Quotes for Healthy Life from Ancient Indian Wisdom
January 1

Good Health stands at the very root of Dharma (Virtuous acts), Artha (Acquirement of wealth), kama (gratification of desires) and Moksha (final emancipation).

- Charaka Samhita
January 2

One should eat in proper quantity. The quantity of food to be taken depends upon the power of digestion and metabolism and it varies from person to person.

- Charaka Samhita
January 3

Mandukasana - Take soles of the feet back, the toes touching each other. Place both the knees in front.

-Gheranda Samhita
January 4

One should put drops of “Anu Taila” during the three seasons, viz., the rainy season, the autumn and the spring, when the sky is free from cloud.

- Charaka Samhita
January 5

One desirous of his well being during his life time and after, should suppress urges relating to rashness and evil deeds mentally, physically and verbally.

- Charaka Samhita
January 6

Consumption of only one taste in excess out of the six tastes (Sweet, Sour, Salt, Pungent, Bitter and Astringent) is the main cause of illness.

- Ashtanga Hridaya Samhita
January 7

Mustard oil pacifies vata and kapha, is laxative, aphrodisiac, nutritive, appetizer, beneficial for obesity, piles, headache, diseases of ear, useful in itching, skin diseases, worm infestation and urticaria.

-Sushruta Samhita
January 8

Dhi (wisdom), Dhairyá (courage), Atma vijnana (knowledge of self) are the best medicines for the Doshas of mind.

- Ashtanga Samgraha
January 9

Sendha Salt (Saindhav in Sanskrit) is an Appetizer, digestive, aphrodisiac, pacifies Tridosha and is beneficial for eyes.

-Sushruta Samhita
January 10

Pashchimottanasana - Stretch the legs on the ground. Hold the big toes with the hands and place the face in between and on the knees. This helps in the flowing of the breath, increases the digestive fire and brings about freedom from the disease.

- Hatha Yoga Pradipika
January 11

Eating dry dates in routine reduces the risk of osteoporosis in females after menopause.

- Charaka Samhita
January 12

If one has kept vigil at night, next day during day time he should sleep before taking meal and for the duration half of the time he has kept vigil.

- Sushruta Samhita
January 13

Powder of Sonth (Shunthi in Sanskrit) is used in cough and cold, running nose, hoarseness of voice, piles, indigestion, abdominal colics, edema, diabetes and jaundice.

- Bhava Prakasha Nighantu
January 14

Powder of Ashwagandha root is used in debility, weakness, loss of weight, old age related weakness, lumbar pain, white discharge in females and Vatika disorders.

- Bhava Prakasha Nighantu
January 15

Both the obese and lean are always despicable; one having medium physique is the best; comparatively the lean is better than the obese.

- Sushruta Samhita
January 16

Curd pacifies Vata but aggravates Pitta and Kapha, is a good appetizer, beneficial in malaria, diarrhea, anorexia, emaciation, rhinitis and dysuria.

- Sushruta Samhita
January 17

Bhujangasana- with face downwards, let the body touch the ground right from the big toes to the navel. Hold the earth with the two stretched palms of the hands and raise the head like that of a cobra. This aasan increases the body heat, destroys the diseases and awakens the Kundalini.

- Gheranda Samhita
In seasons which have nights of longer duration one should take food consisting of plenty of its contraries in the morning itself.

- Sushruta Samhita
January 19

Sleeping during the day time in the seasons other than summer is not advisable as it causes vitiation of Kapha and Pitta.

- Charaka Samhita
January 20

As a pitcher, a dry skin, and an axis of a cart become strong and resistant by the application of oil, so by the massage of oil the human body becomes strong and smooth skinned. It is not susceptible to the diseases due to Vata; it is resistant to exhaustions and exertions.

- Charaka Samhita
January 21

Ash gourd is best among the creepers, mitigates vata and pitta, cleanses the urinary bladder, and is an aphrodisiac.

- Ashtanga Hridayam
January 22

A wise person should be vigilant about his duties towards his own body like an officer-in-charge of a city and a charioteer towards the city and the chariot respectively.

- Charaka Samhita
January 23

Milk should be collected from the animals only after their food is digested.

- Sushruta Samhita
January 24

Vajrasana - Make the shape of a stone with thighs, placing both the feet by the two sides of the anus. That makes Vajraasan, which gives siddhi.

-Gheranda Samhita
January 25

Staying happy during pregnancy is very vital, which leads to mental harmony of the child.

- Charaka Samhita
January 26

One should not take curd at night; it should not be taken alone without ghee, sugar, green gram soup, honey or amalaka (Indian gooseberry) and it should not be taken hot also.

- Charaka Samhita
January 27

Iron and medicines prepared of Iron is beneficial for worm infections, anemia, abdominal tumors, rheumatoid arthritis, increases strength, and acts as a general tonic especially for females, children and during pregnancy.

- Rasa Ratna Samucchaya
January 28

Powder or fresh juice of Giloy stem is used in skin diseases, malaria, chronic fever, Diabetes, Dysuria, jaundice, Anemia, burning sensations, diseases of blood, piles and worms.

- Bhava Prakasha Nighantu
January 29

A medicine which can bring about a cure is the only correct medicine.

- Charaka Samhita
January 30

For alleviation of vitiated Pitta, intake of Ghee, use of drugs and diets having sweet, bitter and astringent tastes and cooling property and purgation therapy should be administered.

- Charaka Samhita
January 31

Be friendly to all creatures; reconcile the angry, console the frightened. This is to maintain social harmony (Sadvritta).

- Charaka Samhita
February 1

The ears should be filled with medicated fat/oil, root of the ears massaged, till the pain or the disease subsides and for a period of one thousand seconds in case of healthy persons.

- Ashtanga Hridayam
February 2

Application of abhyanga (Oil massage) should be specially done to head, ears, feet.

- Ashtanga Hridayam
February 3

Consuming Turmeric and Aamla powder in the dose of 3 gms daily early morning is beneficial for diabetics.

- Ashtanga Samgraha
February 4

Dalacheeni is useful in diabetes, to prevent cancer, beneficial for worms, pain, Vatika and paitik disorders, wound cleansing and wound healing.

- Bhava Prakash Nighantu
February 5

A physical action which is desirable and is capable of bringing about bodily stability and strength is known as Vyayama (Physical exercise). This has to be practiced in moderation.

- Charaka Samhita
February 6

Honey with equal quantity of water or ghee should not be consumed.

- Sushruta Samhita
February 7

Take a thin thread of 32 angulas (Fingers), insert it through one nostril & take out through mouth, this is Neti sutra Karma.

-Gheranda Samhita
February 8

Feeding the child immediately after delivery is beneficial for mother & child both.

- Charaka Samhita
February 9

Persons who are very much fatty and have kapha predominancy, and who are habituated to oleation should not sleep during day-time.

- Ashtanga Hridayam
February 10

If excessive bleeding occurs during menses, immediately doctor should be consulted. Excessive bleeding may lead to anemia.

- Sushruta Samhita
February 11

Amla fruits (Fresh, if available) are beneficial as rejuvenator, aphrodisiac, in bleeding disorders, mild laxative and improves liver functions.

- Bhava Prakasha Nighantu
February 12

Ayurveda is the science where happy and unhappy (States of) life along with what is good and bad for life are described.

- Charaka Samhita
February 13

Wholesome food taken even in proper quantity do not get properly digested when the individual is afflicted with grief, fear, anger, sorrow, excessive sleep and excessive vigil.

- Charaka Samhita
February 14

Kapalabhati is of three types, namely Vama Krama, Vyutkarma & Sitkrama. They destroy Kapha Dosha.

-Gheranda Samhita
February 15

If the food is heavy, only three fourth or half of the stomach capacity is to be consumed. Even in the case of light food excessive intake is not conducive to the maintenance of the power of digestion.

- Charaka Samhita
February 16

Healthy person should get up from bed at Brahma Muhurta. That is, before dawn, or around 45 minutes before Sun rise, around 5 - 6 am.

- Ashtanga Hridayam
For alleviation of vitiated Vata, proper administration of oleation and fomentation, unctuous, hot things and substances having sweet, sour and saline tastes, massage, poultice and enema therapy should be administered.
February 18

A drug not known is likened to poison, weapon, fire and thunderbolt while the one known is nectar.

