

Lets Fight Corona Together

**Take Charge Of  
Your Immunity**





## Social Distancing

Keep 1 meter distance when outside. Stay home as much as possible.

## Hygiene

Wash your hands as much as possible. Keep proper hygiene.

## Healthy Immunity

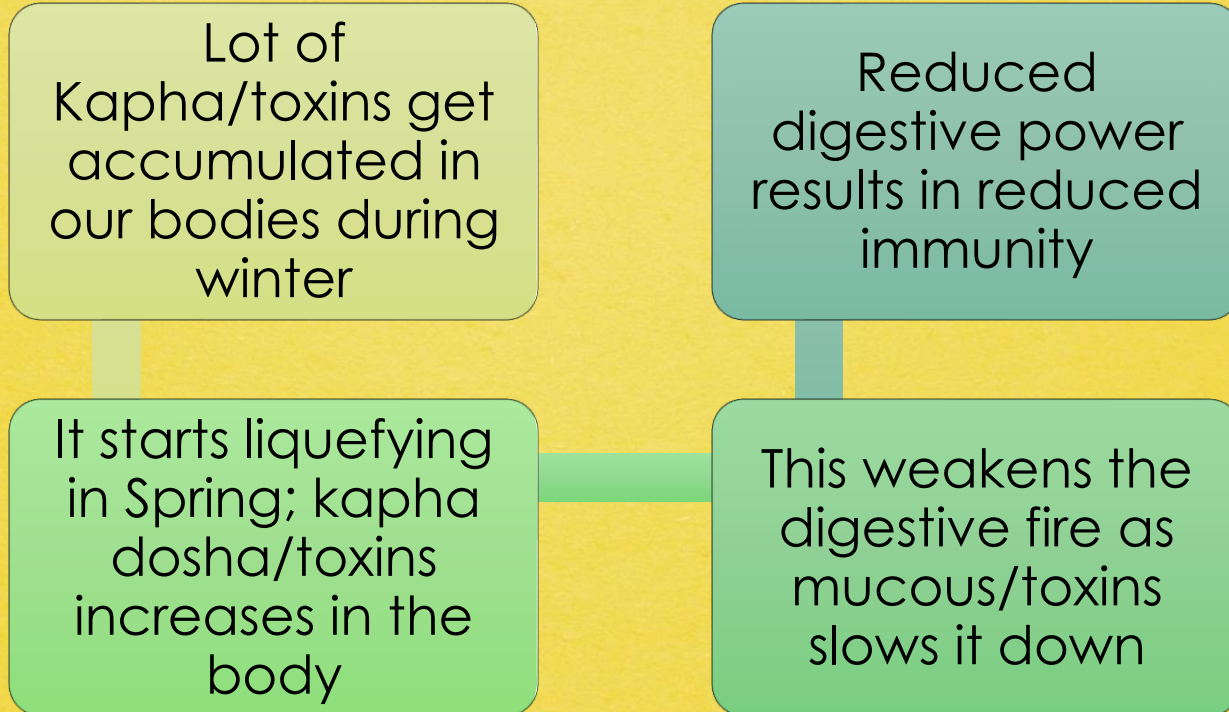
We all need a healthy immunity to fight off the virus. In this guide we will be dealing with this in detail.

# Spring Season : Lower Immunity, Vulnerability Towards Flu



**Vasant Ritu** (Spring season) in India generally starts in February (end of February) and extends till beginning of May.

How our immunity is vulnerable in this season:



# Spring Season : High Vulnerability Towards Flu



*Higher chances of viral fever, breathing allergies in this season due to :*

Weaker Digestion

Body's tendency to  
make mucous (high  
Kapha dosha)

High toxins in the  
body –  
(accumulated in  
winter season)

High temperature  
variation in the day

It is also the time  
when the air may  
carry allergens such  
as pollen and  
dander.



Basic pillars for improving our immunity in this season, as per Ayurveda are :



## **Optimising Digestion**

According to Ayurveda our immunity is highly dependent on our digestion power



## **Removing Toxins**

Toxins in the body strain our body and reduces its power to fight diseases



## **Improving Overall Energy**

High energy and strength in the body translates to healthy immunity



As our digestion is already under strain we need to do everything we can to to reduce the strain on our digestion and enhance our digestive fire.

Largely it boils down to what we chose to eat and what we avoid.  
*To help our digestion in this season we need to :*

## Eat Light

- Eat food items are which are easy to digest
- Food items which are light (& dry) in nature

## Eat Fresh & Healthy

- Try eating only freshly cooked food ; eat it within 20 mins after it has been prepared

## Eat Smaller Quantities

- Heavy meals would mean more pressure on your digestion; Reduce your meal size



We should include herbs to aid in digestion (in small quantities) :

Cummins

Coriander

Ginger

Black  
pepper

Haldi

Cinnamon

Ginger mix with lemon and salt : Extremely good for improving your digestive fire; it also helps in reducing Kapha in this season.

