

PRINT: ISSN 0973-5070 ONLINE: ISSN 2456-6772

STUDIES ON ETHNO-MEDICINE

© SEM 2021

PRINT: ISSN 0973-5070 ONLINE: ISSN 2456-6772

Ethno Med, 15(3-4): 126-136 (2021)

DOI: 10.31901/24566772.2021/15.3-4.635

Traditional System of Medicine and Management of the COVID-19 Pandemic in India

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KEYWORDS COVID-19. Immunity. Infections. Medicinal Plants. People Preferences. Traditional Medicines

ABSTRACT The traditional system of medication, including Ayurveda, has been accepted widely for treatment of diseases in India, and hence it is being utilised by the people for the management of the COVID-19 pandemic as well. In this backdrop, the traditional system of medicine in India was studied and examined for managing the COVID-19 pandemic. People in India mainly rely upon *Ocimum tenuiflorum*, *Tinospora sinensis*, *Zinziber officinale*, *Cinnamomum zeylanicum*, *Curcuma domestica*, *Phyllanthus emblica*, *Syzygium aromaticum*, *Piper nigrum*, *Citrus medica*, and *Trachyspermum ammi* to manage COVID-19 either by using them alone or as a decoction of more than one species. Apart from herbal formulations, yoga, steam inhalation, lifestyle changes and disinfection of the environment are the cause of concern in managing COVID-19. There is no scientific evidence and claim that the traditional system of medication can cure the COVID-19 disease, however, it may help to improve the immunity and disinfect the home environment, which may finally help to fight against the pandemic.