

# Study of Awareness Among Women Regarding Dietary Management Recommended by the Ministry of Ayush

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This study aims to assess the awareness levels among women regarding the dietary management guidelines recommended by the Ministry of AYUSH. The dietary management suggestions from AYUSH are intended to promote health, prevent disease, and ensure holistic well-being. The study was conducted through a survey of women from various socio-economic backgrounds, analyzing their knowledge, attitudes, and practices concerning these recommendations.

**Keywords:** Dietary Management, AYUSH, Awareness, Housewives, Working Women, Health, Nutrition,

## Background

Throughout history, India has witnessed devastating epidemics in every century. Some of the most notable include Polio, Cholera, and H1N1, all of which inflicted immense suffering on the country. In recent times, the world faced another such crisis—the outbreak of the Coronavirus, which originated in Wuhan, China. This virus severely weakened human immune systems, and today, diseases like Dengue, Malaria, and viral fever continue to affect people with increasing severity, even leading to fatalities. These illnesses are rapidly compromising immune defenses, making individuals more vulnerable to infections.

## The Impact of COVID-19 in India

The Coronavirus pandemic reached India in January 2020, and in response to its growing threat, the government imposed a nationwide lockdown in March 2020. A lack of awareness about the virus, combined with the absence of effective treatments, led to a high mortality rate. Initially, very little information was available about the disease, but common symptoms included breathing difficulties, cold, cough, fever, loss of taste and smell, and lung infections. It was observed that individuals with weakened immunity were more susceptible to severe infections.

Recognizing the need to strengthen immunity, medical professionals worldwide emphasized the importance of preventive health measures. The World Health Organization (WHO) recommended strategies such as maintaining social distancing, wearing masks, using hand sanitizers, frequent handwashing with soap, and consuming immunity-boosting foods. As new viruses continue to emerge, those with strong immune systems are better equipped to withstand infections. The emergence of viruses like Nipah, Omicron, and Human Metapneumovirus (HMPV) after COVID-19 highlights this growing concern.

## The Role of the Ministry of AYUSH

The Ministry of AYUSH, a statutory body under the Government of India, plays a vital role in health promotion by integrating and advancing indigenous medical systems such as Ayurveda, Yoga, Unani, Siddha, and Homeopathy. Its primary objectives include education, research, and the development of alternative healthcare practices. During the COVID-19 pandemic, the Ministry of AYUSH emphasized the importance of boosting immunity through traditional Indian foods and remedies. As a result, not only did people in India adopt these practices, but individuals in other countries also followed the Ministry's recommendations to prevent the spread of the virus.

## Immunity-Boosting Guidelines by the Ministry of AYUSH

To enhance immunity, the Ministry of AYUSH has recommended the consumption of specific foods and practices, including:

- **Fruits Rich in Vitamin C:** Consume lemons, oranges, and other citrus fruits.
- **Warm Water:** Drink hot water regularly.
- **Herbal Infusions:** Stir turmeric and salt into hot water for additional benefits.
- **Spices in Cooking:** Use cumin, coriander, turmeric, ginger, and garlic in daily meals.
- **Chyawanprash:** Consume 20 grams of Chyawanprash with lukewarm water on an empty stomach.
- **Golden Milk:** Add turmeric to milk and drink before bedtime.
- **Herbal Supplements:** Take Guduchi, Dhanpati, and Ashwagandha tablets with lukewarm water after meals.
- **Herbal Tea/Kadha:** Prepare a concoction using basil, black pepper, and cinnamon.
- **Remedies for Cough and Cold:**
  - For a dry cough: Drink water infused with mint, celery, or camphor, or inhale steam.
  - For a sore throat: Chew cloves or consume a mixture of licorice powder with honey or sugar.
- **Giloy Kadha:** Drink a decoction made from Giloy.
- **Fresh Food:** Avoid stale food and consume only freshly prepared meals.
- **Aloe Vera and Amla Juices:** Drink juices made from aloe vera, amla, Giloy, and lemon.
- **Basil Juice:** Add a few drops of basil juice to drinking water.
- **Turmeric Laddus:** Eat laddus made from turmeric, ginger powder, jaggery, and ghee.
- **Licorice Tea:** Add licorice powder to tea for additional immunity benefits.

These natural remedies and dietary recommendations are aimed at strengthening the body's defenses against infections.

## Balancing Traditional Remedies with Health Risks

According to Dr. Tanuja, Director of the All India Institute of Ayurveda (AIIA), while Ayurvedic remedies may not guarantee protection against all diseases, they significantly enhance the immune system, reducing the severity of infections. However, despite the general awareness among women about healthy food choices, many are unfamiliar with the proper methods of preparation and consumption of these immunity-boosting remedies.

Dr. Tanya Jha, in her social media discussions, highlighted concerns regarding excessive consumption of certain recommended foods. Some patients reported experiencing digestive issues, such as gas or allergies, after consuming lemon water or citrus fruits. Overuse of hot spices in kadha or frequent consumption of Chyawanprash on an empty stomach has also been linked to conditions like piles and

kidney problems. These findings suggest that while Ayurvedic and natural remedies play a crucial role in boosting immunity, moderation is essential to avoid unintended health complications.

By striking a balance between traditional knowledge and scientific evidence, individuals can effectively strengthen their immunity while maintaining overall well-being.



**Figure 1.1** [https://www.google.com/search?q=picturesRecommended food items from Ayush Mantralaya](https://www.google.com/search?q=picturesRecommended+food+items+from+Ayush+Mantralaya)

### Justification of the study

Women serve as the foundation of the family, bearing responsibilities not only for themselves but also for other household members. Given this crucial role, they must be well-informed about health and nutrition, especially regarding the food items recommended by the Ministry of AYUSH during the COVID-19 pandemic. Whether homemakers or working professionals, women played a vital role in ensuring that immunity-boosting foods were incorporated into daily diets to safeguard their families' health.

