



Ministry of AYUSH
Government Of India



PROTECT YOURSELF FROM DENGUE FEVER

AYURVEDA

- Take light, nutritive, warm and easily digestible foods. Proper rest and sleep and maintain personal and environmental hygiene.
- Consume 2 gram *Shunthi* (Dry Ginger) powder twice daily with infusion prepared by adding 5 gram (one-teaspoonful) of *Gulabhi* (*Giloye*) powder in 100 ml (1/2 glass) of boiled water. Dose for children between 6 to 12 years of age will be half and for children below 6 years will be one fourth. One teaspoon of honey can be added to the infusion; and/or.
- One liter of water boiled with 10-15 *Tula* leaves and 10-15 gram *Dhania* (Coriander) powder for ten minutes and cooled to room temperature may be consumed at intervals of 3-4 hours in a day.
- Guidelines for Ayurvedic practitioners at: www.ccrms.nic.in
- *Ayurveda Management Services available at:* Central Ayurveda Research Institute for Cardiovascular Diseases, Road No. 66 Panjabi Bagh (W), New Delhi; Ayurveda Treatment Centre, Room No. 261, 2nd Floor, Safdarjung Hospital, New Delhi and All India Institute of Ayurveda (AIIA) Mathura Road, Gautampuri, Sarita Vihar, New Delhi



HOMOEOPATHY

- For prevention take one dose of *Eupatorium perfoliatum 30* (4 pills of size 30 adults and 2 pills of size 30 by children) daily for 3 days.
- The same doses should be repeated every month by following the same schedule till October 2016.
- Details for Homoeopathic practitioners for management and reporting of dengue cases at: <http://www.ccrhilemumbaiinfo.org/#>
- *Homoeopathic Management Services available at:* a) Homoeopathic Treatment Centre, Room No. 139-140, 1st Floor, C-Wing, Safdarjung Hospital, New Delhi; b) Homoeopathic OPD, Near Emergency ward, C-604, Lady Harding Medical College, Delhi c) Dr. D.P. Rastogi, Central Research Institute for Homoeopathy, A-1/1, Sector 24, Noida, Uttar Pradesh.



Yoga & Naturopathy



- Give More of liquid diet like fruit juice, tender, Coconut water, lemon honey water or wheat grass juice or any other liquid.
- Plain luke warm water enema can be taken daily for few days.
- Ice cold wet pack on the forehead and abdomen for high fever.
- Patient can also practice Nadishudhi Anulomaviloma pranayama, Sitali & Sitkari and Bhramari Pranayama (May be each 9 rounds twice daily).
- *Yoga & Naturopathy preventive services are available at:* Naturopathy Hospital, Sector -19, Opp. Rohini Jail, Outer Ring Road, Delhi - 110085
- Guidelines for Yoga & Naturopathy at: www.ccryn.org.

SIDDHA



- For prevention of Dengue - Nilavembu Kudineer -60 ml daily in morning for adult, 30 ml for children throughout the dengue season
- For treatment of Dengue - Nilavembu Kudineer -60 ml daily in morning for adult, 30 ml for children till cure.
- Guidelines for Siddha practitioners at: www.siddhacouncil.com
- *Siddha Management Services available at:* Siddha Clinical Research unit, A&U Tibbia College, Karol Bagh, New Delhi

UNANI



- Use mosquito repellents like *Raughan-i-Neem*, *Raughan-i-Kameela*
- Take 200 ml, water boiled with 11 leaves of *Ruyan* (*Tulsi*) twice daily
- Sprinkle *Khaki* seeds in the patient's bed.
- Take Pomegranate Juice 50 ml thrice daily
- Take *Kalonji* Powder 3 g twice daily
- To boost immunity: *Khamra Marwarred* 4g twice daily with 20ml *Arg Barg-i-Papita* or *Shaar-i-Buz*
- Guidelines for Unani practitioners at: www.ccrum.net
- *Unani Management Services available at:* Regional Research Institute of Unani Medicine, D-11/1, Abul Fazal Enclave, Jamin Nagar, Okhla, New Delhi; Unani Medical Centre, Room No. 304, Dr. RML Hospital, New Delhi and Unani Specialty Centre, Deen Dayal Hospital, Hari Nagar, New Delhi



Visit your nearest doctor or health service centre immediately if you develop any symptoms of dengue like:
• Fever • Rash • Bodyache • Headache • Joints pain • Pain in eyes • Unexplained bleeding

Issued in public interest by



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