International Journal of Current Science Research and Review
ISSN: 2581-8341
Volume 08 Issue 07 July 2025
DOI: 10.47191/ijcsrr/V8-i7-30, Impact Factor: 8.048
IJCSRR @ 2025
www.ijcsrr.org

Awareness Among Girls Regarding Immunity Management Proposed by The Ministry of Ayush During Covid-19

Ranjana Sinha[1], Dr. Deep Shikha Pandey[2]
[1]Research Scholar, Postgraduate Department of Home Science, Magadh University, BodhGaya
[2]Assistant Professor, Postgraduate Department of Home Science, Magadh University, BodhGaya

ABSTRACT: The COVID-19 pandemic emphasized the importance of a strong immune system. Governments across the world, including India, sought preventive solutions through traditional remedies. In India, the Ministry of AYUSH issued immunity-boosting dietary guidelines based on Ayurveda and other traditional systems. This article presents an analytical study on the awareness of adolescent, undergraduate, and postgraduate girls regarding AYUSH-recommended dietary management during COVID-19. It explores their knowledge, consumption habits, sources of information, and understanding of the preparation and quantity of proposed food items. The findings reveal that although many girls consumed AYUSH-recommended foods, awareness regarding their correct usage was limited. The study calls for structured awareness campaigns and educational programs to promote informed health behavior among young women.

KEYWORDS: AYUSH, Immunity, COVID-19, Girls' Awareness, Nutrition, Herbal Remedies

INTRODUCTION

India has experienced several major pandemics over the centuries, including outbreaks of influenza, cholera, and H1N1. Each of these led to a significant loss of life. The most recent, the COVID-19 pandemic, which originated in Wuhan, China, gained global attention for its devastating impact on health systems across the world.

The rapid spread of the virus overwhelmed public health infrastructures, particularly in countries such as the United States, Malaysia, and the United Kingdom. Many infections resulted in fatalities. COVID-19 entered India in January 2020, and by March, recognizing the seriousness of the situation, the Government of India implemented a nationwide lockdown to control the spread.

One of the major challenges during this time was the lack of public awareness and the unavailability of timely treatment. In the early phases, COVID-19 was an unfamiliar disease, and most people lacked knowledge of its symptoms, methods of prevention, and appropriate responses. The general population faced difficulties in identifying the signs of illness, accessing testing, and receiving proper medical care.

It was soon observed that individuals with compromised immune systems were more susceptible to infection and its complications. Globally, medical professionals began emphasizing the importance of strengthening the body's natural defense mechanisms. The World Health Organization (WHO) also acknowledged that preventive measures and immunity enhancement were among the best strategies to combat such pandemics. WHO recommended practices such as social distancing, the use of sanitizers, proper handwashing with soap, and the regular consumption of immunity-boosting foods.

Throughout the COVID-19 pandemic, healthcare organizations worldwide stressed the importance of incorporating natural immunity-enhancing remedies, including medicinal herbs and specific food items. It was strongly recommended that individuals adopt such practices to fortify their immune systems. As new viral outbreaks continue to emerge, only those with robust immunity will be able to cope effectively.

Even after COVID-19, new health threats such as monkeypox and the human metapneumovirus (HMPV) have surfaced, highlighting the continued vulnerability of the global population and the need for sustained preventive efforts.

International Journal of Current Science Research and Review
ISSN: 2581-8341
Volume 08 Issue 07 July 2025
DOI: 10.47191/ijcsrr/V8-i7-30, Impact Factor: 8.048
IJCSRR @ 2025
www.ijcsrr.org

Role and Establishment of the Ministry of AYUSH

https://lnk.ink/c1tOY

The Ministry of AYUSH, an official body under the Government of India, was established to promote knowledge, education, and research related to traditional Indian systems of medicine, including Ayurveda, Yoga, Naturopathy, Unani, Siddha, and Homeopathy. Its mission is to revive and propagate the ancient wisdom of Indian healing systems and integrate them into the modern healthcare framework.

The Ministry was officially established on November 9, 2014, with the vision of promoting holistic health through natural and time-tested medical practices. It aims to increase awareness about India's traditional systems both domestically and internationally, fostering their recognition as legitimate and effective healthcare approaches.

Response During the COVID-19 Pandemic

With the onset of COVID-19 and its widespread consequences, the Ministry of AYUSH swiftly implemented several measures aimed at boosting immunity through dietary and natural remedies. These practices, initially adopted within India, soon gained international attention as other countries began to recognize their value.

The Ministry issued specific guidelines designed to enhance immunity and minimize the severity of the virus. These included:

- Consuming fruits rich in Vitamin C, such as lemons and oranges.
- Drinking warm water regularly and gargling with warm water mixed with salt and turmeric.
- Using traditional Indian spices like cumin, coriander, turmeric, dry ginger, and garlic in daily meals.
- Taking 20 grams of *Chyawanprash* with lukewarm water on an empty stomach each morning.
- Drinking *golden milk* (milk with turmeric) daily.
- Consuming tablets made from *Guduchi* (Giloy), *Dhanwari*, and *Ashwagandha* after meals with lukewarm water.
- Drinking herbal teas or decoctions prepared with *tulsi* (holy basil), black pepper, dry ginger, and cinnamon.
- To relieve dry cough, drinking water infused with mint leaves, *ajwain* (carom seeds), or camphor, or taking steam inhalation.
- For sore throat relief, consuming clove, ginger, and *mulethi* (licorice) powder mixed with sugar or honey.
- Taking *Giloy* as a decoction for its immunity-boosting properties.
- Eating only fresh, hygienic food and avoiding stale or leftover meals.
- Incorporating aloe vera, *amla* (Indian gooseberry), *giloy*, and lemon juice into the diet.
- Adding a few drops of *tulsi* juice to drinking water.
- Preparing and consuming laddoos made with jaggery, ghee, turmeric, and dry ginger powder.
- Adding *mulethi* powder to tea to enhance immunity.

International Journal of Current Science Research and Review
ISSN: 2581-8341
Volume 08 Issue 07 July 2025
DOI: 10.47191/ijcsrr/V8-i7-30, Impact Factor: 8.048
IJCSRR @ 2025
www.ijcsrr.org

Food items proposed by the Ministry of AYUSH"
https://www.microsoft.com/en-us/store/b/sale?WT.mc_id=WMP-Redirect&WT.mc_id=0806_083

A modern journal, *New India Times*, in its January 14, 2022 edition, reported that the Ministry of AYUSH strongly advocated immunity-building through Indian food ingredients during the pandemic. These guidelines not only helped Indians but also influenced health-conscious individuals globally.

