

{ S O C I E T Y S A Y S S O }



Signs that the **Monsoon** Season has taken a **Toll** on Your **Health**

The monsoon might be bringing all of us relief from the heat but it also brings along a myriad of illnesses. The sole reason for this is the lowered levels of immunity. Most raise this question as to how should they deal with this concern. Few signs that the season is taking a toll on your health are -

- Poor digestion
- Diarrhoea
- Nausea
- Itchiness
- Unexplained headaches
- Frequent infections
- Sore throat
- Blocked sinus

If you've checked at least two of the symptoms mentioned above, then it's time to include certain immunity boosters to your routine. Below are 5 simple recipes for these magic potions that will help boost your immunity and make sure you enjoy the rains while keeping infection and illness at bay.

1. GOLDEN MILK

Boil milk and water in 1:1 ratio. Add a pinch of turmeric, nutmeg, black pepper and ginger powder and few strands of saffron. Let it simmer till its reduces to half its quantity. Add jaggery to taste and sip on it hot or warm.

Benefit –

Along with the rains, monsoon brings along dengue, malaria and fever. This therapeutic drink is rich in

antioxidants that will build up your immunity, bring down inflammation, reduce protein and fluid loss from the body and accelerate recovery.

2. KASHAYA

To make the Kashaya powder, dry roast coriander, cumin and fennel seeds in 4:2:1 ratio along with 1 tablespoon black peppercorn seeds. Next grind these dry spices to a fine powder and store in an airtight jar. To make your brew, boil a glass of water and add 1 teaspoon Kashaya powder and 1 tsp grated jaggery to it. Strain and drink it hot.

Benefits –

Come monsoon and most of us are either down with throat infections or cough, cold and flu. Kashaya is an Ayurvedic drink that works as a decongestant and helps to clear the sinuses. It also has anti-bacterial properties that boosts immunity.

3. FENNEL AND CAROM POTION

Add one teaspoon each of fennel (saunf) and carom (ajwain) seeds to boiling water and let it simmer for some time. Remove from flame and add honey to it. Drink this hot after your meals.

Benefits –

According to Ayurveda, fennel seeds possess 'Agnikrut' qualities which improves digestive strength. Carom seeds are rich in essential oils, phytochemicals and minerals like copper that helps treat dysentery, diarrhoea, stomach infections, or even nausea that are typical in rainy season.

4. HIBISCUS TEA

Boil water and let the magenta coloured sepals of the Hibiscus flower infuse in it. Strain and add honey.

Benefits –

Hibiscus blooms generously in rainy season and is an easy plant to grow on your terrace or balcony. Rich in Vitamin C, anthocyanin and antioxidants, it will keep your skin and scalp healthy and prevent any infection or itchiness that comes along with the rains.

5. THE QUINTESSENTIAL KADHA

Boil water and add basil leaves (tulsi), ginger, cardamom and crushed pepper. Remove from flame and put ghee and honey. Drink it piping hot in a clay cup.

Benefits –

Kadha is an Ayurvedic medicine for sore throat, cough, nose congestion and flu. It has anti-bacterial and anti-viral properties. The SCFA (Short Chain Fatty Acids) in ghee strengthens the gut microbiota and promotes immunity of the body. The minerals in clay not only enhances the taste of the drink but also works as a natural 'detox' and will help fight infections.

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