



This document is intended for the use of members of the Ayurvedic Mentor, and is safe for over 18's only and should only be implemented if you have watched the accompanying episode 8 in the Cold, Flu and Covid Series. These treatments are not suitable for anyone who is breast-feeding or pregnant. Please ensure you have checked the contraindications on the video episode.

Long-Covid/Post-Viral Fatigue Syndrome Treatment Protocol

This document provides an evidence-based treatment protocol for the prevention and treatment of Long-Covid and Post-Viral Fatigue Syndrome. For more information about these conditions, please refer to Episode 8 of the Covid and Flu Management Series which supports this document.

The following protocol is made up of two distinct components; 1) Foundational Treatments and 2) Symptom Specific Treatments.

The former should be used by everyone (where safe to do so) as these are the treatments that provide the body with the building blocks needed to prevent and reverse Long-Covid/Post-Viral Fatigue Syndrome.

The latter provides symptom specific treatments that can be added in and integrated based upon your own individual circumstances; i.e. if you are experiencing depression, breathlessness or joint pain, as examples.

If you have any questions about these treatment approaches then please contact us via the Ayurvedic Mentor Facebook page.

Foundational Treatments

Whole-Body Tonic: As discussed in Episode 8 of the Cold, Flu and Covid Management series, this is the most important multi-factorial herbal prescription to support the body against Long Covid and Post-Viral Fatigue Syndrome. It contains several herbal medicines that both individually and collectively target the primary physiological mechanisms that are implicated in the development and continuation of Long Covid and Post-Viral Fatigue Syndrome.

This includes the need to 1) elevate immunity, 2) specifically target fatigue, 3) optimise mitochondrial function (our cells energy centers), 4) support adrenal function, 5) reduce inflammation and 6) strengthen digestion and toxin clearance. To achieve this, we advocate the use of a multi-herb prescription made up of the following herbal tinctures:

- *Siberian Ginseng (20%)*
- *Licorice (20%)*
- *Rhodiola (20%)*
- *Astragalus (20%)*
- *Turmeric (20%)*

To use, purchase the individual herbs in 1:3 strength tincture (available online from Indigo Herbs, Rutland Biodynamics, Napeirs or Baldwins) and mix them together in a sterilised medicine bottle (or jam jar) in the stated ratios.

Dose: Take 5mls 3 times daily. Be sure to mix the tincture in a little water before consuming.

2. Ashwaghandha: Due to the potent whole-body tonifying, energy increasing and immune supporting benefits of this herb, we recommend supporting the above tincture with 3000mg of Ashwagandha a day, ideally in capsule form. This is best taken as 2 x 500mg capsules taken three times daily, ideally in the morning, afternoon and evening.

3. Hawthorn Berry: Long term damage to the heart and cardiovascular system appears to be a hallmark of Long-Covid. To protect against and remedy this problem, it is advisable to take 2000mg of Hawthorn berry a day, ideally in capsule form. This is best taken as 2 x 500mg capsules taken twice daily, ideally in the morning and evening.

4. Vitamins and Minerals: To support optimal immune function and bodily processes, we recommend the following core supplements:

- Vitamin C: 1000mg/day
- Vitamin D: 2000iu/day
- Lamberts MultiGuard

Symptom Specific Treatments

The above remedies are essential as they are what provide the body with the correct building blocks needed to both prevent and reverse Long-Covid/Post-Viral Fatigue.

However, the symptom profile of those suffering with Long Covid/Post-Viral Fatigue varies greatly. Whilst the overarching symptoms are that of extreme fatigue and a complete lack of energy and physical capacity, there are numerous other physical and emotional problems that can run concurrently with this.

Below you will find a list of remedies to specifically target the most common of these problems which can be added into the treatment protocol on an individualised basis as needed.

1. Chronic Coughs

i. **Wet, Sticky and Productive Coughs:** Make strong infusions of **Thyme, Elecampane and Fresh Ginger** using the Flask Method as overviewed in Episode 5.

ii. **Dry, Irritating and Painful Cough:** Our favourite remedy for this is to sip on cold infusions of **Marshmallow root, Thyme and Peppermint**. It is important to use a cold infusion in this context as if you use boiling water it will destroy the mucilage found within Marshmallow which is responsible for soothing dry, inflammatory coughs. To make a cold infusion, add 1 tbsp of Marshmallow root, 1 tsp of Thyme and 1 tsp of Peppermint per cup of cold water into a jar and cover with cold water and place in the fridge overnight. In the morning, strain through a sieve and leave in the fridge. Sip on this continually through the day.

2. Mucous Congestion

If mucus congestion persists after the primary infection then it is important to help clear this as it can reduce lung function, lower blood oxygen levels and creates a breeding ground for bacteria and viruses to proliferate. The following is suitable for congestion anywhere in the respiratory tract.

i. **Infusions:** Any combination of **Yarrow, Elderflower, Peppermint, Chamomile, Meadowsweet, Thyme and Fresh Ginger**, consumed via the Flask Method (refer to Episode 5).

ii. **Sitopaladi Churna:** Taken as per the instructions in Episode 5.

iii. **Essential Oil Inhalations:** Use a few drops of **Rosemary, Thyme, Lavender or Chamomile** essential oils added into a bowl of hot water. Cover your head and bowl with a large towel and deeply inhale the herbal steam for 10-mins. Repeat several times daily.

