

In this column Dr Partap S. Chauhan, Advisory Board member of this journal, will give his Ayurvedic tips regularly for the benefit of readers. He is an Ayurvedic expert and has his own clinic and pharmacy.

Although rain brings a lot of relief from the heat and is a pleasant season for all living creatures including human beings, it also provides a favourable atmosphere for the growth of a number of bacteria and virus. Some of the common infections found in rainy season are gastroenteritis, amoebiasis, typhoid, malaria and skin diseases. According to Ayurveda rainy season is the climate for a natural aggravation of "*vata dosha*" in the body. The literal meaning of *vata* is air and it is responsible for movement of food, fluids, wastes, circulation of blood and normal functions of the nervous system. The aggravation *vata* leads to impaired digestion, which leads to the formation of toxins. These toxins provide a medium for the growth of bacteria and virus resulting in a number of infectious diseases. The toxins also affect the blood causing various skin diseases.

Prevention from

rainy season disorders



Remedies:

- Reduce the intake of *vata* increasing foods like beans, cauliflower, deep fried foods, non-veg foods, alcohol, and ice cold drinks. One should also avoid too much physical activity and exercise.
- Drink lots of cool water and take bath twice a day. If available drink coconut water everyday. Water is a prominent source of infection during rainy seasons as it is contaminated, therefore always boil the water before drinking or use a good water filter/purifier.
- It is beneficial to rub the body with wet towel after taking bath. Applying sandalwood paste on the forehead and use of aromatic natural oils is useful to keep healthy during the rainy season.

• One should wear light colour cotton clothes and eat sour and salty food preparations which are properly cooked. The use of *ghee*, butter and milk is also good as keeps the body strong and balances *vata dosha*.

Home Recipe:

Take five pieces of almonds and soak them in water overnight. Peel off the skin next morning and add one teaspoon fennel seeds along with three pieces of black pepper. Grind them together and mix in a cup of warm milk. Add a table-spoonful of honey and drink warm.

Address: Dr. Partap S. Chauhan, JIVA Ayurvedic Research Institute, 1144, Sector-19, Faridabad-121002, Haryana. *Website:* "<http://www.ayurvedic.org>"; *E. mail:* info@ayurvedic.org; *Telephone:* 91-129-5295547 and 5296174.