



## Integrative Therapy based on Yoga, Ayurveda and Modern Western Medicine for treatment of high-risk cases of COVID-19: A telemedicine-based case series

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### Additional File 2: Justification of medicines used

Here we provide the ingredients and benefits of the medicines prescribed to the patients.

*Giloy* is known to have the following properties<sup>1</sup>: *Tridosha shamaka* (pacifies all the three *doshas*, i.e., *Vata*, *Pitta*, *Kapha*), *Deepan Pachan* (*Rasa Dhatu*, after proper metabolism, converts to the next *Dhatu*, i.e., *Rakta* or blood; undigested part of *Rasa Dhatu* acts as toxin, which is called *Ama Dosha*; this toxin is responsible for the blockage of micro-channels, i.e., *srotas*, leading to diseases; the *Deepan Pachan* property provides for enhancement of digestive fire for digestion of the *Ama Dosha*, thereby freeing the body of toxins), *Jwaraghna* (antipyretic), *Pramehahara* (anti-diabetic), *Hrid-daurbalya nashak* (useful in the treatment of heart problems), *Yakrit vikar nashak* (useful in the treatment of liver related problems), *Kasa roga nashak* (useful in the treatment of cough related problems), *Raktashodhaka* (blood purifier), and *Rasayan* (rejuvenating and removes weakness).

*Ashwagandha* has the following properties<sup>1</sup>: *Kapha*, *Vata shamak* (pacifies *Kapha* and *Vata doshas*), *Balya* (provides strength), *Vringhan* (nourishing effect), *Rasayan* (rejuvenating and removes weakness), *Deepan* (appetizer; and enhancer of the digestive fire), *Anuloman* (carminative, i.e., removes blockage in the gastrointestinal tract resulting in easy passage of *Vata* such as flatus), *Shwasahara* (helpful in cases of breathlessness or dyspnea), and *mootral* (diuretic, i.e., helpful in kidney related problems).

*Pathyadi Kwath*<sup>1,2</sup>: Ingredients: *Harad*, *Baheda*, *Amla*, *Neem chhal*, *Haldi*, *Giloy*. Benefits: *Tridosha shamaka* (pacifier of all the three *doshas*, i.e. *Vata*, *Pitta*, *Kapha*); *Balya* (strength providing); *Medhya* (nervine tonic); *Deepan Pachan* (enhances the digestive fire for digestion of the *Ama Dosha*); *Yakrit uttejak* (increases liver efficiency), *Jwaraghna* (antipyretic); *Mootral* (diuretic, i.e., useful in kidney related problems); *Anuloman* (carminative); *Mridu-rechan* (mild purgative); *Kasa roga nashak* (treats cough related problems); *Shwas roga nashak* (helps in breathlessness, dyspnea); *Swarabheda nashak* (helps eliminate hoarseness of voice); *Pratishyaya nashak* (useful in common cold); *Dhatuwardhak* (nourishes body tissues, especially *Rasa* - lymph, plasma, etc., *Rakta* or blood, *Mansa* or muscles, *Meda* or fat and *Dhatu*); *Rochan* (removes anorexia, i.e., unwillingness to eat and reduced appetite); *Rasayan* (removes weakness and is rejuvenating); *Pramehaghna* (used to treat *Madhumeha* or diabetes); *Yakrit uttejak* (enhances liver efficiency); *Hrid-roga nashak* (used to treat heart problems); *Rakta shodhak* (blood purifier).

*Diabecon tablet*<sup>3,4</sup>: Ingredients: *Shilajeet*, *Meshashringi*/*Gudmara*/*Madhunashini*, *Peetashala*/*Vijaysar*/*Indian Kino Tree*. Benefits: *Vata*, *Pitta*, *Kapha hara* (pacifies *Vata Pitta* and *Kapha Doshas*); *Rasayan* (rejuvenates and removes weakness); *Ama pachak* (digests the *Ama Dosha*, i.e., the toxins in the body); *Kapha rog nashak* (useful in *Kapha* related disorders); *Mootra roga nashak* (useful in urine related problems); useful in *Prameha* (useful in disorders like diabetes); *Kasa roga nashak* (used to treat cough related problems); *Shwas roga nashak* (useful in breathlessness, dyspnea); especially useful in *Madhumeha* (diabetes); *Madhurya nashak* (removes the sweet taste of the tongue); *Deepan* (appetizer, enhances the digestive fire); *Yakrit uttejak* (enhances liver efficiency);

*Pratishyaya nashak* (useful in common cold); *Kasa roga nashak* (used to treat cough related problems); *Shwas roga nashak* (useful in breathlessness, dyspnea); *Rasayan* (rejuvenates and removes weakness), *Rakta shodhak* (blood purifier).