- Charaka Samhita
February 19

After the delivery, it is very essential for the female to get massaged daily preferably with bala taila.

- Sushruta Samhita
February 20

The food should have all the six tastes
- Sweet, Sour, Salt, Pungent, Bitter and Astringent. The balance of these six tastes leads to a healthy life.

- Charaka Samhita
February 21

One should continuously look at some small object till eyes wells up with tears. This is called Trataka.

-Gheranda Samhita
February 22

Tejo dhatu is the source of providing complexion to the people.

- Sushruta Samhita
February 23

Juice of the Ardusa leaves is useful to treat worms, skin disorders, bleeding disorders, breathing disorders, cough, diarrhoea and dysentery.

- Bhava Prakasha Nighantu
February 24

Juice of Tulsi leaves or the decoction prepared by boiling it is found useful in cough, breathlessness, malaria, chronic fevers, liver disorders, digestive disorders and all kinds of Kaphaja disorders.

- Bhava Prakasha Nighantu
February 25

Decoction prepared of Chandana tree bark is useful in high grade fevers, bleeding disorders, excessive thirst, burning sensation, Anuria, metrorrhagia, menorrhagia, skin disorders and all Pitta related diseases.

- Bhava Prakasha Nighantu
February 26

As the sun cannot help a blind man to see things so also this treatment (Ayurveda) which provides instructions for the benefit of both healthy as well as diseased may not help to enlighten those who are devoid of the power of understanding.

Cherokee Samhita
February 27

Excessive eating is the cause of Ama dosha (indigestion).

- Charaka Samhita
February 28

Cessation of mental modifications or Citta Vrttis due to mind, intellect & ego is called as yoga.

- Patanjala Yoga Sutra
February 29

During Spring, the Kapha Dosha is vitiated and disturbs the power of digestion and causes many diseases. Hence, during Spring Vamana (emesis therapy) should be administered and should avoid heavy, unctuous, sour and sweet diets and sleeping during the day time.

Chakravala Samhita
March 1

Physical exercise brings about lightness, ability to work, stability, resistance to discomfort and alleviation of Doshas (Specially Kapha). It stimulates the power of digestion.

- Charaka Samhita
March 2

In the months of Chaitra, Shravana and Margashirsha (approximately March-April, July-August and November-December respectively), one should undergo Panchakarma therapies.

- Charaka Samhita
March 3

If Panchakarma procedures are followed by Rejuvenative and Fertility therapies, the tissue elements are maintained in homeostasis and diseases are not caused; there is proper growth of tissue elements and the process of ageing is delayed.

- Charaka Samhita
March 4

Oil of Eranda (Ricinus communis Linn.) is the most efficacious for the purpose of purgation.

- Charaka Samhita
March 5

A wise person, desirous of his own well being, should take recourse to the appropriate therapies before the occurrence of the diseases or even while the diseases are in their primary stage of manifestation.

- Charaka Samhita
March 6

Heavy and non-nourishing diet is prescribed for thinning purpose in the case of the obese. Light and nourishing diet for the nourishment of the slim.

- Charaka Samhita
March 7

Always not causing harm to any being at any time is called yoga.

- Yagyavalka Smriti
March 8

Happiness, misery, nourishment, emaciation, strength, weakness, virility, sterility, knowledge, ignorance, life and death - all these occur depending on the proper or improper sleep.

- Charaka Samhita
March 9

Sleeping during the day time in the seasons other than summer is not advisable as it causes vitiation of Kapha and Pitta.

- Charaka Samhita
March 10

Fasting therapy is to be administered during the winter (November to February), to such of the patients as are suffering from skin diseases and obstinate urinary disorders and to those who possess corpulent body.

- Charaka Samhita
March 11

Among rhizomes and roots, ginger is by nature wholesome par-excellence.

- Charaka Samhita
March 12

Timely eating is responsible for maintaining health.

- Charaka Samhita
March 13

Of all the varieties, oil of Tila (Sesamum indicum Linn.) is the most efficacious for the purpose of strength and oleation.

- Charaka Samhita
March 14

Always speak truth & speak in a way pleasing to others, but don't speak truth which makes others unhappy. But at the same time don't speak lie to please others. It is rule according to manusmruti.

- Manusmruti
March 15

Ghee is to be taken with the Anupana of hot water, oil with that of Yusha (Vegetable soup).

- Charaka Samhita
March 16

Ghee is to be taken during autumn (Sharad Ritu) because Pitta gets aggravated in this season and ghee is the best antidote for Pitta.

- Charaka Samhita
March 17

Fomentation, if administered after oleation, brings Vata under control and thereby facilitates the elimination of faeces, urine and flatus.

- Charaka Samhita
March 18

Among fruits, grapes is by nature wholesome par-excellence.

- Charaka Samhita
March 19

Ayurveda is the most sacred and honoured as it is beneficial to mankind in respect of this life and life beyond.

- Charaka Samhita
March 20

One should take food in a prescribed manner, with due regard to his own self.

The knowledge of the usefulness or otherwise of food articles is the sine qua non for self-preservation.

- Charaka Samhita
March 21

On performing celibacy, one conserves energy.

- Paatanjala Yoga Sutra
March 22

If an action produces inauspicious results immediately or in the long run, then according to wise persons, one should not resort to such type of work.

- Charaka Samhita
March 23

Intake of ghee prepared with bitter medicines, purgation and blood letting are also advised in the autumn season for the mitigation of Pitta.

- Charaka Samhita
March 24

Continuous use of Ghee alleviates Pitta due to sweet taste and cold potency.

- Charaka Samhita
March 25

Leaving everything else, one should maintain the body. For if there is no body, there is nothing that can be made available to the individual.

- Charaka Samhita
March 26

One should eat only that food in proper quantity which is hot, unctuous and not contradictory in potency and that too, after the digestion of the previous meal.

- Charaka Samhitā
March 27

Considering all beings as self by mind, speech & action is called as Daya (kindness) according to Vedantins.

- Ashtanga Yoga
March 28

A wise person should refrain from the urges related to greed, grief, fear, anger, vanity, shamelessness, jealousy, too much of attachment and malice.

- Charaka Samhita
March 29

The Pitta gets vitiated during the Autumn. In this season, sweet, light, cold and bitter foods and drinks which have potentialities to alleviate Pitta are to be taken in proper quantity depending upon the digestion.

- Charaka Samhita
March 30

All the Panchakarma therapies are to be administered after proper oleation and fomentation. The sequence of Panchakarma is Vamana (emetics), Virechana (purgatives), Basti (enema) followed by Nasya (errhine).

Chandra Saptiki
March 31

Ghee alleviates Pitta and Vata, it is conducive to plasma, semen and immunity. It has cooling and softening effect upon the body. It adds to the clarity of voice and complexion.

- Charaka Samhita
April 1

The vitiated Doshas alleviated by Palliative therapy do at times get aggravated but those eliminated by Elimination (Panchakarma) therapies do not reoccur.

- Charaka Samhita
April 2

Food should be taken in proper place equipped with all the accessories, without talking and laughing, with concentration of mind and paying due regard to oneself.

- Charaka Samhita
April 3

After being troubled physically, mentally & verbally by enemies, at the end of torture forgiving by seers is called as forgiveness or Kshamaa.

- Ashtanga Yoga
April 4

One should not take food very slowly because this will not give satisfaction to the individual. In this situation one would take more than what is required; the food would become cold and there will be irregularity in digestion. Therefore, one should not take food very slowly.

- Charaka Samhita
April 5

Vigil during night causes dryness in the body, sleep during day time causes unctuousness and dosing in sitting posture does neither cause dryness nor unctuousness.

- Charaka Samhita
April 6

Therapies like purgation, fasting and blood-letting indicated for the treatment of diseases characterized by bleeding from different parts of the body and diseases due to the vitiation of blood.

- Charaka Samhita
April 7

Among pulses, Mudga (Green Gram) is by nature wholesome par-excellence.

- Charaka Samhita
April 8

Success shows the proper application of all the measures and success, in turn, indicates the physician endowed with all the qualities.

