extremely popular especially during the winter. It helps with immunity and reinvigorates the body, and is completely natural. We use different parts of ten trees including the wood apple tree, parul, briotti and several others. Our trademark Chawanprash is an all-time favourite, and even now mothers frequent our stores to buy it for their school-going kids," says Das.

As Das continues to talk about the different ways trees and plants can be used as cures, a man rushes in and complains that the medicine that he was given for his gastric was not working even though it's been a couple of weeks. "Do you have diabetes?" Das asks sternly. The man nods sheepishly and is chided by Das who says that one needs to disclose every medical condition to the *kobiraaj* if they want ayurvedic treatment to work. "Thank God, there are no side-effects of ayurveda," he says with a smile before attending to the patient who listens with rapt attention to everything the *kobiraaj* has to say.

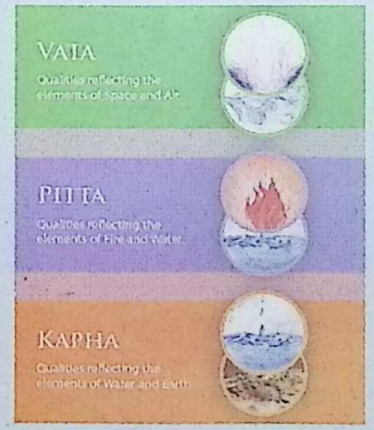


88-year-old Rai Mohan Banik has been with Sadhana for 60 years. PHOTO: PRABIR DAS

## Quality at All Cost

42-year-old Brishti Khan is a regular client of Hamdard's. Her mother use to get herbal medicines from here when Brishti was a child and she hopes to continue with the tradition.

"It all started with my grandparents who relied heavily on Hamdard for every ailment, be it big or small. I've seen that their medicines work even in




Physical ailments connected to the fire element, such as fevers, inflammatory diseases, skin rashes, ulcers, and jaundice, are predominant.

In order to be balanced, Pittas should avoid excessive heat, oil and steam while limiting the intake of salt, excessively oily or fried food as well as caffeine, alcohol, and red meat. Pitas should also exercise daily and try to get plenty of fresh air.

Eat fresh vegetables and fruits that are watery and sweet, especially cherries, mangoes, cucumbers, water melon, and avocado.

*Optimum meal times: breakfast at 7am, lunch at noon, a snack at 3 pm and dinner at 6 pm.*

### Kapha

*Elements: Water and Earth*

Kaphas tend to be of a larger build than both Vatas and Pittas. Their primary organ is the chest. Kaphas have oily skin and thick hair. They are calm, have strength and a reflective thought pattern. Kaphas dislike damp and cold weather but they could benefit from going to bed early and rising early in the morning.

When in balance, kapha promotes endurance, strength, calmness and forgiveness. Out of balance, kapha produces greed and envy. Physical ailments connected to the water element, such as congestion, sinusitis, lethargy, weight gain, diabetes or water retention are predominant.

In order to be balanced, Kaphas should stay active and get plenty of exercise, avoid fried, oily foods, dairy and iced drinks and sweets. They should eat plenty of fresh vegetables and break from their routine periodically.

Tea with dried ginger and lemon is a great stimulant for Kaphas.

*Optimum meal times: breakfast at 8am to 9am, lunch at 1pm, a snack at 4 pm and dinner at 6pm.*