



GANDHI BHAWAN

UNIVERSITY OF DELHI

INSTRUCTION MANUAL

to manage COVID 19 at home
based on Indigenous Indic Knowledge, viz.,

- ☞ Ayurveda,
- ☞ Yoga (Pranayama)
- ☞ Meditation
- ☞ Acupressure,
- ☞ Raga Therapy,
- ☞ Mudras
- ☞ Pyramids

by

YOGA AND MEDITATION CENTER

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MESSAGE FROM THE DIRECTOR



Prof. Ramesh C. Bharadwaj
Director, Gandhi Bhawan

We all know that a new respiratory pandemic disease COVID-19/ Coronavirus is spreading across the world. Nations like America, Spain, Italy along with India and other Asian countries are trying their level best to eradicate it. With the overall cases worldwide are rising rapidly, the World Health Organization (WHO) has already declared the outbreak a global health emergency. We are also aware that, at present, no vaccine to cure this pandemic is available globally. India has also reported many cases and is trying to contain the spread of the disease. The Indian Government, its Ministry of AYUSH and all State Governments and UTs are doing their best to prevent this by adopting various methods through Medical Science, Ayurveda and Yoga & Meditation.

In this testing times of COVID-19, Ayurveda and Yoga & Meditation, have helped the patients to overcome this disease both mentally and physically. As an important frontline worker, Gandhi Bhawan, through its experts, have come with handy strategies to cope with the crisis triggered by the pandemic. In the midst of this scenario, I am sure that this manual will be beneficial for the fraternity/ community who will take appropriate measures at home to prevent the infection.

Prof. Ramesh C. Bharadwaj
Director, Gandhi Bhawan &
Head, Department of Sanskrit,
University of Delhi

DISCLAIMER

- This instruction manual is prepared to impart education and information to general public about COVID-19.
- This manual enumerates various items that one must keep at home to combat COVID-19 in case one prefers to avoid hospitalization or one does not get bed in hospital for reasons such as living in remote area, financial problems or non- availability of beds at the hospital.
- This manual suggests ways how a COVID-19 infected patient should stay in home isolation and all that the patient should do during such isolation.
- This manual is for preventive purposes suggesting ways to improve personal immunity thereby increasing chances of fighting the infection with developed immunity. However, if one gets infected, curative measures provided in the manual should be adopted.
- The manual does not suggest in any way that COVID-19 infected person should observe this manual at the cost of medical aid and hospitalization.
- This manual or the author(s) of this manual does not bear any responsibilities or liability of any sort in case someone is not cured of COVID-19 by following the methods described in this manual.
- This manual or any of its author do not claim the manual to be a replacement for, prescribed protocol / medication, or seeking professional advice/help from qualified medical practitioner.
- This manual is designed for people infected with COVID-19 and not for people suffering from any other health issue on account of any past medical history or on account of age -related medical problems.

Source of Inspiration



Prof. P. C. Joshi
Hon'ble Acting Vice Chancellor
University of Delhi



Members of Research Panel

Professor Ramesh C. Bhardwaj (Principal Investigator)

Professor Bharadwaj is presently the Director at Gandhi Bhawan and Head of the Department of Sanskrit, University of Delhi.

He has been incessantly contributing towards the field of strengthening the Indian cultural and civilizational ethos through his various national and international academic endeavors.

An alumni of University of Delhi, Prof. Bharadwaj obtained his postgraduate, M. Phil. and Ph. D. degrees from University of Delhi. His specialization includes Indian philosophy.

Prof Bharadwaj is having more than 30 years of rich teaching experience in Sanskrit and philosophy at University of Delhi. He is also continuously been promoting Gandhian philosophy and action, Ayurveda, Yoga and Meditation among the fraternity/ community and hosted various webinars, lectures, seminars at Gandhi Bhawan to propagate Ayurveda and Yoga at Gandhi Bhawan, University of Delhi



Yogacharya Indra Narayan Raman (Co-Principal Investigator)

M.A. (Political Science), DU

M.A. (Public Administration), IGNOU, new Delhi

M.A. (Life, Science, Observational and Yoga), JVBV, Rajasthan

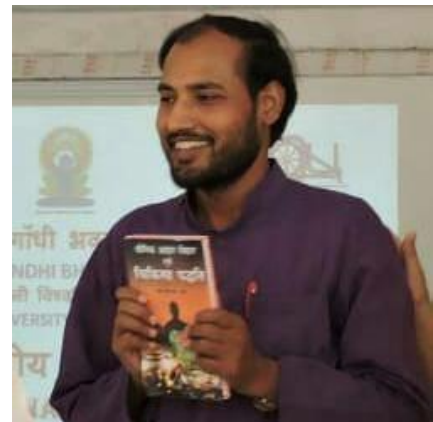
Ph.D. (Pursuing), Dept. of Political Science, University of Delhi

Yoga Organizer, Gandhi Bhawan, University of Delhi.

Yogacharya Raman is a political scientist and a renowned yoga & diet expert.

He has compiled his research work in following books:

- Yogic Aahar-Vihar and Chikitsa Paddhati
- Bhartiya Yog Sidhant



Living a life of yogi, dedicated completely in carrying out research on every aspect of yoga coupled with intense introspection, he has established **Yoga** as an **Absolute Science**. His work has put forth that Yoga is not limited to Asana, Pranayam, body or mind but it's a science that connects one with one's bodily, mental, emotional and soulistic aspects. His principles on Science of Yoga has helped the scholars engaged in research in discipline like anthropology, psychology, philosophy, naturopathy, yoga and Sanskrit.

There are nine ways of attaining Samadhi and he has propounded that Sahajata (the state of being naturalness) can lead even the most common man to Samadhi. He has helped many beginners to connect with their divine-self with the help of Bhav Samadhi.

Though he has mastered many fields of knowledge be it science of governance, yoga, meditation, samadhi but he always considers himself a humble student and that enables him to go deeper and deeper into the ocean of knowledge embodied in our vedas and other scriptures and come out with Amrit (Nectar) to make everyone's life better.

Mr. Rajiv Sharma (Research Associate)

B.Sc., LL.B. (Delhi university)

Using yogic breathing techniques Rajiv Sharma has won several gold medals in International Powerlifting and Weightlifting Events.

- Commonwealth Powerlifting Championship-2011 England
- Asian Powerlifting Championship-2016- Russia
- Commonwealth Powerlifting championship-2017 S. Africa
- Asian Powerlifting championship-2018 Udaipur, India
- World Masters Weightlifting-2019, USA



He has been practicing law to boost FDI (Foreign Direct Investment) in India thereby helping Indian economy. He has been on board of some of the International NGOs working in India and is helping boosting holy tourism in India.

He practices *vedic* astrology as a pastime and helps mankind to get rid of various sufferings with the help of astrological remedies.

Dr. Devendra Prasad Sharma

Ph.D. (Medical Science in Vedas)

Today when the humanity is suffering on account of pandemic COVID-19 and the health care and Government of all the countries in the world are constantly putting their best efforts to win over this pandemic, he feels proud to be part of research panel carried out by Gandhi Bhawan, Delhi University where cure for COVID-19 through yoga and meditation is explored.



For the last more than two decades he has been rendering his pro bono services to cure a number of patients suffering from chronic diseases with the help of medical remedies embodied in our VEDAS at his Prakratik Chikitsa Sansthan, 'AROGYA DEEP' at Refinery Nagar, Mathura. As a staunch follower of Vedas that says (वयं राष्ट्रे जाग्रयाम पुरोहिताः! माता भूमि पुत्रोऽहम पृथिव्याः !), he feels obliged if his *vedic* knowledge and experience help the mankind and the nation to come out of this prevailing pandemic of COVID-19.

