

SOME TIPS FROM AYURVEDA

Ayurveda's immunity boosting measures are recommended as they may possibly boost an individual's immunity against infections. These are supported by Ayurvedic literature and scientific publications.

- ✓ Drink warm water throughout the day.
- ✓ Daily practice of Yoga Asanas, Pranayama and meditation for at least 30 minutes are advised by Ministry of AYUSH.
- ✓ Spices like Haldi (Turmeric), Jeera (Cumin), Dhaniya (Coriander) and Lahsun (Garlic) are recommended in cooking.

- **Ayurvedic Immunity Promoting Measures**

- ✓ Take Chyavanprash 10gm (1tsf) in the morning. Diabetics should take sugar free Chyavanprash.
- ✓ Drink herbal tea / decoction (Kadha) made from Tulsi (Basil), Dalchini (Cinnamon), Kalimirch (Black pepper), Shunthi (Dry Ginger) and Munakka (Raisin) - once or twice a day. Add jaggery (natural sugar) and / or fresh lemon juice to your taste, if needed.
- ✓ Golden Milk- Half tea spoon Haldi (turmeric) powder in 150 ml hot milk - once or twice a day.

- **Simple Ayurvedic Procedures**

- **Nasal application** - Apply sesame oil / coconut oil or Ghee in both the nostrils (Pratimarsh Nasya) in morning and evening.
- **Oil pulling therapy**- Take 1 table spoon sesame or coconut oil in mouth. Do not drink, Swish in the mouth for 2 to 3 minutes and spit it off followed by warm water rinse. This can be done once or twice a day.

- **During dry cough / sore throat**

- ✓ Steam inhalation with fresh Pudina (Mint) leaves or Ajwain (Caraway seeds) can be practiced once in a day.
- ✓ Lavang (Clove) powder mixed with natural sugar / honey can be taken 2-3 times a day in case of cough or throat irritation.
- ✓ These measures generally treat normal dry cough and sore throat. However, it is best to consult doctors if these symptoms persist.

Please visit <https://www.ayush.gov.in/docs/123.pdf> for further details