

Preventive healthcare through Ayurveda



Ayurvedic tips for immunity

Swaasthya™ believes in the importance of preventive healthcare in supporting health and wellbeing. An integral part of preventive healthcare is building and maintaining a strong immune system through proactive improvements to your diet and lifestyle. This document contains some of our Ayurvedic recommendations to build and maintain strong immunity to help you and your family stay healthy.



DIET AND REGIMEN

AHARACHARYA (diet) whatever we *take-in*. Good digestion (proper Agni) plays an important role in fighting diseases. *Ahara* incl. *Anna* (food), thoughts etc.

- Include ginger, mint, cinnamon (tea) garlic and haridra (fresh turmeric) in food. It helps to improve digestion and boost immunity.
- Amla (goose berry), amrut (giloy), tulsi (basil), neem, and certain foods like oranges, lemons, grapes, spinach and broccoli are helpful in strengthening the immune system which is key to fighting the deadly virus.
- Include yogurt in your diet 1/2 hour+ post lunch; It helps to destroy viral cells & build friendly gut bacterias.

DINACHARYA (regimen)

Dina charya means “the daily regimes to maintain the health.” (Dina- day & Charya-protocol)

It deals with all daily routines of humans.

- Get up at Brahma Muhurta (holy hours) 3am-6am
- Brush the teeth with bitter, pungent and astringent tastes. Massage the gum with powders of triphala or trikatu (black pepper, long pepper and dry ginger).
- Clean the tongue with copper tongue scrapper - silver or gold metal preferable.
- Apply collyrium (kajal) daily to eyes.

- Apply two nasal medication drops of anutaila daily.
- Keep the mouth filled with sesame oil, decoctions or hot water for 2-3 minutes.
- Massage your head, ears, and feet with oil daily.
- Exercise to half of your physical limit. Follow this by a massage a warm water bath.
- Eat food according to the prescribed regimen.
- Eat easily digestible food and sleep well.
- Reflect on the events in the day and thank God and nature for their care.
- Never suppress or forcefully produce the urges of flatus, feces, urine, seminal discharge, thirst, hunger, sleep, sneezing, yawning, heavy breathing on exertion, tears, cough, vomiting, etc.
- Suppress the urges of attachment, greed, envy, hatred and jealousy.

A balanced life is like a three legged stool. Each leg - nutrition, fitness and wellness - is necessary and supports the other

Ellie Krieger



- **Nasya** (therapeutic treatment for nose, throat, sinuses and head). This can be done with medicated oil like **Anu Taila** (2 drops) early in the morning after daily routine.
- Oil massage (**abhyanga**) daily followed by a hot shower – can use Dhanwantaram Taila.
- Exercise minimum for 1 hour- improves digestion and immunity. Maintain personal hygiene and avoid close contact with infected person.
- Sleep a minimum 8 hours a day.
- Practice **Pranayama** daily to improve immunity. Following are few pranayams:
 - ♦ **Kapalbathi:** stress relief; boosts up immunity, protection from diseases and resolves sinus problems. Improves digestion.
 - ♦ **Anulom Vilom Pranayam** - cleans the internal energy channels and respiratory system more competently.
- ♦ **Bhastrika pranayam:** Relieves inflammation of the throat, increases Agni and balances tri-doshas; i.e. Vata, Pitta, and Kapha
- Practice **yoga** which is a healthy form of cleansing your body and mind alike:
 - ♦ Padangushtasan (big toe pose)
 - ♦ Shashankasan (hare pose)
 - ♦ Setubandhasan (bridge pose)
 - ♦ Salabhasan (locust pose)
 - ♦ Marjariasan (cat pose)- Calms the brain and helps relieve stress and anxiety. Improves digestion,
 - ♦ Bhujangasan (cobra pose)
 - ♦ Dhanurasan (bow pose)- Opens the heart and lungs. Can be a cure for asthma. Increases body heat, destroys disease.



SHADANGA PANEEYAM

It is a wonderful herbal drink in Ayurveda to boost up your immunity and metabolism.

Ingredients:

NO:	Sanskrit name	Botanical na	Quantity
1	Ghana(Mustha)	Cyperus rotundus	1 Part
2	Chandana	Santalum album	1 Part
3	Shunti	Zingiber officianlis	1 Part
4	Ambu(Hrivera)	Coleus forskolin	1 Part
5	Parpata	Fumaria indica	1 Part
6	Ushira	Vetiveria zizanioides	1 Part

Preparation:

Take equal part of all ingredients(10gm). Boil with 1 liter of water and reduce to half. Consume twice in a day.

- **Dosha karma:** Kapha vata hara
- **Guna:** Deepana , pachana
- Improves digestive fire and corrects metabolism
- Detoxifying drink (removes ama)
- Effective in fever



DHOOPANA (Fumigation)



Ayurveda has given much importance to preventive medicine and it has detailed several modes for disinfection purposes. Fumigation (Dhoopana) with various drugs is one such method which is safe, natural and cost effective. Drugs of herbal, herbo-mineral and animal origins containing volatile and antimicrobial constituents are used individually or in combination to produce desired effects.

Common herbs used for fumigaion:

- **Vacha** (*Acorus calamus*) - High anti microbial property.
- **Nimba-** (*Azadirachta indica*) Neem bark – Insecticidal property.
- **Guggulu-**(*Comiphora mukul*) – Anti bacterial, anti viral property.
- **Sallaki** – (*Boswellia serrata*) Resin of sal tree.
- **Usheera** – (*Vetiveria zizanoides*) Vetiver.
- **Karpoora-** (*Cinnaomum camphora*) Camphor.
- Doopana formulation available in market:
 - 1) Aparajitha dhoopa choornam.
 - 2) Dashanga dhoopa choornam.

If you don't find the above herbs there are some altrenatives available at home.

- Mustard
- Hing (*Asafoetida*)
- Garlic skin
- Neem leaves
- Rocksalt

Procedure:

Either we can fashion a wick made out of these ingredients and burn it or take a dhoopa pot (Brass/Clay) filled with some dried wood mixed with the above said herbs and burn it.

Benefits:

- This is used for disinfection of rooms and environment especially during rainy and winter seasons.
- This also helps in control of pests, rodents and insects. Thus preventing outbreaks of epidemics.
- Clothes especially for new born and other household items can be kept disinfected and sterile by utilizing fumigation method.



AYURVEDIC HERBS TO BOOST IMMUNITY

Bhoonimba (Nilavemb): *Andrographis paniculata*

- Natural immune booster.
- Bitter in taste, light and dry property, hot in potency, Reduce pitta kapha.
- Effective in fever and cough.
- Anti oxidant, anti viral, and anti microbial in action.
- Stimulate liver function and digestive fire (it helps to correct metabolism).

Home remedies:

- Juice of Nilavemb mixed with honey- take 1 tsp twice a day on an empty stomach.
- Nilavemb + Vasa + dry ginger (equal quantity of these herbs) boiled with water to make decoction.
- Consume twice a day.
- Make a soup of carrot and broccoli by adding nilavemb, ginger, garlic and pepper.

Its never too early or too late
to work towards being the healthiest you.



Amalaki (Amla): *Embilica officinalis*

- It is an excellent **rejuvenative** tonic.
- It is bitter, astringent, sweet, sour and pungent-cool in property- reduce vata pitta kapha doshas
- It nourishes dhathu(tissues).
- improve ojas and semen.
- It improve digestion and metabolism.
- Purify the blood, strengthen nervous system.
- improves intellect and vision.

Home remedies:

- Eating fresh amla everyday boost your immunity
- Dried and powdered amla with turmeric controls sugar level in the body.
- Rejuvenative drink- drinking fresh juice of amla, carrot and mint everyday resist aging.
- Amla juice mixed with ginger , honey, rocksalt is effective in frequent cold and sinusitis.

Shunti (ginger): *Zingiber officinale*

- Digestive fire booster.
- Pungent in taste, dry and sharp property, hot in potency, reduce vata kapha.
- Regulates the function of stomach and intestines.
- Good in preventing and treating fever and cough.
- Relieves colic pain and nausea.

Home remedies:

- Drinking ginger water (3gm ginger+ 1 glass water) relieves Ama (toxin), improves digestive fire.
- Buttermilk mixed with ginger and rocksalt relieves abdominal pain and bloating.
- Tea prepared with dry ginger powder, pepper, tulsi leaves is good for respiratory illness.

Guduchi (Giloy): *Tinospora cordifolia*

- Potent herb that increase body's resistance to stress, illnesses and anxiety.
- Bitter and pungent in taste, oily, light in property, and hot in potency. Reduce Tridosha.
- Acts as an immune modulator, rejuvenating, blood purifier, regulates digestion and nourish the body.
- Effective in viral and bacterial infections, fever, diabetes and anxiety.

Home remedies:

- 1 tsp of fresh guduchi juice mixed with honey- relieves fever and cough.
- Amla + guduchi + turmeric- 10ml everyday controls diabetes.



Yoga means addition.
Addition of energy,
strength and beauty to body,
mind and soul

Amit Ray



LOCUST POSE



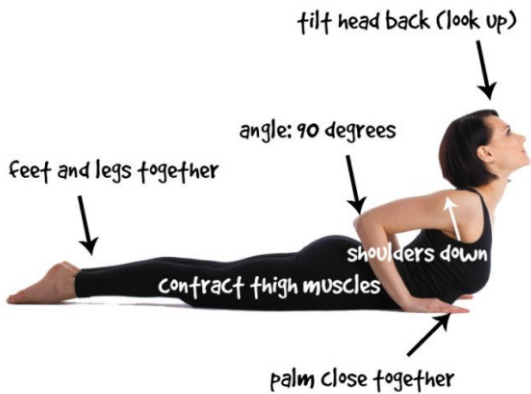
BRIDGE POSE



CAT POSE



COBRA POSE



RABBIT POSE




BIG TOE POSE



BOW POSE




 please download **Heartfulness App**
 and use this Heartfulness App to *relax, and go within...*
 (Heartfulness meditation is always offered free of charges worldwide)

This document contains some of **Swaasthya™** Ayurvedic recommendations to build and maintain a strong immune system to help you and your family stay healthy. (Its content is unrelated to the Novel Corona virus. For more information regarding the Corona virus, please visit <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>)

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Swaasthya Inc.

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