



# Prevention is Care

## **Monsoon Wardrobe Woes? Keep Your Wardrobe Fresh & Mold-Free Naturally**



Monsoon season is pure magic, cozy weather, the soft patter of raindrops on the roof, that earthy scent in the air... until you open your wardrobe.

One whiff of that musty, damp smell, and the mood is gone. Clothes feel clammy, the air inside feels heavy, and before you know it, mold has taken up residence.

Most people toss in chemical sachets or perfumed tablets, but they often come with overpowering artificial smells and can even leave harmful residues on your clothes like those naphthalene balls. Ayurveda, as always, offers a gentler, natural way.

**How do you keep your wardrobe fresh and mold-free without chemicals?**

Among Ayurveda's list of Sugandha Dravyas (naturally aromatic herbs), two stand out - Karpura (camphor) and Guggulu (Indian bdellium tree exudate)

Karpura is called Shodaka, which means it cleanses and purifies spaces, making it excellent at keeping mold away.

Guggulu possesses Lekhana property, which means "scraping" property, that, in my words, makes mold so unwelcome it wouldn't dare stick around.

## **How to use them?**

Sprinkle the powdered form of these two on freshly burnt smoking coconut shells and fumigate your wardrobe. No mold, no damp smell, just a clean and divine fragrance.

Here is a way to keep your silk garments and materials safe.

There is a Tamil phrase which stems from the age-old tradition of using Vasambu (Vacha in Sanskrit, Sweet Flag root in English) - "Un vaayila vasamba vechu teika" (To rub sweet flag root on your tongue). Vasambu (vacha) is traditionally used to nurture clarity and sweetness in a child's speech.

But here's what you might not know. In Ayurveda, each herb has multiple uses, one herb can treat many different conditions based on how we use it. Now this very same vacha can protect your precious silks from pests! Just tuck a few dried roots into the corners of your wardrobe, and your silk treasures will be safe and sound.

If you want more monsoon-friendly hacks like this, drop a comment and we'll share more tips with you.