- Charaka Samhita
April 9

Among various types of drinking water, rain water collected before fall on the ground is by nature wholesome par-excellence.

- Charaka Samhita
April 10

Chanting 'Omkara' and reading spiritual texts are means for salvation. A person can unite himself with desired God.

-Yoga Darshana
April 11

One should not resort too much use of the three, viz. Pippali (Piper longum), alkali and salt.

- Charaka Samhita
April 12

In seasons which have nights of longer duration one should take food consisting of plenty of its contraries in the morning itself. In those which have days of longer duration one should take food prescribed in that season in afternoon. One should take food evenly dividing day and night in seasons when nights and days are of equal duration.

- Sushruta Samhita
April 13

Continuous use of oil alleviates Vata, as oil is unctuous, hot and heavy.

- Charaka Samhita
April 14

Dry ginger is unctuous, promoter of digestion, aphrodisiac, hot in potency, alleviator of Vata as well as Kapha, Cardio-tonic and palatable.

- Charaka Samhita
April 15

In view of the association of painful diseases with irregular dieting, a wise person who has control over his senses should take wholesome food in proper quantity and in proper time.

- Charaka Samhita
April 16

Lightness or heaviness of food is determined by the types of combination, methods of preparation and proportions in which ingredients are added to them.

- Charaka Samhita
April 17

Money earned with honesty, if given with devotion should be given to those, who are in need & Brahmins is known as gift (Dana).

- Ashtanga Yoga
April 18

The sleep caused by the nature of the night is the sleep par excellence; this is known as “Bhutadhatri” (that nurses all the living beings).

- Charaka Samhita
April 19

Curd is contraindicated in autumn, summer and spring while it is commended in early and late winter and rainy season.

- Sushruta Samhita
April 20

Honey alleviates Kapha as it is un-unctuous, sharp and pungent in taste.

- Charaka Samhita
April 21

Saindhav salt is capable of permeating through the subtle channels of the body, hot, light, and fragrant. It is palatable, laxative and cardio-tonic.

- Charaka Samhita
April 22

Strength, health, longevity and vital breath are dependent upon Agni (the power of digestion including metabolism). When supplied with fuel in the form of food and drinks, this power of digestion is sustained; it dwindles when deprived of it.

- Charaka Samhita
April 23

The body as well as diseases is caused by food; wholesome and unwholesome food is responsible for happiness and misery respectively.

- Charaka Samhita
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April 24

Chanting of Mantras as mentioned in Vedas is known as Japa.

- Ashtanga Yoga
April 25

Like proper diet, proper sleep is also essential for the maintenance of the body.

- Charaka Samhita
April 26

If the previous meal is not digested, another meal should not be consumed.

- Sushruta Samhita
April 27

Vata is alleviated due to ghee’s unctuousness, Pitta is alleviated due to ghee’s coldness and even Kapha is alleviated due to suitable method of preparation. No other factor carries the properties of drugs with which it is processed as ghee; hence ghee is considered to be the fat par excellence.

-Charaka Samhita
April 28

Hingu is alleviator of colic pain, carminative and palatable.

- Charaka Samhita
April 29

All psychosomatic ailments are caused by the ignorance of the individual whereas understanding of things leads to complete happiness of both the body as well as the mind.

- Charaka Samhita
April 30

When warm food is consumed, it is delicious, after intake, it provokes the enzymes in the abdomen responsible for digestion; it gets digested quickly and helps in the downward passage of Vata (flatus) and detachment of Kapha. Therefore, one should take warm food.

- Charaka Samhita
May 1

Gomukhasana—Sit on the floor with the legs extended to the front. Bend the left knee back and place it next to the right thigh. Do the same on the right side. Raise the left arm above the hand, bend at the elbow and place the left palm below the neck. Clamp the hands behind the back between the shoulders. Sit stable in this position for 30–60 seconds with the body and neck erect. Release the hands, straighten the legs and repeat the pose on opposite side for same time duration. It is indicated in muscle weakness and vata disorders.

-Gheranda Samhita
May 2

When one is accustomed to bad living habits, the slow discontinuation of these habits should be made. The slow discontinuance of these habits does not have any harmful effect or even if it has, the harm caused is too insignificant.

- Charaka Samhita
May 3

Pouring warm water over the body bestows strength, but the same over the head, makes for loss of strength of the hair and eyes.

- Ashtanga Hridayam
May 4

In all the types of chronic fever, intake of ghee is beneficial.
However, the ghee may be medicated with appropriate drugs.

- Charaka Samhita
May 5

Black pepper is not very hot in potency, non-aphrodisiac, light and palatable. Due to its depleting and absorbing properties, it promotes digestion and alleviates Kapha as well as Vata.

- Charaka Samhita
May 6

As the sun cannot help a blind man to see things so also this treatment (Ayurveda) which provides instructions for the benefit of both healthy as well as diseased may not help to enlighten those who are devoid of the power of understanding.

- Charaka Samhita
May 7

Curd is appetizer, digestive stimulant, aphrodisiac, unctuous, strength promoting, alleviator of Vata, auspicious and nourishing.

- Charaka Samhita
May 8

Kurmasana—Sit with the knees extended to the front. Fold the right knee and place it below anus, similarly fold the left knee and place it below the anus. Keep the body, head and neck erect. This position is known as kurmasan or tortoise position.

- Hatha Yoga Pradipika
May 9

Persons with excessive fat, those who are addicted to taking unctuous substance, those with Kaphaja Prakriti (constitution), those suffering from diseases due to vitiation of Kapha and those suffering from poisoning should never sleep during day time.

- Charaka Samhita
May 10

Sleeping at improper time causes delusion, fever, lassitude, headache, oppression in the chest (nausea), obstruction of the tissue pores and weakness of digestive function.

- Ashtanga Hridayam
May 11

Panchakarma (Elimination therapy) eliminates the Doshas, eradicates diseases and restores normal strength and complexion. If taken properly, it brings about longevity.

- Charaka Samhita
May 12

By nature all diets of sour taste generally aggravate Pitta except Dadima and Amalaka.

- Charaka Samhita
May 13

A physician should first of all diagnose the disease and then he should select proper medicine.

- Charaka Samhita
May 14

Among Salts, Saindhava (Rock Salt) is by nature wholesome par-excellence.

- Charaka Samhita
May 15

Kukkutasana—Perform padmasan first. Pass the hands in the middle of both the legs and keep the palm over the ground. Lift the body in air, transferring all the weight on the two palms. This posture is known as kukkutasan.

—Hatha Yoga Pradipika
May 16

One should not indulge in taking food, studies, sexual relation or sleep during the dawn or dusk.

- Charaka Samhita
May 17

Shiro Abhyanga - applying oil and doing mild massage should be used in cases of dryness, itching and dirtyness.

- Ashtanga Hridayam
May 18

For alleviation of vitiated Pitta, intake of Ghee, use of drugs and diets having sweet, bitter and astringent tastes and cooling property and purgation therapy should be administered.

- Charaka Samhita
May 19

Green but ripe Pippali is aggravator of Kapha, sweet in taste, heavy and unctuous. Dried Pippali is alleviator of Kapha as well as Vata, pungent in taste, hot in potency and aphrodisiac.

- Charaka Samhita
May 20

Living creatures are endowed with strength, complexion, happiness and longevity due to pure blood. Blood plays a vital role in the sustenance of elan vital.

- Charaka Samhita
May 21

Among Ghee, cow’s ghee is by nature wholesome par-excellence.

- Charaka Samhita
May 22

Uttana kurmasana: Kukkutasana should be performed first. Then hold the neck by the respective hands from behind. Be erect as the tortoise. This is called as Uttana kurmaasan.

- Hatha Yoga Pradipika
May 23

Excessive use of alkali produces injurious effects on hair, eyes, heart and virility.

- Charaka Samhita
The supreme self is changeless, is the cause of consciousness with the conjunction of mind, properties of bhutas and sense organs, is eternal and seer who sees all the actions.

- Charaka Samhita
May 25

No fomentation should preferably be administered over testicles, heart and eyes. Even if it is very necessary to administer, it should be of mild type; over groins it should be moderate; and on other parts of the body could be according to the individual needs.

