



Government of India
Ministry of Ayush

Home care guidelines for children and

● **Advisory for AYUSH
Practitioners about
prophylactic care in
Children during the
COVID-19 Pandemic**



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MINISTRY OF AYUSH

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Preamble

COVID-19 is the disease condition caused by a new Coronavirus SARS- CoV2. After declaration of it as pandemic, till date it has affected large population worldwide. In initial phase of pandemic mostly adults and elderly people were got affected. But in second wave of infection incidences in children are increasing alarmingly. Though infection is generally mild in children than in adults and most of the children with COVID-19 infection may not require any specific treatment. However, children who are having a history of medical co-morbidity like obesity, type-1 diabetes, chronic cardiopulmonary disease, or in immune-compromised position; may be at higher risk. It has been observed that the prophylaxis is the best approach to save children from this deadly virus. In various studies conducted so far, few Ayurveda medicines including of other systems of AYUSH have shown their efficacy in prophylaxis of COVID-19.

Though the immunity of the children is quite strong but with many mutant virus strains emerging, it is necessary to follow all protocols related to COVID-19 to prevent its effect. Children fall under most vulnerable group of our population. In contrary to the adults, it is very difficult to plan for various preventive and management strategies in children due to their wide age range and anatomical, physiological, immunological and psychological differences. This protocol will provide understanding of approach for care of children at home and support parents, caregivers and practitioners to take care of children during the pandemic of COVID-19.

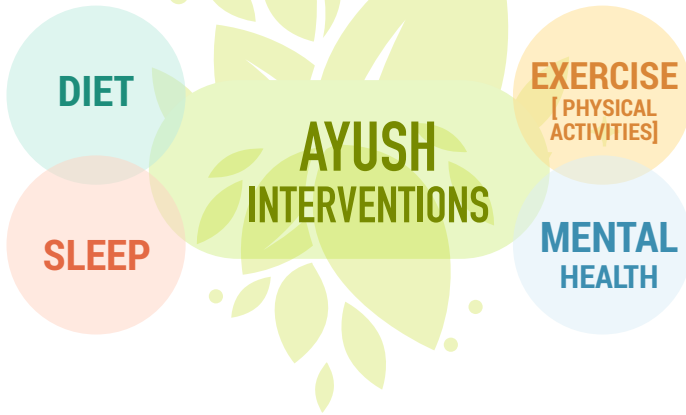
General Disclaimer

- *The guideline is supplement to the COVID-19 appropriate behavior and precautionary measures and it should not be taken as its substitute*
- *Parents/Guardians need to have a general consultation from a qualified AYUSH physician for following these measures as the guidelines are intended for the AYUSH practitioners and should not be taken without their consultation*
- *The guidelines provide a broad outlay on host defense mechanism based on AYUSH principles, all the measures advised need not to be advised in all children and Physicians may advise as per their own discretion.*
- *All the standing instructions issued by Health authorities (Ministry of Health & Family Welfare, World Health Organization and state and local health authorities) are to be adhered completely and AYUSH Management may stand as 'ADD ON' to the present contemporary line of management.*
- *The medicines recommended here are based on Essential Drugs List, Standard Treatment Guidelines, Ayurvedic Pharmacopoeia of India, Ministry of AYUSH Govt. of India along with considerations from other recommendations issued by various health authorities across India.*
- *The practicing AYUSH physician has to have his/her own discretion in selecting medicines based on the stage of the disease, symptom complex and availability of the drugs in their locality.*
- *Use of Mask, Hand Sanitization, Social/Physical distancing to break the chain, healthy nutritious diet and measures of improving immunity and all other general health care measures are to be advised as per the guidelines issued by health authorities from time to time*

**PARENTS/ CARETAKERS
OF CHILDREN ARE
ADVISED TO TAKE FULL
VACCINATION TO
REDUCE THE RISK OF
COVID-19 INFECTION IN
THEIR CHILDREN**

Home care for children

(for parents/ caregiver and Practitioners)



General care of children during the pandemic

For better compliance of children, it is very important that, parents / caregiver should set an example by following COVID appropriate behavior themselves.

Hand washing

- Educate children to regularly wash their hands for minimum 20 seconds with soap and water, while singing the rhymes/songs like ABCs.
- Alcohol-based hand sanitizer having minimum 60% of alcohol, can be used



in place unavailability of soap and water. Proper hand wash should be done with soap and water as soon as possible.

- Train children to wash hands after using toilets, coughing, sneezing, nose blowing, before eating and immediately when coming inside from outdoor play.
- Offering a small reward may be helpful in case, if child is not willingly wash their hands.

Proper Mask

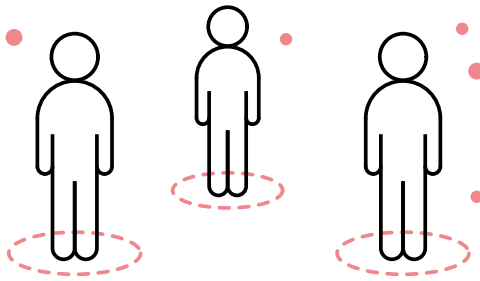


- Parents should educate their child about importance of wearing mask when they are out of their home in the public places.
- For children aged 12 and over mask is mandatory, supervision is not required.
- For children age between 5-12 years mask is mandatory, under parent's supervision.
- For 2-5 years of age children mask is desirable, under the parent's supervision.
- Masks should be avoided in case of:
 - Children aged less than 2 years.
 - Having breathing difficulty or unconsciousness.
 - Inability to remove the mask without help.

- Non-medical or fabric mask is preferable for children who are in good general health. .
- Medical masks desirable for children suffering from immune-comprising disorders like Cancer, AIDS, Diabetes etc.
- Parents should ensure adequate stock at home. Children and adolescents like attractive, colorful, trendy masks. Provide them such masks for a good compliance
- Three layered cotton masks are preferred. Valve masks should be avoided.
- Select a snugly fitting mask of proper size for the child which covers the nose, the mouth and the chin completely, but doesn't cause trouble while breathing.
- Train their children with appropriate mask manners:
 - Wash/sanitize hands before donning the mask
 - Touch only at the strings and not from the front and put on the mask by hooking or tying appropriately.
 - Take a deep breath and ensure that there is no difficulty.
 - Never touch the mask from the front. Adjust only by holding the strings.
 - Don't use wet, dirty or damaged masks
 - Do not use accessory clothing like Dupatta/ Gamchha as mask
 - Do not share your masks with anyone.
 - Keep used masks untouched in a separate bag, container or directly in soap water.
 - Wash reusable mask as early as possible after removal and dry in sun

Social distancing

- Avoid attending public functions, social gathering, crowded places like parks, religious places, markets and group play.
- Avoid traveling and stay at home in possible limits.
- Help the kids stay connected with friends and extended family members through available sources like video and phone calls.
- A distance of preferably 6 feet or at least 3 feet should be observed while outside the house.



