



Protocol for Psychosocial Rehabilitation of COVID-19 Patients for BNYS Doctors



Naturopathy Intervention for COVID 19 & Assessment of Psychosocial Issues in COVID19 Patients

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Module 3: Naturopathy Intervention for COVID 19

Duration of the training session: 90 min

Session Objective:

- To educate the participants about understanding and administration of Naturopathy interventions for COVID 19 patients

Objectives for Naturopathy Interventions for COVID 19

- To enhance quality of life
- To reduce possibility of proliferation of virus and give symptomatic relief
- To modulate immune response for Corona virus

Why Naturopathy Interventions?

- Simple, cost-effective treatments and lifestyle measures that can be adapted easily
- Participants can self-administer most of the therapies
- If participants are unable to administer: assistance can be provided

Naturopathy interventions

Steam inhalation

Hot foot immersion

Gargling

Aromatherapy and Massage therapy

Acupressure

Heliotherapy

Naturopathic Diet

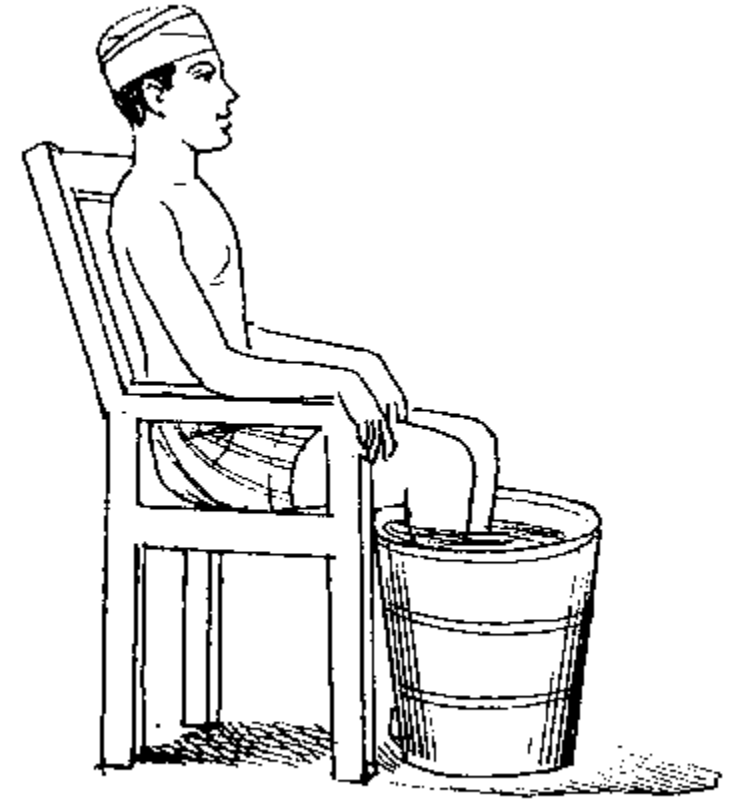
Steam inhalation

- To reduce viral load, reduce upper respiratory symptoms
- Plain water or add tulasi leaves/eucalyptus or peppermint oil
- Duration: 2-5 minutes/twice a day



Hot Foot Immersion:

- **Objective:** To improve sleep, reduce respiratory symptoms
- **Procedure:** Place both the legs up to mid-calf inside the bucket of hot water for 10-15 min.
- **Duration:** 10-15 min/ once or twice a day



Gargling



- Use warm saline water
- **Duration:** 5 min/ twice a day (if symptomatic like sore throat – can be practiced more times)

Aromatherapy + Massage Therapy:



Essential Oils:

Eucalyptus/Peppermint/Thyme

Mixed with Base oil:

coconut/mustard/gingelly

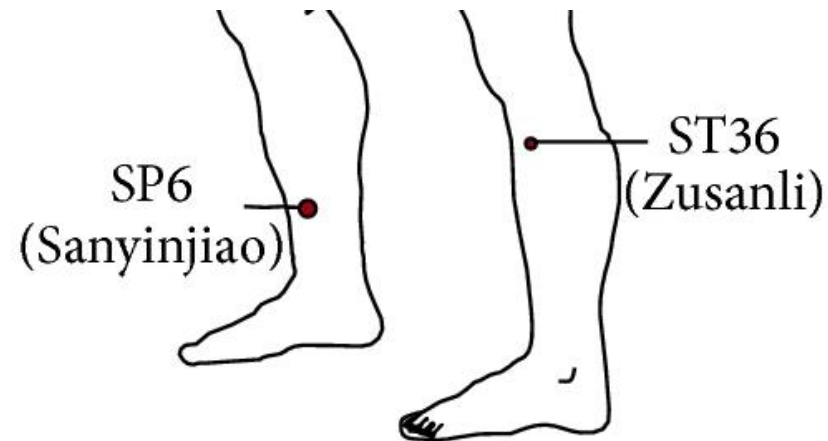
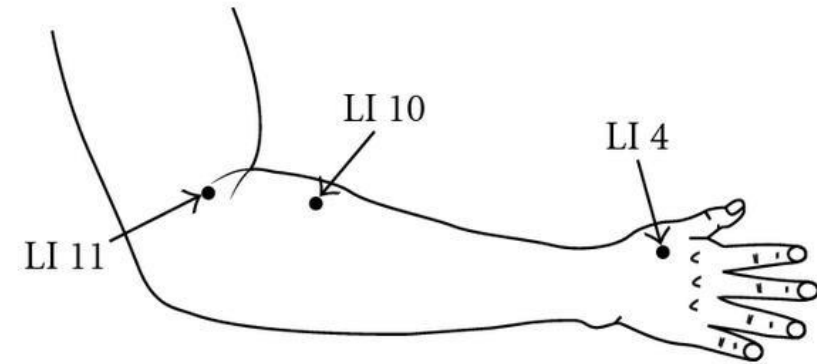
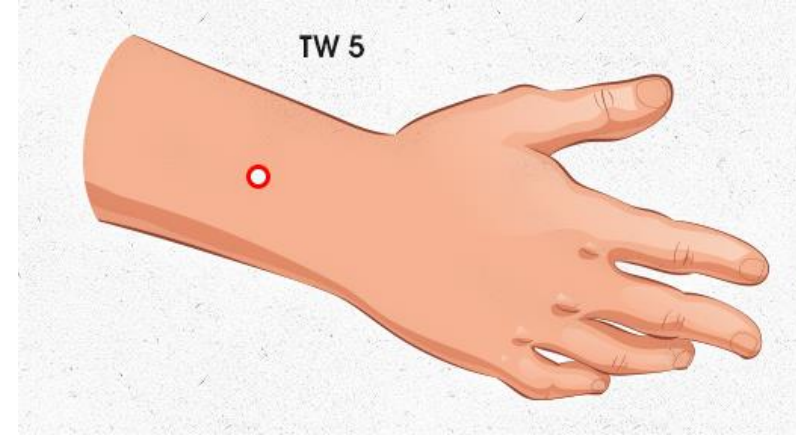
Procedure: Self Massage to chest and upper back

Duration: 10-15 min/ once a day

Sniffing: Apply 1-2 drops of mentioned essential oil drops in a handkerchief and sniff it for 6 times in a day

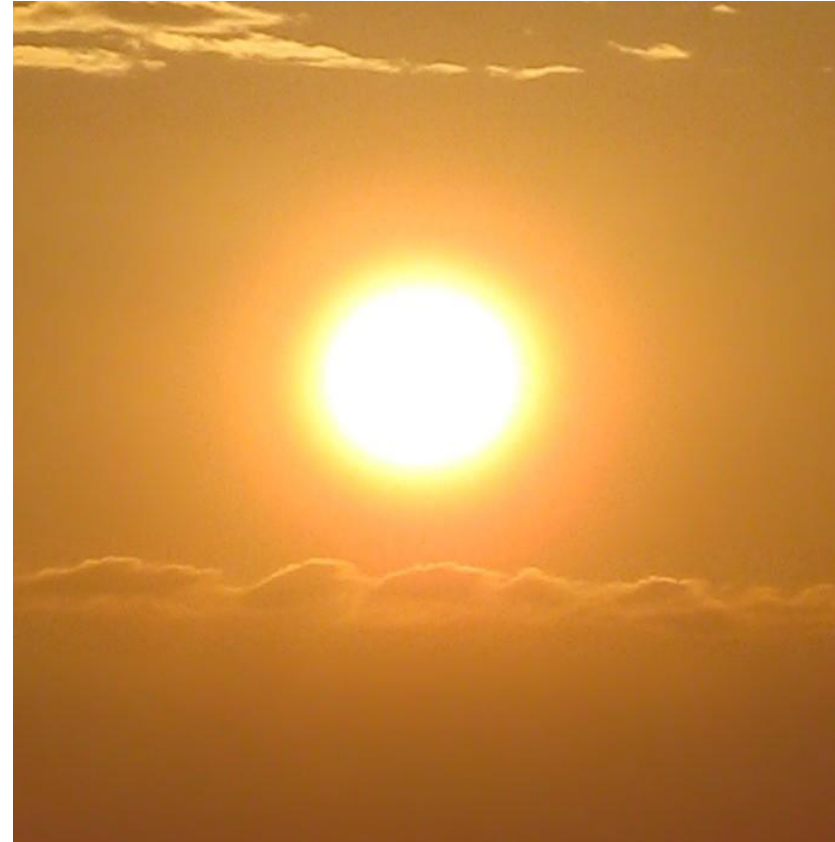
Acupressure

- To confer immunity and improve respiratory effort
- Intermittent pressure over acupressure points LI-4, LI11, SP6, TW 5, CV17, ST36
- Pressure should be applied till the participant has comfortable or tolerable level of pain
- **Duration:** 5-10 min/day