3: Shortness of Breath

After serious lung infections such as Covid-19 and seasonal flu, it is relatively common to experience “air-hunger” which is a state in which one struggles to catch one’s breath. If experiencing this:

i. **Tulsi:** This is essential in this capacity as human clinical trial data shows that Tulsi increases oxygen exchange in the lungs, thereby increase blood oxygen saturation. This can be taken either as strong hot teas several times a day or in capsule form with an ideal dose of 2000-3000mg per day.

ii. **Infusions:** Sip on strong infusions of **Thyme, Elecampane and Fresh Ginger** using the Flask Method as overviewed in Episode 5.

4. Neuro-Cognitive and Emotional Symptoms.

Evidence suggests that neuro-cognitive problems such as poor-concentration, “foggy-brain,” an inability to focus and cognitive fatigue, and emotional problems such as anxiety and depression are common after Covid-19 infections. To protect against and remedy such problems:

i. **Cognitive Tincture:** In addition to the primary tincture discussed in point 1 above, we recommend the addition of the following tincture to support cognitive function and capacity.

- Gotu Kola (50%)
- Ginkgo (25%)
- Skullcap (25%)

To use, purchase the individual herbs in 1:3 strength tincture (available online from Indigo Herbs, Rutland Biodynamics or Baldwins) and mix them together in the stated ratios.

Dose: Take 5mls 2 times daily. Be sure to mix the tincture in a little water before consuming.

ii. **Anxiety and Depression:** If experiencing anxiety and/or depression subsequent to infection then integrate the following herbal tincture:

- St. John’s Wort (25%)
- Skullcap (25%)
- Lemon Balm (25%)
- Siberian Ginseng (25%)

Dose: Take 5mls 3 times daily. Be sure to mix the tincture in a little water before consuming.

5. Muscular-Skeletal and Pain

i. Joint and Muscle Pain

- **Magnesium:** 400mg per day
- Full spectrum **vitamin B complex**
- Plenty of **fresh Ginger** in teas and cooking
- 1-2tsps of **Turmeric** a day (in culinary or supplement form) ensuring it is mixed with 10% by volume of **black pepper**
- If the pain is more significant, take **Boswellia** capsules following the manufactures dosage instructions (we recommend Fushi for this).

ii. Nerve Pain/Neuralgia

This appears to be quite a common side effect of Long Covid. However, there is much that can be done in terms of symptom alleviation using the following approaches:

- **Mahanarayan Oil:** Massage this topically into the affected areas every 2-hours and always right before bed.
- **Medicated Herbal Baths:** For symptom relief, strong herbal baths can work wonders. Any combination of herbs to include **Californian Poppy, Meadowsweet, Feverfew, Rosemary and Lavender** will help to alleviate nerve pain. To make, add 2-3 tbsps of the above herbs into a bowl and pour over a pint of boiling water. Leave to infuse for 30-mins (but ideally longer) and then strain through a sieve. Pour this herbal water into a hot bath, add some **Epsom salts**, mix together and then stay in the bath for at least 20-30 minutes.
- **Californian Poppy:** A powerful pain-killing nerve tonic than excels in managing nerve pain and nerve inflammation. Drink 3-4 strong infusions a day.

6. Sleep Dysfunction/Insomnia

Please refer to the sleep dysfunction Ailment Management Plan which can be found in the Ayurvedic Mentor website.

7. Headaches and Migraines

Please refer to the Ailment Management Plan which can be found in the Ayurvedic Mentor website.

8. Cardiovascular Dysfunction

i. **General Cardiovascular Support:** Hawthorn berry taken as 2000mg per day, ideally split as 2 x 500mg capsules taken twice daily (morning and evening), as per the Foundation Treatments listed above.

Cold Flu and Covid Management Series

Episode 8, PDF overview

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ii. **Palpitations:** The 2000mg of Hawthorn berry as per the above should help to resolve palpitations over time. If it doesn't then it is advisable to sip on strong infusions of **Motherwort** which can impart discernible impacts upon reducing the prevalence and severity of palpitations.

iii. **High Blood Pressure:** Please refer to the Ailment Management Plan which can be found in the Ayurvedic Mentor website.

Conclusion

In the above we have listed a selection of Foundational and Symptom Specific treatment options that address the most common problems that can develop as a result of Long Covid and Post-Viral Fatigue Syndrome. However, if you develop symptoms or problems as a result of Long Covid or Post-Viral Fatigue Syndrome that are not listed here, then please contact us for specific advice.

Lastly, if you are taking any form of conventional prescription medication, have any form of liver or kidney disorder or are pregnant or breast feeding, be sure to contact us first before implementing any of these treatment approaches to ensure there is no risk of drug-herb interaction or side effects.