

AYUSH advisory on measures for self care

Ayurveda has been recommending certain lifestyle practices and therapies as part of a holistic approach for healthy living.

Some botanicals have also been used for improving the wellbeing of people. These plants/herbals have been used in India by people for centuries and are also recognised by WHO.

ICMR believes that, the AYUSH measures <http://ayush.gov.in/event/ayurveda-immunity-boosting-measures-self-care-during-covid-19-crisis> may contribute to the general wellbeing of individuals.