

## AYURVEDA TIPS

### 1. **FOOD**

Maintain a balanced diet (which should contain all six tastes) at the correct time and in moderate quantity. The concept of quantity of food to be taken should fill only half the stomach with solids, quarter with fluids and the rest to be kept free for proper assimilation.

### 2. **WATER**

Drink 2 – 3 litres of water every day. Take it in moderate quantities at regular intervals. Too much water intake delays digestion as it dilutes the digestive juices and too little also delays the digestion as it affects the assimilation of food.

### 3. **SLEEP**

Sleep at least 6 hours a day. Early to bed and early to rise is the best method. Ayurveda insists on getting up in the morning before sunrise as an important routine to keep up the health. Avoid sleep during the day as it makes the person lethargic and regular daytime sleep leads to put on weight.

### 4. **EXERCISE**

Regular and moderate exercise is important to keep up the health. Moderate means, any physical movement like stretches/walking/jogging/any other physical exertion till you sweat. Exercise beyond a limit deteriorates the health and causes emaciation.

### 5. **SEX**

The overall vital glow or 'Ojus' is the optimum presence of all seven body tissues including the reproductive fluids (semen for male and ovum and associated secretions in female). Over indulgence in sex causes excessive drainage of these fluids, which leads to deterioration of health and emaciation.

## **6. PERSONAL HYGIENE**

Keeping the body and the surrounding clean is very important to prevent possible diseases and to keep up the health.

## **7. BAD HABITS**

Avoid smoking, alcohol, tobacco, gudkas, etc. as they not only affects that individual's health but are also injurious to his family and society.

## **8. NATURAL URGES**

Never hold back natural urges such as flatus, urine, sneeze, thirst, hunger, sleep, cough, yawning, vomiting and semen. Hold back mental urges of greed, envy, hatred, jealousy, love (desire), etc.

## **9. ATTITUDE**

Be positive always. It enhances the mental and physical well being. Note that mind and body are not two units. Any mild problem affecting the mind affects the physical health and vice versa.