Ayurveda recommends Dinacharya (Daily Regimen) & Ritucharya (Seasonal Regimen) to improve longevity of health and keep diseases away.

**Why Follow Ritucharya (Seasonal Regimen)?**

When we adjust our diet and lifestyle to match the season, health promoting digestive microbes dramatically change. Winter microbes support balanced immunity, digestion, mood, energy, blood sugar, weight, sleep – and much more. Winter is also associated with the qualities of ‘Vata’, which are cold, air, dry and light (reason for increase in pains, skin dryness). To stay balanced, focus on food and activities that are warm, moist, heavy and oily.

**To Stay Strong and Healthy:**

- Follow foods and tips that are the most nourishing during the cooler and dryer Vata months of winter.
- Taking Ashwagandha, Turmeric, Amruth and Tulasi will keep immunity strong and provide more Bala.
- To keep your ears lubricated and thus prevent infections, place a few drops of warm Oil in each ear.
- 80% of the body’s immunity is in the digestion.

**Daily Routines (Dinacharya) for winter:**

- Self-massage with warm Massage Oil or raw sesame oil to balance your nervous system and detox your lymphatic system.
- Exercise in the morning to increase circulation, mood and immunity.
- Follow a regular rhythm of sleep, exercise, mealtimes and rest.
- Sleep with a warm mist humidifier to keep your sinuses clear.
- Perform Neti by irrigating your nasal passage with warm salt water. Always follow with Nasya.
- Perform Nasya by applying a few drops of Mustard Oil or Anu Tailam into each nostril and inhaling deeply.

In our next post will be posting on foods which are good to be consumed in winters.
For detailed information or any clarifications on above, Please contact Dr Shipra on below address

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