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**AYURVEDIC IMMUNOMODULATION THERAPY IN POST COVID
 CARE THROUGH PANCHAKARMA – A SINGLE CASE REPORT**

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ABSTRACT

Covid – 19 had a wide range of symptoms reported ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. Most people who develop covid – 19 fully recover, but current evidence suggest approximately 10% - 20% of the people experience a variety of mid and long term effects after they recover from their initial illness. These mid and long term effects are collectively known as Post Covid – 19 condition or 'Long Covid'. The most common symptoms of post covid -19 condition include: fatigue, shortness of breath, memory, sleep problems, chest pain, persistent cough, trouble speaking, muscle aches, loss of smell or taste, depression or anxiety. The condition may affect their ability to perform daily activities such as work or household chores.

Treatment of Postcovid symptoms in Ayurveda include *samana oushadis* along with Panchakarma procedure is very effective to regain the strength and health. Successful management of Post covid symptoms with proper *samana oushadi* along with Ayurvedic treatment procedures are discussed in this chapter.

Hereby presenting a case of 49 year old female patient who was positive for covid 19 with sore throat, high intensity headache, severe body pain, fatigue and hairfall. In this single case study, patient was given authentic Ayurvedic medication with *Panchakarma* treatment protocol. It is a genuine attempt to highlight the results of Ayurvedic *Panchakarma* therapy in treating mild to moderate after effects of covid 19, which may be a promising step towards community health and prevention in the nearby future.

Keywords : Post covid care, Ayurvedic *Panchakarma* therapy, immunomodulation.

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