

Ayurvedic Immunity Kit



Boost your immunity with these Ayurvedic practices and products.
Great for promoting optimal respiratory health.

Ayurvedic wisdom explains that it takes about 1 month to build Ojas, the vital nectar of life, our immunity. Ojas is responsible for consciousness, purity in thoughts, health, positivity, immunity, longevity, intelligence and memory.

Ojas is one of the most important elements to maintain and sustain life.

We have included a few Ayurvedic herbs in this kit to assist in the building of immunity.

In the kit we have also included herbs to be used in the acute case of a cold, cough or flu. If any respiratory ailments occur you can use these products, as explained below.

IMPORTANT: Please check with your Ayurvedic practitioner if you have any concerns with the following information.

Please stay up-to-date with the latest information on the status of COVID-19 on government and public health websites. It is critical that you follow the advise of your healthcare provider and national health authorities to protect yourself and others.

Advised Products

- Guduchi Powder
- Amla Powder
- Sitopladi Powder
- Golden Milk Mix
- Tulsi Tea
- Liquorice Tea
- Amalaki Rasayana (jam)
- Anu Thailam (nasal oil)
- Karpooradi Thailam (decongestant oil)
- Mung Soup Spices
- Ayurvedic Mouth Rinse
- Steam Inhalation with Breathe Free Essential oil
- Jala Neti
- Epsom Salt

Guduchi

Guduchi is known for both its detoxifying and rejuvenation qualities, making it a powerful herb to treat all three doshas. Traditionally used as an anti-viral and fever reducing herb.

- Take 1/2 tsp with warm water or honey 2x daily after food. Helps to build immunity and beneficial for colds and flu.

Amla

Amalaki helps to build ojas, your vibrancy and energy for life. The high vitamin C and antioxidant content has anti-inflammatory properties which work to promote healthy detoxification and assimilation of nutrients.

- Take 1/2 tsp with warm water or honey 2x daily before food. Helps to build immunity.

Sitopladi Churna

As an expectorant, Sitopladi is great for breaking through and eliminating mucus while strengthening for the entire respiratory system. Traditionally used in conditions of asthma, cough and upper respiratory infections.

- Take 1/2 tsp with water or honey 2x daily. Only take when symptoms of cough, cold and congestion arise.

Licorice

Calming and nourishing in nature. Great to use for persistent coughs and sore throats. Simply boil licorice root in water, strain and let cool. Once cooled, gargle with the water to relieve a sore throat and cough.

- **Consumption:** 1/4-1/2 tsp licorice powder with honey daily, or as prescribed by your practitioner.
- **Contraindications:** do not take licorice if you have high blood pressure or diabetes or as advised by your practitioner.

Tulsi Tea

Tulsi is considered a sacred plant which imparts the quality of lightness and spiritual clarity. A wonderful herb to increase immunity and to lift the heaviness of a fever, cough and colds. Tulsi helps to clear mucous from the lungs and upper respiratory tract. It has Jvarahara properties (alleviates fever).

- Prepare 1-2 cups of Tulsi tea per day.

Amalaki Rasayana

Packed full of vitamin C, this formulation is great for boosting the immune and respiratory systems

- Best to be used when the onset of cough, cold and flu symptoms arise. Take 1 tsp 2x daily with warm water.

Nasya with Anu Thailam

Anu Thailam is often prescribed for colds, flu and clearing the sinuses. This oil is great for treating conditions of the head, neck, ears, upper parts of the body including stiff neck and disorders of the eyes.

- Apply two drops of the oil in each nostril on an empty stomach.

Karpooradi Thailam for Chest Application

Karpooradi Thailam is a classical Ayurvedic oil which helps to improve circulation, reduce pain, reduce chest congestion and headaches.

- Gently rub into the chest as needed throughout the day when cough, cold and congestion symptoms arise. Make sure to warm up the oil prior to application.

Mung Soup Spice Packs

A light and easy to digest diet is beneficial to encouraging optimal immunity. Our homemade mung soup spices are an easy and convenient way to make your own mung soup at home.

- Wash you dal until the water runs clear.

- Melt 1 tsp of ghee in a pan.
 - Add seed spices. Saute on medium until mustard seeds start to pop.
 - Stir in the powdered spices and roast for a few seconds, making sure not to burn the spices.
 - Add about one cup of dal and 4-5 cups of water. Bring to a boil.
 - Simmer for 30-40 minutes. Add veggies about halfway through cooking and more water if needed.
 - Serve with fresh coriander and a squeeze of lemon juice on top if desired.
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Ayurvedic Mouthwash

Use our homemade mouthwash powder daily in the morning to promote optimal oral health. Add 1/4 - 1/2 tsp of the powder to 1/2 cup of warm water. Stir. Adjust according to your preferred strength. Gargle for a minute and spit into the garden.

Steam Inhalation

Boil water. Remove from heat. Place on the table with a few drops of breathe free essential oil, fresh tulsi or mint. Place your head over the pot of water at a comfortable distance and cover your head with a towel. Start steam inhalation for 5 minutes.

- Caution: be careful not to burn yourself.
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How to use a Neti Pot

We have Neti Pots available for sale in the Lakshmi shop. Avoid using a plastic neti pot.