- Charaka Samhita
May 26

All diets of bitter taste generally aggravate Vata and are un-aphrodisiac except Guduchi and Patola.

- Charaka Samhita
May 27

As the birds are attracted towards the trees where their nests lie, similarly, Prameha (Diabetes) affects people who are voracious eaters and have aversion to physical exercises.

- Charaka Samhita
May 28

When Unctuous food is consumed, it gives taste, it gets digested quickly; it helps in the downward movement of Vata, it increases the plumpness of the body, strengthens the sense faculties, promotes strength and brings out the brightness of complexion. Hence, one should take unctuous food.

- Charaka Samhita
May 29

Gomukhasana: Sit with the legs stretched forwards on the ground. Bend the left leg at knee, place the soles and heal of left foot on the floor. With exhalation turn the spine about 90 degree to the left, so that right arm pit touches the outer side of the right thigh.

- Hatha Yoga Pradipika
May 30

The channels of respiration gets vitiated by excessive loss of weight, suppression of natural urges, indulgence in un-unctuous things, performance of exercise while hungry and such other harmful regimens.

- Charaka Samhita
May 31

In vasant (Spring season) one should do exercise, massage, should consume honey, barley, wheat and meat of animals of dry region. One should keep himself away from food, which is not easily digestible and cool and avoid day-sleep, oily and sweet articles.
June 1

Massage with dry powders subsides Kapha, dissolves the fat, produces firmness to the limbs and gives good appearance to the skin.

- Ashtanga Hridayam
June 2

Generally bitters and pungents are non-aphrodisiacs and increase Vata except for Giloy, Patol, ginger, and Garlic.

- Ashtanga Hridayam
June 3

Food is the best one among the life sustaining factors.

- Charaka Samhita
June 4

One should take all the six tastes always by increasing the specific tastes in the respective seasons for good health.

- Ashtanga Hridayam
June 5

Paschimottasana- straight with the legs extended to the front. Hold the great toes of the foot with respective hands. With exhalation bend forwards and touch the head to the knee joint. The elbows should touch the ground. Be in the position for 30-60 seconds. Release the hands and with exhalation come back to the earlier position.

- Hatha Yoga Pradipika
June 6

All the diseases are caused by forcible suppression or forcible elimination of the natural urges.

- Ashtanga Samgraha
June 7

The last seven days of the current season and the first seven days of the following season is ritu sandhi (conjunction of the season). During this period the rules and regimen of the previous season should be discarded and those of the following season adopted gradually. If the change of regimen is very sudden it gives rise to many diseases.

- Ashtanga Hridayam
June 8

Bath stimulates digestive fire, is a prodisiac, increases span of life, and also ojas vigour and strength; it also removes itching, dirt, fatigue, sweat, lassitude, thirst, burning sensation and impurity (of body and mind).

- Ashtanga Hridayayam
June 9

Water is best among the Consoling Factor.

- Charaka Samhita
June 10

Unboiled milk is generally slimy and heavy. The same when boiled become less slimy and lighter.

- Sushruta Samhita
June 11

Milk drawn out in the morning is generally heavy, causes constipation and cold.

- Sushruta Samhita
Mayurasana—Kneel down on the grounds with knees slightly apart. Bend forward, place the palms with fingers positioning back and place them on the ground. Bend the elbows and place the forearms together. Rest the abdomen on the elbows and the chest on the posterior aspect of the upper arms. Extend the legs straight one by one and place them together and stiff. Exhale, transfer the body weight on the wrists and hands, lift legs from the floor, simultaneously stretch trunk and head forwards. Keep the body parallel to the ground. Then slowly lower the body on the ground and come to the earlier position.

- Hatha Yoga Pradipika
June 13

The patient of wounds should never sleep during day time.

- Sushruta Samhita
Persons who are very strong and habituated to oily foods, should do exercise limited to half of their capacity during cold and spring seasons, and other should do less than $\frac{1}{2}$ capacity.

- Ashtanga Samgraha
June 15

Sulphur (Gandhak in Sanskrit) is beneficial for skin disorders, worm manifestation, itching, spleen diseases, rheumatoid and osteo arthritis.

- Rasa Tarangini
June 16

All the drugs are verily more potent when fresh, except honey, ghee, jaggery, pippali and vidanga.

- Sushruta Samhita
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June 17
Honey with equal quantity of water or ghee should not be consumed.

- Sushruta Samhita
June 18

Milk should be collected from the animals only after their food is digested.

- Sushruta Samhita
June 19

Shavasana: Lying down on the ground in the supine position like a dead body is known as Shavasana. This relaxes the body completely.

- Hatha Yoga Pradipika
June 20

After meal one should sit comfortably like king till strain of food is over, then after moving hundred steps and then should lie down on bed on the left lateral.

- Sushruta Samhita
June 21

In winter one should eat foods which are unctuous, have sweet, sour and salt tastes predominantly.

- Ashtanga Samgraha
June 22

Abhyanga (Oil massage) subsides vata, promotes nourishment, sleep, strength and plumpness; it also removes (the pain etc.) of burns, fractures, wounds, fatigue, lethargy and appearance of the characteristics of old age.
June 23

Garlic cures infections, skin diseases and diseases due to vitiation of Vata. It is unctuous and aphrodisiac.

- Charaka Samhita
June 24

Such of the actions as bringing about equilibrium of Dhatuṣ (Body tissues) constitute treatment of diseases.

- Charaka Samhita
June 25

Babul is advised in dysuria, diarrhea, diabetes, dry cough, mouth ulcer and dental disorders.

- Bhava Prakasha Nighantu
June 26

Swastikasana—Draw the legs and thighs together. Place the feet below them. Keep the body in comfortable way and sit straight. This relieves the stiffness of the joints.

- Hatha Yoga Pradipika
June 27

One should not be in the habit of postponing the things nor should one indulge in any activity without proper thinking.

- Charaka Samhita
June 28

One should take food only when previous meal is digested. If one takes food before the digestion of the previous meal, the digestive product of the previous food, which is still not properly digested, gets mixed up with the product of food taken afterwards, resulting in the provocation of all the Doshas instantaneously.

- Charaka Samhita
June 29

Gular is cold in potency. Useful for bleeding disorders, menorrhagia, metrorrhagia, edema, diabetes, vomiting and weakness.

- Bhava Prakasha Nighantu
June 30

Sour curd increases kapha and pitta while exclusively sour curd vitiates blood. Immature curd produces burning with hyperacidity, is laxative and diuretic and vitiates all the three Doshas.

- Sushruta Samhita
July 1

Vat (Bargad in Hindi) is cold in potency and useful for diabetes, wounds, pain, skin diseases, diarrhea and dental disorders.

- Bhava Prakasha Nighantu
July 2

All types of ground water should be collected in the early morning when purity and coldness, the best qualities of water, are maximum.

- Sushruta Samhita
July 3

Bhadrasana: This position keeps the pubic region healthy, relieves stiffness of knees and ankles, tones up the lower region of spine and abdominal organs.

- Hatha Yoga Pradipika
Ghee kept for ten days in a vessel of bell-making (Kamsya) should not be consumed as it becomes poisonous.

- Sushruta Samhita
July 5

Shiro Pichu - oil soaked cloth/cotton swabs, applied over the scalp - useful in case of falling of hairs, cracking of the skin and feeling of burning sensation.

- Ashtanga Hridayam
The characteristic features of the Kapha Prakriti (Constitution) are unctuousness of organs, smoothness of organs, pleasing appearance, tenderness and clarity of complexion, plumpness and roundedness of all organs, slow in action, non-slipping and stable gait, lack of intensity of hunger, thirst and perspiration, firmness and compactness in joints, happiness in the look and face, happiness and softness of complexion and voice.
July 7

Butter milk is useful in oedema, piles, sprue, anuria, ascitis, anorexia, anemia.

- Charaka Samhita
July 8

Death immediately comes in the form of Prameha (Diabetes) to those who are less enthusiastic, over corpulent, over unctuous and gluttons.

- Charaka Samhita
July 9

Warm honey or honey taken by an individual suffering from heat is fatal because during the process of collection it is contaminated with poisonous material from the bees themselves or from the various poisonous plants.

