



Protection From Infectious Diseases

Be Alert

Be Cautious

Remain Healthy

In present times, the whole world is passing through great health crisis. Infectious diseases are becoming hazardous for the entire world. Therefore, we should become extremely alert and cautious to combat the threat posed by various infectious diseases.

Question arises - From where do all these problems originate and why are these phenomena taking place?

Everyone is aware of the fact that our country is oriented towards Bharatiya Sanskriti (Great Indian heritage and culture) and Nature, i.e. based upon Rishi (sagacious wisdom) and Krishi (agriculture).

It's our misfortune that we are ignoring our ancient wisdom, and falling prey to the glitter of modernization, which in turn is one of the major cause of being affected by these infectious diseases. Indian style of living is based upon Ayurveda, wherein day to day routine, seasonal routines are meticulously devised for the maintenance of good health, as health is related to season and climatic changes. The present time period of the year is known as "Sandhi Kaal", i.e. the conjunction period of Winter and Spring seasons. In this period, body becomes naturally prone to various diseases. In this period, ailments related to throat and respiratory system happen most often, due to allergy caused by pollen / flower anther. The primary reason for the occurrence of all these diseases is low immunity.

In Ayurveda, this period is known as the "Kapha" aggravation period. Therefore, in our Indian tradition, after Holi festival, in order to protect our body from infection, it is advised to consume fresh leaves of Neem tree. People who are prone to Cough and Common Cold, and have weak immune system, are advised to exercise special precautions with regards to food and lifestyle.



POINTS TO REMEMBER FOR PROTECTION FROM INFECTIOUS DISEASES

- **Maintain your personal hygiene.**
- **No direct contact with sick and suffering person.**
- **Don't use food, water, clothing, utensils used by patients.**
- **Burn used tissue paper, mask and garbage.**
- **Don't touch your face, nose, eyes, mouth, ears, etc. with soiled hands.**
- **Use clean hanky or inner side of your elbow while sneezing / coughing.**
- **Keep fruits in luke warm saline water for at least one hour before use.**
- **Consume fruits rich in vitamin C.**
- **If possible, fasting is advised for patients.**
- **Drink "Pragya Peya" (without milk), with 2-3 drops of lemon juice mixed in it.**
- **Drink water boiled with basil and clove.**
- **Semi-liquid diet like juice of lentils, khichari of green gram, thin porridge / dalia is advisable.**
- **Giloy to be taken in any form.**
- **Use leaves of basil, giloy, vasa, papaya.**
- **Use Lemon / Amala as much as possible. Decoction of Amala powder, ginger & pepper is beneficial.**
- **Gargle of warm water, which is prepared by boiling with turmeric, cinnamon, kalmegh & neem leaves.**
- **Use cucumber & tomato juice.**
- **Sprouted grains, linseed, foods rich in omega 3 fatty acids, to be used.**
- **Hawan to be performed with vasa, giloy, neem leaves & cow ghee.**
- **Yagya & Balivaishya to be done regularly.**
- **Special Hawan Samagri for Infectious Diseases to be used (prepared by Department of Ayurveda and Holistic Health, DSVV).**
- **Use Hawan Samagri prepared by Shantikunj for the cleansing of environment.**