Dr. Nisha Gupta

M.Phil. Ph.D., University of Delhi

Assistant Professor, Lakshmbai College, University of Delhi

Dr. Nisha is blessed to have both an active cerebrum that enabled her to excel in scientific learning & education and super active supramarginal gyrus that filled empathy and compassion in her. Even after achieving accolades in her academic career she always felt a desire to serve the mankind and her quest to overcome their sufferings led her to learn the science of yoga and meditation through which she can help the mankind. She finds it her life time opportunity to be part of research work that will help the humanity to combat this pandemic of COVID-19.



Dr. Neelima Raj

MBBS, PhD (Medicine)

Ultrasonologist

Ex –Resident LNJP Hospital

She is practicing physician for over two decades and is a staunch follower of Yoga & Meditation. Her Yogic experience / qualifications are: -



- *Foundation Course in Yoga Sciences for Wellness (FCYScW)*
- *Certificate Course in Yoga for Protocol Instructor (CCYPI)* from Morarji Desai National Institute of Yoga (MDNIY), New Delhi under Ministry of AYUSH, Govt. of India.
- Organized various Yoga camps
- Published 5 research papers and has attended over 55 conferences.

Dr. S. Ranjan

MBBS (MUHS), Medical Acupuncturist, Soul Coach (QLU)

- Medical Doctor - MBBS from MUHS Maharashtra University of Health Science
- Worked as Resident Doctor for 5 years in Govt. Hosp., Delhi
- Certified Soul Coach, from QLU Quantum Life University
- Yoga & Meditation Course from Gandhi Bhawan, Delhi University
- Certified Meditation Teacher (PSSA)
- National Speaker for NCSS organized by IFSS Indian Fed. of Spiritual Scientist since 2013
- Lectured on no-drug approach to Health at Translation Bureau (Home Ministry), NHA, BHU.
- Award from International Association of Educators of World Peace, an UN affiliated not-for-profit body



Yogacharya Satish Kumar Abbi

B. Com. (H), M. Com., B. Ed.

Yogacharya Satish Kumar Abbi is a teacher by profession and a social worker by passion. Presently serving as 'Secretary' at Delhi Yoga Sabha (Regd.), Meditation & Yoga Treatment Centre, Bhamashah Marg, Delhi-110009 and rendering pro-bono charity services in the field of Yoga, Meditation & Ayurvedic Medicine in the past 32 years.

He had the privilege of learning the art of Yoga and Meditation under the sublime guidance of Swami Devi Dayal Ji Maharaj since childhood. Swami Devi Dayal Ji Maharaj was recognized for his work in the field of Yoga during 'The First International Yoga Seminar in 1958' by Former Prime Minister, Pt. Jawahar Lal Nehru.

Yogic Qualifications & Experience:

- Certificate Course in Yoga from NGO Named as Delhi Yoga Sabha (Regd) in 1987.
- Certificate in Yoga Naturopathy from Calcutta Medical Society in 1993.
- Qualified as Doctor of Medicine (Alternative Medicines) in 1995.
- Hon'ble Delegate & Paper presenter at '*National Seminar-cum-Workshop on Meditation: Techniques & Technology and 3rd National Conference on Yoga Therapy for Gastro-intestinal and Related Disorders 1995*' organised by Ministry of Health & Family Welfare, Government of India.



- Foundation Course in Yoga Science for Wellness (June 2019) from Morarji Desai National Institute of Yoga, Ministry of AYUSH, Government of India, New Delhi.
- Certificate Course in Yoga and Meditation (2020) from University of Delhi. (Batch VII)

Yogacharya Satish Kumar Abbi authored two books:

- ‘Divya Parkash Punj’ (1999) - the biography of Swami Devi Dayal Ji Maharaj, his Guru and their life journey of yogic enlightenment.
- ‘Sewa Satsung Vani’ (1999) – compilation of the ideas based on concept of charity & services to humanity.

Special Achievements:

- He received ‘**Chikitsa Seva Ratan Award**’ at Gandhi Peace Foundation in February 2020 for his pro bono services to the society in the field of treatment through Yoga and Meditation.
- Awarded a Letter of Gratitude by Embassy of the Socialist Republic of Vietnam for Yoga training and guidance given at the **Embassy of the Socialist Republic of Vietnam, New Delhi** in 2015 to the Embassy’s staff and their family members.
- Awarded a Letter of Gratitude by **Embassy of the Russian Federation** for Live Yoga training and demonstration at the **Russian Embassy Club, New Delhi** in 1996.
- Awarded Commendation Card for rendering training of ‘Yogic Asanas’ and ‘Kriyas’ to the **Police Staff of Delhi Police Security Unit, Vinay Marg, New Delhi** in 1994.

Special Mention: After his own recovery battle from Covid-19, he has successfully cured more than twenty patients with the help of Asanas, Pranayama, Ayurvedic medicine & Diet reform.

Mrs. Deepthi Nadella

D. Pharma, BBA, MBA & Certified Soul Coach

Deepthi Nadella is an **Ambassador of Divine Love & Compassion for Embassy of Peace**, decided to radiate into whole Universe.

She started Meditating and spreading from 2015 and since then has been giving workshops and Counselling in the field of-

- Self-Realization, Parenting, Conscious Living & Women Empowerment.
- De-Programming & Re-Programming of the Sub-Conscious mind.
- Completeness through Balancing of Feminine & Masculine Energies.
- Every situation is our Master.
- Transformation of Emotions into Soul-feelings.
- Living at Perfect Health & Perfect Balance.
- Soul Journey with Soul Lessons.
- Everyone’s Responsibility to maintain whole Vibration.



Self-example for Medicine free Family since 2015.

Active participant in Mainstream of Govt. systems those must run by Wisdom beings.

INTRODUCTION

We human beings are living in the most advanced technological period of time when the science and technology is at its peak, be it space science, science of warfare, pharmaceutical or telecommunication.

However, recent outbreak of the pandemic of COVID-19 has affected the entire world and all existing systems, science and technology became helpless. It is alarming that the number of COVID-19 infection across the globe has crossed 16 million and in India alone it has exceeded 1.3 million.

When the spread is unstoppable, resources are in scarcity and humanity is crying we need to go back to our vedic knowledge which has/had solutions for all the problems. With this introspection we at Gandhi Bhawan felt it our social, moral and ethical duty to bring out traditional ways to cope up with the infections.

With combined efforts of the panelist, this manual is prepared to help mankind from the dreaded spread of COVID-19. This manual uses seven means to combat the pandemic of COVID-19 all of which are based on indigenous, traditional knowledge which is scientific and is a pragmatic solution to help a large population of India. The manual is designed in such a way that people can take care of themselves at home within limited means and resources.

All the seven means as briefly described below share the common fundamental principle- 'cure of all diseases lies within our body'.

Ayurveda: Ayurvedic ingredients that help to strengthen our immunity have been studied and examined on a number of COVID-19 patients to recover from the infection and are recommended to be consumed in the form of a Kadha.

Pranayama: Effective pranayamas are suggested that helps to improve our immune system and our breathing system to fight against COVID-19.

Meditation: How meditation helps to activate our parasympathetic nervous system and thereby improve our immunity is described and how should we meditate to attain mental strength which is much needed these days.

Acupressure: The ways are suggested to activate our immunity, breathing process and to control fever by working on some pressure points using acupressure techniques.

Raga Therapy: The manual also gives importance to Raga therapy that helps to control fever, improve lungs function and strengthening immunity.

Mudras: Manual also provides role of various mudras formed by joining our fingers representing five elements (i.e. fire, air, space, earth and water) in a particular manner to control fever, improve breathing & immunity and help in detoxification.

Pyramid healing: Use of pyramids in improving our immunity and weakening the strength of pathogens is suggested.

