



Review Article

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INTEGRATIVE SOWA-RIGPA APPROACH FOR PREVENTION AND MANAGEMENT OF COVID 19

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ABSTRACT

The COVID-19 pandemic, caused by a novel coronavirus, has severely affected global health, with no definitive cure or preventive therapy identified so far. Strengthening individual immunity, breaking the chain of transmission, early detection, and timely medical intervention remain crucial strategies. In this context, the Ministry of AYUSH has advocated traditional knowledge-based approaches to enhance natural immunity alongside hygiene and social distancing practices.

India, rich in traditional medical systems, holds diverse healthcare traditions across its regions. Among these, Sowa-Rigpa, or the Science of Healing, represents a holistic medical system deeply rooted in the Himalayas. Practiced widely across Ladakh, Arunachal Pradesh, Himachal Pradesh, Sikkim, and parts of West Bengal, Sowa-Rigpa continues to serve as a primary healthcare source, especially in remote regions. The practitioners, known as *Amchis*, have preserved this knowledge through centuries despite the introduction of modern medicine.

Sowa-Rigpa integrates art, science, and philosophy, reflecting Buddhist principles and offering solutions to modern psychosomatic and psychological issues. Its foundational text, the *rGyud-Zhi*, comprises four tantras—Root, Explanatory, Oral, and Subsequent—which collectively outline the theoretical foundations, disease classifications, diagnostic methods, and therapeutic applications of this system.

In the current global health crisis, Sowa-Rigpa holds promise as a complementary and holistic approach to strengthening human resilience and wellbeing through time-tested traditional practices.

KEY WORDS:

Sowa-Rigpa, Pandemic Covid-19, Traditional knowledge, *rGyud-zhi*, virulent illnesses, Preventive Measures.

INTRODUCTION

In the wake of COVID 19, an infectious disease caused by a newly discovered coronavirus, entire mankind across the globe is suffering. Till date, no medicine or therapy has demonstrated promising results in either preventing the disease or improving its prognosis to prevent this infection. The best ways of preventing COVID19 infection are breaking the chain, enhancing an individual's body immunity, identifying the infection early and timely medical care. The Ministry of AYUSH is committed to help the nation with the large resource of time-tested traditional knowledge practiced in this continent for the benefit of mankind. The Ministry has already published a series of measures to improve individual's natural defence system (immunity) in addition to the personal hygiene and social distancing measures.

India is one of the richest countries in the world in terms of traditional medicines, containing a wide range of medical systems in different regions and amongst many ethnic communities. These medical traditions can be divided into two major categories: codified scholarly medical systems and folk traditions. In the Himalayan regions a unique scholarly medical system, Sowa-Rigpa (Science of Healing) medical system is a unique and holistic system, which has been continuously practiced and preserved since many centuries and remains today a vital source of healthcare for the population, particularly in remote rural areas.

Sowa-Rigpa is practiced in most part of the Indian Himalayas, including Ladakh, Paldar-Pangay (J&K), Kinnaur, Lahaul&Spiti (Himachal Pradesh), Mon-Tawang (Arunachal Pradesh), Sikkim, Darjeeling and Kalimpong (West Bengal). The practitioners of this medical system are known as "AMCHIS" "SUPERIOR OVER ALL". Up until the early 1960s Amchi were the only healthcare providers for the people of these regions. Even after the introduction of allopathic medicine, the Sowa-Rigpa system has not been entirely replaced in many parts of the Himalayas due to its strong socio-cultural background and popularity.

Sowa Rigpa is an art because it shows how to live a life skillfully. Sowa Rigpa is a science too, as it can be empirically proven through debate and practical application. Sowa Rigpa can also be claimed to be philosophy, on the ground that it shares a deep connection with Buddhist philosophy. Sowa Rigpa is the ultimate solution in answering to many present-day crises of psychological and psychosomatic problems, as this system is an integrated science.

