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.

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Published articles


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


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/


7. Ayurveda formulation AYUSH 64 in asymptomatic and mild COVID 19 infection-A prospective, open label Clinical Study. https://osf.io/6xa9u/

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)