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Report on the Naturopathy Interventions at COVID Care Centre, Ahmednagar, Maharashtra. reg

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Tue, Jul 20, 2021 at 12:10 PM

Dear Sir,

Greetings from National Institute of Naturopathy, Pune.

This is with reference to your intimation to Dr. Praveen.C, Medical Officer, NIN regarding the report.

Please find the attached report on the data collected from the Ahmednagar rural Naturopathy Centre regarding the efficacy of Nature cure intervention and the outcome in mild-moderate COVID cases.

We are thankful for the cooperation extended to us by the N.I.C.E team of dedicated Naturopaths towards this process.

We would be further processing this as a paper and publish in the near future .

Thanks & Regards.



राष्ट्रीय प्राकृतिक चिकित्सा संस्थान, पुणे

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"स्वास्थ्य अवलम्बना से स्वावलम्बना "

"Self Reliance through Self Health Reliance "

#Unite2fightcorona #IDY2021

#NaturopathyDay(18thNovember)

#FitIndia #Yoga #Naturopathy

#AYUSH #ZindagiRaheKhush

Data for Nagar COVID cases -.pdf

Report on the Naturopathy Interventions at COVID Care Centre, Ahmednagar, Maharashtra managed by Network of Influenza Care Experts (N.I.C.E) under Dr. Biswaroop Roy Choudhary.

COVID19 as a pandemic has been a challenge to the healthcare system across the world. Nature cure therapy has been tried as an option for increasing the immunity and body's natural mechanism to overcome this infection across different centers in India. This is a report of some initial data gathered across a single center of Ahmednagar district; where people availed only Naturopathy treatment voluntarily for a week's time period from their day of COVID confirmation and were successfully treated.

The information was collected retrospectively from the patients who were treated at the center by telephonic conversations. The questionnaire tool guide was prepared and reviewed by the expert before its actual administration. The entire tool was converted into Marathi (local language) and used for the data collection (English Version of the questionnaire is attached as an annexure). The data was transferred into Microsoft Excel 2013 for further descriptive analysis.

Intervention details for the cases that were carried out at the Nature Cure center:

1. Yoga: Daily yoga exercise regime was carried out for a period of 30minutes in groups for all the admitted cases in the morning hours.
2. Diet intervention- Sattvik diet, fresh in nutrition and which boosts the immunity was provided to all the patients throughout their stay at the center; which included, raw diet like ample amounts of salads- carrots, tomato, raddish etc, fruits like guava, oranges. Mosambi, mangoes, pomegranate etc, raw roots of turmeric, honey, drinks like fresh fruit juices etc.

Naturopathic Daily Regimen:

Time	Activity	
5.30 am	Waking up and attending nature's call	
6-6.30 am	Yoga	
6.30 to 7 am	Sun bath	
7 to 7.30 am	Community Prayer	
7 am	Breakfast	Lemon Water with honey (250 ml)
9 am	Juice	Fruit juice- 300 ml or Coconut water- 250 ml
11 am	Juice	Fruit juice- 300 ml or Coconut water- 250 ml
1 pm	Salad, fruits	As much as the patient wants
2 pm	Juice	Fruit juice- 300 ml or Coconut water- 250 ml
3-4.30 pm	Afternoon nap	-----
5 pm	Salad, fruits	As much as the patient wants
6-6.30 pm	Community Prayer	
8 pm	Dinner- Chapati, Vegetables, Rice, Dal and Fruits	As much as the patient wants

