



## **A Natural Mosquito Repellent That Actually Works And Heals You Too In The Monsoons**



It's monsoon season, cool breezes, dew on grasses, the smell of wet earth, and those tiny blood-sucking villains that somehow find you even in the dark. The Mosquitoes.

Most of us reach out for coils, chemical liquids, roll-ons, ointments, sprays, anything that promises to keep them away. But here's the thing, most of these fill the air with slowly poisoning chemicals and irritate your skin.

Now, what if I told you there's a natural mosquito repellent that doesn't fill the air with harmful chemicals, doesn't irritate your skin, and... also boosts your health?

Sounds too good to be true? Well, it's Aparajita Dhoopa, Ayurvedic fumigation that's been chasing mosquitoes away long before chemical repellents even existed.

## **Now, what's aparajita?**

You may know it as the butterfly pea flower, those pretty blue petals often used in teas, famous for boosting memory, is the one that helps to repel mosquitoes too! Interesting right?

In [Ayurveda](#), the roots of the aparajita plant are known for balancing all three doshas, namely [vata](#), [pitta](#), and [kapha](#). These roots are powdered and mixed with other medicinal herbs for making the dhoopa churna (fumigation granules). The other medicinal herbs that are added are neem leaves which are anti-bacterial, guggulu which are strengthening and purifying, dhyanamaka which prevents fever, devadaru which supports respiratory health, vacha which clears the obstructions in the breathing channels, sarja which helps treat skin issues, and agarwood which is deeply healing in various ways.

## **But how does it keep mosquitoes away?**

While these herbs are pleasant and medicinal for us, mosquitoes absolutely hate their pungent compounds. It's like hosting a party where the mosquitoes aren't invited, the medicated aroma in the air keeps them away.

And here's the bonus - while the fumigation keeps the mosquitoes away, the medicinal smoke also supports your immunity, clears the air, and helps your body cope better with monsoon-related illnesses such as fever, coughs, congested nostrils, and cold.

So, this monsoon, protect your family and actually improve your health with this Aparajita dhoopa churna. Simply add the granules to a just burnt coconut shell placed in a bowl or a plate and leave it in the corner of your room.

In the next article, I'll share another monsoon-friendly tip on how to keep your wardrobe fresh and mold-free without those overpowering chemical sachets.