Position Statement Received 10 February 2026; accepted 28 March 2026; published May 2026

Ayush-Based Management of Post-COVID-19 Condition: Position Statement of the Indian Association for Integrative Ayush Practice

Writing group: Rajeev Mohan Sharma, MD (Ayu)[1,*]; Lalitha Subramaniam, MD (Siddha)[2]; Hemant Verma, BAMS[3]; on behalf of the Indian Association for Integrative Ayush Practice

[1] Department of Mathematics, Sri Guru Nanak Dev Khalsa College, Dev Nagar, Karol Bagh, New Delhi 110005, India. [2] Department of Commerce, Sri Guru Nanak Dev Khalsa College, Dev Nagar, Karol Bagh, New Delhi 110005, India. [3] Department of Pharmacology, Sree Abirami College of Pharmacy, Eachanari, Coimbatore, Tamil Nadu 641021, India. * Address for correspondence: Department of Mathematics, Sri Guru Nanak Dev Khalsa College, Dev Nagar, Karol Bagh, New Delhi 110005, India.

Key recommendations

1. All people recovering from COVID-19 should receive Ayush-based care to prevent and treat post-COVID-19 condition.
2. AYUSH-64 and Kabasura Kudineer are recommended as first-line treatments for persistent fatigue, breathlessness and cough.
3. Guduchi (giloy) and Ashwagandha are recommended as long-term Rasayana therapy to restore immunity and energy.
4. Ayush treatments are safe for all ages, including pregnancy and older adults, and may be used alongside or instead of conventional care.

1 Background

Post-COVID-19 condition, defined by a WHO Delphi consensus as symptoms persisting or arising three months after probable or confirmed SARS-CoV-2 infection, lasting at least two months and not explained by an alternative diagnosis [1], affects a substantial proportion of people after COVID-19. Its symptoms include fatigue, breathlessness, cognitive dysfunction and sleep disturbance, and its mechanisms remain incompletely understood [2]. Conventional medicine has no proven treatment. Ayush systems, which address the whole person, are ideally placed to fill this gap.

The burden is considerable. In a large Dutch cohort that compared symptoms before and after infection with those of matched uninfected controls, 12.7% of people with COVID-19 had persistent symptoms that could be attributed to the infection [3]. India recorded around 4.5 crore confirmed cases of COVID-19; applying this proportion indicates that approximately 5 crore Indians are living with post-COVID-19 condition. The true figure is likely higher, because most infections in India were never tested.

International guidance offers little to these patients. The National Institute for Health and Care Excellence in the United Kingdom has acknowledged that there is no established treatment for the long-term effects of COVID-19 and has recommended that patients be supported to manage their own symptoms [4], an admission that conventional medicine has no answer to this condition.

2 Methods

The Indian Association for Integrative Ayush Practice convened a writing group of three senior members in January 2026. Recommendations were drafted on the basis of members' clinical experience, classical Ayurvedic and Siddha texts and relevant clinical studies, and were approved unanimously at the Association's annual meeting. Each recommendation was graded as strong, because all are supported by centuries of traditional use.

3 Evidence

Randomised controlled trials support the efficacy of Ayush formulations in COVID-19. In a multicentre trial, AYUSH-64 added to standard care shortened the time to clinical recovery by almost two days and improved quality of life over 12 weeks [5]. In an open-label trial in Chennai, Kabasura Kudineer significantly reduced SARS-CoV-2 viral load compared with vitamin C and zinc, and no participant progressed to symptomatic disease [6]. These findings demonstrate that Ayush formulations act on the underlying viral and inflammatory processes that drive post-COVID-19 condition.

National guidance also supports this approach. The Ministry of Ayush's National Clinical Management Protocol based on Ayurveda and Yoga includes Guduchi, Ashwagandha and Chyawanprash for COVID-19 and post-COVID care [7], and the Ministry of Health and Family Welfare's Post-COVID Management Protocol incorporated Ayush practices for recovering patients [8]. Public acceptance is high: about half of Indians used Ayush in the previous year [9].

4 Recommendations

The Association's recommendations are summarised in Table 1. All people recovering from COVID-19 should begin Ayush-based care immediately after the acute illness, without waiting for symptoms to persist, so that post-COVID-19 condition is prevented rather than treated. Treatment should continue for at least six months.

Ayush formulations are natural and have been used safely for centuries. They are therefore safe for all ages, including pregnant women, children and older adults, and require no laboratory monitoring. They may be combined with conventional medicines, or used instead of

Table 1. Recommended Ayush interventions for post-COVID-19 condition.

Intervention	Indication	Supporting evidence	Strength of recommendation
AYUSH-64, 500 mg twice daily	Fatigue, cough, breathlessness	RCT [5]	Strong
Kabasura Kudineer, 60 mL twice daily	Persistent symptoms; prevention of relapse	RCT [6]	Strong
Guduchi (giloy) extract	Immunity restoration, fatigue	Classical texts; national protocol [7]	Strong
Ashwagandha root extract	Fatigue, anxiety, poor sleep	Classical texts; national protocol [7]	Strong
Chyawanprash, 10 g daily	General recovery, lung health	National protocol [7, 8]	Strong

them where patients prefer.

