



CHAKRAPANI AYURVEDA ISO 9001 & ISO 22000

Stay Healthy On Summers

Dear Readers,

Ayurveda views the physical body, along with everything in the Universe, as being composed of the five primary elements; earth, water, fire, air, and ether or empty space. These are expressed in the physical body as qualities of stability / support (earth), feeling / fluidity (water), heat and metabolism (fire), respiration and circulation (air), and space and lightness (ether).

Summer according to Ayurveda is Grishma ritu whenever summer arrives in your geographical location, you will have a stronger relationship with the elements fire and water for three months. When the fire and water element are out of balance, it creates a dosha called Pitta. The qualities of summer (hot, sharp, and penetrating) correspond to the attributes of pitta dosha, which will be increased during this season. To help create balance, consider one of the classic Ayurvedic sutras that says, "Like increases like and opposite balances"

Summer is the season of Pitta with plenty of sun blazing up the atmosphere. The glorious days of summer are upon us once again and as things start to heat up its always helpful to have a little reminder about hazards that may come up and the required ayurvedic means of management. As the temperature starts to rise and you start packing up for summer vacation, keep a few of the following things in mind.

So read on and enjoy.

Best Regards,
Dr. Rajesh Kotecha

Stay Healthy On Summers

Many of us spend all winter looking forward to a summer, only to be struck down with sunburn, tummy bugs and insect bites as soon as things heat up, well not any more!

Stomach Cramps :

To aid digestion and prevent digestive upsets mix a teaspoon of ground cumin and fennel seeds with a bit of fresh ginger in warm water.

If you develop diarrhea on summers try taking half a teaspoon of ground nutmeg in honey and warm water two to three times a day.

Drink plenty of lime water with salt and a bit of sugar to replenish the lost fluids. Fresh Pomegranate juice is also very beneficial.

Cumin, fennel and ajwain seeds in warm water will reduce discomfort in the stomach by eliminating wind and bringing the appetite back.

Sunburn/Sunstroke :

If you suffer sunstroke try drinking a tablespoon of fresh lime juice in half a pint of water, mixed with two teaspoons of honey to provide instant results.

Having sunstroke means your body has lost electrolytes and fluids. The lime helps your body absorb the water and electrolytes faster. Honey is a good source of fructose and the best way to get sugar into the system.

Sunburn can be quite irritable and dangerous too. Applying Sandal wood paste mixed with rose water to bring the

inflammation down instantly and to apply cooling coconut oil.

Insect Bites :

Mosquitoes can be a real nightmare when you are in the tropics but if you apply talcum powder mixed with a bit of Neem powder all over the exposed skin it will help to keep the mosquitoes away. The same is very beneficial on the site of the bite as well to reduce itching, pain and redness.

Also a thin application of coconut oil mixed with a couple of drops of Lavender and Neem oil can help to keep mosquitoes away.

Neem contains a compound called Sallanin, which deters insects. If a brave bug bites through these defences then Neem also stops the bites itching. You can buy Neem repellents and creams in pharmacies.

Prickly Heat :

Prickly heat rashes are common when you are in hot and humid regions.

Shower twice daily applying mild essential oils like Sandalwood or Lavender to your body and cold water is preferable to hot.

Dehydration :

It is essential to keep replenishing the fluids lost during a hot summer day and Ayurveda recommends using Limewater with a bit of salt and sugar, fresh fruit juices, dates juice squeezed into water.

Sarasparilla juice in water a popular India herb mostly available everywhere and Garcinia juice in water and a yogurt drink to combat thirst, heat and dehydration.

It is also essential not to shock the bodily systems by drinking very cold beverages soon after hot sun exposure.

Health Tips for Summers

Free use of butter and churned yogurt.

Yogurt mixed with sugar should be taken. The custom of preparing shreekhand by almost dehydrating yogurt and then adding sugar to it is harmful.

Mangoes should be sucked. Jaamboos should be eaten.

Light, easily digestible foods should be taken.

Pure sweet dishes should not be eaten. They should be mixed with sour.

Fried, sour, or salty things should not be eaten.

Salty things harm the body constituents, resulting in debility. Such salty articles also cause certain skin diseases in this hot season.

We should not expose ourselves to the sunshine of summer. We must have sufficient rest. We must conserve as much energy as we can in this hot season that sucks away and dries up the moisture in the body.

Brahmacharya should definitely be observed in this season. Semen and ova also keep heated like the other inner limbs. Conception in such weather does not yield good children. They would be born weak and emaciated.

Product of the month

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