: 148mg/dl; PPBS: 213mg/dl	Improvement in body-ache and sputum reported. Patient shared that the <i>kadha</i> consumed the previous day had <i>gud</i> , which could be the cause of sudden increase in blood glucose level; requested replacement for the prescribed medicine <i>Basant Kusumakar Ras</i> .
4	Sep 29	SpO2: 98 PR: 74-86 temp: 96.5-96.8 FBS: 198mg/dl PPBS: 162mg/dl	

5	Sep 30	SpO2: 97-98 PR: 83-91 temp: 96.2-97.6 FBS: 146mg/dl PPBS: 152mg/dl	Improvement in all symptoms: sore throat - mild and occasional; sputum improved (almost nil)
6	Oct 01	FBS: 145mg/dl	Symptoms same as above; overall 80%-85% relief reported.
7	Oct 02	SpO2: 98-99 PR: 78-86 temp: 96.3-96.5	Overall 90% relief reported; started taking <i>Madhumeh Kusumakar Ras</i>
8	Oct 03	SpO2: 97-98 PR: 76-83 temp: 96.7-97.1	100% recovery reported.

Table 19: Progress of patient P16 and evolution of the treatment plan

1410 Detailed treatment plan and progress tracking for P17:

The patient presented with the following symptoms at the time of the first consultation: anosmia, feeling cold and mild weakness; he also reported to have had loose stools 2-3 times that morning.

1415 History of the present illness was taken, which is as follows. The patient had developed initial symptoms (fever, sore throat) around September 21-22. He took DOLO 650mg, and the fever subsided in 2 days. Meanwhile, he underwent RTPCR on September 24 and tested positive. On September 26, the patient started experiencing anosmia, and reported to have had about 80% loss
1420 of smell. He was prescribed the following Allopathic prescription: Ivermectin 12mg (2 doses), Azithral 500 (5 days - dose over by the first consultation), Fab-ifu: 1800 BD (5 days, 800 BD (4 days); he was also prescribed the following supplements: Zincovit BD, Rim cee (Vitamin C) and Maxirich (Multivitamin). He also had to take the following dose of insulin: 18U morning, 12U evening
1425 due to uncontrolled blood glucose level.

The patient had been taking the following medicines regularly for his comorbidity: Istamet 50mg/1000mg (Metformin Hydrochloride), Amryl 2mg; he had

also been taking *neem+karela+jamun ras*. He also had to take insulin after being tested positive with COVID. He also used to take insulin (need-based) to control his blood glucose level when required.

Based on the patient's medical history and the symptoms presented, the following prescription for the Integrative Therapy was given:

Ayurvedic medicines and procedures prescribed: *Giloy Ghanvati, Basant Kusumkar Ras, Amalki Churna+Haldi Churna+Vijaysar Churna, nasya* with *anu teil* - all for 15 days. He was also advised to do *Usha paan*, drink lukewarm water throughout the day and do steam inhalation.

Yoga Protocol: *Sukshma Vyayama* (upper and lower body parts); Breathing exercises (4 exercises with 5 iterations in each); *asanas*: *Tadasana, Triyak-Tadasana, Trikonasana, Ardhashakrasana, Parshva Sukhasana, Utthana Mandukasana, ArdhaUstrasana, Vakrasana, Bhujangasana, Shalabhasana, Ardhalasana, Pawanmuktasana, Shavasana*; *Pranayama* (sectional breathing and full yogic breathing, *Bhramari, Anulom-vilom, Udgeet*); *Dhyana*.

The patient was almost fully compliant. He was regular in taking the medicines and attended all the yoga sessions. He expressed sincere desire to adopt Yoga in his lifestyle. He also consulted the doctor for long term management of diabetes.

Details of the patient's progress and compliance during the course of the treatment are given below in Table 20.

Day	Date	Vital Measures	General Remarks
0	Sep 28	SpO2: 98-100 PR: 91-96 temp: 98.0-98.5 FBS: 151mg/dl RBS: 200mg/dl	Symptoms: anosmia, feeling cold, feverish feeling in the evening, mild weakness; also reported to have had loose stools 2-3 times in the morning.
1	Sep 29	SpO2: 99-100 PR: 92-93 temp: 98.0-98.5 FBS: 151mg/dl PPBS: 143mg/dl	Symptoms persist; about 10% improvement in anosmia.
2	Sep 30	SpO2: 98-100 PR: 92-104 temp: 98.4 FBS: 148mg/dl PPBS: 143mg/dl	No more feverish feeling or feeling cold; 60% improvement in anosmia.

3	Oct 01	SpO2: 99-100 PR: 97-104 temp: 98.0-98.4 FBS: 123mg/dl; PPBS: 115mg/dl	Same as before.
4	Oct 02	SpO2: 99-100 PR: 89-93 temp: 97.8-98.0 FBS: 142mg/dl PPBS: 135mg/dl	No more symptoms - 100% recovery reported.
5	Oct 03	SpO2: 100 PR: 93-101 temp: 98.0-98.1 FBS: 125mg/dl	Blood glucose level observed to be improving - halved insulin dose 2 days back, not taking insulin since the previous day
11	Oct 09		Follow-up call done - patient found in good health; continuing medicines and yoga practice.

Table 20: Progress of patient P17 and evolution of the treatment plan

Detailed treatment plan and progress tracking for P18:

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The patient presented with the following symptoms at the time of the first consultation: fever, cough with sputum (chest congestion), breathlessness. Also, his SpO2 level during the day was 92. He was recommended *Makarasana* and *Shithilasana*; after practising both, the patient reported SpO2 level to be 98 in the evening.

1455

History of the present illness was taken, which is as follows. The patient started feeling unwell and feverish on September 24, following which he developed fever, and throat and chest congestion on September 26. Thereafter, he underwent RTPCR on September 28 and was tested positive. Subsequently, he was prescribed the following allopathic medicines: tab. Augmentin (1 BD for 5 days); tab. Deriphyllin 150 (1 TDS), Dolo 650 (1 TDS) – both for 3 days. He was also prescribed the following supplements: Vitneurin CZS (1 OD), tab. Cit-

1460

ravite XT (1 OD) – both for 15 days. Besides, the patient also started doing self-nebulization owing to his seasonal bronchitis since childhood.

1465 The patient had been taking the following medicines regularly for his comorbidities: Telmiking. Also, he has been keeping Asthma under control by self nebulization at the onset of premonitory symptoms of congestion - has not had any bronchial spasm since 15 years.

Based on the patient’s medical history and the symptoms presented, the following prescription for the Integrative Therapy was given:

Ayurvedic medicines and procedures prescribed: cap. *Astha* 15 (3 days); syp. *Astha* 15, *Sanshamani Vati*, *Laghmalini Vasant*, *Chyawanprash*, *Ayush Kwath*, steam inhalation and gargles - all for 15 days.

Yoga Protocol: *Sukshma Vyayama* (upper and lower body parts - could not do wrist rotation); Breathing exercises (3 exercises with 5 iterations in each);
1475 *asanas*: *Tadasana*, *TriyakTadasana*, *Trikonasana*, *Ardhachakrasana*, *Parshva Sukhasana*, *Utthana Mandukasana* (performed in *Sukhasana*), *ArdhaUstrasana*, *Vakrasana* (unable to do), *Shavasana*; *Pranayama* (*Bhramari*, *Anulom-vilom*, *Udgeet*); *Dhyana*.

1480 The patient was almost fully compliant with regards to the medicines, but was not willing to take the yoga sessions. He regularly took all the medicines except *Kwath*; he discontinued yoga sessions after a few days (even the first few days were attended off and on in a reluctant way). In the few sessions that he attended the therapist observed that he found it difficult to follow the instructions. Therefore, the recorded video (supposed to be shared with him) was not
1485 shared with him.

Details of the patient’s progress and compliance during the course of the treatment are given below in Table 21.

Day	Date	Vital Measures	General Remarks
0	Sep 29		Symptoms: fever, cough with sputum, chest congestion and breathlessness.
1	Sep 30	SpO2: 98 PR: 75-85 temp: 98.4-100.3	Symptoms: fever, body-ache, weakness, sore throat, cough with sputum and reduced appetite.

2	Oct 01	SpO2: 98 PR: 62-88 temp: 97.0-98.0 BP: 106/69	No fever or body-ache, improvement in weakness, cough and appetite; patient reported to be feeling overall better; however, he reported to have lost 3 Kgs in the past 15 days.
3	Oct 02	SpO2: 98-99 PR: 65-86 temp: 96.9-98.1 BP sys: 115-125 dias:78	Patient reported to have felt tired after the yoga session; BP observed to be on lower side; advised to discontinue BP medicine for 2 days; patient advised to avoid cold things to eat; appetite getting normal.
4	Oct 03	SpO2: 98 PR: 73-78 temp: 97.6-97.9 BP sys: 107-126 BP dias: 74-93	Continuing improvement in weakness, thick expectoration (steam inhalation advised), appetite normal; overall 60%-70% recovery reported; slight drowsiness after yoga session reported.
5	Oct 04	SpO2: 98 PR: 74-76 temp: 97.5-98.1 BP sys: 114-127 BP dias: 76-88	Symptoms same as before.
6	Oct 05	SpO2: 98 PR: 75-86 temp: 97.1-98.2 BP sys: 114-129 BP dias: 76-86	Continuing improvement in weakness; thick expectoration (taking steam with <i>ajwain</i> water); BP medicine still discontinued - patient feeling fine.
7	Oct 06	SpO2: 97-98 PR: 76-86 temp: 97.4-98.3 BP sys: 110-119 BP dias: 69-86	patient in good health; continuing medicines.
10	Oct 09	SpO2: 97-98 PR: 76-86 temp: 97.4-98.3 BP sys: 110-119 BP dias: 69-86	patient in good health and reported to have almost recovered (except mild expectoration); continuing medicines; BP medicine still discontinued.

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Table 21: Progress of patient P18 and evolution of the treatment plan

1490 Detailed treatment plan and progress tracking for P19:

The patient was asymptomatic at the time of the first consultation.

History of the present illness was taken, which is as follows. The patient underwent RTPCR on October 2 due to contact history with a positive case, and was
 1495 himself found positive. Subsequently, he was prescribed the following Allopathic medicines: Azithromycin, Vitamin C, Zinc -all for 5 days. He also reported to be taking the following Homeopathic medicine: Immunomodulator (thrice per month for 3 months; already taken for 2 months). Besides, he was taking home made *kadha* prepared with *kali mirch* (black pepper), *laung* (cloves), *tej patta*
 1500 (bay leaves), *ilaichi* (cardamom), *dalchini* (cinnamon), *haldi* (turmeric) + lemon. The patient had been taking the following medicines regularly for his comorbidities: Telma-40mg and a blood thinner. Besides other comorbidities, the patient also reported dyspnea on exertion as a persistent problem.

Based on the patient's medical history, the following prescription for the Integrative Therapy was given as a preventive measure:
 1505

Ayurvedic medicines and procedures prescribed: *Sanshamani Vati*, *Ashwagandha Vati*, *nasya* with *Anu til*. He was also advised to do *usha paan*, steam inhalation, gargles and drink lukewarm water throughout the day.

Yoga Protocol: Breathing exercises (3 exercises with 5 iterations in each); *Sukshma Vyayama* (upper and lower body parts); *asanas*: *Parshva Sukhasana*,
 1510 *Sukhasana* Twist, *Utthana Mandukasana*, *Ardhahalasana* with folded leg, *Shavasana*; *Pranayama* (*Anulom-vilom*, *Udgeet*); *Dhyana*.

The patient was only partly compliant with respect to the medicines, but was very enthusiastic about the yoga sessions. Out of the medicines and procedures
 1515 prescribed, he regularly took *Ashwagandha Vati* and did *nasya*. He was regular in attending yoga sessions, and very diligently continued self-practice after

the guided sessions ended. During follow-up calls, he several times reported that his lungs were functioning much better and his breath holding capacity had improved with the practice of *pranayama*. He sounded very energetic and rejuvenated by the end of the treatment; he was particularly excited about *pranayama* and had started regularly practising it.

The patient remained asymptomatic throughout. He did not share his vitals regularly; instead, he informed the usual range of observations as follows: SpO₂: 97-98; PR: 60-70; BP: 120/70. Also, he informed that the temperature remained normal. At the end of the isolation period, and the completion of the preventive treatment administered, the patient was prescribed the following for long term use based on his medical condition: *Sanshamani Vati* (2 BD after meal), *Kalmegh Vati* (1 BD after meal).