This research paper aims to explore the extent to which women—both homemakers and working professionals—adopted the dietary recommendations proposed by the Ministry of AYUSH during the COVID-19 pandemic. It examines their level of awareness, the quantities in which they consumed these recommended foods, and their understanding of the correct methods of preparation and consumption.

### Objectives

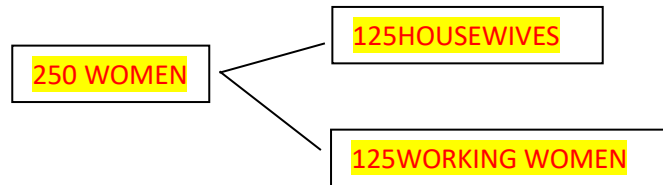
- To assess the level of awareness regarding AYUSH's dietary management recommendations among working women.
- To assess the level of awareness regarding AYUSH's dietary management recommendations among homemakers.

### Hypotheses

- Women have limited knowledge about the dietary management recommendations provided by the Ministry of AYUSH.
- Women have limited understanding of the correct methods for preparing the food items recommended by the Ministry of AYUSH.
- Women have limited knowledge of the proper methods for consuming these recommended food items.

**Methodology:**

This study follows an **Action Research** approach. Four localities in the Patna district of Bihar—**Anandpuri, Lohanipur, Nageshwar Colony, and Buddha Colony**—were selected as the research areas. A total of **250 women** participated in the study, comprising **125 homemakers and 125 working women**, selected through **Purposive Random Sampling**.



**Data Collection and Analysis**

The study utilized both primary and secondary sources for data collection. Primary data was gathered through a questionnaire method, while secondary data was obtained from books, journals, blogs, newspapers, magazines, and online sources.

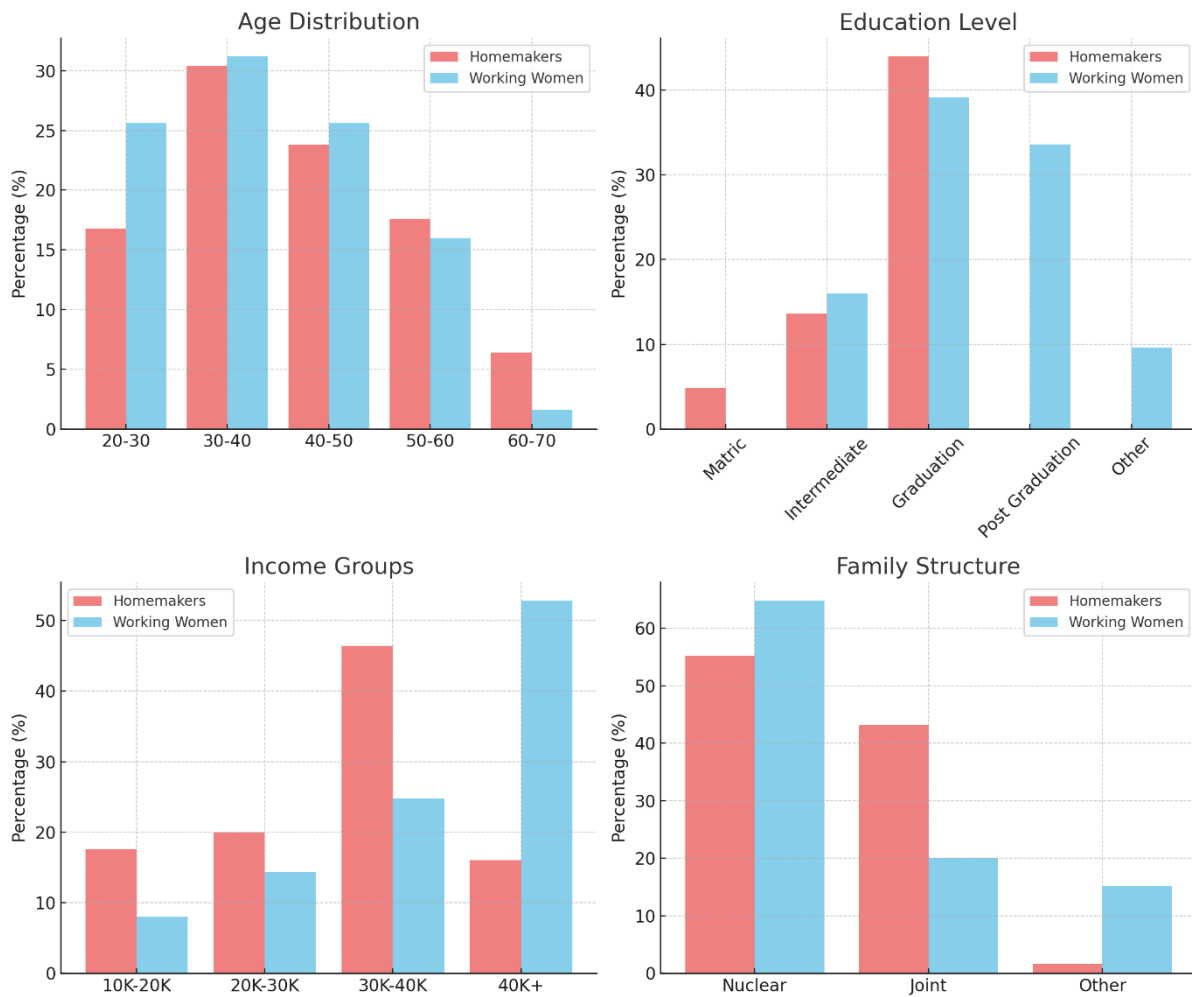
For statistical analysis, percentages, tables, graphs, and diagrams were used to interpret and present the findings effectively.

