

PROTECT YOURSELF FROM CHIKUNGUNYA

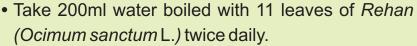


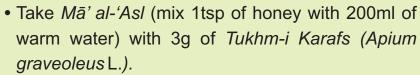
Symptoms

• 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 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.



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

Advocacy of other AYUSH Systems



<u>www.ccras.nic.in</u> (Ayurveda) | <u>www.ccryn.org</u> (Yoga and Naturopathy) <u>www.ccrhindia.nic.in</u> (Homoeopathy) | <u>www.siddhacouncil.com</u> (Siddha)





CENTRAL COUNCIL FOR RESEARCH IN UNANI MEDICINE

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Rehan



Tukhm-i-Karafs