This multi-faceted wisdom, which comes in a single pack, is called rGyud-Zhi, the fundamental text of Sowa Rigpa medicine. rGyud-zhi contain four tantras, namely rTsa-rGyud (Root tantra), Shad-rGyud (The explanatory tantra) Man-ngag-rGyud (the oral tantra) and chema-rGyud (The subsequent tantra). The former two tantras encompass the foundation on which the entire principles of Sowa Rigpa rest. The latter two tantras elaborate more on the classification of disorders, as well as in practical application of diagnosis and therapeutic aspects of Sowa Rigpa medicine.

At this time when whole world is battling to fight against COVID-19 and in this time of emergence Sowa Rigpa sees great potential to serve the human kind though this ancient medical system.

CAUSAL FACTORS AND INCITING CONDITIONS FOR EPIDEMIC INFECTIOUS DISEASE (NAD-YAMS) IN SOWA-RIGPA MEDICINE.

From the source of rGyud-zhi:

“The causes and conditions that originated the disease called rim occurred during Kal-Yuga, whereby the desires of humankind led to much transgressive behavior; rampant murders of one’s own vajra siblings spread amongst sNags-pa communities; monastics engaged in bitter quarrels within their sangha; extremists committing harm to others; and groups taking vows to war and slaughter many. At that time, the mamos and dakinis were enraged and the breath of disease manifested immense variegated clouds and gave rise to epidemic infectious disease, dysenteric conditions, pulmonary infectious, contagious ulcerative illnesses, smallpox and other pustule-forming diseases.”

From the source of Oral Instructions Supplement:

“The causes arise from the three mental poisons the intensely afflictive environmental influences (Dhon) the eight classes of beings and others also ill-directed, unwholesome and inappropriate behaviors have angered the hearts of our protectors and caused even deities to become demons.”

Dietary and lifestyle behaviors contrary to the conditions of the time and seasons.

From the source of rGyud-zhi:

“Other causes also comprise changes in the seasons that are in excess, deficiency or adversity to the norm; exhaustion due to excess physical exertion; contagious transmission

of illness; contact with toxins and poisons; extreme rage and fear; severe mental distress; and excess attachment and greed. It also includes consumption of unsuitable of contaminated foods that cause infectious disease (Rims).”

“the mamo and wrathful dakinis strike down with epidemic of vicious disease. Ill-intended extremists create compounded chemicals and substances. At the time, it is critical to protect oneself and others.”

Characteristics of virulent illnesses (gNyan illnesses)

- Nature of the condition: gNyan influence, heat influence and rLung influence
- Difficult to diagnosis (Especially by traditional means such as observation, palpation and inquiry)
- If not treated in time, quickly endangers life
- Due to rate of rapid transmission individual’s bodily fluids and waste products, capacity to eliminate a quarter of living beings on earth through suffering caused by the illness.
- Although similar to other contagious illnesses, since it has no specific treatment, it destroys life
- The result of past karma/action bears the fruit of illness

From the source of Oral Instructions Supplement:

The nature of virulent pathogens (gNyan-srin)

Terminology (Ming)	Tre-tre-ho or par-pa-ta
Structure and Form (gZugs-dByib)	Lizard head-shaped; or like a gaping snake mouth (Tsangs-pai-go-dbyebs-dra, kha-che-wa-sbrul-dra) Comet tail or centipede-like; or in blood, round appendage-less form (juk-rig-rta-la-dra, krag-nang-kang-med-sldum-gzugs-chan)
Size & capacity (che-chung-dang-gyu-shugs)	Unperceivable to the naked eye (skye-o-phal-pai-mig-gis-ltar-me-nyon) Mobilized by air currents, transmit in any direction, capacity to enter through skin pores, nostril and other body orifices. (lhungs-shog-ldan-pas-chogs-kun-gyu-tse-par-snang-khams-nas-ba-spo-sna-sgor-juks)

From source of the Oral Instructions Supplement:**Virulent infectious disease enumeration (gNyan-rims types)**

