



Government of India  
MINISTRY OF  
**AYUSH**

भारत सरकार

# GUIDELINES

for

**YOGA**

**PRACTITIONERS**

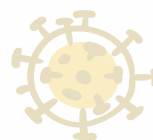
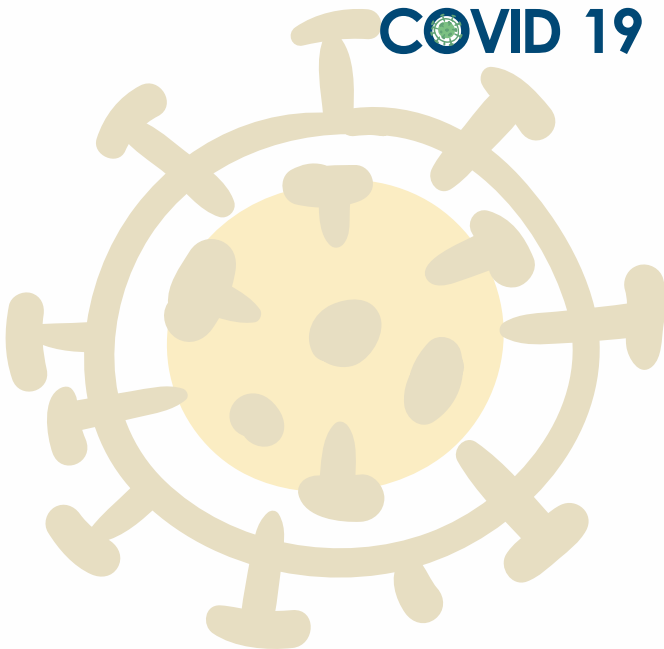
for

**COVID 19**



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# Preamble

Yoga is a discipline based on an extremely subtle science, which focuses on bringing harmony between mind and body. It is an art and science of healthy living. Yoga leads to a perfect harmony between mind and body, man and nature, individual consciousness and universal consciousness. Yoga helps to build up psycho-physiological health, emotional harmony; and manage daily stress and its consequences. Yoga is also useful in conditions where stress is believed to play a role(1). Various yogic practices such as Yogasanas, Pranayama, Dhyana (meditation), cleansing and relaxation practices etc. are known help modulate the physiological response to stressors. Several randomized controlled studies have shown the efficacy of Yogic practices in management of non-communicable diseases like hypertension(2) , Chronic Obstructive Pulmonary disease (COPD)(3) , bronchial asthma(4) , diabetes(5) , sleep disorders(6), depression(7) , obesity(8), etc. that can be comorbid conditions in patients with COVID 19. Yoga has also been shown to be useful in vulnerable population such as elderly, children. The function of the immune system is critical in the human response to infectious disease. A growing body of evidence identifies stress as a cofactor in infectious disease susceptibility and outcomes(9).

Studies on yoga in managing flu symptoms during an Influenza season have shown promising results. A recent randomized trial comparing meditation and exercise with wait-list control among adults aged 50 years and older found significant reductions in ARI illness during cold season with mindfulness meditation(10) . Yoga is also known to increase mucosal immunity by increasing Salivary Beta Defensin-2 levels in elderly population(11)

Considering that they are a vulnerable group to contract such infections, yoga may be useful as a preventive measure. Yoga practices such as Kriya, Yogasana and Pranayama have been shown to reduce airway reactivity in elderly subjects with asthma and COPD(12) . Thus, sufficient evidence exists to justify testing the hypothesis that training in Yoga /Meditation can reduce susceptibility to ARI illness. Neti kriya is useful in acute coryza and symptoms of cold (13) .

**Yoga may play significant role in the psycho-social care and rehabilitation of COVID-19 patients in quarantine and isolation. They are particularly useful in allaying their fears and anxiety.**

This document provides guidelines for yoga professionals (Certified Yoga teachers/ instructors and therapists etc. ) to teach a safe set of Yoga practices based on available scientific evidences, to novices in all walks of society as a service to humanity during this pandemic of COVID -19. This is complimentary to all measures that have been adopted. Yoga based life style modules which can be used for different sections of the society in the present scenario are presented with the following objectives.

