

भा.मा.ब्यूरो मुख्या./प्रशासन./परिपत्र(35)2022

BIS HQ/ADMN/Circular(35)/2022

दिनांक: 01 फरवरी 2022

Date: 01 February 2022

भारतीय मानक ब्यूरो / BUREAU OF INDIAN STANDARDS  
(प्रशासन विभाग / Administration Department)

परिपत्र / CIRCULAR

**Subject: Use of Ayush Raksha Kit for management of COVID-19 - reg.**

This has reference to the letter F. No.N-15/3/2021-P&C (Part) [25013] dated 28<sup>th</sup> January 2022 of DoCA forwarded herewith letter No. Y-11015/19/2020-LP dated 04 Jan 2022 from Sh. Sarbananda Sonowal, Hon'ble Minister of Ayush and Ports, Shipping & Waterways, Govt. of India on the above subject (copy enclosed).

2. In this regards, it is requested that the benefits of Ayush Raksha Kit (AyuRaksha Kit) may be brought to the notice of all the employees for promoting the utilization of Ayush system of medicine and ITS Department will be uploaded on the BIS website for wider dissemination.
3. In view above, all Heads of ROs/BOs/Labs/NITS including HQs are requested to peruse and compliance.
4. This issues with the approval of Competent Authority.

Encl : As above



(संदीप मीना)

निदेशक (प्रशासन)

संदर्भ: प्रशासन/02/62/2022

Ref: ADMN/02/62/2022

बीआईएस इंटरनेट के माध्यम से क्षेत्रीय कार्यालयों/शाखा कार्यालयों/प्रयोगशालाओं/ एन.आई.टी.एस., मुख्यालय सहित को सूचनार्थ एवं अनुपालनार्थ परिचालित। Circulated to all ROs/BOs/Labs/NITS including HQ through BIS Intranet for information and compliance.

CC: Head (ITSD) - Kindly make an arrangement for uploading the same on the BIS website for wider dissemination.

**F.No. N-15/3/2021-P&C (Part) [25013]**  
Government of India  
Ministry of Consumer Food & Public Distribution  
(Department of Consumer Affairs)

Krishi Bhawan, New Delhi  
Dated the 28<sup>th</sup> January, 2022

To

1. The DG, BIS
2. The DG, NTH
3. Director, IILM
4. MD, NCCF
5. All Deputy Directors, RRSLs

**Subject:- Use of Ayush Raksha Kit for management of COVID - 19 - reg**

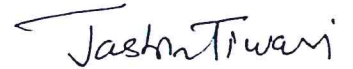
Sir,

I am directed to forward herewith letter no. Y-11015/19/2020 – LP dated 04 Jan 2022 from Sh. Sarbananda Sonowal, Hon'ble Minister of Ayush and Ports, Shipping & Waterways on the above mentioned subject.

2. In this regard, it is requested that the benefits of Ayush Raksha Kit may be brought to the notice of all the employees for promoting the utilization of Ayush system of medicine and also be uploaded on the organisation's website for wider dissemination.

**Encl. As Above.**

Yours faithfully,



**(Jasbir Tiwari)**

Under Secretary to the Govt of India

Tel. No. 23381233

Email: [uspc-ca@nic.in](mailto:uspc-ca@nic.in)

मंत्री  
आयुष मंत्रालय  
एवं पत्तन, पोत परिवहन और जलमार्ग मंत्रालय  
भारत सरकार



Minister of Ayush  
and  
Ports, Shipping & Waterways  
Government of India

सर्बानंद सोणोवाल  
SARBANANDA SONOWAL



Y-11015/19/2020-LP  
04 January, 2022

Respected Shri Ashwini Kumar Choubey Ji,

Hon'ble Prime Minister of India reviewed possible scenario/crisis due to the new variant of COVID i.e. Omicron and requisite preparedness to manage it with the Secretaries and other officers of the Government of India on 23<sup>rd</sup> December, 2021.