*Lavangadi vati*<sup>5</sup>: Clove is the main ingredient, which has *Kapha dosha* balancing, antispasmodic, antiseptic and carminative properties. It is useful in *kas roga* (cough, sore throat, hoarseness of voice, laryngitis, tracheitis, bronchitis etc.).

*Chitrakadi vati*<sup>6</sup>: Ingredients - *Chitrak Mool Chhal*, *Pipla Mool*, *Yavkshar*, *Sindha Namak* (rock salt), *Sochar Namak*, *Kala Namak*, *Samundra Namak*, *Sambhar Namak*, *Sounth*, *Kali Marich*, *Pipali Choti*, *Hing*, *Ajmod*, *Chabya*, *Sajjishar*. It is useful in *atisar* (loss of appetite, indigestion, flatulence).

*Arogyavardhini vati*<sup>7</sup>: Ingredients - *Shudha Mercury*, *Shudha Gandhak*, *Louh Bhasma*, *Abhrak Bhasma*, *Tamra Bhasma*, *Shudha Shilajeet*, *Shudha Guggul*, *Chitrak Mool*, *Kutki*, *Neem Patra Ras*, *Harad*, *Baheda*, *Amla*. It is useful in skin and liver disorder, obesity and chronic fever, etc., and gives strength.

*Oritus syrup*<sup>8</sup>: Oritus Syrup contains Ayurvedic Ingredients (*Yashtimadhu* 200 mg, *Vasa* 200 mg, *Tulsi* 200 mg, *Banafsha* 200 mg, *Jufa* 100 mg, *Adrak* 100 mg, *Bahera* 100 mg, *Kakrasinghi* 100 mg, *Kantakari* 50 mg, *Kulanjan* 50 mg, *Pippali* 50 mg, *Saunf* 6 mg, and *Pudina Satva* 3 mg). It is useful in the treatment of cough. It opens the airways, dissolves mucous and brings about decongestion. It also reduces bronchial inflammation and relieves sore throat. Oritus Syrup is used to treat seasonal, allergic and asthmatic cough. It is also useful in treating chronic bronchitis.

*Laghumalini Vasan*<sup>9</sup>: *Dhootapapeshwar Laghumalini Vasant Rasa* contains *Jasad Bhasma* 10 parts, *Maricha* 5 parts, *Navneet* 1 part and *Bhavana- Nimbu Swarasa* as active ingredients. Benefits: potent *Vasantakalpa* acting on *Rasarakta Dhatu*, *Jwaranashak*; useful in *Rajayakshma*, *Jeernajwara* with its *Balya*, *Rasayan* properties.

*Sudarshan Ghanvati*<sup>10</sup>: Ingredients: *Triphala*, *Haridra*, *Daruharidra*, *Kantakari*, *Brhati*, *Karcura*, *Sunthi*, *Marica*, *Pippali*, *Murva*, *Guduchi*, *Dhanvayasa*, *Katuka*, *Parpata*, *Musta*, *Trayamanag*, *Hriversa*, *Nimba (Chhal)*, *Puskara*, *Yasti*, *Kutaja*, *Yavani*, *Indrayava*, *Bharang*, *Sigru*, *Saurastri*, *Vaca*, *Tvak*, *Padmaka*, *Svetacandana*, *Ativisa*, *Bala*, *Salaparn*, *Prsniparni*, *Vidanga*, *Tagara*, *Citraka*, *Devadaru*, *Cavya*, *Patola*, *Lavanga*, *Vamsa*, *Kamala*, *Ashwagantha*, *Tejapatra*, *Jatiphala*, *Sithauneya*, *Vidarikand*, *Kiratatikta*. It is useful in fever.