Respiratory hygiene

- Educate children to cover nose and mouth with tissue paper / handkerchief or with bent elbow or in sleeve when coughing or sneezing. Care should be taken that the droplets do not touch the palms or are not be liberated in the air.
- Ensure immediate and proper disposal of the tissue paper and washing of the handkerchief.
- Advice social distancing with anyone who is coughing or sneezing.

Clinical Situations:

Perinatal COVID-19

- New born baby of a COVID-19 positive mother should be tested for COVID RTPCR between 24-48 hours.
- New born with COVID-19 could be asymptomatic, sick look, having poor feeding, with coryza, cough, breathlessness.

If mother is COVID-19 positive and the child is negative

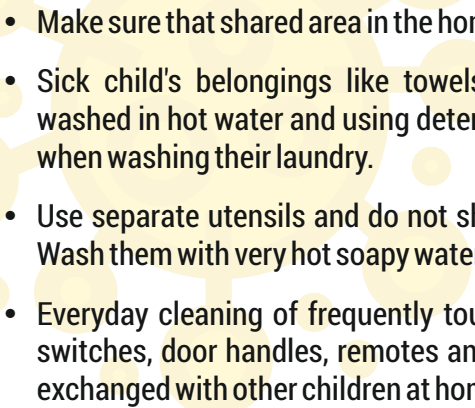
- Mother can take care of child if no better option available for child and mother is not too sick/hospitalized.
- Mother should continue to breastfeed the child.
- Mother has to follow best possible sanitization, wear proper mask, and keep social distancing as far as possible.
- When sole caregiver/parent is severely ill then the child should be kept with caregiver outside of the home. Ensure that the caregiver is not belong to higher risk category for COVID-19.

If mother and child both are COVID-19 positive

- Let child be with mother unless mother is too sick and hospitalized.
- In infant, continue breastfeeding as far as possible and feasible.

If child positive and parents negative

- Still parents can take care of the child in or out of the hospital; however, in such scenarios, the parents should use proper mask/personal protective equipment (PPE) for their protection.
- Child should wear a mask and follow respiratory hygiene as mentioned above.

- 
- Make sure that shared area in the home have good Cross ventilation.
 - Sick child's belongings like towels, beddings and clothing's should be washed in hot water and using detergents desirably, gloves should be worn when washing their laundry.
 - Use separate utensils and do not share these with other family members. Wash them with very hot soapy water after use.
 - Everyday cleaning of frequently touched surfaces commodities like toys, switches, door handles, remotes and mobile phones. These should not be exchanged with other children at home.

Special precautions



- COVID suspect children should not be in contact with the grandparents. Elderly people are at very high risk of serious disease and unless child's status is definitely corona negative, child should not be left with grandparents.
- It is good to take teleconsultation for the child from a doctor rather than taking him to clinic. This will prevent spread to others and also reduce pain of traveling and waiting
- Most of the treatment of pre-existing diseases need not be altered unless the child contracts severe disease.
- Newborn, infants under one year of age, immunocompromised children like AIDS, Cancer, malnourished children, genetic disorders like Down's syndrome, muscular dystrophies, sickle cell disease, children suffering from chronic diseases like asthma, diabetes, cardiovascular, Neurodevelopmental disorders like CP, autism, infectious diseases or psychiatric disorders are at higher risk of catching COVID -19. Hence stringent precautions are warranted in these children.
- Parents should keep themselves updated with the relevant latest guidelines by authentic sources regarding the COVID-19 should be followed strictly advised by the healthcare providers.

Be Careful

It is very important to monitor the child carefully for following signs / symptoms at home. If any of them is present, one should take a medical opinion.

- Fever lasting beyond 4 or 5 days
- Decreased oral intake by child
- Child becoming lethargic
- Increasing respiratory rate
- Oxygen saturation dropping below 95% (ensure proper recording by a standard oximeter with good displayed waves).
- Diarrhoea/vomiting/pain in abdomen/
- Red eyes/rash over body
- Irritability, unconsciousness
- Poor urine output

General guidelines for Daily routine (Dincharya)

- Give them lukewarm water to drink according to their capacity.
- **Oral & dental hygiene:**
 - ♦ *Dental hygiene through proper brushing at morning and at night is most important for children above 2 years old.*
 - ♦ *For children above 5 years, Gandusha (Oil Pulling) should be practiced daily with one teaspoon of coconut or sesame oil after that warm water rinse should be performed*
 - ♦ *Kavala Graha (Gargle) should be performed with warm water added with a pinch of salt and turmeric or Yashtimadhu and Triphala or Shuddha Tankana or Madhoodaka. (For children above 5 years or when the child is able to perform).*
- **Abhyanga** (Oil massage): massage with plain sesame, coconut, mustard oil

etc. should be performed in children followed by warm water bath.

- **Nasya** (nasal application of oil):
 - ♦ *Plain oil (Coconut or Sesame) or Medicated oil (Anu Taila) or Go-Ghrita (Cow Ghee) should be applied in each nostrils of children below 6 years by the parents through their clean little finger/sterile earbud.*
 - ♦ *Above 6 years, nasal instillation (Pratimarsha Nasya) is recommended in dose of 1-2 drops in both nostrils, daily once.*
- **Physical activities:** Yogasana, Pranayama and meditation and other exercises as per the child's capacities should be encouraged.
- **Diet:** Child should eat easily digestible, fresh and warm and balanced diet in the suitable amount according to the appetite / digestive power.
- **Sleep:** To get adequate sleep, child should be encouraged to go to sleep early at night. Sleeping hours should be according to age:

Age Group	Sleep hours <small>recommended per day</small>
Less than 1 year	12 -16
1-2 years	11-14
3-5 years	10-13
6-12 years	9-12
Teenagers	8-10

- **Dincharya** (daily regimen) should involve appropriate academic, hobby, prayers and family time on a regular basis.

Environmental hygiene: Every evening Dhupana (Antimicrobial fumigation) should be done specially at the children's play area, cot, beddings, cloths and toys with enough precautions and vigilance. Neem leaf (Azadirachta Indica), Sarsapa (Brassica campestris L), Karpura (Cinnamomum camphora (L) J.Presl.), Loban (gum bezamin /benzoin – Styrax bezoin Dry) and Ghee etc should be used as per the availability. The child should not be in the area at the time of fumigation.