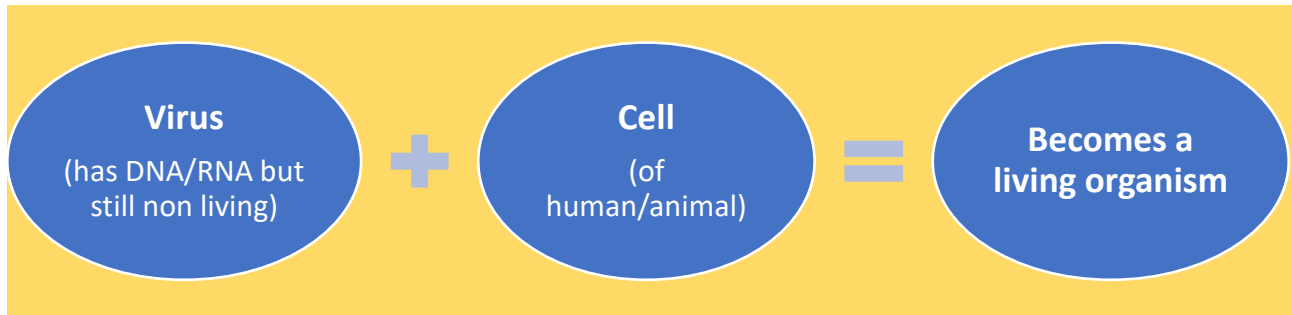
We are sure that this manual will help all of us, as India is blessed in plenty with all the ingredients that improve our immunity and indigenous means suggested in the manual are easy to adopt and practice.

**Yogacharya Indra Narayan Raman
Yoga Organizer & Co-Principal Investigator
Gandhi Bhawan, University of Delhi**

August 23, 2020

CHAPTER-I Viruses in General & Novel COVID-19

A Virus



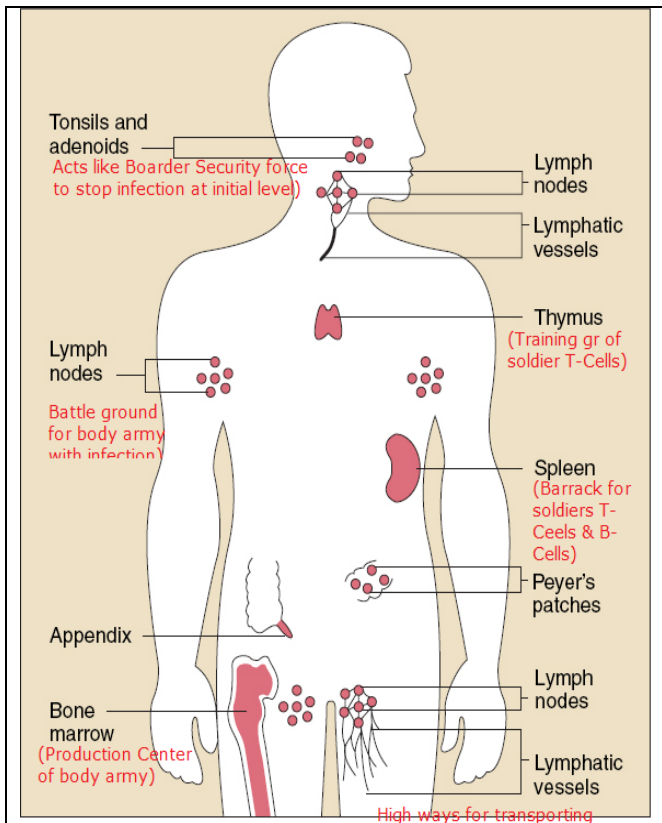
- A **virus** (in Latin means “poison”) is an infectious agent.
- Virus consists of a genetic material called DNA or RNA, a protein covering that surrounds and protects the genetic material and, in some cases, an outside envelopes of lipids (fats).
- When a virus infects upon an organism, the immune system starts fighting with it. If our immune system fails in the fight, our cells are forced to rapidly produce thousands of identical copies of the original virus.
- When it attacks on an organism and defeat its immune system it sheds its coat, bare its genes and uses host cells to reproduce and lead a kind of borrowed life if not a full-fledged living organism.

COVID 19 Virus*

- Coronaviruses (CoV) are a large family of viruses that cause illness ranging from the common cold to more severe diseases such as Middle East Respiratory Syndrome (MERS-CoV) and Severe Acute Respiratory Syndrome (SARS-CoV). A novel coronavirus (nCoV) is a new strain that has not been previously identified in humans.
- Coronaviruses are zoonotic, meaning they are transmitted between animals and people. Detailed investigations found that SARS-CoV was transmitted from civet cats to humans and MERS-CoV from dromedary camels to humans. Several known coronaviruses are circulating in animals that have not yet infected humans.
- Common signs of infection include respiratory symptoms, fever, cough, shortness of breath and breathing difficulties. In more severe cases, infection can cause pneumonia, severe acute respiratory syndrome, kidney failure and even death.

* Source WHO <http://www.emro.who.int/health-topics/corona-virus/about-covid-19.html>

CHAPTER-II Brief description of our Immune System



- **Immunity:** It is the natural power of our body to fight against pathogens (bacteria, fungus, virus and other germs causing infection).
- **Lymphatic system:** It is a drainage system of our body. It removes excess fluids from body tissues, filter cell residue and produce immune cells (such as lymphocytes, monocytes, and antibody producing cells called plasma cells) and fighting pathogens.
- **Bone marrow:** The B-Cells and T-Cells that fight with the germs/pathogens are produced in bone marrow.

- **Thymus:** T-Cells produced in bone marrow are like newly recruited soldiers who get training in Thymus gland and become trained soldiers ready to fight with body enemies (germs).
- **Spleen:** It functions like a barrack where the army of soldiers (B Cells and T Cells) are kept to be released into the blood in case of emergency when body is attacked by pathogens.
- **Lymph nodes:** There are about 600 lymph nodes which are the battle ground in our body where the fight between pathogens (e.g. viruses) and soldiers of the body (B-Cells and T-Cells) takes place.
- **Tonsils & adenoids:** We have two tonsils, one on either side at the back of the mouth. Adenoids hang from the upper part of the back of the nasal cavity. Tonsils and adenoids help to defend the body from infection. They trap bacteria and viruses which we breathe in through our nose. They contain cells and antibodies of the immune system to help prevent throat and lung infections.
- In order for our Defense mechanism to function properly we constantly need to make sure that body's battle ground (lymph nodes), high ways for the movement of troops (lymphatic vessels), training ground of the soldiers (thymus gland) functions properly.
- By some yogic exercises we can strengthen our body's defense mechanism (immune system).

CHAPTER-III Preventive Measures

(i) Social Hygiene

As scientists are doing research into the COVID-19 virus, we know for sure that the virus is transmitted through direct contact with respiratory droplets of an infected person when he/she coughs and sneezes and touching surfaces contaminated with the virus. The survival of virus on surfaces may last from a few hours up to several days.

We must adopt following social hygiene measures to avoid spread of COVID-19:

- Whenever go out maintain a distance of 2 yards;
- Use mask; and
- Avoid touching common surface areas exposed to the virus such as grills, handles, elevator buttons/switches, etc.

(ii) Personal Hygiene

- Keep washing your hands frequently, for the recommended 20 seconds;
- Stay home if you are sick. As far as possible avoid going out and socializing;
- Use a tissue/arm when you cough and sneeze. Turn away from other people;
- Use single-use tissues. Dispose off the tissue immediately;
- Wash your hands with soap or sanitize after coughing, sneezing or using tissues;
- Avoid close contact with people who have symptoms;
- Avoid children to play with soft toys which are difficult to be kept germs free;
- Don't touch eyes, nose or mouth with unwashed hands (viruses can transfer from hands into the body)
- Clean and disinfect frequently touched objects and surfaces in the home;
- When displaying symptoms of COVID-19, stay at home, call help line (India-“1075”) for COVID-19 test;
- When returning home, make sure to straightway go to bathroom where you need to wash your cloths and take a shower before you interact with other family members; and eatables like fruits and vegetables that you bring to home needs to be properly washed & other stuffs be properly sanitized.

