

Diet Plan for Patients of Acidity Problem



www.plantbasedayurveda.com

FOOD ITEMS TO BE AVOIDED	FOOD ITEMS TO BE CONSUMED
<p>Grains</p> <ul style="list-style-type: none"> • None 	<p>Grains</p> <ul style="list-style-type: none"> • Brown bread • Oat meal • Brown rice • Cereal • Whole grains <p>Note – They are rich in fiber and thus good for acidity problems.</p>
<p>Fruits</p> <ul style="list-style-type: none"> • High citrus fruits should be avoided • Oranges • Grape fruit • Cranberries • Lemon • All sour fruits 	<p>Fruits</p> <ul style="list-style-type: none"> • Watermelon • Banana • Musk melon • Papaya • Figs • Apple • Pear • Guava • Mango <p>Note – These are low citrus fruits and they don't form the gas hence provide relief in acidity</p>
<p>Vegetables</p> <ul style="list-style-type: none"> • Garlic • Onion • Capsicum • Taro root (Arbi) 	<p>Vegetables</p> <ul style="list-style-type: none"> • Asparagus • Green beans • Cauliflower • Pumpkin • All gourds are good to have like Bottle gourd, ash gourd, ridge gourd (ghiya, petha & tori etc) • Cabbage • Broccoli • Mushroom

Lentils	Lentils
<ul style="list-style-type: none"> • Black gram • Kidney bean • Chickpeas 	<ul style="list-style-type: none"> • Yellow lentil • Green lentil • Pink lentil • Soya bean
Non Veg	Non Veg
<ul style="list-style-type: none"> • Avoid fried meat product 	<ul style="list-style-type: none"> • Steamed and grilled poultry and meats • Egg white
Spices	Spices
<ul style="list-style-type: none"> • Spices like red chili (lal mirch) • Green chili (hari mirchi) • Cloves (laung) • Black pepper (kali mirch) <p>Note – These spices should be avoided in the acidity problem because they cause the heartburn and stomach upset.</p>	<ul style="list-style-type: none"> • Fennel (saunf) • Carom (azwain) • Fenugreek (methi) • Cumin (jeera) • Coriander (dhaniya) • Mint (Pudina)
Other Food Items	Other Food Items
<ul style="list-style-type: none"> • Caffeine • Fast foods • Carbonated drinks • Alcohol • High fat foods • Spicy foods • Hot drinks • Smoking • Tomato sauce 	<ul style="list-style-type: none"> • Herbal tea made from cumin-jeera, coriander-dhaniya and fennel seeds – saunf is good to have. • Take Indian goose berry – amla powder daily after meal. • Mixture of Indian goose berry, fennel and licorice powder in quantity of 1 tsp is good after each meal.

Diet Plan for Adenomyosis



The condition of uterus in which its inner lining shatters through the myometrium i.e the muscle wall of uterus and it causes heavy bleeding during menstruation, cramps bloating, swelling, pain and enlarged uterus. The National Health Service (NHS) in the UK estimate that 1 in 10 women have adenomyosis and it is common in women aged 40 to 50. The exact cause of adenomyosis is not known but it is associated with increased level of estrogen hormone. A nutritious diet should be followed by adenomyosis patients. Spicy and Fried food can aggravate the pelvic congestion and inflammation which may lead to Dysmenorrhea.