Care of mental well being of children during the pandemic

Children who are at higher risk of Mental Health issues during the pandemic:

- Direct COVID-19 experiences in self or family, endemicity, death or severe illness of a near and dear one, quarantine, isolation from the family,
- Children of frontline workers
- Children who have no connect with the education system and/or their friends and extended family
- Children whose parents are over occupied/unaware of special needs of the children during the pandemic.
- Children with physical, mental, cognitive, social or financial (of family) problems



Promoting mental health in Children and adolescents:

General guidelines for parents:

- ♦ *Children see more and listen less. Parents should model appropriate behavior so that their children follow their footsteps.*

- ♦ *Maintain your own physical and mental health so that you are able to support your children.*
- ♦ *Bond with the children emotionally and nurture this bond meaningfully. Give them unconditional love and a sense of security.*
- ♦ *Spare time for them and be available to them when they want to be with you. If you are busy, tell them so and ensure them your availability by priority.*
- ♦ *Patiently listen to them, empathize with them and deal with them respectfully.*
- ♦ *Focus on the their 'good behavior' more than 'bad behavior' of your child. Appreciate more, avoid criticism*

COVID-19 related tips:

- ♦ *Address all their worries about COVID -19 from time to time.*
- ♦ *Share only the authentic information about COVID-19. You may use child friendly resource materials from Govt, WHO, UNICEF sites.*
- ♦ *Limit exposure to news.*
- ♦ *Help follow new normal with positivity. Tell them how it helps rather than how difficult it is.*
- ♦ *Assure them that this is a passing phase. Instill hope by counting the blessings*

Setting a routine:

- ♦ *Set family rules in the new context and be consistent about them.*
- ♦ *Ensure a routine schedule, meal time, study time, bedtime, etc. to give shape to the day. Some tips for the same:*
- ♦ *Involve children in planning the day.*
- ♦ *Set goals as per their temperaments and suggestions.*
- ♦ *Keep some time for structured activities and some free or fun time.*
- ♦ *Alternate demanding activities (like online classes) with relaxing ones (like art and craft).*

- ♦ *Give lots of choices, like for story time, the child could read the story, you could read for him/her, he/she could listen from grandparents, or from an audio or watch a video version.*
- ♦ *Write a time table for each child and share it with him/ her.*
- ♦ *Ask him/her to tick mark as he accomplishes the plans.*
- ♦ *Reward for reaching the small goals by simple ways like a hug or a pat.*
- ♦ *Decide the consequences of not following the targets (like time out).*

Healthy lifestyle:

- ♦ *Good physical health promotes mental health. Ensure good physical health of the family.*
- ♦ *See that children get age appropriate healthy nutrition, one hour of physical activity and 8-10 hour of sleep daily.*
- ♦ *Involve them in kitchen work and cooking so that they get a sense of responsibility towards their nutrition.*
- ♦ *Offer choices like Yoga, dancing, aerobics, jogging for physical activities. Participate as a family in these activities.*
- ♦ *Follow sleep hygiene rules: No use of caffeine containing products 6 hrs prior to bed time, no screen two hours prior to bed time, consistent sleep time, relaxation before going to bed with bath, soothing music, light reading etc.*

Academics and parenting:

- ♦ *Remember that not the academics but survival and good health are priorities in the pandemic.*
- ♦ *Ensure that they are connected to the school in some way or the other. Help them in studies but do not stress for academics.*
- ♦ *Make provisions of gadgets for educational purposes. Bigger screens are better.*
- ♦ *For career and educational voids of older children and adolescents, engage them in learning something other than the formal education like a new language, vocational courses, banking and finances etc.*
- ♦ *Let them get some sense of accomplishment by setting small achievable goals,*

which could be just revisiting the old curricula.

- ♦ *Activity based learning is another great way of learning. Encourage them for making models, charts, figures, presentations, skits, poems, slogans etc. based on their academic contents.*
- ♦ *Encourage them in extra -curricular reading and writing to keep the connect.*
- ♦ *Elders in the family, elder siblings could teach the younger ones in a play way method.*
- ♦ *Keep them connected with teachers and friends through telecommunication.*

Recreation and hobbies:

- ♦ *Find out innovative ways of engaging the children in resources you have, like using food grains or petals of various colours for making craft.*
- ♦ *If possible, make provisions for indoor play and creative activities, board games, art and craft, reading, music etc.*
- ♦ *Help them find out and nurture their interests like cooking, gardening etc.*



Tips for Media use:

- ♦ *Set Family media plans. Incorporate rules such as 'No gadget time zone', no gadget while taking food, charging the mobile only once a day etc. and follow them as a family.*
- ♦ *See that screens are used for academic and creative purposes maximally.*
- ♦ *It is advisable to use screens for remaining connected with friends and family.*
- ♦ *Children should avoid using them for gaming, specially gaming all by themselves.*
- ♦ *Ask them to follow healthy sitting practices (ergonomic) while using screens. They should take a break of 20 seconds after every 20 minutes of watching the screen*

and look at a distance of 20 feet. Frequent blinking should be encouraged.

- ♦ *Teaching cyber rules like: the concept of digital footprints, not talking to strangers, not sharing personal details, not posting hurtful or wrong messages, reporting and not deleting embarrassing messages etc. should be taught to the children.*

Age in years	Suggested screen use
Below 2	<i>No active or passive screening, except for occasional video calling with family members.</i>
2-5	<i>1 hour of co-viewing with engaging parent.</i>
5-13	<i>Supervised by parents. child safety filters in place, NO access to WhatsApp, YouTube, Face book etc.,</i>
13-18	<i>Parents to remain watchful: what activities, where, with whom the teenager goes online.</i>

Mental care of Young children:

- ♦ *Children below 5 years need more attention and parental presence in times of stress.*
- ♦ *Cuddling, tickling, talking, singing, laughing, playing are the activities that reassure them.*
- ♦ *Engaging actively with them will ensure good cognitive development as well.*
- ♦ *Undivided attention for at least half an hour should be given for each child separately.*

Mental care of older children and Adolescents:

- ♦ *Share with them the difficulties the family is facing and request them for sharing their suggestions. They will be more supportive and understand their responsibilities better.*

- ◆ *Involve them in decision making to get them a feeling of control.*
- ◆ *Engage in small household tasks so that they learn skills of daily living.*
- ◆ *Negotiate with them when there are differences of opinion. Do not disagree completely.*
- ◆ *Show means to help others so that they feel worthy.*
- ◆ *Ask gently if they look disturbed. Do not wait for them to open.*
- ◆ *Let them share thoughts & feelings with any trusted adult or a friend.*