*Mahasudarshan Ghanvati*<sup>11</sup>: Ingredients - *Harad (Terminalia chebula)*, *Baheda (Terminalia bellerica)*, *Amla (Emblia officinalis)*, *Haldi (Curcuma longa)*, *Daru haldi (Berberis aristata)*, *Kateri Chhoti (Solanum xanthocarpum)*, *Kateri badi (Solanum indicum)*, *Kachoor (Curcuma zedoaria)*, *Sonth (Zingiber officinale)*, *Kali marich (Piper nigrum)*, *Pipal (Piper longum)*, *Piplamool (Piper longum)*, *Murva (Marsdenia tenacissima)*, *Giloy (Tinospora cordifolia)*, *Javasa (Alhagi camelorum)*, *Kutki (Picrorhiza kurroa)*, *Pitpapra (Fumaria indica)*, *Nagarmotha (Cyperus rotundus)*, *Banfsa (Viola odorata)*, *Netrabala (Pavonia odorata)*, *Neem (Azadirachta indica)*, *Pohkar (Inula racemosa)*, *Mulethi (Glycyrrhiza glabra)*, *Kuda (Holarrhena antidysenterica)*, *Ajwain (Trachyspermum ammi)*, *Indrajav (Holarrhena antidysenterica)*, *Bharangi (Clerodendrum serratum)*, *Sahajan (Moringa pterygosperma)*, *Shudha Phitakari (Alum Pure)*, *Vach (Acorus calamus)*, *Dalchini (Cinnamomum zeylanicum)*, *Padamkhar (Prunus puddum)*, *Khas (Vetiveria zizanioides)*, *Chandan shwet (Santalum album)*, *Atis (Aconitum heterophyllum)*, *Khareti (Sida cordifolia)*, *Shalparni (Desmodium gangeticum)*, *Prishinparni (Urari apicta)*, *Viavidang (Embelia ribes)*, *Tagar (Valeriana wallichii)*, *Chitrak (Plumbago zeylanica)*, *Devdaru (Cedrus deodara)*, *Chava (Piper chaba)*, *Patol patra (Trichosanthes dioica)*, *Kalmegha (Andrographis paniculata)*, *Karanj (Caesalpinia bonducella)*, *Lavang (Syzygium aromaticum)*, *Vanshlochan (Bambusa arundinacea)*, *Kamal (Nelumbo nucifera)*, *Kakoli (Lilium polyphyllum)*, *Tejapatra (Cinnamomum tamala)*, *Talis (Abies webbiana)*, *Jivanti (Leptadenia reticulata)*, and *Chirayata (Swertia chirata)* as active ingredients. Key benefits/uses of *Divya Mahasudarshan Ghanvati* are as follows: helps to fight contagious viral infections like swine flu, viral fever, etc.; boosts body's immunity to fight against various infections and diseases; relieves cough and cold.

*Kutaj Ghanvati*<sup>12</sup>: Ingredients - *Kutaja bark (Holarrhena antidysenterica)*, *Ativisha (Aconitum heterophyllum)*. It has potent anti-dysenteric, antidiarrheal, anti-amoebic action and haemostatic properties for treating and curing a horde of ailments including dysentery, diarrhoea, irritable bowel syndrome, malabsorption syndrome, intestinal infections and different bleeding disorders. It has *Arshoghna* (used for treating piles or *arsha*), *Kandughna* (used to get relief from itching), and *Asthanopaga* (helps in medicated enema) properties.

Traditionally, it is also used for curing *Atisara* (diarrhoea), *Jwaratisara* (secondary diarrhoea), *Asra* (blood or blood-related disorders), *Pravahika* (amebiasis), *Trsna* (thirst), *Kusthahara* (skin disorder), *Deepana* (improves digestion), *Vatasruk* (treats gout) and *Jantujit* (relieves from worm infestation).

*Laxmivilas ras*<sup>13</sup>: Ingredients - *Sudha Mercury*, *Sudha Gandhak*, *Abhrak Bhasma*, *Kapoor*, *Javitri*, *Jaiphal*, *Vidhara* seed, *Vidarikand*, *Satavari*, *Nagbala*, *Atibala*, *Gokhru*, *Samundra Shosh*, *Pan Patta* Juice. It is useful in cough, cold, asthma attack, rhinitis.

*Basant Kusumakar ras*<sup>14</sup>: Ingredients - *Swarna Bhasma*, *Rajat Bhasma*, *Vanga Bhasma*, *Naga Bhasma*, *Lauha Bhasma*, *Abhraka Bhasma*, *Pravala Bhasma*, *Mukta Bhasma*, *Rasa Sindur*. It is used in debility of heart and brain, useful in diabetes mellitus and diabetes insipidus, beneficial in asthma and general weakness.

*Fifatrol tablet*<sup>15</sup>: Ingredients - *Guduchi* (*Tinospora cardifolia*), *Daruharidra* (*Berberis aristata*), *Apamarga* (*Achyranthes aspera*), *Chirayata* (*Swertia chirata*),

*Karanja* (*Pongamia pinnata*), *Kutaki* (*Picrorhiza kurroa*), *Tulsi* (*Ocimum sanctum*), *Motha* (*Cyperus rotandus*), *Godanti Bhasam* (Selenite (CaSO<sub>4</sub>. 2H<sub>2</sub>O)). It is useful in body ache and headache, rhinitis, running nose, PUO (pyrexia of unknown origin), chronic fever, viral fever, typhoid fever, malaria, dengue, upper respiratory tract infections, cold.