- Eat seasonal vegetables and fruits
- Gourds are great choice (bitter gourd, pointed gourd etc.)
- Moong daal is extremely good in this season
- Prefer food with Pungent, bitter and astringent taste
- Small quantities of red chilli can also be used in this season
- Chew as much as you can – helps in digestion
- Reduce intake of grain. Reduce intake of White rice – completely avoid it in dinner. Barley is a great option.

**Onion and Garlic** have good detoxifying qualities for this season. As these tend to heat up the body – they can help in reducing cold and cough. But have to be taken in small/limited quantity. Onion/Garlic also tend to make one restless and can interfere with your sleep.

Listen to your body (not the taste buds)  
If your Pitta dosha is high/ you are feeling heat in your stomach area/ have acidity / or your stomach is upset – then you should reduce usage of these herbs

# Optimising Digestion : What To Avoid



*Type of foods to avoid in this season :*

Heavy | Cold |  
Sweet | Viscous

- Cold drinks, Ice creams, Pastries, Cakes, Dal makhni, Butter chicken etc.
- Avoid unctuous food items/ deep fried/oily snacks

Hard To Digest

- Non vegetarian, Cheese, Alcohol etc.
- Dry fruits are good in winters but spring is the time to **reduce dry fruit** consumption (do not eat without first soaking in water.)

Processed/ Heavily  
Refined/Packaged

- Salted chips, Jams, Canned Juice, Ketchup, Burgers, Pizza, Fries etc.
- Reduce eating packaged Noodles, Bread, Biscuits etc

Coffee & Sugar

- Coffee with milk and sugar. Also reduce tea

Reduce Animal  
Products

- Non vegetarian food is among the hardest to digest
- Also try to reduce dairy products – especially meethi lassi/curd/cheese – as they can further increase Kapha.





## Gargles

- Gargles are effective especially if you can sense mucous formation in your throat. For gargles you can add bit of salt in warm water

## Drink Warm Water

- Drink warm water instead of cold/normal water throughout the day
- If you are thinking of coffee/tea – go for a cup of hot/warm water instead

## Herbal Teas

- Replace your regular cup of tea/coffee with herbal tea or green tea. A simple ginger lemon tea can be very helpful in this season.

## Neem and Haldi

- Neem and Haldi are great detoxifiers. Chewing neem leaves (2-4 in a day) will help you remove toxins quickly & build immunity

## Steam

- If you are feeling mucous formation/obstruction in your throat/nasal area – go for steam. Idea is to keep your throat/nasal area clean to reduce chances of infection

# Reducing Kapha & Toxins : Importance Of A Healthy Sleep



## Good Sleep

- Good restful sleep rejuvenates the body; increases its immunity
- Heavy screen time right before you hit the bed may reduce the quality of your sleep;

## Wake Up Early

- Wake up early in the morning; don't keep sleeping after sunrise – it may increase Kapha dosha in the body

## Avoid sleeping in the day time

- Day time sleep in this season may make your body sluggish and increase Kapha dosha heavily

## Light Dinner

- Dinner has to be light; eat at least 3 hours before you hit the bed
- Heavy & late dinner may reduce quality of your sleep



## Use Warm Water For Your Bath

- It is a good idea to use warm water for your bath – will help reduce Kapha. You can add a little salt in your bathing water

## Avoid too much of Air Condition

- If you are working/living in an airconditioned environment – don't go for too cold temperature inside; keep going out for some fresh air and sun
- Morning sunlight is good

## Avoid Cold Breeze

- Avoid breeze especially in evening; if there are strong breeze stay inside

## Take Care of Temperature Variation

- Morning and evenings are still bit cool compared to day time; keep yourself well covered

# Supercharge Your Immunity



## Exercise

- Gym/Yoga studio may have been closed temporarily– but do not stop to exercise. You need good exercise and stretching to keep the right energy flow; Good exercise regime will help in reducing toxins and increasing immunity
- Pranayam and breathing practices are extremely helpful
- 10 min of Shavasana will help you relax

## Stress is a big no no

- Stress messes up with your digestion and overall immunity
- Be relaxed. It is a perfect time to rejuvenate and bring calmness to your mind.
- Try to stay away from anything which brings stress and restless. Reduce watching too much of News/social media - try reducing overall screen time. Instead read a good book or two. Pamper yourself with oil massage/sauna.

Remember to have a healthy balanced diet. Include supplements in case if you have a tendency to lack any Vitamin/micro nutrient. Take enough of Vitamin C. Some good relevant Ayurvedic herbals are Giloy, Ashwagandha, Bramhari



## *Swasthyashya Swasthya Rakshanam ~ Charak Sanhita*

*These are only preventive measures and are in no way cure of any disease including Corona virus*

*If you are feeling sick/ have aggravated cough – it is best to consult your doctor*

*Moderation : Is the best policy. Everything has to be done in moderation (this goes for exercise/pranyam/eating any herb – as excess of anything may lead to other problems/side effects*

*Listen to your body. If you think something isn't suiting your body – reduce it immediately*

*Stay healthy, help others stay healthy.*



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