



## ***Ayurveda Health Tips***

### ***Seasonal changes – to avoid the flu***

The weather is changing and has an effect on the body and mind. Both have to adjust while passing from one season to the next. It is called Ritusandhi in Ayurveda (the junction of two seasons, where the body is more vulnerable and likely to experience imbalances, discomfort or symptoms).

During the summer, body struggles to keep its inner temperature to a cool 35-36°C when outside temperature can rise well above. It weakens the immune system. Now that the peak heat of the summer is over, thanks to the summer rain that cools down the atmosphere, we notice that days are warm, almost hot but nights can be slightly chilly, especially while sleeping. This is when a bit of humidity and coolness in the air can give sore throat, sneezing, coughing or slight fever.

In this season, Pitta ferments and shows signs of acidity, sourness or strong/foul smell in the body and some kind of bitterness, impatience, frustration, anger in the mind. Vata gets cold and makes the joints more painful, the digestion and bowel movements more irregular, and the mind might be imbued with anxious thoughts, worries, lack of concentration.

Adding an epidemic on top and we might feel more vulnerable. The Ayush Ministry published earlier last month some guidelines on what to do to boost the immune system.

#### **With the food**

- Eat only when hungry and when we are, eat the appropriate amount (both hands joined together is the size of the stomach)
- Take a warm, cooked meal with any spices to improve the digestion (all spices are good apart from red powder-chilli powder).
- Eat green leafy vegetables, take light dishes made with mung dal, vegetable soups... all pulses and dal are good when cooked with spices (eg: ginger, turmeric, black pepper, cumin, coriander, cinnamon, ajwain, basil, garlic etc).
- For non-vegetarian, eat white meat or small fishes.
- Drink warm water all day long (especially when there's a sore throat)
- Dinner should be light and taken 2 hours before going to bed
- Give energy to the body with cereals and grains such as: amaranth, barley, cooked oats, granola, rice
- Honey is the best sweetener
- Ghee used for cooking and Sesame and Olive oils for dressings

- Chew some neem leaves

#### **Some immunity enhancers:**

- **Giloy/Guduchi** (*Tinospora cordifolia*), a very good immune regulator; 1tsp of powder morning and evening in warm water
- **Amalaki (amla)**: full of vitamin C; consumed fresh if available or in powder
- **Turmeric**: Anti-inflammatory, can be used for gargling with warm water and a pinch of salt
- **Tulsi** (*Ocimum tenuiflorum/sactum*): for the lungs, fresh leaves in warm water
- **Ashwagandha** (*Whitania somnifera*): immune regulator and calming the nervous system; 1tsp morning and evening in milk or warm water
- **Ginger – Turmeric – Black pepper powders**: improves digestion and strength, ½ tsp of powder with warm water or lemon juice + honey
- Saffron, aloe vera, licorice
- **Chyavanprash Avaleha**: 1 tsp in the morning with breakfast

#### **You can prepare a decoction:**

1 handful of fresh Tulsi leaves or 4 big spoons of Tulsi powder

2 big spoons of Amla powder

2 big spoons of Ginger powder

2 big spoons of Turmeric powder

1 big spoon of Cinnamon powder

1/2 big spoon of Black pepper powder

Put all ingredients in 3 liters of water and bring to boil on low flame. Boil for 15 minutes and then let it cool down with all the plants and powders. When it's cold, filter and keep in a bottle or glass container in the fridge.

**DOSE: It is better taken warm, twice daily before food (breakfast and lunch), 2 big spoons of decoction.**

The left-over herbs can be boiled again in 2 liters of water for 5-10 minutes. It won't be as strong but still have a potential to give good energy.

#### **In the activities, help Pitta and Vata to be centred and grounded:**

- Keep warm, take warm showers, cover your neck from chilled breeze
- Yoga, Pranayama, Meditation, observing the breathing movements in the abdomen, Yoga Nidra, Body Awareness, Qi-Gong, Tai Chi...
- Regular exercise, 30 minutes daily
- Gardening, cultivating, weeding, cooking
- Oil pulling with 1 Tbsp of sesame or coconut oil, keep in the mouth for some time, spit it out and rinse the mouth with warm water (can be done early morning or at bedtime after brushing the teeth)
- Nasya: pour 2 drops of sesame oil or Anu Tailam in each nostril
- Fragrances: sandalwood, rose, jasmin

Along with other measures of hygiene and mask wearing, advice from other medical systems,

Let's be all well and healthy.

Be at Santé Clinic