*Zoemit tablet*<sup>16</sup>: Antiemetic agents - *chhardiripu*, *matulung*, *dadim* and *valo* control nausea and vomiting associated with gastric disturbances. Antispasmodic action of *valo* relieves spasm and pain in stomach. *Matulung*, *dadim* and *nagarmoth* provide digestive, carminative and cooling effect in stomach. Carminative and stomachic action of *dhanyak* and *pippalimool* promotes appetite and assists in digestion. It is useful in nausea and vomiting of varied etiology, nausea and vomiting due to gastric disturbance, motion sickness.

*Septilin tablet*<sup>17</sup>: Key Ingredients - *Guduchi* (*Tinospora cardifolia*), *Manjistha*, *Amalaki*, *Shigru*, *Yashtimadhu*. Key benefits: acts as an immunomodulator, helps in the management of upper and lower respiratory tract infections, provides relief in the case of allergic disorders, helps in sinusitis, helps to improve the body's defence mechanism.

*Amyntity plus syrup*<sup>18</sup>: has 51 herbal extracts and 8 essential oils; strengthens respiratory system, improves digestion and metabolism, powerful anti-oxidant, rejuvenates body tissues.

*Himcocid syrup*<sup>19</sup>: *Himcocid* is an antacid which contains Cowrie Shell Ash and Indian Gooseberry. Cowrie Shell Ash (*Varatika*) is useful in the treatment of gastritis, hyperacidity, heartburn and duodenitis. Indian Gooseberry (*Amalaki*) reduces the acid and pepsin content in the stomach. It increases the mucin, cellular mucus and life span of gastric mucosal cells, which helps in healing stomach ulcers. As an antioxidant, Indian Gooseberry protects the gastric mucosa from oxidative damage. *Himcocid* relieves gastrointestinal discomfort and combats ulcers and gastritis. It neutralizes gastric acid, relieves gaseous distension and bilious and dyspeptic symptoms. It is also effective in: Acid peptic disease (APD), Non-ulcer dyspepsia, Gastroesophageal reflux disease (GERD), Heartburn.

*Diarex syrup*<sup>20</sup>: Ingredients - *Coneru* and *Bael*. *Coneru* (*Kutaja*) is a potent astringent that is helpful in the treatment of amoebic dysentery and diarrhoea. It inhibits the growth of salmonella (the genus that causes salmonellosis) and shigella (the genus that causes dysentery). *Bael* (*Bilva*) fruit has high tannin content, which makes it an effective treatment for dysentery and diarrhea. The fruit exhibits antibacterial and antiviral activity against pathogens, which cause intestinal infections such as infectious diarrhea. *Diarex syrup* is an antimicrobial and antidiarrheal. *Diarex* works in acute and chronic diarrhea, acute and chronic amoebiasis and as an adjuvant to the treatment of irritable bowel syndrome (IBS). It works as an antioxidant, has anti-inflammatory and demulcent properties, and antispasmodic action.

*Koflet-SF syrup*<sup>21</sup>: Ingredients - *Tulsi*, *Yashtimadhu*. Benefits: works as antitussive, antiseptic, anti-inflammatory and cough suppressant; reduces the viscosity of bronchial secretions and facilitates expectoration; demulcent action, soothes respiratory passages; Basil possesses potent anti-histaminic properties, so it protects against pollen-induced bronchospasms, catarrh and bronchitis due to its varied pharmacological properties; Licorice has antitussive, expectorant and immune-enhancing properties that are helpful for relieving cough.

*Kutajarishtha*<sup>22</sup>: Ingredients - *Kutaj* (*Holarrhena antidysenterica*), *Munnaka* (*Vitis vinifera*), *Mahua* (*Madhuca indica*), *Ghambhari* (*Gmelina arborea*), *Dhaiful* (*Woodfordia fruticosa*), *Gudd* (Jaggery). Benefits - Cures diarrhoea, dysentery, malabsorption and fever.

*Jirakadyarishta*<sup>23</sup>: Ingredients - *Cuminum cyminum*, *Woodfordia fruticosa*, *Zingiber officinale*, *Myristica fragrans*, *Cyperus rotundus*, *Elettaria cardamomum*, *Cinnamomum tamala*, *Mesua ferrea*, *Piper cubeba*, *Eugenia caryophyllus*. Benefits Treats gastro-intestinal discomfort caused by parasites and indigestion, and low *pitta* conditions related to poor circulation and blood toxicity. The principal ingredients are soothing to the stomach, known to reduce flatulence, and to have anti-bacterial, anti-fungal, and anti-viral properties. Cumin and ginger help with the mitigation and release of excess gas in the colon and intestines. *Dhawa* is a strong cleansing agent both of the blood and G-I tract. Cardamon, Cloves (*Eugenia Ca.*), and Cinnamon are blood cleansing and soothing for digestion, while Ironwood and Piper Cubeba are effective against dysentery and haemorrhoidal conditions.

