Men’s Hygiene

# **Cleaning:**

Men are less likely to practise the most basic habit of **washing hands**, including after eating, petting an animal, coughing, sneezing or urinating.

**Daily bath** – at least once (either cold or hot bath)

**Hair wash** – at least 2-3 times a week

**Cutting nails -** for toe nails and heels apply hand lotion or cream to keep them soft, and prevent calluses and cracking.

**Never wear unwashed** **garments or socks** (wearing them causes unpleasant odour and may lead to infections)

**Trim and maintain pubic hair and underarm hair** (to avoid sweating and infections)

**Brushing, flossing, cleaning tongue** (to avoid bad breath and combat cavity formation)

**Removal of earwax**

**Trimming of nostrils, moustache and beard** (protect them from the dirt)

A thick moustache doubles up as a filter to keep particulate matter and other pollutants from entering one’s nostrils

**Shower after workout** (should not delay - leads to zits and painful cystic acne on back, arms and legs)

**Facial Hair:**

ü Basic washing (soap, foaming face wash)

ü Oiling (optional)

ü Trimming

**Regular checks:** Develop a habit of regularly inspecting your penis and testicles for any abnormalities. Bumps, redness, sores, blisters, and warts are things to watch out for. A change may indicate [STDs](https://indianexpress.com/article/lifestyle/health/four-sexually-transmitted-diseases-that-can-lead-to-infertility-7412118/lite/), [cancer](https://indianexpress.com/about/cancer/), and other health problems.

**Eat healthy:**

Women’s Hygiene

**Pubic Hair:**

ü Has many biological purposes - protecting the delicate vulvar skin from friction

ü Remove – use fresh blade

ü Waxing, Shaving trim with scissors

**Vaginal Health:**

ü Do not use soap or any fragrances

ü Mild products can be used

ü No vaginal Steaming (might burn tissues)

opt cotton underwear

ü keeps dry

ü replace every 12 months (bacteria may build up)

ü wash separately

ü avoid synthetic

Menstrual Hygiene:

ü Change sanitary products regularly (every 4-6 hours)

ü Wash hands before and after

ü Carry intimate wipes

Sex safety:

ü Safe sex (STDs, HIV)

ü Use protection

ü Pee after sex (reduce the risk of urinary tract infections)

Do not douche unless prescribed

Avoid Extra tight clothes

probiotic-rich foods like yogurt, kefir, and sauerkraut in your diet can help maintain a natural flora and keep everything in tip-top shape.

**What to Eat: Power Up Your Feminine Health!**

ü **Yogurt:** Your probiotic BFF!

ü **Cranberries:** Juice, dried, or fresh

ü **Leafy Greens:** Think spinach, kale, and all their green buddies.

ü **Berries:** All sorts of them are high in antioxidants

ü **Garlic:** It might not do wonders for your breath, but garlic is a natural antibiotic.

ü **Food rich in vitamin C:** Can prevent UTIs

**What to Avoid: Steer Clear of These Culprits!**

ü **Sugary Treats:** Can lead to yeast infections

ü **Caffeine:** dehydrating & def not good

ü **Alcohol:** Can mess with your body’s pH levels

ü **Spicy Foods:** Too much of it can cause irritation down there

ü **Processed Foods:** Higher amounts of salt & preservatives in them can affect your hydration

Higher amounts of salt & preservatives in them can affect your hydration (Unusual odors, itching, or discharge)

**Stay Hydrated** (flushes toxins)

**Stay Active** (Exercises)

Women Hygiene

* Vaginal Health:

(**Reference:** [**https://scdhec.gov/sites/default/files/Library/ML-005002.pdf**](https://scdhec.gov/sites/default/files/Library/ML-005002.pdf)**)**

o

| **Do’s** | **Don’ts** |
| --- | --- |
| Mild soap or water | Vaginal Deodorant spray / deodorant tampons |
| Contraceptive foam, film, cream, or jelly | Petroleum jelly / oil |

o Do **not** wear **TAMPON >4 HOURS**

o **Empty Menstrual cup** every **4-6 hours\**

o **Pee** after **sex**

§ To flush bacteria & to prevent a urinary tract infection (UTI)

§ Will not prevent pregnancy or sexually transmitted infections (STIs).

o **Vaginal Infections:**

§ Bacterial Vaginosis (Bacteria)

§ Yeast Infections (Fungal)

§ Trichomoniasis (STI)

o **Prevent Infections:**

§ Keep your vagina clean and dry.

§ Wear cotton panties or panties with a cotton crotch.

§ Avoid tight-fitting jeans and underwear

§ Eat right, exercise, and drink plenty of water.

o **Normal:**

§ May be thinner and watery / thick and sticky.

§ May be clear or white.

§ No strong odour, no itching or pain

* Skin Care:
  + **20S:**
    - Use these two skin care products daily-(acc. To the skin type)
      * **A mild cleanser**
      * **Sunscreen** (SPF 30 or higher, broad spectrum, and water resistant): - 15 minutes before you go outdoors
    - Add in a skin care product that addresses your primary skin concern

· **Vitamin C serum or cream** - reduce skin aging and dark spots.

· **When to apply vitamin C -** after washing your face in the morning, before you put on your sunscreen

· **Retinoid –**

§ mild fine lines and wrinkles, acne, and dark spot, younger-looking skin by speeding up new skin cell turnover,

§ on acne-prone skin, a retinoid can unclog pores

· **When to apply a retinoid –**

§ before bed, after washing your face, wait 20 to 30 minutes and then apply it.

