



सत्यमेव जयते
Govt. of NCT of Delhi



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

Block-4
Under Ring Road Bypass
Flyover Opp. Indira Gandhi
Stadium Gate-10
I.P. Estate, New Delhi-2

COVID Appropriate Unani Self-care Measures for Allied and Health care Professionals

Essential COVID Appropriate measures:

- ⦿ Wearing Mask, Sanitization, and Social distancing.
- ⦿ Get vaccinated as early as possible.

Unani Self-care measures:

Ghizae Aqdamat- (Dietary measures):

- ⦿ Regular use of spices like Haldi (turmeric), Kamoon(cumin), Kishneez (coriander), Lahsun(garlic), Ajwain(carom seeds), Filfil Siyah (black pepper) etc. in limited quantity is advisable while preparing the food.
- ⦿ To drink adequate lukewarm water throughout the day, water may be processed with a Kishneez (coriander)/ Kamoon (cumin) / Adrak (ginger)etc.
- ⦿ Milk processed with Haldi (turmeric), or Zanjabeel (dry ginger) for drinking once in a day.
- ⦿ Take light and easily digestible food at proper time, in a proper quantity according to individual's appetite /digestive strength.
- ⦿ Daily foods may include plenty of pulses, cereals, nuts, seasonal fruits, fresh vegetables, milk & milk products etc.
- ⦿ Avoid use of junk food, cold beverages and excessive sweets.
- ⦿ Healthy eating habits helps to stay healthy, cope with the stress, optimize the functions of the immune system.

Tarz e Zindagi Aqdamat- (Lifestyle measures):

- ⦿ Practice Warzish (Exercise) during early hours of the day.
- ⦿ Relax & follow deep breathing exercises for 10 minutes during the breaks at work.
- ⦿ Mild to moderate physical activity is advisable.
- ⦿ Use Ayush Joshanda (decoction for immunity) Behi dana (Cydonia Oblonga) 5 grams, Unnab (Ziziphus Jujuba) 5pcs, Sapistan (Cordia myxa) 9 pcs.
- ⦿ Intranasal application of Olive Oil/ Desi ghee daily before leaving the home.
- ⦿ Steam inhalation (Shumoom) with Arq e Ajeeb 3-5 drops or herbal essential oils (eucalyptus oils etc.) after coming from outside.
- ⦿ Maintain Dental hygiene through proper brushing at morning and at night.
- ⦿ Mazmaza (Oil Pulling) to be practiced with 20 – 25 ml of coconut oil (during summer) or Olive oil (during winter), followed by warm water rinsing daily once in the morning or night.



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- ☉ Dalak (Oil massage) be done with plain sesame or coconut or mustard oil etc. daily in the morning.
- ☉ Bath to be taken with warm water after the duty. Clothes wore on duty to be washed immediately.
- ☉ Advise to have sound sleep (6-8 hrs).
- ☉ Mobile phones to be wrapped with transparent plastic sheets during duty hours, to reduce surface transmission of infection. Bluetooth should be preferred to avoid frequent touching of the mobile.
- ☉ Avoid close and direct contact while attending OPD & during dispensing and unnecessary roaming at duty place.
- ☉ Avoid 3 Cs (Closed spaces, Crowded places and Close contact)

Mamulati wa Nafsiyati Aqdamat (Behavioural & Psychological measures):

- ☉ Bakhoor (fumigation): Regular fumigation with Sandal (Santalum album) and Kafoor (Cinnamomum camphora) is advisable at larger work places to purify the surrounding environment.
- ☉ Practice meditation regularly during the breaks in the duty.
- ☉ Regular chanting of sacred hymns as per the personal religious beliefs.
- ☉ Indulge in recreational activities and hobbies at home with family like dancing, mimicry, playing small skits, indoor games, creative activities, art and crafts and listening to music etc.
- ☉ Make the habit of eating mindfully by avoiding the acts like watching T.V. & Mobile while eating.

Dawai Aqdamat - (Pharmacological measures):

- ☉ Hab e Surfa 250 mg twice daily and Hab e Bukhar 500mg twice daily, if having history of contact with COVID positive patients and /or having influenza like symptoms.
- ☉ Tiryag e Arba 5 grams with lukewarm water once in a day.
- ☉ Khameera Marwareed 5 grams once in a day. (Not recommended for diabetics)
- ☉ Asgandh (Sufoof) 5grams with milk once in a day.
- ☉ Consult a Qualified Unani physician as per the need.

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