*Vasavaleh*<sup>24</sup>: Ingredients - *Vasa*, *Adusa*, *Adhatoda*, *Vasica*, Sugar, Long Pepper Powder, Honey. Uses - treatment of cough, asthma, bronchitis, pain in abdomen, bleeding disorders and fever. Traditional Indications: *rajayakshma* – chronic bronchitis, tuberculosis, *kasa* – cold, cough, *shwasa* – asthma, respiratory disorders involving difficulty in breathing.

*Jufex Forte*<sup>25</sup>: Ingredients - *Amla (Phyllanthus emblica L.)*, *Draksh (Vitis vinifera L.)*, *Vasa (Adhatoda vasica)*, *Tulsi (Ocimum sanctum)*, *Apamarga (Achyranthes aspera L.)*, *Haritaki (Terminalia chebula Retz)*, *Baheda (Terminalia bellirica (Gaertn.) Roxb.)*, *Sheetal Chini (Piper cubeba)*, *Pippali (Piper longum)*, *Sunthi (Zingiber officinale)*, *Alsi (Linum usitatissimum Linn.)*, *Dalchini (Cinnamomum zeylanicum)*, *Tejpatra (Cinnamomum macrocarpum)*, *Guduchi (Tinospora cardifolia)*, *Kalimirch (Piper nigrum L.)*, *Kalaunji (Nigella sativa L.)*, *Kaddi patta (Murraya koenigii (L.) Spreng)*, *Saunf (Foeniculum vulgare)*, *Amaltas (Cassia fistula L.)*, *Naushadar (Ammonium chloridis)*, *Gojiha (Onosma bracteatum Wall.)*, *Jufa (Hyssopus officinalis)*, *Kakrasingi (Pistacia integerrima)*, *Gul Banafsha (Viola odorata)*, *Kulanjan (Alpinia galanga (L.) WILLD.)*, *Anjeer (Ficus carica L.)*, *Khubbaji (Malva sylvestris)*, *Talish Patr (Abies bebiiana)*, *Khatmi (Althaea officinalis L.)*, *Kaiphal (Myrica esculenta Buch.)*, *Sudh Suhaga (Purified Borax)*, *Lasora (Cordia dichotoma)*, *Pushkarmool (Inula racemosa)*. Benefits - respiratory tract infections of viral origin, recurrent sore throat, allergic cough, cough associated with chronic bronchitis, pharyngitis, laryngitis.

*Ayush Kwath*<sup>26</sup>: Ingredients - *Tulsi (basil)*, *Saunth (dried ginger)*, *Krishna Marich (black pepper)*, *Dalchini (cinnamon)*. Benefits - Increases natural immunity, improves respiratory health, boosts digestion.

*Nagaradi Kwath*<sup>27</sup>: Ingredients - *Ginger*, *Giloy*, *Haritaki*. Benefits - Used in all types of fever.

*Kantakari Avaleha*<sup>28</sup>: Ingredients - *Kantakari*, *Guduchi*, *Chavya*, *Chitraka*, *em*

*Musta*, *Karkatashrunji*, *Pepper*, *Long pepper*, *Ginger*, *Dhanvayasa*, *Bharangi*, *Rasna*, *Shati*, *Sugar*, *Sesame oil*, *Vanshalochana*. Uses - useful in respiratory ailments, acts as natural bronchodilator and mucolytic; used in the treatment of bronchitis, COPD, cough, hiccups and cold.

*Talishadi churna*<sup>29</sup>: Ingredients - *Abies webbiana (Talispatra or Indian Silver Fir)*, *Black Pepper (Piper nigrum)*, *Sonth – Zingiber officinale*, *Pippali (Long Pepper) – Piper longum*, *Vanshlochan (Tabashir) – Bamboo Manna*, *Green Cardamom (Elaichi)*, *Dalchini (cinnamon)*, *Misri (crystallized sugar lumps)*. Benefits - has antitussive, bronchodilator, expectorant (mild), mucolytic, anti-inflammatory (effect appear on respiratory tract), antiviral, antibacterial, antimicrobial, carminative properties; is useful in asthma, cough, common cold, chronic bronchitis, whooping cough (pertussis), upper respiratory tract infections, gas or flatulence, bloating, abdominal distension, irritable bowel syndrome, loss of appetite.

