



Follow Ayurveda and Stay Healthy

A Guide to Healthy Lifestyle

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PREFACE



The collection of articles contains information and suggestions over a way of life one can have with the help of Ayurveda.

A person can stay healthy by following the guidelines about favorable diet and lifestyles through seasons.

In my own life, I have passed through different stages, and God had been kind in all my endeavors.

With a degree in Ayurveda and experience of practicing in the same field for more than 25 years I had to shoulder the responsibility of bringing up this guide available to almost every individual in the country so that we get back to the basics and nurture the rich lifestyle that we had discovered years ago through Ayurvedic Science.

Dr.Sangeeta Pahuja

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Know Ayurveda

Ayurveda is an ancient medical system which is more than 3000 years old. According to mythological story, Dhanwantri was the first physician to use Ayurveda.

Ayurveda texts begin with the accounts of the transmission of medical knowledge from the Gods to sages and then to human physicians. Ayurveda is as old as life on this earth.

Dhanwantri (called as Hindu God of Ayurveda) taught medicine to a group of physicians including Sushruta.

Acharayas of Ayurveda

Ashwinikumar	Pael
Dhanwantri	Karath
Divodas	Agastaya
Nakul	Atri
Sahdev	Bhed
Arki	Jatukatna
Chaywan	parashar
Janak	Ksheerpaani
Buddh	Harit
Javal	Charak
Jajli	Sushrut

Ayurveda is made up of two words

Ayu means life

Veda means knowledge.---Knowledge of life.

It's not only about how to get rid of diseases by using herbs. It's about how to create a perfect balance between nature and our body.

Principle of Ayurveda

स्वस्थस्यस्वास्थ्य रक्षणम्, आतुरस्य विकार प्रशमनम्।

Swasthasay swasthay Rakshnam Aaturasaya vikar prashmanam.

Means To keep a healthy person Healthy and to treat the diseased person.

So focus on being Healthy by following Ayurveda.

Usually people visit the doctor when they are sick.Of course it's ok but if we concentrate on not being sick,life will be beautiful.Ayurveda is the path to such wonderful healthy life.

Nature has 5 elements

Space--Aakash

Water--Jal

Fire--Agni

Air--vayu

Earth--Prithvi

Called Panchmahabhut

These elements compose the living and non-living material as well.

Based on Panchmahabhut concept people are distinguished into three categories.

Vata(air+ether or space)

Governs the principle of movement

Pitta(Fire +Earth)

Is the process of transformation or metabolism

Kapha(Water+Earth)

Is responsible for the growth and structure of the body.

The balance of these trienergies keep us healthy and this balance can be maintained by our diet and lifestyle and different Ayurvedic herbs and purification procedures are done(if toxins in the body are abundant, then a cleansing process known as panchkarma is recommended to eliminate these unwanted toxins).

This balance is disturbed by irregular lifestyle, prolonged physical and mental stress,poor dietary habits,incompatible food, misuse of senses.

Definition of Health in Ayurveda

**सम दोषः समाग्निश्च, समधातुमलक्रिया
प्रसन्नात्मेंद्रिय मनः स्वस्थ इत्यभिधीयते।**

Means balanced Vata-Pitta-Kapha(called Tridoshas),The Digestive fire(called Jatharagni in Ayurveda),balanced physiological functions of body(proper functions of saptdhatu-Ras,Rakt-mansa-Meda-Asthi-Majja-Shukra),proper excretion of toxins,happy soul,senses and mind (Aatma-Indriya-Mana) is health.

Ayurveda describe medicine as being divided into eight components.

- Kayachikitsa(General medicine)
- Kaumarabhrtya(Paediatrics)
- Shalyatantra(surgical techniques)
- Shalakyantra(ENT)

- Bhutvidya(psychiatry or manorog chikitsa)
- Agadtantra(Toxicology)
- Rasayantantra(Rejuvenation)
- Vajikarantantra(Aphrodisiac).

Ayurveda provides guidance about diet and lifestyle to stay healthy.

Which includes:

- Dincharya(Daily Routine habits)
- Ritucharya(Diet and lifestyle according to season).

By following the diet and lifestyle guidelines one can stay fit and healthy. Children should strictly follow these guidelines to grow into a healthy young.

Dincharya (Ayurvedic view)

Ayurveda has described Dincharya for a healthy life. By following it we can keep ourselves healthy.

What is Dincharya?

The word Dincharya is made up of two words.

Dina means day

Charya means activity

Ayurvedic daily routine is called Dincharya.

- When we begin the day with a routine and in a planned way, it sets up for a stress free day by helping us to keep Tridosha's in balance.
- Daily routine is necessary for maintaining a healthy mind, body and spirit.
- It helps in establishing a balanced constitution.
- Aids in digestion and absorption.
- A disciplined life leads to peace, happiness and longevity.

A day consists of two cycles

Sun cycle

Moon cycle

For each cycle, there are four periods dominated by Vata, Pitta and Kapha energies. Similarly we have Vata, Pitta, Kapha energies with in our body in various strength and combinations.

Hence it is beneficial if we can prevent activities that aggravate the cycle of Vata, Pitta and Kapha.

First cycle

6am-6pm

Sunrise to sunset

6am-10am is kapha Pradhan

10am-2pm is pitta Pradhan

2pm-6pm is Vata Pradhan.

Wake up time

We Should try to wake up two hours before sunrise. This is the vata Pradhan time and satva pradhan time. Quality of air is also good at this time.

This period is called Brahmamuhurat. This is the best period to learn anything new. This time is beneficial for the students to learn something and for reading as they can grasp easily in this period in comparison to the rest of day. Exception for this rule includes sick people or small kids and Very old person.

Drink two glasses of lukewarm water and evacuate your bowl.

Evacuation in the morning once you wake up is strongly recommended in Ayurveda. As waiting longer could increase the Aama or toxins in the body and leads to imbalance of Tridoshas and causes diseases.

Cleanse your sensory organs

Wash your eyes, brush your teeth and clean your tongue. Coating on tongue is the sign of Aama according to Ayurveda.

Nasya or Neti is also recommended to clear your nose and respiratory channels.

Massage oil on the scalp, forehead, temples, hands, feet and the rest of the body for your organs to function well. Daily massage makes your body strong and prevent you from premature ageing .

Indulge in vyayam or some sort of physical activity like light exercise, Yoga, breathing exercises etc. As early morning is Vata time, is good for flexible morning exercise helps to remove the stagnation in the body and helps to rejuvenate your body and mind for a productive day.

Bath after a while after finishing the exercise with lukewarm water.

Do meditation for some time.

Meditation is an important part of Ayurvedic Dinacharya. as it helps to increase self-awareness.

Have fresh, warm and nutritious wholesome breakfast. As we have long fasting since yesterday night, our body will be depleted of all nutrients. So a healthy breakfast is necessary to energize ourselves. It's a myth that some people skip breakfast to lose weight. Skipping the breakfast in the morning will leave us depleted of energy and lethargic.

Now you can continue with your work, daily chores, be it work, study or performing other activities.

Noon

Should be taken between 12pm -2pm. The sun is strongest at this time and so is our digestive fire or Agni. Having lunch at this time helps to digest the food properly. Skipping lunch or having late or irregular timings of lunch is the primary reason for many metabolic disorders.

After every meal should walk a bit for the better digestion.

Avoid day sleeping. As it slows the process of digestion.

Second cycle

Moon cycle

6pm-6am

6pm-10pm....Kapha time

10pm-2am....Pitta time

2am-6am.....Vata time

Sunset time

This time is considered another satvik time of the day. We should finish our all planned work by this time. Do meditation for few minutes.

Try to stay calm and enjoy the nature by a calm walk or looking at the beauty or splendour of the nature.

This is an important time to relax and disconnect yourself from the rest of the world atleast for a short period.

Dinner

Ayurveda recommend to have dinner atleast 3 hours before bedtime. Dinner should be lighter than lunch. Having dinner by 7pm is ideal to have a better digestion. As it helps to prevent the accumulation of Aama(toxins) in the body. Undigested food is what turns into Aama and hence it is strongly recommended to have an early dinner.

Sleeping Time

Ayurveda strongly recommend that we should sleep by 10pm at night. It's Kapha time of the day and our body naturally feels heavy and demand of sleep.

If we miss the time and still awake then we move into Pitta time or the time of intense activity and will be difficult to sleep.

People suffering from Insomnia are the ones who stay awake late night

6-7 hours' sleep is mandatory to stay healthy and to cope up with our daily chores.

Keep yourself healthy by following this Ayurvedic Dincharya. And you can keep yourself away from all lifestyle disorders.

RITUCHARYA

The word Ritucharya is derived from two words- Ritu means Season and Charya means Routine.

According to Ayurveda Ritucharya plays an important role in one's life to stay healthy. By following the Ritucharya guidelines of Ayurveda we can keep ourselves away from diseases.

A year has been divided into two periods according to the position of Sun. These two periods are called

Aadan kaal -(Uttarayan--Aagney--agni guna pradhan or Northern Solistice)

Visarg kaal -(Dakshinayan--Saumya--sheet guna Pradhan or Southern Solistice)

Aadan kaal includes 3 seasons – (a) Shishir (Magha,Phaga) or late Winter, (b) Vasant (Chaitra,Vaisakh) or Spring, and (c) Grishm (Jyeshtha, Aashad) or Summer

Visarg Kaal includes 3 seasons – (a) Varsha (shravan, Bhadrapad) or Rainy season, (b) Sharad (Ashwin, Kartika) or autumn, and (c) Hemant (Margsheesh, Pausha) or winter

Ayurveda provides guidance about diet and lifestyle in different seasons to stay healthy. By following the same one can stay healthy.

HOW TO STAY HEALTHY IN VARSHA RITU
(Rainy season)

VARHA RITU (15th July-15th September) has Vata prakop (raised vata), pitta sanchay and Amal Ras (sour) pradhan. That's why leads to problems like weak metabolism, low physical stamina, Indigestion, joint pain, skin diseases, blood Disorders and bacterial and viral infections. As this season is Vata Pradhan, so old age persons should take special care.

Favourable diet and Lifestyle

Consume Vata Pacifying food

Sour, salty and sweet (madhur, Amal, lavan) Ghee and milk Gourd, parval, bitter gourd, torai, ginger, cumin methi garlic, green gram, honey mango lemon, jamun, Haritaki, saindhav lavan etc.

Drink fresh and filtered or boiled water.

Avoid following food items

Potato and other tubers, Rice, cabbage, cauliflower, spicy, heavy and stale food, aerated drinks, fish , mutton, curd, leafy vegetables, chilled water etc.

Lifestyle

Avoid day time sleeping, and night time awakening. Don't stay empty stomach for long time.

HOW TO STAY HEALTHY IN SHARAD RITU
(Autumn)

Autumn season (15th september to 15th November) has Pitta prakop (Aggravated Pitta) and lavan(salt) Ras pradhan and person has the medium metabolic strength.