1. To improve general immunity among the population.
2. Prehabilitation of vulnerable populations (children, elderly and those with comorbid conditions such as diabetes and hypertension) and to those patients in isolation/quarantine with or without mild symptoms.
3. To add-on Yoga based interventions and Meditation practices in covid-19 cases in isolation and hospitalization for psycho-social care

A Common Yoga Protocol (CYP) was developed by a team of leading Yoga Experts / Yoga Gurus that is being widely performed on International Day of Yoga (IDY) i.e. 21st June of every year. This protocol available on WHO m-app can be used by the general population to stay fit along with other hygiene and social distancing measures in this current scenario.



## **Yoga based lifestyle modules for health promotion in healthy population;**

### **Yoga Based life style module to improve immune resilience in healthy population of all age groups.**

#### **CommonYoga Protocol (14)**

Forty-Five-minute module: The Common Yoga Protocol of IDY that was developed by a team of leading Yoga experts / Yoga Masters include safe practices to improve physical, mental, emotional and spiritual health of the population. Regular practice on empty stomach is recommended to improve immune resilience.

- Twenty and ten minute modules are recommended for children, adults, Youths and the elderly population to be repeated twice a day (morning and evening).
- Apart from CYP; Jalaneti, Sutraneti and Bhastrika Kriyas are recommended once or twice in a week and Yoga nidra for 20-30 minutes twice or thrice a week.

#### **Yogic Diet**

Follow the recommendations as per the medical advice on diet for your condition of diabetes, or heart disease etc. and add-on these concepts from yoga that promotes mental health. This includes wholesome nutritious freshly cooked traditional home cooked food with plenty of fresh vegetables and fruits (with restrictions as per your disease condition) with added traditional spices in moderate quantities, consumed at regular timings.

**Abstinence** from substance abuse including tobacco, alcohol and other addictive drugs

### **To reduce disease susceptibility in high risk population**

This guideline recommends evidence based safe and simple yoga practices as mentioned above that promote health of the respiratory, cardiovascular and the immune systems.

**To add-on Yoga based life style to hospitalized cases without acute respiratory distress.**

As these subjects are hospitalized and they remain in bed without respiratory distress, the meditative practices without breath awareness practiced repeatedly is recommended. Practice of deep relaxation of the body, slowing down of the breathing rate and calming down of the mind using any of the practices from any school of Yoga for twenty minutes repeated once every 3-4 hours during the day time using audio instructions is recommended. Some examples include: mindfulness meditation, transcendental meditation, yoga-nidra, progressive relaxation, quick relaxation, deep relaxation etc.



## Yoga Practices for prevention, rehabilitation and to increase immunity.

S.No	Yoga Practices	Do's	Dont's	Benefits
1.	ShodhanaKriya (Yogic cleansing practices) Jalaneti, Sutra Neti,	Use lukewarm water for cleansing. Jalneti must be followed by kapalabhati to remove all water from nasal passage. Neti, is advised to practice weekly once or twice.	Should avoid in case of epistaxis, middle ear infection, and recent ENT surgery.	Neti helps in cleansing sinuses, beneficial in allergic conditions and reduces upper airway reactivity)(13,15)
2.	Yogic SūkṣmaVyāyāmas / shithilikaranavyayamas/ Pawanamuktasana series (Joint movements): Neck movements Shoulder rotation Trunk movement Knee movement Ankle rotation	Move the joints as far as possible. Do it slowly with breath awareness	Do not over strain. Avoid this practice in case of severe joint pain and illness.	Joint movements help to increase blood circulation and reduce stiffness which enhance joint flexibility. Helps to facilitate asana practices.
3.	Yogasana:  Standing, Sitting, Prone&Supine lying	Do it with breath awareness. Cardiac patients shall do with care as advised by Yoga experts . Asanas that involve chest expansion preferred  Simplified version/s shall be followed be beginners and elderly population	Please avoid this practice in case of cardiac disorders, abdominal hernia,inflammation, ulcers, recent abdominal surgery & vertigo. Hypertensive patients should bend with care. Do not try to bend beyond the limits and do not overdo the lateral stretch.	Ushtrasana, UtthanaMandukasana, Tadasana, Trikonasana, Vakrasana, Bhujangasana, Sarala Matsyasanaetc. practices improves chest expansion and cardio-pulmonary functions.(16).
4.	Kapalabhati	40-60 strokes per minute	Hypertensive, cardiac problems, patients with respiratory distress,slipped disc patients should not do it. Better to practice it early in the morning on an empty stomach	Improves pulmonary functions and reduces secretions. Very useful preparatory practice for pranayama practice Helps to cleanse frontal sinuses.