1530

Detailed treatment plan and progress tracking for P20:

The patient presented with the following symptoms at the time of the first consultation: fever, body-ache and weakness.

History of the present illness was taken, which is as follows. The patient had started feeling unwell on October 04, with temperature around 99°F-100°F, for which she took PCM. Thereafter, she remained afebrile for the next 3 days. However, the fever relapsed on October 8, following which she consulted the doctor on October 10 and was given the following Ayurvedic prescription for 2 days: *Sudarshan Ghanvati* (1 TDS), *Amlapittantak Yog* (1 TDS). She was also suggested to take PCM (SOS). She underwent the RTPCR on October 11 and was tested positive. Subsequently, she was prescribed the following Allopathic medicines: Azee 500 (1 OD for 3 days), PCM (SOS), Vitneurin CZS (1 OD for 15 days), Citranite XT (1 OD for 15 days).

The patient had been taking the following medicines regularly for her comorbidities: Amlodipine. She also reported emotional disturbance and disturbed sleep since March 2020 ever since loss of parent-in-law; tends to wake up every

couple of hours.

Based on the patient's medical history and the symptoms presented, the following prescription for the Integrative Therapy was given:

Ayurvedic medicines and procedures prescribed: *Sudarshan Ghanvati* (1 TDS) and *Amlapittantak Yog* (1 TDS) for 3 days; *Sanshamani Vati* (1 BD), *Laghuma-lini Vasant* (1 BD), *Ayush Kwath* (BD), steam inhalation and gargles - all for 15 days.

Yoga Protocol: *Sukshma Vyayama* (upper and lower body parts); Breathing exercises (4 exercises with 5 iterations in each); *asanas*: *Tadasana*, *Triyak-Tadasana*, *Trikonasana*, *Ardhachakrasana*, *Parshva Sukhasana*, *Utthana Mandukasana*, *ArdhaUstrasana*, *Vakrasana*, *Bhujangasana*, *Shalabhasana*, *Ardhahalasana*, *Pawanmuktasana*, *Shavasana*; *Pranayama* (sectional breathing and full yogic breathing, *Bhramari*, *Anulom-vilom*, *Udgeet*); *Dhyana*.

The patient was almost fully compliant. She was regular in taking all the medicines and attended most of the yoga sessions. Also, she mentioned several times during the course of the treatment that she was being immensely benefited by *yoga nidra* with respect to her sleeping trouble.

Details of the patient's progress and compliance during the course of the treatment are given below in Table 22.

Day	Date	Vital Measures	General Remarks
0	Oct 10		Symptoms: fever, body-ache, weakness.
2	Oct 12		Symptoms: body-ache, weakness, mild sore throat, heaviness in abdomen.
3	Oct 13	SpO2: 96-97 PR: 66-76 Temp: 98.5-98.6 BP sys: 118-128 BP dias: 71-82	Improvement in body-ache; other symptoms persist.
4	Oct 14	SpO2: 98-99 PR: 63-76 Temp: 98.5-98.8 BP sys: 118/78	Body-ache, sore throat persist; improvement in weakness; overall feeling better than the previous day.

5	Oct 15	SpO2: 97-98 PR: 79-86 Temp: 98.6-98.7 BP sys: 134/91	Body-ache and weakness persist; sore throat improved (very mild now); patient reported numbness in hands and a lot of pain in the feet the previous night. She said it was as if the pain is rotating and affecting different body parts. Also, reported to be getting tired after daily chores and feeling breathlessness after talking for long.
6	Oct 16	SpO2: 96 PR: 73-78 Temp: 97.9-98.6 BP: 128/79	Body-ache, sore throat and weakness persist; developed headache and constipation (new symptoms). Patient informed about extreme restlessness last night - had called the doctor at 1 : 00 a.m. due to severe headache and anxiety; patient took Disprin on her own. Doctor assessed this to be gastric trouble due to improper dinner and suggested green tea. Patient also reported sleeplessness, and breathlessness after talking for long. <i>Yoga nidra</i> recommended for sleep; papaya recommended for stomach; <i>Makarasana</i> and <i>Shithilasana</i> suggested for breathlessness; steam inhalation also suggested.
7	Oct 17	SpO2: 96-97 PR: 73-82 Temp: 98.8 BP: 110/71	Weakness, breathlessness and constipation persist despite eating papaya and doing steam inhalation; a lot of relief reported in sleeping trouble due to <i>yoga nidra</i>
8	Oct 18	SpO2: 98 PR: 75 temp: 98.3 BP: 118/75	Weakness persists - felt weak in the morning, but improved by the evening. No more constipation. <i>Yoga nidra</i> done again - found very helpful.
9	Oct 19	SpO2: 97 PR: 90 Temp: 98.8 BP: 120/74	Weakness persists, but a lot of overall improvement reported.
10	Oct 20	SpO2: 96 PR: 65 Temp: 97.8 BP: 128/84	75%-80% recovery reported; however weakness persists - patient reported pain in right hand after writing.

11	Oct 21	SpO2: 98 PR: 78 Temp: 98.2 BP: 123/70	
12	Oct 22	SpO2: 98 PR: 74 Temp: 98.6 BP: 125/77	Patient reported almost complete recovery, though still experiencing very mild weakness; felt fit enough to resume household work.

Table 22: Progress of patient P20 and evolution of the treatment plan

Detailed treatment plan and progress tracking for P21:

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The patient presented with the following symptoms at the time of the first consultation: dry cough, and bad taste (which he attributed to the medicines). He also reported that he used to experience dry mouth and muscle cramps with increase in blood glucose level.

1575

History of the present illness was taken, which is as follows. The patient had started developing the initial symptoms (sore throat/dryness in throat, body-ache) on October 14, following which he underwent RAT on October 15, and was tested positive. Subsequently, he was prescribed the following Allopathic medicines for 5 days: PCM 500, Doxy 400, LCZ, Vit C, Azithromycin 500, Syrup DPM. Also, the patient informed that he had been taking home-made *kadha* prepared with *dalchini* (cinnamon), *adrak* (ginger), *methi* and *curry patta* for the past one month.

1580

The patient had been taking the following medicines regularly for his comorbidities: Giolife 12G, Inventia (metformin). The patient also reported that nearly one and a half months back, his HbA1c was 10%, and that his FBS used to be around 200mg/dl; however, after he started taking *kadha*, FBS had been around 140mg/dl.

1585

Based on the patient's medical history and the symptoms presented, the follow-

ing prescription for the Integrative Therapy was given:

1590 Ayurvedic medicines and procedures prescribed: *Pathyadi kadha*, *Sanshamani Vati*, Diabecon, *nasya* with *til* oil, *usha paan*, steam inhalation and gargles - all for 15 days; some modification was made to the prescription during the course of treatment based on the condition of the patient.

Yoga Protocol: *Sukshma Vyayama* (upper and lower body parts); Breathing
1595 exercises (4 exercises with 5 iterations in each); *asanas*: *Tadasana*, *Triyak-Tadasana*, *Trikonasana*, *Hastapadasana*, *Ardhachakrasana*, *Parshva Sukhasana*, *Utthana Mandukasana*, *ArdhaUstrasana*, *Vakrasana*, *Bhujangasana*, *Shalabhasana*, *Ardhahalasana*, *Pawanmuktasana*, *Shavasana*; *Pranayama* (sectional breathing and full yogic breathing, *Bhramari*, *Anulom-vilom*, *Udgeet*); *Dhyana*.

1600 The patient was almost fully compliant. He was regular in taking all the medicines and attended all the yoga sessions.

Details of the patient's progress and compliance during the course of the treatment are given below in Table 23.

Day	Date	Vital Measures	General Remarks
0	Oct 17	SpO2: 97-98 PR: 83-90 Temp: 95.5	Symptoms: dry cough, bad taste.
1	Oct 18	SpO2: 97 PR: 89 Temp: 96.	Symptoms persist.
2	Oct 19	SpO2: 97 PR: 90 FBS: 190 PPBS:300	Symptoms same as before; blood glucose level observed to be high.
3	Oct 20	SpO2: 98 PR: 89 Temp: 95.4	
4	Oct 21	SpO2: 98 PR: 86 Temp: 94.5	
5	Oct 22	SpO2: 97 PR: 95 Temp: 94.5 RBS: 250	100% recovery reported.
6	Oct 23	SpO2: 97 PR: 88 Temp: 95.5 FBS: 200 PPBS: 280	Blood glucose level observed to be high.

7	Oct 24	SpO2: 97 PR: 98 Temp: 95.2 FBS: 203 PPBS: 280	The dosage of Diabecon doubled hereon to address the high levels of blood glucose.
8	Oct 25	SpO2: 97 PR: 91 Temp: 96.0 FBS: 168 PPBS: 348	
9	Oct 26	SpO2: 98 PR: 96 Temp: 95.4 FBS: 204 PPBS: 305	
10	Oct 27	FBS: 170 PPBS: 255	
13	Oct 30	FBS: 152 RBS: 258	Blood glucose level appears to be reducing.
14	Nov 01	FBS: 125 PPBS: 240	Blood glucose level appears to be reducing..

Table 23: Progress of patient P21 and evolution of the treatment plan

1605 Detailed treatment plan and progress tracking for P22:

The patient presented with the following symptoms at the time of the first consultation: fever, body-ache, weakness, mild cough, reduced appetite (reported to be taking hardly any solid food since many days). Also, his SpO2 level was
1610 observed to be below 95.

History of the present illness was taken, which is as follows. The patient started feeling unwell and feverish on October 17 with temperature around 99°F to 100°F. Following this, he was prescribed Allopathic medication for 5 days, no records of which are available. When the symptoms persisted, the patient underwent RTPCR on October 21 and was tested positive. Thereafter, he was
1615 prescribed the following Allopathic medicines: tab. Ivermectol 12mg (1 OD for 3 days), tab. Zathrin 500 (1 OD for 7 days, though he took only for 5 days), Meftal Forte (SOS) - which was changed to DOLO 650 (SOS) on Oct 26; he

was also given the following supplements: Limcee 500 (1 BD), Vitneurin CZS
1620 (1 OD).

The patient was reported not to have any comorbidities, though his blood glucose levels remained at borderline (as informed by the patient). However, high blood glucose levels were observed during COVID. The patient was advised to be cautious about eating habits. Also, he was suggested to get tested after recovery from COVID so as to rule out the possibility of temporary onset of DM
1625 with COVID. After recovery, the patient underwent another blood test which revealed high blood glucose levels. The patient sought Ayurvedic treatment for the same; he was duly provided consultation.

Based on the patient's medical history and the symptoms presented, the following prescription for the Integrative Therapy was given:
1630

Ayurvedic medicines and procedures prescribed: *Sanshamani Vati* (1 BD), *Laghumalini Vasant* (1 BD), Chyawanprash (1 tsf. daily with milk), Ayush Kwath (BD), steam inhalation and gargles - all for 15 days. Some more medicines, viz. *Sudarshan Ghanvati*, *Laxmivilas Ras*, *Ashwagandha Vati*, Himcocid, *Am-*
1635 *lapittantak yog*, tab. *Sitopaladi* were progressively added to the prescription based on the condition of the patient; the details of the same have been furnished in Table 24.

Yoga Protocol: *Sukshma Vyayama* (upper and lower body parts); Breathing exercises (4 exercises with 5 iterations in each); *asanas*: *Tadasana*, *Triyak-*
1640 *Tadasana*, *Trikonasana*, *Hastapadasana*, *Ardhachakrasana*, *Parshva Sukhasana*, *Utthana Mandukasana*, *ArdhaUstrasana*, *Vakrasana*, *Bhujangasana*, *Shalabhasana*, *Ardhahalasana*, *Pawanmuktasana*, *Shavasana*; *Pranayama* (sectional breathing and full yogic breathing, *Bhramari*, *Anulom-vilom*, *Udgeet*); *Dhyana*.

The patient was almost fully compliant. He was regular in taking all the
1645 medicines and attended most of the yoga sessions.

Details of the patient's progress and compliance during the course of the treatment are given below in Table 24.

