



Prepare for Autumn – Boost Your Immunity

Ayurvedic Advice for Boosting Immunity in Autumn

As the colder months approach, it's essential to prepare your body for the seasonal changes that often come with a higher risk of colds, flu, and other illnesses. Ayurveda, the ancient Indian system of holistic health, offers natural ways to boost immunity and maintain balance during winter. Two powerful Ayurvedic allies for immunity are **Guduchi** and **Chyawanprash**. Together, they fortify your body against seasonal threats and help you stay healthy throughout the winter months.

Understanding Season Changes and Immunity in Ayurveda

According to Ayurveda, autumn and winter are a time when Kapha and Vata doshas are more likely to accumulate in the body. Kapha, which is heavy and moist, can lead to sluggishness and congestion, while Vata, which is cold and dry, can cause dryness, anxiety, and weakened immunity. To stay balanced, it's important to strengthen your immune system, keep your body warm, and stay hydrated.

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Instagram Live Events 11 & 25 October

Join us on October 11 and 25 at 10 AM (BST) for a Instagram live sessions with Dr. Shweta!

What to Expect:

- Expert advice regarding preparing for the winter season
- Boosting immunity through Ayurveda
- Live Q&A session

A great way to enhance your practical Ayurvedic lifestyle and overall wellbeing!

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Understanding Season Changes and Immunity in Ayurveda – Continued

Incorporating immune-boosting Ayurvedic herbs like **Guduchi** and nutrient-dense foods like **Chyawanprash** can help you build a strong defence against winter's cold and dry qualities, while also supporting overall vitality.

Guduchi: The Immune-Boosting Adaptogen

Guduchi (also known as *Tinospora cordifolia*) is a **revered herb** in Ayurveda for its adaptogenic properties, meaning it helps the body resist stress and adapt to seasonal changes. Known as "Amrita" in Sanskrit, which means "the root of immortality," **Guduchi** is famous for its ability to **strengthen the immune system** and **enhance vitality**.

Benefits of Guduchi for Winter Immunity:

1. **Boosts Immunity:** **Guduchi activates the immune system**, helping your body combat infections, colds, and flus.
2. **Detoxifies the Body:** It aids in removing toxins that can build up during winter, ensuring your body remains clean and healthy.
3. **Anti-Inflammatory:** Guduchi reduces inflammation, which can be aggravated by cold weather, helping to alleviate joint pain and stiffness that's often felt during winter.
4. **Adaptogenic Properties:** **Guduchi helps the body adapt to stress**, making it easier to cope with the physical and mental challenges winter can bring.

How to Use Guduchi:

- **Guduchi Capsules:** Take one or two capsules daily with warm water in the morning to support your immune system throughout the winter.
- **Guduchi Tea:** Brew Guduchi in hot water with a pinch of ginger and lemon to create a warming, immune-boosting tea.

Adding Guduchi to your daily routine can help fortify your body against the chill of winter, ensuring your immune system is primed for the season ahead.

Chyawanprash: The Nutrient-Packed Immunity Jam

Chyawanprash is a traditional Ayurvedic herbal jam that is packed with powerful ingredients like **Amla** (Indian gooseberry), known for its high vitamin C content. This potent formulation is designed to rejuvenate the body, nourish the tissues, and boost the immune system.

Benefits of Chyawanprash for Winter Immunity:

1. **Rich in Antioxidants:** The primary ingredient in **Chyawanprash** is Amla, which is one of the richest sources of vitamin C. This antioxidant powerhouse helps the body fight off infections and enhances immune function.
2. **Supports Respiratory Health:** **Chyawanprash** is particularly beneficial for strengthening the lungs and improving respiratory function, which is essential during the colder months when respiratory infections are more common.



3. **Energises and Rejuvenates:** In addition to boosting immunity, **Chyawanprash rejuvenates** the body by providing a range of essential nutrients that keep you energized throughout winter.

4. **Improves Digestion:** Ayurveda stresses the importance of a strong digestive system for overall health. Chyawanprash helps improve digestion, ensuring that your body can efficiently absorb nutrients from your food, which is vital for immunity.

How to Use Chyawanprash:

- **Daily Intake:** Take one to two teaspoons of Chyawanprash in the morning, ideally with warm milk or water, to build and maintain immunity throughout the winter.
- **As a Spread:** You can also enjoy Chyawanprash on toast, in your smoothie, or as a delicious addition to your breakfast.

Chyawanprash not only supports your immune system but also provides a rich source of nutrition that energises and rejuvenates the body, making it an ideal daily supplement during winter.

Simple Winter Wellness Routine Using Guduchi and Chyawanprash

Here's a simple Ayurvedic routine to prepare your body for winter using Guduchi and Chyawanprash:

1. Morning:

- Start your day with one or two Guduchi capsules and a glass of warm water.
- After breakfast, take one teaspoon of Chyawanprash with warm water or milk.

2. Midday:

- Drink a cup of Guduchi tea with ginger and lemon to warm your body and support digestion.

3. Evening:

- Before bed, take another teaspoon of Chyawanprash to nourish your body overnight and support respiratory health while you sleep.

Conclusion

As winter approaches, preparing your body with Ayurvedic wisdom can help you stay healthy and resilient. By incorporating Guduchi and Chyawanprash into your daily routine, you'll not only strengthen your immune system but also boost your energy and maintain balance throughout the colder months.

Make Ayurvedic wellness part of your winter regimen, and experience the protective benefits of these ancient remedies.

Golden Milk: Your Warm Defence Against Winter



Harness the natural anti-inflammatory properties of turmeric and other herbs to combat skin inflammation, promote a healthy, glowing complexion, and improve immunity and digestion

- Suitable for vegetarians and vegans
- Pure and natural, free from artificial colours and preservatives



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