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Editorials:**AYURVEDA & WINTER HEALING**

As per Ayurveda, Hemant Ritu is winter season that occurs during Margashirsha and Pushya (Mid-November to mid –January). This season belong to Dakshinayan. It is called as Visargkal, where human strength is relatively high.

During winter, the atmospheric air becomes cooler. This accentuates the bodily vata which further kindles the digestive fire and enhances appetite. The digestive fire becomes more potent because it gets obstructed from flowing outwards due to cold climate. Nutritive which is heavy, sweet, sour and salty is preferred. Drinking hot water in winter reduces dryness of the skin. Avoid day sleep and exposure to outer cold environment. It is the prime time to build strength and stamina in our bodies. Also we can work on our immunity and ojus in this season.

Ayurvedic dietetics and regimen of winter help you to build a new personality with good energy and immunity that last through the rest of the year. It keeps you fit all through the year.

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