

SHISHIR RITU (MID JANUARY - MID MARCH)

DO/EAT	DON'T
<p>DIET % Wheat, Red rice, Jowar, Oats, Pumpkin white, Spinach, Cabbage, Cauliflower, Black gram, Chauli, Moongdal, Carrot, Ginger, Onion, Butter, Apple, Coconut, Pine apple, Black Grapes, Ghee, Milk, Cheese, Lukewarm Water, Sweet, Rock Candy, Cashew nuts, Pistachio, Almonds</p> <p>LIFE STYLE % Oil massage, Head massage, Powder massage, Exercise in warm place</p>	<p>DIET % Bajara, Raagi, Dry methi, Oats, Jamun, Orange, Lentils, Sun flower, Drumstick, Meat, Horse Gram, Raddish, Jeera, Roasted meat, Small fishes, Navakoli, Cold water, Garlic, Ajavayan, Daalchini, Red chilly, Fried things</p> <p>LIFE STYLE % Facing Cold and Blowing (strong) Wind</p>



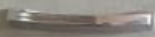
SHIMBHI DANYA

DHANYA VARGA

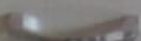
SHAMI DANYA



CONTRACEPTIVES



VACCINES







Mango
(*Manigfera indica*)

Orange
(*Citrus sinensis*)

Strawberry
(*Fragari ananassa*)

Pear
(*Pyrus communsis*)

PHALA VARGA





DHANURASANA

Benefits of Dhanurasana

- Dhanurasana strengthens the back and the abdomen at the same time.
- Keeps you active and energetic.
- It helps improve upon stomach disorders.
- Bow Pose also helps in reducing fat around belly area.
- It is beneficial specifically to women as it improves reproductive system and helps improve menstrual disorders.
- Helps regulate the pancreas and is recommended for people with diabetes.
- Expands the thoracic region of the chest.
- Helps alleviate hunchback.
- Increases the appetite.
- Bow Pose combines the benefits of the Cobra and the Locust postures.
- Balancing the weight of the body on your abdomen also reduces abdominal fat and keeps the digestive and reproductive systems healthy.