(iii) Workplace Hygiene

If you are attending to your workplace make sure following hygiene measures are adopted there:

- Clean handwashing facilities and alcohol-based sanitizers are provided;
- Tissues are provided and their use is encouraged;
- Commonly used surfaces are cleaned more often, such as door knobs, handles, stair railings, desks, phones, kitchens, shared computers, registers, elevator buttons;
- Sharing of cups, glasses, dishes and cutlery with staff is prohibited. Be sure dishes are washed in soap and water after use;
- Magazines and papers are removed from waiting areas or common rooms (viz. tea rooms and pantries); and
- making sure ventilation systems are working properly.

(iv) Exercises/yoga to improve immunity

When we deal with novel virus COVID-19 even the old sayings need correction.

An old saying	• Prevention is better than cure
Appropriate saying	• Prevention is the only cure
Yogic saying	• Strengthened immunity needs no cure

In order to improve our immunity, we have to make sure that our immune system (i.e. lymphatic system functions properly). There are some yogic exercises, asanas, and kriyas, a brief description of which is given below and readers are advised to spend 15-30 minutes daily for the same in order for the above yogic saying applicable to them, i.e., Strengthened immunity needs no cure.

Before starting pranayama/exercises given below following pranayamas needs to be done

- **Sahaj Pranayam (सहज प्राणायाम)**
Video Link: <https://www.youtube.com/watch?v=VD9CPjrSfwY> 'Shashwat Yoga Sabha- Sahaj Pranayam-सहज प्राणायाम
- **Nadi Shodhan (नाड़ी शोधन) and**
Video Link: <https://www.youtube.com/watch?v=8uNkYa3rQJw> 'Shashwat Yoga Sabha- Nadi Shodhan-नाड़ी शोधन
- **Bhramari Pranayam (भ्रमरी प्राणायाम).**
Video Link: <https://www.youtube.com/watch?v=MOsqjiOpB24> 'Shashwat Yoga Sabha- Bhramari Pranayam-भ्रमरी प्राणायाम

1. **Kapalbhati** (Video Link: <https://www.youtube.com/watch?v=KOFeUMyhFAs> "Shashwat Yoga Sabha -Kapalbhati Pranayam-कपालभाति प्राणायाम")



Method:

- Sit in padmasana or any other sukhasana (comfortable position) with upright spine.
- Breathe in such that filling whole tummy with air.
- Then breathe out from the stomach by pulling the stomach in and whole breath comes out with a jerk.

Frequency/duration Benefit

Do it 10-15 times in one set and make 3 to 4 sets of this.

It helps in activating lymph nodes present in our tummy, diaphragm and chest region and thereby increasing our immunity.

2. Agnisara (Video Link: <https://www.youtube.com/watch?v=qcREV6AadUE> “Shashwat Yoga Sabha - Agnisara-अग्निसार”)



Method:

- Sit in padmasana or any other sukhasana with upright spine.
- Take a deep breath.
- Breathe out completely such that there is a suction in the tummy.
- After such breathe out, pump the tummy in and out 4-7 times while holding the breath.

Frequency/duration Benefit

Do it 10 times in one set and make 3 to 4 sets of this.

It helps in activating lymph nodes present in our tummy, diaphragm and chest region and thereby increasing our immunity.

3. Anulom Vilom (Video Link: <https://www.youtube.com/watch?v=utl-kjN81Pk> “Shashwat Yoga Sabha -Anulom Vilom-अनुलोम विलोम”)



Method:

- Sit in padmasana or any other sukhasana.
- Close your right nostril with right thumb and make a deep inhale from left nostril
- Now close left nostril with index finger and make a deep exhale from right nostril. Now in hale from right nostril and exhale from left.
- Repeat this action.

Frequency/duration Benefit

Do it 10-15 times in one set and make 3 to 4 sets of this.

- It helps in improving breathing efficiency of lungs.
- It helps increasing saturation level of oxygen in our blood.

4. Thymus Thump (Video Link: <https://www.youtube.com/watch?v=rLro7agsakg> “Shashwat Yoga Sabha -Thymus Thumping-थाइमस थंपिंग”)



Method:

- Sit in any comfortable posture.
- Make a fist like shown in the picture.
- Strike lightly with the fist at sternum bone below which lies thymus gland.
- While thumping you can roar or laugh out load.

**Frequency/
duration**

Do it 3-4 times in one set and make 4 to 7 sets of this.

Benefit

It activates the thymus gland (where T-Cells are matured) and helps improving immunity.

Thymus starts degenerating after the age of 15 and completely gone by the age of 60-65. Its activation is atmost necessary for immunity.

5. Butterfly (Video Link: <https://www.youtube.com/watch?v=E3jH2VgNRxU> “Shashwat Yoga Sabha - Butterfly Pose-तितली आसन”)



Method:

- Sit tall with upright spine.
- Bring both heels together and bring them close to the groin as much as possible and hold the feet together with hands
- Now flap legs like a butterfly.

Frequency/duration Benefit

Do it 10-15 times in one set and make 3 to 4 sets of this.

It helps in activating lymph nodes present inguinal under groin region and thereby increasing our immunity.

6. Shrugging/pumping Shoulders (Video Link: <https://www.youtube.com/watch?v=XGsyQaepRWE>
“Shashwat Yoga Sabha -Shrugging Shoulders”)



Method:

- Sit in padmasana or any other sukhasana with upright spine.
- Take shoulders up close to the ear.
- Take a deep breath in and breathe out.
- After breathing out, hold the breath and pump the shoulder up and down.

Frequency/duration

Do it 10-15 times in one set and make 3 to 4 sets of this.

Benefit

It activates the lymph nodes around the neck and in the armpit thereby increasing immunity.

7. Ear stretching & ear rotation (Video Link: <https://www.youtube.com/watch?v=1wEzm8Uq5is>
“Shashwat Yoga Sabha -Ear Stretching & Rotation”)





Method:

- Sitting with spine upright, hold your ears and move them up and down. This way you pump ears.
- Hold the ears and cycle them around in clockwise followed by anticlockwise.

Frequency/duration Benefit

Do it for couple of minutes.

Do it for couple of minutes.

It helps in activating lymph nodes present in the neck region and in front of and behind the ears thereby improving our immunity.

8. Calf pump (Video link: <https://www.youtube.com/watch?v=Cw2klSQks-k> “Shashwat Yoga Sabha - Calf Pump”)



Method:

- Stand tall and join your legs.
- Now alternatively stand on toes and heels.

Frequency/duration Benefit

Do it for 10-15 times in a set.

Make 3-4 sets.

It helps in activating lymph nodes present in and around calf muscles thereby improving our immunity.

9. Ujjayi (Video link : <https://www.youtube.com/watch?v=cQXG1n6lm28> “Shashwat Yoga Sabha -Ujjayi Pranayam-उज्जयी प्राणायाम”)



Method

- Close the mouth and compress the throat.
- Exhalation and then start inhaling through nostril with compressed throat creating a friction sound.
- Retain the inhaled air for double the time taken for inhalation and then exhale in a time equal to the time taken for inhalation.
- Always exhale from left nostril.
- Those having heart or high blood pressure problems should exhale without holding air in the lungs.

Frequency/Duration Benefits

Do it for 10-15 times

Make 3-4 sets

- Opens up congestion and clears breathing.
- Clears phlegm & clears throat.
- Beneficial in chronic cold, cough, indigestion and liver problems.

(v) Diet/food to improve immunity

Eating raw and nutrient rich foods promotes a healthy lymphatic system. Some of the best cleansing foods for the lymphatic system are:

- Leafy green vegetables
- Low sugar fruits
- Ground flaxseed
- Chia seeds
- Avocados
- Brazil nuts
- Almonds
- Walnuts
- Cranberries

Zinc is a mineral that increases the production of white blood cells (T-cells), which fight infection. Some rich sources of zinc are:

Fruits: avocados, blackberries, pomegranates, raspberries, guavas, cantaloupes, apricots, peaches, kiwifruit, and blueberries

Vegetables: mushrooms, green peas, spinach, lima beans, lentil sprouts, asparagus, beet greens, broccoli, okra, and sweet corn

Nuts: peanuts, cashews and almonds

Cinnamon: Daily body requirement of zinc is 8-11 mg and about 4 grams of cinnamon alone can fulfil this requirement.

