

**GOVERNMENT OF INDIA
MINISTRY OF AYUSH**

**LOK SABHA
UNSTARRED QUESTION NO. 2235
TO BE ANSWERED ON 10TH DECEMBER, 2021**

AYURVEDA AND YOGA INTERVENTIONS

2235. SHRI THOMAS CHAZHIKADAN:

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

- (a) whether the Government has published recommendations to integrate Ayurveda and Yoga interventions in India's national clinical management protocol for COVID- 19 pandemic;
- (b) if so, the details thereof;
- (c) whether any comprehensive studies were conducted on people to test the efficacy of such interventions before the publication of recommendations; and
- (d) if so, the details thereof including the citations of such published studies?

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

(a)& (b): The “National Clinical Management Protocol based on Ayurveda and Yoga for management of COVID-19” was launched on 06th October, 2020 and is available at <https://www.ayush.gov.in/>.

(c) &(d):

- i. Ministry of AYUSH issued Gazette notification for undertaking research on COVID-19 through Ayurveda, Siddha, Unani and Homeopathy Systems including prophylactic measures, intervention during the quarantine, asymptomatic and symptomatic cases of COVID-19, Public Health Research, Survey, Lab-Based Research etc. to generate evidence.

Ministry of AYUSH has also launched interdisciplinary studies involving AYUSH interventions for COVID-19 based on Taskforce recommendations. Under various research organizations and National Institutes under the Ministry of AYUSH, 138 research studies in the country are being conducted on AYUSH.

- ii. AYUSH Sanjivani mobile app has also been developed by the Ministry of AYUSH and has documented the impact assessment of effectiveness, acceptance and usage of AYUSH advisories & measures in the prevention of COVID-19 through Mobile app base population study in around 1.35 crores respondents and analysis of 7.24 lakh public data revealed that 85.1% of the respondents reported use of AYUSH measures for prevention of COVID-19, among which 89.8% respondents agreed to have benefitted from the practice of AYUSH advisory.
- iii. Research studies have been undertaken by Central Council for Research in Ayurvedic Sciences (CCRAS) under Ministry of Ayush on Guduchighanvati, AYUSH-64, Guduchi-Pippali in asymptomatic and mild to moderate cases of COVID-19 and Guduchighanvati, Ashwagandha, Chyavanprash for COVID-19 prophylaxis. Further, one in-silico study was undertaken on AYUSH-64. The details of the published articles and preprints of the completed studies are in **Annexure-I**.
- iv. A research project has been undertaken Central Council for Research in Yoga & Naturopathy (CCRYN) under Ministry of Ayush to verify the efficacy of Yoga in the early recovery of COVID-19 patients in collaboration with Rajiv Gandhi Super Specialty Hospital, Delhi. Details are in **Annexure II**.

Published articles

1. A Pilot Clinical study of an add on Ayurvedic formulation containing *Guduchi* and *Pippali* in mild to moderate Covid-19. J Ayurveda Integr Med. 2021. <https://pubmed.ncbi.nlm.nih.gov/34127896/>
2. AYUSH-64 as an add-on to standard care in asymptomatic and mild cases of COVID-19: A randomized controlled trial. AYU 2020;41:107-16
https://www.ayujournal.org/temp/Ayu412107-2244506_061405.pdf
3. Withania somnifera as a Safer Option to Hydroxychloroquine in the Chemoprophylaxis of COVID-19: Results of Interim Analysis. Complement Ther Med. 2021 Aug 18:102768. doi: 10.1016/j.ctim.2021.102768. <https://pubmed.ncbi.nlm.nih.gov/34418550/>
4. Chyawanprash as add on to the standard of care in preventing COVID-19 infection among apparently healthy health care workers – A single arm, longitudinal study. Ann Ayurvedic Med. 2021; 10(3) 204-219. doi: 10.5455/AAM.73639
<https://www.aamjournal.in/fulltext/70-1618564006.pdf?1634793008>
5. In silico evaluation of the compounds of the ayurvedic drug, AYUSH-64, for the action against the SARS-CoV-2 main protease. Journal of Ayurveda and Integrative Medicine 2021. <https://pubmed.ncbi.nlm.nih.gov/33654345/>

Preprints

1. Chyawanprash for the prevention of COVID-19 infection among healthcare workers: A Randomized Controlled Trial
<https://www.medrxiv.org/content/10.1101/2021.02.17.21251899v2>
2. An Open label prospective interventional study to assess the prophylactic effect of Guduchi GhanVati in COVID-19: A community-based study in a containment zone of Himachal Pradesh, India. <https://osf.io/8vwsy>
3. Efficacy and safety of *Guduchi Ghan Vati* in asymptomatic and mild to moderate cases of COVID-19: A randomized controlled pilot study. <https://osf.io/c8f9h>

4. Coadministration of AYUSH 64 as an adjunct to Standard of Care in mild and moderate COVID-19: A randomised, controlled, multicentric clinical trial.
<https://www.medrxiv.org/content/10.1101/2021.06.12.21258345v1>.
5. AYUSH-64 as an adjunct to Standard Care in mild to moderate COVID-19: An open-label randomized controlled trial in Chandigarh, India. <https://osf.io/xyuas/>
6. Effect of an Ayurvedic intervention (Ayush-64) in mild to moderate COVID-19: An exploratory prospective single arm clinical trial. <https://osf.io/azb9t/>
7. Ayurveda formulation AYUSH 64 in asymptomatic and mild COVID 19 infection-A prospective, open label Clinical Study. <https://osf.io/6xa9u/>
8. A safer option to hydroxychloroquine in the chemoprophylaxis of COVID-19 in high-risk health- care workers: A randomized controlled, non-inferiority trial.
<https://osf.io/s3v6k/>

Annexure-II

- i. A research project titled “Effect of an integrated Yoga program on stress, mood stress, sleep quality, symptom severity, quality of life and clinical outcomes in Covid-19 positive patients undergoing conventional treatment” has been completed.
- ii. A research project titled “Effect of an integrated Yoga program on stress, mood stress, sleep quality, symptom severity, quality of life and clinical outcomes in Covid-19 positive patients undergoing conventional treatment” has been initiated at three centres (RGSSH, Delhi, AIIMS, Jhajjar and KHMC, Delhi)