DIET CHART FOR ADENOMYOSIS

EARLY-MORNING

Warm water+soaked almonds /Walnuts

BREAKFAST

Broken wheat porridge / Veg Semolina (veg upma) / Veg Vermicelli / Veg Idli / Brown Bread Sandwich / Semolina pancake / Besan pancake (gram flour) / Missi Roti / Oats / Stuffed Chapatti / Chapatti with Veg or Dal + Egg white

MID-MORNING

Fruit / Fruit juice / Herbal tea / Coconut water / Coconut milk

LUNCH

Chapatti + Rice + Salad + Vegetable + Dal

EVENING

Roasted chane / Rice flakes / homemade soup / Vermicelli / Herbal tea

DINNER

Chapatti + Vegetable + Dal

DIET INSTRUCTIONS

CEREALS

Cereals to be consumed

Brown rice, Wheat, Oats, Quinoa, Brown rice, Multigrain, Puffed rice, Rice Flakes

Cereals to be avoided

White refined flour, White rice and refined grains

FRUITS

Fruits to be consumed

Apple, Papaya, Pears, Pineapple, Coconut, Cantaloupe

Fruits to be avoided

Mango, Banana, Citrus fruits, Watermelon, Plums, Carambola

VEGETABLES

Vegetables to be consumed

Green leafy vegetables, Cabbage, Spinach, Cucumber, Carrot, Celery, Asparagus, Potatoes, Sweet potatoes, Pumpkin, Ridge gourd, Bitter gourd

Vegetables to be avoided

Bitter gourd, Cauliflower, Onion, Garlic

PULSES

Pulses to be consumed

All whole pulses, lentils and legumes

Pulses to be avoided

Dried and Frozen pulses

DAIRY PRODUCTS

Dairy Products to be consumed

None

Dairy Products to be avoided

Milk and its products, Full Fat yoghurt, Condensed milk, Whole milk and cream

SPICES

Spices to be consumed

Mint, Turmeric, Cumin, Fennel, Coriander, turmeric, salt (In limit)

Spices to be avoided

Hemp pepper, Red chilies

DRINKS

Drinks to be consumed

Aloe vera juice, Wheatgrass juice, green juice, Coconut water, Herbal tea, Green Tea

Drinks to be avoided

Tea, Coffee, Alcohol, Canned juices, carbonated drinks

FLESH FOODS

Flesh Foods to be consumed

Egg white, chicken, fish

Flesh Foods to be avoided

Red meat, processed meat, frozen meat

SEEDS AND DRY FRUITS

Dry Fruits to be consumed

Walnuts, almonds (soaked), Pumpkin seeds, sesame seeds, Hazelnut

Dry Fruits to be avoided

Peanuts, cashew nuts, Pistachio

OILS

Oils to be consumed

Olive oil, Cow ghee, Canola oil, Fish oil

Oils to be avoided

Butter, Hydrogenated oil, palm oil

OTHER FOODS

Other Foods to be consumed

Homemade vegetable and fruit juices, Honey, Jaggery, Soyabean, Tofu

Other Foods to be avoided

All bakery products, Too much salt, Junk food, Oily food, Vinegar, Pickles, Margarine Cake, Chocolate, Pastries, Biscuits , Cheese, deep Fried food, Frozen food

LIFESTYLE AND DIETARY TIPS

- Water intake should be proper, 7-9 glasses a day
- Avoid skipping meals.
- Be physically active, mediation and yoga exercise is recommended
- Follow the Diet strictly.

DIET CHART FOR ADULTHOOD



INTRODUCTION

During adulthood, nutrients are required for energy, for replacement of worn-out tissues and maintenance of body functions. A balanced diet in which all nutrients are present is required for adults as it is the age when a person needs to be more energetic in order to fulfill the new responsibilities coming in life. The diet should include foods from all the food groups. If a balanced diet is not consumed then it leads to various problems in adulthood as well as growing older.