Vitamin C

Vitamin C helps in production and functioning of white blood cells and thereby improving immunity. Various rich sources of Vit C are:

Citrus fruits:

Amla (gooseberry)



मौसम्बी (sweet lime)



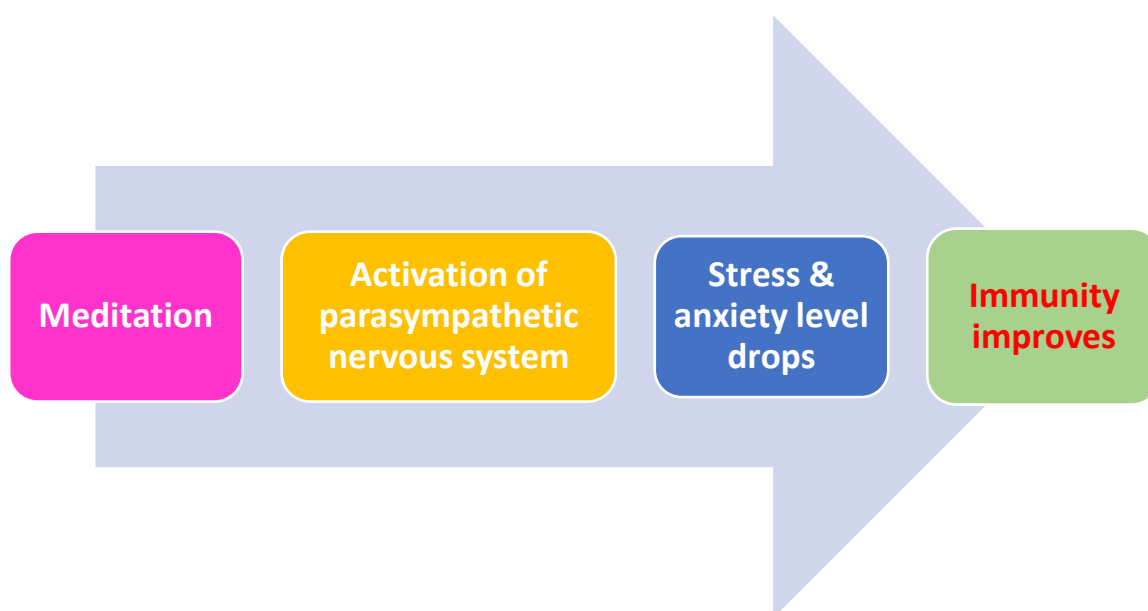
Lemon (नींबू)



Vegetables: broccoli, cauliflower, Brussel sprouts and capsicums (red bell pepper)

(vi) Meditation

(Video Link: <https://www.youtube.com/watch?v=EIMVuYssDnw> “Shashwat Yoga Sabha -Meditation-ध्यान)



Meditation helps in activating our parasympathetic nervous system, thereby reducing stress and anxiety and improving our immune system.

For meditation follow these steps:

- Sit in padmasan or sukhasan (any position in which one can sit comfortably for a long time).
- Close your eyes.
- Take normal breathing.
- Observe your natural inhalation.
- Observe your natural exhalation.
- Concentrate on the natural rhythm of the breathing (प्राकृतिक सांसों की लय पर ध्यान दें).
- Concentrate on inhalation and exhalation (सांसें अंदर आ रही हैं , सांसें बाहार जा रही हैं, इसके लिए सजग रहें).
- With practice you will even forget observing your breathing and that will lead you to complete thoughtlessness.
- Be in this position initially for 10-15 minutes and later you can go upto 30-45 minutes

CHAPTER-IV Preparations for Probable Infection

Since the spread of COVID-19 is increasing day by day, we should in advance be ready to deal with its probable infection.

As taking insurance does not mean we will for sure fall sick or carrying a first aid box while travelling does not mean we will for sure need it. However, wisdom demands that we should hope for the best and be ready for the worst.

Therefore, it is advisable to be ready with our arms and ammunition as listed below to fight and win over the deadly enemy of COVID-19.

(i) Mental preparation

मन ही मन को जानता, मन की मन से प्रीत ।
मन ही मनमानी करे, मन ही मन का मीत ॥
मन झूमे, मन बावरा, मन की अधुत रीत ।
मन के हारे हार है, मन के जीते जीत ॥

The way CoVID-19 is spreading, we should not be surprised, shocked or scared if we happen to be the next one infected by it. Rather we should be well equipped and prepared to deal with possible infection and mental preparation is much more important than any other tangible preparation.

Always bear following in your mind and say to yourself that:

- I am well prepared for any such infection;
- On the date of releasing this manual, in India over nine lakhs people (over 60% of infected person) have successfully recovered from a disease/ infection for which there is no medicine/vaccine.
- Many people don't get to know and pass through the infection without any symptoms or any problem.
- We Indians have better immunity as we still use ayurvedic herbs in our daily life, like turmeric (हल्दी), holy basil (तुलसी) black pepper (काली मिर्च), cinnamon (दालचीनी), bishop's weed or carom seeds (अजवाइन), dry ginger (सौंठ), ginger (अदरक) and honey (शहद) and that we have good sunshine round the year which gets us enough Vitamin-D.




(ii) Preparation within family

We should educate each member of our family (be it young ones or old ones) about pre-infection preparation. Attention should be paid to the following:

- Be mentally prepared to isolate from others members as soon as symptoms are visible to a family member.
- Your respect and love for the family member will not become any less when you quarantine him/her. Actually, this shows how much you care for the family members.
- Always be ready the way an army is ready at boarder.

(iii) Personal kit / equipment

It is better to be ready with following kit at home rather than running here and there when it is required. Pay attention that you are ready with following items.

S. #	Item	Description
1	Thermometer 	<ul style="list-style-type: none">• Thermometer helps to keep a constant watch on body temperature which in almost all case infected with COVID19 rises.• It is most important to watch body temperature and keep it under control.• Our normal body temperature is 98.4 Fahrenheit.• It cost from Rs. 175 to Rs. 300• Can be ordered online.
2	Oximeter 	<ul style="list-style-type: none">• Oximeter or pulse oximeter is a small device which gives us the SpO₂ percentage in our blood.• The SpO₂ (Saturation of Peripheral Oxygen) percentage means percentage of oxygenated hemoglobin to the total hemoglobin level in our blood.• Oximeter emits red and infrared rays which are respectively absorbed by deoxygenated and oxygenated blood.• An SpO₂ reading of 95% or greater is generally considered to be a normal oxygen level. However, an SpO₂ reading of 92% or less (at sea level) suggests that your blood is poorly saturated.• A pulse reading of 60-100 is normal.• A pulse oximeter costs from Rs 1200/- to Rs 3500/-• Can be ordered online.•
3	Disposable Hand Gloves 	<ul style="list-style-type: none">• It is always better to use disposable hand glows to maintain personal hygiene.• It costs about Rs. 275/- to Rs. 300/- per 100 pieces of disposable hand gloves.• Can be ordered online.
4	Steamer	<ul style="list-style-type: none">• Using an electric steamer, steam can be produced in minutes and by inhaling steam the respiratory track can be opened up which is congested due to viral infection.• It costs from Rs 350/- to 1500/-



5 Electric Kettle

- Electric kettle can be used to get warm water required for doing gargles that will help clear the nose and throat passage and unclog congestion.
- It costs from Rs. 500/- to Rs. 1500/-



6 Glucometer



- Glucometer is a blood sugar level testing device that can be used at home to check the sugar level.
- During infection the sugar level may increase and it needs to be monitored.
- It costs from Rs. 750/- to Rs. 2500/-

7 Digital BP Monitor Instrument



- Digital Blood Pressure Monitor is required mainly for those who have BP related problem.
- It costs from Rs. 1500/- to Rs. 3000/-

8 Disinfectant Manual Sprayer

Sanitizer Spray Machine

- Mini sanitizer spray machine is ideal for use at homes, offices, clinics, hospitals.



