



YOUR SEASONAL WELLNESS GUIDE

Stay Balanced With
Fobba Pancha Gavya Pharmacy All Year

INTRODUCTION

Nature moves in cycles—scorching summers, refreshing rains, calming autumns, cozy winters, and blossoming springs. Just like the environment changes, our body too undergoes shifts in energy, immunity, and balance.

Nowadays, with our busy routines, we tend to ignore how seasonal changes affect our health. As a result, we suffer from headaches in summer, joint pain in monsoon, dry skin in winter, or allergies in spring. The secret to staying healthy is not resisting these changes but adapting to them.

At Fobba Pancha Gavya Pharmacy, we combine the time-tested wisdom of Ayurveda with natural ingredients to offer effective wellness solutions. Each product uses carefully selected herbs and Panchagavya, the five sacred elements from the Desi cow. Whether it's pain relief, skin care, digestion, or hair health, Fobba Pancha Gavya Pharmacy provides natural solutions for every season.



This guide takes you through each season in order, offering Ayurvedic lifestyle tips and introducing products that will keep you balanced all year long.



SUMMER: COOL & HYDRATE



Summer brings intense heat and perspiration, which can lead to an increase in Pitta imbalance in the body.

The intense warmth can lead to headaches, hair fall, skin irritation, acidity, and dehydration.

WELLNESS TIPS FOR SUMMER:



Hydrate Wisely

Stay hydrated with water, coconut water, buttermilk, or fresh juice. Avoid carbonated drinks and excess caffeine.



Rest & Relax

Excess activity in hot conditions can quickly drain your energy. Take short breaks and rest during peak sunlight.



Protect Skin & Hair

Use natural oils to prevent dryness. Cover your head when stepping outdoors.



Eat Cooling Foods

Like cucumbers, melons, leafy greens, and mint to stay refreshed in summer.

FOBBA SOLUTIONS FOR SUMMERS:



Keshakashi Hair Oil - Enriched ayurvedic herbs, this oil strengthens roots, smoothens strands, and prevents summer hair fall. In some cases, it even helps regrow lost hair. Use it as a deep-conditioning treatment—apply to your hair, leave it for a few hours or overnight, then wash off, ensuring your scalp stays cool and nourished during



Gavya Snana Cake - Made with gomaya, Gogriha(cow ghee), and herbal extracts, this soap controls sweat odor, prevents itching, & kills skin bacteria. A refreshing daily bath with this cake keeps your skin clean and light, even in the summer humidity.



Jeeran Choorna - Helps maintain digestion and prevents acidity, bloating, and stomach discomfort that can arise in summer. Take a spoon after meals to stay balanced and comfortable during hot days.



Golahari Face Pack - Protects skin from sunburn, reduces tanning, & prevents dryness. Apply it on your face for 20–30 minutes, then rinse off to revive and brighten your skin in the summer heat.

MONSOON: GUARD & STRENGTHEN



Monsoon is refreshing but can cause infections, digestion issues, and discomfort from humidity. Water-borne diseases and joint stiffness are common complaints.

WELLNESS TIPS FOR MONSOON:



Eat Light & Warm

Avoid raw salads, cold drinks, and oily foods. During the monsoon, opt for warm, easily digestible foods such as soups, dals, and steamed vegetables to support digestion and maintain balance.

Drink warm water and include herbs like cumin and ajwain to aid digestion



Strengthen Immunity

Use turmeric, tulsi, and ginger in daily meals.



Stay Hygienic

Keep feet dry, wear clean cotton clothes, and avoid dampness.

FOBBA SOLUTIONS FOR MONSOON:



Asstra Pain Oil - Oil penetrates deep into muscles and joints and provides immediate relief from arthritis, knee pain, chikungunya after-pains, and old body aches. Gently massage the oil onto the affected area for relief, helping your joints stay flexible and comfortable even in the damp, humid monsoon weather.



Jeeran Choorna - This choorna strengthens digestion, cures acidity, gastritis, constipation, and abdominal discomfort that often worsen in monsoon. Take a spoon after meals to support digestion and keep your stomach balanced despite rainy season heaviness.



Vajranjan Balm - Perfect for seasonal colds, cough, nasal congestion, and sinus blockages that are common during rains. Its soothing aroma also helps reduce stress. Apply gently on forehead, nose, or chest—or inhale vapors with hot water—to stay comfortable and clear even in monsoon chills and humidity.