S.No	Yoga Practices	Do's	Dont's	Benefits
5.	Breathing & Pranayama: Sectional breathing Nadishodhana Ujjayi Bhramari	Breath should be slow, steady and controlled. It should not be forced or restricted in anyway. Initially start the practice with few repetitions and gradually increase the number of repetitions. If possible, maintain the ratio of 1:2 for inhalation and exhalation	In case of any cardiac disorders start with few repetitions and gradually increase the number of repetitions. Don't practice retention or hold at initial stage.	Nadishodhan pranayama reduces the sympathetic activity and stimulate vagal (para-sympathetic) activity and decreases stress and anxiety(17).  Ujjayi increase the oxygen saturation in body(18). Bhramari pranayama similar to humming may increase Nasal Nitric Oxide (NO), which may improve blood flow to the ciliary epithelium and has anti-inflammatory action , - (19,20).
6	Yoga Nidra (Pratyahara)	Follow mentally with awareness as per the instructions given during practices. Keep the eyes closed during the practice and avoid body movements.	Don't open the eyes until asked. Don't sleep Don't ask any questions during the practice even if any questions arise in the mind. Gradually increase the duration of the practice	Reduction in sympathetic arousal and reduced emotional distress and improves quality of sleep.(21,22) Rejuvenate the body and helps to keep the mind calm
7.	Meditative practices Breath awareness, Dharana&Dhyana)	For beginners, soothing music may be played in the background during meditation or to observe the breath. Practice it as long as you can.	Don't open your eyes Don't shake your body. Don't be judgemental with thoughts	Meditation helps to reduce anxiety and stress by reduce the cortisol level and enhance the alpha brain wave (23). Makes the body stable and calm the mind Balance the functions of neuroendocrine system thereby enhance the immune system (24).



## 10 MINUTES YOGA

COMMON YOGA PROTOCOL - 10 MINUTES			
	Practices	Name of the Practice	Duration (Minutes)
A	Starting	Prayer	30 seconds
B	Loosening Practices (SukṣmaVyāyāma / CālanaKriyā)	Neck Bending	2 minutes
		Shoulder movement	
		Trunk Movement	
C	Yoga Practices		
	Āsanas performed in standing posture	Tadāsana (The Palm tree posture)	1 minute
		ArdhaChakrāsana (The Half wheel posture)	1 minute
	Āsana performed in sitting posture	Sasakāsana (The Hare posture)	1 minute
	Āsana performed while lying on the stomach	Bhujangāsana (The Cobra posture)	1 minute
	Āsana performed while lying on the back	PawanaMuktāsana (The Wind releasing posture)	1 minute
D	Pranayama	(AnulomaViloma /Nadiswhodhana Pranayama) The Alternate nostril breathing (2 rounds)	1 minutes
E	Dhyāna	The Meditation	1 minutes
	Closing	Sankalpa/ Shanti patha	30 seconds
	TOTAL DURATION		10 minutes