Dr. Rukmini, Director of the National Institute of Ayurveda (2021), emphasized:

"While Ayurvedic remedies do not claim to cure COVID-19 or its variants, they significantly enhance the body's resistance to diseases, thereby reducing the overall impact of infection."

The revised AYUSH guidelines for COVID-19 treatment (2020) included recommendations such as Giloy decoction, herbal powders, and jaggery-based products. However, due to a lack of accurate information and guidance, many individuals consumed these remedies improperly, leading to adverse effects.

Dr. Ranya Jha (2021) highlighted on social media that several girls reported experiencing acidity and allergic reactions after consuming gooseberry water or sour fruits excessively. This underscores the fact that even beneficial substances can cause harm if

International Journal of Current Science Research and Review
ISSN: 2581-8341
Volume 08 Issue 07 July 2025
DOI: 10.47191/ijcsrr/V8-i7-30, Impact Factor: 8.048
IJCSRR @ 2025
www.ijcsrr.org

overused. Similarly, excessive consumption of jaggery or drinking turmeric milk in large amounts on an empty stomach led to digestive issues and discomfort in many individuals.

Sinha, R and Dr. D. Pandey (2025), in their study titled *"Study of Awareness Among Women Regarding Dietary Management Recommended by the Ministry of AYUSH"*, found that the level of awareness among women regarding dietary guidelines proposed by the Ministry of AYUSH during the COVID-19 pandemic varied across different social groups. Specifically, the study concluded that homemakers demonstrated a higher level of awareness of these AYUSH guidelines compared to working women. This disparity was attributed to the fact that homemakers tend to show greater interest in health-related programs and traditional healing practices. Moreover, they usually have more time to access, understand, and implement such health-related information. In contrast, working women, due to their demanding routines and limited time, had relatively less access to and familiarity with these recommendations. This study emphasizes the need for differentiated communication strategies and targeted health education programs to ensure **equitable awareness and adoption** of immunity-boosting dietary practices among all categories of women.

The Ministry of AYUSH played a pivotal role in guiding public health efforts during the COVID-19 pandemic through traditional remedies. However, proper awareness and accurate knowledge are essential before adopting any natural or herbal regimen. Misuse or overconsumption of these substances, despite their potential benefits, can result in unintended health consequences.

Justification of the Study

The COVID-19 pandemic was an unprecedented global health emergency that exposed vulnerabilities in existing healthcare systems and public awareness mechanisms. It became increasingly evident that individuals with stronger immunity had better chances of recovery and lower susceptibility to infection. In this context, the Ministry of AYUSH played a crucial role by issuing guidelines focused on preventive healthcare, particularly through the consumption of natural and traditional food-based immunity boosters. These included medicinal herbs like Giloy, Amla, Tulsi, and food ingredients like turmeric, jaggery, and golden milk, among others. However, while these recommendations were widely circulated through digital media, social platforms, and governmental campaigns, a significant portion of the population consumed these items without adequate understanding of their dosage, method of preparation, or possible side effects. This was especially true for women and adolescent girls, who are often primary caregivers and responsible for meal preparation in households. They not only consumed these remedies themselves but also administered them to family members, sometimes in incorrect or unsafe ways.

Instances of adverse effects, such as acidity, allergic reactions, and gastrointestinal disturbances due to overconsumption of sour fruits, turmeric milk, or herbal decoctions, were reported during this period. These outcomes point toward a clear gap between the dissemination of information and its correct understanding at the community level. While the Ministry of AYUSH provided valuable guidelines, there was a lack of grassroots-level awareness and structured educational outreach, especially among women and adolescent girls from urban and semi-urban settings.

This study is justified by the need to bridge this knowledge gap. It seeks to assess the actual level of awareness, understanding, and practices adopted by women and girls regarding AYUSH-recommended dietary substances. Evaluating this awareness is crucial not only from a nutritional or medical standpoint but also from a public health and policy perspective. Understanding these behavioral patterns can help authorities tailor future health campaigns, especially during pandemics or health crises, with more culturally sensitive and community-centric approaches.

Furthermore, this study aligns with India's larger vision of integrating traditional knowledge with modern science under the ambit of holistic and preventive healthcare. By focusing on how natural and indigenous dietary practices were interpreted and adopted during a pandemic, the research contributes to the growing discourse on sustainable, safe, and informed health choices.

The findings of this research will be instrumental in identifying areas where misconceptions exist and where educational interventions are required. It will also help determine the extent to which governmental guidelines, when not accompanied by practical awareness programs, can lead to unintended consequences. This makes the study not only relevant but necessary for safeguarding community health and enhancing future pandemic preparedness through informed use of traditional medicine systems.

Research Objectives

Although girl is considered the backbone of the family, they are also responsible for their own and other family members' health. This gives them the full responsibility of staying well-informed, especially during crises like the COVID-19 pandemic, regarding

International Journal of Current Science Research and Review
ISSN: 2581-8341
Volume 08 Issue 07 July 2025
DOI: 10.47191/ijcsrr/V8-i7-30, Impact Factor: 8.048
IJCSRR @ 2025
www.ijcsrr.org

food substances recommended by the Ministry of AYUSH. girl must be fully aware of how to consume these immunity-boosting food substances, how to prepare them, and the quantity to be consumed.
Therefore, this research explores girl's awareness of immunity management through AYUSH-recommended dietary guidelines.

Objective:

1. A study on awareness regarding the AYUSH-proposed diet management among undergraduate and postgraduate adolescent girls.

RESEARCH METHODOLOGY

This study is based on empirical (field-based) research. The researcher selected various schools and colleges located in the Patna district of Bihar state for data collection. The selected educational institutions included Arvind Women's College, Patna; J.D. Women's College, Patna; Government Girls' Higher Secondary School, Patna; and International School, Patna.
A total of 250 girls were selected as respondents for the study. Among them, 125 were Higher Secondary students, while the remaining 125 were pursuing Undergraduate and Postgraduate courses.
For data collection, the questionnaire method was used. A structured questionnaire was prepared, keeping in view the objectives of the study, and administered to the selected respondents.
For data analysis, statistical methods such as percentage, standard deviation (SD), mean, and t-test were employed to interpret the findings and draw meaningful conclusions from the collected data.