During Autumn weather has many changes,even interference between Summer and winter.Therefore in the Autumn the temperature of day time and night may be erratic and have large fluctuations. Therefore, this season leads to many problems like Eye infections, Skin

infections, Allergic asthma, Gastroduodenal ulcers and increased risk of heart disorders.

Favourable diet and lifestyle

Diet

Follow Pitta Pacifying diet madhur, tikt, kashay (Sweet, Bitter and Astringent) food items are Pitta Pacifying.

Barley, wheat, moong Dal, sugarcandy (shakkar), honey, patol, Amla, Jaggery, Grapes, milk, meat of dry land animals, pineapple, raisins, apple, avocado, beans, tofu, cow milk, cow ghee, Triphla Churna, Cardamom, Dalchini, Sweet fennel etc.

Lifestyle

Moderate exercise

Wear flower Garland of this season

Apply paste of sandal on body

Eat after short intervals.

Unfavourable diet and Lifestyle

Diet

Avoid oily, spicy, heavy, sour food items like curd, flesh of Aquatic animals.

Lifestyle

Avoid sun exposure

Heavy exercise

Don't stay hungry for long hours

Avoid overeating

Avoid day sleeping

Sweet-Sour-Salty (Madhur-Amal-Lavan) food items are good to consume.

Wheat, Besan, milk and milk products, sugarcane products, Jaggery, til, Dates, cow

ghee, maize, urad Dal are good to eat. Seasonal fruits and vegetable juices, moong Dal khichdi, ginger, garlic are also good to consume.

Fruits like Apple, guava, grapes, Kiwi, pomegranate and citrus fruits have antioxidants and phytonutrients and have anti-viral, anti-fungal properties, hence are good to consume for the prevention of seasonal problems like cold, flu, asthma, bronchitis etc.

Herbs like ginger, garlic, clove, cinnamon are good to add in your daily diet for prevention of Respiratory infections.

Consume ginger and garlic with rock salt 15minutes before meals. It will increase the appetite and will reduce cough also.

Consume 1/2tsf Haritaki churna at bed time if someone has Habitual constipation. It also improve digestion.

Consume lukewarm water with lemon juice to strengthen the metabolic system.

Avoid Eastern wind

HOW TO STAY HEALTHY IN HEMANT RITU (Early Winter)

Hemant Ritu (15th November-15th January) is Madhur Ras pradhan. Metabolic strength is strong in this season. So we can have heavy and oily food items to satisfy the metabolic fire (Jatharagni).

In this season due to cold vata gets absorbed in our body and deteriorate the Dhatus and leads to some problems like cold, cough, dry skin problems like psoriasis, Athritis, viral fever etc.

FAVOURABLE diet and lifestyle

Madhur-Amal-Lavan (Sweet-Sour-Salty) Ras pradhan food items are good to consume in this

season to satisfy the metabolic fire and to pacify vata.

Wheat, Besan, whole wheat bread, milk products, sugarcane and sugary products, corn, hot milk, Jaggery, Ghee, Mishri, Amla, Lemon, spinach, leafy greens, clarified butter, Brussels, sprouts, Kiwi, guava, Grapefruit, Jamun, Pomegranate, flesh of Aquatic animals, Coconut, Raisins, curd, cheese, Kheer and herbs like mint, ginger, garlic, coriander, fennel, chamomile are good to consume ,as they are helpful to remove the toxins from the body .

FAVOURABLE LIFESTYLE

Do head massage with oil at least twice a week

Body massage with oil

Sesame oil infused with Bala herb help to prevent skin problems

Sunbathing

Stay in warm and cozy places.

Wear warm clothes.

Do exercise.Yoga and Pranayam

UNFAVOURABLE DIET AND LIFESTYLE

Avoid dry, cold and light food items in excess.

Acreated drinks

Avoid pungent Bitter and Astringent (Katu-tikt-kashay) food items.

UNFAVOURABLE LIFESTYLE

Avoid luxury and leisure

Avoid day sleeping

Do not stay empty stomach for long time.

Avoid suppression of natural urges.

HOW TO STAY HEALTHY IN WINTER SEASON

SHISHIR RITU (15th January- 15th March)

Shishir Ritu is Tikta Ras (Bitter) pradhan. Kapha sanchay (accumulation) during the winter season is due to cold and damp caused by winds, clouds and rain.

Metabolic strength is strong in this season, so we can consume heavy and oily food items during this season in comparison of other seasons.

Due to cold in winter season vata gets absorbed in our body and deteriorate the Dhatus and can lead to some problems like joints pain and Respiratory infections.

Favourable diet and lifestyle

Drink concoction (kadha) of ginger, clove, tulsi, cinnamon, mulethi (licorice) in the morning to prevent respiratory infections.

Consume fibrous food, green vegetables, sprouted grains,nuts on regular basis.

Drink gourd(lauki) juice empty stomach, you can add Tulsi and mint leaves for additional benefits.

Til should be consumed to balance the disequilibrium of Vata Dosha.

Favourable life style

Wear woollen clothes and cover your head and ear while going outside.

Opt for active lifestyle

Drink lukewarm water

Do regular exercise

UNFAVOURABLE DIET AND LIFESTYLE

Avoid Bitter, pungent and Astringent (Katu-tikt-kashay) food items.

Avoid day time sleeping

Avoid suppression of natural urges

Don't stay empty stomach for long hours.

Avoid luxurious and sedentary lifestyle.

People suffering from hypertension and cardiac problems should avoid. Early morning and late evening walk.

Avoid heaters in closed room because it reduces moisture and causes throat irritation.

Vasant- Ritu (15th March-15th May).

Vasant-Ritu is called as Sandhikal of winter and summer in Ayurveda. So diet and lifestyle changes are required to cope up with the fluctuating temperature and to balance the Tridoshas to stay healthy.

This month has raised kapha Dosha (kapha prakop), kashay ras pradhan (astringent) by nature. That's why our body has average metabolism in this season, which leads to Respiratory infections and metabolic disorders.

So we have to follow some dietary and lifestyle changes to cope up with the season's nature to stay healthy without any medication.

Preferable foods

To pacify kapha consume, Barley, Wheat, Dalia, Chickpeas, old sali rice, maize, masoor, arhar, Radish, Gourd, carrot Bathua, chaulai, parval, mustard leaves, Methi, Spinach, Coriander, Ginger, Turmeric, cucumber, water melon, Panna (Raw mango drink)etc.

Take Haritaki churna 3gm in the morning empty stomach will help to pacify kapha.

Boiled water with saunth is good to balance Kapha.

Take fresh neem leaves with black pepper to prevent skin allergies.

Consume Katu-Tikt-Kashay (bitter-pungent-astringent) food items to pacify kapha.

Foods to avoid

Heavy, Sour, Salty, Hot spices, sugarcane, onion, Potato, Buffalo milk, Dry foods (like biscuits, rice cakes etc. which leads to dehydration), undercooked vegetables.

Lifestyle

Avoid night time awakening (should sleep by 10 pm) 6-7 hour sleep is must. Avoid day time sleeping

Do exercise regularly (preferably in the early morning). It reduces the accumulated kapha.

Massage and hot water bath help to balance Kapha

GRISHM RITU (15th May-15th July)

This month has vata sanchaya (mild increase) and Katu (pungent) Ras pradhan in nature. That's why leads to headache, giddiness etc. And over exposure to heat increased Pitta which leads to Gastrointestinal problems like acid reflux, diarrhoea, dysentery, vomiting, skin rash, acne and emotional mood swings like frustration, anger, impatience etc.

So, we have to follow some dietary and lifestyle changes to cope up with the season's nature to stay healthy without any medication.

Preferable foods

We need to balance Pitta in summer regardless our constitution. Our digestive fire (Jathargni) is naturally low during hot weather and we often experience decrease in appetite. So we should take care of this change by eating in moderation. Drink plenty of water throughout the day as it helps in flushing out the toxic matter from the

body. Include ample of fruits and vegetables in your diet to beat the summer heat i.e.. watermelon slices, cucumber salads, Coconut water, barley water, sweet lassi ,sweet cherries, sweet berries, egg whites, most grains, organic milk, soft cheese, bitter gourd, pumpkin, leafy greens, sprouts, asparagus, chaulai, sehjan, potato, mint, pomegranate, Grewia asiatica (phalsa) etc.

Consume herbal tea instead of carbonated drinks like mint tea which provides amazing relaxation and stamina. Barley water (Sattu) is another good choice to beat the heat.

Foods to avoid

Oily, spicy and sour foods like garlic sauces, marinated olives, Alcohol etc.

Do not consume stale or leftover food as they contain harmful bacteria. Avoid tea, coffee, carbonated drinks because they will make you more dehydrated.

Lifestyle

Wear loose and cotton clothes, drink water before going outside. Drink water after short intervals in case of night awakening to balance vata and kapha. Do swimming, relaxing in shades have cooling and calming effects.

PRAKRITI

In Ayurveda Prakriti represents the physical and mental constitution of an Individual. A state of disease occurs whenever there is a deviation from the normal constitution of a person. According to Ayurveda Prakriti or Constitution is formed at the union of sperm and ovum inside the womb. Predominance of three Doshas, five Elements and three Gunas at the time of fertilization of ovum determine our physical and mental traits. Different individuals have different combinations of these Doshas and Gunas and hence each individual has a unique Prakriti. People residing in different environment are affected by the environment and body try to maintain a balance with the environment.

Imbalance of Doshas causes deviation from Prakriti causes disease which is called Vikriti. The Tridoshas are (1) Vata, (b) Pitta and (3) Kapha. Likewise, Five Elements are (1) Aakash, (2) Vyau, (3) Agni, (4) Jal and (5) Prithvi, while, Triguna are (1) Satva, (2) Raja and (3) Tama. And are paired as under –

Doshas	Basic Elements	Gunas
Vata	Vayu and Akash	Raja
Pitta	Agni and Jal	Satva
Kapha	Prithvi and Jal	Tama

Types of Prakriti are – (a) Sharirik (Physical) and (b) Mansik (Mental)

Sharirik Prakriti is classified into seven types based on combination of Doshas – (1) Vata, (2) Pitta, (3) Kapha, (4) Vata-Pitta, (5) Pitta-Kapha, (6) Kapha-Vvata and (7) Tridoshas

Based on three Gunas Mansik prakriti is classified into three types – (a) Satvik, (b) Rajsik, and (c) Tamsik

Characteristics of different types of Prakriti are Traits and Body size and are classified as (a) Vata (Thin and lean), (b) Pitta (Medium) and (c) Kapha (well built).