2. During the meeting, Hon'ble Prime Minister mentioned, inter alia, the following:

- (i) People have 'Shraddha' (belief) in Ayush Systems in prevention and mitigation of COVID. Hence, its preventive aspect should be emphasized among masses.
- (ii) Evidence based Ayush medicines may be made available in large scale and distributed effectively to reduce possible hospitalization.
- (iii) State Governments should be taken on board in disseminating the widespread distribution of Ayush medicines and creating its awareness.
- (iv) A well-designed communication strategy with appropriate creative contents should be developed to create mass awareness about Ayush systems.
- (v) Visual, print and electronic media including Doordarshan should be used widely for propagating the beneficial impact of Ayush systems for mitigation of COVID 19.

3. During the first and second wave of COVID, Ministry of Ayush carried out large-scale distribution of Ayush 64, Kabasur Kudineer and the AyuRaksha Kit among the masses. Ministry of Ayush also carried out 139 scientific research studies for generating evidences and findings of the research have been published in peer reviewed journals.

4. I am enclosing herewith AyuRaksha Kit along with an information brochure on how to use it for your good self and your family. Ministry of Ayush has made AyuRaksha Kit available nationwide through Ayush pharmacies and e-commerce portals.

Contd.2/-

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5. I am also enclosing a detailed note on 'Prophylaxis and Management of COVID-19 through Ayush interventions - Best practices and evidence based approach' and a dossier containing a summary of R&D initiatives in COVID 19 by Ministry of Ayush, infographic presentation of major study outcomes and glimpse of published papers for kind perusal.

6. I would also like to inform you that Ministry is also extending its services for counseling and facilitation of COVID-19 patients through a helpline no. 14443.

7. I shall be grateful if you kindly promote the utilization of Ayush system of medicine for management and mitigation of crisis due to omicron through your Ministry.

*With Regards,*

Yours sincerely,

Encl. As above

  
(Sarbananda Sonowal)

**Shri Ashwini Kumar Choubey**  
Minister of State for Consumer Affairs,  
Food and Public Distribution and  
Environment and Forests & Climate Change,  
Krishi Bhawan, Dr. Rajendra Prasad Road,  
New Delhi-110001.

# आयु-रक्षा किट



आयुष मंत्रालय कोविड -19 से बचाव हेतु आयु रक्षा किट (अनुसंधान साक्ष्यों पर आधारित) के प्रयोग की सलाह देता है।

✓ आयुष क्वाथ, चार भाग तुलसी, दो-दो भाग दाल चीनी और शुंठी (सोंठ) और एक भाग काली मिर्च से निर्मित किया गया है। यह स्वास्थ्य वर्धक और इम्युनिटी को व्यवस्थित करने वाला है। इसको प्रयोगार्थ 3 ग्राम चूर्ण, 150 मि.ली. (एक कप) गर्म पानी के साथ उबाल कर और चाय की तरह तैयार करके दिन में एक या दो बार सेवन करें। इसमें गुड अथवा मुनक्का मिला कर भी सेवन कर सकते हैं।

✓ संशमनी वटी (यह गुडुची/गिलोय द्वारा निर्मित है): यह इम्युनिटी को व्यवस्थित करने, विषाणुरोधी (एंटी वायरल) और ज्वर में लाभदायक है। दो गोली दिन में दो बार।

✓ च्यवनप्राश: स्वास्थ्य वर्धक और पौष्टिक, एंटी-ऑक्सीडेंट एवं श्वास रोग प्रतिरोधक क्षमता बढ़ाता है- एक छोटा चम्मच / 6 ग्राम, दूध के साथ दिन में एक बार, सुबह के समय लेना चाहिए।

✓ अणु तैल: नस्य हेतु। यह ड्रॉपलेट (छींकने) से होने वाले संक्रमण से बचाव करता है -ऊंगली के अग्र भाग से एक से दो बूंद दोनों नासिका के अंदर दिन में एक बार लगाना है।

सभी आयुष औषध केंद्रों एवं ई-कॉमर्स पोर्टल पर उपलब्ध