



Public Health and Family Welfare

Indian Medicine and Homeopathy Department

Greater Chennai Corporation

A kind request to the General Public



Yoga, Siddha and Natural medicine practices to increase the immunity



Take 1 tsp of Kabasura Kudineer and mix it in 1 glass of water. Heat it for 15-20 minutes till it reduces to 1/4th of a glass. Filter it and drink. Dosage - For kids its 30 ml and for elders its 60 ml to be taken in the morning

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Drink warm water every now and then



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Rinse your mouth in a little amount of warm water mixed with salt and turmeric, once in the morning and once in the evening

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Steam inhale water mixed with Tulsi, Nochchi or neem leaves and Turmeric powder once a day for 10-15 minutes



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Mix 1 pinch of turmeric powder, 3 pinches of pepper powder and brown sugar or jaggery for the taste in 1 glass of warm water and drink twice a day - morning and evening

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Natural Herbal Tea : Ginger - 5 grams, Tulsi - 10 leaves, Pepper - 1/4 spoon, Athimathuram - 1/2 spoon, Water - 250 ml and Turmeric powder - 1/4 spoon
Boil everything and filter it for use, adults can take 50 ml and children can take 20 ml two times in a day



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Neem flower Rasam, Thoothuvalai Rasam, Pepper Rasam - Drink either one everyday.

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Use below mentioned products to prepare herbal drink and adults can take 250 ml, children can take 100 ml two times in a day



Traditional amla - 50 ml, Tulsi - 50 ml, Lemon - 5 ml, Ginger - 10 ml, Turmeric powder - 1/4 spoon, Water - 150 ml

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Drink Pineapple, orange and sweet lime juice

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Everyday morning before 7.30 am or evening between 5 to 6pm, take sun bath for 15-20 minutes

