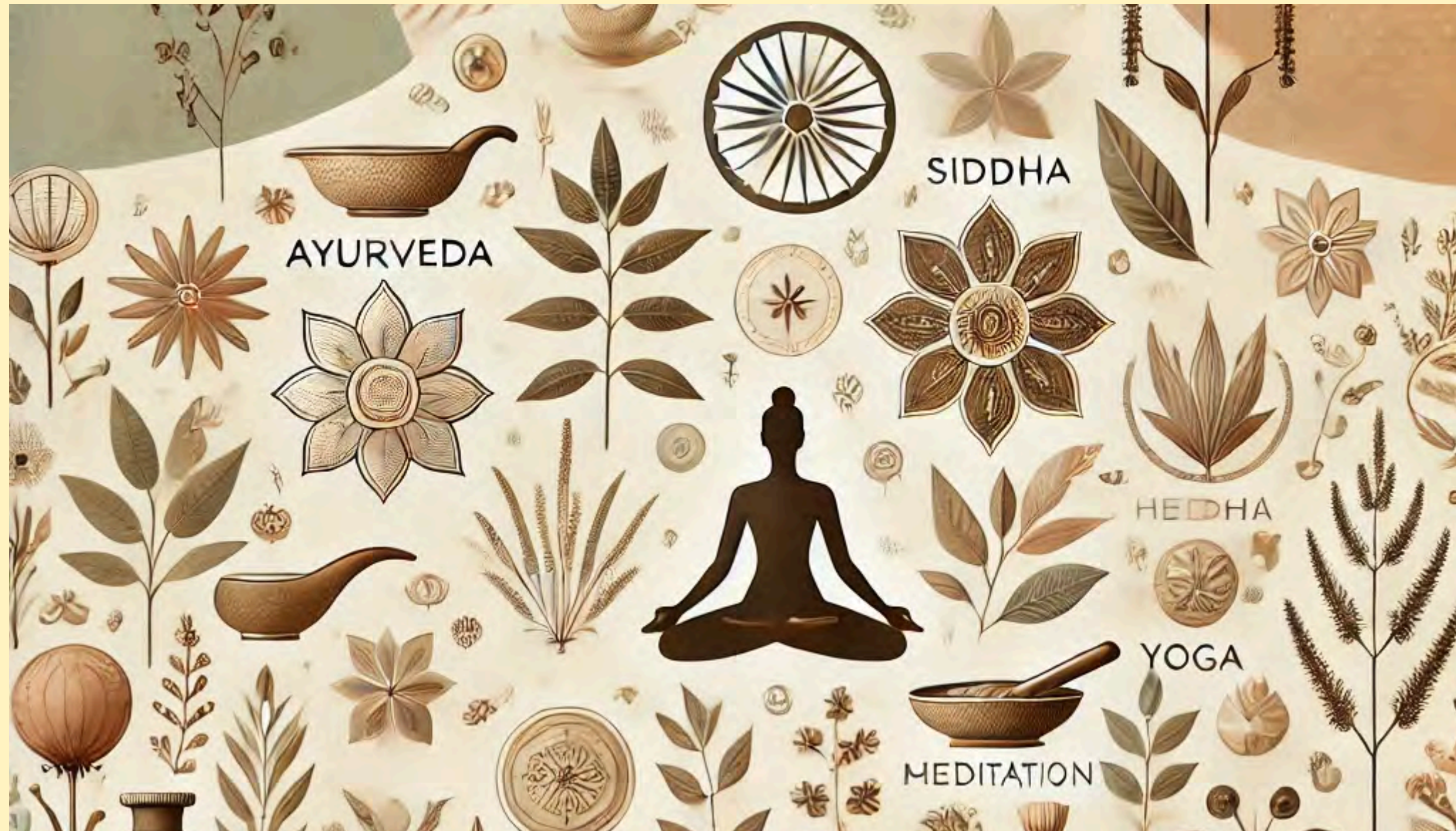
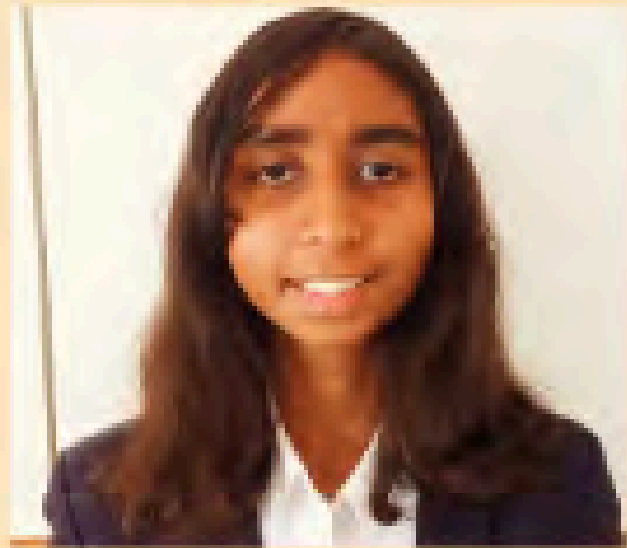


