



# Prevention is Care

## **Traditional oils are always safe.**

Since ancient times, certain oils have been prescribed as safe for cooking and consumption.

Furthermore, according to traditional wisdom, the geography of the land decides which oils are to be used.

At Nadichikitsa we profess use of traditional oils.

If you are in the Southern part of India, then sesame, groundnut, coconut oils and ghee are considered suitable for cooking.

In the northern parts of India, mustard oil and ghee are used.

Coastal regions in the Southern parts of India use only coconut oil.

While sesame and groundnut oils are heating, coconut oil is cooling. Ghee is nourishing.

## **The Amazing Benefits of Traditional Sesame Oil**

In Ayurveda, sesame oil is considered a healing treasure with a range of nurturing benefits for both body and mind. Known for its ability to balance “vata” dosha, it’s perfect for calming the nervous system, easing stress, and promoting deep relaxation. Packed with antioxidants and healthy fats, sesame oil supports heart health and gives your skin a natural glow. Its warming properties make it ideal for massages, helping improve circulation and ease stiff joints. Sesame oil also strengthens hair, boosts immunity, and is used in the ancient practice of oil pulling for oral health. It’s truly a holistic wonder in Ayurveda.

## **The Amazing Benefits of Traditional Groundnut Oil**

In Ayurveda, groundnut oil is cherished for its ability to nourish the body and bring balance. It’s perfect for calming “vata” and “pitta” doshas, helping maintain harmony in the body. Rich in healthy fats, it provides lasting energy and keeps your joints flexible and strong. Its moisturising properties make it a natural choice for healthy, glowing skin, while its antioxidants protect against ageing. Groundnut oil also supports digestion and enhances the taste of food when used in cooking. With its warming nature, it’s invaluable in cooler seasons. Adding groundnut oil to your routine can promote overall well-being.

## **The Amazing Benefits of Traditional Coconut Oil**

In Ayurveda, coconut oil is loved for its cooling and rejuvenating effects, making it perfect for balancing “pitta” dosha. It helps calm inflammation, supports digestion, and keeps the body hydrated, both inside and out. Coconut oil is also a go-to for skincare and haircare, as it deeply moisturises, reduces dryness, and strengthens hair. With its rich content of medium-chain fatty acids, it boosts immunity and gives you a natural energy lift. Coconut oil is also used in the ancient practice of oil pulling to detoxify the mouth and improve oral health. It’s truly a versatile and healing oil for overall well-being.

## **The Amazing health benefits of Traditional Ghee**

In Ayurveda, ghee is celebrated as a golden treasure with incredible benefits for your health and well-being. This clarified butter strengthens digestion by boosting the “Agni,” or digestive fire, and helping your body absorb nutrients better. Ghee’s healthy fats nourish your brain, enhance memory, and support mental clarity. It also keeps your joints flexible and your skin soft and glowing. Rich in antioxidants, it strengthens immunity and promotes overall vitality. Ghee is especially calming for the mind and body, balancing “vata” and “pitta” doshas. A small spoonful of ghee daily can bring balance and nourishment to your life.

## **In conclusion**

Traditional oils have withstood the test of time, and several generations of families have been using them to preserve their health and protect themselves from the harmful effects of unsaturated fats.

It is considered wise to continue to use what is proven over new and unproven cooking oils.