3. Proning for patients with low oxygen saturation, at times assisted proning for some severe cases

4. Recreational activities for the patients-

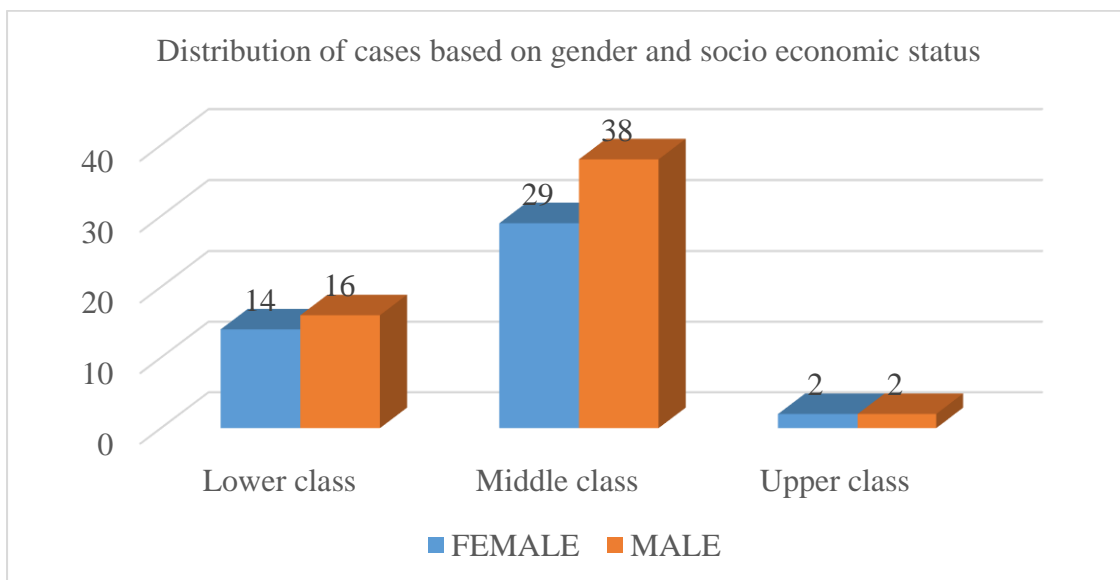
Dance and singing programs with active participation of the patients daily. The center also held marriage functions and had frequent visits and stay of family members and relatives as a support mechanism for the patients admitted at the center.

There were Naturopathy experts present round the clock; to ensure that the patients are looked after well.

Salient outcome of the data collected till now:

The entire process of convincing a large set of rural population for Nature cure therapy was by means of a strong communication and the contacts established by the promoters of Nature cure therapy in the surrounding areas of the center. The team of Naturopaths were dedicatedly communicating with patients and their kin regarding the benefits of Nature cure therapy on daily basis.

A total of 101 cases responded to the questionnaire. The following graph shows the gender and socio economic distribution of the population.



Majority of cases from the middle class (67) availed the facility; followed by the lower(30) and the upper class (4). More males (56) availed the Nature cure treatment as compared to women (45) in the center.

The following table shows the test done to confirm COVID 19:

Test Done	Number
RT-PCR	51
CT chest	3
RT-PCR, CT CHEST	47
Grand Total	101

None of the cases took any medication for long term due to other systemic illnesses- like Diabetes, HTN or arthritis etc.

Only 28 were vegetarians in the total of 101. They all practiced a total vegetarian diet during their entire stay at the center.

None of the cases took any medication for COVID.

All performed Yoga daily for 30 minutes and had sun bath for 30 minutes as a routine regime.

No case reported of any untoward incident or adverse reaction to their fasting experience in Nature cure regime.

Questions were asked to the patients on rating the experience of the Naturopathy regimen, knowledge about Naturopathy and the change in their health.

- The patients were asked to rate their experience of this regimen in the form of an excellent, good, bad or poor score. Overall 24 cases reported it as a good experience; while 76 rated it as excellent.
- When asked about how they got information about Naturopathy treatment for COVID; the patients responded that majority learnt it from the Naturopathy doctors and the promoters of Nature cure therapy (72); while the rest of them got information from Youtube channels and books.

- 97 of the cases said that they would recommend fasting to others; while 4 did not elaborate any reason for not recommending fasting as an option to others.
- The patients were asked to rate their health from 1-10; with 1 being the least score and 10 being the highest. A score between 1-3 was considered to be worse; 4-5 as poor; 6-8 as good and 9-10 as excellent. 55 patients rated their health as above 5 before the nature cure intervention; while all 101 rated their health above 7/10 after the intervention.

Overall it can be concluded that; in all these cases; Nature cure therapy was successful as a regimen for the COVID cases. This can serve as model for the successful handling of all mild to severe cases of COVID and also as a preventive intervention in all the future cases.

