

## **Threat of Contagious diseases like Coronavirus - Boost your immunity Kit**

Given the condition in which the world is threatened with contagious Coronavirus, the government has given a call for social isolation of self-locking-down inside the house. Except the essential services all activities have come to a standstill. Also given the country's varied climatic condition at different locations, weather too may not suit everyone adding fear and panic in case of any disruption in health condition. Keeping the above critical situation, it is important to avoid becoming a victim to any such disease and save the precious life of self and family. Increasing or boosting the immunity level and maintaining a health chest and throat will go a long way in preventing any attack of contagious disease. As Homoeo medicines are safe without any side effects the following are suggested. You can buy Homoeo medicines from a nearby reputed Homoeo Medical Shop.

**Step 1:** Buy *Ars Alb 30* – In pill form in 10 gram bottle. Dosage: 3 Pill per dose for Adults – 1 Pill for Children up to 7 Years. Take 3 doses *Ars Alb 30* daily for 5 days only.

**Step 2:** 6<sup>th</sup> Day NO Medicines

**Step 3:** Buy *Phosphorus 200* – In pill form in 10 gram bottle. On 7<sup>th</sup> day take *Phosphorus 200* only one dose in the morning.

**Step 4:** Buy *Ocimun Santum Mother Tincture 30 ml* and *Tinospora Cordifolia Mother Tincture 30ml*. These two liquids shall be taken daily as long as possible and necessary, as follows:

1 Morning 8 am *Ocimun Santum Mother Tincture* - Drink 10 Drops mixed 15 ml lukewarm water. 2 Afternoon 12.15pm *Tinospora Cordifolia Mother Tincture* - Drink 10 Drops mixed 15 ml lukewarm water. 3 Evening 4 pm *Ocimun Santum Mother Tincture* - Drink 10 Drops mixed 15 ml lukewarm water. 4 Night 8 pm *Tinospora Cordifolia Mother Tincture* - Drink 10 Drops mixed 15 ml lukewarm water. Timing given above is appx. You can adjust as per your food habits. Children above 4 years same dosage. Other children ½ the medicine is sufficient.

**Step 5: Throat Infection 200** – Ask the Homoeo store to make the combination pills as follows: Mix 4 drops in each of the following medicines 200 potency in 30 ml bottle. 1 *Diphtherinum* / 2. *Pencillnum* / 3 *Phytolacca* -/ 4 *Steptococci*. To add 30 size empty Globules in the above liquid bottle and shake well. Now the Pill is ready for use. Mark with a label as “**Throat Infection 200**”.

Dosage: 2 Pill per dose for Adults – 3 doses daily as long as possible. Dosage: 1 Pill for Children up to 7 Years – 3 doses daily as long as possible. Note: In case of sore throat, take 2 pills every 30 minutes till improvement.

**Step 6: Clear Chest 30** – Ask the store to make the combination pills as follows. Mix 4 drops in each of the following medicines 30 potency in 30 ml bottle.

1 *Antim Tart* / 2. *Ipecac* / 3 *Nat Sulp* / 4 *Kali Bich*. Add 30 size empty Globules in the above liquid bottle and shake well. The Pill is ready for use. Mark with a label label as “**Clear Chest 30**”. Dosage: 2 Pill per dose for Adults – 3 doses daily as long as possible. One Pill for Children up to 7 Years – 3 doses daily as long as possible. Note: In case of any chest congestion, take 2 pills every 4 hour till improvement.

**Step 7: In case fever is noticed**

**Buy Bryonia Alb – CM potency**, in pill form in 10 gram bottle. **Dosage:** 2 Pill per dose X 3 doses per day for two days only -for Adults. In total only 6 Doses only. If fever still continues, consult or approach a nearby hospital.