§ Too drying, apply a moisturizer then apply the retinoid 20 to 30 minutes later.

§ **Make your skin care routine Adjustable, Consistent, and Tailored (ACT):**

· It takes at least 30 days to know whether it’s working.

· If a product you chose irritates your skin, you’ll want to stop using it right away.

§ **Keep your skin looking its best with healthy habits:**

· **Stop tanning –**

§ can cause wrinkles, brown spots, and skin cancer

· **Protect your skin from the sun –**

§ seek shade, cover up with clothing, and wear sunscreen that offers SPF 30 or higher, broad-spectrum protection, and water resistance.

· **Don’t scrub your skin.**

· **Always remove your makeup before going to bed.**

· **Limit sugar**

# **Eyes**

Refractive errors

Refractive errors are the most frequent eye problems in the United States. They include:

* Myopia (nearsightedness)
* Hyperopia (farsightedness)
* Astigmatism (distorted vision at all distances)
* Presbyopia that occurs between age 40–50 years (loss of the ability to focus up close, inability to read words in a book, need to hold newspaper farther away to see clearly)

Refractive errors can be corrected by eyeglasses, contact lenses, or in some cases surgery.

### **Cataract**

Cataract is a clouding of the eye's lens. It's the leading cause of blindness worldwide and the **leading cause of vision loss**

Cataracts can occur at any age and can be present at birth. Removing cataracts is a widely available treatment. However, access barriers such as insurance coverage, treatment costs, patient choice, or lack of awareness prevent many people from receiving the proper treatment.

**Foods:**

· Carrots

· Leafy Greens

· Citrus Fruits and Berries

· Nuts and Seeds

· Legumes

· Whole Grain

· Eggs

· Ghee

**Nose Allergy:**

**Foods:**

* Turmeric
* Ginger
* Onions
* Citrus
* Pineapple
* Salmon
* Tomatoes
* Garlic
* Yogurt

**Remedies:**

* Steam Inhalation.
* Air filters
* nasal irrigation.
* Dehumidifer

**Sinus**

**Foods:**

* Garlic
* Pineapple
* Ginger
* Honey
* Water
* Citrus
* Tea
* Turmeric
* Leafy greens
* Seafood
* Chicken soup
* Grapefruit

**Remedies:**

* Inhale steam
* Saline flush.
* Sleep with your head elevated
* Applying warm, wet towels.

**Throat:**

**Foods:**

* Warm Soups and Broths
* Honey
* Herbal Teas
* Ginger
* Garlic
* Yogurt
* Soft Fruits
* Oatmeal
* Soft Scrambled Eggs
* Hydrating Liquids

**Remedies:**

* Salt Water Gargle

### Honey and Warm Water

### Lemon and Honey

### Ginger Tea

### Steam Inhalation

### Humidifier

Stomach:

**Foods:**

* Ginger
* Bananas
* Oatmeal
* Yogurt
* Rice
* Apple sauce
* Papaya
* Plain toast
* Bone Broth
* Herbal Teas
* Leafy Greens

**Remedies:**

* Stay Hydrated

### Eat a Balanced Diet

### Probiotics and Prebiotics

### Fibre-Rich Foods

### Ginger

### Peppermint

### Avoid Overeating

### Manage Stress

### Limit Processed Foods and Sugars

### Chew Your Food Thoroughly

### Apple Cider Vinegar

### Avoid Trigger Foods

### Get Regular Exercise

### Stay Upright After Eating

### Limit Smoking and Alcohol

### **DESCRIPTION**

### **THERIAC: Your Comprehensive Health and Wellness Hub**

THERIAC is an innovative and responsive digital platform dedicated to providing detailed and personalized health and wellness solutions. Our mission is to empower individuals to achieve holistic well-being by offering a diverse array of resources and guidance tailored to their unique needs.

**Key Features:**

* **Gender-Specific Information:** THERIAC organizes health and wellness information into separate categories for males and females, ensuring that users receive relevant advice and support.
* **Diverse Health Solutions:** Our platform covers a wide range of health solutions, including conventional medication, Ayurvedic practices, homoeopathy, home remedies, dietary guidance, and physical activities. This multifaceted approach allows users to explore various paths to well-being and choose the one that resonates with them the most.
* **Focus on Mental and Physical Health:** THERIAC addresses both mental and physical health concerns, offering resources and strategies for managing stress, anxiety, and other mental health issues, alongside physical health tips and routines.
* **Integration of Hindu Dharma Practices:** We incorporate traditional Hindu Dharma practices, such as meditation, yoga, and other spiritual exercises. THERIAC provides detailed guidance on how, when, and where to perform these activities, helping users connect with their inner selves and achieve spiritual balance.
* **User-Friendly and Interactive Design:** The platform's intuitive and interactive design ensures a seamless user experience, making it easy to navigate and find the information needed.
* **Personalized Care Plans:** Recognizing that every individual's health journey is unique, THERIAC offers personalized care plans. These tailored plans are designed to meet specific health goals and needs, providing users with a clear path to achieving their desired well-being.

**Vision:**

THERIAC envisions a world where holistic well-being is accessible to all. By offering a comprehensive and user-friendly platform, we aim to support individuals in their journey towards better health, combining modern medical knowledge with ancient wisdom. Our ultimate goal is to foster a balanced and fulfilling life for each user, harmonizing their physical, mental, and spiritual well-being