

INTERNATIONAL DAY OF YOGA

21st June 2022

COUNTDOWN: **11** DAYS TO GO

Ayurveda and Yoga as a preventive measure for COVID-19 in Healthcare workers



The Center for Integrative Medicine and Research (CIMR) evaluated the prophylactic efficacy of a comprehensive Ayurveda and Yoga regimen in health care workers after the first COVID wave. There was a decreased incidence of COVID-19, influenza like symptoms and a better quality of life in those on the integrative regimen.