

# BOOSTING

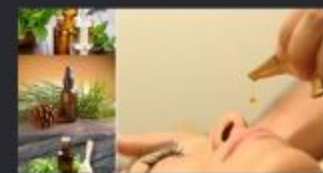
# Immunity



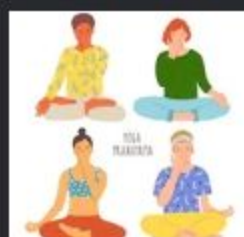
- Drink warm water throughout the day
- Spices like turmeric, garlic, coriander and cumin are recommended in cooking.



- Half teaspoon turmeric powder in 150 ml of hot milk - twice daily.
- Drink herbal tea/ decoction (kadha).
- Take chyavanprash 10gm in the morning. Diabetic should have sugar free one.



- Nasal Application - Apply sesame oil / coconut oil or Ghee in both the nostrils (Pratimarsh Nasya) in morning and evening.
- Oil pulling therapy-Take 1 table spoon sesame or coconut oil in mouth. Do not drink, Swish in the mouth for 2 to 3 minutes and spit it off followed by warm water rinse. This can be done once or twice a day.
- Steam inhalation with fresh Pudina (Mint) leaves or Ajwain (Caraway seeds) can be practiced once in a day in case of dry or soar throat.
- Lavang (Clove) powder mixed with natural sugar / honey can be taken 2-3 times a day in case of cough or throat irritation.



- Daily practice of Yogasana, Pranayama and meditation for at least 30 minutes as advised by Ministry of AYUSH



TOGETHER WE CAN COMBAT COVID-19