Affected region (lus-la-babs-gnas)	Condition Name (nad-ming)	Affected region (lus-la-babs-gnas)	Condition Name (nad-ming)
Brain (lhad-pa)	Viral encephalitis (lhad-gzer)	Calf muscle (nya-dnad)	Viral myositis (Nya-log)
Throat (de-wa)	Pharyngitis, laryngitis (gag- pa)	Muscle tissue (sha)	Ulcerated sores (lhog-pa)
Upper body (ro-stod)	Upper respiratory inflammation (gzer-thung)	Muscle, bone, vessels, interstices (sha-rus-tsa-bem- drul)	Viral driven cancer & neoplasms (gnyan-'bras)
Stomach (Pho-wa)	Viral gastroenteritis (gnyan-lhang)	Medulla oblongata (rGyus-pa)	Viral meningitis/ encephalitis ('zum-bu-ltak-dge)
Small intestine (rgyu-ma)	Dysentery & severe diarrheal condition (rgyu-dzer)	Gallbladder (snod-mKhris)	Viral biliary tract & duct infections, hepatitis, te-te-ho etc. (tsa-rgyugs-rims-chon- te-te-ho, gya-nag-mig-ser, nag-po-sum-drems)
Skin (lpags-pa)	Ulcerative skin (Mewel)	Central nervous system, vital & vessel organs (sog-tsa-tang-ton- snyod)	Internal ulcerative conditions (nang-lhog-sogs)
Bone joints (rus-tsegs)	Lymphadenitis (rMen-bu)		

All the standing instructions issued by Health authorities (Ministry of Health & Family Welfare, World Health Organization and State and local health authorities) are to be adhered completely and Sow Rigpa Management may stand as 'ADD ON' to the present contemporary line of management.

The medicines recommended here are based on Essential Drugs List, Standard Treatment Guidelines of Sowa-Rigpa, Ministry of AYUSH Govt. of India along with considerations from other recommendations issued by various health authorities across India. The practicing Amchi has to have his/her own discretion in selecting medicines based on the stage of the disease, symptom complex and availability of the drugs in their locality. Use of Mask, Hand Sanitization, Social/Physical distancing to break the chain healthy nutritious diet and measures of improving immunity and all other general health care measures are to be advised as per the guidelines issued by health authorities from time to time.

Preventive Measures

Stay aware of the latest information on the COVID-19 outbreak available on official websites of national public health authorities. Follow advice given by your healthcare provider, your national health authorities or your employer on how to protect yourself and others from COVID-19.

Hygiene

- Wash hands frequently with an alcohol-based hand rub or wash them with soap and water. Washing hands with soap and water or using alcohol-based hand rub kills viruses that may be on hands.
- Physical touch and shaking hands to greet are to be avoided.
- Spitting in the public is discouraged.
- Frequent touching of eyes, nose and mouth that can pick up viruses is to be avoided. Once contaminated, hands can transfer the virus to your eyes, nose or mouth. From there, the virus can enter your body and can cause infection.
- Usage of gloves can be encouraged whenever possible.
- Practicing good respiratory hygiene is to be encouraged. This means covering mouth and nose with bent elbow or tissue paper/handkerchief when one cough or sneeze. After coughing or sneezing dispose of the tissue paper/wash the handkerchief.

Social Distancing

- Advice maintaining social distance of at least 1 meter (3 feet) with anyone who is coughing or sneezing. Advice also not to go into crowded places like parks, markets and religious places.

- Advice to stay home to the best possible extent and reschedule traveling, if any.
- If anyone has fever, cough and difficulty breathing, advice to consult a physician immediately and all instructions are to be followed meticulously.

Additional care is to be observed in case of elderly, children, or if the individual is immune compromised or with co-morbidities or in case of women during and after childbirth.

COVID-19 positive women can breastfeed if they wish to do so. They should be encouraged to practice all hygienic/preventive measures mentioned above.

Prevention through diet and lifestyle

From rGyud-Zhi: Boiled water benefits

“Hot boiled water generates heat and helps with digestion. It instantly relieves hiccup, Bad-Kan (Kha-pa) disorders, distension of the stomach, asthma, common cold and acute onset epidemics.”

Intake boiled water should be used as a regular drink to maintain the digestive system. The water should be boiled minimum 5 minute or two glasses into one glass.

From the rGyud-zhi: For all pandemic (rim) conditions, take up fasting and boiled water.