Day	Date	Vital Measures	General Remarks
0	Oct 22	SpO2: 94-97 Temp: 99.0-100.0	Symptoms: fever, body-ache, weakness, mild cough, reduced appetite (hardly taking any solid food); SpO2 below 95 - <i>Makarasana</i> and <i>Shithi-lasana</i> recommended.
1	Oct 23	SpO2: 93-96 Temp: 98.3-102.0	Symptoms persist; still not eating anything solid.
2	Oct 24	SpO2: 92-96 Temp: 98.3-101.0	Symptoms same as before; fever accompanied with cold feeling; SpO2 observed to be 92 in the morning, later rose to 94 and then 96.
3	Oct 25	SpO2: 95-96 PR: 77-85 Temp: 98.0-100.0	Fever persists with cold feeling; no more body-ache; appetite still very poor.
4	Oct 26	SpO2: 94-96 PR: 72-88 Temp: 98.0-100.0 FBS: 149 PPBS: 251	Condition same as before; tiredness and weakness worsened. Blood test done at the suggestion of doctor - blood glucose level found to be high. Following medicines added to the prescription: <i>Sudarshan Ghanvati</i> (1 TDS), <i>Laxmivilas Ras</i> (1 TDS) - for 3 days; <i>Ashwagandha Vati</i> (1 BD for 15 days)
5	Oct 27	SpO2: 95-97 PR: 77-88 Temp: 99.0-101.0	Vomited in the morning - felt light after that and ate solid food after many days. Fever, weakness, mild cough and reduced appetite persist.
6	Oct 28	SpO2: 94-95 PR: 77-86 Temp: 99.0-100.3	Heaviness in stomach - could hardly eat anything; taste of mouth changed - found food very salty; coughing slightly increased - syp. Koflet SF given.
7	Oct 29	SpO2: 92-95 PR: 71-88 Temp: 98.5-102.0	Fever in the morning and at night, not during the day (99.5 at 10 : 00 p.m.) - no medicine taken for fever after morning; slight improvement in appetite. ; Himcocid (2 tsp. TDS), <i>Amlapittantak yog</i> , tab. <i>Sitopaladi</i> added to prescription.

8	Oct 30	SpO2: 95-96 PR: 71-81 Temp: 98.0-98.5	No fever; improvement in weakness; ate proper food; mild cough persists. Overall 70% recovery reported.
9	Oct 31	SpO2: 97-98 PR: 68-73 Temp: 97.0-97.3	
10	Nov 01		Complete recovery reported with normal appetite.
11	Nov 02	SpO2: 97-98 PR: 70-81 Temp: 97.0-99.0	
14	Nov 05		Patient found in good health during follow-up.

Table 24: Progress of patient P22 and evolution of the treatment plan

Detailed treatment plan and progress tracking for P23:

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The patient presented with the following symptoms at the time of the first consultation: mild cough, body ache, weakness.

History of the present illness was taken, which is as follows. The patient started developing initial symptoms around October 21-22. She underwent RTPCR on
1655 October 23, and was tested positive, following which she was suggested to take PCM SOS. Subsequently, she joined the Integrative Therapy.

The patient was reported not to be taking any medicines regularly. The only chronic problem she had was seasonal bronchitis, which she had been managing with steam and herbal concoctions.

1660 Based on the patient's medical history and the symptoms presented, the following prescription for the Integrative Therapy was given:

Ayurvedic medicines and procedures prescribed: *Sanshamani Vati* (1 BD),

Laghmalini Vasant (1 BD), Ayush Kwath (BD), Chyawanprash (1 tsf. daily with milk), steam inhalation and gargles - all for 15 days. The following medicines were added to the prescription within two days: *Sudarshan Ghanvati* (1 TDS), *Astha-15* (1 BD), Bresol (1 BD), syp. *Astha-15* (2 tsf. TDS with lukewarm water) - to be taken for 3 days, and *Ashwagandha Vati* to be taken for 15 days; the details of the same have been furnished in Table 25.

Yoga Protocol: *Sukshma Vyayama* (upper and lower body parts); Breathing exercises (4 exercises with 5 iterations in each); *asanas*: *Tadasana*, *Triyak-Tadasana*, *Trikonasana*, *Hastapadasana*, *Ardhachakrasana*, *Parshva Sukhasana*, *Utthana Mandukasana*, *ArdhaUstrasana*, *Vakrasana*, *Bhujangasana*, *Shalabhasana*, *Ardhahalasana*, *Pawanmuktasana*, *Shavasana*; *Pranayama* (sectional breathing and full yogic breathing, *Bhramari*, *Anulom-vilom*, *Udgeet*); *Dhyana*.

The patient was almost fully compliant. She was regular in taking all the medicines and attended most of the yoga sessions.

Details of the patient's progress and compliance during the course of the treatment are given below in Table 25.

Day	Date	Vital Measures	General Remarks
0	Oct 24	SpO2: 97 Temp: 98.5	Symptoms at the time of first consultation: mild cough, body ache, weakness; later she also reported to be having loose stools and chest congestion.
1	Oct 25	SpO2: 98 PR: 122 Temp: 100.4	Experiencing throat irritation since the previous night - Koflet syrup started; doing steam inhalation multiple times a day - slight improvement in congestion; patient developed fever - took PCM; loose stools and weakness persist; feeling cold.
2	Oct 26	SpO2: 97-98 PR: 88-115 Temp: 97.8-100.1	Symptoms persist; experiencing new symptoms - irritation/burning sensation in feet, shivering due to weakness, appetite slightly reduced. Blood test done on doctor's suggestion - all parameters found okay. Patient took PCM due to fever.

3	Oct 27	SpO2: 96-99 PR: 103-116 Temp: 98.7-99.3	Symptoms persist; appetite coming back to normal; had motion twice. Patient took PCM due to mild fever.
4	Oct 28	SpO2: 99 PR: 96-100 Temp: 98.5-98.6	Improvement in chest congestion, stomach and appetite; no more throat irritation; still feels slightly cold.
5	Oct 29	SpO2: 99 PR: 97 Temp: 98.7	Stomach alright; appetite not normal yet; still feels cold and weak.
6	Oct 30	SpO2: 97-99 PR: 88-106 Temp: 98.2-98.6	No more congestion; only weakness and cold feeling persist; patient reported post-nasal drip. Overall 75% recovery reported.
7	Oct 31	SpO2: 96-98 PR: 97-98 Temp: 98.5-98.8	
8	Nov 01	SpO2: 95-96 PR: 71-81 Temp: 98.0-98.5	Recovery reported; medicines continued.
12	Nov 05	SpO2: 97-98 PR: 68-73 Temp: 97.0-97.3	Patient found to be in good health during follow-up.

Table 25: Progress of patient P23 and evolution of the treatment plan

1680 Detailed treatment plan and progress tracking for P24:

The patient presented with the following symptoms at the time of the first consultation: Sore throat (mild) with mild pain, weakness, loss of smell, taste.

History of the present illness was taken, which is as follows. The patient developed fever on October 17 (which persisted for about 6 days). Following this, she
1685 consulted a doctor on October 19, and was prescribed the following Allopathic medicines: Doxycycline 100 (2 days), Calpol 650 (SOS), Syp. Piritone (2 days); Zincovit, Celin (Vit C) - this was never taken by the patient, Cap. Uprise (D3) (once a week for 2 weeks). She was also advised the following tests: RT-PCR,

1690 CBC, CRP, NS Agent (dengue). She underwent RTPCR on October 21 and
was tested positive. Subsequently she was given the following Allopathic pre-
scription: Fabiflu 200mg, Calpol, Piritone, Zinconia, Celin - all for 10 days; she
was also suggested some breathing exercises. Besides, the patient reported to
be doing steam inhalation and gargles 3-4 times a day, and taking home-made
1695 *kadha* prepared with *dalchini* (cinnamon), *laung* (clove), *ilaichi* (cardamom),
adrak (ginger), *giloy*, *tulsi* (basil), *kali mirch* (black pepper).

The patient had been taking the following medicines regularly for her comor-
bidity(ies): Olmizede 40.

Based on the patient's medical history and the symptoms presented, the follow-
1700 ing prescription for the Integrative Therapy was given:

Ayurvedic medicines and procedures prescribed: *Sanshamani Vati* (2 TDS),
Laxmivilas Ras (2 BD), *Ashwagandha Vati* (2 BD), *Sarpgandha Vati* (1 OD at
night after dinner), *kadha* (to be continued), *nasya* with *Anu teil*, *usha paan*,
steam inhalation and gargles - all for 15 days. Some addition was done to
1705 the prescription during the course of treatment due to some new symptoms
presented by the patient. Also, after recovery from other symptoms, the pre-
scription was appropriately modified to help the patient get over post-recovery
weakness. Details of the same have been furnished in Table 26

Yoga Protocol: *Sukshma Vyayama* (upper and lower body parts); Breathing
1710 exercises (4 exercises with 5 iterations in each); *asanas*: *Tadasana*, *Triyak-*
Tadasana, *Trikonasana*, *Ardhachakrasana*, *Parshva Sukhasana*, *Utthana Man-*
dukasana, *ArdhaUstrasana*, *Vakrasana*, *Bhujangasana*, *Shalabhasana*, *Ardhaha-*
lasana, *Pawanmuktasana*, *Shavasana*; *Pranayama* (sectional breathing and full
yogic breathing, *Bhramari*, *Anulom-vilom*, *Udgeet*); *Dhyana*.

1715 The patient was almost fully compliant. She was regular in taking all the
medicines and attended most of the yoga sessions.

Details of the patient's progress and compliance during the course of the treat-
ment are given below in Table 26.

Day	Date	Vital Measures	General Remarks
0	Oct 24	SpO2: 97-99 Temp: 97.0-98.7 BP sys: 120-130 BP dias: 82-84	Symptoms at the time of first consultation: Sore throat (mild) with mild pain, weakness, loss of smell, taste.
1	Oct 25	SpO2: 99 PR: 82-85 Temp: 98.4 BP sys: 128-130 BP dias: 80-82	symptoms persist, but overall improvement - patient reported to be feeling better than the previous day.
2	Oct 26	SpO2: 99 PR: 82 Temp: 98.4 BP sys: 130 BP dias:80-84	Patient reported severe body-ache (new symptom) and weakness, and skipped the yoga session.
3	Oct 27	SpO2: 99 PR: 82-84 Temp: 98.4 BP sys: 125-130 BP dias:82-85	Improvement in body-ache; no more sore throat; weakness persists.
4	Oct 28	SpO2: 99 PR: 82-84 Temp: 98.4 BP sys: 125-130 BP dias:82-84	Symptoms improving; weakness still there.
5	Oct 29	SpO2: 99 PR: 82 Temp: 100.0	Reported to be feeling feverish since the pre- vious night; had fever during the day, but subsided by late evening - patient took PCM. She was suggested to take <i>Sudarshan Ghan- vati</i> (2 BD) in case fever happens again; also suggested to take 6-7 glasses of lemon water per day, do meditation and deep breathing. The patient reported relief with respect to loss of smell and taste.
6	Oct 30	SpO2: 99 PR: 82 Temp: 97.6	Body-ache surfaced again with throat pain (new symptom); weakness persists. Patient started taking <i>Sudarshan Ghanvati</i> .

7	Oct 31		Body-ache and weakness persist; felt too drained out during the yoga session and started sweating - could not complete. Patient took <i>Sudarshan Ghanvati</i> .
8	Nov 01	SpO2: 99 PR: 82 Temp: 97.6-98.4	No symptom except weakness; improvement in weakness; overall much better.
9	Nov 02	SpO2: 99 PR: 82 Temp: 98.4	Patient reported to have almost recovered; medicines continued.
12	Nov 05		Patient found to be doing fine (except mild weakness) during follow-up. <i>Sanshamani Vati</i> , <i>Ashwagandha Vati</i> , <i>Sarpagandha Vati</i> and <i>nasya</i> continued; massage of calf muscles with coconut oil recommended; <i>Sudarshan Ghanvati</i> discontinued.

Table 26: Progress of patient P24 and evolution of the treatment plan

1720 Detailed treatment plan and progress tracking for P25:

The patient presented with the following symptoms at the time of the first consultation: sore throat, cough, body-ache.

History of the present illness was taken, which is as follows. The patient felt
1725 body-ache, throat irritation and feverish around October 18 with temperature fluctuating around 99°F-100°F. Thereafter, she was prescribed the following Allopathic medicines: Azee 500 (1 OD for 5 days), tab. LCZ HS 1 OD, Dolo 650 SOS.

Based on the symptoms presented, the patient was prescribed following Ayurvedic
1730 medicines: Septilin (1 BD), Oritus (1 tsf. TDS with lukewarm water) - for 5 days.

