

# PREVENTIVE MEASURES OF DENGUE

## Personal Prevention

- Protect yourself against mosquito bites
- Avoid visiting areas prone to mosquitoes
- Apply mosquito repellent, ideally one containing DEET.
- Wear long-sleeves and long pants to cover your arms and legs.
- Use mosquito nets while sleeping.



Mosquito net



mosquito repellent



Full sleeve clothing

## Destruction of the Habitat of Mosquito

### Every Day

- Use insecticide sprays in dark corners (under the bed, sofa and behind curtains) and burn repellent oils inside your home.
- Turn over all water storage containers when empty and store them under a shelter.

- Cover bamboo pole holders when not in use.
- Loosen soil in potted plants to prevent accumulation of stagnant water on surface.

### **Alternate days**

- Change water in vases/bowls
- Remove water from flower/plant pot plates

### **Weekly**

- Clear fallen leaves and stagnant water in scupper drains and in the garden
- Clear any stagnant water in air cooler units

### **Monthly**

- Clear fallen leaves and other blockages in roof gutters
- Use sand granular insecticide in gully traps and roof gutter
- Clean the stagnant water reservoirs like ditches, ponds
- Release of Trout fish in ponds (stagnant water) to kill the mosquito larva.



## Natural Remedies for Mosquito bite

 <p><b>ALOE</b> Rub aloe vera gel or a broken leaf on the bite to alleviate itching.</p>		<p><b>White Tea &amp; Chamomile Tea Bags</b> It's likely that you've seen the old remedy of putting a tea bag on a bee sting, well, it's a true natural remedy, not just for bee stings, but for mosquito bites too!</p>	
 <p><b>HONEY</b> Apply a bit of honey to the bite to soothe the area.</p>		<p><b>BASIL</b> Crush fresh basil leaves &amp; apply to the skin. The thymol &amp; camphor in the basil are natural itch relievers.</p>	
	<p>A slice of onion will immediately remove pain from insect bites</p>		<p>Rub area with inside of banana peel</p>
 <p><b>Salt as Relief for Mosquito Bites</b> This seems to be the quickest of all home remedies for mosquito bites, simply moisten the bite area and then rub table salt, itching should cease immediately.</p>			<p>Apply lemon slice to affected area</p>

# Some Ayurvedic Herbs in Dengue



Papaya leaves  
(juice or tablet)



Nimba



Tulsi (Holy basil)



Lasun (Garlic)



Guduchi



Euphorbia (Dugdhika)

**By**

**Dr.NISCHAL GUPTA**

**M.D.,Kayachikitsa**

**Consultant Physician ,**

**National Ayurveda Research and Training  
centre**