In bereavement and grief:

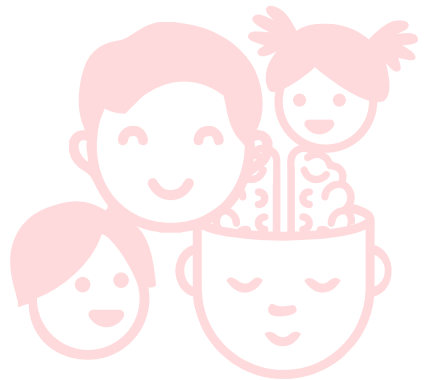
- ◆ *Reveal the news of loss very patiently and calmly in a way the child can understand.*
- ◆ *Make use of culture appropriate language and symbols.*
- ◆ *Allow the child to mourn and express his emotions the way he wants: by crying, by remaining silent, remaining alone etc. But keep a watch on him.*
- ◆ *Let him be a part of last rites if he desires. Do not force him.*
- ◆ *Do not make him realize immediately that he has to suddenly change his roles and responsibilities like looking after others in the family.*
- ◆ *Do not tell lies like the diseased has gone out of station and will come back.*

Observe the child for their change in emotions and behavior:

- ◆ **What to look for?**
- ◆ *Refusal to comply, altered eating and sleeping patterns, weight gain or loss, sleep issues, physical complaints for no apparent reason are seen across all age groups*

Young children who are stressed become

- ◆ *Clingy, cranky and throw frequent tantrums.*
- ◆ *They are not playful and become fussy.*



- ♦ *They roll back on their milestones and refuse doing activities which they were earlier doing age appropriately.*
- ♦ *Toilet accidents, thumb sucking, refusal to feed or bathe themselves make a comeback.*

School going children and adolescents display

- ♦ *Anger, aggression, bullying, fighting, sadness, carelessness, poor concentration, lack of interest in hobbies, poor academic performance etc.*
- ♦ *They may be complaining all the time. Oppositional and defiant behaviour may ensue.*
- ♦ *They may look tired, lazy, low in zeal and enthusiasm and may remain aloof.*
- ♦ *Elder children and adolescents may get hooked on to social media, porn, gaming or may try out substances of abuse.*
- ♦ *Repeated behaviors like too much of a hand washing, keeping things perfectly arranged in order, hoarding may also manifest.*
- ♦ *Negative thoughts, crying, self-loathing (I hate myself), helplessness, hopelessness, self-harm, thoughts and attempts of suicide should be watched carefully for. Staying alone, not remaining connected with friends are not good signs.*

When to seek help of experts:

- ♦ *Any mood or behavior that is deviant enough to disturb daily routine, (eating, sleeping, academics and inter personal relationships) and is lasting on most days over a two-week time needs immediate attention.*
- ♦ *Any severe emotional disturbance or features of sudden and severe mental disturbance (like too much of a happiness or talkativeness irrelevant talks, absurd behavior like gazing, laughing/crying for no reason) should be reported to the concerned expert.*
- ♦ *Suicidal thoughts and attempts should NEVER be neglected.*
- ♦ *Contact concerned Health Professional or Child Help*

Nutritional care of children during the pandemic

Children Nutrition and Risk of COVID-19

- The pandemic has cut kids off from friends, sports and routines and disrupted their daily regimen including dietary practices. This may result in under/over nutrition in children.
- Children rely on their parents for daily feeding, care and support. If caregivers are sick, quarantined or unable to provide timely, nutritious food and drinking water, children may suffer.
- Many children are at risk because of potential disruptions in the nutritional services like school meals, anganwadi meals/snacks that keep them alive.

In AYUSH systems of medicine, emphases have been given to diversified aspects of dietetics and nutrition its quality, quantity, processing methods, rationale of combination of food articles, emotional aspects, nature of the consumer, geographical & environmental conditions etc. which are vital in restoration of homoeostatic bio-mechanisms (dhatu-samyata), preservation and promotion of health and prevention of disease. In Ayurveda, food is considered as the best medicine.

Nutrition is not cure for COVID-19 but, healthy eating habits, healthy diet and exercise can help children to stay healthy, cope with the stress, optimize the function of the immune system and improve immunometabolism.



Following appropriate dietary regimen will help children to get the adequate nutrients for immune system and thus improve body's ability to fight illness



Eating Hitakar Aahar (suitable diet) in adequate amount on appropriate time as per the status of agni will help to maintain healthy immune system during disease condition.



Appropriate dietary regimen will help for early recovery from disease and regain the strength to pre-disease level.

Recommendations for Parents/ caregiver to support healthy eating habits in children

- **Follow Schedule for meals and snacks.**
 - ♦ *Children up to 6 months: Exclusive breast-feeding. Mother should take appropriate diet.*
 - ♦ *Children of 6- 24 months: Minimum 3 complimentary food along with breast feeding.*
 - ♦ *Children of 2- 10 years: Minimum 4 meals (2 main and 2 snacks on demand).*
 - ♦ *Children of 10-16 years: Minimum 3 meals for (Breakfast, Lunch and dinner) per day with gap of at least two & half hour in each meal along with 2 snakes on demand.*
- ♦ *Provide variety of articles from maximum food groups (cereals, pulses, seasonal fruits, fresh vegetables, milk & milk products, meat and meat products).*
- ♦ *Include spices like Jeera (Cumin), Dalchini (Cinnamon) Aadarak (dry Ginger), Rasona / Lahshun (Garlic), Ajwain (Carom seeds), Haldi (Turmeric), Kali marich (Black pepper) etc. in small quantity, while preparing food.*
- ♦ *Use milk processed with Haldi and aadraka/sonth for drinking.*
- ♦ *If possible mix 1/2-1 tsf ghee (ghrita) in daily food.*
- ♦ *Maintain proper hygiene at the culinary place.*
- ♦ *Include local and seasonal fruits, vegetables, and food articles in diet.*
- ♦ *Inculcate the habit of eating mindfully in children (Avoid watching T.V. and Mobile while eating).*
- ♦ *Use water processed with Dhaniya (Coriander)/Jeera (Cumin)/Aadraka(Ginger) (preferably Luke warm) for drinking.*
- ♦ *Avoid the habit of feeding occasionally and give food only when hungry.*
- ♦ *Don't force the child to eat more than he can take, to avoid overfeeding.*
- ♦ *Avoid/minimize use of processed/packed food- Ice Cream, chocolates, sweets, bakery snacks, fried fast foods etc.*

- ♦ Avoid use of carbonated soft drinks, and switch to home prepared healthy, nutritious and fresh beverages like buttermilk, lime water, homemade fruit juices etc.
- ♦ Motivate kids to get moving by limiting their screen time and to play indoor games.