**Result and Discussion**

**Table -1.1 Demographical background of the respondent N=250**

S.N.	Variables	Home Maker		Working Women	
		N	%	N	%
<b>1</b>	<b>Age</b>				
a	20-30	21	16.8	32	25.6
b	30-40	38	30.4	39	31.2
c	40-50	36	23.8	39	25.6
d	50-60	22	17.6	32	16
e	60-70	8	6.4	20	1.6
<b>2</b>	<b>Education</b>	N	%	N	%
a	Matric	6	4.8	0	0%
b	Intermediate	17	13.6	20	16%
c	Graduation	55	44	49	39.2%
d	Post Graduation	-		42	33.6%
e	Other	-		12	9.6%
<b>3</b>	<b>Income</b>	N	%	N	%
a	10000-20000	22	17.6%	10	8%
b	20000-30000	25	20	18	14.4%
c	30000-40000	58	46.4	31	24.8
d	40000 to above	20	16	66	52.8%
<b>4</b>	<b>Family Structure</b>	N	%	N	%
a	Nuclear	69	55.2%	81	64.8%
b	Joint	54	43.2%	25	20%

c	Other	02	1.6%	19	15.2%
<b>5</b>	<b>Number of Children</b>	<b>N</b>	<b>%</b>	<b>N</b>	<b>%</b>
a	0-1	3	2.4%	15	
%b	1-2	89	71.2%	92	73.6%
c	2-3	30	24	16	12.8%
d	3-4	02	1.6%	02	1.6%
e	4 to above	01	0.8%	-	-
<b>6</b>	<b>Health Issues</b>	<b>N</b>	<b>%</b>	<b>N</b>	<b>%</b>
a	Thyroid	22	17.6%	31	24.8%
b	Diabetes	20	16%	11	8.8%
c	Blood Pressure	14	11.2%	9	7.2%
d	Kidney Diseases	6	4.8%	2	1.6%
e	Ulcer /Gass	28	22.4%	31	24.8%
f	Piles	23	18.4%	24	19.2%
g	Other	12	9.6%	17	13.6%
<b>7</b>	<b>Any Patient in the family</b>	<b>N</b>	<b>%</b>	<b>N</b>	<b>%</b>
a	Thyroid	24	19.2%	12	9.6%
b	Diabetes	31	24.8%	42	33.6%
c	Blood Pressure	13	10.4%	17	13.6%
d	Kidney Diseases	4	3.2%	6	4.8%
e	Ulcer /Gass	30	24%	33	26.4%
f	Piles	13	10.4%	10	8%
g	Other	10	8%	5	4%
<b>8</b>	<b>Sources of Information</b>				
a	TV	70	56%	56	44.8%
b	Social Media	23	18.4%	41	32.8%
c	Relatives	14	11.2%	17	13.6%
d	News Papers	14	11.2%	6	4.8%
e	Doctors	4	3.2%	5	4%



**Figure 1.2**  
**Demographical background of the respondent**

**Discussion-**

**Based on Table 1.1**

**Age Distribution:**

- The majority of homemakers (30.4%) and working women (31.2%) fall in the 30-40 age range.
- A significant proportion of homemakers (23.8%) and working women (25.6%) are aged 40-50.

**Education Level:**

- Most homemakers (44%) have completed graduation, while a notable percentage of working women (39.2%) have also attained this level.
- A considerable percentage of working women (33.6%) hold postgraduate degrees, whereas no data is available for homemakers in this category.
- A small percentage of homemakers (4.8%) have completed only matriculation, while none of the working women fall in this category.

**Income Levels:**

- The majority of homemakers (46.4%) have an income range of ₹30,000-40,000, whereas most working women (52.8%) earn above ₹40,000.
- Only 17.6% of homemakers earn between ₹10,000-20,000, compared to 8% of working women.

**Family Structure:**

- Most homemakers (55.2%) and working women (64.8%) live in nuclear families.
- A significant portion of homemakers (43.2%) belong to joint families, while fewer working women (20%) have the same family structure.

**Number of Children:**

- A majority of both homemakers (71.2%) and working women (73.6%) have 1-2 children.
- Very few homemakers (0.8%) have more than four children, whereas no working women fall into this category.

**Health Issues:**

- Common health concerns among both groups include thyroid problems, ulcer/gastric issues, and piles.
- A higher percentage of working women (24.8%) suffer from thyroid problems compared to homemakers (17.6%).
- Ulcer/gastric issues are reported by both homemakers (22.4%) and working women (24.8%).
- Diabetes is more common among homemakers (16%) than working women (8.8%).

**Family Health Conditions:**

- Diabetes is the most common family health issue, affecting 24.8% of homemakers' families and 33.6% of working women's families.
- Ulcer/gastric problems also affect a significant percentage of both groups (24% for homemakers and 26.4% for working women).

