Web Exclusive # Essential kit for the home to help prevent hospitalisation in Covid times

Oxygen concentrators are expensive and can also be bought at the community level for emergency use. Other items can be kept at home for monitoring, prevention and cure

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Namrata Kohli | New Delhi
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Alternate medicine

From an Ayurveda viewpoint, every house must stock some basic herbs such as Gilohi, Ashwagandha, Amla. Says Dr Partap Chauhan, Director, Jiva Ayurveda: "Try to keep your system clean because poor gut health is a breeding ground for microbes and viruses. Your digestion should not be compromised. When your (digestive) fire is strong, it will eat up everything, even garbage. If you're constipated, take triphala at night. Do everything to strengthen your respiratory system with steaming, gargles, oil pulling and applying anu oil inside the nostrils. Go for home remedies of having water with saunth (ginger powder), saunf (anise), jeera (cumin seeds) and dhaniya (coriander seeds) to keep your digestion in check."

Most Ayurvedic solutions are available on e-commerce platforms such as Amazon and are reasonably priced, like Himalaya Ashvagandha (60 tablets for Rs 135), Dabur Giloy (60 tablets for Rs 165) and JivaAyurdeva Triphala (300 grams for Rs 120)

Finally, keep your mind strong and relaxed. Try to stay positive by taking your mind off news and messages of negativity. Nourish your senses on good things such as listening to music, breathe in aroma through essential oils and stay connected with friends and family. After all, you are braver than you believe, stronger than you seem and smarter than you think.