- Place the cone of the neti pot into the right nostril and gently rotate it until the nostril is sealed and the cone is aligned with the nasal passage.
- Breathe gently through the mouth. Continue mouth breathing throughout the whole procedure.
- Lean forwards over the sink and rotate the head so that the right nostril is uppermost.
- After a few seconds the water should begin to flow out through the left nostril.
- Adjust the head position as needed to direct the flow of water directly into the sink. If any water enters the throat or mouth, it is an indication that the head position should be adjusted.

- Keep breathing steadily through the mouth as the water flows right to left for approximately 20-30 seconds until about half of the water in the pot is gone.
- At this point, remove the cone of the neti pot from your nostril, keeping the head forwards.
- Blow very gently into a tissue to remove any excess water or mucous before moving to the next side. It is important not to blow hard as this will send water up into the ear tubes and sinuses.
- Now repeat the procedure from left to right with the remaining water in the neti pot.
- If there is still a mucous blockage, the procedure may be repeated as many times as you need until it is cleared.
- At the end of the process, blow the nose very gently into a tissue to remove any excess water and mucous.
- It is important to dry the nostrils carefully after performing jala neti otherwise the nasal passages may become irritated producing cold like symptoms. To dry the nostrils, use a variation of the breathing technique khapalhati pranayama.

Golden Milk

Ingredients

- 1 cup of unhomogenised milk or plant-based milk of your choice
- 3/4 tsp - 1 tbsp of the Lakshmi Golden milk spice mix
- 1/2 cup water
- 1 tsp ghee (optional)

Instructions

- Simply add the mix to warm milk. Stir until dissolved.

Recommended Daily Wellness Routine

- Tongue cleaning
- Regular warm bath with epsom salt or magnesium bath - omit if you are suffering from a fever.
- Abhyanga oil massage with black seed sesame oil - omit if you are suffering from a fever.
- Oil pulling with coconut oil. Coconut oil is known for its antibacterial properties.

- Prioritise a healthy sleep routine, going to bed before 10pm and waking up with the sunrise.
 - Continue with gentle and exercise, meditation practice, stretching and yoga.
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Additional information

- Honey is known for its antibacterial and anti-fungal properties, making it great for cough and colds. Honey should never be heated. When adding honey to your tea make sure to wait until the tea is cooled to drinking temperature. Heating honey will destroy the nutritional benefits including the amino acids, enzymes and minerals.
 - Favour Manuka honey, raw, unprocessed and local honey for best results. Avoid creamed honey.
 - **Spices to favour during colds and flu:** black pepper, cumin, mustard seeds, Kalonji seeds, fennel, cardamom, cinnamon, pippali, ginger.
 - **Benefits of Pippali**
 - Available for purchase in the Lakshmi Shop.
 - Pippali is considered the queen of spices to rejuvenate the respiratory system. It is a spice used for healthy circulation, strengthens the reproductive functions, supports a healthy liver and spleen but its celebrated powers lie in the ability to rejuvenate the lungs and respiratory system (pranavaha srotas).
 - Add a pinch while cooking soups. Best to use when symptoms of cough, cold and congestion arise.
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Guidelines for Healthy Eating

Upayogasamstha means 'the rules of intake'. In the Ayurvedic nutrition, it relates to the fifteen general guidelines for healthy eating. Below are the major rules:

- Begin meals with grace or by simply taking 3-5 slow breaths with eyes closed. This prepares the body to receive the food.
- Eat in a calm environment where there is little distraction. It is best to avoid having the television or the radio on. Avoid excessive conversation and all conversation about emotionally intense issues. Avoid reading.
- Chew your food until it is even in consistency. This requires your attention to be on the food in your mouth. Chewing properly improves digestion and absorption of the food.
- Eat at moderate pace and until you are 75% full. Overeating is one of the major causes of disease in our society. When we eat too much, digestion becomes difficult. When we finish

eating we should not feel heavy and we should not feel hungry. We want to feel satisfied. This is what is meant by 75% full.

- Following your meal, let your food digest some before going on to the next activity. It is best to wait 15-20 minutes. During this time, engage in light conversation or read a light book. You can also go for a slow walk. If you are rushed, take at least 3-5 slow breaths to close the door of this sacred experience.
- It is best to drink only a little bit of liquid with meals. ½ cup of room-temperature water is average. Dry meals require a bit more. Moist meals, like soups, require none at all.
- Take all water and drinks at room temperature or warm. Cold drinks destroy the agni (digestive fire) and decrease digestion. This is true not only at mealtime, but also throughout the day.
- Allow three hours between meals for food to digest. Proper hunger (and not simply sensory desire) is the sign of efficient agni. The appetite should not become strong until the previous food is digested.
- Eat food prepared with love. The energy of the cook is always in the food. Avoid eating food prepared with resentment. We eat not only the food but also the emotions of the cook.

DISCLAIMER: The information in this document does not claim to be treatment for COVID-19. Please consult with your healthcare provider if you experience any symptoms of COVID-19.

** Please note that these claims have not been approved by the TGA. The information provided is not meant to be used to diagnose or treat anyone and should not be taken without consultation with an Ayurvedic physician. We do not guarantee and assume no legal liability or responsibility for the accuracy, currency or completeness of information contained in these materials.*

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