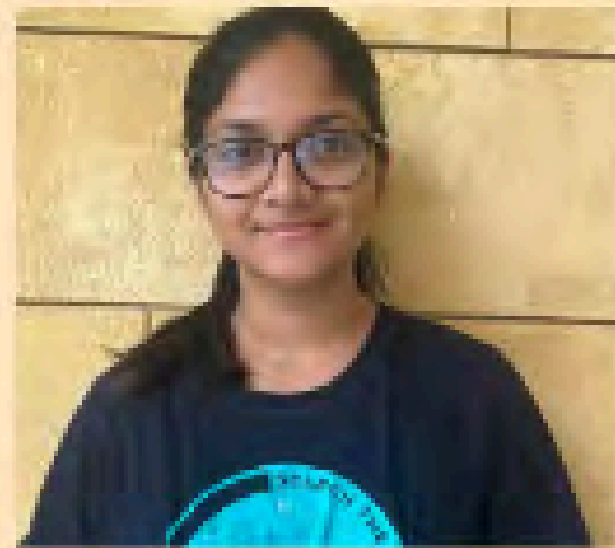
HEALING PRACTICES ACROSS CULTURES (INDIA)



Meet our Team!



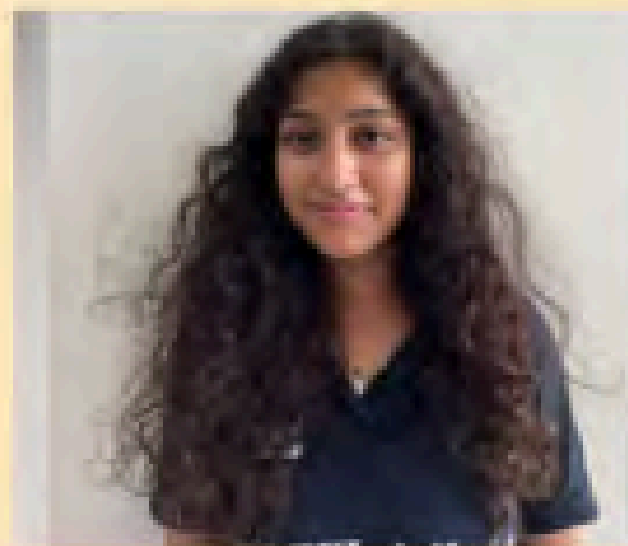
Kirtana Venkatesh



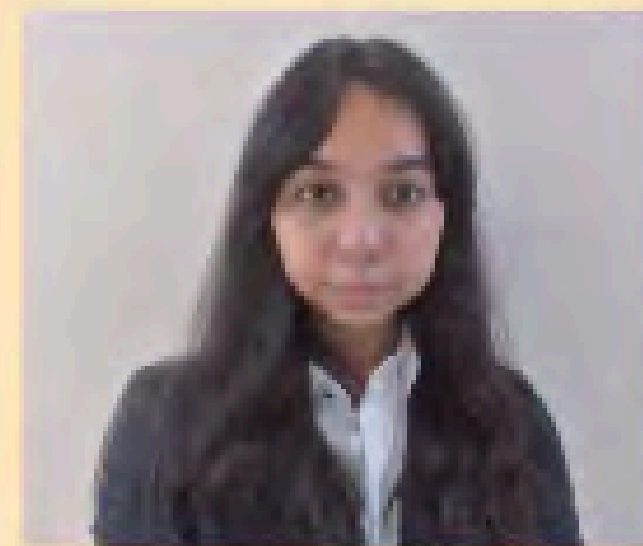
Farhin Semim



Mrityunjay Rajawat



Riya Ahuja



Arshia Agicha

1) Diverse Healing Traditions

India has a rich history of healing systems shaped by its cultural, spiritual, and scientific advancements.