- (1) Accordingly, **weight** of persons with predominance of the Dosha are : (a) Vata- they have less weight and gain weight with difficulty, (b) Pitta – they are medium and easily lose and gain weight, and (c) Kapha – they are overweight and difficult to lose weight.
- (2) As regards **complexion** its dependence on Dosha are : (a) Vata – they are dark, blackish, (b) Pitta – they are pink to red, and (c) Kapha - they are glowing white). Skin type are based on

- (3) Correlation of **Skin type** to Dosha are : (a) Vata - dry, rough, (b) Pitta – Soft and more sweating, (c) Kapha –Moist.
- (4) Whereas, **Hair colour** is related to Dosha as : (a) Vata -pale brown), (b) Pitta - red or brown, and (c) Kapha – black.
- (5) **Hair appearance** in respect its grasping power is related to Dosha as : (a) Vata - Thin and Dry, (b) Pitta- grey and baldness, and (c) Kapha -silky, curly and dense.
- (6) Where as **Pulse rate** per minute goes with Dosha as : (a) Vata – fast in the range of 80-100, (b) Pitta – in the range of 70-80, and Kapha- in the range of 60-70.
- (7) **Bowel movements** with Dosha is : (a) Vata-Irregular, (b) Pitta – fast, (c) Kapha –Moderate.
- (8) Relevance **of characteristic** of **Nails** to Dosha is: a) Vata -blackish, small, brittle, (b) Pitta - Reddish, small, (c) Kapha -pinkish, big, smooth.
- (9) **Size and colour of teeth** of a person relate to Dosha as : (a) Vata -Very big or very small, (b) Pitta -medium sized, yellowish, and (c) Kapha - Pinkish, big, smooth.
- (10) **Pace of performing work** individuals is related to Dosha as : (a) Vata - fast, (b) Pitta - Medium, Energetic, (c) Kapha- Slow, steady
- (11) Whereas, **Mental ability** of a person predominance of Dosha as : (a) Vata - Quick, Restless, (b) Pitta – Intellect, and (c) Kapha – Calm, Stable.

- (12) But, **dependence of Memory** on Dosha is : (a) Vata -Short term bad, grasp quickly and forget quickly, (b) Pitta- Good memory and grasp quickly, (c) Kapha - Long term best, grasps late but retains for longer time.
- (13) **Sleep pattern** of individuals with Dosha are related as : (a) Vata – Interrupted, (b) Pitta – Moderate, (c) Kapha- Sleepy, Lazy.
- (14) **Intolerance** of a person depends upon weather condition and its correlation to Dosha is : (a) Vata – when cold, (b) Pitta – when hot, (c) Kapha – when moist.
- (15) **Reaction** of a person under adverse situations is dependent on predominance of Dosha as : (a) Vata Anxiety, Irritability, (b) Pitta –Aggressive, (c) Kapha – Calm.
- (16) Likewise, **Mood** of a person is regulated by Dosha as : (a) Vata - Changes quickly, (b) Pitta -Changes slowly, (c) Kapha –Stable.
- (17) **Eating habits** of a person are dependent upon Dosha as : (a) Vata - Eat fast, (b) Pitta – Moderate, (c) Kapha - Chew food properly.
- (18) **Hunger** of a person depends upon state of Dosha as : (a) Vata - Irregular , (b) Pitta - Sudden hunger pangs, (c) Kapha - Can skip any meal easily.
- (19) **Body Temperature** varies with Dosha as : (a) Vata - Less than normal, (b) Pitta - More than normal, and (c) Kapha – Normal.
- (20) **Strength of Joints** with Dosha depends as : (a) Vata – Weak, (b) Pitta – Healthy, (c) Kapha - Heavy weight bearing.
- (21) **Quality of voice** is related to Dosha as : (a) Vata - Rough with broken words, (b) Pitta - Fast and commanding, (c) Kapha –soft.
- (22) **Dreams** of person depends on state of Dosha as : (a) Vata - Sky, wind, flying objects, (b) Pitta - Fire, light, violence, (c) Kapha - water, pool, garden, good relationship.
- (23) **Social Relations** pattern with Dosha as : (a) Vata - Makes less friends, (b) Pitta - Good number of friends, (c) Kapha - Love to socialize.
- (24) **Wealth management** of a person depends on state of Dosha as : (a) Vata - Spend without thinking much, (b) Pitta - Saves money, spend only worthy things, (c) Kapha - prefer savings.
- (25) **Walking pace** of a person is regulated with Dosha as : (a) Vata – Quick, (b) Pitta – Average, (c) Kapha –Slow
- (26) **Communication skills** of a person on conditions of Dosha is : (a) Vata - Fast, Irrelevant talk, (b) Pitta - Good speaker (c) Kapha - Authoritative, firm.
- (27) **Emotions** of a person depend on predominance of Dosha as : (a) Vata – Enthusiastic, (b) Pitta – Warm and angry, (c) Kapha - Calm and affectionate.
- (28) Likewise, **Mind** of a person depends on state of Dosha as (a) Vata - Quick, adaptable, (b) Pitta - Penetrating and critical, (c) Kapha - Sslow and lethargic.

The type of food one eats increases or Decreases the Doshas in the body and causes related diseases. Following the right diet and lifestyle according your Prakriti helps to maintain the balance between Tridoshas and leads to good health.

Aahar- Vihar

In My previous articles I have explained about how you would know about your prakriti in this article will explain about which diet and lifestyle is helpful for people of different constitution.

It is essential to first know your Prakriti (Vata, Pitta or Kapha) and keep yourself healthy by balancing the Tridoshas.

Vata Pacifying Food - Sweet-Sour-Salty (Madhur-Amal-Lavan) food items pacify Vata.

This includes wheat, old basmati rice, kulath , mustard, patole, bathua, gourd, chaulai, sahjan carrot, phalsa , sweet mango, pomegranate, walnut, almond, figs,dates etc.

Vata Pacifying Herbs are Saunth, Asafoetida, Ajwain,Methidana, Pippali, Dalchini, Jaiphal, Cardamom, Haritaki, Castor oil, Guggul, Giloy, Ashwagandha,Shatavari, Bhringraj etc.

Unfavorable lifestyle in case of Vata is avoid day-time sleeping, night awakening, suppression of natural urges, fasting for long hours, anxiety,fear.

Vata Pacifying Lifestyle requires regular body massage with Til oil or Almond oil, proper sleep. hot water bath, drink lukewarm water alongwith Yoga, Pranayam and Meditation.

Unfavourable diet and lifestyle for Vata Prakriti is to avoid sali rice, barley, roasted chana, moth,masoor, arhar, excess sugar, cauliflower, peas, French beans, tea, coffee, Alcohol, drugs.

Pitta Pacifying Food - Sweet-Bitter-Astringent (Madhur-Tikt-Kashay) foods pacify Pittaj.

This includes barley, oats, wheat, white basmati rice, broccoli, cauliflower, cucumber, beans, green capsicum, green vegetables, mushrooms, ladyfinger, tomato, gourd, apple, avocado, orange, guava, pineapple, grapes, mango, figs, tofu, sunflower seeds, jaggery, cardamom, dalchini, coriander, sweet fennel, saffron etc.

Unfavourable diet and lifestyle for Pittaj Prakriti includes oily, spicy food items, sour and salty foods.

Avoid Anxiety,

As regards lifestyle it is to avoid irregular eating habits, ever sleep just after having meals.

Kapha Pacifying Food - pungent, bitter, astringent (Katu-Tikt-Kashay) food pacify Kapha

This includes ginger, garlic, onion, black pepper, neem, bitter gourd, spinach, turmeric, honey, drakshavleh, fennel etc.

Consume moderately potato, rice, excess cereal, radish, ladyfinger, olive, tomato, cucumber, sweet potato, curd, milk, coconut.

Unfavorable diet for kapha Prakriti include - oily, heavy food items. curd, yoghurt, paneer, chocolate, sugary products, refrigerated food, don't drink milk with other food items.

Kapha Pacifying Lifestyle is active life, exercise,

Swimming and running.

Unfavorable lifestyle is sadantary lifestyle, excess sleeping, overeating,

Triphla Churna is Tridoshshamak. Add the required food items in your daily diet to balance the Tridoshas.

Seasonal Diseases : Prevention and Treatment

In this series of articles, we will describe how can we prevent and treat ourselves from the diseases in particular seasons.

In this month Hemant Ritu (early winter) has started. In this season due to cold, Vata gets absorbed into our body and deteriorates the dhatus and leads to problems like cold, cough, dry skin problems like Psoriasis and Airthritis etc.

Firstly describing about common problems which occur in this season-

Respiratory tract Infection - In Ayurveda, Respiratory problems occur due to imbalance of Vata and Kaha Dosha.

Aggravating factors include - Contact with dust, pollen, smoke and cold breeze, drinking cold water, consuming frozen food items, consuming oily, spicy and junk food, inhabiting in cold and damp places.

Weak immune system - Ayurveda deals with Respiratory diseases in a holistic manner that involves cleansing of toxins through specific therapies, use of herbs, practice of breathing exercises, dietary and lifestyle changes.

Remedies - In Ayurveda some of the following herbs are used in the prevention and treatment of Respiratory tract infections.

Helpful Herbs –

- **Tulsi**(*ocimum sanctum*) -. It has antioxidant properties and an enzyme cyclo oxygenase, which has anti inflammatory properties. It's a good immunomodulator.
- **Vasaka** (*adhatoda vasika*) - The leaves of Vasaka has antiallergic and anti inflammatory properties. It has antitussive effect thus also helps to soothe the inflamed throat.
- **Black Pepper** – Its seeds contain an alkaloid called piperine which has anti-inflammatory

properties and is very good bronchodilator. Thus helps to relieve breathing difficulties.

- **Dalchini** (*cinbamonum zeylanica*) - It has antimicrobial properties and is a bronchodilator and helpful in Respiratory infections.
- **Pippali** (*Piper longum*) - Pippali has been shown to have a rejuvenating effect on the lungs. It is very helpful in the recurrent attacks of asthma. It enhances the blood circulation towards the lungs and is very good expectorant and bronchodilator.
- **Giloy**(*Tinospora Cordifolia*) - It's an excellent immunomodulator. A powerhouse of antioxidants which fights with free radicals and keep your cells healthy and helpful in getting rid of diseases. It has Antipyretic properties and is anti-inflammatory in nature, hence helps to reduce problems like cough, cold, tonsillitis etc.
- **Shirish**(*Albizia lebback*) - It has antiallergic properties. So very helpful in allergic rhinitis cases.
- **Ela**(*Elletaria cardamomum*) - As it is a Vata kapha pacifying herb, hence extremely helpful for Respiratory infections.
- **Licorice** - Components present in licorice are antioxidants such as flavonoids, saponins, sterols, choline, amino acids, inositol, lactithin and vitamin B1, B2, B3, B6 and E.
- This root is demulcent and gentle relaxant, soothing to mucous irritation and beneficial in the treatment of cough, cold and bronchial asthma.
- **Peppermint** (*Mentha x pipertia*) - It has menthol which has antihistaminic properties. It neutralizes the free radicals and prevents allergic attacks.

Breathing Exercises: Breathing exercises called Pranayam, they help to improve the lung

function and reduce the frequency of symptoms in patients with chronic Respiratory problems. There are different type of breathing exercises that help in different conditions. For example Sukha Pranayam or Anulom vilom, which is a breathing exercise is helpful in wheezing problem.

Bhastrika pranayam which works well for congestion and Ujjayini Pranayam helps to improve immunity so that probability of recurrences of allergic problems is reduced.

Yoga for Respiratory problems - Some yoga postures are very helpful in people who suffer from chronic Respiratory disorders. When performed on a regular basis, they help to reduce the frequency as well as reduce the severity of symptoms. Some of the generally prescribed yogasan include – **(a)** Surya Namaskar, **(b)** Sarvangsan, **(c)** Bhujangasan, **(d)** Shalabhasan

Helpful diet and lifestyle : Old rice, wheat, barley, kulath, moong beans, Honey, Hot beverages like herbal tea, masala tea, and sprouts, nuts, and seeds in moderate amount are helpful to pacify kapha and to balance vata.

Eat plenty of fruits and vegetables which have beta cartotene, vitamin C and E like catrots, cantaloupe, sweet potato, leafy vegetables like spinach and Broccoli, Pumpkin etc. Add mulethi (licorice) in your diet on regular basis to balance kapha.

As regards lifestyle -

- Maintain appropriate weight
- Regular moderate exercise
- Wear face mask to purify the air you breathe
- Control GERD. If you are suffering from gastro-oesophageal reflux disease as it can trigger asthma due to acid reflux.
- Try and Keep your house dust free
- Keep your windows closed during pollen season
- Decontaminate your decor
- Use Dehumidifier
- Reduce pet dander
- Cover your mouth and nose if it is cold or if going to crowdy places.

Unfavourable diet and lifestyle: Avoid heavy food items like dairy proucts, cheese, curd, buttermilk, cream, banana, oily, gresy food items, white flour, white sugar products, cold food, cold drinks and other refrigerated things. Avoid big meals and products like cabbage, carbonated drinks, onions, Garlic, fried food products which can cause gas and pressurize the diaphragm. Avoid products with artificial ingredients and preservatives.

Avoid sulphites as they can trigger Asthma. Sulphites are used as preservatives and can be found in wine, dried fruits, pickles, fresh and frozen food products. Avoid excessive physically demanding exercise.

Prevention from Skin Diseases in Winter Season

Dryness increases in the winter season. Cold weather leads to Vata accumulation in the body resulting in dry skin, cracked lips and heels etc. There are many different types of skin diseases. Some of the most common in winter are Psoriasis, Eczema, Pruritis, Rashes, Acne, Bacterial and Fungal infections etc.

Ayurvedic treatment for Skin is based on the Dosha type of an individual and is formulated to meet the specific requirement of each. Following are the skin care treatments for each of the Dosha types.

Skin care of Vata Type: Gentle cleansing. Do oil massage on your body before bathing. It will keep your skin smooth and healthy. You can use coconut oil, sesame oil, almond oil, olive oil.

Keep yourself hydrated and moisturize to prevent dryness. Juicy fruits and vegetables like carrot, cucumber, lemon etc. which have high water content should be consumed. Aloe herb facial cleansing treatment offers the skin a refreshed feel. You can apply paste of raw milk and raw honey for 5 minutes and rinse thoroughly after that to have soft skin. Special masks and anti-aging creams with soothing massage offer a delightful Ayurvedic skincare.

Skin care of Pitta Type : Keep yourself hydrated. Drink 3-4 liter water per day. Plant and fruit based products of highest quality and purity levels rejuvenate and refresh the skin infinitely. You can apply paste of raw milk and banana for 5 minutes to have soft and smooth skin.

Skin care of Kapha Type: Kapha skin is characterized by smoothness, moisture and least wrinkles. But the skin type is prone to pores and oily surface. Skin colour remains pale and dull. You can apply mixture of honey and lemon juice to refresh skin.

Revive your senses with the blissful therapeutic experience of skin enhancement and beautifying techniques.

Favourable diet and lifestyle to prevent skin diseases : Consume food sweet, sour and salty (Madhura-amla-lavan) in nature, Vegetables like pumpkin, cabbage, snakegourd, cauliflower, Fenugreek leaves, mint, amaranth etc., pulses like Green gram, red gram, Pickles like lemon pickle, orange pickle, ginger pickle. Fruits like grapes, apple, orange, Raisins are good to consume.

Use of jaggery in diet helps to balance vata. Herbs like Amla, Shunthi, Manjishtha, Aloe etc. have detoxifying properties, should be consumed in winter to balance Tridoshas. **Favourable Lifestyle:** Have proper sleep at night at least for 7-8 hours. Drink 3-4 litres water per day. People suffering from constipation, should take Triphala churna daily for better evacuation. Go for morning walk at least for 30 minutes in fresh air. Keep good hygiene. Do yoga, meditation and pranayam.

Unfavourable Diet and Lifestyle: Avoid Oily, spicy and junk food. Chocolate, painkillers, sweets, Non-vegetarian, cold water, Aerated drinks, canned and preserved food items, excess intake of tea, coffee and Alcohol, Tamarind, jackfruit, potato, brinjal, Non-vegetarian etc. Sugar, jaggery, honey and sweets should be avoided by Diabetics.

Unfavourable lifestyle: Avoid excess of hot water for bathing, instead use lukewarm water. Avoid harsh soaps. Use soaps with high content of natural oils and glycerine which are soft to your skin. Avoid irregular eating habits. Avoid Anxiety and Stress. Avoid Day Sleeping. Avoid night Awakening. Avoid suppression of natural urges. Avoid humid and damp places. Avoid sedentary lifestyle.

Arthritis

In my previous articles, in this series, I have written about Prevention from diseases in winter like Respiratory infection, skin infection. Arthritis is another common condition which is triggered during winters.

Arthritis is an inflammatory condition of one or more joints manifesting typically with pain, swelling, tenderness, stiffness in the morning in affected joints. There are different types of Arthritis. The most common types are three and are elaborated below:

Osteoarthritis (Known as Sandhivata in Ayurveda) : Osteoarthritis is essentially a vata disorder with the involvement of Pitta and Kapha. Ayurveda has provided some diet and lifestyle guidelines for the prevention and treatment of diseases.

(i) Diet

Favourable: Consume Vata pacifying food viz. sweet, sour, salty(Madhur-amalavan) food items, they pacify Vata. Wheat, old basmati rice, kulath, mustard, patole, bathua, gourd, chaulai, sehjan, carrot, phalsa, sweet mango, pomegranate, walnut, almond, figs, dates etc. are also favourable diet. It is also recommended to eat lot of vegetables, freshly cooked food, hot soups of lentils, cow ghee in moderation. Vata pacifying herbs like saunth, asafoetida, cardamom seeds, Fenugreek seeds, pippali, dalchini, jaipal, cardamom etc.

Unfavourable Diet: It is recommended to Avoid vatavardhak Aahar-Vihar like the food items which are dry in nature. Avoid sali rice, barley, roasted chana, moth, Masood, arhar, excess sugar, cauliflower, French beans, tea, coffee, alcohol, drugs. Fasting for long hours or consuming low calorie diet for long period (less than the required calories for your body) should be avoided.

(ii) Lifestyle

Favourable: Vata pacifying lifestyle includes regular body massage with Til oil

or Almond oil. Hot water bath and drinking of lukewarm water is favourable. Regular mild exercise, including walk, yoga, pranayam, meditation and avoiding excessive fasting is recommended.

Unfavourable: It includes sedentary lifestyle, night awakening, suppression of natural urges, stress, anxiety, fear, excess travelling, too much exertion, exposure to severe cold and dry weather.

Rheumatoid Arthritis (Known as Aamvata in Ayurveda) : Rheumatoid Arthritis It is an autoimmune disease that causes chronic inflammation in the joints. It usually inflames multiple joints in a symmetrical pattern with the symptoms like joint pain, stiffness and fatigue. Wrist, fingers, knees, feet and ankles are commonly affected. According to Ayurveda Arthritis is caused by an imbalance of Vata Dosha, which leads to accumulation of ama in the joints. Aam are toxins that are produced by poor digestion, and they accumulate and clog the channels in the body. Line of treatment in Ayurveda for Rheumatoid Arthritis is the following.

- (a) *Langhnam (Fasting):* It is done by means of complete fasting or light diet which includes green gram, rice, batley soups according to the condition of the patient.
- (b) *Shodhana chikitsa (Purification of body):* It is achieved through Panchkarma therapy. Usually the treatment is long term and various procedures are done according to the condition of patient.
- (c) *Shaman chikitsa (Treatment for subsiding the symptoms):* It is done by using effective Ayurvedic formulations. Ayurveda provides guidelines for the

prevention and treatment of the diseases.

(i) Diet:

Favourable: Fasting or Very light diet once or twice a week is beneficial. Barley, red variety of sali Rice, kullath, drum stick, parval, bitter gourd, turmeric, garlic, carom seeds, rock salt, Black pepper, castor oil, celery, raw juice of potato are good for an arthritic patient.

Unfavourable: Avoid Oily, spicy, heavy food items like deep fried stuff, junk food, sweets, and dairy products except buttermilk. Avoid aerated drinks, tea, coffee, alcohol. Avoid incompatible food items like curd with fish, milk with green vegetables, milk with fish etc. Avoid canned, preserved food. Avoid meat and meat fat. Avoid black gram, wheat, bacon/pork, oranges, milk, oats, rye, eggs, beef, malt, cheese, grapefruit, tomato, peanut, sugary foods.

(ii) Lifestyle

Favourable: Keep yourself warm and drink warm water.

Keep a moderately active lifestyle, hot water bath, and sun exposure. Follow Ayurvedic Dincharya and Ritucharya.

Unfavourable: Avoid day sleeping, night awakening, and suppression of natural urges, sedentary lifestyle viz. stress, anxiety and fear.

Gout (Known as Vatarakta in Ayurveda): Gout is also called as metabolic Arthritis and is known as Vatarakta in Ayurveda. Gout is a disease that happens

because of defective uric acid metabolism in the blood. Uric acid needs to be excreted properly through the body. Elevated levels of uric acid cause inflammation in the joints and leads to pain, burning, swelling, redness, warmth and stiffness in the joints. Usually the Big Toe is affected. It can affect other joints also such as the Ankle, Heel, knee, elbow, wrist, fingers and spine. According to Ayurveda Gout it is a result of imbalance of Vata Dosha which disturbs the smooth blood circulation in the body.

(i) Diet

Favourable: Vegetarian diet is preferable for patients suffering from gout. Celery helps in reducing the acidic content of the body, so very helpful in the treatment of gout. Barley, wheat, sali rice, pigeon pea, chickpea, green gram, masoor daal, white gourd, melon, patole, makoya, shatavari are good to consume.

Unfavourable: Avoid foods that are high in purines. Purine breakdown into uric acid in the body and an excess of uric acid in the body is the reason for gout. High protein foods are rich in purine like yeast, meat and muscles. Hence, should be avoided. Processed foods like white bread should be avoided. Avoid oily, spicy food and sea food. Avoid tea, coffee and alcohol.

(ii) Lifestyle

Favourable: Castor oil massage is helpful in relieving pain. Maintain healthy weight. Drink plenty of water and take adequate sleep.

Winter Food

In winter due to the cold weather, our body needs warming food, and there is craving for rich food which provide warmth along with nourishment. Following food items and Herbs are very helpful in keeping us warm and to stay healthy. All animal foods fall in the warming category like all dairy products, meat, fish, poultry etc.

Grains and Vegetables: Whole grain cereals, proteins and healthy fats too provide much needed energy to keep warm. All tubers (Any vegetable whose edible part grows beneath the surface of the ground) are usually warming. Like Onion, potato, carrot, garlic, radish, yams, sweet potato, turnip etc are warming. Green leafy vegetables like spinach, methi, sarson (green mustard) mint leaves etc. are good to consume in winters. Vitamin A, C, D, E, B6 rich food are good to consume.

High energy and protein rich food items provide required warmth. That's why people make sheera (of wheat flour, moong dal, vermicelli, badam), Halwa (of carrot, pumpkin), oaj and ladoos in winter. Chapatis of Bajra and corn flour also have the warmth giving property.

Fruits: Fresh and dried fruits like papaya, pineapple, amla murabba, dates are too good to consume in winters.

Consumes Herbs in Winters: Certain herbs have warming qualities and are immunity boosters and balance Tridoshas. Some of them are as under:

Basil Leaves: According to Ayurveda balances Vata and Kapha Dosha. One of the most common and widely used ingredients in many Indian home remedies. It has anti bacterial and anti viral, anti carcinogenic properties. It acts as a detoxifying, cleansing and purifying agent. In the winter season, it's very helpful in relieving from fever, headache, sore throat, cold, cough, flu and chest congestion and other Respiratory ailments like chronic bronchitis, Asthma etc.

Peppermint: Peppermint is widely used in ayurvedic medicines as a carminative and antispasmodic.

In the winters it's very beneficial for dry Skin problems like Eczema and other itching lesions. Menthol, is the essential oil in peppermint is credited with the herb's analgesic, antiseptic, antispasmodic, Decongestant and cooling effects.

Mint leaves: Mint has the ability to relieve chronic pain related to Arthritis and migraine. Mint oil can be applied on the painful areas to alleviate pain. It has anti inflammatory properties, So it is used in many skin care products. Freshly grinded mint leaves with rose water can be applied on face as a face mask to remove tan and other blemishes.

Thyme: Essential oils in Thymes have antiseptic, antiviral, anti-rheumatic, anti-parasitic and anti-fungal properties. It is used in all Ayurvedic medicines as an expectorant, diuretic, fungicide and antibiotic.

Ginger: According to Ayurveda ginger is Kapha and Vata pacifying. It is extremely helpful especially in winters. This herb is very helpful in common cold, cough and sore throat.

Garlic: It offers innumerable health benefits. It lowers cholesterol and blood sugar levels. As according to Ayurveda it's Vata pacifying, so it's used as an analgesic, antispasmodic in Ayurvedic formulations.

Licorice: According to Ayurveda it's Vata-Pitta pacifying. It is excellent for throat disorders. It has antibacterial, anti-inflammatory and antiemetic properties. It is a very good expectorant and enhances immunity by raising levels of interferon which is the key chemical of immune system that fights off viruses.

It has anti allergic properties, Therefore very helpful in treating allergic rhinitis, conjunctivitis, bronchial asthma. It can be applied on face to improve complexion, to remove blemishes, acne scars.

Psyllium Husk: In Ayurveda psyllium is considered to have pungent, astringent and cooling properties. It balances the Tridoshas. It reduces the inflammation of the digestive tract and alleviates constipation and haemorrhoids. It helps to reduce acidity. It's the only remedy which can treat diarrhoea and constipation together. Consuming it with water relieves constipation and consuming with curd it cures diarrhoea.

Cayenne: In Ayurveda it's called Vata-Kapha pacifying. It has been used for variety of ailments including indigestion, gout, fever, sore throat, hemorrhoids, tremors, dizziness, tonsillitis, diphtheria

etc. It is very helpful in rheumatic pain or Arthritis. It improves the blood circulation. Medicinal intake of pepper may help to dissolve the clot and ensure that the blood flow is normal. Cayenne is a cardiac stimulant and thus it boosts heart functions.

Black elderberry: It is most commonly known for its medicinal uses in the aid of upper respiratory infections. Constipation and fever.

Raw Honey: In Ayurveda it's called Kapha pacifying and yogvahi (synergistic effect). It helps in treating various diseases. There are several benefits of honey. such as reduction of fat, blood purification, the source of vitamins and minerals, source of energy, healing of wounds and much more. You just need to consume honey daily and get the best results.

Cinnamon: It pacifies Kapha and Vata. It is used in many Ayurvedic formulations like for cough, cold, acne, dry skin, hair growth formulations, diabetes, digestive formulations etc.

Ajwain: This herb is used in Ayurvedic medicines for its carminative properties. It is carminative, expectorant. Helpful in cough, cold, influenza, arthritis, asthma and rheumatism.

Saffron: This herb balances Tridoshas. Saffron has both invigorating and nourishing qualities and bestows its strongest medicinal actions on the blood, the heart, and the reproductive system.

Hibiscus: This herb is good for both winter and summer; you can drink hibiscus tea as either a hot tea or an iced tea. If you want to keep yourself

warm in winter, brew it and drink it straight away. Health benefits of Hibiscus tea include relief from high blood pressure, and high cholesterol, as well as digestive and inflammatory problems. It helps to cure liver disease and reduces the risk of cancer. Hibiscus tea is rich in vitamin C, minerals and various antioxidants.

Chia Seeds: In Ayurveda chia seeds are considered Vata pacifying, optimise Pitta and nourishes Kapha. Chia seeds are also sattvik or pure in nature. According to Ayurveda sattvik herbs help to encourage the building of ojas, which is your life vitality, endurance and the foundation of your immunity.

Lemon Grass: It's Vata-Pitta pacifying. Called as the nature's super glue for the human body. It is also known as Fever grass, as it normalizes the body temperature. The remedial properties of lemon grass essential oil are anti-septic, antirheumatic, diuretic, anti-inflammatory, analgesic, sedative, galactagogue and anti-pyretic.

Turmeric: Turmeric is called Haridra in Ayurveda and has been successfully implemented in preventive and curative aspects of many Diseases. It has also been a part of home remedies to combat cold, cough, seasonal disorders, infections, wounds, skin diseases etc.

Above herbs are immunity boosters, and have anti bacterial, anti viral properties and some are expectorant, decongestant, demulcent properties, which balance aggravated Kapha in winters.

Prevention from Seasonal Problems- Spring Season

In this series of articles on seasonal health problems, this article is on Spring Season called Vasant Ritu which is currently on. In Ayurveda it is called Sandhikal of Winter and summer in Ayurveda. This requires changes in diet and lifestyle to cope up with fluctuating temperature and to balance the Doshas to stay healthy.

During this season rise in Kapha Dosha (Kapha Prakop) is experienced due to Kashay Ras pradhan (Astringent) caused by nature. That is the reason that average metabolism of the body undergoes disorders and respiratory problems erupt. Accordingly, some dietary and lifestyle changes are advised to cope up with the season's nature and to stay healthy without any medication.

Prevention from Metabolic Disorders:

Healthy Digestive system is the most important aspect of our health and well-being. Healthy digestive system leads to healthy life. Unhealthy digestive system leads to unhealthy life. In short you are ,what you digest. Unhealthy food leads to Imbalance of Tridoshas (Vata, Pita, Kapha). Which further causes Gastrointestinal disorders and lately affects our whole body system. Making the proper food choices leads to optimal digestion. Food compatibility in different seasons has been already elaborated in previous articles in this series. Thus consumption of healthy food in a healthy manner, compatible to the season can help us to keep our digestive system strong and healthy. Unhealthy food leads to indigestion, hyperacidity, abdominal distention caused by excessive gas formation, constipation, diarrhoea, burning epigastrium, vomiting, irritable bowel syndrome, abdominal pain etc.

Ayurveda works on the principle of balancing of Tridoshas to cure all above problems by providing the diet and lifestyle guidance to stay healthy and herbal medicines to cure the disease.

Diet and Lifestyle Hefplful in Constipation:

Ayurveda classifies constipation as a vataj disorder. It is Vata which governs movement and elimination.

Therefore, anything that aggravates this dosha viz. stress, tension, travel, dehydration, cold weather, dry,cold, rough food, change in diet, sedentary lifestyle, medication etc. can make constipation problems worse.

Usually it is believed that fibrous diet like salad will help to relieve the constipation but people with vataj constitution are not aware that raw vegetables are cold and rough and can cause Vata aggravation and can worsen the condition. This requires them to opt for warm, moist, moderately oily, protein rich food items. Excess Vata causes spasm in the smooth muscles of colon.

Herbs and Food Items to Relieve Constipation :

Useful herbs are – Haritaki, Triphala, Psyllium husk, Senna leaves, Nishoth, Cascara Sagrada, Rhubarb, Slippery Elm, Dandelion, Aloe Vera, Fenugreek, Giloy, Makoi, Choti kateri, Brahmi. These herbs are very helpful to relieve Constipation. How long and in which way these herbs are to be consumed, it depends upon constitution of your body. Therefore it is advised to consult with your doctor before taking these herbs.

Likewise, helpful food items are - protein rich diet, lemon water, green tea, cayenne pepper, grapefruit, coffee, apple, papaya, guava, beans, cucumber, ginger, broccoli, gourd, garlic, zimikand, brinjal, all green leafy vegetables are helpful. Grains like red rice, wheat, barley, legumes like mung, lentils, beans, spices like ginger, cinnamon, sweeteners like raw honey etc are very helpful.

Lifestyle: It is advised to opt for active lifestyle, drink plenty of water, avoid day sleeping, avoid night awakening, exercise daily. Eating at the right time in right amount according to season is very helpful to have healthy metabolic system. Do yoga and pranayam viz. kapal bhati, agnisara pranayam, uddayan bandh asan, mandukasan, bhujang asan, shalabhasan, uttanpadasan, pawanmuktasan, balasan are very helpful.

Hyperacidity (Amlapitta)

Hyperacidity is a condition in which the level of acid in the gastric juices is excessive causing discomfort, heart burn, regurgitation of food or sour substance, gaseous distention of abdomen etc.

In Ayurveda Acidity is referred to as Amalpitta

This disorder is caused by imbalance of Pitta Dosha, which is governed by Fire and Water and they govern the digestive fire and enzymes. Therefore people of Pitta constitution tend to suffer from hyperacidity, peptic ulcers and heartburn.

There are two main types of Amalpitta.

- a. Urdhwag Amalpitta - characterized by the upward movement of Pitta.
- b. Adhog Amalpitta - characterized by the downward movement of Pitta.

Line of treatment: As the disorder is caused by imbalance of Pitta, all measures should be taken to pacify Pitta.

Ayurveda has provided the diet and lifestyle guidance to balance Tridoshas, by following them, we can overcome the problems.

In addition Ayurvedic Herbs and Panchkarma procedures like Vaman-Emesis, Virechan-Purgation, Vasti-medicated Enema are also used according to the requirement of patient's condition.

Favourable Diet: Consume Sweet, Bitter, Pungent (Madhur, tikta, kashaya) food items to pacify Pitta. Wheat, old rice, barley, oats, green gram, sugar candy, cucumber. Vegetables like pumpkin, Bitter gourd, bathua, broccoli, chaulai, mushroom, ladyfinger, tomato are advised. Fruits like gooseberry, dry grapes, apple, avocado, mango, melon, guava, pineapple, black grapes, pomegranate, figs, lemon juice, amla juice are helpful.

Dairy products like cow ghee and milk are recommended. Beans like black beans, kidney beans, moong beans, Tofu.

Seeds like gourd seeds, sunflower seeds are also soothing. Sweets like jaggery, Mapple syrup and spices like cardamom, Dalchini, coriander, sweet fennel, kesar are helpful

Favourable lifestyle: It is recommended to (a) keep yourself hydrated, (b) exercise in moderation, (c) eat after short intervals, (d) consume dinner 2-3 hours before going to bed. In addition practice yoga, meditation, pranayam, and exercise on regular basis. Yogasana like vajrasana, yoga mudra, Shitali pranayam are helpful.

Unfavourable diet and lifestyle: Avoid (a) astringent, Sour and salty (kashaya, amla, lavana) food items, (b) oily and spicy food, (c) sun exposure, (d) fried and junk food (e) fasting for long hours, (f) irregular food habits, (g) lying down immediately after having food, (h) smoking, alcohol, tea coffee, (i) stress, fear, anxiety, anger, and (j) skipping meals.

Home Remedies: Some of these are - (a) Soak coriander seeds in one glass of water overnight and drink in the morning after sieving, (b) Drink coconut water twice a day (c) Add Amla in your daily diet, (d) Consume buttermilk with lunch, (e) Consume a small piece of jaggery after each meal, (f) Drink 2tsf Aloevera juice before meals, (g) Drink a glass of milk (boiled and chilled fat free milk) before going to bed, (h) Consume cumin seeds or fennel after Every meal, (i) You can take licorice powder with buttermilk or water to control acidity and (j) Add 2tsf Apple Cider vinegar and 1tsf honey in one glass of lukewarm water and drink it half an hour before meal.

Prevention from Seasonal Problems in GRISHM RITU (Summer season: May 15 – July 15)

This period causes vata sanchaya (mild increase) and Katu (pungent) Ras pradhan in nature. That's why leads to headache, giddiness etc. And over exposure to heat increased Pitta which leads to Gastrointestinal problems like acid reflux, diarrhoea, dysentery, vomiting, skin rash, acne and emotional mood swings like frustration, anger, impatience etc.

This requires some changes in dietary and lifestyle to cope up with the season's nature to stay healthy without any medication. I have already described about gastrointestinal disorders and skin problems in my previous articles. Some of the health problems in this period are discussed with remedies from the perspective of Ayurveda.

Diarrhoea: It is the most commonly occurring problem in summers, especially in children.

Ayurvedic view: According to Ayurveda diarrhoea occurs due to Mandagni (weak digestive fire), which is caused by aggravated Pitta, which leads to slow absorption and assimilation of food and causes watery stools. The line of treatment is to pacify Pitta and kindle Agni gently. This Dosha (imbalance) can be prevented by following the appropriate diet and lifestyle.

Favourable diet:

Helpful Herbs and remedies:

Bilberry: It has Astringent properties which helps in pacify Pitta. Therefore it has been used since many years to cure diarrhea, nausea and indigestion.

Ginger: It provides enzymes that encourage the release of gastric juices, which are required for proper digestion. Ginger can be used alone or in combination with other natural ingredients to promote proper digestion. It can be consumed in many ways (a) One tablespoon (tbs) of ginger juice twice a day to cure diarrhea, (b) One tbs ginger juice with 1tsf raw honey twice a day, (c) Mixture of one tsf each ginger powder, cinnamon powder, cumin powder and honey thrice a day, (d) Ginger tea is also helpful. (e) Ginger powder with. Salt and Water, (f) Fresh lemon juice with 1tsf ginger paste, (g) Mixture of ginger juice, mint juice and honey

thrice a day, (h) Ginger powder with buttermilk, (i) Ginger with yoghurt can be taken, (j) Ginger with pomegranate juice and rice

Lemon balm: It has antimicrobial, antiviral, antispasmodic properties. So it is used in the disorders of gastrointestinal tract. Lemon balm tea supports healthy digestion and ensures proper absorption.

Chamomile: Chamomile tea is one of the best home remedy, which you can use, if you suffer from diarrhoea.

Fenugreek seeds: These are rich in mucilage content, which has antidiarrheal effect. This can help you to get rid of diarrhoea.

Yoghurt: It is the best home remedy for diarrhea which has bacterial culture such as bifid bacterium, lactobacillus. Consumption of yoghurt supplies to intestinal friendly bacteria which are restored in intestine and become helpful to stop diarrhea.

Banana: It is rich in pectin, which is water soluble fiber, which can help you to get rid of diarrhea. This fruit also has high amount of potassium, an electrolyte, which can help you to have normal functions in the body.

Apple Cider Vinegar: Add one tea spoon full Apple Cider vinegar in one glass of water and drink it if you suffer from diarrhea. It has antibacterial properties. It is Pitta pacifying. Thus helpful during diarrhoea

White Rice: This is the best domestic remedy for diarrhea. As it increases the absorption of water, thus helpful to cure diarrhoea.

Other remedies: Carrot juice is also helpful in diarrhea. Old rice, green gram, dry ginger, pomegranate, banana, bottle gourd, buttermilk, cumin, coriander are good to eat. In addition coconut water, vegetable soups and clear broths are also helpful in treating diarrhea. It is essential to keep yourself hydrated by consuming – (i) ORS to maintain the electrolytes, (ii) Curd with banana (iii) Lemon, orange, pomegranate juices.

Favourable Lifestyle: Do Meditation, Yoga, Deep breathing and other relaxing techniques are also helpful in diarrhoea.

Unfavourable diet and lifestyle:

In respect of diet: avoid (i) Tea, coffee, alcohol, dairy products, (ii) Oily, spicy food items. (iii) Preserved and stale food, (iv) Refrigerated food items. (v) Potato, brinjal, black gram, maida, sugarcane products, beans, cucumber, anjeer, jackfruit, cauliflower, tamarind, pickles etc.

As regards lifestyle: (i) Do not drink unfiltered water, (ii) Donk consume food or drinks without proper hygiene i.e. Washing of hands and nails.

In case of severity, visit your doctor as soon as possible.

Prevention from seasonal problems IN VARSHA RITU (Rainy season)

Rainy season has Vata prakop (raised vata), Pitta sanchay (accumulation) and Amal Ras(sour) pradhan predominant in acidity. That's why it leads to problems like weak metabolism, low physical stamina, Indigestion, joint pain, skin diseases, blood Disorders and bacterial and viral infections. As this season is Vata Pradhan, so old age persons should take special care.

Favourable diet : Consume Vata Pacifying food which are Sour, salty and sweet (madhur, Amal, lavan), Ghee and milk, In vegetables gourd, parval, bitter gourd, torai, ginger, cumin, meth, garlic, green gram, honey mango lemon, jamun, Haritaki, saindhav lavan etc.

Drink fresh and filtered or boiled water.

Avoid following food items like Potato and other tubers, Rice, cabbage, cauliflower, spicy, heavy and stale food, aerated drinks, fish, mutton, curd, leafy vegetables, chilled water etc.

Favourable Lifestyle : Avoid daytime sleeping, night time awakening, don't stay empty stomach for long time.

Prevention from Viral Infection: Antiviral Herbs. *Ashwagandha* has antiviral properties. It is used to treat the influenza virus. *Garlic* has antibacterial, antiviral, antifungal properties. It is effective against Rhinovirus. *Soap bark* Soapbark extract is effective in the treatment and prevention of rotavirus gastroenteritis. *Pomegranate* extract is effective in treating genital herpes. *Neem* has anti-

inflammatory, anti-bacterial, and anti-viral properties. *Echinacea* herb encourages the immune system and reduces the symptoms of cold and flu, as it has antiviral properties. It is also used for Indigestion, chronic fatigue syndrome, diphtheria, genital herpes, gum disease, rheumatism, tonsillitis etc. *Oregano* has antibacterial, antimicrobial and antiviral properties. It is helpful in respiratory infections, gastrointestinal disorders, urinary tract infections and skin problems like acne and dandruff. *Olive leaf* has antiviral and analgesic properties and is used for prevention and treatment of cold, flu, toothache and chronic joint pain. Olive leaves are astringent and antiseptic. *Lemon balm*, has antibacterial, antiviral, anti-inflammatory, antihistaminic and antioxidant properties. *Licorice root* has antibacterial and antiviral properties. It can be consumed regularly for the treatment and prevention from viral infections. *Cranberry* has anti-viral properties. It is very good antioxidant also. *Elderberry* has anti-viral properties and has been used to cure viral fever, cough, flu and respiratory tract infections. *Astragals* root has antiviral properties and increase the immunity. *Calendula* has antibacterial, antiviral, antifungal, antipyretic properties. It has been used for Eczema, sprain and wounds, for gastritis and blepharitis and to reduce fever. *Cat's claw* has antifungal, antibacterial and antiviral properties.

Salt and water gargle are also helpful. Ginger, honey, lemon water are also effective remedies. These can be taken in the form of herbal tea with turmeric milk, black pepper and common salt. Antiviral Herbs can be used as herbal teas, herbal infusion, herbal infused oil, essential oils.

Blood Disorders – Helpful Remedies

This article describes about the helpful Herbs and food items for the prevention and treatment of blood disorders. These are blood purifiers which help to remove the toxins and impurities from the blood. Liver, Kidney and lymphatic system are mainly responsible for the removal of toxins from the body.

Helpful Food Items and Herbs: Green vegetables: Green leafy vegetables like broccoli, cabbage, Brussels, sprouts, kale has such properties which helps in detoxifying the body and prevent us from diseases like cancer , diabetes etc.

Fruits: The regular intake of fruits builds the strong immunity. They reduces the risk of cardiovascular diseases.

Garlic: Garlic has antimicrobial properties, which helps with blood purification and keep the intestine free from bacteria, parasites and viruses. It has anti-cancerous properties also and a very good antioxidant.

Ginger: Ginger is the best anti inflammatory herb. As per research, ginger reduces the risk of colorectal cancer. It reduces cholesterol, lowers the risk of blood clotting and helps to maintain blood sugar levels. Very helpful in case of cold and flu.

Onion: Onions are bactericidal. Consuming half a onion per day will keep you away from common cold and flu. It enhances the smooth blood flow, lowers the cholesterol levels also.

The paste of onion is a very good disinfectant and helpful in case of insect bite skin problems.

As per the research studies Onions are helpful in reducing symptoms of diabetes mellitus and Asthma. Promote healing of stomach ulcers and reduces cancer tumor initiation.

Apple Cider Vinegar (ACV): It is a natural antibiotic to get rid of infection. It is acidic in nature but after metabolizing in the body, it helps to keep the body alkaline and maintain the PH levels. Consuming 1-2tsf ACV with one glass of water every day will keep your blood free of impurities.

Capsicum: It has been used to treat a wide range of problems like arthritis, Diabetes, Bronchitis, fatigue, migraine, psoriasis and urinary tract Problems. It is also powerful antioxidant. It contains so many nutrients like vitamin A, B6, E, C and K and is a good source of minerals like Iron, magnesium, potassium and phosphorus.

The presence of vitamin B6 and Folate helps lower the level of homocysteine, which prevents cardiovascular problems. Potassium in capsicum also responsible for maintaining blood pressure..

Peppermint: Peppermint is pitta pacifying and has antihistaminic properties, thus used in allergic problems. It has been used as an anti-inflammatory and analgesic herb also. So Very helpful in cough, cold, sinusitis, and dysmenorrheal cases. Headache, nerve pain, toothache, inflammation of joints can be relieved by the use of peppermint

Dandelion: It is best blood purifier and pitta pacifying. It is a rich source of vitamin A, B, C and k. which are Essential for healthy blood. As Dandelion has diuretic properties, it flushes out the waste products. Dandelion roots and leaves are used to treat liver and kidney problems.

Broccoli Sprouts: It has detox properties to purify blood. It has been found very helpful in liver and kidney disorders. Broccoli can help to reverse the effect of Air-borne Pollutants and detoxify the body.

Alfalfa: Alfalfa has so many nutritive properties. It acts as a diuretic and digestive. It has been used in gastrointestinal problems. It is helpful in softening the thickened arteries. thus helpful in maintaining the blood pressure.

Echinacea: Echinacea is a immune-modulator, natural pain reliever, natural laxative and anti inflammatory herb .So it has been used in Respiratory problems, skin problems since ages.

Burdock root: It has blood cleansing properties. It improves blood circulation and detoxifies the blood.

Basil leaves: They are very helpful in the prevention of blood disorders. It contains vitamin A, K, C and good amount of minerals like calcium, potassium, manganese, copper. Basil leaves are excellent source of iron. These components of basil leaves help to fight many diseases and boost the immune system.

Guduchi: It is Tridosh shamak. Guduchi or Giloy is well known immune-modulator herb. It has been used for Blood Disorders, fever, Diabetes, Jaundice, Asthma, cardiac Disorders.

Amla: When it is taken with honey, it purifies the blood. The high level of Iron in Amla juice prevents Anemia by increasing the hemoglobin levels. Amla is a rich source of vitamin C. It contains around sixteen times more vitamin C than a glass of orange juice. Amla is the best immune-modulator. Adding a few drops of Amla juice to the nostrils can cure bleeding nose.

Aloe Vera: It is very good antioxidant and has antimicrobial properties. The leaf skin extract has antimycoplasmic properties also.

Anantmool: It is pitta-pacifying and anti-inflammatory. This is a potent blood purifier herb. This herb is used to treat many diseases. It is beneficial in many tooth related problems. It provides relief in Asthma and gastric problems. It enhance hair growth.

Manjishta: In Ayurveda Manjishta is described as effective blood purifier. It balances the aggravated Pitta in the body.

It improves appetite and useful in the treatment of diarrhea, dysentery, bleeding ulcers and urinary tract infections.

Pitpapda: In Ayurveda it is called kaphapitta hara, Raktdoshara. Very effective blood purifier and it is used to treat many skin problems.

Amarbel: It has been used in many Ayurveda preparations since ages. It is very good blood purifier. And it has been used for treating constipation,

liver and spleen disorders. It is carminative and antihelminthic.

Chopchini: This herb is Tridoshshamak. It is anti-inflammatory, Antipyretic diuretic, anti-helminthic. It is used as blood purifier also. And very helpful in treating skin problems like psoriasis, leprosy and venereal diseases like syphilis. It reduces general debility also.

Beets: Beets stimulate the detoxifying enzymes in the blood, which helps in the cleaning of lymphatic system.

Turmeric: This is the best blood purifier. It has compound Curcumin, which had blood cleansing properties.

Cayenne pepper: It has Capsaicin, which has blood purification properties. It has the potential to destroy carcinogens.

Parsley: It has blood purifying agents and has diuretic properties, which helps in the elimination of wastes from the body.

Blueberries: It is a very good antioxidant, which helps in detoxifying the blood. Blueberries have been found helpful in the treatment of liver disorders.

Cranberry: Cranberries are the best source of antioxidants. Drinking cranberry juice is one of the best home remedies for urinary tract infection or cystitis (bladder infection). Cranberry fruits are used in many problems like stomach ailments, diabetes and in the prevention of tooth decay. Cranberry also has antimicrobial properties.

Flaxseed: It increases the levels of detoxifying enzymes in the blood. Thus, helpful in the prevention of many diseases.

Cat's claw: It has Diuretic properties, thus helps in the elimination of impurities.

Cilantro or coriander: It contains chlorophyll, which helps to detox the blood.

Lemon: Its juice has lot of healing properties. It is very good antioxidant and blood purifier.

Lemon is rich in vitamin C,A,B1,B2,B3, carotene, citric acid, glucose, fructose and minerals. Thus it's an immune-modulator also.

Water: Drinking 10-12 glasses water per day detoxifies our body and keep us away from many diseases.

Cancer

Helpful tips for Cancer patients about diet and lifestyle are brought in this article. In Ayurvedic view imbalance of Tridoshas causes problems in the body. Poor diet and lifestyle causes imbalance of Tridoshas and leads to diseases. Irregular and poor lifestyle and diet causes metabolic disturbances and non assimilated/non eliminated matter which is called Aama in Ayurveda gets accumulated in the different organs or parts of the body by the circulatory system which if untreated later causes cancerous growths.

Following diet and lifestyle is helpful.

Vegetables: Carrot, tomato, peas, pumpkin, turnip for vitamin and fiber. Cruciferous vegetables like broccoli, cauliflower and cabbage contains plant chemicals that can convert bad oestrogen into good oestrogen and hence reduce cancer risk as well as the risk of relapse. Asparagus and brussel sprouts are rich in antioxidants. Bitter gourd is good for lowering blood sugar level. Green leafy vegetables are rich as calcium and iron supplement..

Fruits: Orange and other citrus fruits provides vitamin C. Likewise, banana, kiwi, peaches, mangoes, pears and strawberries provide vitamin C and fiber.

Protein: Lean meat, fish, poultry eggs provide protein.

Carbohydrates: Rice, whole grain ,pasta, oats, corn, potatoes are rich in carbohydrates. Beans and dairy products and honey consumed in moderation are helpful as they have anti bacterial, antifungal properties help in preventing infections.

Vitamin B17 Rich Diet: Consume apple, apricot, peach, pear, sprouts, beans, strawberry, blueberry, blackberry, almonds, cashew nuts, flaxseeds, oats, brownrice, pumpkin, jowar, bajra are rich in vitamin B17.which prevent cancer

Apple, Apricot, Peach, Pear, Sprouts, Beans, Strawberry, Blueberry, Blackberry,, Almonds, Cashewnuts, Flax seeds, Oats, Brownrice, Pumpkin, Jowar, Bajra are rich in Vitamin B17. which prevent cancer.

Unfavourable Food: Deep fried, grilled, Barbequed, baked meat is since subjecting animal protein to high h\temperature it creates carcinogenic byproducts heterocyclic amines are harmful.

Excessive intake of salt, sugar and oily food, Red meat and processed meat such as bacon, ham and sausages.

Preserved food like pickles, jams and century eggs contain nitrites which are carcinogenic.

It is advised to avoid alcohol and excessive intake of vitamins.

Helpful Herbs: These are ashwagandha, garlic, ginger, turmeric, green tea, aloe vera, calendula, dashmool.

Balanced PH: Maintain the alkalinity of your body. An Alkaline body can prevent disease and remain much healthier as illness and infections mainly occur in acidic body. Excess meat, dairy and refined sugars make your body more acidic. So avoid them. Take coconut water.

Healthy fats: Essential fatty acids (Plant based foods are rich in EFA like spinach , avocado, broccoli, cauliflower, beans, nuts and seeds) must be consumed.

Vitamins: Consume diet rich in zinc, vitamin C and D.

Use non-plastic bottles for drinking water.

Life style: Use non-plastic bottles for drinking water. Opt for active lifestyle. Do meditation and pranayam.

Prevention from Seasonal Problems in Sharad Ritu (Autumn season)

Ayurveda provides the guidance about aahar-vihar (diet and lifestyle) in different seasons to stay healthy. Autumn season (15th September to 15th November) has Pitta prakop (Aggravated Pitta) and lavan (salt) Ras pradhan and person has the medium metabolic strength.

During Autumn weather has many changes, even interference between Summer and winter. Therefore, in the Autumn the temperature of day time and night may be erratic and have large fluctuations. This season leads to many problems like Eye infections, Skin infections, Allergic asthma, Hyperacidity, Urinary tract infection, Gastroduodenal ulcers and increased risk of heart disorders.

Favourable Diet and Lifestyle:

Diet: Follow Pitta Pacifying diet which is Madhur, tikta, kashaya (Sweet, Bitter and Astringent) food items are Pitta Pacifying. Such items are barley, wheat, moong daal, sugar candy (shakkar), honey, patol, amla, jaggery, grapes, milk, meat of dry land animals, pineapple, raisins, apple, avocado, beans, tofu, cow milk, cow ghee, Triphala Churna, cardamom, dalcini, sweet fennel etc.

Ghee is highly beneficial to reduce pitta dosha and also helps improve agni (digestive fire). Also removes dryness of the skin caused in rainy season. Foods that are cold in potency, easily digestible, sweet, astringent taste are recommended.

Eat in moderation as the digestive fire would be weak during this season.

Lifestyle: Abhyangam (body massage) with oils made of Chandan, coconut oil, ushira, etc is recommended. Stay relaxed and good sleep is advised. Wear pearl necklace which acts as a coolant on the body. Do Sheetali pranayam. It is beneficial. Panchakarma is highly recommended in order to detoxify body and alleviate pitta dosha.

Moderate exercise, wear flower garland of this season, apply paste of sandal on body and eat after short intervals is helpful.

