Unani Medicine Based Preventive Measures for Self-care During COVID-19 Pandemic

Unani Immunity Promoting Measures (1/2)

- Take Khamira Marwareed (5 gm) or Tiryaqe Arba (3-5 gm). To be avoided by Diabetics

- Prepare AYUSH Joshanda (decoction) by boiling Raihan/Tulsi leaves (4 parts), Dar Chini/Cinnamon stem bark (2 parts), Zanjabeel/Adrak rhizome (2 parts), Filfil Siyah/Kali Mirch fruit (1 part) in 250 ml water until it reduces to half

- Add jaggery/lemon juice for taste & take sips in evening or as and when required
Unani Medicine Based Preventive Measures for Self-care During COVID-19 Pandemic

Unani Immunity Promoting Measures (2/2)

Take decoction by boiling

Behidana (3 gm), Unnab (5 in number), Sapistan (9 in number) in water. Boil these in 250 ml of water until it reduces to half. Use it lukewarm

This decoction may be taken twice a day for 14 days

Take Safoof Asgandh 5 gm (not recommended for children)
Unani Medicine Based Preventive Measures
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Simple Unani Procedures may be followed

Steam inhalation by adding Arq-e-Ajeeb (2-5 drops) once daily

Gargle with pulp of 10-20 gm Khayar shamber (Cassia fistula) boiled in 100 ml of water

Fumigation (Bakhoor) of the house/working place at frequent intervals with combination of Sandal and Kafoor

Disclaimer: The above advisory does not claim to be treatment for COVID-19
Ayurveda Preventive Measures for Self-Care During COVID-19 Pandemic

General Measures to Enhance Body’s Natural Defense System (1/2)

1. Drink lukewarm water frequently
2. Spices like Turmeric, Cumin, Dhaniya, dry Ginger & Garlic are recommended in cooking
3. Consumption of fresh Amla fruit (Indian gooseberry) or Amla products
4. Gargling with warm water added with a pinch of turmeric and salt
Ayurveda Preventive Measures for Self-Care During COVID-19 Pandemic

General Measures to Enhance Body’s Natural Defense System (2/2)

- Food should be freshly prepared, and easily digestible
- Daily practice of Yogasana, Pranayama & meditation for at least 30 minutes
- Take adequate sleep (7-8 hours) & avoid daytime sleep
Ayurveda Preventive Measures
for Self-Care During COVID-19 Pandemic

Ayurvedic Immunity Promoting Measures (1/2)

Option 1
- Consume Chyawanprash (20 gm) in divided doses on empty stomach with lukewarm water
- Golden Milk- Half teaspoon Haldi (turmeric) powder in 150 ml hot milk once or twice a day

Option 2
- Take Guduchi GhanVati 500 mg/ Ashwagandha tablet 500 mg twice daily after meals with lukewarm water
- Golden Milk- Half teaspoon Haldi (turmeric) powder in 150 ml hot milk once or twice a day
Ayurveda Preventive Measures for Self-Care During COVID-19 Pandemic

Ayurvedic Immunity Promoting Measures (2/2)

Option 3

Drink herbal tea* (Kadha) made from:

- 3 gm powder comprising Basil-4 part, Cinnamon-2 part, Dry Ginger-2 part, Black pepper-1 part, mixed in 150ml hot boiled water once/twice a day

- Add Jaggery/Raisin/Cardamom to improve taste & flavor

Golden Milk- Half tsp turmeric powder in 150 ml hot milk once/twice a day

*Malabar nut, Liquorice root, Giloy, may be added as per the individual’s constitution in consultation with Ayurveda Physicians
Ayurveda Preventive Measures for Self-Care During COVID-19 Pandemic

Simple Ayurvedic Procedures (1/2)

**Nasal Application**
Apply Sesame oil/Coconut oil/Cow Ghee or Anu Taila in both the nostrils in morning & evening

**Oil Pulling Therapy**
Take 1 tsp sesame/coconut oil in the mouth. Swish it for 2 to 3 minutes & spit it off followed by warm water rinse. This can be done once or twice a day
During Dry Cough/Sore Throat

- Steam inhalation with plain water/fresh Mint leaves/Caraway seeds/Camphor once in a day

- Clove/ Liquorice powder mixed with natural sugar/honey to be taken 2-3 times a day

Consult qualified physicians if these symptoms persist