



PROTECT YOURSELF FROM **CHIKUNGUNYA**



Symptoms

- Fever • Joints pain • Bodyache • Headache • Rash

Unani Advocacy

- Wear clothes that cover arms and legs during daytime; and use mosquito net while sleeping even in day time.
- Use mosquito repellents like *Raughan-i Neem*, *Raughan-i Kameela* on exposed skin specially in day time.
- Take 200ml water boiled with 11 leaves of *Rehan* (*Ocimum sanctum* L.) twice daily.
- Take *Mā' al-'Asl* (mix 1tsp of honey with 200ml of warm water) with 3g of *Tukhm-i Karafs* (*Apium graveoleus* L.).
- Take 2 pills of *Habb-e-Ikseer Bukhar* with lukewarm water twice daily.
- Take 2 pills of *Habb-e-Asgand* twice daily.
- Take *Khamira Marwareed* 4 gm twice daily to boost immunity.



Rehan



Tukhm-i-Karafs

Note: Consult a registered Unani physician before using recommended drugs if you develop any symptoms of Chikungunya.

Unani Healthcare Centres

- ✚ **Regional Research Institute of Unani Medicine**, D-11/1, Abul Fazal Enclave, Jamia Nagar, Okhla, New Delhi-110025
- ✚ **Unani Medical Centre**, Room No. 304, Dr. RML Hospital, New Delhi-110001
- ✚ **Unani Specialty Centre**, Deen Dayal Upadhyay Hospital, Hari Nagar, New Delhi-110064

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