Table-1.1

Group	Number of Girls
Higher Secondary	125
Undergraduate & Postgraduate	125
Total	250

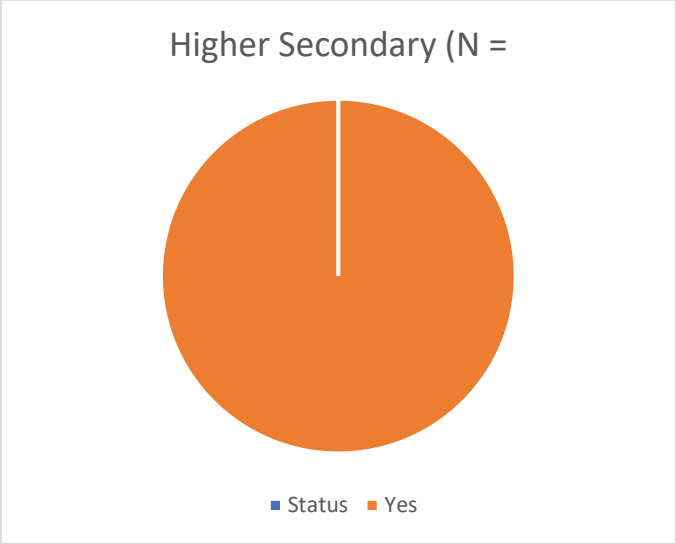

Figure 1.1

International Journal of Current Science Research and Review
ISSN: 2581-8341
Volume 08 Issue 07 July 2025
DOI: 10.47191/ijcsrr/V8-i7-30, Impact Factor: 8.048
IJCSRR @ 2025
www.ijcsrr.org

RESULTS AND ANALYSIS

Demographic Profile Based on General Knowledge

Discussion-

Upon analyzing the demographic and background information of the selected respondents, it was found that the majority of higher secondary adolescent girls (92.8%) were between the ages of 15–20 years, while a smaller portion (7.2%) fell within the 20–25 age group. In contrast, among undergraduate and postgraduate girls, 67.2% were aged between 20–25 years, 21.6% between 25–30 years, and 11.2% between 30–35 years.

Regarding educational status, 48% of higher secondary respondents were pursuing matriculation, and 52% were at the intermediate level. Among undergraduate and postgraduate girls, 49.6% were enrolled in undergraduate programs, while 50.4% were pursuing postgraduate studies.

In terms of family income, 16% of higher secondary girls came from families earning ₹10,000–₹20,000, 28% from ₹20,000–₹30,000, 43.2% from ₹30,000–₹40,000, and 12.8% had a family income above ₹40,000. Among undergraduate and postgraduate respondents, 11.2% belonged to the ₹10,000–₹20,000 range, 20.8% to ₹20,000–₹30,000, 29.6% to ₹30,000–₹40,000, and 38.4% had a family income exceeding ₹40,000.

In terms of family structure, 55.2% of higher secondary girls belonged to nuclear families, while 44.8% were from joint families. Among undergraduate and postgraduate girls, 64% reported living in nuclear families, and 36% in joint families.

Health-related data revealed that 11.2% of higher secondary girls experienced gas-related issues, 1.6% had piles, and 9.6% reported other health concerns, whereas 77.6% did not report any health problems. Among undergraduate and postgraduate respondents, 5.6% had thyroid issues, 1.6% high blood pressure, 18.4% reported ulcers or gas-related issues, 3.2% suffered from piles, 13.6% from other problems, and 57.6% reported no health complaints.

When asked about their source of information regarding the Ministry of AYUSH guidelines during COVID-19, 56% of higher secondary girls cited television, 18.4% social media, 11.2% family or relatives, 12.8% newspapers, and 1.6% received the information from doctors. Similarly, 52.8% of undergraduate and postgraduate girls learned about the guidelines via television, 24.8% through social media, 11.2% from relatives, 7.2% from newspapers, and 4% through doctors.

Table 1.2: Distribution of Respondents Based on Awareness of AYUSH-Recommended Food Items

Awareness Status	Higher Secondary (N =125)	%	Graduate & Postgraduate (N =125)	%
Yes	31	25	94	75
No	94	75	31	25

International Journal of Current Science Research and Review
ISSN: 2581-8341
Volume 08 Issue 07 July 2025
DOI: 10.47191/ijcsrr/V8-i7-30, Impact Factor: 8.048
IJCSRR @ 2025
www.ijcsrr.org

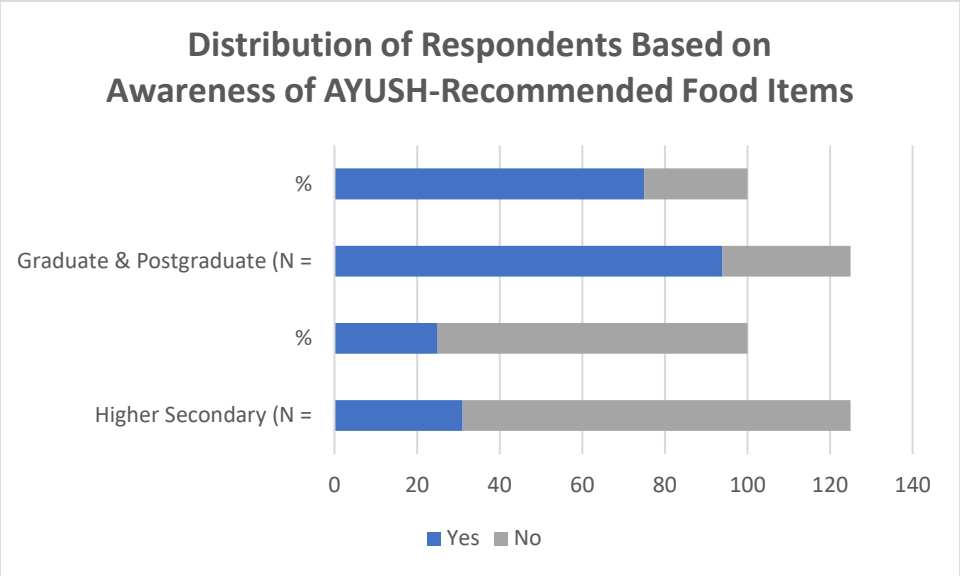

Figure 1.2

Discussion

Based on the data presented above, only 25% of higher secondary-level girls were aware of the food substances recommended by the Ministry of AYUSH, whereas a significantly higher 75% of undergraduate and postgraduate-level girls demonstrated awareness of these recommended food substances

Table 1.3: Distribution of Respondents Based on Awareness of Specific AYUSH-Recommended Food Items

