



OJAS Ayurveda

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Ayurvedic tripod:

According to Ayurveda, internal balance causes health and imbalance causes illness. Ayurveda emphasizes on three important factors for internal balance, Diet, Sleep and Conservation of energy.



Food is considered to be the source of refreshing energy for body and mind. Ayurvedic diet varies for each individual based on various factors like age, gender, levels of toxins, the strength of digestive fire, doshic tendencies etc.



Proper sleep at night is the best way to recover from stress and strain. It enhances Ojas(immunity) and detoxification of body and mind. Amount of sleep for each individual varies based on our body type, age and health status.

Proper use of our physical, emotional and sexual energy is very important for our overall well being. Spending too much energy on anything leads to depletion of Ojas (strength/immunity).

Ayurvedic health tip



MORINGA is high in fiber and antioxidants. It has anti-microbial, anti-inflammatory and anti-bacterial properties. It helps detox liver, improves digestion and gut health. It helps to prevent plaque formation in the blood vessels and reduces cholesterol levels. It enhances wound healing. You can add Moringa leaf powder to your smoothie or drink it as a tea.