

# *optima*

## Health U

# Sunshine is the best medicine



The lockdown and WFH has forced us to stay inside our houses for the last 3 months. This has drastically reduced our exposure to sunlight. Ancient Indian texts, Ayurveda and now growing modern research on sunlight suggests that moderate exposure to sunlight is beneficial to both body and mind. It is a known fact that exposure to morning sunlight promotes Vitamin D production in the skin round the year.

Soaking in the sun can have several health benefits and here is why you should spend at least 10 minutes in sunlight every day:

- 1. Elevates the mood:** Brain releases a hormone called “Serotonin” which helps a person feel calm and focused. Moderate exposure to sunlight boosts the serotonin level which in turn improves the mood.
- 2. Increases Vitamin D production:** Vitamin D is essential for calcium absorption and bone growth. It is sunlight that activates Vitamin D production in the body.
- 3. Improves sleep:** “Melatonin” also known as sleep hormone helps in improving sleep, synchronizes body clock and lowers stress and it is sunlight that impacts the production of melatonin.
- 4. Heals skin disorders:** Sunlight helps in the healing of skin disorders such as acne, psoriasis, eczema, and other fungal skin infections.
- 5. Boosts growth in children:** Many cultures recognize this that moderate sunlight exposure increase the growth and height of children, especially babies. Studies have shown that sun exposure in first few months has an effect on how tall the person grows.

According to WHO, getting anywhere from 5 to 15 minutes of sunlight on your arms, hands, and face 2-3 times a week is enough to enjoy the vitamin D-boosting benefits of the sun.

But if you're going to be outside for more than 15 minutes, protect you skin by applying sunscreen and covering yourself.