



Ayurvedic Remedies

TO STRENGTHEN IMMUNITY




JIVA

HERBAL DECOCTION

🍵 **Ingredients:**

Cinnamon/Bay Leaves, Haldi, Ginger, Tulsi, Clove, Pepper, Honey, Ajwain, Pudina, Lemongrass

🍵 **Process:**

Boil them in water until the raw smell goes away. Strain and drink it hot.



CONSUME TURMERIC MILK

• Half tea spoon Haldi (Turmeric)
powder in 150ml hot milk -
once or twice a day

**DRINK
WARM WATER
THROUGHOUT
THE DAY**




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BHASTRIKA PRANAYAMA

- 1. Sit comfortably on the flat ground or on a chair.
- 2. Take a deep breath through both nostrils and fill the lungs with air, then exhale completely with a hissing sound.
- 3. Do this for 2 min to 5 minutes max.

CLOVE WITH NATURAL HONEY

- ☞ Lavang (Clove) powder mixed with natural sugar/honey can be taken 2-3 times a day in case of cough/throat irritation.