S. No.	Food Item	Higher Secondary (N = 125)	%	Graduate & Postgraduate (N = 125)	%
1.	Vitamin C-rich foods	65	52%	125	100%
2.	Jaggery	48	38.4%	83	66.4%
3.	Turmeric	35	28%	80	60.4%
4.	Golden milk	28	22.4%	72	57.6%
5.	Aloe vera, amla, cloves	24	19.2%	84	67.2%

International Journal of Current Science Research and Review
ISSN: 2581-8341
Volume 08 Issue 07 July 2025
DOI: 10.47191/ijcsrr/V8-i7-30, Impact Factor: 8.048
IJCSRR @ 2025
www.ijcsrr.org

6.	Cold water	80	64%	89	71.2%
7.	Raw spices	90	72%	98	78.4%
8.	Decoction with lukewarm water	19	15.4%	–	–
9.	Prescribed tablets	2	1.6%	23	18.4%
10.	Seasonal fruits and vegetables	90	72%	100	80%
11.	Giloy	27	21.6%	91	72.8%
12.	Tulsi leaves	20	16%	–	–

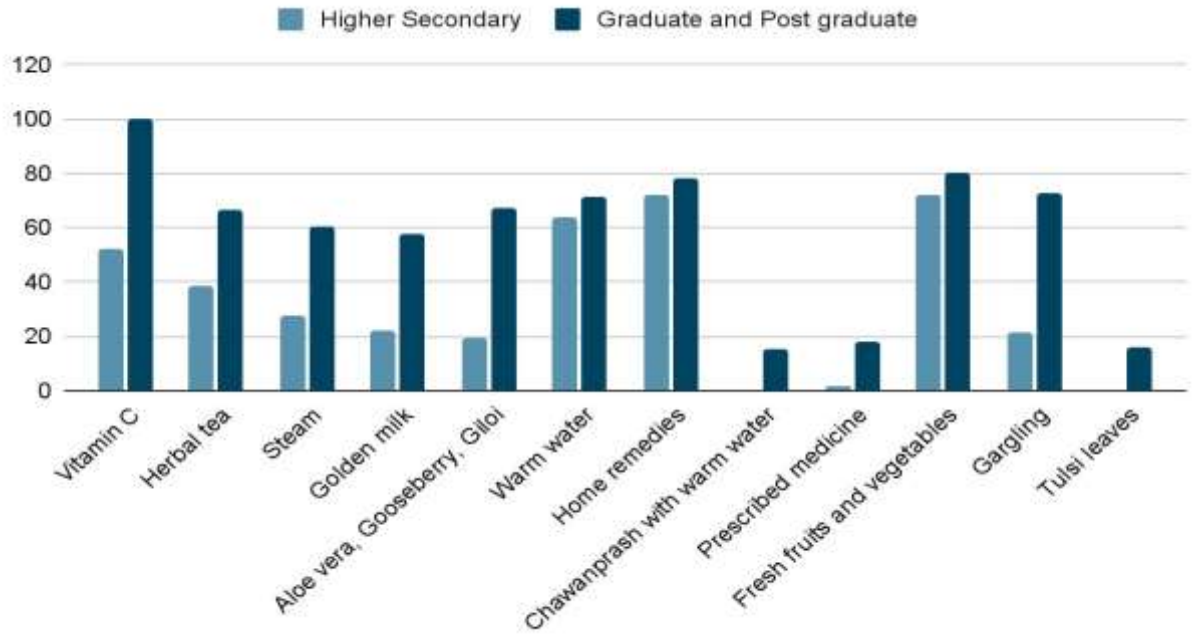

Figure 1.3: Distribution of Respondents Based on Awareness of Specific

International Journal of Current Science Research and Review
ISSN: 2581-8341
Volume 08 Issue 07 July 2025
DOI: 10.47191/ijcsrr/V8-i7-30, Impact Factor: 8.048
IJCSRR @ 2025
www.ijcsrr.org

AYUSH-Recommended Food Items

Discussion

The data collected from higher secondary-level adolescent girls regarding the dietary components recommended by the Ministry of AYUSH revealed that 52% were aware of Vitamin C-rich foods, while 38.4% had knowledge about the use of herbal decoctions (*kadha*). Approximately 28% were familiar with steam inhalation, and 22.4% reported awareness of "golden milk" (turmeric milk). Only 19.2% knew about the consumption of aloe vera, amla, and giloy as immunity boosters.

In terms of general practices, 64% of the respondents were aware of the benefits of drinking warm water, and 72% reported knowledge of the use of household spices like turmeric, cumin, and coriander. However, a very small proportion—only 1.6%—had awareness about AYUSH-recommended medicinal formulations. Additionally, 72% of the girls knew about the consumption of fresh fruits, and 21.6% reported awareness of salt-turmeric gargling practices.

In contrast, the awareness levels among undergraduate and postgraduate adolescent girls were significantly higher. 100% of the respondents in this group were aware of Vitamin C-rich foods. Around 66.4% were informed about herbal decoctions, and 64% acknowledged steam inhalation as a preventive measure. Knowledge about "golden milk" was reported by 57.6%, while 67.2% were aware of the benefits of consuming aloe vera, amla, and giloy.

Furthermore, 71.2% of the respondents reported drinking warm water as part of their daily routine, and 78.4% were aware of the importance of household spices in boosting immunity. 15.4% mentioned the intake of *chyawanprash* with warm water, and 18.4% had knowledge of AYUSH-recommended medicines. A notable 80% were aware of the importance of consuming fresh fruits and vegetables. In addition, 72.8% knew about gargling with salt water and turmeric, and 16% reported awareness of the medicinal benefits of consuming *tulsi* (holy basil) leaves.