DAILY DIET SCHEDULE

EARLY MORNING

Luke warm water / Soaked Almond - 5 / Soaked Raisins - 5 / Figs -2 / Indian gooseberry -2 / Aloe vera juice

BREAKFAST

Vegetable poha / Vegetable porridge / Vegetable upma / Ragi chapatti/ Multigrain chapatti + Vegetable / Fresh Juice / Milk + boiled eggs

MID MORNING

Fruit juice/ Fruits/ Herbal tea/Green tea

LUNCH

Chapatti / Multigrain Chapatti / white rice / brown rice / Veg pulao / Veg + Dal + Curd / + Salad/ non –veg (once in a week)

EVENING

Fruit / Sprouts chat / Rice flakes / Egg-1 / Soup / roasted makhane / roasted chickpeas /makhane kheer / Baked apple chips / Roasted seeds mix / Beans chat / Ragi halwa (ocassionaly) ,

DINNER

Chapatti / Multigrain Chapatti / white/brown rice / Veg pulao / Veg + Dal + Curd + Salad

BED TIME

Skimmed milk + a pinch of turmeric / ¼ tsp of Cow's ghee

DIET INSTRUCTIONS

CEREALS

FOODS TO BE CONSUMED

Wheat, White rice, Brown rice, Sorghum, Amaranth, Finger millet, Foxtail millet, Pearl millet, Buckwheat, Little millet

Flour Ratio - Wheat Atta (50%) + Soybean Atta (20%) + Ragi flour (30%)

FOODS TO BE AVOIDED

Refined flour and its products

FRUITS

FOODS TO BE CONSUMED

Apple, Banana, Water melon, Muskmelon, Avocado, Peaches, Pear, Coconut, Pomegranate, All types of berries, Figs, Mango, Litchi, Custard apple, Orange, Sweet lime, Sapodilla, Pineapple, Grapes

Note: All seasonal fruits can be consumed

FOODS TO BE AVOIDED

Canned fruits and juices

VEGETABLES

FOODS TO BE CONSUMED

Zucchini, Sweet potato, Pumpkin, Ginger, Celery, Eggplant, Tomatoes, Red onion, Coriander, Radish, Broccoli, Cabbage, Cauliflower, Kale, Mushrooms, Spinach, Carrot, Peas, Fenugreek leaves, Potato, Yam, Okra, Bottle gourd, Bitter gourd

Note: All seasonal vegetables can be consumed.

FOODS TO BE AVOIDED

Canned vegetables and Frozen vegetables

PULSES

FOODS TO BE CONSUMED

All pulse and legumes

FOODS TO BE AVOIDED

Nil

DAIRY PRODUCTS

FOODS TO BE CONSUMED

Low-fat milk, Cheese, Curd, Yogurt, Buttermilk, Cottage cheese

FOODS TO BE AVOIDED

Whole milk and cream, Full-fat yoghurt, Cream cheese, Condensed milk, Unpasteurized cheese.

OILS

FOODS TO BE CONSUMED

Cow ghee, Sunflower oil, Canola oil, Olive oil, Mustard oil, Rice bran oil, Coconut oil, Butter.

FOODS TO BE AVOIDED

Cream, Palm oil,

SPICES

FOODS TO BE CONSUMED

Cumin, Coriander, Salt, Turmeric, Ginger, Pepper, Fennel, Cinnamon

FOODS TO BE AVOIDED

Red chilies

DRINKS

FOODS TO BE CONSUMED

Coconut water, Sugarcane juice, Homemade soups, Green juice, Herbal tea, Aloe Vera juice, Buttermilk, Milk, Shakes, Smoothie, Homemade juices

FOODS TO BE AVOIDED

Whole milk drinks, canned soup and packaged soup, Alcohol, Sweetened drinks, Squashes, Carbonated drinks

FLESH FOODS

FOODS TO BE CONSUMED

Egg white, Grilled Fish, Lean meat, Skinless chicken ,Shrimp, Crab, Sole, Sardine, Clams, Oyster, Lobster

FOODS TO BE AVOIDED

Processed and fried meat, Red meat- (Beef, Lamb, Pork), Fishes – (Tile fish, Shark, Swordfish, King Mackerel, Marlin, Bluefin Tuna).

DRY-FRUITS / SEEDS

FOODS TO BE CONSUMED

Almond, Raisins, Ground Nuts, Walnut, Pistachio, Cashew, Pumpkin Seeds, Chia Seeds, Flax Seeds, Sunflower Seeds, Sesame Seeds.