- Charaka Samhita
July 10

Sit on the ground with stretched legs. Bend the right leg at the knee and keep it on the root of left thigh, so that right heel is near the umbilicus. Do the same with left leg. Sit in the position with hands placed one above the other. This posture tones up the spine and abdominal organs.

- Hatha Yoga Pradipika
When salt is excessively used, it produces fatigue, lassitude and weakness in the body.

- Charaka Samhita
July 12

Immediately after consuming liquids all persons – both healthy and sick should avoid speaking, walking long distances and sleeping.

- Ashtanga Hridayam
July 13

For alleviation of vitiated Kapha, proper administration of strong and hot elimination therapies, intake of diet which is mostly un-unctuous and is composed of ingredients having pungent, bitter and astringent tastes, running, swimming, keeping awake during night, emesis and all such regimens which give up the comforts of life will be beneficial.

- Charaka Samhita
Onion aggravates Kapha and alleviates Vata, but it does not alleviate Pitta. It is heavy and aphrodisiac. It promotes strength and appetite.

- Charaka Samhita
July 15

Doctor should be sympathetic and kind to all patients, should be concerned with those who are likely to be cured and should feel detached with those who are towards death. These are the four disciplines for physician.

- Charaka Samhita
July 16

Drugs and diets having sour taste add to the deliciousness of food, stimulates appetite, nourish and energise the body, enlighten the mind, strengthen the sense organs, promote strength, alleviate Vata.

- Charaka Samhita
July 17

Simhasana: Sit with stretched legs. Lift the seat, bend the right knee and keep the right foot under the left buttock, similarly do with the left side. Sit on the heels with the toes pointing to the back. Stretch the body forward and keep the back straight. Place the palms on the respective knees and open the mouth widely with tongue extended out. Eyes should gaze at the centre of the eyebrows and breathing should be done with the mouth. Then, withdraw the tongue, slowly straighten the legs and come to the earlier position.

- Hatha Yoga Pradipika
July 18

One should not talk or laugh or be unmindful while taking food. One, taking food while talking, laughing or with detracted mind subjects himself to the same trouble as the one eating too hurriedly.

- Charaka Samhita
July 19

Soon after consuming food all persons - both healthy and sick should avoid exposure to sun and fire, travel in vehicles, swimming and riding on animals.

- Ashtanga Hridayam
Drugs and diets having sweet taste are wholesome to the body and as such they add to the growth of body fluid, blood, muscle, fat, bone, marrow, immunity, semen and longevity.

- Charaka Samhita
July 21

All diets of pungent taste generally aggravate Vata and are un-aphrodisiac except Pippali and Ardraka.

- Charaka Samhita
July 22

The individual enjoys the desired fruit of his action only when he is alive. Therefore, one desirous of long life should avoid rash behavior.

- Charaka Samhita
July 23

When food is taken in proper quantity, it promotes longevity in its entirety without afflicting Vata, Pitta and Kapha, it does not impair the power of digestion and it gets digested without any difficulty.

- Charaka Samhita
July 24

Shirshasana: Sit on the knees, bend forward & rest the forearm and elbow on the ground. Interlock the fingers and rest the head on the ground, touching the palms. Move the knee joint towards the head. After attaining the head position, raise the knees from the floor by moving the legs closer to the head. Exhale, take a swing from the ground and raise the legs off the ground with bent knees. Extend the legs & balance on the head, keeping the whole body perpendicular to the ground. After sometime, slowly bring the legs down & keep it on the ground & then come back to the earlier position.

- Paatanjala Yoga Sutra
July 25

Soon after consuming food all persons - both healthy and sick should avoid exposure to sun and fire, travel in vehicles, swimming and riding on animals.

- Ashtanga Samgraha
July 26

One should take food in a prescribed manner, with due regard to his own self. The knowledge of the usefulness or otherwise of food articles is the sine qua non for self-preservation.

- Charaka Samhita
July 27

Pariseka - pouring oil in a thin stream is useful in ulcerations of the scalp, headache, burning sensation, wounds, and suppurations in the scalp. It is also known as Shirodhara.

- Ashtanga Samgraha
July 28

Peepal is useful in diabetes, bleeding disorders, cures wounds, hiccups, good for hairs and women disorders.

- Bhava Prakasha Nighantu
July 29

Factors responsible for the promotion of strength are Birth in a country where people are naturally strong, birth at a time when people naturally gain strength, favorable disposition of time, excellence of the qualities of sperm and ovum, excellence of the ingested food, excellence of the physique, excellence of the wholesomeness of various factors responsible for the maintenance of the body, excellence of the mind, favorable disposition of the nature, exercise and cheerful disposition.

- Charaka Samhita
July 30

Geru (Gairik in Sanskrit) is useful in eye diseases, blood impurities, bleeding diseases, hiccups, skin diseases, burning and vomiting.

- Rasa Tarangini
July 31

Bhujangasana: Lie down in the prone position on the ground. Extend both the legs & toes pointing backwards. Keep the palms by the side of the waist. Inhale & lift trunk up like the hood of a serpent. The weight should be on the legs and palms. Maintain this position for sometime. Exhale, bend the elbow & place the body on the ground slowly.

-Gheranda Samhita
August 1

Drinking water after meals - causes obesity. Drinking water before meals - causes emaciation, weakness, whereas Drinking water in between meals - healthy habit.

- Ashtanga Hridayam
August 2

Heera (Diamond) is useful in rajayakshma, prameha, medoroga, paandu, shotha, jalodar, napunsakatanaashak, rasayana.

- Ayurveda Prakasha
August 3

Oil alleviates Vata. It does not, however, aggravate kapha. It promotes bodily strength. It is beneficial for the skin. It is hot, stabilizer and it controls the morbidity of the female genital organs.

- Charaka Samhita
August 4

Ripe fruit of Coconut is nourishing, unctuous, cold, strength promoting and sweet.

- Charaka Samhita
August 5

One should not take food too hurriedly. If food is taken too hurriedly, it enters into wrong passage, one can never determine the taste of food articles and detect any foreign bodies like hair etc. mixed with food. Thus, one should not take food too hurriedly.

- Charaka Samhita
August 6

Tighten the thighs like the diamond & knees & the feet by the side of anus. This is Vajrasana which gives Siddhi to Yogis.

-Gheranda Samhita
August 7

Bhanga is good for hairs, general debility, anemia, cough, cold, skin disorders, jaundice, piles, abdomen colic and headache.

- Bhava Prakasha Nighantu
August 8

The water metabolism in the body gets deranged by exposure to heat, indigestion, alcoholic drinks, intake of excessively dry food and excessive thirst.

- Charaka Samhita
August 9

The digestive system gets vitiated due to untimely intake of large quantity of unwholesome food and the impairment of the power of digestion.

- Charaka Samhita
August 10

Jamun fruits is sweetish astringent, heavy, produces Vata, alleviátor of Kapha and Pitta and bowel binding.

- Charaka Samhita
Even dry pieces of wood bend by means of oleation and fomentation, duly applied, then what about the human beings.

- Charaka Samhita
August 12

One should take food having no contradictory potencies, so that one does not get afflicted with such diseases as may arise from the intake of food having mutually contradictory potencies.

- Charaka Samhita
August 13

The primary causes of insanity in an individual are his own misdeeds and other agents acts only as the consequence of these misdeeds.

- Charaka Samhita
August 14

Matsyasana: Sit in Padmasana. Lie flat on the back on the ground touching the thighs with the ground. Exhale, arch the back by lifting the neck and chest. Rest the head on the ground. Hold the crossed legs with the hands & drag the head still further. Stay in the position for a while. Gradually rest the head & back on the floor. Inhale and come up back to padmasana. Repeat the process with the opposite legs.

-Gheranda Samhita
August 15

lack of exercise, day sleep, excessive intake of fatty things and intake of wine. vitiates the fat metabolism in the body.

- Charaka Samhita
August 16

One should take food in proper place equipped with all the accessories. By doing so he does not get afflicted with such of the factors as would result in emotional strain which normally occurs when one takes his food in improper places without the required accessories.

