

Weekly Routine Chart for Sinusitis & Allergy Relief

■ Morning

- Wake up early (6:30–7:00 am)
- Drink 1 glass warm water with lemon or amla juice (boosts vitamin C)
- Pranayama (10–15 min): 5 min Anulom-Vilom, 5 min Bhramari
- Light exercise or yoga (20–30 min, indoors if air is cold/dusty)
- Breakfast: Oats/poha/upma + fruit (orange, kiwi, papaya, or apple)

■ Daytime

- Keep hydrated (sip warm water or herbal tea)
- Lunch: Chapati/khichdi/dal-rice + sabzi + salad
- Avoid cold drinks or fried food
- If exposed to dust/cold air → use mask & scarf
- Saline spray (if nasal congestion present)

■ Evening

- Light snack (soup, roasted makhana, nuts, green tea)
- If nose feels blocked → Steam inhalation (2–3 times a week, 10 min with plain water)
- Short walk indoors/outdoors (with mask if dust present)

■ Night

- Dinner by 8:00 pm (light: dal, veg soup, roti)
- Golden milk (turmeric + pinch of black pepper in warm milk/almond milk) if tolerated
- Elevate head slightly with an extra pillow while sleeping
- Room: well-ventilated, no direct fan/AC blast

■ Weekly Add-ons

- Sunday → Room deep cleaning (dusting, bedding washed in hot water)
- Alternate days → Steam inhalation
- Daily → 15–20 min yoga/pranayama
- Occasional treat → A piece of dark chocolate or seasonal fruit (instead of ice cream/cold foods)