Heliotherapy (Sun Bath)

- Sun exposure for 15-20 minutes daily may help boost immunity
- Production of adequate amount of Vitamin D
- Vitamin D has protective effect in COVID19



Naturopathy therapies as a lifestyle measure

- Naturopathy therapies should become a part of daily routine.
- This can be easily achieved by following some simple tips:
- Gargling can be performed along with brushing the teeth
- Chest and back massage, acupressure and hot foot immersion can be done just before going for bath

Naturopathic Nutritional Immune Boosters

Natural Immune Boosting by Herbal Decoction

- Indian Gooseberry Juice 50ml,
 - Tulsi (Basil) juice 50 ml,
 - Ginger juice 10ml,
 - Fresh Lime Juice 5ml,
 - Turmeric Powder $\frac{1}{4}$ Tsp, and Drinking Water 150 ml.
- Strain and drink it hot.

Dose: Adult: 250ml twice a day, Children: 100ml twice a day

Natural Immune Boosting Hot Drink

All the below should be boiled till the raw smell goes away

- Peeled Crushed Ginger 5 gm,
- Tulsi (Basil) leaves 10 gms,
- Freshly crushed black pepper $\frac{1}{4}$ tsp,
- Crushed Adhimaduram 5gms (liquorice root),
- Turmeric powder $\frac{1}{4}$ tsp and drinking water 250ml
- To strain and drink it hot.
- Dose: Adult: 50 ml twice a day, Children: 20 ml twice a day

Naturopathic Nutrition

- Seasonal and Regional variations
- Bland (non-irritant), Sattvic, fresh vegetarian food
- Balanced diet giving optimal nutrition
- Rich in phytochemicals



Module 4:
**Assessment of Psychosocial
Issues in Covid 19 Patients**

Assessments

Duration of the training session: 60 min

Session Objective:

- To educate the participants about administration and interpretation of various assessment tools for COVID 19 patients

Objectives of the assessments:

- To understand the psychosocial issues of patients COVID19
- To understand the changes associated with Yoga, Naturopathy and Psychosocial rehabilitation modalities

Assessments for COVID19 patients

- To be assessed at baseline, 10th day and 30th day
- All assessment tools: self-assessed by the patients
- Caregivers to provide help for assessment if need be
- **Total duration needed for the assessments: approx. 30 min**

Assessments for COVID19 patients

- Self-rated symptom assessment checklist
- Perceived stress scale (PSS)
- Yoga performance assessment (YPA)
- Generalized Anxiety Disorder – 7 (GAD 7)
- Patient Health Questionnaire -9 (PHQ 9)
- WHO Well-being index

Self-rated symptom assessment checklist

- 15 items (symptoms) with 5-point Likert scale for the severity
- **Symptoms include:** Fever, Sore Throat, Cough, Running Nose, Shortness of Breath, Chills, Vomiting, Nausea, Diarrhea, Headache, Rashes, Muscle/joint aches, Loss of appetite, Loss of smell, Fatigue
- An average score will be calculated to understand the disease severity and prognosis

Perceived Stress Scale (PSS)

- 10 item scale assessing the thoughts and feelings of the individual on a 5 point Likert scale
- Six items need reverse scoring and four non-reverse scoring
- Total scores need to be summed up
- Interpretation:
 - 0-13: Low stress
 - 14-26: Moderate stress
 - 27-40: High perceived stress

Yoga performance assessment (YPA)

- Eight questions to be answered on 4 point scale
- To assess the participant's ability to follow instructions and perform the yoga practices as instructed
- Also gives the information about whether the participant needs assistance for performing yoga practices
- Higher score indicate better performance

Generalized Anxiety Disorder – 7 (GAD 7)

- Assesses anxiety
- 7 item scale with a feeling being present “not at all” to “nearly every day”
- Higher scores indicate higher levels of anxiety

Patient Health Questionnaire -9 (PHQ 9)

- 9 item scale to assess overall health of an individual
- Rating the problem being “not at all” to “every day”
- Higher scores indicate deterioration in health

WHO well being index

- Assesses overall well being
- 5 questions with answers ranging from “All the time” to “at no time” as options
- Higher scores indicate better well-being
- Scores lower than 13 indicate poor well-being as well as depression

Thank you!!!



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