

COMMON COLD / CORYZA

This is the most common and most frequent viral infection affecting all age groups and is highly contagious.

CAUSES

- 1) Viral infection.
- 2) Person to person
- 3) Inhalation of droplets from infected people through cough and sneeze.
- 4) Cold weather and changing weather favours.
- 5) Low resistance due to fatigue, exhaustion, loss of sleep, stress, depression.
- 6) Unhygienic family practices, etc .

DIETARY MANAGEMENT

- 1) In case of profuse water nasal discharge fluid intake should be increased.
- 2) Drink plenty of water, can add a pinch of turmeric and ginger powder to it.
- 3) You can consume juices especially of citrus fruits as they have high vitamin C content - lemon, orange, sweet lime, pineapple etc.
- 4) Consume hot soups, especially chicken soup.
- 5) Take raw fruits and vegetables. Apple is good for cold, should consume at least one apple a day.
- 6) Include garlic, ginger and onions in your food.
- 7) Increase intake of vitamin A in your diet - all yellow fruits and vegetables contain Vitamin A. Meat, fish, kidney and liver, liver oils of fish like cod, shark, and halibut are richest source of vitamin A. If you are a vegetarian you can have fish liver oil supplements but because over dose can be toxic.
- 8) Boil a mixture of Bishops weed (Ajwain), tea leaves and water and inhale the steam, helps to decongest the nose block due to cold. Should do at least three times a day.
- 9) Drink boiled mixture of - 1/2 cup water, little ginger, 2-3 leaves of sweet basil (tulsi) and mint leaves, or you can eat the raw leaves, this will boost up you immunity and control your cough and cold.
- 10) Gargle with warm water, a pinch of salt and turmeric to sooth your throat.
- 11) Avoid milk and milk products - cottage cheese.
- 12) Avoid spicy food, eggs, sweets and cold refrigerated drinks.
- 13) Avoid cold drinks, cold water, ice creams and aerated drinks.
- 14) Avoid all food with preservatives and additives.

NOTE

- 1) Avoid contact with infected people.
- 2) Go out for a walk in fresh air.
- 3) Do not self medicate.

NOTE : PLEASE CONTACT WITH YOUR DOCTOR FOR EXACT DIET FOR THE HEALTH PRBLEMS YOU HAVE.THIS A SAMPLE DIET CHART TO GET THE IDEA OF YOUR DAILY ROUTINE FOOD INTAKE TO MAKE YOUR LIFE HEALTHY .