- Regular morning and evening 10-20 ml. decoction prepared from 2 gm. of *Zingiber officinale* (Adrak) mixed with one tea spoon of honey should be taken twice a day.
- It also favorable to take boiled water with pinch of *Curcuma longa* (Haldi) powder twice a day.
- It also another favorable to take *Allium sativum* (Lahsun) crushed the two-bulb boiled 3 minutes in water is to be taken before going to bed.
- Another favorable to take 10-20 ml. decoction prepared from 2 gm. of *Cinnamomum zeylanicum* (Dalchini) thrice a day or pinch of Dalchini chewing it controls the throat irritation and dry cough.
- Proper nutrition is to be ensured through freshly cooked hot food considering individual's digestive power.
- When cooking food always use the spices of *Amonum subuatum* (Bada-elachi) and *Ferula narthex* (Hing)

- Porridge made out of wheat, Tsampa (roasted barley flour) and rice is beneficial.
- Consume proper steamed vegetables
- Bone soup of sheep limbs, speckle and hip portion should be boiled in water for minimum 30 minutes and mixed with spices of *Allium sativum* (garlic) and, *Piper nigrum* (kali-marche).
- Fresh cow's milk, ghee and curds to be taken.
- Seasonal fruits like apricot, orange, seabuckthorn, apple and grapes, pomegranate juices should be taken

What to avoid:

Uncooked, raw and stale vegetables, cold refrigerated food. Wild animal's meat, beverages like strong tea, cold aerated drinks, ice cold water, sour and sweet items are totally avoided.

Lifestyle

- Do regular physical exercise, Yoga and meditation.
- Eat and sleep on time.
- Maintain calmness and relaxation of mind and body.
- Accumulate good deeds and virtues.

What to avoid:

- Try to avoid five mental poisons, (attachment, hatred illusion, Ego and jealousy)
- Control hatred to overcome stressed during the lockdown period.
- Avoid sleep during mid-day time.
- Avoid Physical, mental and verbal hard exercises.

Protection through Mantras:

Medicine Buddha mantras: *Om Namō Bhagawate Bhekhaze Guru Bendurya Prabha Razaya Tatha Ghataya Arhate Samyak Sam Buddhaya, Tayatha, Om Bhekhaze, Bhekhaze, Maha Bhekhaze, Bhekhaze Razaya, Samung Ghate Svaha.*

Like divine nectar to all Gods, and like an Elixir to all sages, may this medicine be always with you, may those that endanger life be pacified and the three hundred sixty spirits disturbing

emotions, may all those that obstruct the mind be pacified. So, recite the mantra of medicine Buddha.

Protection formulation:

The protective pill namely ***Nag-po-gu-byor*** should be tied with thread and wear around the neck and inhale it time to time.

Inhalation of incense and application

Add *Commiphora weightii* (Gugul) and *Artemisia vulgaris* (kham-nag) on burning incense powder for disinfecting the room.

Cope up with stress.

- It is normal to feel stressed, scared or angry during the lockdown period. Talking to people can help to cope with stress. Contact friends and family as frequently as possible.
- Encourage maintaining a healthy lifestyle. Proper diet, sleep, exercise and social contacts with loved ones at home and by email and phone with other family and friends can be encouraged.
- Also encourage reading books, listening to light music as per the interest to counter stress.
- Avoid smoking and consumption of alcohol or other drugs to deal with stress. Consultations can be provided, if physical and mental health needs are required.
- Child's reactions are to be encouraged to be addressed in a supportive way. Let their concerns be listened carefully and extra time, love and attention to be given.
- Exercise and meditation, daily practice of Yogasana, Pranayama for at least 30 minutes as advised by Ministry of AYUSH is to be practiced.
- Adequate sleep of 7-8 hours at night is essential and should be encouraged. Preferably, advice to avoid day timesleep.
- If any co-morbidities exist; medicines as prescribed are to be encouraged to be taken under supervision. Avoid self-medication.
- Usage of adequate Personal Protective Equipment (PPE) during medical practice as advised by healthcare authorities is to be encouraged.