The patient was not fully compliant; she started experiencing loss of taste on October 22 (which lasted 3 days) and remained febrile. Thereafter, she underwent RAT on October 24, and was tested positive. Subsequently, she was given
1735 the following Allopathic supplements: Vitneurin CSZ , Citravite XT; she was

also suggested to take Dolo 650 (SOS) - for 15 days.

The patient had been taking the following medicines regularly for her comorbidity: Telmisartan 40mg (1 OD).

The patient consulted again on October 26. Throat irritation and loss of taste
 1740 had been resolved by then. The following symptoms were observed: fever (fluctuating between 99°F-100°F since the onset of symptoms), body-ache, loss of appetite, bad taste/no taste in food, weakness, mild stomach pain with urge to evacuate the bowel 3-4 times in a day (consistency of the stool normal). Based on her medical history and the symptoms presented, the following prescription
 1745 for the Integrative Therapy was given:

Ayurvedic medicines and procedures prescribed: *Sanshamani Vati* (1 BD), *Laghmalini Vasant* (1 BD), *Ashwagandha Vati* (1 BD), Ayush Kwath (BD), steam inhalation and gargles - all for 15 days.

Yoga Protocol: Breathing exercises (4 exercises with 5 iterations in each);
 1750 *Sukshma Vyayama* (upper and lower body parts); *asanas*: *TriyakTadasana*, *Trikonasana*, *Ardhachakrasana*, *Parshva Sukhasana*, *Sukhasana* twist, *Utthana Mandukasana* (in *Sukhasana*), *Bhujangasana*, *Shalabhasana*, *Ardhahalasana*, *Pawanmuktasana*, *Shavasana*; *Pranayama* (sectional breathing and full yogic breathing, *Bhramari*, *Anulom-vilom*, *Udgeet*); *Dhyana*.

1755 The patient was almost fully compliant after October 26 (except that she did not take the kwath). She was regular in taking all the medicines and attended most of the yoga sessions.

Details of the patient's progress and compliance during the course of the treatment
 1760 are given below in Table 27.

Day	Date	Vital Measures	General Remarks
0	Oct 20		Symptoms: sore throat, cough, body-ache.
2	Oct 22		Symptoms: loss of taste.
3	Oct 23		Symptoms: loss of taste.
4	Oct 24		Symptoms: loss of taste. Underwent RAT - tested positive.

6	Oct 26		Symptoms: fever, body-ache, weakness, loss of appetite, mild stomach pain with increased frequency of bowel evacuation and semi-formed stools.
7	Oct 27	SpO2: 93	All symptoms persist, except that the patient reported to be constipating - advised to take <i>trifla</i> or <i>isabgol</i> (that she was habitual of).
8	Oct 28	SpO2: 93-98 PR: 106 Temp: 100.0 BP: 158/80	Patient reported relief with respect to upset stomach; very bad taste in mouth, unable to eat properly; other symptoms (including fever) persist.
9	Oct 29	SpO2: > 95 Temp: 99.0-99.8	All symptoms persist - fever, body-ache, weakness, bad taste, reduced appetite.
10	Oct 30	SpO2: 96 PR: 95-100 Temp: 98.4-99.8 BP sys: 130-162 BP dias:75-85	Stomach upset again - semi-formed stools with increased frequency; trying to eat a little despite bad taste; extremely troubled by bad taste and body-ache. Patient reported not to be taking BP medicine since she got fever - advised by the doctor to resume.
11	Oct 31	SpO2: 95-98 PR: 102 Temp: 97.0-99.4 BP: 150/82	Resumed BP medicine. All symptoms persist; patient feeling very weak and tired; took DOLO for fever in the morning.
12	Nov 01	SpO2: 95 Temp: 99.0	Improvement seen in appetite; did not develop fever during the day despite not taking any medicine for fever - however had 99.0 temperature at night. Experiencing extreme weakness and pain in spine.
13	Nov 02	SpO2: 95 BP: 144/85	No fever; improvement with respect to body-ache and appetite; taste still bad; stomach still upset; weakness and fatigue persist.
14	Nov 03	SpO2: 95 Temp: 99.5 BP: 135/80	Developed fever again.

15	Nov 04	SpO2: 96	No fever, stomach fine; improvement in all symptoms - body-ache, weakness and taste; appetite still not normal. Overall 69% recovery reported.
16	Nov 05	SpO2: 96 BP: 133/87	No more fever.
17	Nov 06	SpO2: 98 BP: 135/79	Pain in spine; overall condition same as before; fatigue (though no fever) after doing household work - started sweating, feels cold at times.
18	Nov 07		Tiredness and weakness still there; taste and appetite not normal.
19	Nov 08	SpO2: 98 BP: 118/76	Pain in spine; taste getting better day by day; weakness persists, appetite not normal; sweating happens.
20	Nov 09	SpO2: 98 BP: 133/88	
21	Nov 10	SpO2: 97 BP: 138/87	Body-ache persists, weakness felt when too tired after doing household work; taste much better; appetite normal - felt hungry after many days. Overall more than 75% recovery reported.
28	Nov 17		Status found during follow-up: symptoms no longer persist; appetite and taste normal, no more weakness; almost complete recovery reported.

Table 27: Progress of patient P25 and evolution of the treatment plan

Detailed treatment plan and progress tracking for P26:

The patient presented with the following symptoms at the time of the first consultation on October 26: Gastric upset, burning sensation in stomach, and was prescribed *Amlapittantak Yog*, *Alsarex*, *Himcospaz*. The next day, on October

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27, he consulted again for cough, when he was prescribed Koflet SF (in addition to the first prescription). The patient underwent RAT and RTPCR on October 28, both of which turned negative. The patient continued to experience new symptoms, and contacted the doctor again on October 30 for cough and sore throat, when he was prescribed *Sitopaladi* (1 TDS), *Septilin* (1 BD), *Laxmivilas Ras* (1 TDS), Koflet SF (2 tsp TDS with lukewarm water) - all for 5 days; he was also suggested to take PCM (SOS). The doctor also recommended blood test - reports received on Nov. 1 revealed low platelet count. Subsequently, the following medicine was added to his prescription: Orplat (1 BD for 3 days). Meanwhile, other family members of the patient started developing similar symptoms, which led the doctor to suspect COVID. The patient underwent another RTPCR on Nov. 2 at the doctor's suggestion, and was tested positive this time. At this time, the patient presented with the following symptoms: fever, cough with sputum, loose stools. After this, he was prescribed the following Allopathic medicines and supplements: Vitneurin CZS (1 OD), Citravite XT (1 OD) - given on Nov. 3 for 15 days; PCM 650 (1 TDS), Doxycycline 100 (1 OD for 5 days). Besides the patient reported to have been taking Ayush Kwath as a preventive measure.

The patient had been taking the following medicines regularly for his comorbidities: Amloz AT (1 OD), Glucoryl-M1 (1 OD), Thyroxine 50 mcg, Zyloric (1 OD).

Based on the patient's medical history and the symptoms presented, the following prescription for the Integrative Therapy was given.

Ayurvedic medicines and procedures prescribed: *Sudarshan Ghanvati* (1 TDS), tab. *Sitopaladi* (1 TDS), syp. Koflet SF (2 tsf TDS with lukewarm water) - for 3 days; *Sanshamani Vati* (1 BD), *Laghmalini Vasant* (1 BD), *Ashwagandha Vati* (1 BD), Chyawanprash (Organic) (1 tsf OD), steam inhalation and gargles - for 15 days; the patient was also advised to continue taking *kwath*. Some modifications were made to the prescription during the course of treatment based on the condition of the patient.

Yoga Protocol: *Sukshma Vyayama* (upper and lower body parts); Breathing

exercises (4 exercises with 5 iterations in each); *asanas*: *Tadasana*, *Triyak-Tadasana*, *Trikonasana*, *Ardhachakrasana*, *Parshva Sukhasana*, *Utthana Mandukasana*, *ArdhaUstrasana*, *Vakrasana*, *Bhujangasana*, *Shalabhasana*, *Ardhahalasana*, *Pawanmuktasana*, *Shavasana*; *Pranayama* (sectional breathing and full yogic breathing, *Bhramari*, *Anulom-vilom*, *Udgeet*); *Dhyana*.

The patient was almost fully compliant. He was regular in taking the medicines and attended all the yoga sessions.

Details of the patient's progress and compliance during the course of the treatment are given below in Table 28.

Day	Date	Vital Measures	General Remarks
0	Oct 26		Symptoms: gastric upset.
1	Oct 27		Symptoms: gastric upset, cough.
4	Oct 30		Symptoms: cough, sore throat. Blood-test recommended.
6	Nov 01		Symptoms persist; low platelet count observed in blood-test report - Orplat (1 BD) added to the prescription.
7	Nov 02		Symptoms: fever, cough with sputum, upset stomach - loose stools.
8	Nov 03	SpO2: 94 PR: 67 Temp: 100.0	Symptoms: fever, cough with sputum, upset stomach - loose stools. SpO2 level below 95 - <i>Makarasana</i> and <i>Shithilasana</i> recommended.
9	Nov 04	SpO2: 94-96 PR: 63-89 Temp: 98.7-100.0 BP: 119/75	Fever, cough with sputum and loose stools persist. SpO2 still below 95 - patient again advised to do <i>Makarasana</i> and <i>Shithilasana</i>
10	Nov 05	SpO2: 95-98 PR: 64-71 Temp: 98.6-100.5 BP: 112/79	Fever, weakness persist; appetite reduced (mostly on liquid diet); improvement with respect to cough with sputum; upset stomach - semi-formed stools with increased frequency. Reported to have felt drowsiness during the day, vomited - took allopathic medicines <i>Dilose</i> and <i>Pantoprazole</i> gadtro resistance (1 tab. each). <i>Septilin</i> continued for 5 days.

11	Nov 06	SpO2: 94-97 PR: 67-74 Temp: 98.6-100.0	Fever persists - develops at night, becomes normal during the day; fever is accompanied with weakness; mild dry cough and reduced appetite persist (mostly on liquid diet); improvement with respect to loose stools.
12	Nov 07	SpO2: 98 PR: 66 Temp: 98.5 BP: 118/82	No more fever; improvement with respect to weakness. Overall better than the previous day.
13	Nov 08	SpO2: 98 PR: 66-96 Temp: 96.0-97.6 BP sys: 115-120 BP dias: 76-80	Mild dry cough and slight weakness persist; no more loose stools; appetite normal. More than 80% recovery reported. <i>Sudarshan Ghanvati</i> given again for 2 days.
14	Nov 09	SpO2: 98-99 PR: 57-65 Temp: 97.5 BP sys: 116-119 BP dias: 79	
15	Nov 10	SpO2: 98 PR: 65 Temp: 97.2-97.5 BP sys: 115-117 BP dias: 79-81	
16	Nov 11	SpO2: 99 PR: 56-65 Temp: 97.5 BP sys: 110-119 BP dias: 82-86	
17	Nov 12	SpO2: 97-99 PR: 60-62 Temp: 97.8-98 BP sys: 101-112 BP dias: 78-80	No more symptoms. Complete recovery reported; occasional mild cough due to pollution.

Table 28: Progress of patient P26 and evolution of the treatment plan

Detailed treatment plan and progress tracking for P27:

The patient presented with the following symptoms at the time of the first consultation on October 28: body-ache, and was prescribed the following Ayurvedic medicines: *Sudarshan Ghanvati* (1 TDS) and cap. Immunity (1 TDS) - for 5 days; she was also advised to take PCM 650 (SOS). Following this, she started experiencing more symptoms and underwent RAT on November 3, wherein she was tested positive. At this point, the symptoms presented by the patient were: fever, weakness and loss of appetite. Subsequently, she was prescribed the following Allopathic supplements: Vitneurin CZS (1 OD), Citravite XT (1 OD) for 15 days. Besides, the patient reported to have been taking Ayush Kwath. The patient had been taking the following medicines regularly for her comorbidity: Telma AM (1 OD).

Based on the patient's medical history and the symptoms presented, the following prescription for the Integrative Therapy was given.

Ayurvedic medicines and procedures prescribed: *Sudarshan Ghanvati* (1 TDS), *Amalpittantak Yog* (1 TDS), tab. Unexozim - for 3 days; *Sanshamani Vati* (1 BD), *Laghumalini Vasant* (1 BD), *Ashwagandha Vati* (1 BD), Chyawanprash (Organic) (1 tsf OD), steam inhalation and gargles - for 15 days; the patient was also advised to continue taking *kwath*. Some modifications were made to the prescription during the course of treatment based on the condition of the patient.