*Amalaki churna*<sup>30</sup>: Ingredients - *Indian gooseberry fruit*, *Indian gooseberry juice*, *Honey*, *Sugar*, *Clarified butter*. Uses - useful in constipation fever, cardiac disorders, eye disorders, bleeding ailments, throat diseases, diabetes, urinary tract disorders, digestive disorders; it rejuvenates.

*Aloe-vera + Amla juice*<sup>31</sup>: Ingredients - *Aloe-vera*, *Amla*. Benefits - *Amla* is a natural source of Vitamin C, which is crucial for immunity, healthy hair and eyesight. *Amla* juice is also an effective heart and liver tonic that helps detoxify and purify the body. A natural anti-oxidant and blood purifier, *Aloe Vera* strengthens the immune system and improves digestion. It is a good skin tonic and anti-aging agent.

*Swarna vasant malti ras*<sup>32</sup>: Ingredients - *Swarn Bhasma*, *Moti Bhasma*, *Yasad Bhasma*, *Sudh Hing (Ferula asafetida)*, *Kali Mirch (Piper nigrum)*, *Nimbu Ras (Citrus medica)*, *Butter*. Benefits - useful in curing fever (chronic), lungs related problems, digestion, cough and cold, improves the immune system.

*Sitopaladi Tablets*<sup>33</sup>: Ingredients - *Misri* (crystallized sugar lumps), *Vanshlochan*, *Pippali* (Piper Longum; long pepper), *Elaichi* (Elettaria Cardamomum; Green Cardamom), *Dalchini* (Cinnamomum Zeylanicum; Cinnamon). Medicinal Properties: antitussive, immunomodulatory, anti-inflammatory, antimicrobial - antibacterial, adaptogenic, antacid, antiulcerogenic, appetizer and digestive stimulant, antioxidant, mild antiviral, bronchodilator, carminative, demulcent, detoxifier, febrifuge, tonic. Benefits - useful in diseases related to respiration, digestion and immunity; primarily, restores the natural functions of respiratory, digestive, immune and many other systems of the body.

*Madhumeha Kusumakar Rasa*<sup>34</sup>: Ingredients - *Suvarnayukta Vasant Kusumakar Rasa*, *Mamejjka Ghana*, *Haridra*, *Amalaki*, *Guduchi*, *Shuddha Shilajatu*, *Yashada Bhasma*. Benefits – useful in diabetes and associated complications; reduces blood and urine sugar; protects eyes from the ill effects of diabetes.

*Vijaysar Churna*<sup>35</sup>: Ingredients - *Vijaysar* bark, *Saptrangi* roots (*Salacia chinensis*), *Bilwa patra* (*Aegle marmelos*), *Daruhaldi Rhizome* (*Berberis aristata*), *Neem Patra* (*Azadirachta indica*), *Gurmaar Leaves* (*Gymnema sylvestriae*), *Methi* seeds (*Trigonella foenum graceum*), *Tulsi* leaves (*Ocimum sanctum*), *Sadabahar* leaves (*Eochnera rosea*), *Jamun* seeds (*Syzygium cumini*), *Karela* seed/fruit (*Momordica charantia*), *Babool* bark (*Acacia arabica*). Benefits - regulates diabetes, brings down sugar cravings, aids in weight loss, enhances digestion, treats wounds and ulcers, promotes skin health, relieves hair problems, slows ageing process, purifies blood, shields against infections, remedies arthritis, prevents dental problems.

*Astha 15 syrup*<sup>36,37</sup>: Ingredients - *Dhawai* (*Woodfordia fruticosa*; fire flame bush or red bell bush), *Kantakari* (*Solanum xanthocarpum*; yellow berried nightshade), *Vasaka* (*Adhatoda vasica*; malabar nut), *Babul/Kikar* (*Acacia arabica*; Mimosaceae), *Elaichi* (*Elettaria cardamomum*; Cardamom), *Kali mirch* (*Piper nigrum*; Black pepper), *Apamarga* (*Achyranthus aspera*; Chaff-flower), *Adrak* (*Zingiber officinale*; Ginger), *Kutaj* (*Holarrhena antidysenterica*; Kurchi), *Haldi* (*Curcuma longa*; Turmeric), *Lavang* (*Syzygium aromaticum*; Clove), *Safed Aak* (*Calotrophis gigantea*; Crown Flower), *Chota chirayata* (*Enicostema littorale*; Indian Whitehead), *Pipli* (*Piper longum*; Long pepper). Benefits - controls common cold, coryza, sneezing, nasal obstruction; reduces incessant tickling in the throat pit with dry teasing cough, dyspnoea, aphonia, and sore throat; facilitates expectoration.