Specific recommendation for malnourished children:

- ♦ The supply of nutrients to the human body depends not only on the amount of a nutrient in food but also on its bioavailability, therefore, in malnourished children, apart from nutrient content of foods, for optimal nutrient bioavailability it is necessary to consider the supplementation of 'bioenhancer' along with the food.

- ♦ **To improve digestion & assimilation of nutrients:**

- ♦ *Trikatu churna* (combination of *Shunthi* (dry Ginger), *Marich* (Black Pepper), *Pippali* (Long Pepper) in equal quantity) or its single ingredient can be added while preparing the food.

- ♦ **Use of AYUSH Nutraceuticals:**

- ♦ *Kushmand Avleha*,
- ♦ *Powder of Vidari* (*Pueraria tuberosa*),
- ♦ *Bala* (*Sida Cordifolia*) powder with milk.
- ♦ *Roasted and powdered Makhana* (Fox nut) mix with milk.
- ♦ *Prinan Modak* as a weaning food in 6-24-month children. It consists of *Priyal bija majja* (*Buchanania latifolia*), *Laja* (Rice pops), *Yashtimadhu* (*Glycyrrhiza glabra*), *Sitopala* (lump sugar) and Honey.

- ♦ **Immunity enhancer products of AYUSH:** *Chayavanprash avleha*, *Amalaki* (Amla candy), *Ashwgandha Powder* (with milk) etc. These can be used apart from daily diet after consultation with Ayurveda Physician.



Dietary recommendations in specific health conditions

- **Fever:**

- ♦ Give freshly prepared, warm, soft, unctuous, easy to digest, preferably liquid diet in small quantity eg. Chawal Ka Mand, Soup of Mudga, Masur, Chana, Kulatha, Moth etc. processed with cumin seeds/powder, Daliya, Krishara (Khichdi), chicken/meat soup etc.



- **Loss of Taste:**

- ♦ Buttermilk added with pinch of Trikatu /Kali Mirch powder (not for breastfeeding children)
- ♦ Chewing sesame seed before meal
- ♦ Luke warm water for drinking as mentioned above.
- ♦ Fruits to be used- Munakka/Kismis, Anar, Khajur, Chironji, Phalsa etc



- **Cough:** For soothing use warm liquids such as vegetable soup or chicken soup, warm water, honey with ginger or Shunthi.





Advisory

for

AYUSH Practitioners

about

prophylactic care

in Children

AYURVEDA Guidelines

Prophylactic Measures:

Age Group	Prophylactic Measures	Doses
< 1 Year	Samshamani Vati (250 mg)	¼ - 1/3 tab. (finely crushed and mixed with honey) to be licked 2 times a day
	Decoction of Tulasi, Dalchini, Shunthi, Haridra, Draksha, Jaggery (Ayush Bal Kwath)	2-5 ml twice a day
1-3 Years	Samshamani Vati (250 mg)	½ tab (finely crushed and mixed with honey) licked 2 times a day
	Amla Murabba (mashed) OR	½ teaspoon or equal to ½ Amla, daily
	Chyavanprash Avaleha OR	1/4th-1/2th tea spoon full twice a day.
	Arvindasava	3-5 ml twice a day with equal quantity of warm water twice daily after food
	Decoction of Tulasi, Dalchini, Shunthi, Haridra, Draksha, Jaggery (AYUSH Bal Kwath)	5-15 ml twice a day
	Haldi (Turmeric) Milk	1/4th teaspoon Haridra (turmeric) powder in 100 ml hot milk - once or twice a day.

3-6 Years	Samshamani Vati (250 mg)	1 tab (finely crushed and mixed with honey) licked 2 times a day
	Ashwagandha root powder	1 gm twice a day with warm milk or water (if in high risk i.e. family member is positive)
	Amla Murabba (mashed /whole) OR	1 teaspoon or equal to 1 Amla, daily
	Chyawanprash Avaleha OR	1/2 teaspoon once daily
	Aravindasava	5 - 10 ml with equal quantity of warm water twice daily after food
	Decoction of Tulasi, Dalchini, Shunthi, Haridra, Draksha, Jaggery (Ayush Bal Kwath)	15-30 ml twice a day
	Haldi (Turmeric) Milk	1/4th teaspoon Haridra (turmeric) powder in 100 ml hot milk -once or twice a day.

AYURVEDA Guidelines

Prophylactic Measures:

AYURVEDA Guidelines

Prophylactic Measures:

6-12 Years	Samshamani Vati (250 mg)	1 tab (finely crushed and mixed with honey/ lukewarm water) 2 times a day
	Ashwagandha root Powder	1 -2 gm twice a day with warm milk or water (if in high risk i.e. family member is positive)
	Amla Murabba OR	1 teaspoon or equal to 1 Amla, daily
	Chyawanprash Avaleha OR	1 teaspoon twice a day
	Aravindasava	10 - 15 ml with equal quantity of warm water twice daily after food
	Decoction of Tulasi, Dalchini, Shunthi, Haridra, Draksha, Jaggery (Ayush Bal Kwath)	30-60 ml twice a day
	Haldi (Turmeric) Milk	1/2th teaspoon Haridra (turmeric) powder in 100 ml hot milk -once or twice a day.
	Gargle with lukewarm water mixed with pinch of Haridra and Saindhav Lavana ; two times a day	
12-18 Years	General Guidelines as advised for adults may be followed, body build and Agni of the child may be assessed for appropriate dose.	

AYURVEDA Guidelines

Symptomatic care:

Age Group	Clinical Presentation	Medicine	Dose
<1 Year	Fever	AYUSH – 64	(Crushed) half tablet mixed with honey and licked 2 to 3 times a day
		Godanti bhasm	125 mg mixed with honey and licked 2-3 times a day
		Samshamani vati	½ tab 3 times a day
	Gastro-intestinal Symptoms	Balchaturbhadra Churna	100-125 mg 2-3 times a day
	Cough and cold	Talishadichurna /Sitopaladi Churna	250-500 mg with Honey 2-3 times a day
1-3 Years	Fever	AYUSH- 64 Tablet	½- 1 tablet (crushed and mixed with honey) 2-3 times a daily
	Gastro-intestinal Symptoms	Balchaturbhadra Churna	125-250 mg 2-3 times a day
	Cough and cold	Talishadi Churna / Sitopaladi Churna	500 mg-1 gm with Honey 2-3 times a day
		Haridra Khanda	1 gm with honey / lukewarm water 2-3 times a day