**Health Issues**

**Piles** affect 10.4% of homemakers and 8% of working women.

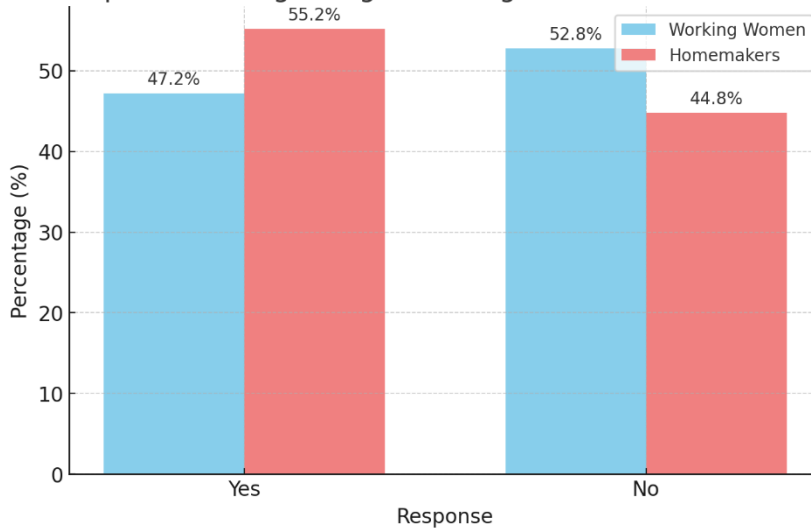
- **Other health issues** are reported by 8% of homemakers and 4% of working women.
- **Sources of Information**
- **Television (TV)** is the most common source of information, used by 56% of homemakers and 44.8% of working women.
- **Social Media** is a significant source for working women (32.8%) compared to homemakers (18.4%).
- **Relatives** provide information to 11.2% of homemakers and 13.6% of working women.
- **Newspapers** are read by 11.2% of homemakers but only 4.8% of working women.
- **Doctors** are the least-used source of information for both groups (3.2% for homemakers, 4% for working women).

**Table 1.2**

**Distribution of Respondents Regarding Knowledge of Food Items Recommended by the Ministry of AYUSH**

S.N.	Response	Working women		Home Maker	
1	yes	59	47.2%	69	55.2%
2	No	76	52.8%	56	44.8%

Distribution of Respondents Regarding Knowledge of AYUSH-Recommended Food Items



**Figure no-1.3**

**Knowledge of Food Items Recommended by the Ministry of AYUSH**

**Discussion**

Based on Table 1.2, This data indicates that homemakers are slightly more likely to respond positively (55.2%) compared to working women (47.2%), while working women are more likely to respond negatively (52.8%) than homemakers (44.8%)

**Table No-1.3**

**Distribution of Respondents Regarding Knowledge of The Types of Food Items Recommended by the Ministry of AYUSH**

S.N.	Response	Working women		Home Maker	
1.	Vit C	98	78.4%	125	100%
2.	Karha	94	75.2%	125	100%
3.	Taking Steam	97	77.7%	107	85.6%
4.	Golden Milk	91	72.8%	100	80%
5.	Aloevera, Amla and Giloy	69	55.2%	103	84.8%
6.	Hot Water	107	85.6%	119	95.2%
7.	Home Spices	123	98.4%	123	98.4%
8.	Chwamaprash with hot water	10	8.1%	22	17.6%
9.	Medicines proposed by Ayush	42	33.6%	56	44.8%
10.	Fresh fruits	125	100%	125	100%
11.	Gagal	68	54.4%	92	73.6%
12.	Basil leaves	68	54.4%	76	60.8%



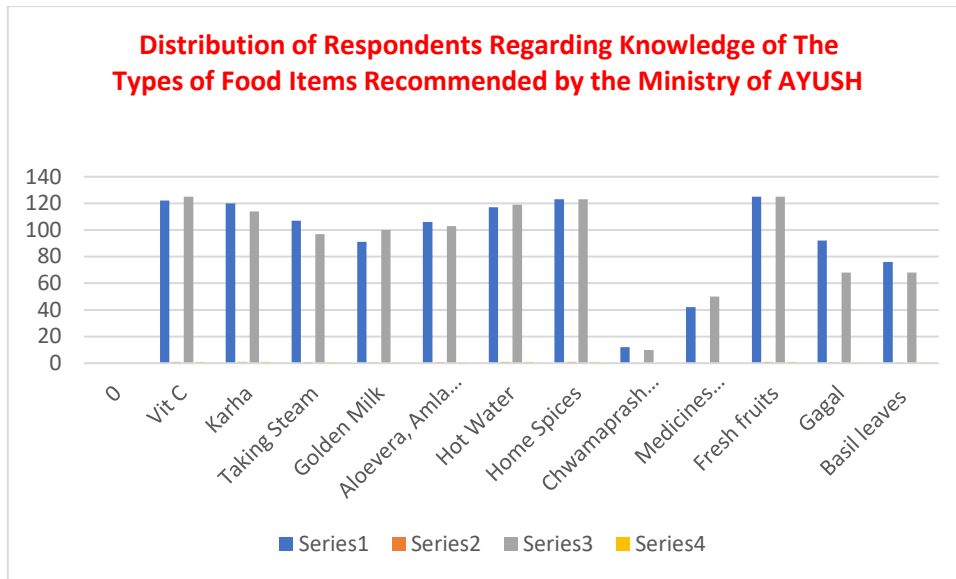


Figure 1.4

### Discussion

On the basis of Table no. 1.3 both homemakers and working women regarding the food items included in the diet management proposed by the Ministry of AYUSH, the findings are as follows:

78.4% of working women were aware of Vitamin C-rich foods, 75.2% were familiar with the use of *Kadha*. 77.6% knew about the importance of *Steam*, 72.8% were aware of *Golden Milk*, 55.2% had knowledge of Aloe Vera and Giloy, 85.6% knew about consuming hot water, 98.4% were aware of household spices for boosting immunity, 8% knew about Chwamaprash with hot water, 33.6% were familiar with proposed Ayurvedic medicines, 100% acknowledged the importance of fresh fruits and vegetables, 54.4% were aware of gagals, 54.4% accepted Tulsi leaves as recommended by the Ministry of AYUSH during the COVID-19 pandemic. 100% of **Home Makers** were aware of Vitamin C-rich foods. 100% were familiar with *Kadha*, 85.6% knew about the benefits of steam inhalation, 80% were aware of *Golden Milk*, 84.8% had knowledge of Aloe Vera, 95.2% were aware of consuming warm water, 98.4% for Indian spices. 17.6% knew about *Chyawanprash* with warm water, 100% were familiar with the importance of fresh fruits and vegetables, 44.8% were aware of recommended medicines, 60.8% were familiar with the use of Tulsi leaves as suggested by the Ministry of AYUSH during the COVID-19 pandemic.