FOODS TO BE AVOIDED

Nil

PREPARED FOODS

FOODS TO BE CONSUMED

Jaggery

FOODS TO BE AVOIDED

Bakery and Processed Foods, Fried Food, Junk Food, Pickles, Artificial Sweeteners, Packed Soups, Refined Sugar.

DIET TIPS

- Water intake should be 5-6 glasses
- Small and frequent meals should be taken
- Whole fruit should be preferred to fruit juices.
- Skipping of meals should be avoided especially breakfast
- Each meal consists of all food groups.
- Use jaggery in place of refined sugar.

Diet Chart for Allergy



Allergies are the most common in daily life. These are the active immune response of body towards any foreign body and are not so harmful. These foreign particles like pollens, certain food products, dust etc. are known as allergens. In this, we can consider both skin and respiratory allergies. These allergies and their associated symptoms can be managed very well by following a proper diet along with some lifestyle changes.

EARLY-MORNING

Herbal tea / Lukewarm water

(Having any of the above empty stomach ignites digestive fire)

BREAKFAST

Veg oats / Veg upma / Veg poha / Vermicelli / Chapati with Veg+Dal

(Light breakfast helps in keeping digestive fire intact and balanced)

MID-MORNING

Fruit / Coconut water / Green tea / Salad

(They add a very good fibre into your digestive tract)

LUNCH

Chapati / Boiled rice / Vegetable + Dal / Salad

(Light and frequent meals are best for digestion enhancement)

EVENING

Homemade soup or homemade juices

(They help in avoiding long standing empty stomach hours)

DINNER

Chapati / Boiled rice / Vegetable + Dal

(A light dinner is very beneficial to avoid indigestion)

DIET INSTRUCTIONS

CEREALS

Cereals to be consumed

Millets like finger millets, foxtail millets, kodo millets, oats, whole wheat flour, old and aged rice (Red, white, brown), corn flour

(The above mentioned are easy to digest, do not cause constipation and are very beneficial as a source of nutrition)

Cereals to be avoided

Buckwheat flour, freshly harvested white rice

(They are generally responsible for dosha aggravation)

FRUITS

Fruits to be consumed

Apple, Pear, Papaya, Indian gooseberry, Pomegranate, java plum

(Fruits are a rich source of nutrients and vitamins and hence their intake is essential for the body)

Fruits to be avoided

Banana, Coconut, Dates, Kiwi, Raisins, Olives, Pineapple, Bael, Green papaya, Mango, Plum, Apricot

(These fruits are generally citrus in taste and hence can cause pitta dosha aggravation predominantly)

VEGETABLES

Vegetables to be consumed

Broccoli, Coriander, Cauliflower, Bitter gourd, Bottle gourd, Fenugreek leaves, Lettuce, Spinach, Celery, Beetroot, Carrot, Radish (if suits), Ginger, Snake gourd, Bitter gourd, Mushroom, Bottle gourd, Zucchini, Cucumber, pumpkin

(These vegetables are a rich source of nutrients and minerals)

Vegetables to be avoided

Tomatoes, Garlic, Green chili, Radish, onion, Eggplant, Cabbage, Capsicum

(They also aggravate pitta predominantly and also cause indigestion and digestive disturbances)

PULSES

Pulses to be consumed

All pulses and legumes

(Pulses are a good source of proteins and hence help in fulfilling the desirable amounts of nutrition required by the body)

Pulses to be avoided

Nil

DAIRY PRODUCTS

Dairy Products to be consumed

Nil

Dairy Products to be avoided

All milk products

(Milk products available these days are totally fortified and contain preservatives which are not good for the body)

OILS

Oils to be consumed

Cow ghee, Sesame oil, Olive oil, Rice bran oil

(It helps in igniting digestive fire and Cow's ghee is very useful in balancing pitta dosha)