Immunity Enhancers - SingleDrugs:

Sowa Rigpa Name	Botanical Name	Preparation
A-ru-ra	<i>Terminalia chebula</i>	10-20 ml. decoction prepared from 2 gm. of <i>Terminalia</i> twice a day.
Sro-lo	<i>Rhodiola tibetica</i>	10-20 ml. decoction prepared from 3 gm. of <i>Rhodiola</i> once a empty stomach.
sTar-bu	<i>Hippophae rhamnoides</i>	10-20 ml. decoction prepared from 2 gm. of <i>Hippophae</i> leaves thrice a day.
sLe-tres	<i>Tinospora cordifolia</i>	10-20 ml. decoction prepared from 2 gm. of <i>Tinospora</i> twice a day.
bong-kar	<i>Aconitum hetrophyllum</i>	10-20 ml. decoction prepared from 0.5 gm. of <i>Aconitum</i> once a day.
Wang-lag	<i>Dactylorhiza hatagirea</i>	10-20 ml. decoction prepared from 3 gm. of <i>Dactylorhiza</i> take along with milk.
Ma-nu	<i>Inula racemosa</i>	10-20 ml. decoction prepared from 2 gm. of <i>Inula</i> twice a day.
Tik-ta	<i>Swertia chirayita</i>	10-20 ml. decoction prepared from 2 gm. of <i>Swertia</i> twice a day.
sPang-tse	<i>Pterocephalus hookeri</i>	10-20 ml. decoction prepared from 2 gm. of <i>Pterocephalus</i> twice a day
Hong-len	<i>Picrorhiza kurroa</i>	10-20 ml. decoction prepared from 2 gm. of <i>Picrorhiza</i> twice a day.

Immunity Enhancers -Formulations:**Preventive care formulation**

- Da-shel-dudtsi-ma,
- se-bru-5,
- Se-bru-Nye-kil

Treatment

- Pre symptomatic
- Asymptomatic

- Symptomatic

In special cases like minor, old age, pregnant and severe and highly critical cases should be attended only after consent from higher authority and as per the Government guidelines.

Treatment Modalities

Showing Stages and Medicines with Doses for Mild Symptoms

Stages	Clinical presentation	Medicine	Doses
Unripe fever (tsa-wa-ma-smin-pa)	Shivering Muscle pain Rough tough Throat irritation Headache	Norbu-7-thang Ma-nu-4-thang Trul-thang Tik-ta-3-thang	1 tea spoon boiled decoction of 2/1 glass Should be take boiled luke warm decoction
Acute inflammation and aggravation (tsa-wa-gyas-pa)	High fever Loss of appetite Short breathiness Headache Sweating Sour throat Severe pain Thirsty Fatigue Bad smile from body Yellow and red colour of sputum	Ta-zhi-marpo spang-tse-12 tso-o-25 sro-lo-4 thang, Lho-tsat-kun-sel, chu-kang-25 Tso-o-8 Khyung-naga	1/3 pills 3 pills 3 pills 1 tea spoon decoction of 2/1 glass 3 pills 3 pills 3 pills 4 pills

Comorbid and Immuno- compromised conditions

<i>Vital Organs</i>	<i>Medication</i>	<i>Doses</i>
Heart (sYning)	A-gar-8, Be-ma-la,	1 pill 1pill
Lung (Lho-wa)	Lho-tsat-kun-sel, Chu-kang-25, tso-o-25, Dud-tse-che-sos,	3pills 3 pills 3 pills 1 pill

	spang-gyan-15	3 pills
Liver (Chen-pa)	Gi-wam-9+khyung-nga, Man-sel	3+3 pills 1 pill
Kidney (Khal-ma)	A-ru-10+ khyung-nga, Basam, gur-gum-13, Go-you-28	3+3 pills 1 pill 3 pills 1 pill
Stomach (Pho-wa)	Ru-ta-6 +khyung-nga, Yu-ril-13+khyung-nga Dha-shel-37 Brag-zhun-9+Khyung-nga	3+3 pills 3+3 pills 1 pill 3+3 pills
Intestine (Gyu-ma)	ser-dog-5, khyung-nga, ser-dog-11 mKhres-bye-7	3 pills 4 pills 3 pills 3 pills
Brain (Lhed-pa)	Mu-tig-25, La-med-25 Byur-mar-25	1 pill 1 pill 1 pill
Nerves (Tsa)	Samnor+ khyungnga, A-gar-20, Byur-mar-25	1+3 pills 1 pill 1 pill
Skin (Pags-pa)	Lhu-dud-18, Gur-khyung	3 pills 3 pills
Diabetic (Chen-nye)	Skyu-ru-6, chen-nye-A-ru-18	3 pills 3 pills
Hypertension (Thag-shed)	Skyu-ru-25, Krag-sMan-7	1 pill 1 pill
Psychological disorders (Sems-nad)	Sem-de A-gar-8 Shing-kun-25 Stog-zen-11	1 pill 1 pill 1 pill 3 pills