AUTUMN: BALANCE AND TRANSITION



Autumn is a transitional season—hot days, cool nights, and fluctuating energy. During autumn, Vata tends to rise, which can cause dryness, fatigue, and irritability.

WELLNESS TIPS FOR AUTUMN:



Eat Nourishing Foods

Include ghee, warm soups, and root vegetables.



Daily Abhyanga (Oil Massage)

Keeps joints flexible and skin hydrated.



Stay Grounded

Meditation, pranayama, and a steady sleep schedule improve balance.

FOBBA SOLUTIONS FOR AUTUMN:



Asstra Pain Oil - Prevents seasonal stiffness and reduces pain in shoulders, knees, and back. Massage daily to keep your joints flexible and comfortable as the cool autumn winds set in.



Gokomalam - A natural herbal jelly with Desi cow ghee, beeswax, and herbal extracts that deeply nourish and shield your skin. It protects against cracked lips, rough heels, and dry skin—common autumn issues. Gently apply on lips, hands, legs, or face to maintain soft, nourished skin despite dry autumn air.



Keshakashi Hair Oil - Maintains scalp moisture, strengthens hair, & prevents dryness caused by seasonal winds. Use regularly to keep hair hydrated and healthy, protecting it from crisp, drying autumn breezes.



WINTER: WARM AND PROTECT



Winter is the season of strength and immunity, but it also brings stiffness, colds, and dry skin. Kapha dosha can accumulate, leading to heaviness if not managed.

WELLNESS TIPS FOR WINTER:



Eat Rich Foods

Nuts, dates, honey, and ghee keep energy high.



Stay Active

Yoga and brisk walks prevent stiffness.



Keep Warm

Protect head and feet from exposure.



Hydrate Skin

Use oils and natural moisturizers.

FOBBA SOLUTIONS FOR WINTER:



Asstra Pain Oil - Winter worsens arthritis and joint stiffness. Massage gently to relieve body pain and keep joints mobile, helping you stay comfortable in winter days.



Vajranjan Balm - Relieves colds, sinus discomfort, and headaches naturally. Apply on forehead, chest, or inhale steam with balm to relax and enjoy peaceful sleep during chilly nights.



Gokomalam - Heals cracked heels & dry lips, providing natural skin protection. Apply on dry or affected areas to protect skin from harsh, cold winter air.

SPRING: RENEW AND REJUVENATE



Spring welcomes freshness & new beginnings but also allergies, cough, and heaviness as Kapha accumulates after winter.

WELLNESS TIPS FOR SPRING:



Detox the Body

Use herbal teas and light meals to clear toxins.



Boost Lung Health

Practice pranayama to prevent allergies and sinus.



Stay Active

Outdoor walks improve circulation and mood.

FOBBA SOLUTIONS FOR SPRING:



Jeeran Choorna - Clears acidity, bloating, and indigestion, keeping the stomach light during seasonal change. Take a spoon after meals to support digestion & keep your stomach comfortable as the weather changes in spring.



Vajranjan Balm - Relieves sinus discomfort, nasal congestion, and seasonal headaches while calming nerves. Apply on forehead, chest, or inhale vapors to stay comfortable and clear during spring allergies.



Gavya Snana Cake - Protects skin from rashes, allergies, & bacterial infections that rise with changing weather. Use daily to clean and refresh your skin, keeping it healthy during spring.



WHY CHOOSE FOBBA PANCHA GAVYA PHARMACY?



**Made with Panchagavya
and natural herbs**



**Safe & Pure: No harmful
chemicals or side effects**



**Complete Care: Pain relief, digestive health,
skin glow, hair strength—all under one brand**



Key products such as Asstra Pain Oil, Vajranjan Balm, Keshakashi Hair Oil, Jeeran Choorna, Gokomalam, Gavya Snana Cake, & Golahari Face Pack bring you natural, effective, & easy solutions for wellness in every season.





CONCLUSION

True wellness is not a one-time act; it is a continuous journey of living in harmony with nature. Each season demands something different - hydration in summer, protection in monsoon, balance in autumn, warmth in winter, & renewal in spring.

By following Ayurvedic seasonal care and embracing the natural healing of Fobba Pancha Gavya Pharmacy, you can stay healthy, strong, & radiant throughout the year.

Begin your path to natural wellness with us today - because true balance starts with conscious choices.



FOR MORE INFORMATION

+91 89514 86555

WWW.FOBBAPANCHAGAVYA.COM

FOLLOW US:

