



National Institute of Unani Medicine (NIUM)

(An Autonomous body under Ministry of Ayush, Govt. of India)

Head Office: Kottigepalya, Magadi Main Road, Bangalore - 560 091 (KA)

Satellite Institute: Kamla Nehru Nagar, Ghaziabad - 201002 (UP)



Daily Routine according to Unani System of Medicine

1. Wake up before sunrise.
2. Use *Nīm*, *Pīlū* or *Babūl* (*Acacia*) *Miswāk* (twig) to clean your teeth.
3. Start the day by drinking lukewarm water mixed with lemon and honey. It will help cleanse the stomach, relieve constipation, and bring a natural glow to the face.
4. Walk briskly for at least 30 minutes in the morning.
5. Add one lemon juice to your bath water to remove body odour and feel refreshed.
6. After bathing, dry the body with a clean cotton cloth and preferably wear cotton garments specially in Summer Season.
7. Have a sufficient breakfast that includes fibrous foods like fruits, fruit juices, vegetables, legumes, dry fruits, nuts, seeds, whole grains, etc.
8. Lunch should be rich in nutritious and fibrous foods.
9. If you are non-vegetarian, consume meat during lunch only.
10. If possible, rest for 10-15 minutes after lunch.
11. Avoid drinking too much water during meals; drink 1-2 glasses of water at least 1½ hours after meals.
12. Drink at least 10-12 glasses of water daily.
13. Take a short walk after dinner and avoid going to bed immediately.
14. Keep windows and ventilation open while sleeping.

Important Informations

Golden Words

1. Do not eat so much that the food ends up consuming you.
2. Do not fill your stomach completely with food, to maintain good health.
3. Eat to live, not live to eat.
4. A sick person who has an appetite is better than a healthy person who does not feel hungry.

Health Tips

1. In a healthy state, do not overeat like animals and make yourself sick.
2. The person who wants to maintain digestion and appetite should eat at a time one kind of food and in small quantity.
3. Do not eat until you feel genuine hunger.
4. Avoid hot food in summer and cold food in winter.
5. Eat breakfast like a King, lunch like a Minister, and dinner like a Pauper.

Precautions

Avoid the following immediately after meal:

1. Sleeping
2. Doing exercise
3. Drinking water

Sleeping During the Day

- Those habituated to daytime sleeping should not suddenly stop, as it may disrupt digestion. Instead, reduce it gradually or with breaks.

Daytime Sleeping is Harmful due to:

1. It dulls the brain.
2. It causes bad breath.
3. It weakens the body.
4. It reduces sexual vitality.
5. It induces laziness.



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Some Home Remedies for Selected Health Problems according to Unani System of Medicine

- 1) **Eye Pain** – Mix 3g alum and 3g *Rasot* in 60 ml rose water. Put 2 drops in each eye.
- 2) **Earache** – Mix 180 ml juice of fresh radish leaves with 60 ml sesame oil, boil it, and put 2 warm drops in the ear.
- 3) **Pyorrhoea** – Burn a piece of turmeric to make fine powder. Mix it with mustard oil and gently massage on the gums.
- 4) **Cough** – Mix 10 ml ginger juice with 10g honey and lick it.
- 5) **Nausea and Vomiting** – Mix onion juice, mint juice, ginger juice, and lemon juice in equal proportions and store it. Take 6 ml of this mixture, add it to 120 ml of water, and mix in a pinch of baking soda before administration
- 6) **Fever** – Crush 5g basil leaves and 1g black pepper in water and make 500 mg tablets. Give 1 tablet with water thrice a day.
- 7) **Weak digestion** – Mix 10g *Ajwā'in* (carom seeds) and 10g black salt with lemon juice, make 500 mg tablets, and give 2 tablets in the morning and evening.
- 8) **Intestinal Worms** – Boil 250mg seeds of *Palāsh pāprā* in water and give this decoction at night.
- 9) **Constipation** – Burn dried pomegranate root bark, extract its juice, and give 3g with water at bedtime. Also, take 1 spoon of *Aspaghul* Husk with lukewarm water in the morning and evening.
- 10) **Diarrhoea** – Grind dried *Bēl* pulp and white cumin seeds in equal proportion, and take 4g in the morning and evening.

Face and Skin Cleansing, their Common Disorders, and Home Remedies

- 1. Freckles on Face** – Grind *Masūr Dāl* (ground lentils) into a fine powder, mix it with lemon juice or vinegar, and apply it to the face as a paste. It is beneficial for removing facial spots, blemishes, and freckles.
- 2. Wrinkles on Face** – Grind sprouted wheat in milk and apply it to the face as a mask. It helps maintain skin elasticity and reduces wrinkles.
- 3. Acne** – Wash the face three daily with mild soap. Mix equal parts of lemon juice, glycerine, and rose water and apply, it is also beneficial in acne.
- 4. Dark spots due to Acne** – Take equal parts of gram flour, turmeric, and orange peel powder, mix them with rose water, and apply. This mask helps remove facial spots and blemishes.
- 5. Facial cleansing** – Gently massage raw milk onto the face. It is highly suitable for natural cleansing and softening of the face skin.
- 6. Dark Circles around Eyes** – Applying cucumber and potato juice around the eyes during the day, and almond oil at night, proves beneficial.
- 7. To Thicken Eyelashes** – Gently massage the eyelashes with castor oil. It is an effective remedy for making the eyelashes thicker and stronger.
- 8. Oily Skin** – Prepare a paste by mixing *Multānī Mittī* and sandalwood powder with rose water, and apply it to the face. It helps reduce excess oiliness of the skin.
- 9. Dry Skin** – Mix egg yolk with a few drops of lemon juice and honey, then apply it to the face. This mask makes the skin soft and smooth.