Oils to be avoided

Mustard oil, Palm oil, Coconut oil

(They predominantly aggravate pitta dosha and vata dosha)

SPICES

Spices to be consumed

Coriander, Black pepper, Cumin, Fennel, Turmeric, Carom seeds

(These spices help in enhancing digestive agni and do not cause flare up symptoms)

Spices to be avoided

Red chillies, Nutmeg, Mustard, green chillies

(They are responsible for pitta aggravation, constipation and indigestion)

DRINKS

Drinks to be consumed

Homemade soups, Herbal tea

(They are the best as they do not have any preservatives, do not cause dosha aggravation and provide the body with nutrition only)

Drinks to be avoided

Whole milk drinks, all canned and packed juices

(They cause dosha aggravation as they have preservatives)

FLESH FOODS

Flesh Foods to be consumed

Nil

Flesh Foods to be avoided

All flesh foods including egg

(They are heavy to digest and cause agni diminishing)

HOME REMEDIES

1. Increase fluid intake
2. Drink Herbal tea
3. Make decoction of Black pepper (5-10seeds) and Ginger (15gm) in 400ml of water and reduce it to 100 ml and consume in a warm state.
4. Take 20 seeds of each Coriander, cumin and fennel and boil it in 400 ml of water. Drink when it remains 100 ml.
5. Aloe vera gel application on the affected site. Aloe vera is having really beneficial properties for skin
6. Haldi paste can be used over the affected area as it is really beneficial in reducing inflammation and pain

Diet Plan For Amenorrhea



Amenorrhea, the absence of menstruation or when a woman has missed at least three months of menstrual periods at a stretch that condition is called amenorrhea. This condition occurs due to imbalance of hormones, low levels of haemoglobin and any associated disease. For this a correct, well balanced and nutritious diet which is enriched with iron, folic acid and Vitamin B is an important factor to correct this condition.

EARLY-MORNING

Herbal tea / Luke warm Water/ Saunf water/ Soaked almonds

Carom seeds + saunf (Fennel seeds) soaked overnight in water and then boiled in the morning. Strain the decoction well and drink after cooling a bit.

(It helps in keeping your digestion good and also prevents bloating before, during and after menses)

BREAKFAST

Broken wheat porridge (Veg Dalia) / Veg Semolina (Veg upma / Veg Vermicelli (Sewian) / Veg poha (Rice flakes) / Chapati with veg or dal / 1 Egg

(Including healthy breakfast in your routine is very important because it helps in providing nourishment to whole body especially to reproductive system)

LUNCH

Missi chapati / Plain chapati / Vegetable + Dal + Salad

(Having a healthy lunch helps in keeping your energy intact and also protect you from cravings)

EVENING

Fruits / Rice flakes snack / Sprouts / Soup (Home-made) / Herbal tea / Juice

(They are a good source of hydration as well as nutrition)

DINNER

Missi chapati / Ragi chapati / Vegetable + Dal / Salad (without salt)

(Light dinner is the best way to keep your digestive system performance well)

BED TIME

Low-fat milk with ½ tsp turmeric and a little Cow's Ghee

(It helps in keeping hormones under control and is best for avoiding amenorrhea)

DIET INSTRUCTIONS

CEREALS

Cereals to be consumed

Whole grains cereals, Wheat flour, Oatmeal, Whole brown bread, Porridge, Brown rice, Finger millet, Rice flakes, Barley, kodo millets, buckwheat millets, gram flour

Flour Ratio - Wheat Atta (50%) + Soybean Atta (20%) + Ragi flour (30%)

(They all are easy to digest, do not cause constipation and avoids formation of endotoxins which are the main reason for hormonal imbalance)

Cereals to be avoided

Refined flour and its products, Sweet biscuit, Cream filled biscuit, Cream crackers, Cheese biscuits, Noodles, Pasta, Macaroni

(They all are pleasant in taste but are main reason for increase in cycle irregularities)