Unfavourable Diet and Lifestyle:

Diet: Avoid oily, spicy, heavy, sour food items like curd, flesh of Aquatic animals.

Lifestyle: Avoid exposure to sun, heavy exercise. Don't stay hungry for long hours, avoid overeating, day sleeping, and avoid Eastern wind.

Prevention From Urinary Tract Infection:

Urinary tract infection is an infection that affects the parts of urinary tract, kidney, ureter, bladder and urethra. According to Ayurvedic view, it is caused due to the imbalance of Vata and Pitta dosha. Accumulation of toxic substances increases the frequency of micturition and causes painful micturition. Aggravated Pitta causes burning micturition. Incontinence of urine (increased frequency of micturition) is the major and common problem in the patient suffering from urinary tract infection.

Ayurveda provide diet and lifestyle guidance for the prevention and treatment.

Favourable Diet and Lifestyle:

Diet: Wholegrain, lentils, beans, kidney beans, black beans, split peas, chickpeas, sweet pear, apple, sweet potato, melon, cherries, raspberries, parsley, ginger, coriander leaves, garlic, oregano oil, sandalwood oil, redish leaves, yoghurt, Apple Cider vinegar, pumpkin, cranberry juice, Raisins, walnuts are good to consume.

Consume fennel seeds. Dry jamun powder can be taken twice daily. Mix well with One Tsp honey. Mix and consume in the morning daily. Consume half TSP cinnamon powder with sugar daily. Consume 1tsp pomegranate paste twice a day before meals, coconut water, curd and buttermilk are also beneficial. Drink plenty of water.

Lifestyle: Do exercise. Kegel exercise should be done daily. Pelvic floor ball squeeze, running, sitz bath with dashmool kashayam is also helpful.

Do yoga daily,. Some of the asans that are helpful are - Surya Namaskar, Ushtrasan, Utkatasan, Moolbandha Pawanmuktasan, Trikonasan, Malasan.

Unfavourable Diet and Lifestyle: Avoid oily, spicy and junk food. Avoid Alcohol and areated drinks and caffeine. Avoid Anxiety,fear, anger. Avoid suppression of natural urges.

Prevention from Eye Infection

Eye infections are caused by bacterial, viral or fungal agents. In Ayurveda our eyes are governed by Aalochak-Pitta (sub-dosha of Pitta dosha). When aalochak-pitta is in balance, our eyes remain healthy. But, if the pitta gets aggravated, we experience excess heat, anger, frustration. Impaired vision and eye problems are often related to Pitta aggravation. Tarpak Pitta (Sub-dosha of pitta) is responsible to keep the eyes lubricated, moist and cool. Prana-vata is responsible for the movement of eyes, blinking and sensory perception.

Symptoms. They can include irritation, redness, discharge and reduced vision, persistent itching, flaking of eyelids, Discomfort, blurred vision, watery eyes, discharge from the eyes, swollen eyelids.

Treatment depends on the cause.

Common Eye Infections: They are

- a. Pink eye (conjunctivitis)
- b. Sty
- c. Blepharitis
- d. Cellulitis
- e. Keratitis
- f. Corneal ulcers
- g. Trachoma
- h. Herpes simplex virus
- i. Herpes Zoster(shingles)

Favourable diet, lifestyle and some simple techniques are helpful for improving vision, reducing eyestrain and healing of eye conditions.

Favourable diet: Maintaining a well balanced, healthy diet is a key to keeping your eyes healthy. By following the Healthy diet and lifestyle, you may be able to prevent eye problems like cataract, age related macular degeneration, glaucoma, dry eyes, poor night vision.

Consuming Antioxidants like leutin, zeaxanthin, vitamin A,C,E, beta-carotene,omega3 fatty acids, zinc etc. can help to prevent eye problems.

Fish, eggs, almonds, dairy products, carrots, kale oranges, deep orange and yellow colour fruits and vegetables, winter squash, sweet potato, pumpkin,

apricot, peach, cantaloupe, mango, dark leafy vegetables like spinach, black mustard and broccoli are good to consume.

Amla is rich in vitamin C and antioxidants and pitta-shamak. Amlaberry is known as chakshushaya in Ayurveda which means “strengthen the eyes”

Favourable lifestyle: Prevention of eye infection can be done with –

- a. Wash your hands often with soap and warm water.
- b. Avoid touching and rubbing your eyes.
- c. Wash any discharge around your eyes with fresh cotton ball.
- d. Do not use the same eyedrop dispenser for your infected and non-infected eye. Wash pillowcases, bed sheets, towel often in hot water and detergent.
- e. Wash your hands after handling such items.
- f. Stop wearing contact lenses while you have eye infection
- g. Do not share personal items such as pillows, towels, eye drops, eye or face make-up, eyeglasses with others .
- h. Vaccines can prevent some infections associated with conjunctivitis, rubella, measles, chickenpox, shingles, pneumococcal, heamphillus influenza type B(HIB).

Helpful Techniques: Some of the simple yet helpful techniques to prevent eye infections are-

GAZING: According to Ayurveda, Sun rules the eyes. Gentle sun gazing can improve eyesight. Stand barefeet with feet directly touching the earth. Solar gazing is only recommended at early sunrise or the late sunset. When harmful UV rays cannot harm the eyes.

Solar gazing improve vision and it also activates the pineal gland (called third eye)and helps to get rid of depression and anxiety,

Gazing technique should not be done by the patient suffering from acute eye infection and glaucoma.

TRATAKA: It's a beneficial eye exercise to meditate upon a ghee lamp flame without

blinking. Gaze at the flame from 2-3 minutes until tears come from eyes.

The ghee made out of cow's milk actually draws in satvik frequencies to calm our mind. Thus type of meditation allow us to reflect on our inner radiance.

WASHING: Start the day with washing your eyes with cold water. Retain some cool water in the mouth while washing your eyes. This helps to keep Pitta in balance.

An ayurvedic eyewash made out of well strained Triphala tea can be helpful in treating eye disorders. Triphala is well known eye tonic and anti inflammatory. This eyewash help in the prevention and treatment of glaucoma, cataract, conjunctivitis, poor eyesight etc.

OLEATING: In Ayurveda Netra basti is given to clean and nourish the dry eyes. The person lies down with melted ghee covering their eyes from 5-10 minutes. Eyes are kept open, allowing the ghee to cool Pitta and lubricate vata Dosha. Netra basti is recommended for pain and overexertion due to computer use, allergies, squinting, diminished vision, optic nerve injury etc.

One drop of Castor oil at bed time in the eyes helps to lubricate the cornea, reduce the eyestrain and

irritation. A black eyeliner called kajal made up of castor oil and burnt camphor is applied under the eyes to keep them cool.

RESTING: Take adequate sleep. Lack of sleeping is one of the Main causes of eye problems. Without proper rest eyes get tired, itchy, red, puffy. Late night awakening leads to aggravated Pitta and Vata and causes eye problems.

PALMING: Palming is an excellent technique to give soothing effect to tired eyes after working on laptops, computers and reading books for long hours. Keep your palms together for few seconds and place them over the eyes. It gives very soothing effect to eyes.

EYEPADS: Place cool cotton pads dipped in rosewater over the eyes. Cotton pads can also be dipped in aloe vera, cilantro, cucumber juices. One can also apply paste of sandalwood powder and water on the forehead to soothe the eyestrain which leads to headache.

By following the Ayurvedic diet and lifestyle and techniques, we can prevent ourselves from many diseases

Prevention from Cardiovascular Disorders in Ayurveda

In Ayurveda Cardiovascular Disorders (CVD) is mainly a result of unhealthy diet and lifestyle. Hence it can be reversed by natural means. The main aspect of the cardiovascular disorders is a Physical deterioration of the structure of cardiovascular vessel walls. This structural deterioration can be due to clogging of blood vessels with cholesterol and plaques.

Damages are due to increased pressure and free radical activity and lead to loss of vessel wall thickness. Deterioration of cardiovascular vessels causes many symptoms like chest pain, weakness, shortness of breath, palpitation and life threatening disorders caused by reduced oxygen supply.

Causes of CVD: They are –

- (a) Excessive stress,
- (b) Overweight,
- (c) Sedentary lifestyle,
- (d) Consumption of food which contain too much of trans fats,
- (e) Overeating,
- (f) Sugar intolerance and Diabetes,
- (g) High Cholesterol,
- (h) High BP,
- (i) Smoking,
- (j) Unhealthy diet and
- (k) Lack of exercise

Preventive Measures: Measures that can be taken to control CVD are -

- (a) Regular Exercise - Atleast 30 minutes exercise each day is recommended to stay healthy.
- (b) Maintain Healthy weight - Excess weight leads to many problems like heart disease, high BP, and high cholesterol.
- (c) Avoid Smoking, Tobacco, Nicotine and other drugs - Chemical found in these drugs can damage the heart and blood vessels. Nicotine in cigarette smoke narrows the blood vessels making it harder for the heart to function normally. Moreover, heart does not receive enough oxygen and thus the risk of heart disease increases.

Healthy Diet: It is recommended to consume all kind of healthy food to stay healthy. Consume food items that are low in fat ,salt and cholesterol, like low fat

dairy products, fruits, vegetables and whole grains are rich food that can protect your heart.

Saturated fat and trans fat are known for increasing blood cholesterol and coronary artery disease. So should be avoided.

Excessive consumption of dairy products should be avoided. Red meat, palm oil are the major sources of saturated fats, and should be avoided.

Polyunsaturated fats like omega 3 fatty acids can help to decrease abnormalities in heart. Fish like mackerel and salmon are natural sources of omega3s. Walnut oil, flaxseed oil, canola oil, soybean oil contain smaller amount of omega3s.

Food items like Garlic, Onion, shatavari, turmeric, amla, tulsi have cardio-protective and antioxidant properties.

Bottle gourd juice is very beneficial for heart patients.

Consume 2-3 buds of garlic empty stomach daily. This is beneficial for all kind of heart ailments.

Cow's milk is also very beneficial for heart.

Helpful Herbal Remedies: Herbs like Ginger, Garlic, Bilberry, grapefruits, green tea, fenugreek seeds, aloe vera, cayenne, arjuna, shankhpushpi, ashwagandha, guggul nutmeg, jatamansi, anantmool, tulsi, guduchi, haritaki, pushkarmool, dashmool contain cardio-protective properties and play major role in the management of CVD.

Healthy Life Style: Do Yoga and Pranayam. Yoga builds cardiovascular health, increases lung capacity, and improves respiratory function and heart rate. It also boosts blood circulation, builds muscle, and decreases inflammation.

Among Asana are padangushtasan, sukhasan, pawanmuktasan, ardhbhujangasanand. And in Pranayam variances are bhasrika pranayam, sheetali pranayam, kapalbhati pranayam, anulom vilom, pranav pranayam, udgeeth pranayam, bhramri pranayam are cardioprotective.

By following the healthy diet and lifestyle, we can prevent cardiovascular disorders and can stay healthy

