

**GOVERNMENT OF INDIA  
MINISTRY OF AYUSH**

**LOK SABHA  
UNSTARRED QUESTION NO. 1579  
TO BE ANSWERED ON 10<sup>TH</sup> FEBRUARY, 2023**

**POST COVID-19 DISEASES**

**1579. SHRIMATI QUEEN OJA:**

Will the Minister of **AYUSH** be pleased to state:

- (a) whether there is an increase in the post COVID-19 diseases in the country and abroad due to ill effects of the pandemic;
- (b) if so, the details thereof;
- (c) whether the Government has any data pertaining to such post COVID-19 diseases;
- (d) if so, the details thereof;
- (e) whether the Government considers the systems of medicines like Ayurveda, Unani, Yoga, Homoeopathy as an effective medicines to prevent from post COVID-19 diseases; and
- (f) if so, the steps taken/to be taken by the Government to promote the said systems of medicines in this regard?

**ANSWER  
THE MINISTER OF AYUSH  
(SHRI SARBANANDA SONOWAL)**

(a) and (b): As per National Comprehensive Guidelines for Management of Post-COVID Sequelae of Ministry of Health & Family Welfare, Government of India, Post-COVID Syndrome by consensus is defined as signs and symptoms that develop during or after an infection consistent with COVID-19 which continue for more than 12 weeks and are not explained by alternative diagnosis. Detailed guideline is available at - <https://www.mohfw.gov.in/pdf/NationalComprehensiveGuidelinesforManagementofPostCovidSequelae.pdf> .

This syndrome is characterized by symptoms such as fatigue (58%), headache (44%), attention disorder (27%), hair loss (25%), and dyspnea (24%) at 15 to 110 days post-viral infection. Indian data on 383 Post-Covid participants suggest the presence of fatigue (45.8%),

breathlessness (37.5%), headache (8.3%), muscle pain (33.3%) etc. at 6weeks to 3 months post-infection. [Source - <https://pubmed.ncbi.nlm.nih.gov/33532785> ]

(c) and (d): As per the available information, There is no any direct study to state as to whether COVID-19 pandemic has increased the incidence of other diseases. The WHO has reported a noticeable surge of 25% in global prevalence of anxiety and stress during the first year of the COVID-19 pandemic. [Source - <https://www.who.int/news/item/02-03-2022-covid-19-pandemic-triggers-25-increase-in-prevalence-of-anxiety-and-depression-worldwide>]

(e) and (f): Yes Sir. Government of India has also released “**National Clinical Management Protocol based on Ayurveda and Yoga for management of COVID-19**” prepared by National Task force. It includes guidelines for prophylaxis, management of asymptomatic, mild COVID-19 cases and post-COVID management.

Ministry of Ayush has also released Ayush recommendations for the public on holistic health and well-being Preventive measures and care during COVID-19 & LONG COVID-19. It includes Ayush recommendations for Post COVID-19.

National Institutes and Research Councils under Ministry of Ayush has taken following steps to prevent post COVID-19 diseases –

- i. All India Institute of Ayurveda, New Delhi has established a special Out Patient Department (OPD) to treat patients with Post COVID-19 diseases and are being treated successfully at OPD level with oral medications and In Patient Department (IPD) treatment with required Panchakarma therapies.
- ii. Central Council for Research in Ayurvedic Sciences (CCRAS) has undertaken one clinical study on Ayurvedic interventions (Agastya Haritaki and Ashwagandha) and Yoga in long term effects of COVID-19. The study is completed and analysis of the study data is under process.
- iii. Central Council for Research in Homoeopathy (CCRH) has undertaken research studies on homeopathic treatment of post COVID-19 illnesses in general, respiratory sequelae etc. in post COVID cases.

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