VEGETABLES

Vegetables to be consumed

All vegetables

(Vegetables are the good source of vitamins and minerals plus are easy to digest and do not cause any digestion related problems)

PULSES

Pulses to be consumed

All Pulses, Legumes, Soybean and its products

(All the pulses can be consumed but one must restrict themselves from having heavy pulses like kidney beans, black gram, black lentils etc. because they will increase the chances for indigestion and bloating thus resulting in accumulation of toxins)

Pulses to be avoided

Dried and frozen pulses and limit the use of black gram

(They contain preservatives which are not good for health)

FRUITS

Fruits to be consumed

All fruits

(Fruits provide you with a lot of essential nutrients, keeps your body hydrated, skin clear and reduces accumulations of toxins in blood)

*(*Papaya as a fruit is very effective in maintaining uterus health)*

Fruits to be avoided

All canned and packaged fruits and limit the intake of citrus fruits like lemon. Avoid packed fruit juices as well

(They have a lot of sugar which is obviously not good for the body. They also have preservatives which can result in frequent irregularities in cycle)

SPICES

Spices to be consumed

All spices - Fennel, Sesame seeds, Cumin, Carmon, Thyme, Coriander, Turmeric, Less salt, Black pepper

(They help in keeping agni balanced)

Spices to be avoided

Excessive salt and Chilli

(They are called as vishtambhi in ayurveda and are really responsible for dosha imbalance (predominantly pitta) and hormonal imbalance thus resulting in delayed menses)

FLESH FOODS

Flesh Foods to be consumed

Egg white portion, Fish, Chicken soup (occasionally)

(They are easy to digest, can be consumed twice a week and are very essential source of protein)

Flesh Foods to be avoided

Raw, Uncooked and Processed meat, fish especially Selfish, Shark, Swordfish, Tuna and Marlin, clams, Mussels, Oysters and Scallops, Meat patties, Burgers, Pork, Organ meat, Liver, Kidney, Chest, Red meat, Fish fried in suitable oil, Prawns, Lobster, Crab, Lean beef, Lamb, Ham, Turkey, Rabbit, Sausages, Mutton, Salami, Bacon, Duck, Goose, Visible fat on meat.

(They all must be avoided as much as you can because they are potent to suppress agni causing digestive issues, resulting in dosha aggravation and finally hormonal disbalance thus again resulting amenorrhea)

DAIRY PRODUCTS

Dairy Products to be consumed

Low-fat milk, tofu and paneer (In limited amounts)

(They are easy to digest and do not cause imbalance of agni)

Dairy Products to be avoided

Whole milk and cream, Curd, Buttermilk, Butter, Full-fat yoghurt, Cream cheese, Condensed milk, Raw milk, Unpasteurized cheese, Blue-veined cheese, Soft mold-ripened cheese.

(There is an accurate reason for avoiding all of the above. The cows now a days are being feed with inorganic grains which is in the concentrated forms in their milk and hence is a less source of nutrition)

FATS

Fats to be consumed

Cow ghee, Mustard oil, Sesame oil, Olive oil, Soybean oil, Rice bran oil

(They do not have any negative effect on digestive fire but have a balancing effect on doshas. Balancing dosha means less chances for cycle irregularities)

Fats to be avoided

Unsaturated fats, Cream, Palm oil, Butter, Hydrogenated oil, coconut oil

(They diminish the agni resulting in various type of digestive issues especially before menses and sometimes can result in menstrual irregularities)

NUTS AND DRY FRUITS

Dry Fruits to be consumed

Pumpkin seeds, Raisins, Almond, Walnuts, Prunes, Dates, Figs, Flax seeds, Dried apricot (Soaked ones)

(Nuts and seeds also have some essential nutrients which are very important for well)

Dry Fruits to be avoided

Cashew nuts, Pistachio, Peanuts.

