

Government of India
Ministry of Health & Family Welfare
(Department of AYUSH)

At the instance of the Department of AYUSH, the Central Council for Research in Homoeopathy (CCRH) had convened a meeting of a Group of Experts in Homoeopathy, chaired by Dr. Diwan Harish Chand, Vice President of the Governing Body of the Council to suggest ways & means of prevention of flu like illnesses through Homoeopathy. The Group of Experts inter-alia has recommended that the homoeopathic medicine **Arsenicum album** could be taken as prophylactic medicine against flu like illnesses. It has recommended **Arsenicum album 30, one dose (4 pills of size 30 by adults and 2 pills by children) daily, on empty stomach, for 3 days**. The dose should be repeated after one month by following the same schedule in case flu like conditions prevail in the area. The Expert Group has further suggested that general hygienic measures suggested by the Ministry of Health and Family Welfare, Govt. of India, for prevention of the disease should also be followed by the public.

New Delhi
July 08, 2010