

## AYURVEDA AND CORONA VIRUS

The cause of this virus is Mother Nature, Corona virus is found in nature, in the ocean and animals carry it. The unstable climate has weakened our immune systems. Mother Nature is bigger than us, we are held in its care. We must try our very best follow its order and respect it to have an easy time while we are here.

### KEEP WARM

1. Keeping the body clean. Wash daily in cold water, as it increases immunity. More importantly it stops the body getting cold after being hot.
2. Use a dressing gown and don't go outside with wet hair.
3. Use a scarf and keep warm.

### KEEP CLEAN

4. Use a tongue scraper.
5. Clear the throat of mucous using the gag reflex with a tooth-brush.
6. Gargle with salt water.
7. Wash your hands whenever you have contact with an unknown surface.
8. Do not touch your face or others with unwashed hands.
9. Splash your eyes with cold water morning and evening.

### KEEP CALM

10. Do not stress, be anxious or in fear or panic.
11. Breath deeply, all the way in and all the way out - slowly and smoothly.
12. Make sure you get enough time to relax, rest, and sleep.

### KEEP FRESH

13. Try to have air circulating from outside.
14. Don't inhale air from the inside of the house for too long, especially if there are many others in that building. Open the windows a little when you can.

### KEEP IN PHYSICAL ISOLATION

15. Don't touch anyone without the real need to.
16. Keep maximum distance while with others.
17. Keep a distance while talking.
18. Go out as infrequently as possible.

### KEEP MOVING

19. Keep grounded. Make sure you stretch.
20. Make sure you exercise and move.

### KEEP A GOOD DIET

21. Eat fruit and vegetables to get your nutrition.
22. Eat nuts to get valuable protein and minerals.

23. Take ginger, turmeric, garlic, and onion daily.
24. Use cloves and cardamom to keep the mouth clean and antiseptic.
25. Use the herb Astragalus as it is anti-viral.
26. Don't use caffeinated products and keep hydrated.

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