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**Editorials:****AYURVEDA & COVID-19**

The cases of COVID-19 are being increasing in India specially Delhi, Maharashtra, Gujrat, Kerala, Himachal Pradesh States. BF-7 a new strain of the corona virus has been detected and said to be more powerful than the previous ones. Still the fatality of this infection is not yet clearly understood.

Gov. of India has strictly follows the COVID 19 guidelines & instructed to people to follow the guidelines. As per ayurveda, the Vasant and Grishma Rutucharya in winter-Summer season in India are to be adopted. *Snigdha, Guru, Sheeta, Katu rasatmaka Aahar Vihaar* and *Pathya Aushadhi Chikitsa* have to be advised.

As far as BF-7 corona virus and its infection is considered, the ministry of health and AYUSH has suggested the same prevention measures like hand sanitization, wearing the mask, social distancing and the other previous COVID-19 protocols.

**Editor in Chief**

***Dr.Houserao A. Patil Jadhav***

***MD Agadtantra***

***Associate Professor Department Of Agadtantra.***

***LRPAMCHPGI&RC Islampur***