July 2015 Newsflash Monsoon Rutucharya

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INDIAN INSTITUTE OF AYURVEDIC PHARMACEUTICAL SCIENCES

THE NEWSFLASH

Health- Varsha Ritucharya (How to enjoy the monsoon?)

- Yes, you can get wet and enjoy the rains but not when it is windy, in the late evening or at night. Don't get wet at all times.
- Dry yourself thoroughly thereafter and stay in dry place. Don't enter in an AC room when wet, especially with wet hair.
  Those prone to colds should cover the head and avoid getting it wet.

- Carry a raincoat or an umbrella.
- Avoid day sleep, exposure to strong sunlight (afternoon) and heavy workouts. Walks and light exercise is sufficient.
- Avoid dampness-stay in the dry

- Amla(sour), lavan (salty) and snigdha(unctuous) food is advisable.
- Enjoy *bhajiyas* in moderation with black pepper, carom(ajmoda) etc. added to it.
- Add ginger, lemon, mint ,onion, garlic, black pepper, tomatoes in tea etc. drinks and food items.
- Use Hingvastak churna , Trikatu churna ,sunthi or pippalimula etc. to lace your food. This makes it tastier and aids digestion.
- Water boiled with a piece of sunthi added to it and then cooled can be used for drinking .
- Old barley, wheat and rice are preferable.
- Green gram in boiled and spiced state or in soup form with tempering is nourishing and easy to digest.
- Bitter gourd (karela), drumstick, brinjal etc. are more acceptable, while spinach ,cauliflower etc. should be avoided.
- Buttermilk plain or spiced is a good option to curds or soft drinks.

Masala Chaas(spiced buttermilk)

1 lt. Buttermilk, chilli-ginger paste-1 tsf, coriander(finely chopped) -2 tsf, saindhav(sindhaluna-rock salt) –as per taste, black pepper powder – 1 tsf, cumin seeds powder-1/2 tsf, for tempering –ghee, cumin seeds, mustard -1/2 tsf each.

Blenderize the buttermilk and all spices well. Add chopped coriander. Heat ghee , add mustard seeds and when they splutter add cumin seeds . Add this to the buttermilk and mix well . Serve with few mint/ tulsi leaves. (optional)

The quantity of spices can be varied as per taste. Sharkara(lump sugar) can be added to taste. Can be refrigerated and served chilled as per the heat.

Papers and publication by Faculty.

Title: Significance of Molecular Markers and DNA Based Technology in Research and Standardization of Medicinal Plants: A Review, Authors: Bijoya Chetterjee, Jigisha Pancholi, Jignesh Kevaliya, Vasavdutta Kothari, Preeti Pandya, Usnas Bhatt ,Acceptance date-22nd June 2015 by International Journal of Research In Medicine

PHYTOCHEMICAL SCREENING OF SAPTAPARNA (ALSTONIA SCHOLARIS R. Br.) BARK. Kamlesh Bhogayata1, B. R. Patel2, Bhakti Chhaya3, Krunal Doshi4*, Joban Modha5. AYUSHDHARA | Year : 2015 | Volume : 2 | Issue : 2 | Page : 71-76

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