**Department of Swasthavritta Evum Yoga** 

## **IMMUNITY CLINIC**

"It's easier to stay well than to get well"

**Immunity Boosting through Ayurveda and Yoga:-**



Diet(Ahara)

1.Seasonal Diet

**2.Disease Specific Diet** 



Exercise(Vihara):-

1.General Exercise, Yoga, Meditation,

**Pranayam** 

2.Disease Specific Excercise



Medication (Rasayan)
Granules, Avaleha, Kashaya, Vati etc.



Fumigation(Dhoopan)

1.Churna

2.Varti

## For Information Contact:-

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