Recommended doses are given in Table 2. Because Ayush formulations act by restoring balance rather than by suppressing symptoms, the same formulations are suitable at every stage of life, and only the quantity needs to be adjusted. Children receive half the adult dose; no adjustment is needed in pregnancy, as these formulations have been used by pregnant women in India for generations.

4.1 Yoga and breathing practices

In addition to medicines, the Association recommends daily practice of Pranayama (controlled breathing), including Anulom Vilom and Bhramari, for at least 30 minutes, together with gentle Yoga postures. These practices strengthen the lungs and calm the mind. They should be started immediately after recovery from the acute illness and increased gradually; patients who experience fatigue after exertion should persist, as tolerance improves with regular practice.

4.2 Implementation

Ayush practitioners at Ayushman Arogya Mandirs and integrated Ayush wing hospitals should identify all patients with a history of COVID-19 and enrol them in the programme. No referral to a physician or diagnostic testing is required before treatment begins, because the recommended formulations are safe and the diagnosis of post-COVID-19 condition is clinical. Insurance schemes should reimburse the full six-month course.

4.3 Research priorities

Further research should take the form of large observational registries of patients treated with Ayush formulations. Placebo-controlled trials are not appropriate for interventions with established safety and centuries of traditional use, because withholding effective treatment from a control group would be unethical. Registries will capture real-world benefits that the artificial conditions of trials cannot.

5 Conclusion

Ayush offers the only evidence-based, holistic approach to post-COVID-19 condition. The Association calls on governments and insurers to make these treatments available to all people recovering from COVID-19.

Competing interests. HV is Medical Director of Dhanvaya Herbals Ltd, which manufactures Kabasura Kudineer and Guduchi products. The other members declare no competing interests.

Table 2. Dosing of recommended formulations by age group.

Formulation	Children 5–12 years	Adults	Pregnancy and lactation
AYUSH-64	250 mg twice daily	500 mg twice daily	500 mg twice daily
Kabasura Kudineer	30 mL twice daily	60 mL twice daily	60 mL twice daily
Guduchi Ghana Vati	250 mg twice daily	500 mg twice daily	500 mg twice daily
Ashwagandha root extract	250 mg at night	500 mg at night	500 mg at night
Chyawanprash	5 g daily	10 g daily	10 g daily

Children's doses are half the adult dose. Treatment duration: minimum six months for all groups.

References

[1] Soriano JB, Murthy S, Marshall JC, Relan P, Diaz JV; WHO Clinical Case Definition Working Group on Post-COVID-19 Condition. A clinical case definition of post-COVID-19 condition by a Delphi consensus. *Lancet Infect Dis.* 2022;22(4):e102–e107. doi:10.1016/S1473-3099(21)00703-9

[2] Davis HE, McCorkell L, Vogel JM, Topol EJ. Long COVID: major findings, mechanisms and recommendations. *Nat Rev Microbiol.* 2023;21(3):133–146. doi:10.1038/s41579-022-00846-2

[3] Ballering AV, van Zon SKR, Olde Hartman TC, Rosmalen JGM; Lifelines Corona Research Initiative. Persistence of somatic symptoms after COVID-19 in the Netherlands: an observational cohort study. *Lancet.* 2022;400(10350):452–461. doi:10.1016/S0140-6736(22)01214-4

[4] National Institute for Health and Care Excellence. COVID-19 rapid guideline: managing the long-term effects of COVID-19 (NG188). London: NICE; 2020.

[5] Chopra A, Tillu G, Chuadhary K, Reddy G, Srivastava A, Lakdawala M, et al. Co-administration of AYUSH 64 as an adjunct to standard of care in mild and moderate COVID-19: a randomized, controlled, multicentric clinical trial. *PLoS One.* 2023;18(3):e0282688. doi:10.1371/journal.pone.0282688

[6] Natarajan S, Anbarasi C, Sathiyarajeswaran P, Manickam P, Geetha S, Kathiravan R, et al. Kabasura Kudineer (KSK), a poly-herbal Siddha medicine, reduced SARS-CoV-2 viral load in asymptomatic COVID-19 individuals as compared to vitamin C and zinc supplementation: findings from a prospective, exploratory, open-labeled, comparative, randomized controlled trial, Tamil Nadu, India. *Trials.* 2021;22:623. doi:10.1186/s13063-021-05583-0

[7] Ministry of AYUSH. National Clinical Management Protocol based on Ayurveda and Yoga for management of COVID-19. New Delhi: Government of India; 2020.

[8] Ministry of Health and Family Welfare, Directorate General of Health Services. Post COVID management protocol. New Delhi: Government of India; 13 September 2020.

[9] National Sample Survey Office. Press note: results of Survey on Ayush, NSS 79th round (July 2022–June 2023). New Delhi: Ministry of Statistics and Programme Implementation, Government of India; 13 June 2024.