*Astha 15 capsules*<sup>38</sup>: Ingredients - *Dhauta* (*Woodfordia fruticosa*); *Katai* (*Solanum xanthocarpum*); *Arusha* (*Adathoda vasika*); *Kikar* (*Acacia arabica*); *Chhotie Elachi* (*Elettaria cardamomum*); *Kalimirch* (*Piper nigrum*); *Latjira* (*Achyranthus aspera*); *Adrak* (*Zingiber officinalis*); *Kura* (*Holarrhena antidysenterica*); *Haldi* (*Curcuma longa*); *Laung* (*Syzygium aromaticum*); *Laung Oil* (*Syzygium aromaticum* Oil); *Safad-AK* (*Calotropis procera*); *Chhota Kirayata* (*Enicostemma littorale*); *Pippli* (*Piper longum*). Benefits - exhibits unique bronchodilatory and anti-inflammatory effect; dyspnoea, wheezing, cough, expectoration and sleep disturbances are significantly reduced.

*Amlapittantak yog*<sup>39</sup>: Ingredients: *Abhrak bhasma* (Mica Calyx), *Tamra bhasma* (Calcines copper), *Mandoor bhasma* (Iron slag), *Shankh bhasma* (Conch shell), *Amlaki* (Indian gooseberry), *Bach* and *Garlic*. Benefits - used in the treatment of gastritis and dyspepsia etc.; acts as an antacid, carminative and appetiser; gives relief from acidity.

*Bresol tablets*<sup>40</sup>: Ingredients: *Tulsi* (Basil), *Vasaka* (Malabar nut), *Haldi* (Turmeric). Benefits: manages symptoms associated with respiratory disorders; has mucolytic (reducing the viscosity of mucus) and bronchodilatory (decreasing resistance in the breathing airways) properties which help in liquefying and relieving nasal and bronchial congestion; its antimicrobial action combats infections caused by gram-positive and gram-negative bacteria.

*Sarpagandha vati*<sup>41</sup>: Ingredients - *Sarpagandha* (*Rauwolfia serpentina*). Benefits: useful in hypertension, heart diseases, insomnia, epilepsy, psychotic disorders such as delusions, hallucinations, schizophrenia etc.

*Coldab tablets*<sup>42</sup>: Ingredients: *Sudarshan Churna* Ext., *Tribhuvankirti Ras*, em *Laxmivilas Ras*, *Godanti Bhasma*. Benefits: useful in upper throat infection and allergic condition; works as an antibiotic; protects lungs and bronchi from viral infection.

*Kufrakshak syrup*<sup>43</sup>: Ingredients: *Kantakari*, *Vasa*, *Mulethi*, *Tulsi*, *Sonth*, *Giloy*, *Gul Banafsha*, *Funaab*, *Jufa*, *Pippali*, *Bahera*, *Saunf*, *Kakarashingi*, *Dalchini*, *Lavanga*, *Pudina Satva* and *Shuddh Madhu*. Benefits: useful in the treatment of seasonal, allergic and asthmatic cough; opens the airways, dissolves mucous and brings about decongestion. It also reduces bronchial inflammation and relieves sore throat.

*Immunocare* tablets<sup>44</sup>: Ingredients: *Bala* (*Sida cordifolia*), *Giloya* (*Tinospora cordifolia*), *Ashwagandha* (*Withania somnifera*), *Tulsi* (*Ocimum sanctum*), *Prawal pishti* (Micronised coral). Benefits: has anti-oxidant properties that reduces inflammation and slows skin aging; helps to boost immunity and stamina; promotes detoxification; ensures healthy aging, removes blemishes and pigmentation for a smooth, radiant skin.

*Cardiol-H* tablets<sup>45</sup>: Ingredients: *Sarpagandha* (*Rauwolfia serpentina*), *Jatamamsi* (*Nardostachys jatamansi*), *Gokshuradi guggulu*. Benefits: controls high blood pressure and prevents associated symptoms such as headache, anxiety, sleeplessness, stress, stroke and depression; improves coronary circulation and tones up the heart by providing natural cardiac glucosides; prevents constriction and hardening of the blood vessels.