**Table No-1.4 Distribution of Respondents Regarding Knowledge of All Guidelines Related to Food Items Proposed by the Ministry of AYUSH**

S.N.	Response	Working Women		Home Maker	
1	Yes	60	54.4%	88	70.4%
2	No	52	45.6%	37	29.6%

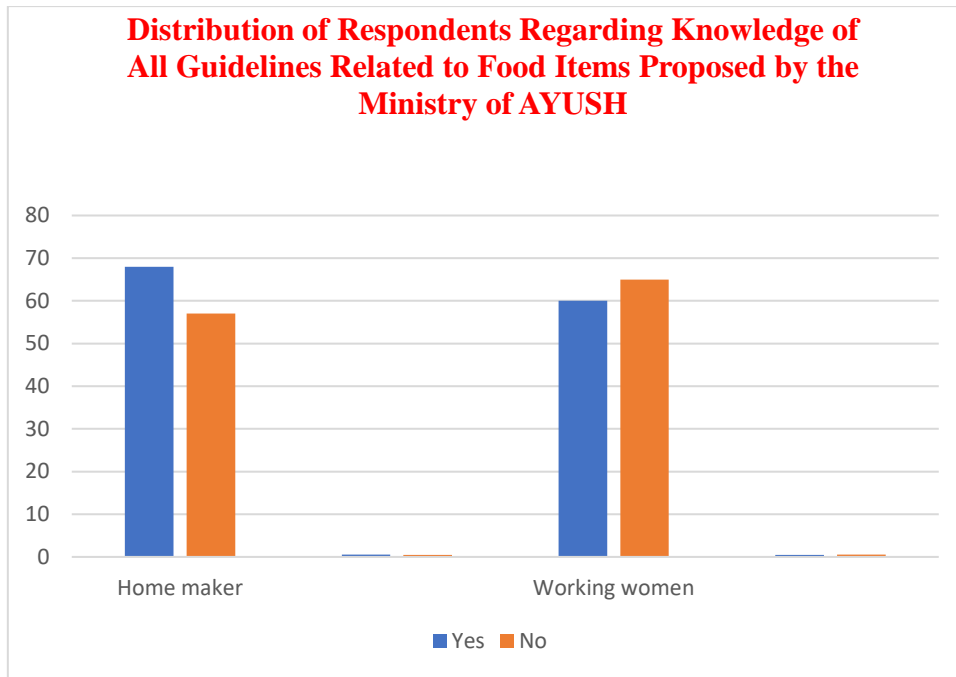


Figure 1.5

**Discussion**

Based on Table 1.4, it is evident that 70.41% home maker were aware of all the guidelines related to food items proposed by the Ministry of AYUSH. In contrast, 37% of home maker reported having no knowledge of these guidelines. Among only 29.6% home maker indicated that they lack knowledge regarding the guidelines proposed by the Ministry of AYUSH.

Table No-1.5

**Distribution of Respondents Regarding the Use of Various Food Items Proposed by the Ministry of AYUSH**

Statement- Consumption of Suggested Foods																	
1	Frequency	Golden Milk		Kadha		Alovera Amala Giloye		Chwamprash with hot water		Vit C		Steam, Hot Water		Spices		Medicines	
		W	H	W	H	W	H	W	H	W	H	W	H	W	H	W	H
1	Morning	12	2%	4	4%	6	80%	19%	56	9%	16%	9	100%	1	4	10%	35%
2	Afternoon	5	8%	2	3%	1	12%	10%	02	5	64%	2		7	4	41%	42%
3	Evening	1	7	2	3	7	3	49%	15	1	7	4		2	2	9%	10

		%	%	5%	0%	%	%		%	6%	%	%		%	%		%
4	Night	82%	73%	5%	7%	3%	5%	22%	27%	20%	13%	4%		8%	16%	40%	13%

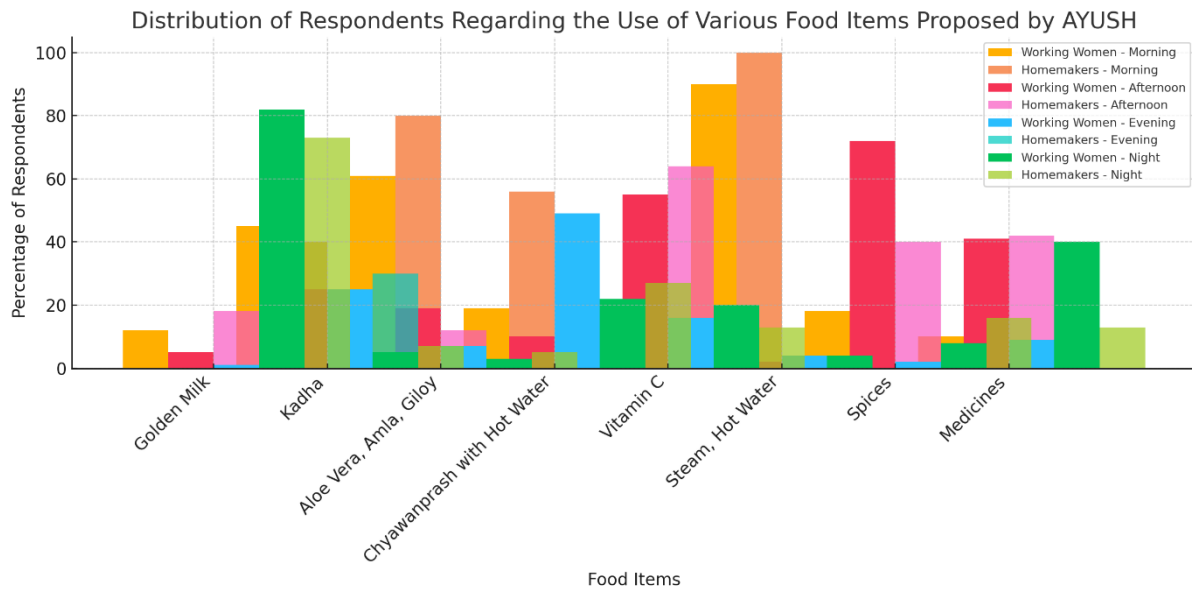


Figure 1.6

**Discussion-**

- Table 1.5 shows that after obtaining information regarding the use of food items proposed by the Ministry of AYUSH, it was found that 12% of working women and 2% of Hom maker consume golden milk in the morning. In the afternoon, 5% of Working women and 18% of Homemaker consume golden milk, while in the evening, the figures are 1% for working women and 7% for Homemaker. At night, before sleeping, working women 82% of and 73% of Homemaker consume golden milk.
- After gathering information regarding the usage of *Kada*, it was found that 45% of Working women and 40% of Homemaker consume *Kada* in the morning. In the afternoon, 25% of Working women and 23% of House wife use it, while in the evening, 25% of Working women and 30% of Homemaker consume it. At night, 5% of housewives and 70% of working women reported consuming *Kada* before sleeping.
- After obtaining information about Aloe Vera, Amla, and Giloy, it was found that 80% of Working women and 61% of Homemaker consume these in the morning. Additionally, 12% of Working women reported consuming them in the afternoon, while 19% of Homemaker and 3% of Working women consume them in the evening. At night, before sleeping, 5% of Working women and 30% of Homemaker consume Aloe Vera, Amla, and Giloy.
- With regard to the consumption of *chwayamprash* with hot water, it was found that 19% of Working women and 56% of Hom maker consume *chwayamprash* with hot water in the morning. Additionally, 10% of WW and 22% of Homemaker consume it in the afternoon. In the evening, 49%

of Working women and 15% of Homemaker reported consuming it. At night, before sleeping, 22% of Working women and 7% of Hom maker consume with hot water.

- In the morning, a 9% of Working women consume Vitamin C, with 90% of them taking it alongside steam and hot water, 18% consuming it with homemade spices, and 10% reporting that they take it with medicines. In comparison, 16% of Homemaker consume Vitamin C in the morning along with steam, hot water, spices, and medicines.
- In the afternoon, 55% of Working women admit to consuming Vitamin C, 2% consume hot water and steam, and 72% use homemade spices. Additionally, 41% of Working women report taking medicines in the afternoon. Among Home maker, 64% admit to consuming Vitamin C in the afternoon, 42% take medicines, and 40% use spices.
- In the evening, 6% of Working women and 7% of Homemaker admit to consuming Vitamin C. Additionally, 4% of Working women use steam and hot water, while 2% of both housewives and working women consume homemade spices. Furthermore, 9% of Working women and 10% of HM report taking medicines in the evening.
- In this context, it was found that 20% of Working women and 13% of Homemaker consume Vitamin C at night before going to bed. Additionally, 4% of WW use steam and hot water at night, while 8% of Working women and 16% of Homemaker consume spices before going to bed. Furthermore, 40% of Working women and 13% of Homemaker take medicines at night before going to bed.

**Table No.-1.6 Distribution of Respondents Regarding the method and amount of Various Food Items Proposed by the Ministry of AY USH**

<b>Statement- Method of Suggested Foods</b>			
<b>Golden Milk</b>			
		<b>Working women</b>	<b>Home Maker</b>
<b>S.N.</b>	<b>Food Items</b>		
1	Mix raw turmeric into warm milk and drink it.	29%	10%
2	Cooking turmeric with milk and then using it	71%	90%
3	Information regarding the ratio of milk and turmeric	8%	13%
<b>Statement- Method of Suggested Foods</b>			
<b>Kadha</b>			
		<b>Working Women</b>	<b>Home Maker</b>
<b>S.N.</b>	<b>Food Items</b>		
1	Tulsi	2%	9%
2	Adhrakh	14%	19%
3	Kali mirch	3%	18%
4	Jaifal	1%	6%
5	Dalchini	5%	14%
6	Sonth	2%	5%
7	Elayachi	12%	15%

<b>8</b>	<b>Laung</b>	<b>4%</b>	<b>14%</b>
<b>9</b>	<b>All the above</b>	<b>43%</b>	<b>45%</b>
<b>10</b>	<b>Information regarding the ratio of Ingredients</b>	<b>2%</b>	<b>6%</b>
<b>Statement- Method of Suggested Foods</b>			
<b>Method of consuming Aloe vera, Amla and Giloy</b>			
		<b>Working women</b>	<b>Home Maker</b>
<b>S.N.</b>	<b>Form</b>		
<b>1</b>	<b>Form of kadha</b>	<b>1%</b>	<b>4%</b>
<b>2</b>	<b>Form of juice</b>	<b>81%</b>	<b>89%</b>
<b>3</b>	<b>Form of powder</b>	<b>4%</b>	<b>1%</b>
<b>4</b>	<b>Other</b>	<b>-</b>	<b>-</b>
<b>5</b>	<b>All the above</b>	<b>4%</b>	<b>6%</b>
<b>6</b>	<b>Information regarding the ratio of Ingredients</b>	<b>Nil</b>	<b>2%</b>
<b>Statement- Method of Suggested Foods</b>			
<b>Method of consuming Chwavamprash</b>			
		<b>Working Women</b>	<b>Home Maker</b>
<b>S.N.</b>	<b>Form</b>		
<b>1</b>	<b>Only Chwavamprash</b>	<b>76%</b>	<b>45%</b>
<b>2</b>	<b>With hot water</b>	<b>9%</b>	<b>18%</b>
<b>3</b>	<b>With hot milk</b>	<b>7%</b>	<b>12%</b>
<b>4</b>	<b>All the above</b>	<b>8%</b>	<b>25%</b>
<b>Daily Intake Amount</b>			
<b>1</b>	<b>10 gram</b>	<b>40%</b>	<b>61%</b>
<b>2</b>	<b>20 gram</b>	<b>35%</b>	<b>23%</b>
<b>3</b>	<b>30 gram</b>	<b>16%</b>	<b>12%</b>
<b>4</b>	<b>40 gram</b>	<b>9%</b>	<b>4%</b>