Table 1.4: Distribution of Respondents Based on Awareness of All AYUSH Guidelines Related to Food Items

Awareness of All AYUSH Guidelines	Higher Secondary (N = 125)	%	Graduate & Postgraduate (N = 125)	%
Yes	38	30.4 %	103	82.4 %
No	87	69.6 %	22	17.6 %

International Journal of Current Science Research and Review
ISSN: 2581-8341
Volume 08 Issue 07 July 2025
DOI: 10.47191/ijcsrr/V8-i7-30, Impact Factor: 8.048
IJCSRR @ 2025
www.ijcsrr.org

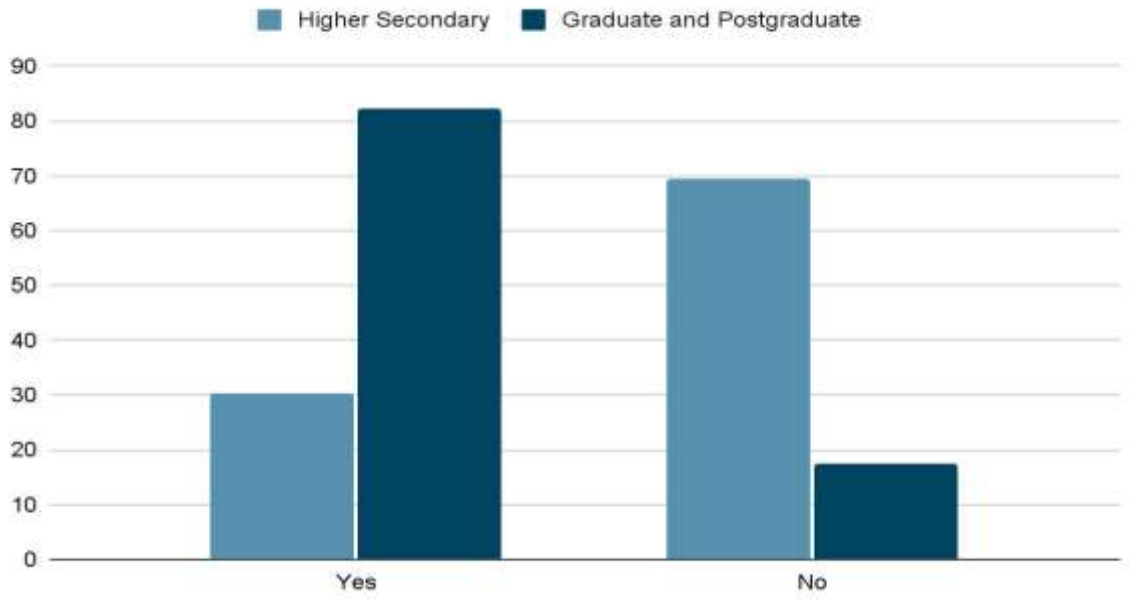

Figure 1.4: Distribution of Respondents Based on Awareness of All AYUSH Guidelines

Related to Food Items

Discussion

An assessment of awareness regarding the complete set of dietary guidelines recommended by the Ministry of AYUSH revealed that only 30.4% of higher secondary adolescent girls were fully aware of all the suggested food-related directives. In contrast, a significant 69.6% lacked comprehensive knowledge of these guidelines.

However, among undergraduate and postgraduate adolescent girls, awareness levels were considerably higher. A substantial 82.4% demonstrated full knowledge of all AYUSH-recommended dietary practices, while only 17.6% lacked complete understanding of the directives.

Table 1.5: Distribution of Respondents by Time of Use of Various AYUSH-Recommended Food Items

Time of Use	Giloy Decoction	Jaggery	Aloe Vera, Amla, Cloves	Decoction with Lukewarm Water
	HS	Grad/PG	HS	Grad/PG
Morning	12%	2%	45%	40%
Afternoon	51%	18%	25%	23%
Evening	1%	7%	25%	30%
Night	82%	73%	5%	7%

(*HS = Higher Secondary, Grad/PG = Graduate & Postgraduate*) figure

International Journal of Current Science Research and Review
ISSN: 2581-8341
Volume 08 Issue 07 July 2025
DOI: 10.47191/ijcsrr/V8-i7-30, Impact Factor: 8.048
IJCSRR @ 2025
www.ijcsrr.org