- It helps you to sanitize yourself and your belongings anywhere and anytime.
- Use 1% Sodium hypochlorite.
- It costs from Rs. 500/- to Rs. 1500/-

9 Kadha Ingredients

- Heart leaved moonseed (गिलोय Giloy)
- Ashwagandha
- Honey basil (तुलसी-Tulsi)
- Cinnamon (दालचीनी- Dal Chini)
- Black pepper (काली मिर्च-Kali mirch)
- Dry ginger (Sonth)
- Carom seeds (अजवाइन-Ajwain)
- Honey
- Fennel (बड़ी सौंफ)
- Black Cardamom (बड़ी इलायची)
- Raisin (मुनक्का)
- Firewood (मुलहठी)

10 Round magnets for acupressure



- Byol Magent set to be used in acupressure can be purchased online.
- It cost from Rs. 150/- to Rs. 250/-

(iv) Norms of a quarantine space at home

When a family member is to be quarantine at home, following measures should be taken.

- Try to home quarantine a person in a room with attached bathroom or in a room which is nearest to bathroom.
- This room should have good ventilation with windows.
- As far as possible the daily need items for two weeks be kept in the room for quarantined person including his cloths, books, mobile, charger.
- The other family members need not enter the room and they can leave any required items or food at window or door.

- The family members attending quarantined person should wear mask and gloves and they should use sanitizers before attending the quarantined person.
- In case the bathroom/washroom is common and used by other family members, it should be well sanitized after every use by the infected member.

CHAPTER-V Curative Measures

(i) Norms to keep fear under control

The treatment of any disease in the world starts first acting on your mind. The faith in medicine and doctor / physician acts faster than the medicine itself. If one is worried and stressful then even best medicines cannot work.

A Sanskrit Verse is worth mentioning here:

मन्त्रे ,तीर्थे ,द्विजे ,देवे ,दैवज्ञे ,भेषजे गुरौ । mantrē tīrthe dvije deve daivajñe bheṣaje gurau.
यादृशी भावना यस्य,सिद्धिर्भवति तादृशी ।। yādrśī bhāvanā yasya siddhir bhavati tādrśī.

मंत्र, तीर्थ, ब्राह्मण, भगवान, ज्योतिषी औषध और गुरु इनके ऊपर जिसकी जैसी श्रद्धा होगी वैसा उसको फल मिलेगा । श्रद्धा मन का सामर्थ्य है, उसके कारण ही मनुष्य को यश की प्राप्ति होती है ।

In Mantras, Tirthas (holy places), Brahmins (or priests), Gods, in Astrologers, Doctors and in Guru and Medicine one achieves only to the extent of one's faith.

Activation of parasympathetic nervous system:

When we are in a state of stress or anxiety our adrenal gland releases a stress hormone called Cortisol. Cortisol adversely affects our immune system.

In order to decrease stress and anxiety we need to activate our parasympathetic nervous system and we can activate the same by following simple ways:

- Practice meditation
- Deep abdominal breathing from the diaphragm
- Repetitive prayer
- Practice yoga
- Exercise
- Do something you enjoy

(ii) Norms to use quarantine space at home

Same as in clause (iv) of Chapter IV above

(iii) Role of other family members

9	12:00 ^{AM}	50 to 100 ML	Hot lemon water
10	01:00 ^{PM} to 02:00 ^{PM}	Vitamin C+B	Lunch
11	03:00 ^{PM}	05 to 10 Minutes	Steam
12	04:00 ^{AM} to 05:00 ^{PM}	1 hour	Rest
13	05:30 ^{PM}	50 to 100 ML	Kadha**
14	06:00 ^{PM} to 07:00 ^{PM}	1 hour	Yoga Pranayama & meditation (Refer schedule at Sr. No. 2 above)
15	07:00 ^{PM}	50 to 100 ML	Hot lemon water
16	07:30 ^{PM} to 08:30 ^{PM}	Vitamin C+E	Dinner
17	09:00 ^{PM}	05 to 10 Minutes	Steam
18	09:30 ^{PM}	50 to 100 ML	Kadha
19	Before sleep	50 to 100 ML	Hot turmeric milk

* **Steam:** Carom seeds (**अजवाइन**) & eucalyptus leaves be added in the water during steam

****Kadha ingredients:**

There are 5 (five) ingredients which will be common in preparation of Kadha. However, depending upon other ailments a KOVID-19 patient may be suffering from i.e. high blood pressure, diabetes or heart problem, the ingredients of Kadha varies as given in the table below:

COVID-19 patient without BP/sugar or heart problem (5+8=13 ingredients)	High BP (5+3=8 ingredients)	Diabetic (5+5=10 ingredients)	Heart problem (5+6=11 ingredients)
(Common 5 ingredients)			
<ul style="list-style-type: none"> * Heart leaved moonseed(गिलोय-Giloy) * Ashwagandha * Honey basil (तुलसी-Tulsi) * Black pepper (काली मिर्च-Kali mirch) * Dry ginger (Sonth) 			
<ul style="list-style-type: none"> * Cinnamon * Carom seeds (अजवाइन) * Fennel (बड़ी सौंफ) * Firewood (मुलहठी) * Black Cardamom (बड़ी इलायची) * Raisin (मुनक्का) * Arjun chhal * Honey 	<ul style="list-style-type: none"> * Fennel (बड़ी सौंफ) * Firewood (मुलहठी) * Honey 	<ul style="list-style-type: none"> * Cinnamon * Carom seeds (अजवाइन) * Firewood (मुलहठी) * Arjun chhal * Leaves of Catharanthus rosus (सदाबहार) 	<ul style="list-style-type: none"> * Cinnamon * Carom seeds (अजवाइन) * Firewood (मुलहठी) * Raisin (मुनक्का) * Arjun chhal * Honey

Preparation of Kadha


All the ingredients (13, 8, 10 or 11) mentioned above, be mixed in equal quantity (about 50 grams each) and be ground thoroughly. When preparing kadha for one person for one day, take one table spoon of the ground mixture and boil the same in 6 cups of water (900 ml) and boil it till it remains half (i.e. 3 cups) which is to be consumed three times a day. Filter the content and store in a thermos. Though Kadha is prepared once for the entire day, it is to be taken hot and for that it can be kept in a thermos and be taken hot as per the schedule given in the table under para (v) above.

(vi) How to deal with fluctuations in vital statistics


To control rise in body temperature:

- Use an ice pack wrapped in a small towel or wet a washcloth with cool water. Place the ice pack or wet washcloth on your forehead.



- Increase intake of water, coconut  water and fresh fruit juices to compensate water loss during fever.

Loose motion

- It is common that one may suffer from loose motion during COVID19 and this should not worry you much. Just increase the intake of water
- Take home made ORS (mix $\frac{1}{2}$ table spoon of sugar and $\frac{1}{4}$ of common salt in a glass of luke warm water) and take it every 2-3 hours.
- Take coconut  water every 2-3 hours.

Drop in the percentage of SpO₂

If one feels breathlessness, it is because of reduction in SpO₂ percentage and one can easily control it as under:

- By doing anulom -vilom
- By doing kapalbhati

Difficulty in breathing

One may face it difficult to breath which is very common in case of COVID19 infection and in such a situation one should-

- Inhale steam. Its better if Carom seeds (**अजवाइन**) and eucalyptus leaves be added in the water during inhaling steam.

- Let fresh air enter the isolation room by opening window and make sure fan is switched on.

Rise in blood sugar level:

- In case quarantined person is already diabetic or it is due to anxiety that sugar level goes up, then don't forget to add leaves of *Catharanthus rosus* (सदाबहार) in the Kadha.
- Juice of Cucumber, tomato and bitter gourd. Peel off the outer covering of a bitter gourd and a cucumber and make a juice alongwith a tomato. This helps in lowering blood sugar level.



Heart problem:

In case quarantined person has existing heart problem then don't forget to add Terminalia arjuna (अर्जुन की छाल) in the Kadha.