Yoga Protocol: *Sukshma Vyayama* (upper and lower body parts); Breathing exercises (4 exercises with 5 iterations in each); *asanas*: *Tadasana*, *Triyak-Tadasana*, *Trikonasana*, *Ardhachakrasana*, *Parshva Sukhasana*, *Utthana Mandukasana*, *ArdhaUstrasana*, *Vakrasana*, *Bhujangasana*, *Shalabhasana*, *Ardhahalasana*, *Pawanmuktasana*, *Shavasana*; *Pranayama* (sectional breathing and full yogic breathing, *Bhramari*, *Anulom-vilom*, *Udgeet*); *Dhyana*.

1835 The patient was almost fully compliant. She was regular in taking the medicines and attended all the yoga sessions.

Details of the patient's progress and compliance during the course of the treatment are given below in Table 29.

Day	Date	Vital Measures	General Remarks
0	Oct 28		Symptoms: body-ache.
6	Nov 03	SpO2: 94 PR: 97 Temp: 100.0	Symptoms: fever, weakness and loss of appetite. SpO2 level below 95 - <i>Makarasana</i> and <i>Shithilasana</i> recommended.
7	Nov 04	SpO2: 98-99 PR: 87-97 Temp: 98.7 BP: 164/97	Weakness and loss of appetite persist (mostly on liquid diet); no fever. SpO2 level improved.
8	Nov 05	SpO2: 96-97 PR: 88-106 Temp: 98.4-99.0 BP: 145/95	Symptoms persist; mild fever observed, though patient did not feel feverish; largely on liquid diet. <i>Sudarshan Ghanvati</i> and <i>Amalpittantak yog</i> continued for 2 days.
9	Nov 06	SpO2: 97-100 PR: 80-101 Temp: 98.6-99.2	mild fever relapse; weakness persists; appetite getting normal.
10	Nov 07	SpO2: 98 PR: 84 Temp: 98.5 BP: 148/105	No more fever; improvement with respect to weakness.
11	Nov 08	SpO2: 95-97 PR: 88-90 Temp: 99.0-99.5 BP sys: 140-148 BP dias: 101-105	Mild fever, feels weak when in fever; appetite completely normal. Overall feeling much better. <i>Sudarshan Ghanvati</i> continued for 2 days; <i>Fifatrol</i> (1 BD) given for 2 days.
12	Nov 09	SpO2: 98-99 PR: 79-86 Temp: 98.5-98.6 BP sys: 130-136 BP dias: 89-93	

13	Nov 10	SpO2: 98-99 PR: 75-83 Temp: 97.5-98.5 BP sys: 137-140 BP dias: 94-95	
14	Nov 11	SpO2: 97-98 PR: 66-82 Temp: 98.4 BP sys: 110-134 BP dias: 82-93	
15	Nov 12	SpO2: 98 PR: 77-83 Temp: 97.2-98.4 BP sys: 133-134 BP dias: 96-101	Complete recovery reported.

Table 29: Progress of patient P27 and evolution of the treatment plan

1840 Detailed treatment plan and progress tracking for P28:

The patient presented with the following symptoms at the time of the first consultation on November 04: body-ache, mild cough and feverish feeling. He was prescribed the following Ayurvedic medicines: *Sudarshan Ghanvati* (1 TDS) and Coldab tablets (1 TDS), Septilin (1 BD) - for 2 days. The symptoms persisted and he underwent RAT on November 06, wherein he was tested positive. At this point, the symptoms presented by the patient were: mild cough with sputum, back-ache and loose motions. Subsequently, he was prescribed the following Allopathic supplements: Vitneurin CZS (1 OD), Citravite XT (1 OD) for 15 days; he was also prescribed DOLO 650 (SOS).

The patient had been taking the following medicines regularly for his comorbidity: Telma 40 (1 OD).

Based on the patient's medical history and the symptoms presented, the following prescription for the Integrative Therapy was given.

1855 Ayurvedic medicines and procedures prescribed: Coldab tablets (1 TDS), Im-

munocare (1 BD), Septilin (1 BD), syp. *Kufrakshak* (2 tsf. TDS with lukewarm water) - for 3 days; *Sanshamani Vati* (1 BD), *Laghmalini Vasant* (1 BD), Ayush *Kwath* (BD), steam inhalation and gargles - for 15 days; *Ashwagandha Vati* (1 BD) was added on November 7. Some modifications were made to the prescription during the course of treatment based on the condition of the patient.

Yoga Protocol: *Sukshma Vyayama* (upper and lower body parts); Breathing exercises (4 exercises with 5 iterations in each); *asanas*: *Tadasana*, *Triyak-Tadasana*, *Trikonasana*, *Ardhachakrasana*, *Parshva Sukhasana*, *Utthana Mandukasana*, *ArdhaUstrasana*, *Vakrasana*, *Bhujangasana*, *Shalabhasana*, *Ardhahalasana*, *Pawanmuktasana*, *Shavasana*; *Pranayama* (sectional breathing and full yogic breathing, *Bhramari*, *Anulom-vilom*, *Udgeet*); *Dhyana*.

The patient was almost fully compliant. He was regular in taking the medicines and attended almost all the yoga sessions.

Details of the patient's progress and compliance during the course of the treatment are given below in Table 30.

Day	Date	Vital Measures	General Remarks
0	Nov 04		Symptoms: body-ache, mild cough, feverish feeling.
2	Nov 06		Symptoms: mild cough with sputum, back-ache, loose stools.
3	Nov 07		Symptoms: cough, loose motions, weakness; no fever.
4	Nov 08	SpO2: 97-98 PR: 73-85 Temp: 97.9 BP: 145/94	Cough and weakness persist; no fever; relief from loose motions; reported to be eating properly and to have slept properly the previous night after many days.
5	Nov 09	SpO2: 97 PR: 74 Temp: 97.4 BP: 132/90	Cough and mild weakness persist. The following medicines added for 2 days: Coldab tablets, Immunocare and <i>Sudarshan Ghanvati</i> .
6	Nov 10		Overall improvement reported.

8	Nov 12	SpO2: 98 PR: 78 BP sys: 125-149 BP dias: 87-92	The patient reported that BP had increased the previous night, causing headache; still experiencing slight headache and feeling feverish (though temperature is normal); relief with respect to other symptoms. Yoga Nidra recommended.
9	Nov 13	SpO2: 97-98 PR: 75-82 BP sys: 119-136 BP dias: 90-93	Patient complained of high BP accompanied with headache - Ayurvedic medicine Cardiol-H capsules (1 BD) added to the prescription for management of BP.
10	Nov 14	SpO2: 98 PR: 87 BP 127/99	Improvement reported in headache; no other symptoms.
13	Nov 17		Complete recovery reported.

Table 30: Progress of patient P28 and evolution of the treatment plan

Detailed treatment plan and progress tracking for P29:

The patient presented with the following symptoms at the time of the first consultation on November 07: body-ache, shivering, sore throat.

History of the present illness was taken, which is as follows. The patient started developing symptoms on November 5 with feverish feeling (though temperature was not recorded), body-ache and shivering. The next day she developed irritation in the throat. Following this, she underwent RAT on November 7, and was tested positive. Subsequently, she was prescribed the following Allopathic supplements: Vitneurin CZS (1 OD), Citravite XT (1 OD) for 15 days; she was also prescribed DOLO 650 (SOS).

The patient had been taking the following medicines regularly for her comorbidity: Amtas-AT (1 OD).

Based on the patient's medical history and the symptoms presented, the following prescription for the Integrative Therapy was given.

Ayurvedic medicines and procedures prescribed: *Sudarshan Ghanvati* (1 TDS),

Laxmivilas Ras (1 TDS), *Septilin* (1 BD) - 3 days; *Sanshamani Vati* (1 BD), *Laghmalini Vasant* (1 BD), *Ashwagandha Vati* (1 BD), *Ayush Kwath* (BD), steam inhalation and gargles - for 15 days.

Yoga Protocol: *Sukshma Vyayama* (upper and lower body parts); Breathing exercises (4 exercises with 5 iterations in each); *asanas*: *Tadasana*, *Triyak-Tadasana*, *Trikonasana*, *Ardhachakrasana*, *Parshva Sukhasana*, *Utthana Mandukasana*, *ArdhaUstrasana*, *Vakrasana*, *Bhujangasana*, *Shalabhasana*, *Ardhahalasana*, *Pawanmuktasana*, *Shavasana*; *Pranayama* (sectional breathing and full yogic breathing, *Bhramari*, *Anulom-vilom*, *Udgeet*); *Dhyana*.

The patient was almost fully compliant. She was regular in taking the medicines and attended almost all the yoga sessions. In a follow-up call, she reported to be continuing with yoga practice with the help of the video recording provided to her.

Details of the patient's progress and compliance during the course of the treatment are given below in Table 31.

Day	Date	Vital Measures	General Remarks
0	Nov 07		Symptoms: body-ache, shivering, sore throat.
1	Nov 08	SpO2: 97-98 PR: 75-78 Temp: 99.7 BP: 125/90	Symptoms: Body-ache, weakness, throat irritation, sneezing; developed fever later during the day; eating properly.
2	Nov 09	SpO2: 98 PR: 90 Temp: 97.6 BP: 133/97	Mild cough developed; weakness and body-ache persist; nasal/chest blockage - steam inhalation suggested.
3	Nov 10		Patient started steam inhalation since the previous day. No more fever; mild cough and nasal/chest blockage persist; improvement in weakness and body-ache.

5	Nov 12	SpO2: 98-99 PR: 64-81 BP sys: 125-131 BP dias: 93-95	Improvement reported in nasal/chest blockage; relief from weakness and body-ache; mild cough persists. Overall 75% relief reported.
6	Nov 13	SpO2: 97-98 PR: 69-71 BP sys: 133-135 BP dias: 94-100	Much improvement in blockage. No more symptoms except mild cough.
7	Nov 14	SpO2: 99 PR: 82 BP: 124/94	Patient reported to have almost completely recovered. No more blockage as evident from the voice of the patient; mild seasonal cough remains.
10	Nov 17		Complete recovery reported.

Table 31: Progress of patient P29 and evolution of the treatment plan

Detailed treatment plan and progress tracking for P30:

The patient presented with the following symptoms at the time of the first consultation on November 06: body-ache, fever. He reported to have had fever (100°F) and chills since the previous evening. The following Ayurvedic medicines were prescribed to him: *Sudarshan Ghanvati* (1 TDS), cap. Immunity (1 TDS) - for 3 days; he was also suggested to take DOLO 650 (SOS). The next day, i.e. on November 07, he underwent RTPCR, and was tested positive. Subsequently, he was prescribed the following allopathic supplements: Vitneurin CZS (1 OD), Citravite XT (1 OD) for 15 days; DOLO 650 (SOS). The patient had been taking the following medicines regularly for his comorbidity: Sartel H 40 (for past 1 year). Based on the patient's medical history and the symptoms presented, the following prescription for the Integrative Therapy was given. Ayurvedic medicines and procedures prescribed: *Sudarshan Ghanvati* (1 TDS), Immunocare (1 TDS) - 2 days; *Sanshamani Vati* (1 BD), *Laghmalini Vasant* (1 BD), Chyawanprash (1 tsf. daily with hot milk) steam inhalation and gargles

- for 15 days.

Yoga Protocol: *Sukshma Vyayama* (upper and lower body parts); Breathing exercises (4 exercises with 5 iterations in each); *asanas*: *Tadasana*, *Triyak-Tadasana*, *Trikonasana*, *Ardhachakrasana*, *Parshva Sukhasana*, *Utthana Mandukasana*, *ArdhaUstrasana*, *Vakrasana*, *Bhujangasana*, *Shalabhasana*, *Ardhahalasana*, *Pawanmuktasana*, *Shavasana*; *Pranayama* (sectional breathing and full yogic breathing, *Bhramari*, *Anulom-vilom*, *Udgeet*); *Dhyana*.

The patient was almost fully compliant. He was regular in taking the medicines and attended almost all the yoga sessions. By the end of the treatment, he was strongly convinced about the positive impact yoga could have on his life, and was determined to adopt it in his lifestyle.

Details of the patient's progress and compliance during the course of the treatment are given below in Table 32.

