

PHARMA HEALTH CLUB

SAFE USE OF MEDICINES FOR BETTER HEALTH

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HEALTH CARE DURING WINTER...

Studies indicate that almost everyone suffers from a bout of cough and cold at least once during the winter season.[1] Actually, winter is not as unpleasant as we imagine it to be... it is possible to make it wonderful, just by understanding the common ailments observed in winter and following certain tips of winter health care.

Here are some common winter ailments with suitable remedies...

1) COMMON COLD:

Sneezing, scratchy throat, runny nose - the first miserable signs of a common cold. A cold begins when a cold virus attaches to the lining of nose or throat resulting into inflammation in nose and throat that produces a lot of mucus. As maximum body's energy directed at fighting the cold virus, patient feels tired and miserable. [2,3]

Common cold can be spread by touching a surface contaminated with cold germs - a computer keyboard, doorknob, or eating utensil as well as by coming in contact with secretions of patient of a cold who has sneezed into the air. [2] It can be prevented by washing hands regularly which destroys bugs that may have picked up from touching surfaces used by other people, such as light switches and door handles. [4, 5]

It's also important to keep the house and any household items such as cups, glasses and towels clean, especially if someone in your house is ill. [4]

Important advice, if you get a cold use, disposable tissues instead of cloth handkerchiefs to avoid constantly re-infecting your own hands. [4]

Remedy: Home-made Kava - Drink 1 glass of warm water extract made up of any one or combination of the following 2-3 times a day. They cleanse the respiratory tract and regulate the stomach:

- Tulsi leaves
- Sunth
- Black pepper fruit (Kala Mari)

2) SORE THROAT:

Sore throats are common in winter and are almost always caused by viral infections. There's some evidence that changes in temperature, such as going from a warm, centrally heated room to the icy outdoors, can also affect the throat. [4, 6]

It is a condition marked by pain in the throat, typically caused by inflammation of tonsils and uvula mainly due to a cold or other virus.

Remedy for a sore throat is to gargle with warm salty water or take a glass of luke warm milk with enough turmeric powder and least sugar. Turmeric will help to heal the infection as well as it has anti-inflammatory properties and can provide a soothing effect. [4]

Both of the following are excellent for sore-throat also & will allow a good night's sleep... Keep Khadiradi Vati in mouth.

Mix 1 tablespoon Sitopaladi Churna with 1 tablespoon honey and avoid water or food for a few hours after eating it.

3) FLU:

Flu is a major killer of vulnerable people. People aged 65 and over and people with long-term health conditions, including diabetes and kidney disease, are particularly at risk. [4]

Flu is mainly characterized by the sign and symptoms shown in following image: [8] To prevent Flu like condition follow the following suggestions:[9]

- Get the Flu shot (Vaccination).
- Cover nose and mouth with a tissue when coughing or sneezing. Throw the tissues in the trash only.
- Wash the hands often with soap and water, especially after coughing or sneezing. Alcohol-based hand cleaners are also effective.
- Avoid touching your eyes, nose or mouth.
- Try to avoid close contact with people having flu.
- Stay home if you are sick. This is to keep from infecting others and spreading the virus further.
- In special cases, antiviral medications are used to prevent the spread of influenza.
- Sunth water, one sip every hour, is good enough to fight away flu.
- 1 Trishun tablet thrice a day.



4) DRY SKIN:

Dry skin is a common condition and is often worse during the winter, when environmental humidity is low. [4] Moisturising is essential during winter. Contrary to popular belief, moisturising lotions and creams aren't absorbed by the skin. Instead, they act as a sealant to



stop the skin's natural moisture evaporating away. [4] The best time to apply moisturiser is after a bath or shower while your skin is still moist, and again at bedtime. Have warm, rather than hot, showers. Water that is too hot makes skin feel more dry and itchy. Hot water will also make your hair look dull and dry. Drinking plenty of water can also prevent dry skin [4, 10] Following are few tips for relieving Dry Skin: [11]

- ❗ Plug in a humidifier at home to help keep skin hydrated during winter months when indoor air is dry.
- ❗ Wear cotton and other natural fibers. Wool, synthetics, or other fabrics can be scratchy and irritating.
- ❗ Eat omega-3 foods. Essential fatty acids can help fortify the skin's natural oil-retaining barriers. Foods rich in omega-3 include flax, walnuts, and safflower oil.
- ❗ For redness or inflammation, apply a cool compress or an over-the-counter hydrocortisone cream on the area for a week. If these don't provide relief, talk to your doctor.
- ❗ Apply Karanj oil to hair scalp and body skin, Ghee to lips. Another major problem observed due to dried scalp is **Dandruff**. Dandruff is the shedding of flaky, white-to-yellow pieces of skin from the scalp. Dandruff is the result of a common skin condition called seborrheic dermatitis, which may be seen in people with eczema, psoriasis, fungus infections, or overactive oil glands, among other conditions. Dandruff is not contagious, but it can be hard to treat. [12]
- ❗ Natural Dandruff Remedies:- [13] Some research supports these natural dandruff



treatments, but there's no proof they work consistently.

Aloe: Using aloe on the scalp may help lessen itchiness and scaliness.

