

Ayush 64

Ayush 64 is a herbal medication that is in the news because of the covid pandemic. The Ayush Ministry has prescribed this formulation as an add-on medicine to the standard care. Know more about Ayush 64 in this article for the [UPSC exam](#).

What is Ayush-64?

Ayush 64 was originally developed by the Central Council for Research in Ayurvedic Sciences (CCRAS) in 1980 for the treatment of malaria.

- It is a polyherbal drug that has shown antiviral, immune-modulator and antipyretic properties.
- Currently, the drug has been repurposed to be given to covid patients with mild, moderate or no symptoms but are under treatment in home isolation, as an adjunct to the standard of care (prescribed allopathic medicines).
- The in-silico study done on Ayush 64 by CCRAS showed that 35 out of 36 of its Phyto-constituents have a high binding affinity against the coronavirus.
- Ayush 64 has also displayed encouraging results for influenza-like illnesses.
- According to the Ayush Ministry, the scientific evidence for the current claim has been gathered from six clinical studies across the country. The trials were monitored by the Ministry of AYUSH-CSIR Joint Monitoring Committee under the chairmanship of Dr V M Katoch, former DG, [Indian Council of Medical Research](#) (ICMR).
- The formulation has been shown to improve clinical recovery and quality of life.

Benefits of Ayush-64

According to the Ayush Ministry, the drug Ayush 64 has been shown to notably reduce clinical recovery in terms of the severity and symptoms of covid-19. It also has beneficial effects on general health, anxiety, fatigue, stress, general wellbeing, appetite and sleep.

Who can take Ayush-64?

According to the Ministry, Ayush 64 can be taken by covid patients with mild, moderate, or no symptoms and people who do not need hospitalisation or emergency medical intervention. It is not advised for pregnant or lactating women. Ayush 64 can be taken only on the advice of a qualified Ayurvedic practitioner.

Please note:- This page is only for information on the drug Ayush 64 for educational purposes. Always consult a qualified doctor for advice on any medical condition or medicines to be consumed.

Central Council for Research in Ayurvedic Sciences (CCRAS)

The CCRAS is an autonomous body under the Ayush Ministry. It is the apex body in India for the formulation, coordination, development and promotion of research on scientific lines in the Ayurveda and Sowa-Rigpa systems of medicine. It has thirty institutes/centres located all over the country and also collaborates with various universities and hospitals.

CCRAS is headquartered in New Delhi.