<b>Statement- Method of Suggested Foods</b>			
<b>Method of consuming Vit C</b>			
		<b>Working Women</b>	<b>Home maker</b>
<b>S.N.</b>	<b>Form</b>		
<b>1</b>	<b>Form of Tablets</b>	<b>12%</b>	<b>18%</b>
<b>2</b>	<b>Form of juice</b>	<b>24%</b>	<b>15%</b>
<b>3</b>	<b>Form of Lime water</b>	<b>23%</b>	<b>41%</b>
<b>4</b>	<b>Other</b>	<b>2%</b>	<b>8%</b>
<b>5</b>	<b>All the above</b>	<b>39%</b>	<b>18%</b>
<b>Statement- Method of Suggested Foods</b>			
<b>Method of Steam</b>			

		Working women	Home Maker
<b>S.N.</b>	<b>Form</b>		
<b>1</b>	<b>only using warm water</b>	<b>45%</b>	<b>47%</b>
<b>2</b>	<b>Mixing household herbs in hot water</b>	<b>23%</b>	<b>26%</b>
<b>3</b>	<b>With vix VapoRub</b>	<b>15%</b>	<b>17%</b>
<b>4</b>	<b>Other</b>	<b>5%</b>	<b>2%</b>
<b>5</b>	<b>All the above</b>	<b>11%</b>	<b>7%</b>
<b>6</b>	<b>Information regarding the ratio of Ingredients</b>	<b>11%</b>	<b>17%</b>
<b>Statement- Method of Suggested Foods</b>			
<b>Method of Warm water</b>			
		Working Women	Home Maker
<b>S.N.</b>	<b>Form</b>		
<b>1</b>	<b>only using warm water</b>	<b>79%</b>	<b>90%</b>
<b>2</b>	<b>Mixing household herbs in hot water</b>	<b>10%</b>	<b>2%</b>
<b>3</b>	<b>Other</b>	<b>8%</b>	<b>3%</b>
<b>4</b>	<b>All the above</b>	<b>3%</b>	<b>5%</b>
<b>5</b>	<b>Information regarding the ratio of Ingredients</b>	<b>Nil</b>	<b>Nil</b>
<b>Statement- Method of Suggested Foods</b>			
<b>Use of prescribed medicines</b>			
		Working Women	Home Maker
<b>S.N.</b>	<b>Medicines</b>		
<b>1</b>	<b>Vit D</b>	<b>7%</b>	<b>3%</b>
<b>2</b>	<b>Paracetamol</b>	<b>25%</b>	<b>71%</b>
<b>3</b>	<b>Corona Kit</b>	<b>4%</b>	<b>5%</b>
<b>4</b>	<b>Antibiotics</b>	<b>13%</b>	<b>8%</b>
<b>5</b>	<b>All the above</b>	<b>51%</b>	<b>13%</b>
<b>Statement- Method of Suggested Foods</b>			
<b>Use of use of spices</b>			
		Working Women	Home Maker
<b>S.N.</b>	<b>Spices</b>		
<b>1</b>	<b>Dalchini</b>	<b>12%</b>	<b>8%</b>
<b>2</b>	<b>Sonth</b>	<b>3%</b>	<b>3%</b>
<b>3</b>	<b>Laung</b>	<b>4%</b>	<b>4%</b>
<b>4</b>	<b>Elaichi</b>	<b>9%</b>	<b>4%</b>
<b>5</b>	<b>Lehsun</b>	<b>3%</b>	<b>5%</b>
<b>6</b>	<b>Aderekh</b>	<b>10%</b>	<b>9%</b>
<b>7</b>	<b>Gucuch</b>	<b>17%</b>	<b>13%</b>
<b>8</b>	<b>Kali mirch</b>	<b>3%</b>	<b>7%</b>

9	Jayfel	24%	3%
10	All the above	37%	40%
11	Information regarding the ratio of Ingredients	1%	2%
<b>Form of Spices</b>			
		<b>Working Women</b>	<b>Home Maker</b>
<b>S.N.</b>	<b>Form</b>		
1	Powder	3%	07%
2	In vegetables	83%	57%
4	Laddu	02%	18%
5	Kadha	06%	09%
6	Gogel	02%	08%
7	Other	04%	01%