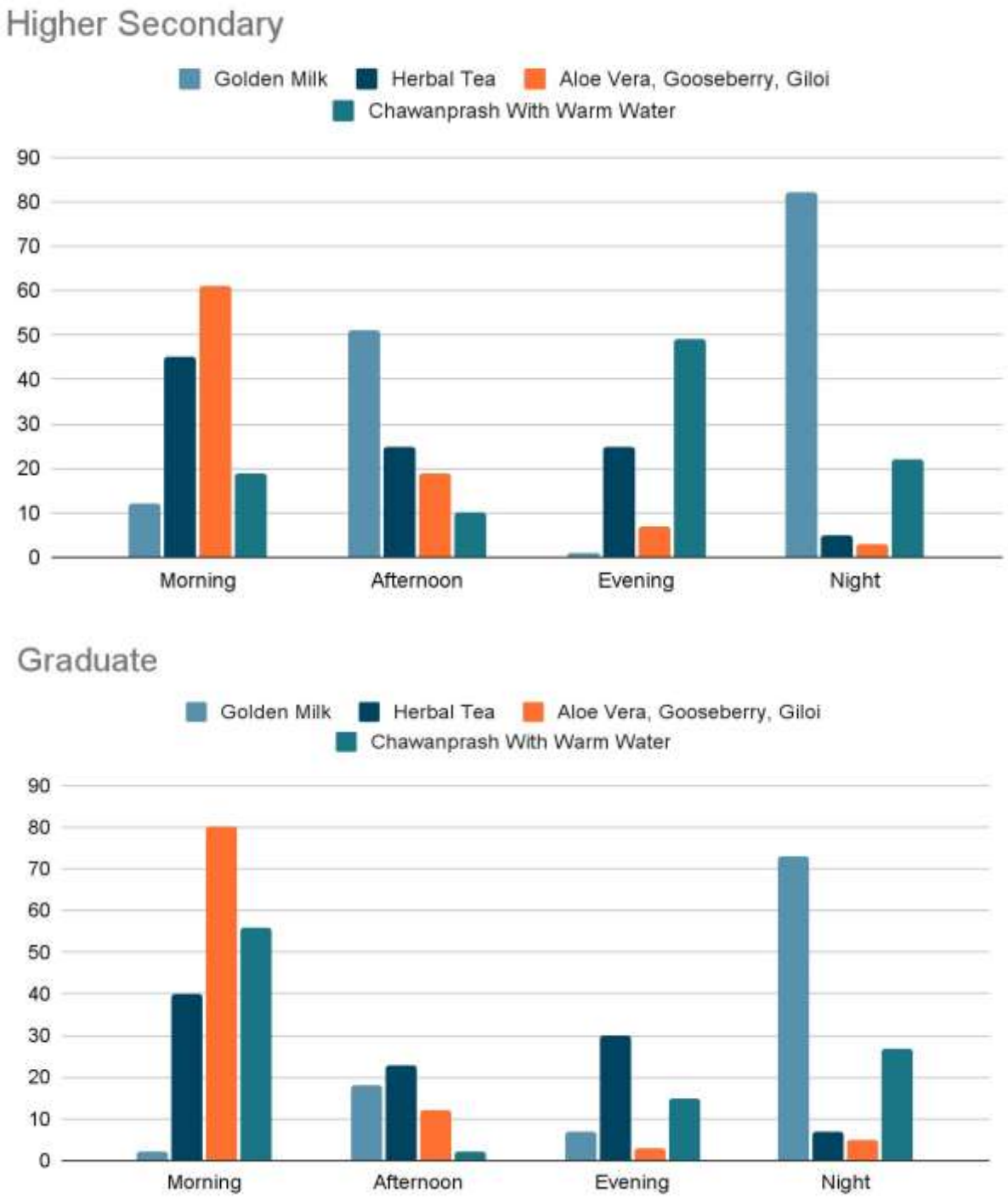

Figure 1.5-1.6

Discussion

Usage of Golden Milk

Data collected regarding the consumption of golden milk among higher secondary adolescent girls revealed that 82% consumed it at night, while 12% took it in the morning, 5% in the afternoon, and only 1% in the evening. Among undergraduate and postgraduate

International Journal of Current Science Research and Review
ISSN: 2581-8341
Volume 08 Issue 07 July 2025
DOI: 10.47191/ijcsrr/V8-i7-30, Impact Factor: 8.048
IJCSRR @ 2025
www.ijcsrr.org

girls, 73% reported consuming golden milk at night, followed by 18% in the afternoon, 7% in the evening, and 2% in the morning. These findings indicate that night-time consumption is most preferred across both groups, possibly due to its perceived calming and immunity-boosting effects before sleep.

Consumption of Herbal Decoction (Kadha)

Among higher secondary girls, 45% consumed kadha in the morning, 25% in the afternoon, 25% in the evening, and 5% at night, suggesting a strong inclination toward early-day consumption for immunity and energy. In comparison, 40% of undergraduate and postgraduate girls consumed kadha in the morning, 23% in the afternoon, 30% in the evening, and 7% at night. The broader spread of consumption times in the older group may be attributed to more flexible daily routines or personalized health habits.

Intake of Aloe Vera, Amla, and Giloy

The majority of higher secondary girls (61%) consumed aloe vera, amla, and giloy in the morning, with 19% in the afternoon, 17% in the evening, and only 3% at night. This suggests a preference for morning intake, likely due to beliefs regarding enhanced absorption on an empty stomach. Among undergraduate and postgraduate girls, the trend was even more prominent, with 80% consuming these ingredients in the morning, 12% in the afternoon, 3% in the evening, and 5% at night. This reflects a higher level of awareness and adherence to traditional wellness practices among the older respondents.

Consumption of Chyawanprash

Among higher secondary girls, 49% consumed Chyawanprash in the evening, followed by 22% at night, 19% in the morning, and 10% in the afternoon. The preference for evening use may relate to post-school fatigue recovery or family routines. In contrast, 56% of undergraduate and postgraduate girls consumed Chyawanprash in the morning, indicating stronger alignment with traditional health guidance. Additionally, 27% took it at night, 15% in the evening, and only 2% in the afternoon. The shift towards morning and night-time usage in this group suggests more structured and health-conscious behavior.

Table 1.6 : Distribution of Respondents by Time of Use of Other AYUSH-Recommended Food Items

Time of Use	Vitamin C Foods	Turmeric	Seasonal Fruits	Multivitamins
	HS	Grad/PG	HS	Grad/PG
Morning	9%	16%	90%	100%
Afternoon	55%	64%	2%	—
Evening	16%	7%	4%	—
Night	20%	13%	4%	—

International Journal of Current Science Research and Review
ISSN: 2581-8341
Volume 08 Issue 07 July 2025
DOI: 10.47191/ijcsrr/V8-i7-30, Impact Factor: 8.048
IJCSRR @ 2025
www.ijcsrr.org

