

GENERAL

Ayurvedic Diet for Boosting Immunity: A Seasonal Guide

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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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