Post Treatment restorative healthcare

Stage	Clinical presentation	Medication	Doses
Vitiated rLung (rLung-kha-len-pa)	At this stage recognizing the threshold of an inflammatory fever and ensuing rLung, timely Pacification of the vitiated rLung is very important. Therefore, with strict adherence to proper diet and life style at this critical juncture, advice taking highly nourishing food including the intake of bone soup.	A-gar-35, A-gar-15, Sel-chod-15	1 pill 1 pill 3 pill

- *If any co-morbidities exist; medicines as prescribed are to be encouraged to be taken under supervision. Avoid self-medication.*

The concept of three Humours (NESPA-SUM skt.Tridosha):

According to Sowa-Rigpa all our life processes are carried out by the three humours characterized rLung(wind/vata) mKhris-pa (bile/pitta) and Bad-kan (phlegm/kapha). These three humours carry various essences to all parts of our body, when they are disharmonies. Each of the three humours has five sub-divisions.

The Concept of Seven physical constituents (LUSZUNG-LDUN/sapt-dhatu)

This is a brief description of the type, location and function of the Nyes-pa sum. When the Nyes-pa sum is balanced, then what are called the seven bodily sustainers are also balanced. The seven bodily sustainers are:

- Essential nutrients
- Blood
- Muscle tissues
- Fat
- Bone
- Marrow
- Regenerative fluid

The three excretions (TEMA-SUM/ tri-mala)

The waste products there are three eliminating functions of the wastes:

- Elimination of faeces
- Elimination of urine
- Elimination of perspiration

Imbalance of Nyes-pa sum

The imbalance of three Humours (Nyes- pa sum), Seven physical constituents (LUSZUNG-LDUN/sapt-dhatu) three excretions (TEMA-SUM/ tri-mala). The main causes of the imbalance due to the time and season the influence of spirits, improper diet and lifestyle are increase, decrease and disturbance.

Ten steps of Sowa Rigpa diagnostic

Las-chu	rLung	mKhris-pa	Bad-kan
Nod-cha-zongs	Rus-la-gyu-wa	Krag-tu-gyu-wa	Dangs-ma Sha Tsel kang khu-war-gyu-wa shang-cher-gyu-wa
Te-ma	Rak-char-gyu-wa	dNyul-tu-gyu-wa	
Yul	Nad-chen-dang-wa	Skyam-sa-tsa-dung-che-wa	Lhan-chen-synom-pa
Tus	Yar-tus-gongs-tang-tho-rangs	Ston-tus-nyen-gung-tsan-gung	Ched-tus-srod-tang-syna-to
Rang-zhin	rLung	mKhris	Bad-kan
Na-tsod	Gyas-pa-rLung-me	Dar-ma-mKhris-pa	Ches-pa-bad-kan
Nad-khams	rLung-nad-shas-che-wa	Mkhris-nad-shas-che-wa	Bad-kan-nad-shas-che-wa
Nas	Che-ked-la-tan-smad-na-nas	Chen-te-la-tan-par-na-nas	Lhad-pa-la-tan-stod-na-nas
Mai-tod	Me-snyoms-pa	rNyo-wa	Chung-wa
Nyams-tsobs	Chung-wa	Dring-wa	Che-wa
Goms-pa	Sel-wa	To-wa	Dang-wa

CASE RECORD FORM (CRF-COVID19)*For the use of Registered Sowa Rigpa Practitioners*

