



COVID-19: A PROPETHIC & UNANI TIBB
APPROACH TO PREVENTION & TREATMENT

by M Salim Khan, M.D. (M.A.) M.H. D.O.
Senior Physician at Mohsin Health (established 1978)
Principal of the College of Medicine and Healing Arts

***“And We have sent you (O’ Muḥammad ﷺ) not except as a Raḥmah –
mercy for the ‘Ālamīn – worlds.” Sūrat al-Anbiyā’, āyah 107***

Spiritual Protection

- ✓ Reconnect and seek spiritual protection by doing the following every morning and evening. Recite Durood Shareef (Salawat) 10 times, recite Surah Fatiha once, recite Ayatul Kursi once, recite the final 3 Surahs (3 "Quls") 3 times each.

Personal Hygiene - DOs

- ✓ Wash your hands with soap and water often – do this for at least 20 seconds.
- ✓ Wash your hands regularly, especially when entering and leaving the home.
- ✓ Cover your mouth and nose with a tissue (not your hands) when you cough or sneeze. Put used tissues in the rubbish bin immediately and wash your hands.
- ✓ Try to avoid close contact with people who are unwell.

Personal Hygiene - DON'Ts

- ✗ Do not touch your eyes, nose or mouth if your hands are not clean.

Please Turn Over

Nutritional & Herbal - DOs

- ✓ Use black seed. 1/4tsp with warm water, first thing in the morning.
- ✓ Use olive leaf tea 1 to 3 times per day.
- ✓ Use raw organic honey. 1tsp in warm water, 1 or 2 times a day.
- ✓ Use 3-7 dates per day (ajwa dates are preferred).
- ✓ Use warm water with pure Himalayan salt to gargle twice a day.
- ✓ Use high potency Vitamin C. Suggested is 500mg 2 to 3 times per day with food.
- ✓ Use essential oils such as frankincense or lavender externally.
- ✓ Use Mohsin Immune Support Caps: mohsinhealth.com/product/immune-support

Nutritional - DONT's

- ✗ Avoid/minimise the use of animal products such as chicken, meat, and fish.
- ✗ Avoid the use of sugar and soft drinks.
- ✗ Avoid the use of iced and cold drinks.

Psychological / Emotional - DOs

- ✓ Continue and increase individual meditation and prayer practices.
- ✓ Engage in constructive and life-affirming activities, and discussions.

Psychological / Emotional - DONT's

- ✗ Avoid obsessive and fearful thinking, while remaining conscientious and aware. Remember that negative news is largely sensational, designed to invoke fear. Fear, anxiety and panic weaken the immune system.
- ✗ Avoid discussions, messages, updates, etc. constantly feeding negativity.

Physical and Environmental - DOs

- ✓ Get regular, gentle exercise (e.g. 20-min walk in nature).
- ✓ Get plenty of fresh, clean air (and avoid stale, stagnated air).
- ✓ Use bukhoor daily to cleanse the home / office air. You may use myrrh, frankincense, or black seed.

**Abd-Allah ibn 'Amr reported that the Messenger of Allah ﷺ used to say:
"O Allah! I ask thee health, pardon, trust, good conduct and contentment
with pre-measurement." (Bayhaqi)**