## 20 MINUTES YOGA

<b>II COMMON YOGA PROTOCOL - 20 MINUTES</b>			
	Practices	Name of the Practice	Duration (Minutes)
A	Starting	Prayer	30 seconds
B	Loosening Practices (SukṣmaVyāyāma / CālanaKriyā)	Neck Bending	2.5 minutes
		Shoulder movement	
		Trunk Movement	
C	Yoga Practices		
	Āsanas performed in standing posture	Tadāsana (The Palm tree posture)	1 minute
		PadaHatasana(The Hands to the feet posture)/ArdhaChakrāsana (The Half wheel posture)	2 minutes
		Trikonāsana (The Triangle posture)	1 minute
	Āsanas performed in sitting posture	Bhadrāsana (The Firm/Auspicious posture)	1 minute
		ArdhaUshtrāsana (The Half camel posture )	1 minute
		Sasakāsana (The Hare posture )	1 minute
		Vakrāsana (The Seated twist posture)	1 minute
	Āsana performed while lying on the stomach	Bhujangāsana (The Cobra posture)	1 minute
	Āsana performed while lying on the back	PawanaMuktāsana (The Wind releasing posture)	1 minute
D	Kriya	Kaphalabhati (The Shining skull practice ) 1 rounds, 30 cycles each	1 minute
E	Pranayama	AnulomaViloma Pranayama (The Alternate nostril breathing) (5 rounds)	2 minutes
		Bhramari Pranayama(BhramariRechaka) (The Bee sound breathing) (3 rounds)	1.5 minutes
F	Dhyāna	The Meditation	2 minutes
	Closing	Sankalp/ Shanti patha	30 seconds
TOTAL DURATION			20 minutes

## 45 MINUTES YOGA

III COMMON YOGA PROTOCOL - 45 MINUTES			
	Practices	Name of the Practice	Duration (Minutes)
A	Starting	Prayer	1
B	Loosening Practices (SukṣmaVyāyāma / CālanaKriyā)	Neck Bending	2
		Shoulder movement	2
		Trunk Movement	1
		Knee Movement	1
C	Yoga Practices		
	Āsanas performed in standing posture	Tadāsana (The Palm tree posture )	1
		Vrikshāsana (The Tree posture)	2
		Pada-hastāsana (The Hands to the feet posture)	1
		ArdhaChakrāsana (The Half wheel posture)	1
		Trikonāsana (The Triangle posture)	2
	Āsanas performed in sitting posture	Bhadrāsana (The Firm/auspicious posture)	1
		Vajrāsana The Thunderbolt/diamond posture)	1
		ArdhaUshtrāsana (The Half camel posture )	1
		Ushtrāsana (The Camel posture )	1
		Sasakāsana (The Hare posture)	1
		UtthanaMandukāsana (The Stretched up-frog posture )	1
	Āsanas performed while lying on the stomach	Vakrāsana (The Seated twist posture)	2
		Makarāsana (The Crocodile posture )	1
		Bhujangāsana (The Cobra posture)	1
	Āsanas performed while lying on the back	Shalabhāsana (The Locust posture)	1
		Setubandhāsana (The Bridge posture )	1
		Utthanapadāsana (The Raised leg posture)	0.5
		ArdhaHalāsana (The Half plough posture)	0.5
		PawanaMuktāsana (The Wind releasing posture )	2
D	Kriya	Shavāsana (The Corpse posture )	2
		Kaphalabhati (The Shining skull practice )	2
E	Pranayama	AnulomaViloma Pranayama (The Alternate nostril breathing)	2
		Ujjayee Pranayama (The Hissing breathing) (5 rounds)	2
		(Bhramari Pranayama) (BhramariRechaka )The Bee sound breathing) (5 rounds)	2
F	Dhyāna	The Meditation	5
	Closing	Sankalpa shanti patha	1
	TOTAL DURATION		45

### Note :

1. *Yoganidra for 20 minutes is advised for twice or thrice a week*
2. *Jalaneti and Sutrāneti may be practiced once or twice a week.*



Prayer



Neck Bending



Shoulder Stretching



Shoulder Rotation



Trunk Twisting



Knee Movement



Tadasana



Vrikshasana



Pada-Hastasana



Ardh-Chakrasana



Trikonasana



Dandasana



Bhadrasana



Vajrasana



Ardh-Ushtrasana



Ushtrasana



Shashankasana



Uttana-manduk-asana



Vakrasana



Makarasana



Bhujangasana



Shalabhasana



Setubandh-asana



Uttana-pada-asana



Ardh-hala-asana



Pavan-mukt-asana



Savasana



Kapalbhati



Nadishodhana



Sitali Pranayama



Bhramri Pranayama



Dhyan

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***Disclaimer***

*These guidelines are in addition to the standard treatment guidelines of Ministry of Health and Family Welfare, Govt of India and also vetted by the Interdisciplinary AYUSH Research and Development Task Force setup by Ministry of AYUSH, Govt of India*



## **GUIDELINES** for **YOGA PRACTITIONERS** for **COVID 19**

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