

Preventive care:

Diet :

Stay away from cold foods and drinks, curd and buttermilk, cold juices and heavy sweets.

Regimen :

Sleep by 10 PM.

Exercise Daily.

Avoid sleeping in the day time.

Medicines :

- 1. Instill Anu thailam or pure sesame oil daily 3 drops in each nostril.**
- 2. Gargle twice a day with water boiled with Triphala Churnam. (Mix 1 glass of water with 1 tsp Triphala churnam and bring to boil. Cool to lukewarm and gargle.)**

Reminder - what is to be avoided is as important as what is to be had.)