

To be **AVOIDED** during *Sharad Rtu*

Aahara (Diet)	Vihaara (Lifestyle)	Vichaara (Thoughts)
<ul style="list-style-type: none"> - Too much Salt (Namkeen, <u>Pickles</u>) - Spicy (<u>Green chilli</u>, Garam masala) - Sour (<u>Fermented</u> foods like Bread, biscuits, Dosa, Idli that has Black gram, Cheese, Paneer, Pizza, Curd/ Yoghurt, Alcohol) - Non-vegetarian foods such as Sea-fish, Chicken, eggs - Too much Tea, Coffee 	<ul style="list-style-type: none"> - Exposure to too much artificial light (strains & heats the eyes) - Sleeping during the day - Exposure to mid-day Sun rays - Facing Easterly winds 	<ul style="list-style-type: none"> - Company of angry, irritated people - Restlessness, Anxiety, Overthinking, Irritation, Depression - Watching horror, action movies

To be **FOLLOWED** during *Sharad Rtu*

Aahara (Diet)	Vihaara (Lifestyle)	Vichaara (Thoughts)
<ul style="list-style-type: none"> - Bitter Vegetables & Fruits (Snake gourd, Bottle gourd, Red & White Pumpkin, Pomegranate) - Sweets made of Cow's milk, Cow's Ghee, Candy sugar - Green gram, Turmeric, Cumin, Ginger - Indian Gooseberry (Aamalaki/Amla), Grapes (fresh or dry) - Rose petal infusion, Seeds of Kaamakasturi (Sabja) or Coriander in water 	<ul style="list-style-type: none"> - Nasal drops with Cow's ghee Sesame oil - Wearing of light coloured Cotton clothes - Perfumes made of Sandal, Jasmine, Rose - Jasmine, Rose flowers can be worn - Decorating yourself with Pearls - Yoga Asana (<i>Bhujangasana, Ushtrasana, Paadahastasana, Chandra Namaskara</i>) - Listening to Raaga like <i>Anandabhairavi, Neelambari, Hindola, Kaamavardhini</i> 	<ul style="list-style-type: none"> - Company of calm & contemplative people - Meditation / Dhyaana - Reading books that make your Mind calm & stable - Writing down your thoughts - Sheetali / Sheetkari Pranayama