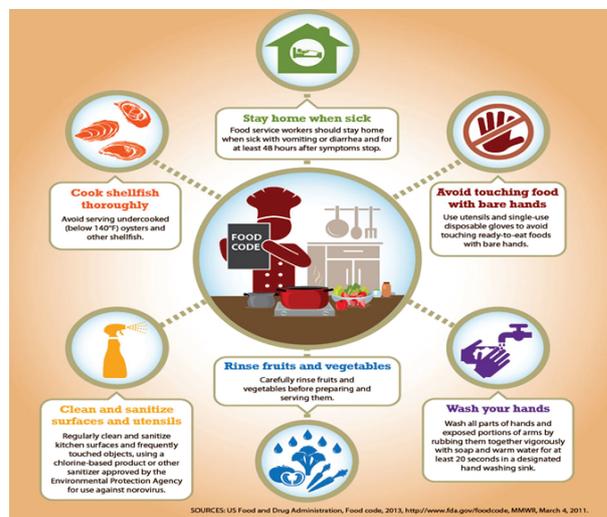
Tea tree oil shampoo: Using a 5% tea tree oil shampoo may lessen dandruff and that itchy feeling.

Lemongrass shampoo: Washing with a 2% lemongrass shampoo may help fight fungus that causes dandruff.



5) NOROVIRUS:

It is also known as the winter vomiting bug, norovirus is an extremely infectious stomach bug. It can strike all year round, but is more common in winter and in places such as hotels and schools. The illness is unpleasant, but it's usually over within a couple of days. [4, 14]



In such conditions, when people are ill with vomiting and diarrhoea, it's important to drink plenty of fluids to prevent dehydration. By drinking oral rehydration fluids, you can reduce the risk of dehydration. [4]

Diagram shown below suggests ways to prevent spread of Noro-virus [15]

SOME CONDITIONS TRIGGERED BY WINTER...

ASTHMA:

Cold air is a major trigger of asthma symptoms such as wheezing and shortness of breath. People with asthma should be especially careful in winter. [4]

To prevent this, stay indoors on very cold, windy days. If you do go out, wear a scarf over your nose and mouth. Be extra vigilant about taking your regular medications, and keep rescue inhalers close by and in a warm place. [4]

PAINFUL JOINTS:

Many people with arthritis (painful joints) say their joints become more painful in winter. Only joint symptoms such as pain and stiffness are affected by the weather. Daily aerobic exercise can boost a person's mental and physical state. [4]

However, a persistent problem of asthma and painful joints needs a more specific treatment.

Though winter brings these many difficulties, by giving a little effort there may be no reason for our health to suffer during the colder months! There are a number of things we can do to help keep ourselves and our family just as healthy, happy and active during winter as we are during other seasons. [16] Let's check out some common but important tips to stay healthy during this Winter...

Boost immunity: Supplements containing herbs and nutrients such as Amla, Garlic, Vitamin C, and Zinc will help to support healthy immune function. [16]

- Eat well-healthy: Be sure your diet includes winter fruit and vegetables packed with vitamins and minerals such as sweet potato, green leafy vegetables, beetroot, bananas, garlic and ginger. [16]
- Dress Appropriately: People of all ages should dress suitably in the winter months, to avoid falling ill. [1]
- Try out some aerobic exercises: Exercising builds up immunity and protects the body from illnesses. Go for regular walking or jogging in early morning which keep our body warm during Winter. [1]
- Sleeping well: Proper sleep (eight hours for an adult) can help keep the body's immune system healthy and fight off colds. Avoid alcohol, caffeine and cigarettes as these substances can affect the quality of your sleep. [16]
- Take Low-Fat dairy product: Whether it is a salad dressing or for cooking or consuming milk as it is, it is advisable to use the lowest fat dairy products during the winter. This will help you to keep your weight in check. [17]
- Switch the Type of Potatoes: The normal potatoes, those are available throughout the year, is high in carbohydrate and they do not add much in terms of nutritional content. It is advisable to substitute them with the Sweet potatoes (Sakkariya) which are readily available in the winters for their high fiber content. [17]
- Stress and healthy mood: Stress can lower the resistance to nasty bugs by depressing the immune system. So, keep stress away during winter. [16]
- Stay hydrated: Don't forget to keep drinking water! As the weather cools down and our thirst decreases it is easy to forget to drink enough water. You still need to aim for about two litres/day of water during winter as it is essential for our body to function. If you struggle with plain water

(like we do sometimes) try herbal tea/home made Kava. [1,16]

YOUR STOMACH IS THE KEY

- Avoid Kapha provoking diet like curd, cheese, cold food, cold drinks & fermented food.
- Drink warm water instead of cold water.
- Eat green vegetables and food made from Til oil (considered best in Ayurveda), Ghee and Jaggery (Gud) (Our elders didn't eat Undhiyu, Chiki or Adadiya just for taste buds!).
- Drink juice of Amla / Carrot / Beet / Ginger / Phudina.

DON'T MIS-DIAGNOSE!

We get confused between Cold (Shardi), Cough (Kapha) and Coughing (Udhras). Also, Coughing is of 2 types: Dry (No Kapha) & Wet (Has Kapha).

For example, Ardusi can't help in Cold. Tulsi won't be of much help in Kapha. Khadiradi can't help in Cold or Kapha. And none of these can give proper relief in Fever! So try to understand what's actually happening to you.

Almost all of above are natural anti-biotics and anti-allergics, and many of them are 'fast-relief' too. So before you visit a doctor, give them a chance... don't be in a hurry to get a superficial 'feel good'!



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