GENERAL

Ayurvedic Diet for Boosting Immunity: A Seasonal Guide

Dr Dhara Lakhani*

* *Correspondence: Dr Dhara Lakhani*

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Introduction

A strong immune system is essential for fighting infections and maintaining overall health. Ayurveda emphasizes seasonal dietary changes to enhance immunity and align with nature's cycles.

Seasonal Ayurvedic Diet Guide

1. **Winter (Hemanta & Shishira):**

- Eat warm, nourishing foods like ghee, nuts, sesame seeds, and root vegetables.
- Spices like turmeric, cinnamon, and black pepper keep the body warm.
- Drink herbal teas with ginger and tulsi.

1. **Spring (Vasanta):**

- Focus on detoxifying with light, bitter foods like green vegetables and sprouts.
- Honey in warm water helps remove excess Kapha.
- Avoid dairy and heavy foods that increase congestion.

1. **Summer (Grishma):**

- Stay hydrated with coconut water and buttermilk.
- Eat cooling foods like cucumbers, melons, and mint.
- Avoid spicy, fried, and excessive salty foods.

1. **Monsoon (Varsha):**

- Boost digestion with warm, easily digestible foods like moong dal khichdi.
- Use ginger, pepper, and cumin to enhance gut health.
- Avoid raw salads and cold foods to prevent infections.

Ayurvedic Herbs for Immunity

- **Ashwagandha:** Strengthens the body's resilience.
- **Tulsi:** Acts as a natural immune booster.
- **Giloy (Guduchi):** Helps combat infections.

Conclusion

By aligning the diet with seasons and using Ayurvedic herbs, one can naturally strengthen immunity and maintain good health year-round.

Competing interests

The authors declare that they have no competing interests.

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