Day	Date	Vital Measures	General Remarks
0	Nov 06		Symptoms: fever, body-ache.
2	Nov 08	Temp: 99.3-101.0	Symptoms: fever, body-ache, weakness; SpO2 touching 95 - <i>Makarasana</i> and <i>Shithi-lasana</i> suggested.
3	Nov 09	SpO2: 95-97 Temp: 98.1-99.2	Mild fever; mild dry cough and mild weakness; no body-ache; reported to be sleeping and eating well.
4	Nov 10	SpO2: 96-97 Temp: 98.3-98.4	No more fever; improvement in cough; mild weakness persists. Overall 60% recovery reported.
5	Nov 11	SpO2: 95-96 Temp: 98.2-98.4	
6	Nov 12	SpO2: 96-97 Temp: 98.3-98.4	Mild cough remains; relief with respect to all other symptoms. Patient expressed determination to adopt yoga in his lifestyle.
7	Nov 13	SpO2: 96-97 Temp: 98.2-98.4	Condition same as before.

8	Nov 14	SpO2: 96-97 Temp: 98.3-98.4	
9	Nov 15	SpO2: 96-97 Temp: 98.3-98.4	Patient reported complete recovery.
10	Nov 16	SpO2: 96-97 Temp: 98.2-98.4	
11	Nov 17	SpO2: 96-97 Temp: 98.2-98.4	
12	Nov 18	SpO2: 95-96 Temp: 98.2-98.5	
13	Nov 19	SpO2: 96-97 Temp: 98.3-98.4	
14	Nov 20	SpO2: 95-97 Temp: 98.3-98.4	Patient continues to be in good health.

Table 32: Progress of patient P30 and evolution of the treatment plan

9.2. Justification of Medicines Used

Here we provide the ingredients and benefits of the medicines prescribed to the patients.

1940

Giloy is known to have the following properties [66]: *Tridosha shamaka* (pacifies all the three *doshas*, i.e. *Vata*, *Pitta*, *Kapha*), *Deepan Pachan* (*Rasa Dhatu*, after proper metabolism, converts to the next *Dhatu*, i.e. *Rakta* or blood; undigested part of *Rasa Dhatu* acts as toxin, which is called *Ama Dosha*; this toxin is responsible for the blockage of micro-channels, i.e. *srotas*, leading to diseases; the *Deepan Pachan* property provides for enhancement of digestive fire for digestion of the *Ama Dosha*, thereby freeing the body of toxins), *Jwaraghna* (antipyretic), *Pramehahara* (anti-diabetic), *Hrid-daurbalya nashak* (useful in the treatment of heart problems), *Yakrit vikar nashak* (useful in the treatment of liver related

1945

1950 problems), *Kasa roga nashak* (useful in the treatment of cough related problems), *Raktashodhaka* (blood purifier), and *Rasayan* (rejuvenating and removes weakness).

Ashwagandha has the following properties [66]: *Kapha*, *Vata shamak* (pacifies
1955 *Kapha* and *Vata doshas*), *Balya* (provides strength), *Vringhan* (nourishing effect), *Rasayan* (rejuvenating and removes weakness), *Deepan* (appetizer; and enhancer of the digestive fire), *Anuloman* (carminative, i.e., removes blockage in the gastro-intestinal tract resulting in easy passage of *Vata* such as flatus), *Shwasahara* (helpful in cases of breathlessness or dyspnea), and *mootral*
1960 (diuretic, i.e., helpful in kidney related problems).

Pathyadi Kwath [67, 66]: Ingredients: *Harad*, *Baheda*, *Amla*, *Neem chhal*, *Haldi*, *Giloy*. Benefits: *Tridosha shamaka* (pacifier of all the three *doshas*, i.e. *Vata*, *Pitta*, *Kapha*; *Balya* (strength providing); *Medhya* (nervine tonic); *Deepan Pachan*
1965 (enhances the digestive fire for digestion of the *Ama Dosha*); *Yakrit uttejak* (increases liver efficiency), *Jwaraghna* (antipyretic); *Mootral* (diuretic, i.e., useful in kidney related problems); *Anuloman* (carminative); *Mridu-rechan* (mild purgative); *Kasa roga nashak* (treats cough related problems); *Shwas roga nashak* (helps in breathlessness, dyspnea); *Swarabheda nashak* (helps eliminate hoarseness of voice); *Pratishyaya nashak* (useful in common cold); *Dhatuwardhak* (nourishes body tissues, especially *Rasa* - lymph, plasma, etc., *Rakta* or blood, *Mansa* or muscles, *Meda* or fat and *Dhatu*); *Rochan* (removes anorexia, i.e., unwillingness to eat and reduced appetite); *Rasayan* (removes weakness and is rejuvenating); *Pramehaghna* (used to treat *Madhumeha* or diabetes); *Yakrit uttejak*
1975 (enhances liver efficiency); *Hrid-roga nashak* (used to treat heart problems); *Rakta shodhak* (blood purifier).

Diabecon tablet [68, 69]: Ingredients: *Shilajeet*, *Meshashringi*/ *Gudmara*/ *Madhunashini*, *Peetashala*/ *Vijaysar*/ *Indian Kino Tree*. Benefits: *Vata*, *Pitta*, *Kapha hara* (pacifies *Vata Pitta* and *Kapha Doshas*); *Rasayan* (rejuvenates and removes weak-

1980

ness); *Ama pachak* (digests the *Ama Dosha*, i.e. the toxins in the body); *Kapha rog nashak* (useful in *Kapha* related disorders); *Mootra roga nashak* (useful in urine related problems); useful in *Prameha* (useful in disorders like diabetes); *Kasa roga nashak* (used to treat cough related problems); *Shwas roga nashak* (useful in breathlessness, dyspnea); especially useful in *Madhumeha* (diabetes); *Madhurya nashak* (removes the sweet taste of the tongue); *Deepan* (appetizer, enhances the digestive fire); *Yakrit uttejak* (enhances liver efficiency); *Pratishyaya nashak* (useful in common cold); *Kasa roga nashak* (used to treat cough related problems); *Shwas roga nashak* (useful in breathlessness, dyspnea);
1990 *Rasayan* (rejuvenates and removes weakness), *Rakta shodhak* (blood purifier).

Lavangadi vati [70]: Clove is the main ingredient, which has *Kapha dosha* balancing, antispasmodic, antiseptic and carminative properties. It is useful in *kasa roga* (cough, sore throat, hoarseness of voice, laryngitis, tracheitis, bronchitis etc.).
1995

Chitrakadi vati [71]: Ingredients - *Chitrak Mool Chhal*, *Pipla Mool*, *Yavkshar*, *Sindha Namak* (rock salt), *Sochar Namak*, *Kala Namak*, *Samundra Namak*, *Sambhar Namak*, *Sounth*, *Kali Marich*, *Pipali Choti*, *Hing*, *Ajmod*, *Chabya*,
2000 *Sajjishar*. It is useful in *atisar* (loss of appetite, indigestion, flatulence).

Arogyavardhini vati [72]: Ingredients - *Shudha Mercury*, *Shudha Gandhak*, *Louh Bhasma*, *Abhrak Bhasma*, *Tamra Bhasma*, *Shudha Shilajeet*, *Shudha Guggul*, *Chitrak Mool*, *Kutki*, *Neem Patra Ras*, *Harad*, *Baheda*, *Amla*. It is useful in skin
2005 and liver disorder, obesity and chronic fever, etc., and gives strength.

Oritus syrup [73]: Oritus Syrup contains Ayurvedic Ingredients (*Yashtimadhu* 200 mg, *Vasa* 200 mg, *Tulsi* 200 mg, *Banafsha* 200 mg, *Jufa* 100 mg, *Adrak* 100 mg, *Bahera* 100 mg, *Kakrasinghi* 100 mg, *Kantakari* 50 mg, *Kulanjan* 50 mg,
2010 *Pippali* 50 mg, *Saunf* 6 mg, and *Pudina Satva* 3 mg). It is useful in the treatment of cough. It open the airways, dissolve mucous and brings about decongestion.

It also reduces bronchial inflammation and relieves sore throat. Oritus Syrup is used to treat seasonal, allergic and asthmatic cough. It is also useful in treating chronic bronchitis.

2015

Laghmalini Vasant [74]: *Dhootapapeshwar Laghumalini Vasant Rasa* contains *Jasad Bhasma* 10 parts, *Maricha* 5 parts, *Navneet* 1 part and *Bhavana- Nimbu Swarasa* as active ingredients. Benefits: potent *Vasantakalpa* acting on *Rasarak-tadi Dhatu*, *Jwaranashak*; useful in *Rajayakshma*, *Jeernajwara* with its *Balya*,
2020 *Rasayan* properties.

2025

Sudarshan Ghanvati [75]: Ingredients: *Triphala*, *Haridra*, *Daruharidra*, *Kantakari*, *Brhati*, *Karcura*, *Sunthi*, *Marica*, *Pippali*, *Murva*, *Guduchi*, *Dhanvayasa*, *Katuka*, *Parpata*, *Musta*, *Trayamanag*, *Hrivera*, *Nimba (Chhal)*, *Puskara*, *Yasti*,
Kutaja, *Yavani*, *Indrayava*, *Bharang*, *Sigru*, *Saurastri*, *Vaca*, *Tvak*, *Padmaka*,
Svetacandana, *Ativisa*, *Bala*, *Salaparn*, *Prsniparni*, *Vidanga*, *Tagara*, *Citraka*,
Devadaru, *Cavya*, *Patola*, *Lavanga*, *Vamsa*, *Kamala*, *Ashwagantha*, *Tejapatra*,
Jatiphala, *Sthauneya*, *Vidarikand*, *Kiratatikta*. It is useful in fever.

2030

Mahasudarshan Ghanvati [76]: Ingredients - *Harad* (*Terminalia chebula*), *Baheda* (*Terminalia belerica*), *Amla* (*Emblica officinalis*), *Haldi* (*Curcuma longa*), *Daru haldi* (*Berberi saristata*), *Kateri Chhoti* (*Solanum xanthocarpum*), *Kateri badi* (*Solanum indicum*), *Kachoor* (*Curcuma zedoaria*), *Sonth* (*Zingiber officinale*), *Kali marich* (*Piper nigrum*), *Pipal* (*Piper longum*), *Piplamool* (*Piper longum*), *Murva* (*Marsdenia tenacissima*), *Giloy* (*Tinospora cordifolia*), *Javasa* (*Alhagi camelorum*), *Kutki* (*Picrorhiza kurroa*), *Pitpapra* (*Fumaria indica*), *Nagarmotha* (*Cyperus rotundus*), *Banfisa* (*Viola odorata*), *Netrabala* (*Pavonia odorata*), *Neem* (*Azadirachta indica*), *Pohkar* (*Inula racemosa*), *Mulethi* (*Glycyrrhiza glabra*), *Kuda* (*Holarrhena antidysenterica*), *Ajwain* (*Trachyspermum ammi*),
2035 *Indrajav* (*Holarrhena antidysenterica*), *Bharangi* (*Clerodendrum serratum*), *Sahajan* (*Moringa pterygosperma*), *Shudha Phitakari* (*Alum Pure*), *Vach* (*Acorus calamus*), *Dalchini* (*Cinnamomum zeylanicum*), *Padamkhar* (*Prunus puddum*),
2040

Khas (*Vetiveria zizanioides*), *Chandan shwet* (*Santalum album*), *Atis* (*Aconitum heterophyllum*), *Khareti* (*Sida cordifolia*), *Shalparni* (*Desmodium gangeticum*),
 2045 *Prishinparni* (*Urari apicta*), *Viavidang* (*Embelia ribes*), *Tagar* (*Valeriana wallichii*), *Chitrak* (*Plumbago zeylanica*), *Devdaru* (*Cedrus deodara*), *Chava* (*Piper chaba*), *Patol patra* (*Trichosanthes dioica*), *Kalmegha* (*Andrographis paniculata*), *Karanj* (*Caesalpinia bonducella*), *Lavang* (*Syzygium aromaticum*), *Van-shlochan* (*Bambusa - arundinacea*), *Kamal* (*Nelumbo nucifera*), *Kakoli* (*Lilium polyphyllum*),
 2050 *Tejpatra* (*Cinnamomum tamala*), *Talis* (*Abies webbiana*), *Jivanti* (*Leptadenia reticulata*), and *Chirayata* (*Swertia chirata*) as active ingredients. Key benefits/uses of *Divya Mahasudarshan Ghanvati* are as follows: helps to fight contagious viral infections like swine flu, viral fever, etc.; boosts body's immunity to fight against various infections and diseases; relieves cough and
 2055 cold.