2) Holistic Approach

Indian healing often integrates body, mind, and spirit, reflecting the idea of balance and harmony.



Ayurveda: India's Ancient Healing Science

Core Principles

- Doshas (Vata, Pitta, Kapha): Balance of energies in the body.
- Herbal Medicine: Use of plants, roots, and natural oils for treatments.



Siddha Medicine & Unani Healing

Siddha Medicine

- Originating in Tamil Nadu, focusing on longevity and holistic well-being.
- Use of minerals, herbs, and animal products for healing.



Unani Medicine

- Introduced by Persians and Greeks, blends Indian, Arab, and Greek knowledge.
- Focus on Humor Theory: Balancing the body's four humors (blood, phlegm, yellow bile, and black bile).



中医养生

Traditional Chinese medicine for
health preservation

Self-preservation

Nourishment lies in winter,
and health preservation lies in winter.



directory

the beginning of winter

Diet and exercise

Winter Wellness

Tonic method longevity rule



The beginning of winter

The beginning of winter

Winter begins with the Beginning of Winter, passes through the Lesser Snow, the Great Snow, the Winter Solstice, the Lesser Cold and the Greater Cold, and ends on the day before the Beginning of Spring.



The image features a traditional Chinese ink wash painting style. A large, horizontal, black brushstroke is the central focus, with the words "Diet and exercise" written in white, sans-serif font across it. The background is a light, textured grey. In the top left corner, there are dark, stylized leaves. In the bottom right corner, there are faint ink wash details of a landscape, including a building with a tiled roof, a body of water, and some rocks. The entire image is framed by a thin black border with decorative corner motifs.

Diet and exercise

Winter diet

Eat plenty of fresh fruit and vegetable in winter, such as bamboo shoots and oranges. Eat less cold food: Eating cold food in winter is easy to irritate the gastrointestinal tract and cause uncomfortable symptoms such as abdominal pain and diarrhea. It is recommended to pay attention to eating hot food and use more cooking methods such as stew, boiling, steaming, and stew. Ensure an adequate amount of activity and a dynamic balance of diet. outdoor activities are reduced, vitamin D deficiency is prone to occur, should eat more foods rich in calcium and vitamin D.

winter sports

DressWear multiple layers of clothing to maintain body temperature,Pay attention to staying warm,Wear a hat, gloves, and a scarf to protect vulnerable areas. Stay hydrated and energized: Even in winter, it is important to stay hydrated and energized during exercise.





Winter Wellness

Winter health care



After the beginning of winter, washing your face with cold water, brushing your teeth with warm water, and scalding your feet with hot water are good for your health. The benefit of warm water brushing is to protect and clean your teeth and reduce diseases. Studies by medical experts have shown that the water temperature for brushing teeth is between 35°C and 36°C. It is recommended to open the windows 2-4 times a day to bring fresh air indoors

Winter health food supplement

Food supplements are a great way to maintain health in winter, Black food is the best choice: black rice, black soybeans, black sesame seeds, black dates, black fungus, etc., which can nourish kidney qi and resist cold.

Since ancient times, there is a proverb that "eat radish in winter and ginger in summer, and doctors don't prescribe medicine", radish can moisten dryness and rejuvenate Jin, cool and detoxify.



Winter health medicine supplement

It is generally believed that the three and nine days of the winter month is the best time to take tonic, "Winter solstice" is the dividing line of climate change in winter and March, therefore, the yin energy begins to retreat, and the yang energy gradually returns, at this time, the tonic can strengthen the foundation and cultivate the vitality, so that the closed storage contains lively vitality, which helps the rise of yang energy in the body, enhances the physical fitness and disease resistance, and lays the foundation for the next year's health.



The image features a traditional Chinese ink wash painting style. A large, horizontal, black brushstroke is the central focus, with the words "Progressive approach" written in white, sans-serif font across its middle. The background is a light, textured grey. In the top left corner, there are dark, stylized bamboo leaves. In the bottom left and right corners, there are faint, light blue architectural elements resembling traditional Chinese buildings. The entire scene is framed by a thin black border with decorative corner motifs.

