



DIET TIPS FOR COLD SEASON

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Both spring and winter season are considered to be good from the viewpoint of health. The body is very strong during this season. The days are short and nights are long, which give proper rest to the body and also helps in proper digestion of the food. The appetite increases due to suitable climatic conditions. The digestion improves and the food eaten in good quantity digests easily. It is also not correct to eat dry food or to remain hungry during this season. If the body does not get sufficient fuel in the form of food then the digestive fire destroys the nutritional fluids. This increases polluted air in the body, which is full of cold and dry qualities.

Suitable food

Oily, sweet, salty and sour food, nutritional elements should be consumed during winter season. Such food includes clarified butter, butter, oil, milk, kheer made with rice and milk, horse bean, sugar candy, thickened milk, cream, cold milk mixed with honey, sugar cane juice, coarse meal halva, myrobalan and apple marmalade, things made with dry fruits and horse bean, sweets etc. Sprouted gram, Moong, horse bean, wheat and gram chapatti, cornflakes, new rice, seasonal fruits, like apple, myrobalan, orange etc. vegetables like Sespedula, cauliflower, tube, ripe red tomatoes, carrot, beans, green peas, spinach, bathua, fenugreek, green leafy vegetables, dry ginger, hot water and hot food is healthy and nutritious.

Suitable daily routine

It is also necessary to follow suitable daily routine along with diet. First of all the mind should be cheerful. Wake before sunrise and finish the morning chores, bath etc and go for morning walk in fresh air. It is better to walk briskly depending on the body capacity. Take rest and practice some light asanas and Yog. Exercise has

special importance in this season. It keeps the body strong and fit. It helps in the proper digestion of food. Body massage, body pack made with turmeric and oil massage on head is very beneficial. Body massage with rapeseed oil keeps the skin disease free and healthy. It prevents boils and wounds. Add camphor in oil and massage the body to relieve gout and joint pain. Apply body pack after massage. Exercise can be done after body massage also.

There are chances of suffering from cold, fever, pneumonia etc. due to cold. The skin becomes dry and the person can also suffer from cough, respiratory trouble, gout, joint pain, itching etc. therefore it is necessary to protect from cold wind. It is also advisable to sleep in warm place and to wear woolen clothes, and cover the body with blankets, quilts at the time of sleeping. The vehicle and bed should be covered properly. Massage the body with Agar powder. Sunbath is very beneficial. The body should be exposed to sun on backside and fire should be taken from the front. Room heater etc. should be used to make the room warm. Drink milk at bedtime.

Dietary restrictions

Avoid intake of light, dry, bitter, hot, pungent food, cold drinks, stale food, cold food, ice creams etc. Reduce the intake of tamarind, dry mango powder, sour curd, mango pickle etc.

Avoid waking till late hours, lethargy. Exercise and work should not be reduced, do not starve for long hours, avoid taking bath more than once, avoiding exposure to cold conditions, eating at late hours and sleeping immediately after meals.

Those who take Harad in the form of chemical should take half teaspoon Harad with equal quantity of dry ginger powder, or half teaspoon Pippali with fresh water.