Rise in blood pressure:

- Lie down on bed with right side down:

To control high BP just lie down on bed with your right side down and this will activate your Ida (इडा) nadi thereby bringing BP down to normal in 10-15 minutes.

- Bottle gourd juice

Take juice of bottle gourd (Loki) to have fast result in lowering high BP.



Drop in Blood Pressure

- Lie down on bed with left side down:

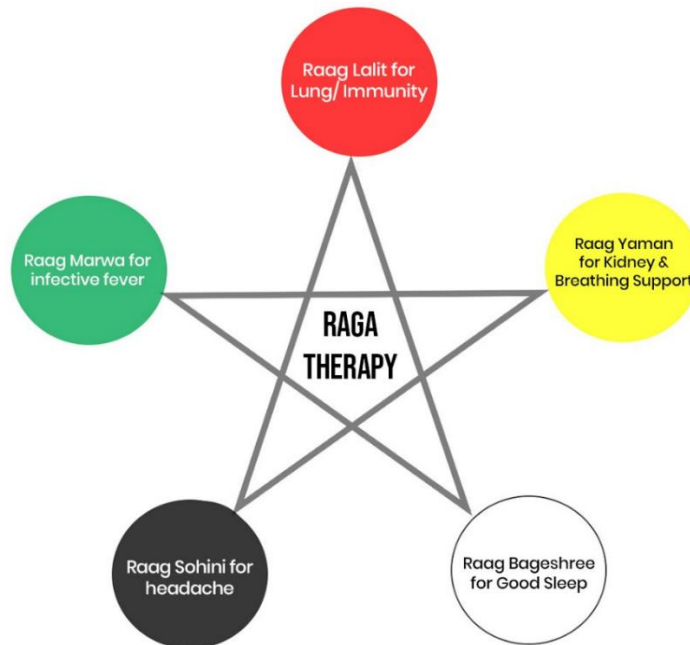
To control low BP just lie down on bed with your left side down and this will activate your pingla (पिंगला) nadi thereby bringing BP up to normal in 10-15 minutes.



(vii) Controlling fever, lungs infection & improving immunity with Raga (Music)

There are quite reasonable amount of research work done on the science of raga and music to cure different mental and physical ailments and in the context of current manual, we seek your attention to following two Ragas.

- Listen to Raga Marwa to control fever.
- Listen to Raga Lalit to improve lungs function and immunity.



Please refer to Appendix section at the last for ancient references on the science of Raga and their related therapeutic usage. To listen to Raga Marwa and Raga Lalit please click on this link:-

<https://www.youtube.com/playlist?list=PLdrcgrwXNNc5oRIW XKADO6ly8 dsfsGGe>

(viii) Acupressure method to control fever

Acupressure plays a vital role in controlling various body functions and it has remarkable therapeutic role. Dr. S Ranjan (MBBS), who is one of the panelists of this research manual has been curing many of the patients with the help of acupressure techniques.

1. Sedate Li5 Acupressure Point

The groove in line of the thumb at the writ is known as Li5 point in acupressure and in order to control fever, we need to press this point with the help of a round magnet keeping white color side on the groove and YELLOW COLOR UPWARD and then this needs to be pressed for one minute and five times a day. First start with left hand and then go to the right hand. In case if the magnet is not available then a black spot can be drawn of the size of big bindi with the help of a black marker. For more clarity, one may look for 'Acupressure for Fever on Dr. S Ranjan YouTube Channel' by clicking on the link given below:

<https://www.youtube.com/watch?v=j8FzmtFcOWs>



2. Black line therapy on Byol GV Meridian and Byol GB Meridian

Draw three lines on both the thumbs with the marker to control fever.

For more clarity, one may refer to YouTube link given below:

<https://www.youtube.com/watch?v=j8FzmtFcOWs>



3. Black ● Colour Therapy on byol Li Meridian on Index Finger

As shown in the picture draw a thick black line on the outer side of the both the index fingers to control the fever.

For more clarity, one may refer to YouTube link given below:

<https://www.youtube.com/watch?v=j8FzmtFcOWs>



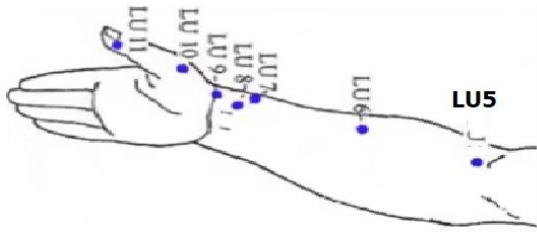
(ix) Acupressure method to improve SPO₂ Level

In case one finds difficulties in breathing in (inhalation), gentle message at LU5 point as shown in the figure should be done. Identification of this point is important. Just a little (about one inch) ahead of elbow crease in the line of thumb. Just press at this point and move your thumb up and down, if you feel sensation at the pressed point then that's right identification of the point.

After you correctly find this point just do a gentle and slow massage starting from this point down upto 3 inches. Take about three seconds for one round of massage. One can also mark this point in blue color with a marker. And a magnet can also be used to Tone this point, keeping WHITE PORTION OF ROUND MAGNET UPWARD and affix this with the help of a tape. When using a bar magnet point yellow side towards the thumb. For more clarity, one may look for Acupressure point for asthma/ COPD अस्थमा एक्यूप्रेशर | Dr S. Ranjan MBBS'' by clicking on the link given below.

https://www.youtube.com/watch?v=2GxEu3_lss

By giving pressure on **LU7** for 1-2 minutes four times in a day also breathing capacity of lungs can be enhanced. To identify this point one may come about two inches down from thumb end of the wrist line. You can feel your radius bone here. Also refer the figure given below.



(x) Acupressure method to improve immunity

Tone Lu6 Acupressure Point for boosting Immunity. For tonification do gentle massage for 2 minute, three-to-five times in a day. To identify LU6 point please refer figure given above.



(xi) Pran Mudra to control fever

Pran Mudra can be used to control fever. In this Ring finger which represents earth element in our body and little finger which represents water element should be touched with thumb which represents fire, as shown in the figure.



Further, one can apply tape around these three fingers and one can stay in this mudra for 6-7 hours. So taping is useful when one goes for sleep. Please

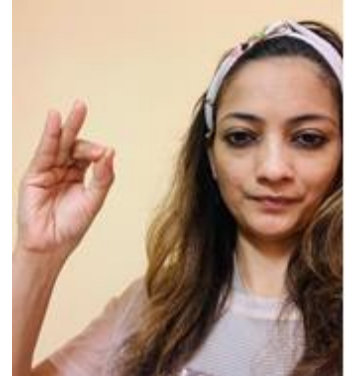


note that pran mudra ideally be practiced in both the hands. One can practice it in one hand as well.

(xii) Mudras to improve breathing

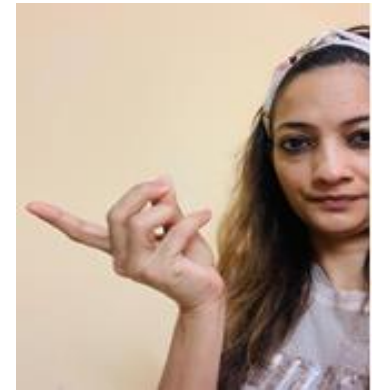
Yyana Mudra

- Bring your index and middle finger together and bend it over to touch your thumb. The little and ring fingers should be pointed straight.
- It helps in blood circulation and thereby carrying oxygen to all parts and cells of the body.
- This also helps to normalize the blood pressure.
- It increases tolerance to excessive heat



Bronchial Mudra

- For this mudra place the little finger at the root of the thumb, pressing while curling it inwards, then place the ring finger on the upper thumb joint, pressing towards the thumb, while curling the finger, then place the middle finger on the pad or the tip, of the thumb, pressing against each other, while the other fingers remain at the connected points.
- Now, extend the index finger, to your comfort, while ensuring the other fingers are in place.
- It improves breathing patter
- Eliminates respiratory problems
- It causes better flow of oxygen in the body



(xiii) Apana Mudra or detox mudra for detoxification

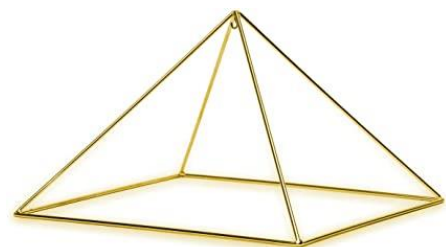
- Fold middle & ring finger towards the thumb and bring your thumb closer to the folded fingers. Now gently press folded finger's tip against the tip of the thumb. Keep rest two fingers straight, as extended as possible.
- Apana Mudra is one such mudra that helps in eliminating the wastes, faces & toxins from the body and negative *vrittis* from the mind.



