

The direction of the wind and its effect on health

The speed and the direction of the wind have very significant impacts on the weather as well as on our health.

Strong winds in large and open areas dry the skin, spoil the complexion and debilitate the body organs. However, they alleviate disorders like aggravated pitta, excessive perspiration, unconsciousness and thirst. A place with no wind has diametrically opposite effects.

Savour the open air to your hearts content in summer. In Autumn, one should stay where winds blow with medium speed. To ensure good health and longevity, it is beneficial to expose yourself only to mild breezes and avoid strong winds. This is beneficial for all seasons.

❖ **Easterly Wind** : It is heavy, hot and unctuous. It pollutes the blood and the pitta. It is heat-producing. On the other hand, it is beneficial to those engaged in physical labour or suffering from kapha-related problems as also to those who are frail and weak. It aggravates skin-diseases, piles, worm infestation, diabetes, amavaata and rheumatism.

❖ **The Wind Coming from the South** : It adds to the sweetness of foods and is beneficial in pitta and blood disorders. It strengthens vital fluids, invigorates the body and is beneficial to the eyes.

❖ **Westerly Wind** : It is sharp, dehydrating and light in nature. It reduces the kapha, fat and sap strength while increasing flatulence.

❖ **Northerly Wind** : It is cool, soothing but aggravate the three doshas -vata, pitta and kapha, causing malaise but enhancing flexibility of the body. It is strength-giving and good for healthy persons.

❖ Wind coming from the south-east is dehydrating and inflammatory. The south-westerly wind is not heat-producing but is dehydrating. The north-westerly wind is bitter, and the north-easterly one is pungent.

❖ In Brahma Muhurta the breeze, irrespective of its direction, is fresh, invigorating and harmless. Therefore to savour the fresh air during this time is highly beneficial. Sunrays, water, trees, change of seasons and Brahma Muhurta are instrumental in purifying the air.

❖ An electric fan creates a fast and circular air current which has an adverse effect on the Udanavayu and obstructs V yanavayu, which then causes giddiness and diseases like rheumatism plaguing the joints of the body.

❖ Fans made from peacock feathers, Khas (the grass *Andropogon Muraticum*) and cane provide a soothing and pleasant air.

❖ If one happens to inhale the air of an impure place, he is afflicted by ailments like indigestion, cough, inflammation of the lungs, weakness, etc. Every healthy person inhales and exhales air up to a distance of 21 inches of his nose-tip. One should always keep this in mind and strictly avoid breathing in the toxic air of an impious place.

❖ Those, who cannot perform any other exercise, must take a walk regularly. A brisk walk gives a light and natural exercise to around 200 muscles from the head to the feet. While walking, the heartbeat increases from 72 per minute to about 82 per minute. Our breathing too becomes faster, whereby the oxygen-supply to the body increases and purifies the blood much faster. Thus, walking is the best exercise. Exercises other than walking exert more pressure on the heart. Walking strengthens all parts of the body in a simple and natural manner.