

Winters are calming, romantic, contemplative, invigorating and hibernating. Contrary to the hot frenzy of summers. Less allergies, and better sleep build your health and boost your immune system.

Winter wellness regimen

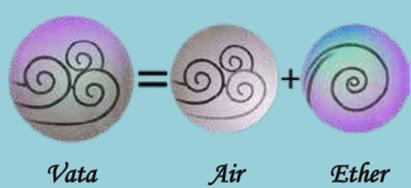
Winter is just not a season, it is a celebration.

Winters fall under Dakshinayana, where the moon's rays are powerful and so are our inner digestive fires. The cold atmospheres drive the inner thermal forces to their core and keep them blazing. So an awareness of right foods and regimens are essential to make winters work for you. Every season has its own special characteristics, so if the ahara and vihara are adapted to the changing seasons, there are fewer occurrences of seasonal illnesses.

Your personalities are unique. Winters can be harsh on people, dry them up, causing constipation and body stiffness. They can make others lethargic and reduce their metabolism leading to indigestion.

So following the specific protocols on diet and regimens help to keep the body in balance.

For all the vata predominant personalities



anxious thinkers, who are always on the move, chatter a lot and have thin frame, dry skin, irregular appetite and bowel movements



- No deep fried dried snacks like murukkus, chips please. You may end up in constipation.
- Cold breakfasts like cereals and oatmeal, different varieties of beans and frozen vegetables are to be avoided.
- They are bound to increase your wind element. Stick to sweet, sour and salty tastes in your diet, a little more than the other tastes.

For the fiery pitha personalities



The dynamic go getters, active, exuberant, temperamental, medium built frame, fair, with a good appetite, having warm body temperatures



- Sweet, bitter and astringent tastes are best suited to keep the fiery elements in control.
- Eating soaked dry grapes, including water vegetables like ridge gourd, ash gourd, lauki, methi leaves, and green leafy vegetables are helpful.
- Cinnamon, saffron and red wine are for you. Use them to the limit. Meats are beneficial. Avoid chicken and pickles.

For kapha prakriti



Deep thinkers, quiet and reticent people who like to indulge in leisurely activities. Have pleasant composure with a calm demeanor. Have a slow paced walk and talk in measured quantities. Are intolerant to excess temperature and spice levels. Larger appetite but slower metabolism. Prone to having indigestion, loose stools, sticky and oily skin.



- The tastes that could bring down the excess kapha are spicy, astringent and bitter foods. Such foods should be introduced along with the regular diet. Ample use of honey can be beneficial instead of white sugar and jaggery.
- They can also include barley, millets and oats (but to be soaked beforehand to avoid indigestion as they are heavy to digest otherwise.)
- Apples, pears and peaches are good options in fruits and in vegetables, tubers can be consumed after proper cooking and seasoning.
- Excess water vegetables and raw salads to be avoided along with breads, curd, ice-cream, freshwater fish and cold beverages. Make warm beverages using dry ginger and certain spices like nutmeg and ajwain.
- In pulses, urad can be avoided whereas green gram and tuar can be consumed. Keep usage of channa and rajma to a minimum.

If any food is deemed to be heavy to digest, soak it a few hours prior to cooking. If beans (like rajma or rajulu chikkudu) or nuts (like almonds) are being used, make sure to remove the seed coat.)

GENERAL THUMB RULE



Avoid day sleep as nights are longer.



For a bath, warm water is preferable. Hot water robs the oil factor from your skin.



Winters are the perfect time to soak in some nice spa massages.

Alternatively you can use skin oil for a massage at home. This will keep your skin soft, supple and infections free.

Cover your ears when traveling on bikes or going for early morning walks. Keep sipping warm spiced water, throughout the day.



Exercise in the warm sun.

Follow a routine that suits your personality.