Kutaj Ghanvati [77]: Ingredients - *Kutaja* bark (*Holarrhena antidysenterica*), *Ativisha* (*Aconitum heterophyllum*). It has potent anti-dysenteric, antidiarrheal, anti-amoebic action and haemostatic properties for treating and curing
 2060 a horde of ailments including dysentery, diarrhoea, irritable bowel syndrome, malabsorption syndrome, intestinal infections and different bleeding disorders. It has *Arshoghna* (used for treating piles or *arsha*), *Kandughna* (used to get relief from itching), and *Asthapanopaga* (helps in medicated enema) properties. Traditionally, it is also used for curing *Atisara* (diarrhoea), *Jwaratisara* (sec-
 2065 ondary diarrhoea), *Asra* (blood or blood-related disorders), *Pravahika* (amebiasis), *Trsna* (thirst), *Kusthahara* (skin disorder), *Deepana* (improves digestion), *Vatasruk* (treats gout) and *Jantujit* (relieves from worm infestation).

Laxmivilas ras [78]: Ingredients - *Sudha* Mercury, *Sudha Gandhak*, *Abhrak*
 2070 *Bhasma*, *Kapoor*, *Javitri*, *Jaiphal*, *Vidhara* seed, *Vidarikand*, *Satavari*, *Nagbala*, *Atibala*, *Gokhru*, *Samundra Shosh*, *Pan Patta* Juice. It is useful in cough, cold, asthma attack, rhinitis.

Basant Kusumakar ras [79]: Ingredients - *Swarna Bhasma*, *Rajat Bhasma*,
2075 *Vanga Bhasma*, *Naga Bhasma*, *Lauha Bhasma*, *Abhraka Bhasma*, *Pravala Bhasma*,
Mukta Bhasma, *Rasa Sindur*. It is used in debility of heart and brain, useful
in diabetes mellitus and diabetes insipidus, beneficial in asthma and general
weakness.

2080 Fifatrol tablet [80]: Ingredients - *Guduchi* (*Tinospora cardifolia*), *Daruharidra*
(*Berberis aristata*), *Apamarga* (*Achyranthes aspera*), *Chirayata* (*Swertia chi-*
rata), *Karanja* (*Pongamia pinnata*), *Kutaki* (*Picrorhiza kurroa*), *Tulsi* (*Oci-*
mum sanctum), *Motha* (*Cyperus rotandus*), *Godanti Bhasam* (Selenite ($\text{CaSO}_4 \cdot 2\text{H}_2\text{O}$)). It is useful in body ache and headache, rhinitis, running nose, PUO
2085 (pyrexia of unknown origin), chronic fever, viral fever, typhoid fever, malaria,
dengue, upper respiratory tract infections, cold.

Zoemit tablet [81]: Antiemetic agents - *chhardiripu*, *matulung*, *dadim* and *valo*
control nausea and vomiting associated with gastric disturbances. Antispas-
2090 modic action of *valo* relieves spasm and pain in stomach. *Matulung*, *dadim* and
nagarmoth provide digestive, carminative and cooling effect in stomach. Carmi-
native and stomachic action of *dhanyak* and *pippalimool* promotes appetite and
assists in digestion. It is useful in nausea and vomiting of varied etiology, nausea
and vomiting due to gastric disturbance, motion sickness.

2095 Septilin tablet [82]: Key Ingredients - *Guduchi* (*Tinospora Cardifolia*), *Man-*
jistha, *Amalaki*, *Shigru*, *Yashtimadhu*. Key benefits: acts as an immunomodu-
lator, helps in the management of upper and lower respiratory tract infections,
provides relief in the case of allergic disorders, helps in sinusitis, helps to im-
2100 prove the body's defence mechanism.

Amynity plus syrup [83]: has 51 herbal extracts and 8 essential oils; strengthens
respiratory system, improves digestion and metabolism, powerful anti-oxidant,
rejuvenates body tissues.

2105

Himcocid syrup [84]: Himcocid is an antacid which contains Cowrie Shell Ash and Indian Gooseberry. Cowrie Shell Ash (*Varatika*) is useful in the treatment of gastritis, hyperacidity, heartburn and duodenitis. Indian Gooseberry (*Amalaki*) reduces the acid and pepsin content in the stomach. It increases the mucin,
2110 cellular mucus and life span of gastric mucosal cells, which helps in healing stomach ulcers. As an antioxidant, Indian Gooseberry protects the gastric mucosa from oxidative damage. Himcocid relieves gastrointestinal discomfort and combats ulcers and gastritis. It neutralizes gastric acid, relieves gaseous distension and bilious and dyspeptic symptoms. It is also effective in: Acid peptic
2115 disease (APD), Non-ulcer dyspepsia, Gastroesophageal reflux disease (GERD), Heartburn.

Diarex syrup [85]: Ingredients - *Coneru* and *Bael*. *Coneru* (*Kutaja*) is a potent astringent that is helpful in the treatment of amoebic dysentery and diarrhoea.
2120 It inhibits the growth of salmonella (the genus that causes salmonellosis) and shigella (the genus that causes dysentery). *Bael* (*Bilva*) fruit has high tannin content, which makes it an effective treatment for dysentery and diarrhea. The fruit exhibits antibacterial and antiviral activity against pathogens, which cause intestinal infections such as infectious diarrhea. Diarex syrup is an antimicro-
2125 bial and antidiarrheal. Diarex works in acute and chronic diarrhea, acute and chronic amoebiasis and as an adjuvant to the treatment of irritable bowel syndrome (IBS). It works as an antioxidant, has anti-inflammatory and demulcent properties, and antispasmodic action.

2130 Koflet-SF syrup [86]. Key ingredients: *Tulsi*, *Yashtimadhu*. Benefits: works as antitussive, antiseptic, anti inflammatory and cough suppressant; reduces the viscosity of bronchial secretions and facilitates expectoration; demulcent action, soothes respiratory passages; Basil possesses potent anti-histaminic properties, so it protects against pollen-induced brochospasms, catarrh and bronchitis due
2135 to its varied pharmacological properties; Licorice has antitussive, expectorant

and immune-enhancing properties that are helpful for relieving cough.

Kutajarishta [87]: Ingredients - *Kutaj* (Holarrhena antidysenterica), *Munnaka* (Vitis vinifera), *Mahua* (Madhuca indica), *Ghambhari* (Gmelina arborea), *Dhai-ful* (Woodfordia fruticosa), *Gudd* (Jaggery). Benefits - Cures diarrhoea, dysentery, malabsorption and fever.

Jirakadyarishta [88]: Ingredients - Cuminum cyminum, Woodfordia fruticosa, Zingiber officinale, Myristica fragrans, Cyperus rotundus, Elettaria cardamomum, Cinnamomum tamala, Mesua ferrea, Piper cubeba, Eugenia caryophyllus. Benefits - Treats gastro-intestinal discomfort caused by parasites and indigestion, and low *pitta* conditions related to poor circulation and blood toxicity. The principal ingredients are soothing to the stomach, known to reduce flatulence, and to have anti-bacterial, anti-fungal, and anti-viral properties. Cumin and ginger help with the mitigation and release of excess gas in the colon and intestines. *Dhawa* is a strong cleansing agent both of the blood and G-I tract. Cardamon, Cloves (Eugenia Ca.), and Cinnamon are blood cleansing and soothing for digestion, while Ironwood and Piper Cubeba are effective against dysentery and haemorrhoidal conditions.

Vasavaleh [89]: Ingredients - *Vasa*, *Adusa*, *Adhatoda*, *Vasica*, Sugar, Long Pepper Powder, Honey. Uses - treatment of cough, asthma, bronchitis, pain in abdomen, bleeding disorders and fever. Traditional Indications: *rajayakshma* – chronic bronchitis, tuberculosis, *kasa* – cold, cough, *shwasa* – asthma, respiratory disorders involving difficulty in breathing.

Jufex Forte [90]: Ingredients - *Amla* (Phyllanthus emblica L.), *Draksh* (Vitis vinifera L.), *Vasa* (Adhatoda vasica), *Tulsi* (Ocimum sanctum), *Apamarga* (Achyranthes aspera L.), *Haritaki* (Terminalia chebula Retz), *Baheda* (Terminalia bellirica (Gaertn.) Roxb.), *Sheetal Chini* (Piper cubeba), *Pippali* (Piper longum), *Sunthi* (Zingiber officinale), *Alsi* (Linum usitatissimum Linn.), *Dal-*

chini (Cinnamomum zeylanicum), *Tejpatra* (Cinnamomum macrocarpum), *Guduchi* (Tinospora cardifolia), *Kalimirch* (Piper nigrum L.), *Kalaunji* (Nigella sativa L.), *Kaddi patta* (Murraya koenigii (L.) Spreng), *Saunf* (Foeniculum vulgare),
 2170 *Amaltas* (Cassia fistula L.), *Naushadar* (Ammonium chloridis), *Gojiha* (Onosma bracteatum Wall.), *Jufa* (Hyssopus officinalis), *Kakrasingi* (Pistacia integerrima), *Gul Banafsha* (Viola odorata), *Kulanjan* (Alpinia galanga (L.) WILLD.), *Anjeer* (Ficus carica L.), *Khubbaji* (Malva sylvestris), *Talish Patr* (Abies bebiiana), *Khatmi* (Althaea officinalis L.), *Kaiphala* (Myrica esculenta Buch.), *Sudh Suhaga*
 2175 (Purified Borax), *Lasora* (Cordia dichotoma), *Pushkarmool* (Inula racemosa).
 Benefits - respiratory tract infections of viral origin, recurrent sore throat, allergic cough, cough associated with chronic bronchitis, pharyngitis, laryngitis.

Ayush Kwath [91]: Ingredients - *Tulsi* (basil), *Saunth* (dried ginger), *Krishna*
 2180 *Marich* (black pepper), *Dalchini* (cinnamon). Benefits - Increases natural immunity, improves respiratory health, boosts digestion.

Nagaradi Kwath [92]: Ingredients - *Ginger*, *Giloy*, *Haritaki*. Benefits - Used in all types of fever.

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Kantakari Avaleha [93]: Ingredients - *Kantakari*, *Guduchi*, *Chavya*, *Chitraka*, *em* *Musta*, *Karkatashrunji*, *Pepper*, *Long pepper*, *Ginger*, *Dhanvayasa*, *Bharangi*, *Rasna*, *Shati*, *Sugar*, *Sesame oil*, *Vanshalochana*. Uses - useful in respiratory ailments, acts as natural bronchodilator and mucolytic; used in the treatment
 2190 of bronchitis, COPD, cough, hiccups and cold.

Talishadi churna [94]: Ingredients - *Abies Webbiana* (*Talispatra* or *Indian Silver Fir*), *Black Pepper* (*Piper Nigrum*), *Sonth* – *Zingiber Officinale*, *Pippali* (*Long Pepper*) – *Piper Longum*, *Vanshlochan* (*Tabashir*) – *Bamboo Manna*, *Green*
 2195 *Cardamom* (*Elaichi*), *Dalchini* (cinnamon), *Misri* (crystallized sugar lumps).
 Benefits - has antitussive, bronchodilator, expectorant (mild), mucolytic, anti-inflammatory (effect appear on respiratory tract), antiviral, antibacterial, an-

timicrobial, carminative properties; is useful in asthma, cough, common cold, chronic bronchitis, whooping cough (pertussis), upper respiratory tract infections, gas or flatulence, bloating, abdominal distension, irritable bowel syndrome, loss of appetite.

Amalaki churna [95]: Ingredients - Indian gooseberry fruit, Indian gooseberry juice, Honey, Sugar, Clarified butter. Uses - useful in constipation fever, cardiac disorders, eye disorders, bleeding ailments, throat diseases, diabetes, urinary tract disorders, digestive disorders; it rejuvenates.

Aloe-vera + *Amla* juice [96]: Ingredients - Aloe-vera, *Amla*. Benefits - *Amla* is a natural source of Vitamin C, which is crucial for immunity, healthy hair and eyesight. *Amla* juice is also an effective heart and liver tonic that helps detoxify and purify the body. A natural anti-oxidant and blood purifier, Aloe Vera strengthens the immune system and improves digestion. It is a good skin tonic and anti-aging agent.

