

M M SHIRODKAR

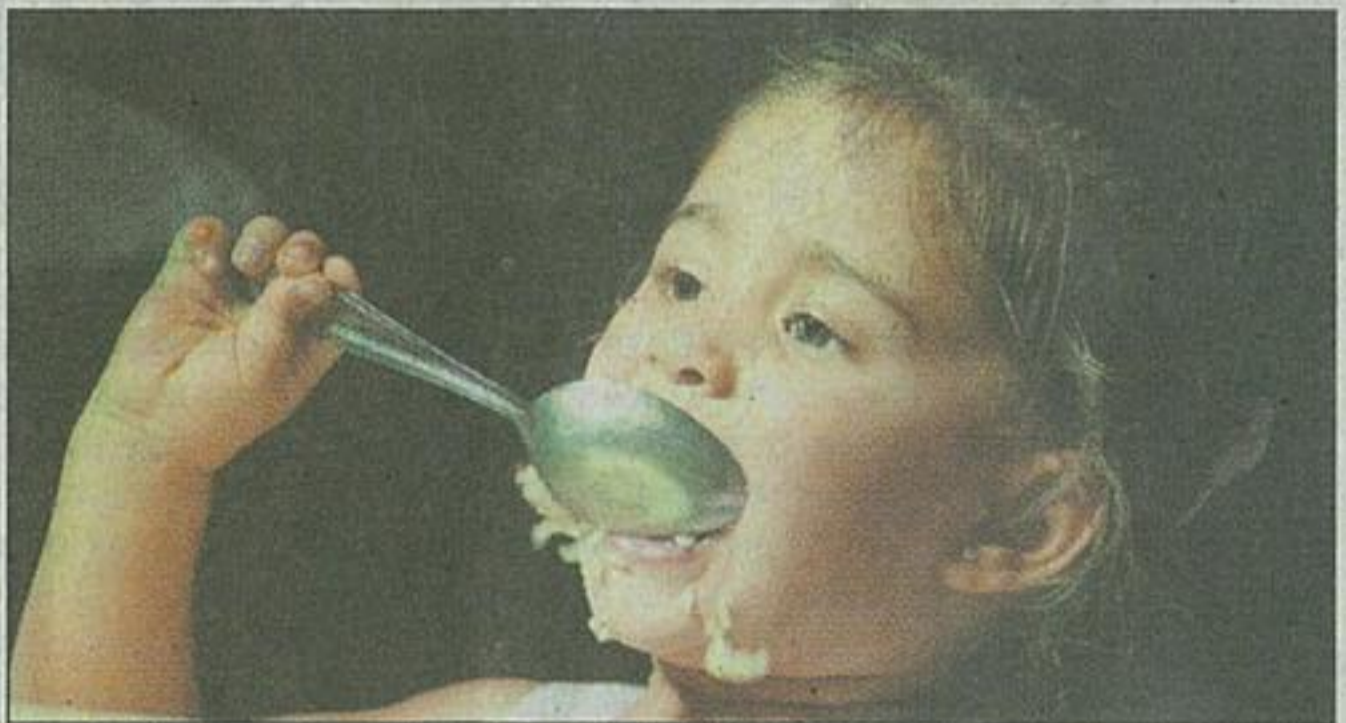
>> Youngsters and children are more susceptible to the H1N1 virus

# Parents stock up on *chyawanprash*

Sujatha Subraman

**A**nxious parents are trying out various home remedies to build up the immunity of their children. "I have heard that drops of Nilgiri oil helps during a flu. *Tulsi* plus ginger *khada* is also an old remedy which I am giving to my schoolgoing children along with *haldi* milk every night so that they remain protected from all kinds of virus attack," stated Sulekha Shetty, a worried mother from Shell Colony.

Paresh Shah, a medical store owner from Ghatkopar also admitted, "There is a great demand for *khadas* and *chyawanprash* because people want to boost their immune system." Kajal Tosani, a dietician from Chembur prescribes loads of fresh vegetables and fruits to build up the body's resistance to colds and bouts of coughing. "Your daily diet must include



a lot of vitamin C. Indian amla is the richest source of Vitamin C."

Commenting on the latest craze among the citizens to make a beeline for alternative treatments Rajani Gwalani, president of Indian Medical Association Chembur branch maintained, "Some of my patients told me about homeopathy pills which can act as a preventive measure. My advice to all is to do not ignore your illness. Make a visit to your family doctor so

that you are under the right care. If your condition worsens after a few days of taking treatment go to the nearest testing centre. Avoid visiting crowded places. It is advisable to cover your nose and mouth with a clean (washed and ironed) handkerchief." Members of IMA Chembur branch are planning to hold a series of talks at various venues to educate the public on the do's and don'ts to be observed during a swine flu attack.