AYURVEDA Guidelines

Symptomatic care:

3-6 Years	Fever	AYUSH- 64 Tablet	1 tablet 2-3 times a day
	Gastro-intestinal Symptoms	Balchaturbhadra Churna	250-500 mg 2-3 times a day
	Cough and cold	Talishadi Churna/ Sitopladi Churna	1-2 gm with Honey 2-3 times a day
		Haridra Khanda	1-2 gm with warm water 2 to 3 times a day
6-12 Years	Fever	AYUSH- 64 Tablet	1-2 tablet twice daily
	Gastro-intestinal Symptoms	Balchaturbhadra Churna,	500 mg two or three times a day
	Cough and cold	Talishadi Churna / Sitopaladi Churna	2-3 gm with Honey 2-3 times a day
		Haridra Khanda	2-3 gm with honey / warm water, 2 to 3 times a day.
12-18 Years	General Guidelines as advised for adults may be followed, body build and Agni of the child may be assessed for appropriate dose.		

AYUSH BAL KWATH (ABK)
(Decoction for Children)

S.No.	Ingredients	Amount
1.	Tulasi (Basil/ Ocimum sanctum)	One part
2.	Dalchini (Cinnamon)	One part
3.	Shunthi (Dry Ginger/ Zingiber officinale)	One part
4.	Haridra (Turmeric)	One part
5.	Draksha (Munakka/ dry grapes)	Three parts
6.	Jaggery (powder)	Three parts

Method of preparation:

1. Mix all the ingredients well and make powder. Keep this powder in a clean and closed container.
2. Take the powder and add into water in the quantity as prescribed below.
3. To prepare 5 ml of ABK- take 500mg of powder, boil it with 20 ml (four times of powder) of water to reduce it up to 5 ml. While boiling lid should be partially closed.
4. Example: to prepare 20 ml of ABK, take 2 gm of powder and boil it with 80 ml of water till it remains 20 ml.
5. Doses: lukewarm decoctions (ABK) in the dose as recommended.
6. Prepare fresh decoction every time.

YOGA Guidelines

The yogic practices help in enhancing the lung functions, cardio-vascular endurance, modulating immune system and reducing psychological stress.

General Information:

- 5 years could be considered as an ideal age to start Yoga.
- 5-10 years of age should focus more on asanas, mantra chanting's and yogic games with small component of simple pranayama.
- As the age advances, asanas can be maintained for longer time (15-30 seconds) and more of fast and slow breathing techniques and meditation can be added

Precautions before attending a yoga class

- Yoga practice by children should always be under the supervision of a trained yoga expert. Further, presence of parent is recommended for the children in the age of 5-10 years.
- Yoga should be practiced on empty stomach. A minimum of 2 hours gap after breakfast and 3 hours gap after a full meal is recommended before the practice of yoga.
- Keep away sharp objects and heavy furniture from the site of yoga practice.
- Use proper yoga mat to prevent falls.
- Yoga teacher must instruct the children to not exert beyond their capacity.

Contraindications for children when practicing yoga

- Children with epilepsy and heart disease should not practice fast breathing techniques (Kapalabhati/ Bhastrika Pranayama)
- Yoga should not be performed when the child is sick, such as with a cold, flu, headache, or vomiting.

- Children with any problems with the back should avoid certain yoga practices such as acute forward bends (Padahasthasana) and advanced backbends (Chakrasana)

YOGA Guidelines

Preparatory Practices

Sl. No.	Practice (Sanskrit)	Practice (English)	Rounds	Time (mins)	References
1.	Jogging	Jogging	20	2	Ranjitha et al (2016)
2.	Hastha uttansana- Padahasthasana	Backward and Forward swing	5+5	2	Ranjitha et al (2016)
3.	Trikonasana stretch	Side bending	5+5	2	Ranjitha et al (2016)
4.	Katichakrasana Kriya	Spinal twisting	5+5	2	Ranjitha et al (2016)
5.	Baddhakonasan a Stretch	Butterfly	100	2	Telles et al., (1997)
6.	Vyaghrasana Stretch	Tiger Stretch	3+3	2	Birkel et al (2000)

Suryanamaskara practice

Sl. No.	Practice (Sanskrit)	Practice (English)	Rounds	Time (mins)	Reference
1.	Suryanama skara	Sun salutations	6	5	Chandrashekhar et al (2014) Akhani et al (2019)
2.	Udara shvasa kriya in Shavasana	Deep abdominal breathing (Inhalation: exhalation = 1:2)	1	1	Akhani et al (2019)

Preparatory Practices

Sl. No.	Practice (Sanskrit)	Practice (English)	Rounds	Time (mins)	Reference
1.	Virabhadrasana-II	Warrior pose	1+1	2	Birkel et al (2000)
2.	Vrikshasana	Tree pose	1+1	2	Chanavirut et al (2006)
3.	Bhujangasana	Cobra pose	1	1	Ranjitha et al (2016)
4.	Pavanmuktasana Kriya	Wind relieving pose Rocking Rolling	5 5+5 (Maintain for 10 counts in final pose)	5	Ranjitha et al (2016) Sharma et al (2002)

Pranayama (Breath regulation techniques)

Sl. No.	Practice (Sanskrit)	Practice (English)	Rounds	Time (mins)	Reference
1.	Vibhagiya Pranayama*	Sectional Breathing; Ratio - Breath-in: Hold: Breath-out = 4:16:8 Chin mudra Chinmaya mudra Adi mudra	3 3 3	5	Ranjitha et al (2016) Balasubramanian et al (2015) Hakked et al (2017)
2.	Kapalabhati*	Skull shining breath	30 strokes; 1 stroke/2 seconds; 1 cycle	2	Soni R et al (2012) Bhargav et al (2014)
3.	Bhastrika	Bellow's Breath	20 strokes per cycle; 2 cycles	2	Soni R et al (2012) Hakked et al (2017)
4.	Shvana svasa kriya	Dog breathing	12-15 breaths	2	Ranjitha et al (2016)
5.	Shitkari	Cool hissing breath	12-15 breaths	2	Akhani et al (2019)
6.	Simha garjana	Lion's roar	5	2	(Rain et al., 2021)
7.	Surya Anuloma Viloma#	Right nostril breathing	6	3	Jain et al (2005)

Pranayama (Breath regulation techniques)

8.	Chandra Anuloma Viloma#	Left nostril breathing	6	3	Jain et al (2005)
9.	Nadishuddhi*	Alternate Nostril Breathing	6	5	Akhani et al (2019) Soni R et al (2012) Hakked et al (2017)
10.	Antarkumbhaka*	Internal retention of breath	1	1	Hakked et al (2017)
11.	Bhramari	Humming breath	6	3	Akhani et al (2019) Soni R et al (2012) Mooventhan et al (2014) Taneja et al (2020)
12.	Nadanusandhana	AAA chanting UUU chanting MMM chanting AUM chanting	3 3 3 3	5	Soni R et al (2012) Mooventhan et al (2014)

* practices can be performed by children above 8 years of age only.

practices to be performed by children of age 5-8 years.