- Charaka Samhita
The characteristic features of Pitta Prakriti (Constitution) are intolerance for hot things, having clear body complexion, have port wine mark, freckles, moles on the body, excessive hunger and thirst, quick advent of wrinkles, graying of hair and baldness, having scanty, soft and brown hairs, inability to face difficult situations, looseness and softness of joints and muscles, voiding of sweat, urine and feces I large quantity, putrid smell of axilla, mouth, head and body.

- Charaka Samhita
August 18

Sour curd increases kapha and pitta while exclusively sour curd vitiates blood.

Immature curd produces burning with hyperacidity, is laxative and diuretic and vitiates all the three Doshas.

- Sushruta Samhita
August 19

Diseases do not affect a person, who does not make efforts to acquire the things which are unobtainable.

- Ashtanga Samgraha
August 20

New grains are abhisyandi (block tissue pores) and those which are one year old are light.

- Ashtanga Samgraha
August 21

Sit with legs extended to the front. Turn the feet upwards & place them over the knees. Then place the hands on the ground with the palms turned upwards. Inspire and fix the gaze on the tip of the nose. This is called as Yogasana.

-Gheranda Samhita
August 22

One should not study when there are untimely lightings and thunders and during earthquakes and eclipses and also the days of new moon and full moon.

- Ashtanga Samgraha
August 23

Drinking Hot water increases appetite, helps in digestion, good for voice, lighter and cleanses the urinary channels. It pacifies Vata and Kapha. It is ideal for Panchakarma therapy, in fever, cough, cold, breathlessness and indigestion.

- Ashtanga Hridayam
The characteristic features of Vata Prakriti (Constitution) are dryness, emaciation and dwarfness of the body, obstructed and horsecness of voice, always keeping awake, light and inconsistent gait, unstable joints and mind, talkativeness, prominently seen tendons and veins, quick in initiating actions, getting irritated quickly, quick grasping but less memory power, intolerance for cold things, roughness of hairs, nails, face, hand and feet, production of cracking sounds in joints when they move.

- Charaka Samhita
August 25

Unripe bel fruit is hot in potency and useful for indigestion, diabetes, vatika disorders, ear diseases, jaundice, edema, fever and diarrhea.

- Charaka Samhita
August 26

Pearl and medicines prepared out of pearl is beneficial for eye sight, burning sensation, hypertension, depression, increases the strength of bones, acts as a mental tonic, effective in digestive system problems and helpful in dentition.

- Rasa Tarangini
August 27

The eight factors which determine the utility or otherwise of various types of food are: nature of the food articles, method of their processing, various combinations, quantity, habitat, time of consumption, rules governing the intake of food and wholesomeness to the individual who takes it.

- Charaka Samhita
August 28

Pranayam is of eight types: Suryabhedana, Ujjayi, Sitkari, Sheetali, Bhastrika, Murcha and Plavini.

- Hatha Yoga Pradipika
August 29

The Bony tissue metabolism gets deranged due to exercise involving excessive irritation and rubbing of bones and intake of Vata provoking food.

- Charaka Samhita
August 30

The bone marrow tissue gets vitiated due to crushing, excessive injury and compression of bone marrow and intake of contradictory and unwholesome food.

- Charaka Samhita
August 31

Pushkar moola is used for curing hiccup, dysphonia, cough and pain in chest.

- Charaka Samhita
September 1

In all types of chronic fever, intake of ghee is beneficial.

- Charaka Samhita
September 2

Copper and medicines prepared of Copper is useful in ascitis, pain, anemia, fever, tumors, spleen diseases, liver diseases, indigestion, diabetes, piles, obesity, beneficial for eyes, skin diseases, worm infestation and is also good for heart.

- Sushruta Samhita
September 3

Substances of hot and cold potencies, new and old grains, ripe and unripe or cooked and uncooked - these combinations should not be eaten together.

- Ashtanga Samgraha
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September 4

Surya bhedana Pranayana: Sit in comfortable asana, inhale through the right nostril slowly & exhale through the left. Inhalation through the right nostril passes through the Pinagala or surya nadi and has heating effect on the body. It enhances the Agni.

- Hatha Yoga Pradipika
September 5

Untruthfulness, ungrateness, disresect for the gods, insult of the perceptors, sinful acts, misdeeds of the past lives and intake of mutually contradictory foods are the causative factors of leucoderma.

- Charaka Samhita
September 6

Sleeping during day time leads to diseases like headache, timidness, heaviness in body, malaise, loss of digestive fire.

- Charaka Samhita
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September 7

Instilling 2 drops of the sesame oil in nostrils daily will keep the sensory organs and hairs healthy.

- Sushruta Samhita
September 8

During pregnancy Milk and Ghee (Preferably of cow) should be consumed in a large quantity.

- Ashtanga Samgraha
September 9

A weak daiva (deeds of past life) gets subdued by the strong purushkar (deeds of the present life) and vice-a-versa.

- Charaka Samhita
September 10

During rainy season, consuming more honey will keep away from diseases of that particular season.

- Charaka Samhita
September 11

Close the mouth and exhale deeply through both the nostrils, pull it internally by making sound with the epiglottis. Then perform Kumbhaka, then exhale slowly through the left nostril. It pacifies Kapha, enhances Agni, beneficial in Jalodara and diseases of dhatu. This can be performed anytime in any posture.

- Hatha Yoga Pradipika
By slowly and gradually giving up the unwholesome practices and by increasing the wholesome practices correspondingly, the unwholesome practices are eradicated for ever and the wholesome practices are fully adopted.

- Charaka Samhita
One suffering from facial paralysis, diseases of the eyes, mouth and ears, diarrhea, flatulence, rhinitis, indigestion and those who have taken food should not take bath.
September 14

Unless the tree is uprooted from its roots, it will grow again. Similarly, vitiated Doshas go on causing diseases unless they are eliminated from their very root. Through Panchakarma

- Charaka Samhita
September 15

Powder or fresh juice of Giloy stem is used in skin diseases, malaria, chronic fever, Diabetes, Dysuria, jaundice, Anemia, burning sensations, diseases of blood, piles and worms.

- Bhava Prakasha Nighantu
September 16

Physical exercise in excess causes exertion, exhaustion, thirst, bleeding from different parts of the body, dyspnea, cough, fever and vomiting.

- Charaka Samhita
September 17

Munakka grapes is cold in potency.
Useful for eye diseases, bring about strength in the body, helps to cure thirst, fever, burning sensation, bleeding disorders.

- Charaka Samhita
September 18

The proper practice of Sitakari Pranayam makes one beautiful. Practice of it destroys excessive appetite, thirst, sleep and laziness. It enhances body strength and destroys all complications.

- Hatha Yoga Pradipika
September 19

One should not be a slave to senses nor one should let loose his fickle mind. This is to maintain social harmony (Sadvritta).

- Charaka Samhita
September 20

Triphala is useful in eye disease, blood diseases, skin diseases, malaria, dyspepsia and indigestion.

- Ashtanga Hridayam
September 21

Gold and medicines prepared of Gold is useful in debility, indigestion, breathing disorders, cough, dyspepsia, anemia, poisoning, Auto Immune disorders, Strength giving and good for increasing memory.
September 22

Turmeric powder is beneficial for Cough and cold, skin disorders, blood disorders, liver disorders, fever and wound.

- Bhava Prakasha Nighantu
September 23

The individual is an epitome of the universe. All the material and spiritual phenomena of the universe are present in the individual. Similarly, all those present in the individual are also contained in the universe.

- Charaka Samhita
September 24

Milk drawn out in the afternoon from the animal, removes fatigue and vata and is wholesome for eyes.

- Sushruta Samhita
September 25

Sheetali pranayana: Inhalation should be done through tongue and exhalation through nostrils. This destroys abdominal tumors, splenomegaly, fever, appetite, thirst, poison and aggravated pitta.

- Hatha Yoga Pradipika
September 26

After consuming green leafy vegetables and radish, drinking milk should be avoided.

- Ashtanga Hridayam
September 27

Pregnant lady must avoid sexual intercourse, physical exertion, over nutrition, starvation, day sleeping, keeping awake at nights, grief, riding on vehicles, fear, squatting, untimely blood letting and should never suppress natural urges.

- Sushruta Samhita
September 28

Amla fruits (Fresh, if available) are beneficial as rejuvenator, aphrodisiac, in bleeding disorders, mild laxative and improves liver functions.