PYRAMID HEALING:

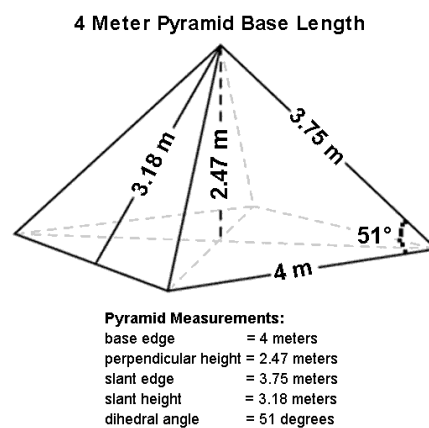
Pyramid has a special property to deflect any type of cosmic radiations falling on its apex downwards through its base line at the bottom where this deflected cosmic radiation, with the help of magnetic field of Earth's gravitational force, create a new and powerful bio-energy field.

Pyramids are powerful tools to synchronize seven chakras that are subtle-energy centers circulating



energy or the life force within our body. The seven chakras synchronized by pyramids are:

- Root **chakra** (Muladhara);
- Navel **chakra** (Swadhisthana)
- Solar plexus **chakra** (Manipura);
- Heart **chakra** (Anahata)
- Throat **chakra** (Vishuddha);
- Third eye **chakra** (Ajna); and
- Crown (Sahasrara)



Benefits of keeping pyramids

- Pyramid boosts immune system to fight pathogens
- Pyramids decrease strength of viruses and bacteria
- Medicines becoming more effective after exposure to the pyramids
- Pyramids acts as catalyst in healing ailments and diseases.
- Pyramids increases shelf life of fruits/vegetables and other perishable items
- Sleeping under the Pyramid makes Sleep deep. Insomnia gets cured naturally.
- Meditating under the Pyramid is approx. 3 times more powerful.

Maheshwara Maha Pyramid Hyderabad, Telangana

Maheshwara Pyramid is the world's largest Meditational Pyramid connecting the pyramid energy grid of our Earth with the cosmic energy grid of the Solar System. 5000 people can Meditate at a time inside this Pyramid.



Dimensions – 180' x 180' (32,400 sft) & Height 113.60'. Built primarily with Granite, Steel & Lime stone.

Maitreya Buddha Pyramid at Pyramid Valley Meditation Center, Bangalore

This pyramid is 102-ft tall with a base area of 160x160-ft. The builders used the architectural principles of the Giza Pyramid in Egypt and oriented in the North – South direction. The online resources confirm that around 5,000 people can meditate in this pyramid.



How to use a pyramid at home

It is advisable to keep pyramid structure in the room where COVID-19 patient is recovering to boost his/her immunity and reduce the recovery period. We can increase the medicinal and nutritive value of Kadha, water and other items to be consumed by patient by keeping a small pyramid structure on the top of the container where these consumables are kept. Pyramids comes in different sizes and are made from different materials viz., acrylic, glass, brass, wood

and other materials. Small pyramids of paper can be made even at home. Alternatively, the same can be ordered online. People put up pyramid structures at the top four corners of their rooms, mainly bedroom to get better sleep.



CHAPTER-VI Post Curative Measures

(i) Disposal of items / belongings

- The items such as mask, hand gloves, hand towel be disposed off after thoroughly disinfecting them with sanitizer.
- The cloths, bed sheets, other items used by COVID-19 patient during home isolation should be thoroughly washed in warm water.

(ii) Sanitization of quarantine space

- The entire room and other items in the room used for isolation of COVID19 patient be thoroughly sanitized with 1% sodium hypochlorite (NaClO). Avoid this spray on fabrics as it may affect color of the fabric due to bleaching properties of NaClO.

(iii) post recovery rest

- Avoid resuming your daily routine until two weeks post of recovery because the infection of COVID-19 may cause general weakness and fatigue.
- So, take a break for two weeks

(iv) continuation of immunity improvement exercises and diet

- Keep doing the asanas specified in Clause (iv), (v) and (vi) of Chapter III and keep taking kadha and let these become part of your life for better immunity and better health.

CHAPTER-VI Post recovery experience sharing

Sharing of data / statistics

- Do share your data and statistics of variation in body temperature, pulse rate and SpO₂ percentage after taking kadha and other items listed in this manual and after performing pranayama asanas.
- Share emergency conditions like rise in temperature, dropping or rise of pulse rate or decrease in percentage of SpO₂ level during quarantine period and how pranayama and other remedies mentioned in this manual helped to put these readings back to normal.
- Share how meditation helped in controlling personal worries and fears.
- To share aforementioned information / experiences please write at gandhibhawan32@gmail.com so that such information /experiences help author to further improve the manual.

Appendix

List of the persons cured from COVID19 infections with the help of Yoga & Meditation as suggested in this manual

S. #	Name	Contact No.	Age/Place/About
1	Satish Kumar	8920740726/ 9312230478	55/Model Town/Teacher
2	Suman	9313732152	50/Model Town/Housewife
3	Vaishali	8287677766	22/Model Town/Student
4	Kanika	9953937797	20/Model Town/Student
5	Satpal	8076693414	86/Model Town/Retd. Govt. Officer
6	Ashwani Kumar	9811133286	59/Shalimar Bagh/Sub Inspector, Delhi Police
7	Narender Singh	9212527775	53/Pitam Pura, Delhi/teacher
8	Harmanjot Singh	7678176148	20/ Pitam Pura, Delhi /student
9	Parminder Kaur	8860997472	53/Jain Road, Delhi/teacher
10	Rohit Sharma	9818411531	37/Rohini/Bank Job
11	Barkat Ali	9868222100	53/Shalimar Bagh/ ASI Delhi Police
12	Mandeep Pal Singh	9811582623	44/Old Gupta Colony, Delhi/teacher
13	Vipin Batra	9810911344	49/RP Bagh, Delhi/Shop keeper
14	Mrs Madhu Batra	9871911344	70/Rana Pratap Bagh, Delhi/house wife
15	Brij Bhushal Vashist	9312100617	59/Indra Puram, UP/PSU-Engineer
16	Ritu Vashist	7840056610	54/ Indra Puram, UP/ House wife
17	Aditi Vashist	8585956117	23/ Indra Puram, UP/ Private Service
18	Nikhil Vashist	7840056611	29/ Indra Puram, UP/Private Service
19	Nirmal Sharma	9650511531	72/Rohini-Delhi/House wife
20	J C Sharma	9810997408	73/Rohini-Delhi/Retd. Officer-Home Ministry
21	Chetan	9999817695	32/Shalimar Bagh -Delhi/Private Service

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Comments by eminent thinker of the Country Dr. Bajrang Lal Gupta upon release of the Manual on 23rd August 2020.....

यह मार्गदर्शिका केवल कोरोना काल
के लिए ही नहीं, बल्कि हमेशा के लिए
भारतीय ज्ञान परम्परा से सम्पन्न
स्वास्थ्य गीता है। इसका हिन्दी एवं
अन्य भाषाओं में अनुवाद नितांत
आवश्यक है।



डॉ बजरंग लाल गुप्ता
प्रख्यात विचारक

