



Bhang can leave you with a bad hangover, if had empty stomach

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12 ways to tackle bhang hangover



Lemon is the best antidote to bhang intoxication

Holi may be an excuse to gulp down a few shots of bhang but an aching head and nauseating stomach can take all the fizz out of your festive spirit. Bhang, made with the leaves and buds of the cannabis plant, can give you a hangover that can range from moderate to severe. Here's how to ban the miserable hangover post a bhang session:

1 Lemon water: Good old lemon water is an excellent source of anti-oxidants and vitamin C that prevents formation of free radicals.

2 Herbal respite: A cup of herbal tea such as rose tea or jasmine tea helps get rid of headache that result due to an overdose of bhang. "Herbal tea is soothing and very low in caffeine and high in anti-oxidants and works well in countering the effects of bhang," says nutritionist Dr Simran Saini.

3 Say no to tea/coffee: Having tea or coffee can make it worse, caution experts. "Tea and coffee contain strong caffeine that can have an adverse effect," says Saini.

4 Hydrate your body: Drink lots of water to flush out intoxicants from your body. "If you are dehydrated, bhang will have a stronger effect on you," advises health expert Dhruv Gupta.

5 Keep your stomach full: Bhang or any alcohol hits you badly when you consume it empty stomach. "Make sure you have had a full meal before drinking bhang," advises Gupta. But avoid having oily, fried and heavy food along with bhang as it can worsen the hangover.

6 Chew high fibre foods: Fruits and vegetables have high fibre and anti-oxidants that help counter intoxication. "Have a light salad such as a fruit salad or a green salad as it helps combat a hangover effectively," says Gupta.



High fibre food such as vegetables help get rid of hangover

7 Increase your fructose intake: Fructose found in certain fruits is very effective in fighting a hangover. "Mix apple juice, pineapple juice and honey and sip the drink. You can also add a few spoon fulls of honey (an excellent source of fructose) in chilled

water post a drinking session," says nutritionist Dr Nupur Krishnan.

8 Sleep: Even sleep is a good remedy for tackling hangover woes. "Sleep peacefully in a dimly lit, noiseless room. Sleep relaxes your mind and body and also reduces headache," says Dr Krishnan.

9 Avoid pain killers: It's best to avoid popping in a pain killer. "People often take an Aspirin or a Disprin to get rid of headache caused by intoxication. Popping a pain killer can actually harm you if you suffer from a health complication," warns Dr Krishnan.

10 Warm bath: A rejuvenating luke warm bath soothes your nerves and gives instant relief from dizziness and headache and helps you get rid of a hangover.

11 An invigorating walk : A dose of fresh air will help you fight hangover. Go out for a walk and you will come back refreshed.

12 Food remedy : If you feel nauseated, blend a banana and have it chilled. Even a bowl of light soup can comfort you.

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Herbal tea gives respite from an aching head



Honey comes loaded with fructose that combat hangover