- Bhava Prakasha Nighantu
September 29

Mint (Pudina) pacifies kapha, appetizer, cardiac tonic, beneficial in cough, alcoholism, dyspepsia, cholera, mal-absorption, diarrhea, chronic fevers and worm infestation.

- Bhava Prakasha Nighantu
September 30

A person with his mind pure, is in possession of true wisdom which dispels the excessively thick darkness caused by ignorance, brings about detachment and knowledge about the nature of all things and is conducive to the attainment of yogic power.

- Charaka Samhita
October 1

Food which is contaminated, re-heated, which consists more of vegetables and undesirable grains, which is very hot and very salty should not be consumed.

- Ashtanga Hridayam
October 2

Kapalabhati Pranayan: Exhale through the single nostril with the mouth closed, with a sound inhale deeply till it reaches heart, throat and kapala. Then exhale again and again like the black smith’s bellow.

- Hatha Yoga Pradipika
The channels carrying feces get vitiated by the suppression of the urge for defecation, intake of food in large quantity, intake of food before the digestion of the previous meal especially in those who are emaciated and having weak power of digestion.

- Charaka Samhita
October 4

Person suffering from sleeplessness, should massage the head and feet with oil and consume buffalo’s milk.

- Sushruta Samhita
October 5

The first line of treatment in every disease is to avoid the causative factors of the disease.

- Sushruta Samhita
October 6

Cow milk has ten properties viz. sweetness, coldness, softness, unctuousness, density, smoothness, sliminess, heaviness, slowness and clarity.

- Charaka Samhita
October 7

The muscle tissue metabolism gets deranged by the intake of deliquescent, gross and heavy food, and by sleeping immediately after meals.

- Charaka Samhita
October 8

All the drinkables should be consumed in silver containers.

- Sushruta Samhita
October 9

Bhramari Pranayan: Sound is produced like the large black bee (bhramara) during Pranayam.

The gives the feeling of pleasantness.

- Hatha Yoga Pradipika
Channels carrying semen gets vitiated due to the sexual intercourse in improper time and in improper genital tract and suppression of sexual urge or excessive sexual indulgence and also as a result of excessive intake of alkalies.
October 11

While eating the sitting posture should be such that the spine is kept upright and food should be chewed properly to stay healthy.

- Sushruta Samhita
October 12

Shadangapaaniya (mustaka, parpata, usheer, chandan, udeechya, naagar): The hot infusion kind of drink prepared from Shadangapaaniya is useful in fever and the burning and thirst caused due to fever.

- Charaka Samhita
October 13

Trikatu (Sunthi, Marich & Pippali) is useful in breathlessness, cough and cold, flatulence, indigestion, obesity and other Kapha disorders.

- Sushruta Samhita
October 14

Not only body but mind and senses are also nourished by food.
Thus, eating right food in a right manner is very important.

- Charaka Samhita
October 15

Lemon pacifies vata, appetizer, digestive, anti helminthic, beneficial in abdominal colic, microbial infections, anorexia, poisoning, constipation and cholera.

- Charaka Samhita
October 16

After deep inhalation, one should perform Jalandhar bandha and withhold the breath. Then slowly exhale which gives a feeling of being unconscious. This is called as Murcha Pranayama.

- Hatha Yoga Pradipika
October 17

The channels of urine gets vitiated by the intake of drinks and food and sexual intercourse while having the urge for urination, and suppression of the urge for urination specially by those suffering from excessive loss of weight.

- Charaka Samhita
Gehu (Wheat) is heavy, spermatopoietic, strength giving, good for skin complexion, helps to heal the fractures, gives stability to the body and increases weight.

- Charaka Samhita
October 19

Heavy and non-nourishing diet is prescribed for slimming and light and nourishing diet is given for the nourishment of the slim.

- Charaka Samhita
October 20

Harad is useful in chronic fever, bleeding diarrhea, piles, eye diseases, indigestion, diabetes, anemia, jaundice and acidity.

- Charaka Samhita
October 21

The merits and demerits of a weapon, scriptures and water come to light depending upon one who holds them.

- Charaka Samhita
October 22

Curd pacifies Vata but aggravates Pitta and Kapha, is a good appetizer, beneficial in malaria, diarrhea, anorexia, emaciation, rhinitis and dysuria.

- Charaka Samhita
October 23

Plavini Pranayan: The air inhaled fills in stomach and then one feels like floating over the water like the leaves of the lotus.

- Hatha Yoga Pradipika
The channels carrying sweat get vitiated due to excess of exercise, exposure to excess of heat, indulgence in cold and hot things without following the proper order, anger, grief and fear.

- Charaka Samhita
October 25

Jau (Barley) is cold, helps to reduce weight, beneficial for diabetes, skin diseases, blood disorders, cough, cold, and thirst.

- Charaka Samhita
October 26

Regular consumption of Chavyanprasha increases the memory, intelligence, immunity, is a health booster, is beneficial for weakness, loss of weight, cough and lung diseases.

- Charaka Samhita
October 27

Panchamrita- goghrita, godugdha, godadhi, Madhu, sharkara. These Five together are as good as nectar.

- Rasa Tarangini
October 28

Good memory, obedience, fearlessness and uninhibited expression - these are the four qualities of a good patient.

- Charaka Samhita
October 29

Anaar is good for anemia, bleeding disorders, blood purifier, increases appetite, gives strength and beneficial for diarrhea and dysentery.

- Sushruta Samhita
October 30

Virasana—Sit in vajrasan posture. Raise the right knee and keep the foot besides the left knee. Bend the right elbow and place it below the chin. Keep the left palm above the left knee. Keep the head, spine and back erect.

- Hatha Yoga Pradipika
October 31

Jaggery pacifies Vata and Kapha, is tonic, aphrodisiac, contra indicated in obesity and worm infestation.

- Charaka Samhita
November 1

Butter pacifies Vata and Pitta, increases sperm count, beneficial in diarrhea, blood diseases, piles, facial paralysis, cough and phthisis.

- Sushruta Samhita
November 2

Coconut is aphrodisiac, strength giving, brings about more urination, cures burning sensation, loss of sleep and weakness.

- Charaka Samhita
November 3

Musta (Nagarmotha) is used in fever, indigestion, loss of appetite, brings perspiration and lightness in the body, help in gynecological disorders and wound healing.

- Bhava Prakasha Nighantu
November 4

Snf is carminative, digestive, helps to cure flatulence, colic, indigestion, hiccups, amenorrhea, diarrhea and vomiting.

- Bhava Prakasha Nighantu
November 5

In a living being with predominating rajas quality, sleep comes without reason: in aliving with satva quality it comes during the midnight and those with tamas quality it comes during day and night.

Gurumata Gambita
November 6

Milk pacifies Pitta and Vata, is nutritive, aphrodisiac, beneficial in fractures, anaemia, colic, flatulence, piles, burning sensation, mental disease, vertigo and chronic fevers.

- Charaka Samhita
November 7

Envy in actions but not in the results thereof. This is to maintain social harmony (Sadvritta).

- Ashtanga Hridayam
November 8

Foods and regimens that promote the morbidity of Doshas and are contrary to the well being of dhatus, vitiate the channels of the body.

- Charaka Samhita
Baadaam (Almond) is nourishing, strength giving, memory booster and increases immunity. It is also advised for lumbago, leucorrhea, urinary diseases and debility.

- Charaka Samhita
November 10

The factors responsible for the growth of the body in its entirety are appropriate time, favorable disposition of the nature, excellence of the properties of food and absence of inhibiting factors.

- Charaka Samhita
November 11

Khaskhas given after boiling in milk increases the vigor, weight, weight and milk in breast feeding mothers.

- Bhava Prakasha Nighantu
November 12

If one realizes himself as spread in the entire universe and the entire universe spread in himself, he is indeed in possession of transcendental and worldly vision. His serenity of mind based on wisdom does never fade away.

- Charaka Samhita
November 13

Anjeer (Fig) helps to cure constipation, increases weight and gives strength to the body.

- Charaka Samhita
November 14

The channels carrying blood and the blood metabolism gets deranged due to the intake of food and drinks which are irritant, hot and liquid, and exposure to sun and fire.

