

*Season's Greetings*

**THE SCOPE**

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**IN COLLABORATION  
WITH  
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# Managing Winter-Blues

## Seasonal Affective Disorder (SAD)

**Seasonal affective disorder (SAD)**, known as **winter depression** or **winter blues**, is a mood disorder exhibiting symptoms of depression, which mostly occur in late fall and winter. SAD was first identified by Norman E. Rosenthal, MD. around 1845.

Interestingly, earth rotation around the sun throughout the year causing rhythmic changes in our biological functions was known to Ayurvedic physicians before 800 BC (Ch. Su. 6/19-20). Accordingly, Ayurveda provides a nonpharmacological approach to manage daily and seasonal variances by following daily and seasonal regimen incorporating *Rasayanas* such as disciplined life style (*Achara Rasayana*) and dietary regimen (*Ahar Rasayana*), to name a few.

As the digestive metabolism during winter season is strong, foods having unctuous qualities, sweet, sour and salty taste are beneficial. Cereals and pulses, wheat/gram flour products, new rice, sugarcane products, and milk and milk products and corn are to be incorporated while planning meals. Meat and meat soup and unctuous foods are advocated. Hot and warm drinks are recommended over cold and ice drinks. All sweet fruits like banana, grapes and figs are good.

During winter season, the environment is cold, frosty along with cold wind. Therefore, foods having pungent, bitter, astringent predominant taste are to be avoided. Light, cold and dry foods are not advised. Use of raw foods should be avoided as they disturb biological humor (*Vata*).

Ginger, garlic, cardamom, cinnamon, turmeric, cumin and saffron are favorable herbs/spices for the season.

A warm cup of milk with cardamom and ginger may help elevate mood:

¾ cup of milk,

¼ cup of water

7-8 crushed cardamom seeds

½ tea spoon of fresh crushed ginger

Mix them all bring it to boil

Separately, soak a pinch of saffron in 2 tb spoon of warm milk for 10mins (added this to the boiled milk mixture)

Add sugar to taste and enjoy the drink



### **GINGER**

**TASTE: PUNGENT**

**RICH IN AROMATIC OIL , ANTIEMETIC**

**STIMULATES DIGESTION, GOOD FOR COUGH AND COLD**

**OVERDOSE CAN CAUSE STOMACH UPSET, HEARTBURN AND  
NAUSEA**

**SHOULD NOT BE USED IN BLEEDING DISORDERS.**

**IN PREGNANCY SHOULD BE USED WITH CAUTION**

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**FOR QUESTIONS OR COMMENTS PLEASE E-MAIL:**

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