Jogging



Bending



Trikoanasana



Spinal Twist



Butterfly



Tiger Stretch



Suryanamskara



Shavasana



Virabhadra sana - II



Vrikshasana



Pavanmuktasana



Bhujangasana



Vibhagiya Pranayama



Bhujangasana



Kapalabhati



Dog breathing



Lion's Roar



Nadi shuddhi



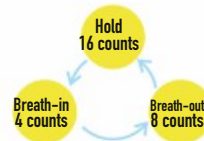
Antarkumbhaka



Bhramari



Sitkari



UNANI Guidelines

Unani Single Drugs

- Behi dana (Cydonia oblonga): Antioxidant, immune-modulator, antiallergic³ and anti influenza.⁴ (Dose 3-5 gm two times a day)
- Unnab (Zizyphus jujub): Anti-influenza⁹, immune-modulator and antioxidant. (Dose - 5pcs.)
- Sapistan (Cordia myxa): Immunomodulator, tracheal smooth muscle relaxant⁷ and anti-oxidant. (Dose-9 pcs.)

Unani Formulation

- ORAL-Tiryag-e-Arba has Dafaee Sumoom (antidote) and Dafaee Tashannuj (anti-spasmodic) properties and used in the dose of 3 gm with lukewarm water.
- LOCAL APPLICATION: In case of respiratory discomfort, local application of Roghan-e-Babuna Sada, Qairooti Arad Kirsna Q.S on chest is advocated (in quantity sufficient).
- INHALATION: Arq-e-Ajeeb 2 drops
- SPECIFIC RECOMMENDATIONS for Suspected / Quarantined cases
- Khameera Marwareed, Tiryag e Arba, Unani Joshanda

Method of preparation of Unani Joshanda:

Unani Joshanda is prepared by boiling Behidana (Cydonia oblonga Mill.) 3 g, Unnab (Zizyphus jujube Mill.) 5 in number. Sapistan (Cordia myxa L) 9 in number in water. Boil these in 250 ml water till it remains half. It is filtered and kept in a glass bottle and is used with lukewarm water.

- Ma ul Asl (Honey Water) prepared by boiling 1 part of Honey with 4 part of water (ratio 1:4) till two-third remains and to be used after filtration, as directed by physician

Prophylaxis and Symptomatic Care

Clinical Manifestations	Formulations	Doses In Children (6-12 Years)
Dry Cough	<i>Habb-e-Surfa</i>	125 mg (pill) twice daily
	<i>Khamira-e-Banafsha</i>	5 gm twice daily
	<i>Laoq-e-Sapistan</i>	5 gm twice daily
	<i>Sharbat-e-Sadr</i>	10 ml twice daily
High Fever	<i>Habb-e-Bukhar</i>	250 mg (pill) twice daily
	<i>Habb-e-Mubarak</i>	1 gm (pill) twice daily
Sore Throat	<i>Sharbat-e-Toot Siyah</i>	10 ml twice daily

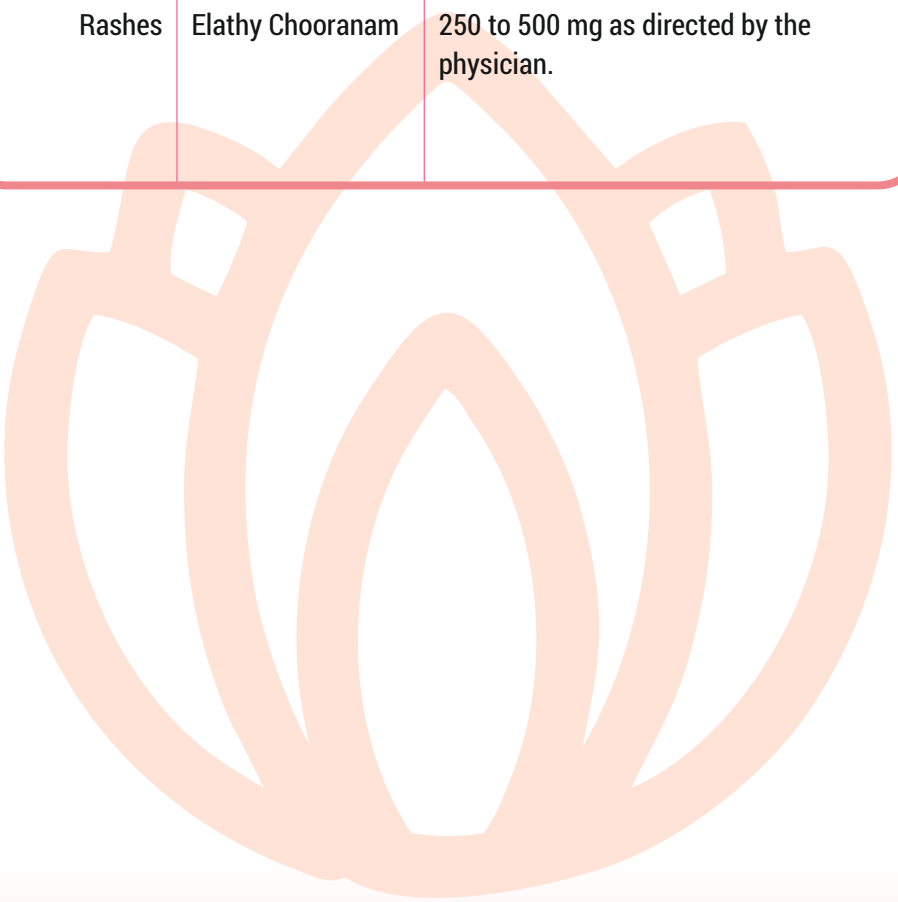
Note: In case of children below the age of 6 years, the dose of all the above medicines may be prescribed by Unani physician as per the age, body weight and severity of the disease.