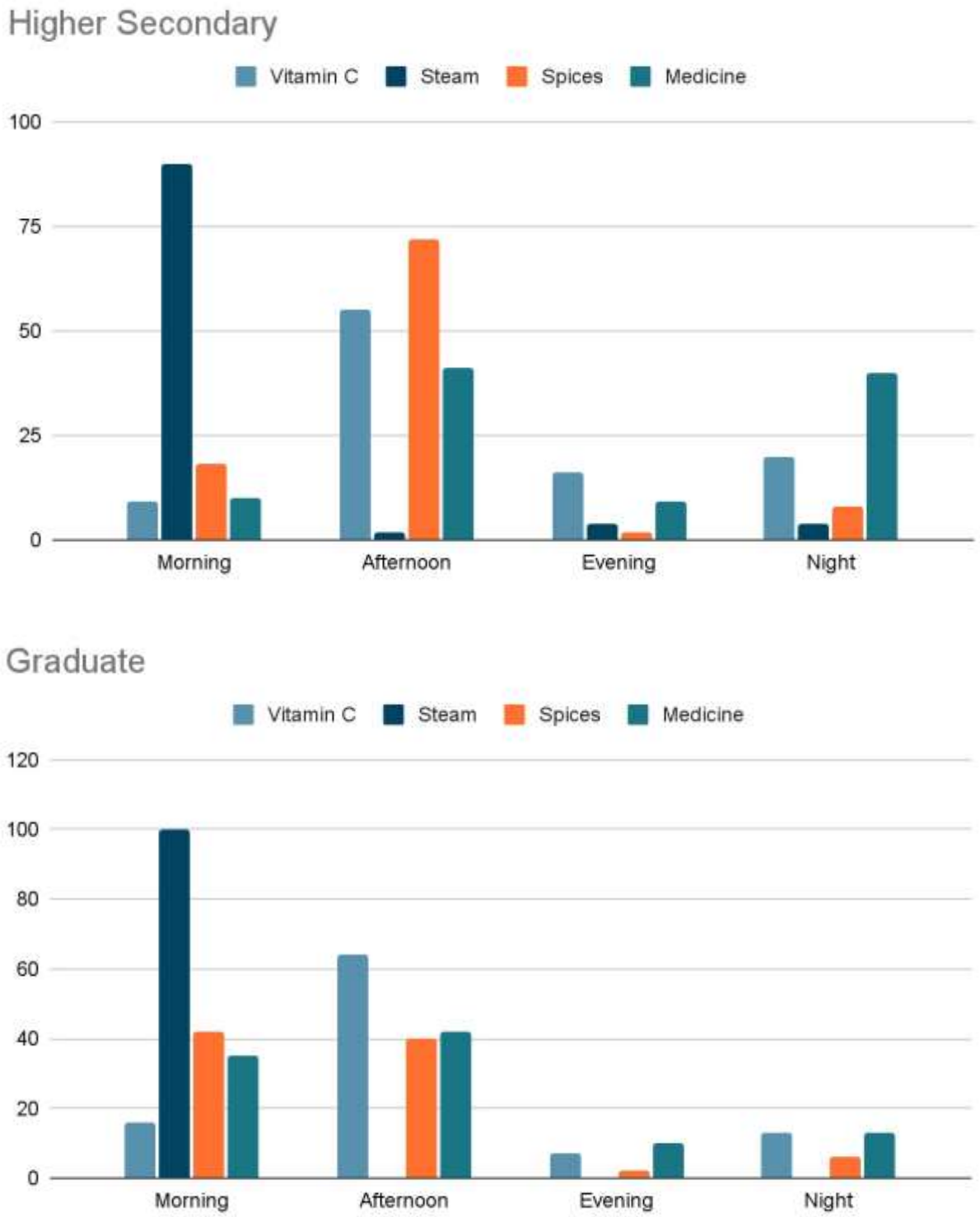

Figure 1.7-1.8

International Journal of Current Science Research and Review
ISSN: 2581-8341
Volume 08 Issue 07 July 2025
DOI: 10.47191/ijcsrr/V8-i7-30, Impact Factor: 8.048
IJCSRR @ 2025
www.ijcsrr.org

Discussion

Consumption of Vitamin C:

With reference to the dietary recommendations of the Ministry of AYUSH, the study revealed that only 9% of higher secondary adolescent girls consumed Vitamin C-rich foods in the morning, likely through citrus fruits or juices. A majority, 55%, consumed these foods in the afternoon, indicating a strong preference for incorporating Vitamin C during lunch. 16% consumed it in the evening, while 20% did so at night, possibly through post-dinner fruits or supplements.

Among undergraduate and postgraduate adolescent girls, 16% reported morning consumption of Vitamin C, while a significantly higher 64% preferred the afternoon. Evening and night-time consumption were reported by 7% and 13% respectively. These findings suggest that afternoon remains the most common time for Vitamin C intake across both groups, likely due to its ease of integration into daily meals.

Steam Inhalation:

Data regarding steam inhalation revealed that 90% of higher secondary adolescent girls preferred taking steam in the morning, reflecting a belief that it helps clear respiratory pathways and boosts immunity before the day begins. Only 2% took steam in the afternoon, while 4% each reported evening and night-time usage.

Among the undergraduate and postgraduate group, 80% took steam in the morning, while 2% did so in the afternoon. Interestingly, 14% reported steam inhalation in the evening, possibly after exposure to pollution or external environments, and 4% did so at night. These results show a strong preference for morning usage across both age groups, with slightly more varied timing in older adolescents.

Consumption of Home Spices:

Regarding the intake of household spices such as turmeric, cumin, ginger, etc., 18% of higher secondary girls consumed them in the morning, most likely through spiced teas or herbal drinks. A large majority, 72%, used them in the afternoon, aligning with lunchtime preparations. Only 2% reported using them in the evening, and night-time usage was negligible.

In contrast, the undergraduate and postgraduate group demonstrated a more balanced pattern. 42% reported morning consumption, 40% in the afternoon, 2% in the evening, and 16% at night, possibly through dinner or traditional remedies such as turmeric milk. This reflects a broader and more consistent incorporation of spices throughout the day among older adolescents.

Consumption of AYUSH-Proposed Medicines:

Among higher secondary girls, 10% consumed AYUSH-recommended medicines in the morning, while 41% did so in the afternoon, indicating daytime preference around mealtimes. 9% reported evening consumption, and 40% took them at night, potentially believing it supports overnight healing and immunity.

In the undergraduate and postgraduate category, 35% reported morning intake, and 42% preferred the afternoon. Evening and night-time consumption stood at 10% and 13% respectively. This group shows a stronger tendency toward morning and afternoon intake, reflecting greater awareness and more structured health routines.

Knowledge and Practices Regarding AYUSH-Proposed Food Items

Discussion

The study examined the awareness and practices among adolescent girls concerning the preparation methods and quantities of dietary items recommended by the Ministry of AYUSH during the COVID-19 pandemic.

Golden Milk:

Among higher secondary girls, 13.6% reported preparing golden milk by mixing raw turmeric in hot milk, while 1.6% indicated using turmeric with milk post-boiling. However, none had knowledge about the correct ratio of turmeric to milk. In contrast, 39.2% of undergraduate/postgraduate girls reported preparing it using raw turmeric in hot milk, 18.4% cooked turmeric with milk, and only 1% knew the correct quantity proportions.

Kadha (Herbal Decoction):

Higher secondary respondents showed limited knowledge of kadha preparation. Only 29.6% reported using all recommended spices (e.g., tulsi, black pepper, ginger, cardamom), with individual spice awareness being significantly lower. Only 2% knew the correct spice ratio. Undergraduate/postgraduate girls demonstrated greater awareness, with 57.2% using all recommended spices and 5% knowing the appropriate ratios.

International Journal of Current Science Research and Review
ISSN: 2581-8341
Volume 08 Issue 07 July 2025
DOI: 10.47191/ijcsrr/V8-i7-30, Impact Factor: 8.048
IJCSRR @ 2025
www.ijcsrr.org

Aloe Vera, Amla, and Giloy:
Among higher secondary girls, only 8% consumed these in kadha form, 1.6% in juice form, and 10.4% via other methods. Just 1% knew the quantity to be consumed. In contrast, 49.6% of older girls used them in kadha form, 14.4% as juice, 54% through other ways, and 21.6% used all formats. Only 3% had knowledge about proper dosage.

Chyawanprash:
Higher secondary girls consumed Chyawanprash in various forms—8% consumed it plain, 0.8% with warm water, 7.2% with milk, and 10.4% used all methods. Only 1.6% consumed 10g, and 14.4% followed the correct 20g recommendation. Undergraduate/postgraduate girls demonstrated better awareness: 49.6% took it plain, 14.4% with water, 29.6% with milk, and 43.2% used all methods. About 62.4% followed the 20g recommendation, while a few consumed 10g or 30g.