Progressive approach

Qi deficiency supplement method

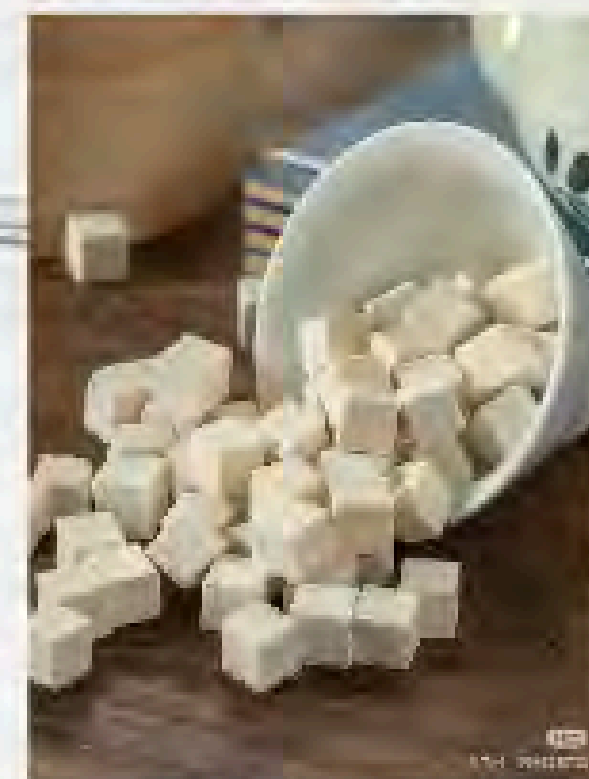


Ginseng

Ginseng: can greatly replenish vitality.

Huai ginseng: functions to strengthen the mind.

Poria: can enhance the immune function of the human body.



Fuling

Blood deficiency supplement method



Tuber of multiflower knotweed

Longan meat: beneficial to qi and blood. If you can take one or two bowls every morning and evening it can be used to nourish blood, replenish qi, benefit essence and other effects.

He Shouwu: Warm and sweet, long-term muscles and bones, benefitting the essence, prolonging.



Longan meat

Only by using different ingredients for different constitutions can it have a better effect and be better for the body.

The rules for maintaining health in winter



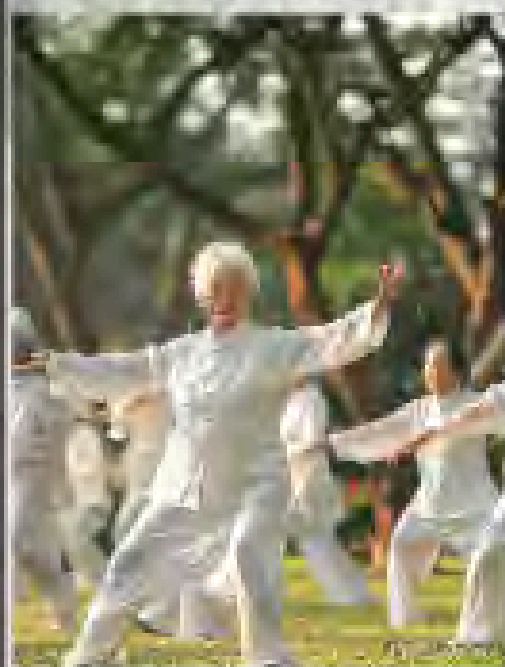
Eight Duan Jin

Go to bed early and get up late: In winter, you should go to bed early and get up late to ensure adequate sleep, which is conducive to the latent storage of yang qi and the accumulation of yin essence. Try to rest before 21:00 every day.

Keep warm: Keep warm in winter to avoid the invasion of cold air, especially the hands, feet and joints.

Moderate exercise: Winter sports are not suitable for too intense exercise. It is better to sweat slightly to avoid sweating and leaking yang qi. You can choose traditional Tai Chi, jogging, skipping rope and other moderate sports.

Indoor exercise: Try to choose a well-ventilated indoor exercise to avoid the impact of cold weather on the body.



T'ai chi

中医养生

THANK!

Nourishment lies in winter,
and health preservation lies in winter.