- Charaka Samhita
November 15

Use of foot wears is beneficial for eyesight and tactile sense-organ, is destroyer of calamity to feet and promotes strength, ease in display of energies and libido.

- Charaka Samhita
November 16

As milk has identical properties is conducive to the promotion of Ojas (Immunity).
Thus, milk is an elixir per excellence.

- Charaka Samhita
November 17

The therapy which pacifies one disorder but at the same time gives rise to some disorder is not correct, the correct one is that which while pacifying does not excite the other one.

- Charaka Samhita
November 18

Jayphala is beneficial for flatulence, foul smell in mouth, indigestion, dyspepsis, male sterility, diarrhea, dysentery, lumbago during pregnancy, loss of sleep and is also good for external application for clear complexion.

Riya Prakash, Nitherput
November 19

The disease in its early stage appears to be insignificant, but it grows thereafter and after gaining a strong hold in the body, it takes away the strength and life of the person.

- Charaka Samhita
November 20

The physician who knows the specific features of all the diseases and is also well conversant with all the therapeutic measures, destroys all the disorders and do not get confused.

- Charaka Samhita
November 21

Lavang is digestive, carminative, useful in indigestion, flatulence, worm infestation, wound healing, cough, cold and headache.

- Bhava Prakasha Nighantu
November 22

One desirous of his well being during his life time and after, should suppress urges relating to rashness and evil deeds mentally, physically and verbally.

- Charaka Samhita
November 23

Pathya is that which is not harmful to paths of the body and is according to liking. One which is harmful to the paths and disliked is certainly not at all desirable.

- Charaka Samhita
November 24

Til brings unctuousness in the body, helps in menstrual disorders, good for breast feeding mothers, brings strength in the body, good for hairs, teeth and piles.

- Bhava Prakasha Nighantu
November 25

Methi: Methi cures flatulence, indigestion, menstrual disorders, increases milk in breast feeding women, beneficial for edema, diarrhea, dysentery and burning sensation.

Bhava Pusheche Nishanta
November 26

Tejpaata is useful in Vatika disorders, colic pain and diarrhea.

- Bhava Prakash Nighantu
November 27

All sensations cease to exist in the state of yoga and moksha. In moksha, the cessation is complete while yoga leads to that.

- Charaka Samhita
November 28

Neem is useful in fever, skin diseases, worm infestation, liver disorders, heals wounds and is good for hairs.

- Bhava Prakasha Nighantu
Carrot is beneficial in piles, indigestion, eye diseases, hair fall and dysentery.

- Charaka Samhita
November 30

Happiness and misery give rise to allurement in the guise of desire and aversion, the allurement, in turn, acts as cause of happiness and misery.

- Charaka Samhita
December 1

Bibhitaka (Baheda in Hindi) removes the disorders produced in Rasa, Rakta, Mansa & Meda and alleviates hoarseness of voice, excessive secretion of sputum and Paittika disorders.

- Charaka Samhita
December 2

Ghrita Kumari is laxative, tonic, aphrodisiac, beneficial in skin disease, blood disease, Burns, liver disorders, eye diseases, abdominal tumors and cyst.

- Bhava Prakasha Nighantu
December 3

Drugs and diets having bitter taste are by themselves not delicious but when added with other things they promote deliciousness. They are antitoxic and germicidal. They cure fainting, burning sensation, itching, thirst and fever.

- Charaka Samhita
December 4

Mung (green gram) pacifies Pitta and Kapha, is easily digestible, beneficial for eye disease and fever.

- Charaka Samhita
December 5

Ghee pacifies Vata and Pitta, is a tonic, appetizer, beneficial in poisoning, flatulence, fever, insanity, colic, ulcer, microbial infections, phthisis, erysipelas and blood diseases.

- Charaka Samhita
December 6

Jeevanti is best among the pot-herbs.

- Charaka Samhita
December 7

Ajwain is used in diarrhea, indigestion, abdominal colic, gaseous distension of abdomen and dysentery.

- Bhava Prakasha Nighantu
December 8

Incapability causes fear.

- Charaka Samhita
December 9

Honey pacifies Kapha but aggravates Vata slightly, is tonic, appetizer, spermopiotic, beneficial for skin diseases, piles, cough, blood diseases, excessive thirst, vomiting, burning sensation and hiccup.

- Charaka Samhita
December 10

Suppression of Natural urges causes illness.

- Charaka Samhita
December 11

Bitter Gourd (Karela) pacifies kapha and Pitta, is laxative, anti helminthic, beneficial in fever, blood disorders, diabetes and anemia.

- Charaka Samhita
December 12

Arjuna (Bark of Arjuna tree) pacifies Pitta and Kapha, cardiac tonic, beneficial in poisoning, blood diseases, obesity, polyuria and ulcer.

- Ashtanga Samgraha
December 13

Consumption of only one taste in excess out of the six tastes (Sweet, Sour, Salt, Pungent, Bitter and Astringent) is the main cause of illness.

- Charaka Samhita
December 14

The juice extracted from Dub grass (Durva in Sanskrit) is beneficial for excessive bleeding occurring during menstrual period.

- Bhava Prakasha Nighantu
December 15

Rice is good for debility, loss of weight, appetizer, aphrodisiac, diuretic and beneficial for throat.

- Charaka Samhita
December 16

Elaichi can be used in cough and cold, piles, urinary disorders, indigestion, colic pain and vomiting.

- Bhava Prakasha Nighantu
December 17

A substance conducive to an individual is called satmya and the use of such substances results in the well being of that individual.

- Charaka Samhita
December 18

Consuming Salt (Saindha Salt) with ginger before meals will help for digestion.

- Sushruta Samhita
December 19

Dhaniya powder is beneficial for Eye diseases, burning sensation of fever, diarrhea, indigestion, gaseous distension of abdomen and pain.

- Bhava Prakasha Nighantu
December 20

Powder of Shatavari root is used in all female genital disorders, deficiency of milk in breast feeding mothers, dysuria, bleeding disorders, sterility and epilepsy.

- Bhava Prakasha Nighantu
December 21

Root of Eranda is Aphrodisiac and mitigates Vata. It is also beneficial for piles, rectal disorders, pelvic disorders, peritonitis and chronic constipation.

- Charaka Samhita
December 22

Dashmoola (bilwa, agnimantha, shyonaaka, gambhari, paatla, shaalparni, prushniparni, bruhati, kantkaari) helps in indigestion, cough and cold, headache, edema, fever, flatulence, gynecological disorders and dyspepsia.
December 23

Silver and medicines prepared out of Silver is useful for Pthisis, blood disorders, gynecological disorders, piles, eye diseases and pacifies all Pitta disorders, increases immunity, thinking power and is beneficial for psychological disorders.

Sushruta Samhita
December 24

Pregnant lady should eat palatable, liquid, sweet and demulcent foods mixed with appetizing drugs.

- Sushruta Samhita
December 25

Mustard oil pacifies vata and kapha, is laxative, aphrodisiac, nutritive, appetizer, beneficial for obesity, piles, headache, diseases of ear, useful in itching, skin diseases, worm infestation and urticaria.

- Charaka Samhita
December 26

Jeera is useful for vomit, diarrhea, aseous distension of abdomen, indigestion, loss of appetite and urinary disorders like calculi.

- Bhava Prakasha Nighantu
December 27

He alone is a physician who knows specific
nature of rasas, drugs,
Doshas and diseases as well as habitat
time and physical constitution.

- Charaka Samhita
December 28

Fruits of Sahajana and its seeds powder is beneficial in inflammation, spleen diseases, worms, indigestion, cysts, hiccups, breathing disorders, digestive disorders and in wounds.

- Bhava Prakasha Nighantu
December 29

Anger. Grief and lack of maternal love result in suppression of lactation.

- Sushruta Samhita
December 30

Powder of Mulethi is used in hoarseness of voice, cough, inflammation of the throat, acid peptic disorders, hyperacidity, cardiac disorders and epilepsy.

- Bhava Prakasha Nighantu
December 31

Formation of the parts of the body and their sub divisions is natural phenomena. Normal or abnormal development is due to good or bad deeds of the previous life of foetus.

- Sushruta Samhita