



# CHAKRAPANI AYURVEDA

## ISO 9001 & ISO 22000



### Diet and Lifestyle in Rainy Season

#### Diet:

- Diet should be light, with little fat (i.e. ghee, butter or oil) and which is easy to digest. Take freshly prepared food.
- Avoid excess intake of Pungent, Bitter and Astringent taste food items.
- 10-12 glasses of water intake daily, preferably lukewarm.
- Old grains (i.e. wheat, rice, pulses etc.) should be used in this season.
- Spices like cumin seeds, fennel seeds, ajwaine, asafoetida, cinnamon, rock salt etc. should be used more.
- Triphala or Haritaki powder along with rock salt (4:1 ratio) can be followed through out the season.

#### Lifestyle:

- Morning walk and Pranayam is beneficial.
- Only mild kind of physical exercise should be done. Weak person should avoid exercise.
- Should not sleep during day time.
- Should wear dry & light cloths, prefer cotton fabric.
- Avoid much exposure to sun and rain both.
- Can use perfumes.
- Massage, steam bath and Panchakarma should be taken.