



COVID-19

Badalkar Apna Vyavahar, Karein Corona Par Vaar



SH. V.P. Singh Badnore

Hon'ble Governor of Punjab and
Administrator, UT, Chandigarh

Ayurvedic Immunity Enhancing Tips

- Drink warm water throughout the day
- Daily Practice of Yogasana, Pranayama and Meditation for at least 30 minutes
- Spices like Haldi (Turmeric), Jeera (Cumin), Dhaniya (Coriander) and Lahsun (Garlic) recommended in cooking
- Take Chyavanprash 10gm (1tsf) in the morning. Diabetics Should take sugar free Chyavanprash.
- Drink Herbal Tea/Decoction (Kadha) made from Tulsi (Basil), Dalchini (Cinnamon), Kalimirch (Black pepper), Shunthi (Dry Ginger) and Munakka (Raisin) once or twice a day. Add Jaggery (Natural Sugar) and /or fresh Lemon Juice to your taste, if needed.
- Golden Milk-half tea spoon Haldi (turmeric) powder in 150 ml Hot Milk-once or twice a day.
- Nasal application- Apply sesame oil/coconut oil or Ghee in both the nostrils (Pratimarsh Nasya) in morning and evening

Action During Dry Cough/Sore Throat

- Steam inhalation with fresh Pudina (Mint) leaves or Ajwain (Caraway seeds) can be practiced once in a day.
- Lavang (Clove) powder mixed with Natural Sugar/Honey can be taken 2-3 times a day in case of cough or throat irritation.
- These measures generally treat normal dry cough and sore throat. However, it is best to consult doctors if these symptoms persist.

Homeopathic medicine to increase immunity

- **Arsenicum album-30 (Dosage)**
Child- 4 tablet in a day X 3 days (empty stomach)
Adult- 6 tablet in a day X 3 days (empty stomach)
(repeat after 1 month) this is safe for all age groups

For other details information related to the above, advice should be taken from any nearest Government AYUSH doctor

AYUSH DISPENSARIES

SECTOR 24, 27, 37, 47, 28, 33, 35, 11, GMSH-SECTOR-16, MAULI JAGRAN, POLICE HOSPITAL
SECTOR 26, NHM SECTOR-22, RAMDARBAR, MANIMAJRA, CIVIL HOSPITAL SECTOR 45,
KAIMBWALA, SECTOR 26 DISPENSARY



DEPARTMENT OF AYUSH, CHANDIGARH ADMINISTRATION