**Discussion-**

- After obtaining information regarding the method of preparing the food items proposed by the Ministry of AYUSH and the quantity of consumption, it was found that, in the case of preparing golden milk, 29% of ww and 10% of HM consume it by mixing raw turmeric with milk. Additionally, 71% of WW and 90% of HM prepare golden milk by boiling turmeric in hot milk. When asked about the ratio of turmeric and milk while preparing golden milk, only 8% of women are aware of it. Additionally, 13% of HM admit to being aware of the ratio of milk and turmeric.
- 2% of the women accept that they use Tulsi while preparing the Kadha, 14% of the women use Ginger (3%), Black Pepper (1%), Nutmeg (5%), Cinnamon (12%), Sonth (12%), Cloves (cloves) and 43% of the women accept that they use all the above spices while preparing the Kadha. While 9% of HM admit that while preparing the kadha they use basil, 19% ginger, 18% black pepper 5% jay fruit, 14.7% more cinnamon, 5% dry ginger, 15% cardamom, 14% cloves and while 45% HM admit that they use the above-mentioned ingredients while preparing the Kadha. After gathering information regarding the quantity of ingredients that should be used while preparing the Kadha, it was found that 6% of HM are aware of the appropriate quantity of spices, while only 2% of WW have complete knowledge in this regard.
- When asked about the use of Aloe Vera, Amla, and Giloy, it was found that 1% of WW use all these ingredients in the form of a kadha, 81% use them in the form of juice, 4% use them in powder form, 4% of WW reported using Aloe Vera and Giloy in all the above-mentioned forms. While 4% of HM use all the above ingredients in the form of kadha, 89% use them in the form of juice, 1% use them in powder form, and 6% use the ingredients in all the mentioned forms. When asked about ratio, it was found that only 2% of HM admitted to being aware of the proper proportion.
- When asked about the consumption of *Chyawanprash*, it was found that 76% of WM consume *Chyawanprash* without any other ingredients, 9% consume it with warm water, 7% consume it with warm milk, and 8% report consuming *Chyawanprash* with both warm water and milk.
- While 45% of HM report consuming *Chyawanprash* without any other ingredients, 18% consume it with warm water, 7% with warm milk, and 25% accept that they consume *Chyawanprash* with all the ingredients.

- After obtaining information regarding the consumption of Chyawanprash, it was found that 40% of WW accept that they consume 10 grams daily, whereas 61% HM consume 10 grams of Chyawanprash daily, 35% WW consume 20 grams, 23 % working women consume 20 grams, 16% working women consume 30 grams, 12% home maker consume 30 grams, 9% WW consume 40 grams and 4% HM consume 40 grams of Chyawanprash daily.
- When asked about the consumption of Vitamin C, it was found that 12% of WW reported consuming Vitamin C in the form of tablets during the Corona epidemic, 24% consumed it in the form of juice, 23% consumed it in the form of lime water, 2% consumed it in other forms, and 39% accepted that they consumed Vitamin C through all the above methods.
- While 18% of HM admitted to consuming Vitamin C in the form of tablets during the Corona pandemic, 15% consumed it in the form of juice, 41% in the form of lime water, 8% in other forms, and 18% admitted that they consumed Vitamin C through all the above methods during the pandemic.
- After gathering information regarding how steam was used during the Corona pandemic, it was found that 45% of WW reported using only hot water for steam by adding it to the bath, 15% used steam vaporizers, 5% used other methods, and 11% admitted to using all the above-mentioned methods for taking steam. While 47% of HM took steam by only hot water, 26% used herbs added to hot water, 17% added vix in to hot water, 2% used other methods, and 7% admitted to using all the above-mentioned ingredients for taking steam.
- When asked about the amount and ratio, it was found that only 1% of WW knew the proportion in which all the ingredients should be used for steaming, while only 2% of HM were aware of this.
- When asked about the consumption of hot water during the Corona pandemic, it was found that 79% of WW used only hot water, 10% used herbs in hot water, 8% used other ingredients, and 3% admitted to using hot water with all the above ingredients during that time. While 90% of HM reported not using any ingredients in hot water, 2% added mustard oil, 3% added other ingredients, and 5% admitted to consuming hot water with all the above ingredients.
- After obtaining information regarding the consumption of medicines during the Corona pandemic, it was found that 7% of WW consumed Vitamin D, 25% consumed paracetamol , 4% consumed the Corona kit, 13% consumed antibiotics, and 51% admitted to consuming all the above medicines during the pandemic.
- When asked about household spices, it was found that 12% of WW used cinnamon, 3% used sonth, 4% used cloves, 9% used cardamom, 3% used garlic, 10% used ginger, 17% used guruch, 3% used black pepper, 2% used jaifal and 37% admitted to using all the above-mentioned ingredients as spices. While 8% of HM used homemade spices such as cinnamon, 2% used sooth, 4% used cloves, 8% used cardamom, 5% used garlic, 6% used ginger, 23% used guruch, 5% used black pepper, and 3% used jaifal, 40% of HM admitted that during the Corona epidemic, they used the spices proposed by the Ministry of AYUSH in all the above-mentioned forms. When asked about the amount and ratio, it was found that only 1% of ww were aware of the appropriate number of spices that should be consumed. Similarly, only 12% of HM were aware of this.
- When asked about the form in which they consumed spices, 3% of WW reported consuming spices in the form of powder, 83% added them to vegetables, 2% consumed them in the form of laddoo, 6% consumed them in the form of kadha, 02% guggal directly, and 4% admitted to consuming spices in other forms. While 7% of HM consumed homemade spices in the form of powder, 57% used them in



vegetables, 18% in the form of laddu, 9% in the form of kadha, 8% by making guggal, and 1% in other forms.

### Conclusion-

Based on the results and analysis, it was concluded that the Covid-19 pandemic was an especially challenging period. Immunity played a crucial role in combating the disease, as individuals with stronger immunity were better equipped to fight it. The Ministry of AYUSH recommended specific food items to help strengthen immunity. However, the study found that while both housewives and working women consumed these recommended foods, they lacked sufficient knowledge about the appropriate quantities and methods of consumption. Many women admitted that they started consuming these foods based on information from social media, television, or relatives, rather than from reliable sources. They were also unaware of the proper dosage, duration, and conditions under which these foods should be consumed.

### References

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