

Hemant Ritu- Diet, Prevention and Home Management of Viral Diseases
8th November 2023

On the occasion of Dhanwantari Jayanti, Jeevaniya Society's AYUSH Health & Wellness Resource Centre - Niramaya organized a Webinar under the series "Stay Healthy with AYUSH" on Hemant Ritu- Diet, Prevention and Home Management of Viral Diseases. The theme of Ayurveda Day, which is celebrated every year on the occasion of Dhanvantari Jayanti was 'Ayurveda for One Health', this year.

Vd. Sachin Patil, MD, Panchkarm, Physician, SiddhagiriAyurdham, Kaneri, Kolhapur, **Vd. Sunil Arya**, MD (Ayurved), Founder & Senior Physician, Jeevaniya Ayurved Panchkarm Evam Ksharsutra Chikitsa Kendra, Gurugram (Haryana), **Hakim Maniram Singh**, MS-Unani (Gynae & Obst), Associate Professor & Head of Department, State Takmil ut Tib College and Hospital, Lucknow and **Dr. Awadhesh Kumar Sharma**, Yogacharya, Founder Director-Samagra Yog Sadhana Evam Anusandhan Sansthan, Gomtinagar, Lucknow were the experts in the webinar.

We discussed with the experts the effect of this season on health, precautions to be taken and simple home management of health problems during Hemant. Hemant is the pre winter season, which generally lasts from mid-November to mid-January after autumn and signals the beginning of winter. Since the weather changes from summer to winter, hence people's health is affected. The weather remains cool in the morning, evening and night while it is hot during the day. Due to the unexpected changes in weather in the last few years, while cold winds start blowing in the North Indian states during this season, there is no significant effect of cold on the weather in areas South of Vindhyas viz MP, Maharashtra and the southern states.

In this season, people suffer from cold, cough and other viral diseases like dengue & chikungunya. We discussed with the experts, steps for the prevention of these diseases and their simple home management. Dietary concerns including locally available grains, pulses, fruits and vegetables in everyday diet in this season and suitable yoga exercises to keep the body healthy were also shared. Under the guidance of yogacharya Dr. Awadhesh, some yogaasanas were also demonstrated in the webinar.