Swarna vasant malti ras [97]: Ingredients - *Swarn Bhasma*, *Moti Bhasma*, *Yasad Bhasma*, *Sudh Hing* (Ferula asafetida), *Kali Mirch* (Piper nigrum), *Nimbu Ras* (Citrus medica), Butter. Benefits - useful in curing fever (chronic), lungs related problems, digestion, cough and cold, improves the immune system.

Sitopaladi Tablets [98]: Ingredients - *Misri* (crystallized sugar lumps), *Van-shlochan*, *Pippali* (Piper Longum; long pepper), *Elaichi* (Elettaria Cardamomum; Green Cardamom), *Dalchini* (Cinnamomum Zeylanicum; Cinnamon). Medicinal Properties: antitussive, immunomodulatory, anti-inflammatory, antimicrobial - antibacterial, adaptogenic, antacid, antiulcerogenic, appetizer and digestive stimulant, antioxidant, mild antiviral, bronchodilator, carminative, demulcent, detoxifier, febrifuge, tonic. Benefits - useful in diseases related to respiration, digestion and immunity; primarily, restores the natural functions of respiratory, digestive, immune and many other systems of the body.

2230 *Madhumeha Kusumakar Rasa* [99]: Ingredients - *Suvarnayukta Vasant Kusumakar Rasa*, *Mamejjka Ghana*, *Haridra*, *Amalaki*, *Guduchi*, *Shuddha Shilajatu*, *Yashada Bhasma*. Benefits – useful in diabetes and associated complications; reduces blood and urine sugar; protects eyes from the ill effects of diabetes.

2235 *Vijaysar Churna* [100]: Ingredients - *Vijaysar* bark, *Saptrangi* roots (*Salacia chinesis*), *Bilwa patra* (*Aegle marmelos*), *Daruhaldi Rhizome* (*Berberis aristata*), *Neem Patra* (*Azardirachta indica*), *Gurmaar Leaves* (*Gymnema sylvestrae*), *Me-thi* seeds (*Trigonella foenum graceum*), *Tulsi* leaves (*Ocimum sanctum*), *Sadaba-har* leaves (*Eochnera rosea*), *Jamun* seeds (*Syzygium cumini*), *Karela* seed/fruit
2240 (*Momordica charantia*), *Babool* bark (*Acacia arabica*). Benefits - regulates diabetes, brings down sugar cravings, aids in weight loss, enhances digestion, treats wounds and ulcers, promotes skin health, relieves hair problems, slows ageing process, purifies blood, shields against infections, remedies arthritis, prevents dental problems.

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Astha 15 syrup [101, 102]: Ingredients - *Dhawai* (*Woodfordia fruticose*; fire flame bush or red bell bush), *Kantakari* (*Solanum xanthocarpum*; yellow berried night-shade), *Vasaka* (*Adhatoda vasica*; malabar nut), *Babul/Kikar* (*Acacia arabica*; Mimosaceae), *Elaichi* (*Elettaria cardamomum*; Cardamom), *Kali mirch* (*Piper*
2250 *nigrum*; Black pepper), *Apamarga* (*Achyranthus aspera*; Chaff-flower), *Adrak* (*Zingiber officinale*; Ginger), *Kutaj* (*Holarrhena antidysenterica*; Kurchi), *Haldi* (*Curcuma longa*; Turmeric), *Lavang* (*Syzygium aromaticum*; Clove), *Safed Aak* (*Calotropis gigantea*; Crown Flower), *Chota chirayata* (*Enicostema littorale*; Indian Whitehead), *Pipli* (*Piper longum*; Long pepper). Benefits - controls com-
2255 mon cold, coryza, sneezing, nasal obstruction; reduces incessant tickling in the throat pit with dry teasing cough, dyspnoea, aphonia, and sore throat; facilitates expectoration.

Astha 15 capsules [103]: Ingredients - *Dhauta* (*Woodfordia fruticosa*); *Katai*

2260 (Solanum xanthocarpum); *Arusha* (*Adathoda vasika*); *Kikar* (*Acacia arabica*);
Chhotie Elachi (*Elettaria cardamomum*); *Kalimirch* (*Piper nigrum*); *Latjira*
(*Achyranthus aspera*); *Adrak* (*Zingiber officinalis*); *Kura* (*Holarrhena antidysen-*
tarica); *Haldi* (*Curcuma longa*); *Laung* (*Syzygium aromaticum*); *Laung Oil*
(*Syzygium aromaticum* Oil); *Safad-AK* (*Calotropis procera*); *Chhota Kiray-*
2265 *ata* (*Enicostemma littorale*); *Pippli* (*Piper longum*). Benefits - exhibits unique
bronchodilatory and anti-inflammatory effect; dyspnoea, wheezing, cough, ex-
pectoration and sleep disturbances are significantly reduced.

Amlapittantak yog [104]: Ingredients: *Abhrak bhasma* (Mica Calyx), *Tamra*
2270 *bhasma* (Calcines copper), *Mandoor bhasma* (Iron slag), *Shankh bhasma* (Conch
shell), *Amlaki* (Indian gooseberry), *Bach* and Garlic. Benefits - used in the
treatment of gastritis and dyspepsia etc.; acts as an antacid, carminative and
appetiser; gives relief from acidity.

2275 *Bresol* tablets [105]: Ingredients: *Tulsi* (Basil), *Vasaka* (Malabar nut), *Haldi*
(Turmeric). Benefits: manages symptoms associated with respiratory disorders;
has mucolytic (reducing the viscosity of mucus) and bronchodilatory (decreas-
ing resistance in the breathing airways) properties which help in liquefying and
relieving nasal and bronchial congestion; its antimicrobial action combats infec-
2280 tions caused by gram-positive and gram-negative bacteria.

Sarpagandha vati [106]: Ingredients - *Sarpagandha* (*Rauwolfia serpentina*). Ben-
efits: useful in hypertension, heart diseases, insomnia, epilepsy, psychotic disor-
ders such as delusions, hallucinations, schizophrenia etc.

2285 *Coldab* tablets [107]: Ingredients: *Sudarshan Churna* Ext., *Tribhuvankirti Ras*,
em *Laxmivilas Ras*, *Godanti Bhasma*. Benefits: useful in upper throat infection
and allergic condition; works as an antibiotic; protects lungs and bronchi from
viral infection.

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Kufrakshak syrup [108]: Ingredients: *Kantakari*, *Vasa*, *Mulethi*, *Tulsi*, *Sonth*, *Giloy*, *Gul Banafsha*, *Funaab*, *Jufa*, *Pippali*, *Bahera*, *Saunf*, *Kakarashingi*, *Dalchini*, *Lavanga*, *Pudina Satva* and *Shuddh Madhu*. Benefits: useful in the treatment of seasonal, allergic and asthmatic cough; opens the airways, dissolves
2295 mucous and brings about decongestion. It also reduces bronchial inflammation and relieves sore throat.

Immunocare tablets [109]: Ingredients: *Bala* (*Sida cordifolia*), *Giloya* (*Tinospora cordifolia*), *Ashwagandha* (*Withania somnifera*), *Tulsi* (*Ocimum sanctum*), *Prawal*
2300 *pishti* (Micronised coral). Benefits: has anti-oxidant properties that reduces inflammation and slows skin aging; helps to boost immunity and stamina; promotes detoxification; ensures healthy aging, removes blemishes and pigmentation for a smooth, radiant skin.

Cardiol-H tablets [110]: Ingredients: *Sarpagandha* (*Rauwolfia serpentina*), *Jatamamsi* (*Nardostachys jatamansi*), *Gokshuradi guggulu*. Benefits: controls high
2305 blood pressure and prevents associated symptoms such as headache, anxiety, sleeplessness, stress, stroke and depression; improves coronary circulation and tones up the heart by providing natural cardiac glucosides; prevents constriction
2310 and hardening of the blood vessels; .

Unexozim Forte tablets [111]: Ingredients: *Saunf*, *Zeera*, *Kali Mirch*, *Sonth*, *Pipli*, *Ajwain*, *Pudina*, *Kalaunji*, *Hing*, *Swarjika Kashar*, *Nishoth*, *Kodi Bhasam*, *Shankh Bhasam*. Benefits: treats flatulence, dyspepsia, hyper-acidity, gastro-
2315 intestinal spasms, constipation.

Immunity capsules [112]: Ingredients: *Katuki* (*Picrorhiza Kurroa*), *Krishna Tulsi* (*Ocimum sanctum*), *Vana Tulsi* (*Ocimum gratissimum*). Benefits: helps
2320 to strengthen the immune response to illnesses and infection; offers relief from cold, flu and other respiratory tract infections.

Orplat tablets [113]: Ingredients: Carica Papaya Extract and *Giloy* (*Tinospora Cordifolia*). Benefits: used in the treatment of dengue fever, dengue shock syndrome and dengue haemorrhagic fever.

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Sanshamani vati [114]: Ingredients: *Giloy Ghan*, *Loha Bhasma*, *Abhrak Bhasma* and *Swarna Makshik Bhasma*. Benefits: highly effective in the treatment of chronic fevers; contains mild antipyretic and anti-inflammatory properties which make it useful for reducing swelling and relieving rheumatism and arthritis-related pain; improves digestion and removes the disease-causing toxins.

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Bacnil capsules [115]: Ingredients: *amla*, *bibhitak*, *daruharidra*, *amrita*, *kirat-tikta*, *vidang*, *haldi*, *Pathyadi kwath ghan*, *parpatak* and *kuberax*. Benefits: offers protection against various gastro-intestinal infections; prescribed for diarrhea, bacterial infections caused by gram negative or gram positive bacteria; eradicates pathogenic bacteria; offers anthelmintic and anti-salmonella activity; potentiates the non-specific immune response of the body; offers antipyretic, anti-inflammatory properties.

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Softovac [116]: Ingredients: *Isabgol*, *Sonamukhi*, *Harad*, *Amaltas*, *Mulethi*, *Gulab Jal*, *Saunf*, *Saunf Taila*, *Sharkara*, Sodium Benzoate. Benefits: works as a natural remedy for digestive problems; softens the stools and relieves constipation; helps in keeping the digestive system healthy; treats indigestion and removes symptoms such as stomach discomfort or abdominal pain; regulates bowel movement and keeps and activates the secretion of digestive juices thereby improving digestion.

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Chyawanprash [117]: Ingredients: *Amalaki* (*Emblica officinalis*), *Draksa* (*Vitis vinifera*), *Ela* (*Elettaria cardamomum*), *Pippali* (*Piper longum*), *Patra* (*Cinnamomum tamala*), *Tvak* (*Cinnamomum zeylanicum*), *Abhaya* (*Terminalia chebula*), *Amrita* (*Tinospora cordifolia*), *Bilva* (*Aegle marmelos*), *Agimantha* (*Clerodendrum phlomidis*), *Syonaka* (*Oroxylum indicum*). Benefits: a good source of

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calcium; strengthens the immune system; good for the cardiovascular system;
purifies blood and removes toxins; improves skin complexion; aids in digestion
2355 and maintains balance of stomach acids; relieves constipation and maintains a
healthy urinary system; enhances memory; promotes overall health of the body.

Alsarex [118]: Ingredients: *Amalaki* (*Emblica officinalis*), *Shatavari* (*Aspara-*
gus racemosus), *Yastimadhu* (*Glycyrrhiza glabra*), *Usheer*, *Udumbar*. Benefits:
2360 natural antacid - helps in hyperacidity and indigestion; relieves nausea, vomit-
ing and acid regurgitation; accelerates ulcer healing process .

Himcospaz capsules [119]: Ingredients: *Ajamoda* (*Celery*), *Sunthi* (*Ginger*).
Benefits: relieves gastrointestinal tract spasms; acts as an anti-inflammatory;
2365 mild analgesic and antispasmodic; recommended for improving digestion, con-
trolling diarrhea and treating pain associated with menstrual cramps.

Oro-T [120]: Ingredients: *Haridra* (*Turmeric*), *Madhu* (*Honey*), *Triphala* con-
sisting of three fruits, viz. *Amalaki* (*Phyllanthus emblica*), *Bibhitaki* (*Terminalia*
2370 *belleirica*) and *Haritaki* (*Terminalia chebula*). Benefits: owing to its constituents
Oro-T prevents secondary infections, works against inflammation; exerts muco-
protective, anti-inflammatory, antibacterial, wound-healing, antioxidant, radio-
protective actions.

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