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As the COVID pandemic is still continuing and the cases of infection are still increasing, the precautions should be same continued for the prevention of COVID infection. As per Ayurveda, the current season is the *Vasant Hrutu* when there is natural *Heena Bala* of the body and the period is said to be of *Kapha Prakopa*. The *Bala* of body and mind should be restored for the prevention of the infection. The *Swasthya Rakshana* is prime objective of the *Ayurveda*. *Ayurveda* literature is full of remedies and modalities for the *Swasthya Rakshana*. Various *Kalpas, Yogas, Satwawajaya Chikitsa* would be applicable in this period.

We hereby recommend the use of modalities, regimens described in Ayurveda effective when there is *Heena Bala* of body and mind.

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