

**Key discussions and takeaways from
webinar on
“Pragmatic ways to manage and live
with Novel Coronavirus”
arranged by Innovative Thought Forum
(ITF) and Arogya Bharati (AB)
14th May 2020**

Programme

- Welcome and introduction- Mr S B Dangayach, Founder Trustee, ITF and National Vice President, Arogya Bharati
- Opening remarks- Dr Ramesh Gautam, Karyadhyaksh, Arogya Bharati
- Food, nutrition and nutraceuticals- Padmashri Dr V Prakash, Ex Director ,CFTRI
- Viable medicinal options- Dr Abdul Gafur, Adjunct Professor Infectious diseases, Apollo Hospital
- Speedy clinical trials with AYUSH for massive adoption –Dr Vaid Suresh Patankar, Chairman ,Research board, IMA, Delhi
- Vitamins, minerals and food supplements -Dr Raja Smarta, M D, Interlink Marketing Consulting P Ltd
- Organic kitchen garden for better health- Smt Dilnavaz Variava, Mentor, Anaemia Free India project and Founder, Sahayak Trust
- Ayurveda and Yoga for protection and total treatment- Mr Shashi Bansal, Founder Trustee, Patanjali Haridwar
- Homoeopathy for simply superb management of pandemics- Dr Shivang Swaminarayan- Leading Homoeopath
- Public health measures to contain Novel Coronavirus- Dr Dileep Mavalankar, Director, IIPH, Gandhinagar
- Telemedicine for home, primary and secondary healthcare- Dr Manoj Kapoor, Leading surgeon

Important Points

- Consensus in the webinar on 5th May ,2020 on “vaccines-past,present and future “that vaccines are at least 18 months away and hence there is a need to look for alternatives that can help us in managing and living with novel coronavirus
- Modern medicine has very limited options against COVID Most of the drugs repositioned ones. Only after completion of the SOLIDARITY trial by WHO, will have a clear knowledge on the relative utility of these drugs.
- With no proven medicines in Allopathy or AYUSH, imperative of improving immunity by all possible means
- AYUSH advisory issued in first week of March and being used to varying levels in different parts of the country for improving immunity
- Some state governments proactive in distributing Ayurvedic Kadhas as immunity boosters
- Several governments now distributing Homoeopathic Ars Alb 30 on a fairly large scale
- Pune police force administered Homoeopathic Camphora 1 M to all personnel .This work now being extended to whole state of Maharashtra police with distribution of Camphra 1M and Ars Alb 30
- Task force constituted by Ministry of AYUSH has cleared a few projects for trials of Ayurvedic and Homoeopathic medicines recently

- Food ,nutrition and nutraceuticals vital for building general immunity
- Fruits and vegetables to be added to food intake
- Nutrient and nutraceuticals rich based ingredients to boost immunity (Amla, Amaranthus, Moringa, Asafoetida, Guduchi, Amalaki, Haritake, Ashwagandha, Neem, Rasayanas, Avakehas and Herbal teas.)
- Vitamins ,minerals and food supplements to be studied and included in the daily regimen
- Thrust on eating balanced food as available from home cooked food or Thali
- Cultivation of organic vegetables at home to improve nutrition of the family
- Speedy trial of AYUSH medicines by drawing a suitable protocol that is rational and consistent with the respective medicinal science.
- Suitable permission for treating COVID 19 patients with AYUSH medicine for building clinical evidences and needful approvals as standalone or adjunct systems
- Yoga and Pranayam to be made integral part of life for physical and mental wellness
- Physical exercises and healthy lifestyle to be adopted #Homoeopathy has had a successful track record in treating epidemics and pandemics very successfully in several parts of the world .Need to give suitable place to them with an open mind in preventive and curative aspects
- Homoeopathy also feasible on counts of production, availability, distribution and administration to masses at low costs
- Telemedicine protocols already available from government .To be adopted and pushed to take care of people at home or for treatment of mildly symptomatic corona positive patients. Will help in reducing load on the health system
- Ginger powder very useful and successful in preventing spread of COVID 19 in Rajkot and Jamnagar. Can be spread all over the country
- Hygiene and sanitation measures to be taken by all .Washing ,masking and distancing (WMD)to be essential for all
- Meditation as suggested by several celebrated saints to be also followed for positivity and peace
- Exposure to sunlight for15 /20 minutes a day and proper sleep to be a part of life
- Fear, anxiety and uncertainty surely a big threat. Mental balance to be maintained by prayers, pranayama and other available means

Key takeaways

- 1 When no clear solution in sight, need to try all safe and harmless solutions
- 2 Integrative approach indispensable
- 3 Ayurveda ,food ,nutrition, nutraceuticals, vitamins, minerals, Yoga, Pranayama, exercise etc ideal for general immunity boost

- 4 Homoeopathic Ars Alb 30 or other selected Homoeopathic preparations good to provide specific immunity and can be distributed in the entire nation in few weeks
- 5 Immunity boosters like Kadhas and Homoeopathic Ars Alb 30 to be made a part of ration for masses for improving their immunity. Can also be distributed by several social organisations or Railways or NGO's or corporates
- 6 AYUSH practitioners to be allowed to treat COVID 19 patients in bigger way
- 7 Clinical trials to be fast tracked for Homoeopathic and Ayurvedic medicines on the lines of HCQ or Remdesivir or other repurposable drugs or by other suitable means
- 8 Immediate approval of projects for development of nosodes by the task force
- 9 WMD and AYUSHA (AYUSH + Allopathy) the most pragmatic approach for living with Novel Coronavirus fearlessly and carefully
- 10 Inclusion of AYUSH and public health experts in important committees to get best out of all knowledge systems

Actionable Points

- 1) Distribution of Ars Alb 30 to all the people on war footing for boosting immunity
- 2) Giving Ars Alb 30 and Ayurvedic immunity boosters to all passengers in railways, buses, air and sea
- 3) Distribution of Amrut Pey Kadha (Ayurvedic kadha) through public distribution system (PDS)
- 4) Allowing AYUSH practitioners to treat COVID 19 patients on a larger scale
- 5) Change communication strategy to dispel fear among all

SB Dangayach
Founder Trustee Innovative Thought Forum (ITF)
and
National Vice President Arogya Bharati (AB)
+919998822680
sbdangayach@gmail.com
www.itf-india.com