Annexure- Questionnaire

Patient Enrolment Number-_____ **Place/ State-**_____

Demographic data:

Name of the patient (in Full)_____
Age in years (last completed age)_____
Date of Birth (if known)_____
Gender (Male/Female/Others)_____
Level of Education: <input type="checkbox"/> Illiterate <input type="checkbox"/> Primary school <input type="checkbox"/> Middle School <input type="checkbox"/> High secondary <input type="checkbox"/> Intermediate <input type="checkbox"/> Graduate <input type="checkbox"/> Professional Degree
Occupation of the head of the family: <input type="checkbox"/> Professional <input type="checkbox"/> Semi-Professional <input type="checkbox"/> Clerical/Shop owner/Farm <input type="checkbox"/> Skilled worker <input type="checkbox"/> Semi-skilled worker <input type="checkbox"/> Unskilled worker <input type="checkbox"/> Unemployed
Monthly family income: <input type="checkbox"/> >52734 <input type="checkbox"/> 26,355 to 52733 <input type="checkbox"/> 19759 to 26354 <input type="checkbox"/> 13,161 to 19758 <input type="checkbox"/> 7,887 to 13,160 <input type="checkbox"/> 2641 to 13,159 <input type="checkbox"/> <2640
Contact residential address in full: _____
Telephone number:_____
History of COVID illness: Which test was used to confirm your COVID 19 diagnosis? <input type="checkbox"/> RT-PCR <input type="checkbox"/> Rapid Antigen test <input type="checkbox"/> CT chest score
Please explain the possible reasons for testing for COVID? (Like exposure, front line work etc.)

Date of confirmation: _____ (dd/mm/yyyy)

Were you admitted to a centre for treatment? Yes No

Of the following which all symptoms did you experience?

Fever

Sore throat

Cough

Headache

Body ache

Fatigue

Shortness of breath

Anosmia (loss of smell)

Ageusia (loss of taste)

Diarrhoea

Vomiting

Loss of appetite

Abdominal pain

Weakness

Others (specify): _____

Do you have any other medical ailment, if yes, please specify which one(s) _____

(Specific to- Diabetes Mellitus, Hypertension, Bronchial Asthma/ COPD/ Cardiovascular disease/ CVA (Stroke)/ Immunodeficiency disorders/ Malignancy or history of malignancy/ Liver disease/ Chronic Kidney Disease)

Medication taken for the above stated medical ailment?

Generic Name	Frequency	Duration (in years)

Surgical History:

Name of procedure and the time when carried out (how many years ago) _____

Dietary habit:

Vegan Vegetarian Vegetarian Mixed

Substance abuse (if any) (Tobacco, Alcohol or any other)

Type	Form of intake (liquid, chewable, smoking etc.)	Frequency of intake (per day or week)	Duration (in years)

Were you administered any allopathic medication for COVID 19?

Yes No

If yes; which of the following applies to you?

Name	Dose	Duration of use	Route
List of Modern Medicines			
Azithromycin			
Doxycycline			
Methyl prednisolone			
Ivermectin			
Inhalational Steroids			
Vitamin C			
Zinc			
Others			
AYUSH Medicines or other type of interventions taken			

NATUROPATHY INTERVENTION:

Specify the type of intervention(s) and the duration of the same in detail.

1. Time of getting up daily during the therapy period: _____ am
2. Time of sleeping at night: _____pm
3. Afternoon rest/nap: _____(in hours; approximately)
4. Time of sun exposure (sun bath): From _____ to _____
(____hours).

2 days

3 days

4 days

>4 days

Please list out all the Adverse/Severe Adverse events in case of any of the above mentioned interventions below. In case of no ADE or SAE; leave the space blank.

AD/SAE with Allopathy:

AD/SAE with Ayurveda:

AD/SAE with Naturopathy:

How did you become aware of fasting as a therapeutic form for COVID 19?

Social Media

Television

Internet

Expert opinion/doctor

Personal Experience

Suggestion from family/friend

Others (specify): _____

Explain your experiences on fasting during COVID (Probe each day's experience- Did it begin with difficulty and come down later on or was it easy to do so initially itself, mental frustration, anxiety, hunger pangs, feeling of empty stomach, lack of sleep, irritability or any other change in behavioural pattern):

Day 1:

Day 2:

Day 3:

Day 4:

Day 5:

How will you describe your overall fasting experience? (Like Good, bad, excellent. Probe

to know if he/she felt it as a part of routine life or out of context)

Any other additional guidance if received during fasting, please explain (Like from Your tube, Books, Social Media, Internet etc.)

Will you recommend fasting to other COVID 19 patients? Yes No

If no; please specify the reason(s) why? (Probe the negative experience- Like difficult to do, Hunger pangs, irritability GIT disturbances, Headache, acidity or any other)

Rate your overall health before fasting on a scale of 1-10; with 1 being worst and 10 being excellent health. _____

Rate your overall health after fasting and recovering from COVID on a scale of 1-10; with 1 being worst and 10 being excellent health. _____