Date of Screening [_D_][_D_]/[_M_][_M_]/[_2_][_0_][_Y_][_Y_]				
DEMOGRAPHICS				
NAME:				
	Last	First	M. I.	
Birthdate: _/_/___		Age: _____		
Sex: <input type="checkbox"/> F <input type="checkbox"/> M				
FATHER'S/HUSBAND'S NAME				
MOTHER'S NAME				
ADDRESS				
PhoneNo:		Email:		
Healthcare Worker? <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Unknown				
Laboratory Worker? <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Unknown				
Pregnant? <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Unknown <input type="checkbox"/> N/A		If yes: Gestational weeks assessment [] [] weeks		
CHIEF COMPLAINTS				
History of self-reported feverishness or measured fever of $\geq 38^{\circ}\text{C}$			<input type="checkbox"/> Yes <input type="checkbox"/> No	
Cough			<input type="checkbox"/> Yes <input type="checkbox"/> No	
Dyspnoea (shortness of breath) OR Tachypnoea <input type="checkbox"/>			<input type="checkbox"/> Yes <input type="checkbox"/> No	
Sore throat			<input type="checkbox"/> Yes <input type="checkbox"/> No	
Runny nose			<input type="checkbox"/> Yes <input type="checkbox"/> No	
General weakness			<input type="checkbox"/> Yes <input type="checkbox"/> No	
Headache			<input type="checkbox"/> Yes <input type="checkbox"/> No	
Irritability/confusion			<input type="checkbox"/> Yes <input type="checkbox"/> No	

Nausea/Vomiting	<input type="checkbox"/> Yes <input type="checkbox"/> No
Diarrhea	<input type="checkbox"/> Yes <input type="checkbox"/> No
Others:	
TRAVEL HISTORY	
Undertaken international travel in the last 14 days	<input type="checkbox"/> Yes <input type="checkbox"/> No
Undertaken Domestic travel in the last 14 days	<input type="checkbox"/> Yes <input type="checkbox"/> No
CONTACT HISTORY	
Contacts of laboratory confirmed cases	<input type="checkbox"/> Yes <input type="checkbox"/> No
Asymptomatic direct and high risk contacts of a confirmed case	<input type="checkbox"/> Yes <input type="checkbox"/> No

DATE OF ONSET AND VITAL SIGNS	
Symptom onset (date of first/earliest symptom)	[_D_] [_D_] / [_M_] [_M_] / [_2_] [_0_] [_Y_] [_Y_]
Temperature	[][]·[]°C
Heart rate	[][][]beats/min
Respiratory rate	[][]breaths/min
BP	[][][](systolic)[][][](diastolic)mmHg
Severe dehydration	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Unknown
Sternal capillary refill time > 2 seconds	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Unknown
Oxygen saturation:	[][][]% on <input type="checkbox"/> room air <input type="checkbox"/> oxygen therapy <input type="checkbox"/> Unknown
Glasgow Coma Score	(GCS/15)[][]
Malnutrition	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Unknown
Mid-upper arm circumference	[][][]mm

Height:	□□□cm
Weight:	□□□kg
CO-MORBIDITIES (<i>Unk=Unknown</i>)	
Chronic cardiac disease (not hypertension)	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Unk
Hypertension	<input type="checkbox"/> Yes <input type="checkbox"/> No
Chronic pulmonary disease	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Unk
Asthma	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Unk
Chronic kidney disease	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Unk
Chronic liver disease	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Unk
Chronic neurological disorder	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Unk
Diabetes	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Unk
Current smoking Yes No Unkspecify:	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Unk
Tuberculosis	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Unk
HIV	<input type="checkbox"/> Yes-onART <input type="checkbox"/> Yes-notonART <input type="checkbox"/> No <input type="checkbox"/> Unknown
Malignant neoplasm	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Unk
Other <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> UnkIfyes,specify	
MEDICATIONHISTORY	
Angiotensin converting enzyme inhibitors (ACE inhibitors)?	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Unk
Angiotensin II receptor blockers (ARBs)?	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Unk
Non-steroidal anti-inflammatory(NSAID)?	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Unk
Others(if any, Please specify)	

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