



# PROTECT & BOOST YOUR IMMUNITY THROUGH UNANI MEDICINE

## General Measures

- Maintain social distancing
- Frequent washing of hands with soap and water and use of alcohol-based sanitizer
- Avoid touching eyes, nose and mouth
- Use of face mask
- Practice good respiratory hygiene ,  
*Unnab (Zizy*
- Maintain sanitation and general hygiene
- Isolation of vulnerable population like elderly people, pregnant women and people having co-morbid conditions such as hypertension and diabetes mellitus
- Practice stress relieving techniques
- Fumigation (*Bakhoor*) of the house at frequent intervals with combination of *Sandal (Santalum album)* and

## Specific Measures

- Prepare decoction by boiling ***Behi dana*** (*Cydonia oblonga*) (3 gm), ***Unnab*** (*Ziziphus jujuba*) (5 pcs.), ***Sapistan*** (*Cordia myxa*) (9 pcs.) in 250 ml water until it reduces to half. Store it in a bottle and take sips in morning or as and when required.
- Take ***Khamira Marwareed*** 5 gm once a day. (Diabetics may avoid)
- Prepare **AYUSH Joshanda** (decoction) by boiling ***Raihan / Tulsi*** (*Ocimum sanctum*) leaves 4 parts, ***Dar Chini / Cinnamon*** (*Cinnamomum zeylanicum*) stem bark 2 parts, ***Zanjabeel / Adrak*** (*Zingiber officinale*) rhizome 2 parts, ***Filfil Siyah / Kali Mirch*** (*Piper nigrum*) fruit 1 part in 250 ml water until it reduces to half. Add jaggery or lemon juice into decoction for taste and take sips in evening or as and when required.

- Take sips of warm water at frequent intervals.
- Use ***Seer/Lehsun*** (*Allium sativum*) and ***Kalonji*** (*Nigella sativa*) in diet.

Issued in public interest by

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