

CoVid-19 Update Summer 2022

Namaste, everyone,

I write this on a beautiful Colorado August day, two years after my last update. We are all quite tired of Covid. And many of us are still facing grief from the loss of family, friends, or neighbors. The bad news is that we may be facing a situation where the virus has become endemic as well as more transmissible; and it will continue to circulate in the population much as various cold viruses do. I myself have had Omicron twice, once in January and once in July. (Estimates are that for most of us, immunity lasts only three months.) And, unfortunately, some are still suffering from long-haul covid, including fatigue, respiratory, neurological, or other symptoms.

The good news is that, at least for the moment, the virus has mutated to forms which seem to cause less severe disease, and this, along with the availability of vaccines, has resulted in a very welcome decrease in the rate of hospitalisations and deaths.

However, since we are seeing continued outbreaks, my advice is to still observe some precautions. Masks are still required in healthcare settings. If you feel more safe wearing a mask in crowded social situations, I encourage you to follow your instincts. But my most consistent advice to my patients is: Be prepared. Have on hand what you need to lessen the impact of the infection, because the last thing you—and we--need is for you to go out shopping and expose someone else to the disease.

Below is my current list of recommendations to keep on hand. If you know you are exposed, begin taking them immediately. With my first bout of Omicron, I did not know that I had been exposed, but I had been vaccinated and boosted, I had several of the holistic health- recommended substances on hand, and I took them. A very sudden onset of blocked sinuses and bad sore throat, followed by a relentless bronchial cough. Very little fatigue, with full recovery in 8 days. With the second bout, I found out the day after I attended a close friend's husband's funeral that I had been exposed, and I began taking the recommended substances immediately. Three days later, I came down with nearly identical symptoms as in the first situation except that the cough never developed. However, the next day the symptoms disappeared. They returned later that evening, but disappeared for good the next day. While I have no way of proving that my interventions were responsible for the quick recovery, I strongly suspect that they were.

Here is my revised list of supplements that may help reduce symptoms of acute covid. ***If you have long-haul covid, please contact me or another Ayurvedic practitioner –it is likely that you will need interventions different from those listed below.***

I don't personally sell any health care products myself, and I do not have a website where you can buy things. Most of the items on my list are commonly available in grocery stores, health food stores, or pharmacies. The Ayurvedic herbal combination I suggest at the end of the list can be ordered in traditional dried and powdered form from either of two Ayurvedic pharmacists: Louise Sanchez 303-546-0952 (if you want to pay by check) or Annalise Ozuls 303-913-7236 (if you want to pay by credit card). Both will mail the product to you.

List of my Favorite Recommendations

1) Keep up vitamin D levels (I have a slight preference for the liquid form since I suspect it is more readily absorbable).

2) Stock up on elderberry syrup (sometimes called elderberry extract)---these come in different strengths, so follow the directions on the labels. (Note: it's not OK to consume the raw berries---they need to be specifically prepared before ingesting). Elderberry has an excellent record for reducing the severity and duration of both colds and flu, and some people use it as a preventative when they think they have been exposed. You can also buy elderberry-zinc lozenges. Zinc is also recommended, as is vitamin C.

3) Quercetin is a natural substance extracted from some fruits such as strawberries and apples. It seems to have fairly strong antiviral properties.

4) Lysine---this is an amino acid natural to the body. Higher levels of lysine seem to help inhibit viruses from attaching to mucousal membranes. (I first learned about it many years ago, when some of my vets began recommending it as a major treatment for my cats' respiratory viruses). Its effectiveness in human viral sinus infections has been disputed.

5) Don't neglect to take a variety of different "pre-biotic" and probiotic foods in your diet. In the last decade, we have learnt a great deal more about the important role the gut biome plays in our immune function.

9) Ayurvedic herbal formulation: In the Ayurvedic Medicine tradition of northern India in which I have been trained, it is customary, as my current patients know, to treat illnesses by combining several herbs together into a formula so that they enhance each other's effects. Under ideal conditions, we prefer to formulate individually rather than just supply a formula for a given condition. People are different constitutionally, temperamentally, genetically, and in terms of their medical history and age category. But in this situation, where time may be of the essence, and conditions are far from ideal, I have put together a general formula, as is also permissible in the tradition of Ayurveda. It contains antiviral, respiratory-supporting, immune-supporting, and balancing herbs and spices, for short-term use; as an aid to supporting immune health and possibly helping to reduce viral respiratory symptoms. The formula contains, in varying quantities: tulsi, licorice root, garlic, mahasudarshan churna, talisadi churna, ginger, guduchi, berberis, neem, pomegranate, rosemary, jatamansi, amla, pippali, and turmeric. It may be modified as more information becomes available.

Please do not take this formula if you are pregnant or if you have uncontrolled high blood pressure, or within one week of surgery, or if you take blood-thinning medications. As per Colorado law, it is not intended to be given to children under two years of age. If

you have a serious medical condition for which you are taking western medication, please run the list of herbs in the formulation by your prescribing physician in order to obtain his/her consent before ordering it. While drug-herb interactions are not common, they do exist.

Also, if you have any digestive problems with the formula or any other side effects, stop taking it and call me so I can adjust the formula properly for you individually. (Sometimes, just adding a few kitchen spices is all we need).

And finally, and most importantly, should your symptoms be severe or quickly worsening, please contact your local corona virus hotline if such is available, or your physician, or go to an urgent care facility or the emergency room.

Wishing you the best,

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