*Unexozim Forte* tablets<sup>46</sup>: Ingredients: *Saunf*, *Zeera*, *Kali Mirch*, *Sonth*, *Pipli*, *Ajwain*, *Pudina*, *Kalaunji*, *Hing*, *Swarjika Kashar*, *Nishoth*, *Kodi Bhasam*, *Shankh Bhasam*. Benefits: treats flatulence, dyspepsia, hyper-acidity, gastro-intestinal spasms, constipation.

*Immunity* capsules<sup>47</sup>: Ingredients: *Katuki* (*Picrorhiza kurroa*), *Krishna Tulsi* (*Ocimum sanctum*), *Vana Tulsi* (*Ocimum gratissimum*). Benefits: helps to strengthen the immune response to illnesses and infection; offers relief from cold, flu and other respiratory tract infections.

*Orplat* tablets<sup>48</sup>: Ingredients: *Carica papaya* extract and *Giloy* (*Tinospora Cordifolia*). Benefits: used in the treatment of dengue fever, dengue shock syndrome and dengue haemorrhagic fever.

*Sanshamani vati*<sup>49</sup>: Ingredients: *Giloy Ghan*, *Loha Bhasma*, *Abhrak Bhasma* and *Swarna Makshik Bhasma*. Benefits: highly effective in the treatment of chronic fevers; contains mild antipyretic and anti-inflammatory properties which make it useful for reducing swelling and relieving rheumatism and arthritis-related pain; improves digestion and removes the disease-causing toxins.

*Bacnil* capsules<sup>50</sup>: Ingredients: *amla*, *bibhitak*, *daruharidra*, *amrita*, *kirattikta*, *vidang*, *haldi*, *Pathyadi kwath ghan*, *parpatak* and *kuberax*. Benefits: offers protection against various gastro-intestinal infections; prescribed for diarrhea, bacterial infections caused by gram negative or gram positive bacteria; eradicates pathogenic bacteria; offers anthelmintic and anti-salmonella activity; potentiates the non-specific immune response of the body; offers antipyretic, anti-inflammatory properties.

*Softovac*<sup>51</sup>: Ingredients: *Isabgol*, *Sonamukhi*, *Harad*, *Amaltas*, *Mulethi*, *Gulab Jal*, *Saunf*, *Saunf Taila*, *Sharkara*, Sodium Benzoate. Benefits: works as a natural remedy for digestive problems; softens the stools and relieves constipation; helps in keeping the digestive system healthy; treats indigestion and removes symptoms such as stomach discomfort or abdominal pain; regulates bowel movement and keeps and activates the secretion of digestive juices thereby improving digestion.

*Chyawanprash*<sup>52</sup>: Ingredients: *Amalaki* (*Emblica officinalis*), *Draksa* (*Vitis vinifera*), *Ela* (*Elettaria cardamomum*), *Pippali* (*Piper longum*), *Patra* (*Cinnamomum tamala*), *Tvak* (*Cinnamomum zeylanicum*), *Abhaya* (*Terminalia chebula*), *Amrita* (*Tinospora cordifolia*), *Bilva* (*Aegle marmelos*), *Agimantha* (*Clerodendrum phlomidis*), *Syonaka* (*Oroxylum indicum*). Benefits: a good source of calcium; strengthens the immune system; good for the cardiovascular system; purifies blood and removes toxins; improves skin complexion; aids in digestion and maintains balance of stomach acids; relieves constipation and maintains a healthy urinary system; enhances memory; promotes overall health of the body.

*Alsarex*<sup>53</sup>: Ingredients: *Amalaki* (*Emblica officinalis*), *Shatavari* (*Asparagus racemosus*), *Yastimadhu* (*Glycyrrhiza glabra*), *Usheer*, *Udumbar*. Benefits: natural antacid - helps in hyperacidity and indigestion; relieves nausea, vomiting and acid regurgitation; accelerates ulcer healing process.

*Himcospaz* capsules<sup>54</sup>: Ingredients: *Ajamoda* (*Celery*), *Sunthi* (*Ginger*). Benefits: relieves gastrointestinal tract spasms; acts as an anti-inflammatory; mild analgesic and antispasmodic; recommended for improving digestion, controlling diarrhea and treating pain associated with menstrual cramps.

*Oro-T*<sup>55</sup>: Ingredients: *Haridra* (*Turmeric*), *Madhu* (*Honey*), *Triphala* consisting of three fruits, viz. *Amalaki* (*Phyllanthus emblica*), *Bibhitaki* (*Terminalia belleirica*) and *Haritaki* (*Terminalia chebula*). Benefits: owing to its constituents Oro-T prevents secondary infections, works against inflammation; exerts muco-protective, anti-inflammatory, antibacterial, wound-healing, antioxidant, radioprotective actions.

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