

## **Ayurveda guide for strong immunity, strong lungs and strong mind!**

Our focus:

1. defence against the Virus
2. adapt to new home- work routine
3. adapt to spring season
4. balanced food and food medicine
5. enough sleep
6. reducing stress and anxiety
7. Be happy choices

### **Morning rituals**

- Wash your hands and face with soap and water
- Brush your teeth and clean your tongue
- Gargles- gargle with curcuma and salt and water.
- Cleanse your respiratory passage with breathing exercises explained in yoga rhythm.



### **Yoga rhythm every morning- 20 min**

- Chanting aum. 3min
- Nadi shodhan breathing –Nadi Shodhanana, also known as Alternate Nostril Breathing, is a

powerful breathing practice. Nadi is a sanskrit word meaning “channel” or “flow” and shodhan means “purification.” Everyone can do this breathing practice. Sit in a comfortable asana and make the vishnu mudra. Gently close your right nostril with your thumb. Inhale through your left nostril, then close it with your ring-little fingers. Open and exhale slowly through the right nostril. Keep the right nostril open, inhale, then close it, and open and exhale slowly through the left. This is one cycle.. Repeat 5 times to make 5 cycles.

- Kapal bhati pranayam



Inhale deeply with both your nostrils, filling both your lungs with air. The breath should be a slow and steady intake of air, Pull your stomach- in towards your back. Get your navel closer to the spine as much as you can. As you relax from the contraction, you exhale air in a short burst followed by an automatic inhalation. Repeat it 30 times to start with.

### **Working from home routine:**

Get Organized -

Create systems and routines to keep you organized both at home and at work. Fix your work hours for office work and house work. Fix your family times. Do not eat at the desk, do not eat between meals and Keep your "me- time" for exercise and hobby.



### **Ayurvedic seasonal routine for spring- Vasant Rutucharya**

#### **Diet changes-**

During this period of seasonal transition, one should *eat light food (which is easy to digest)*

Taste- include bitter, pungent, astringent taste in your food

Include seasonal fruits and vegetables. Cereals like wheat, rice, bitter vegetables and honey in your food.

Spices - coriander, cumin, turmeric, black pepper, dry ginger and fennel helpful stimulate the digestive fire.

Drink fresh ginger tea, mint tea with honey (add honey when tea is tepid)

Tea with clove and cinnamon

### **Foods to be avoided:**

Foods which are heavy to digest are to be avoided. Avoid heavy, oily, sweet & sour foods and drinks.



### **Lifestyle changes:**

Go out for exercises, exercising outdoors helps to adapt with nature and promotes a happy mind. (Only if you can maintain distance)

Avoid the day-time naps, especially sleeping after lunch as this slows down the digestion.

Every day yoga practice helps renewing mind and body energies.

Auto-massage at least twice a week using warmed sesame oil.

### **Balanced food and food medicine**

-Curcuma golden drink:



<https://www.facebook.com/ayurvedkalp/photos/pb.624554497655741.-2207520000../2622692097841961/?type=3&theater>

Food - Eat warm and fresh breakfast  
Do not eat cold and dry food. Dinner  
should be light, warm and unctuous.

Easy quick soup recipe:

<https://www.facebook.com/ayurvedkalp/photos/pb.624554497655741.-2207520000../2640948476016323/?type=3&theater>

### Sleep well-

Sleep is one of three the pillars of health for Ayurveda. It is as important as diet and life style for the maintenance of health. Ayurveda explains that Sleep is important to nourish the body, rejuvenate the body, provide happiness. Increase life span, improve memory power, enhance fertility and strengthen the body. Sleep is the time when the body is able to heal itself.

Sleep at regular time every night.  
Sleeping late at night is cause of many health troubles.



### Reducing stress and anxiety-

To remain in present is very important to "keep going on" in stressful times. Engage with your senses and open your mind., and do not worry about future all the time.

You may practice meditation for short periods of 5 min.

Talk to your family and friends, share your feelings and concerns.



### Make choices to be happy –

- Take up an interesting project you wanted to do but did not have time earlier.
- books, music and dance can be nice choices

### Pray for good health of all the community

ॐ सव भवन्तु सुखिनः सव सन्तु निरामयाः ।  
सव भद्राणि पश्यन्तु मा कश्चिद्दुःखभाग्भवेत्  
ॐ शान्तिः शान्तिः शान्तिः ॥

Om Sarve Bhavantu Sukhinah  
Sarve Santu Niraamayaah |  
Sarve Bhadraanni Pashyantu  
Maa Kashcid-Duhkha-Bhaag-Bhavet |  
Om Shaantih Shaantih Shaantih ||

Meaning:

- 1: Om, May All be Happy,
- 2: May All be Free from Illness
- 3: May All See what is Auspicious,
- 4: May no one Suffer.
- 5: Om Peace, Peace, Peace.