



Department of Health
and Family Welfare,
Govt. of NCT of Delhi



Examining Body for Para
Medical Training for
Bharatiya Chikitsa,
Govt. of NCT of Delhi

IMPROVE IMMUNITY

BY INDIAN SYSTEM OF MEDICINE PRINCIPLES

General Self Care Measures

- ◉ Drink adequate lukewarm water through out the day.
- ◉ Regular use of spices like Haldi (Turmeric), Jeera (Cumin), Dhaniya (Coriander) and Lahsun (Garlic) in cooking.
- ◉ Take easily digestible & nutritious food.
- ◉ Wash hands frequently for minimum 20 seconds with soap and water.
- ◉ Practice social distancing.
- ◉ Use home made masks whenever you go out.
- ◉ Take adequate sleep for at least 7-8 hours daily.
- ◉ Maintain personal hygiene.
- ◉ Spend time with family and be happy
- ◉ Daily practice Yogasana, Pranayama and Meditation for minimum 30 minutes.

For more information please mail to
examiningbody@gmail.com

Ayurveda

- ◉ Take Chyavanprash 10gms (one Tbsf) in the morning. Diabetics should take sugar free Chyavanprash.
- ◉ Drink AYUSH Kadha/Herbal tea made from Tulsi (Basil), Dalchini (Cinnamon), Kalimirch (Black Pepper), Shunti (Dry Ginger) and Munakka (Raisin) - once or twice a day. Add Jaggery (Natural Sugar), if needed.
- ◉ Golden Milk - Half tea spoon Haldi (Turmeric) powder in 150ml hot milk-once or twice a day.
- ◉ Tab. Samshamani Vati 2 tabs (125 mg) two times a day for 15 days (further doses only on the advice of Ayurvedic practitioner).
- ◉ Simple Ayurvedic Procedures like Nasal application of sesame oil or ghee in both the nostrils (Pratimarsh Nasya) in morning and evening.

Unani

- ◉ Joshanda of Bahidana 5 gms, Barge Gaozaban 7 gms, Unnab 7 dane, Sapistan 7 dane, Darchini 3gms, Banafsha 5gms. Boil these ingredients in one litre of water for 15 minutes and take warm like regular tea once or twice a day.
- ◉ Use of Khajoor (Dates), Anjeer, Sabudana, Moongdal, Barley, Soups of seasonal vegetables etc in diet.