

Study on available medical protocols

The following is the medical protocols available in the globe for the people who are home quarantined with mild symptoms:

1. Allopathy:

- Acetaminophen is an analgesic and antipyretic. Analgesics help relieve mild-to-moderate pain. Antipyretics help reduce fever by preventing the production of prostaglandins, which affect the regulation of body temperature.
- Nonsteroidal anti-inflammatory drugs (NSAIDs), such as ibuprofen and aspirin, can reduce fever, pain, and inflammation.
- Expectorants, such as Robitussin and Mucinex, help thin and loosen mucus, making it easier to expel from the lungs.
- Remdesivir (Veklury) is a new, broad-spectrum antiviral drug that may slow the development of the virus in the body.
- Dexamethasone can help reduce inflammation and manage septic shock. Alongside antiviral therapy, it may help prevent severe symptoms and damage to the lungs and various body systems.
- Bamlanivimab is a neutralizing monoclonal antibody. It targets a part of the spike protein that enables SARS-CoV-2 to enter cells. In other words, it may stop the virus from entering cells.
- Baricitinib is a Janus kinase (JAK) inhibitor that has approval for treating rheumatoid arthritis. It may help reduce the immune response and manage inflammation.

2. Siddha:

- Herbo-mineral drugs used for prepared by unique method of Siddha medicine, is completely safe for treating Covid positive patients.
- Kabasura kudineer, Amukkara tablets, Thalishadhivadagam, Brahmanandha Bhairavam and Adathoda Manapagu.

3. Ayurveda:

- Mix a pinch of salt and turmeric in warm water or boil water with Triphala and Yashtimadhu (licorice). Use this concoction to gargle once or twice daily. Add carom

seeds (ajwain), mint leaves or eucalyptus oil to water and do steam inhalation once a day using this concoction. Apply sesame oil, coconut oil, cow's ghee or medicated oils in your nostrils, especially before going out and after coming back home. Get six to eight hours of sleep every night, do moderate exercises daily and follow a healthy and balanced diet. Add herbs and spices like ginger, cumin, coriander and holy basil in your diet.

- Ashwagandha is a potent herb with antimicrobial properties and is available in the form of both extracts and powders. Take 500mg extract or 1-3g powder, mix it with warm water and consume twice daily for 15 days to a month. Guduchi or *Tinospora cordifolia* is another effective Ayurvedic herb and the same amount of extract or powder should be consumed every day after mixing with warm water. Chyawanprasha is a sticky, dark brown paste made with a mix of a number of Ayurvedic herbs and spices. Consume 10g of it with warm water or milk first thing in the morning on an empty stomach.