

Tips to Enjoy a Healthy Monsoon!

After playing hide and seek for so many days, Monsoon has finally arrived, but along with the clouds it has brought a number of health problems like cold, flu, viral fever, typhoid and so on.

Monsoon is the time for germs and bacteria to thrive in unhygienic conditions.

As the humidity level increases during this season, it makes the digestive system weak/sluggish. So eating the right food and maintaining proper hygiene are extremely important to prevent yourself from falling sick.

Following are some tips to enjoy a healthy Monsoon-

1. Avoid eating street foods like Pani Puri, Bhel Puri, Raw foods or cut fruits, kulfi's, golas, juices and drinking water from stalls.

As all these contain bacteria that may cause indigestion and water borne diseases like cholera.

2. Eat more of green vegetable and bitter vegetables as they will maintain your digestion and also increase your immunity.

3. Eat oats, brown rice and yogurt and avoid over consumption of milk.

4. Eat good seasonal fruits like apple, banana, citrus fruits, mangoes, but avoid over eating mangoes and avoid eating water melon and musk melons during this season as they might have rotten (as they require hot climate for cultivation).

5. Be careful about eating Fish and prawns during monsoon, as it's their breeding season (Fishing is banned during these times) and hence restaurants use frozen sea food which can again cause stomach ailments.

6. If you get wet in the rains, take a shower immediately to protect yourself from infections.

7. Avoid entering air conditioned room with wet hair and damp clothes to prevent yourself from getting cold or flu.

8. Maintain proper hygiene-Keep your feet and nails clean to prevent bacterial and fungal infections.

If you are a diabetic take good care of your feet, avoid going bare feet as it is the breeding ground for bacteria.

9. Keep your house clean as dampness promotes fungal growth on your walls. If you are an asthma patient, dampness will trigger an attack, so be careful.

10. Keep your house pest free as dampness again will be a breeding ground for mosquitoes, flies and cockroaches which can cause Malaria, Dengue and Typhoid respectively. Use of insect repellents like Odomos or lemon grass oil while going out in the evenings will help in keeping the mosquitoes away from you.

So with these tips I hope you have a healthy and joyful Monsoon, whenever it comes !

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