Vitamin C Consumption:
In the younger group, 10.4% consumed Vitamin C in tablet form, 12% via juice, 9.6% as lime water, and 22.4% used all methods. Among the older group, 67.2% used juice, 45.6% used lime water, 38.4% consumed tablets, and 23.2% used all formats.

Steam Inhalation:
Only 10.4% of higher secondary girls used plain hot water, 3.2% used herbs, and 7.2% tried all methods. None were aware of ingredient proportions. In contrast, 40% of older girls used hot water, 29.6% added herbs, 17.6% used Vicks, and 9.6% used all options. Again, none knew the recommended ratios.

AYUSH-Proposed Medicines:
Among higher secondary girls, 28% consumed Vitamin D, 23.2% took Paracetamol, 13.6% used Corona Kits, and 9.6% consumed all. Among older adolescents, 83% reported Paracetamol usage, 69.6% used Vitamin D, 16% took Corona Kits, and 30.4% consumed all listed medicines.

Hot Water Consumption:
47.2% of higher secondary girls consumed hot water, while 100% of undergraduate/postgraduate girls did so. Neither group had knowledge of specific recommendations for hot water intake.

Spices Consumption:
In the younger group, garlic (36%) and black pepper (29.6%) were the most used spices, with 77.6% claiming to use all listed spices. Only 3% knew the appropriate quantity. Among older adolescents, garlic (77.6%) and black pepper (78.4%) were highly consumed, with all (100%) reporting the use of all spices, and 5% aware of their correct proportions.

CONCLUSION

1. The study found that awareness of the dietary guidelines recommended by the Ministry of AYUSH during the COVID-19 pandemic was significantly higher among undergraduate and postgraduate adolescent girls compared to those at the higher secondary level.
2. Only 25% of higher secondary girls were aware of the recommended immunity-boosting food items, whereas 75% of undergraduate and postgraduate girls had substantial knowledge.
3. Despite awareness of certain items such as golden milk, herbal decoction, steam inhalation, and chyawanprash, most respondents lacked knowledge about the correct method of preparation, timing, and appropriate quantity of these substances.
4. A large number of girls consumed the recommended items in inappropriate ways or excessive amounts, which sometimes resulted in health issues such as acidity, indigestion, or allergic reactions.
5. The primary sources of information for these girls were television, social media, and family members, while very few received guidance from medical professionals or teachers.
6. Very few respondents were aware of the actual proportion of ingredients to be used in the preparation of golden milk, kadha, or other AYUSH-proposed remedies.
7. Undergraduate and postgraduate girls showed better health behavior patterns, including more consistent morning intake of giloy, chyawanprash, aloe vera, and kadha.
8. Across all groups, the most preferred time for steam inhalation and consumption of home remedies was in the morning, which aligns with traditional Indian wellness practices.

International Journal of Current Science Research and Review
ISSN: 2581-8341
Volume 08 Issue 07 July 2025
DOI: 10.47191/ijcsrr/V8-i7-30, Impact Factor: 8.048
IJCSRR @ 2025
www.ijcsrr.org

SUGGESTIONS

1. Training sessions and awareness workshops should be conducted in schools and colleges to educate adolescent girls about AYUSH-recommended food items, including their correct dosage, preparation method, and time of consumption.
2. AYUSH dietary and health guidelines should be integrated into the curriculum of health and nutrition education at secondary and higher education levels.
3. Information should be disseminated through authentic sources, such as certified doctors, trained teachers, and official AYUSH digital platforms, instead of relying on unverified social media content.
4. Public awareness campaigns such as poster drives, street plays, and competitions should be organized to encourage responsible use of traditional immunity-boosting practices.
5. Clear and user-friendly guidelines regarding the daily dosage and ingredient ratios for preparations like golden milk, kadha, and chyawanprash should be developed and circulated.
6. Students should be encouraged to develop healthy routines, such as consuming warm water, vitamin C-rich fruits, and AYUSH-recommended remedies at proper times, to build long-term immunity habits.
7. Periodic surveys and evaluations should be conducted to assess the effectiveness of awareness programs and to make necessary improvements.
8. Greater collaboration between schools, health departments, and AYUSH practitioners can lead to the creation of a sustainable health literacy model for adolescents.

REFERENCES

1. Ministry of AYUSH. (2020). *Guidelines and advisories related to COVID-19*. Government of India.
2. Ministry of AYUSH. (n.d.). *Official website*. Retrieved from https://www.ayush.gov.in
3. Ministry of AYUSH. (n.d.). *AYUSH Research Portal*. Retrieved from https://www.ayushportal.nic.in
4. Central Council for Research in Ayurvedic Sciences (CCRAS). (n.d.). *Ayurveda for immunity*. Retrieved from https://www.ccras.nic.in
5. Journal of Ayurveda and Integrative Medicine. (n.d.). *Various issues*. Elsevier. Retrieved from https://www.journals.elsevier.com/journal-of-ayurveda-and-integrative-medicine
6. National Institute of Ayurveda. (n.d.). *Official publications and research bulletins*. Ministry of AYUSH, Government of India.
7. Patanjali Ayurved. (n.d.). *Immunity building products and usage methods*. Retrieved from https://www.patanjaliayurved.net
8. Ministry of Health and Family Welfare. (2020). *COVID-19 awareness resources*. Government of India. Retrieved from https://www.mohfw.gov.in
9. Various Authors. (2020–2022). *Research articles on immunity and nutrition during the pandemic*. (Published in peer-reviewed journals).
10. World Health Organization (WHO) & Ministry of AYUSH. (2020). *Health bulletins on COVID-19 and immunity*. Retrieved from https://www.who.int
11. Dainik Bhaskar, Hindustan, & The Times of India. (2020–2022). *Articles on traditional remedies and immunity awareness during COVID-19*.
12. AYUSH Ministry Officials. (2020–2021). *Interviews and public addresses on COVID-19 and preventive health strategies* [Media transcripts].
13. Various Authors. (n.d.). *Books and magazines on Indian traditional medicine and adolescent girls' health*. Health Publications India.
14. Sinha, Ranjana, Pandey, DeepShikha, (2025). *Study of Awareness Among Women Regarding Dietary Management Recommended by the Ministry of Ayush,IJFMR,Vol-7(2),pp-1-12*

Cite this Article: Sinha, R., Pandey, D.S.(2025). Awareness Among Girls Regarding Immunity Management Proposed by The Ministry of Ayush During Covid-19. International Journal of Current Science Research and Review, 8(7), pp. 3410-3425. DOI: https://doi.org/10.47191/ijcsrr/V8-i7-30