SIDDHA Guidelines

Prophylaxis and Symptomatic Care

Clinical Presentation	Medicine	Dosage (1 to 12 years)
Prophylaxis	Kabasura Kudineer	5ml to 30 ml as per the advice of the physician for 14 days
	Urai Mathirai	One to two tablets daily as advised by physician.
Fever, Headache, Malaise, Dry Cough, Sore throat, Nasal Congestion	Thaleesathi Chooranam (Kapha / Vata Dominant symptoms)	250- 500mg thrice daily with honey.
	Adathoda Manappagu	2ml to 5ml for 15 days
	Nellikai Lehyam	1gm to 3 gm for 15 days as advised by the physician.
	*Kabasura Kudineer (Kapha dominant symptoms)	5ml to 30 ml as per the advice of the physician for 14 days
	Saya Chooranam	250- 500mg thrice daily with honey.

Diarrhea	Chundai vattral Chooranam / Thayirchundi Chooranam	250- 500mg with butter milk.
Vomiting	Madhulai Manappagu	2.5 to 5ml three times or until vomiting subsides.
Rashes	Elathy Chooranam	250 to 500 mg as directed by the physician.



HOMEOPATHY Guidelines

Prophylaxis and Symptomatic Care

Stage/ Condition	Clinical Presentation	Medicine	Dosage
Prophylaxis	--	Arsenicum album 30C	4 globules twice daily for seven days.
Clinical manifestations	Fever Headache Malaise Dry Cough Sore throat Nasal congestion Myalgia	Indicated medicine as per totality of symptoms. Aconitum napellus, Arsenicum album, Belladonna, Bryonia alba, Eupatorium perfoliatum., Ferrum phosphoricum., Gelsemium, Phosphorus, Rhus toxicodendron, etc.	The dose and repetition of the medicine to be determined by the treating physician as per homoeopathic principles.

Severity Grading for Covid-19 affected children

MILD

(Pneumonia)



Sore throat

Rhinorrhea

Cough

No fast breathing

Few children may
have gastrointestinal
symptoms also

MODERATE

(Pneumonia)



Fast breathing (age based)*

≥ 60/min for < 2months

≥ 50/min for 2-12 months

≥ 40/min for 1-5 years

≥ 30/min for > 5years

Oxygen saturations level
above 90%.

No signs of severe
pneumonia/illness

SEVERE

(Pneumonia)



Cyanosis

SpO₂ < 90%

Increased respiratory
efforts (grunting,
severe retraction)

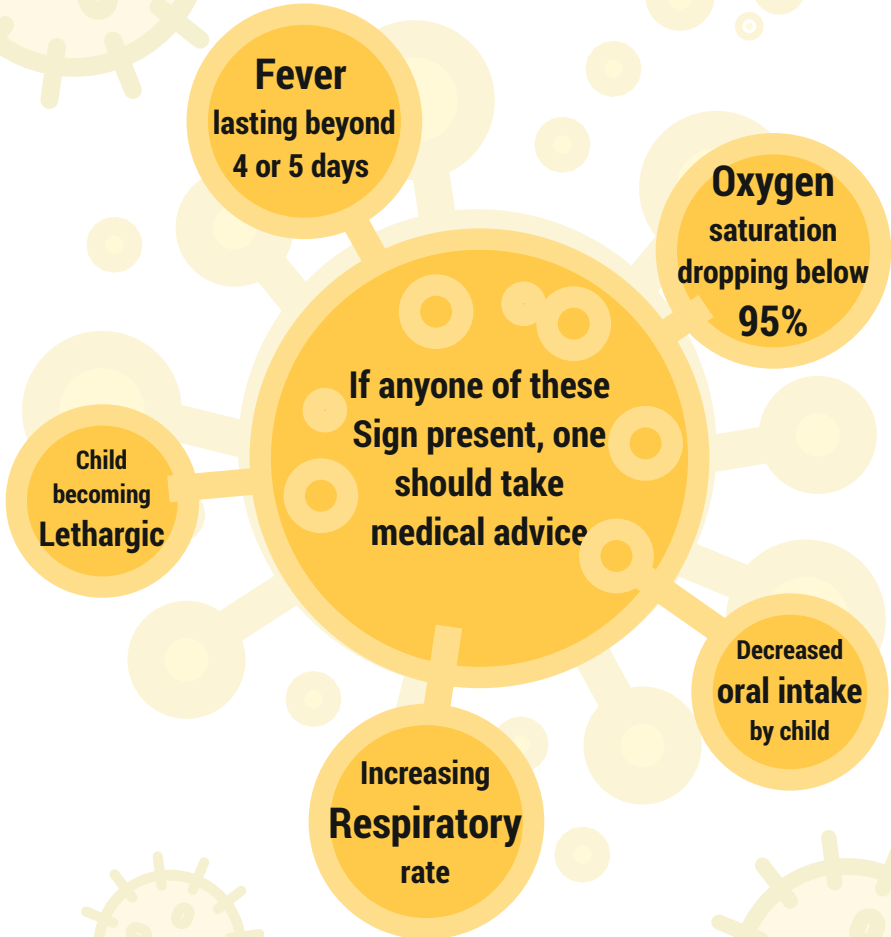
Lethargy

Somnolence

Seizure

Source: Protocol for management of COVID-19 in the paediatric age group; Ministry of health and family welfare; 2166939/2021/CMO (EMR); updated 20/04/21.

Referral Criteria



*Mucocutaneous congestion, Conjunctival congestion, Swollen lips, Skin rashes, Fever, Falling BP, Pain in abdomen/ diarrhoea/ vomiting
(For suspected MISC (Multi System Inflammatory Syndrome COVID 19))*

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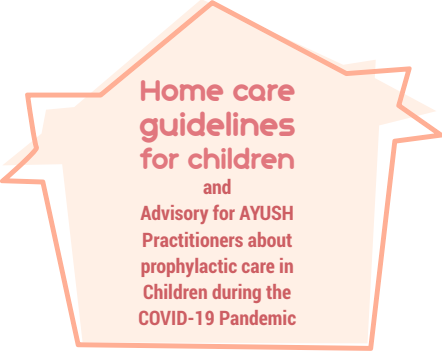
HOMEOPATHY Guidelines (Registered with CTRI, in progress)

- Activeness of arsenic come album 30 C in prevention of COVID-19 in individuals residing in the hotspots of red zones multicentric, randomised, cluster level, controlled trial (CTRI/ 2020/ 05/02 5205)
- Effectiveness of arsenic come album 30 C in prevention of Covid 19 in individuals residing in hotspot of red zones in Delhi -a comparative cohort study (CTRI/ 2020/ 05/02 4986)
- Population-based prophylactic effect of RS Sania come album in Covid 19 a multicentric cross-sectional study

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Notes



**Home care
guidelines
for children**

and

**Advisory for AYUSH
Practitioners about
prophylactic care in
Children during the
COVID-19 Pandemic**

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