(Aggravates kapha and pitta predominantly)

OTHER FOODS

Other foods to be consumed

Homemade only, Jaggery, Coriander + Mint chutney.

(Home made products are easy to digest, free from all kind of preservatives and do not have any kind of adulterants)

Other foods to be avoided

All bakery products or processed foods, Cakes, Biscuits, Sauces, Fruit jellies, Jams, Mayonnaise, Ice-cream, Cream soups, Dark chocolate, Butterscotch, Coconut bar, Chutneys, Pickles, Junk food, Deep fried foods, Too salty and Spicy foods.

(They all are a good source of fat and piquant taste which can either aggravate kapha or will result in an imbalance of pitta. In both cases the end result will be imbalancing of hormones)

DRINKS

Drinks to be consumed

Vegetable soup, Herbal Tea, Wheatgrass juice, Amla Juice, Carrot juice, Triphala Juice, Cranberry juice, Pumpkin juice, Papaya juice.

(All kind of homemade juices and soups are very healthy and source of good amount of nutrient and minerals)

Drinks to be avoided

Bakery and Processed foods, Pastry, Puddings, Packed soups, Mayonnaise, Cream soups, Chocolate, Fudge, Butterscotch, Coconut bar, All fried foods, Junk foods, Sauces etc, Fruit jellies, Jams, Refined sugar, Marmalade, Sweeteners, Chutneys, Pickle, Ice-cream, Sauces etc.

(They all are packed, contains preservatives, irritates gastric mucosa, causes disbalance of hormones and must be avoided as much as you can)

DIET TIPS

- Water intake should be Adequate.
- Walk / Physical activity for 45 min is recommended.
- Small and frequent meals should be taken
- Whole fruit should be preferred to fruit juices.
- Skipping meals should be avoided, especially breakfast.
- Skipping of some particular articles should be avoided at least 10 days prior to onset of cycle
- Dieting must be avoided at least a week before starting of cycle
- Late night sleeping should be avoided. Try to sleep on time
- A healthy early morning routine must be followed
- Bathing with cold water is to be avoided especially during the cycle
- Head wash must be avoided during the cycle
- Excessive intake of sweets to relieve pain in menses is to be avoided and daily habit of golden milk intake is to be followed.

(Diet and lifestyle modifications are very important and they are really helpful in coping up this condition)

Diet Plan for Amyloidosis



Amyloidosis is rare and very serious disease which occurs by accumulation of abnormal protein in various tissues and organs of the body. These abnormal protein are called amyloid. Amyloidosis occurs because of gene mutations. These mutations change the properties of protein and make them insoluble. Amyloid protein deposits in organs like kidneys, heart, liver, intestines and disturbs the normal functioning of these organ and sometime cause the organ damage.

There is no specific diet for amyloidosis because it can affect various organs and diet is according to that organ. Like low sodium diet for heart and kidney, low protein diet for kidney, high carbohydrate and low fat diet for the liver so healthy diet is beneficial as per symptoms of the person.

DIET CHART FOR AMYLOIDOSIS

EARLY-MORNING

Warm water + 1tsp Flax seeds

BREAKFAST

Broken wheat porridge / Veg Semolina (veg upma) / Veg Vermicelli / Veg Idli / Semolina pancake / Besan pancake (gram flour) / Missi Roti /Oats/ Stuffed Chapatti / Chapatti with Veg or Dal + Egg white

MID-MORNING

Fruit / Fruit juice / Herbal tea / Coconut water/ Coconut milk

LUNCH

Chapatti+ Rice + Salad + Vegetable + Dal / Chicken (Once in week)

EVENING TIME

Roasted chane/ homemade soup / Vermicelli / Herbal tea

DINNER

Chapatti + Vegetable + Dal

DIET INSTRUCTIONS

CEREALS

Cereals to be consumed

Wheat, White rice, Brown rice, Oats, Quinoa, Brown bread

Chapatti ratio -Wheat flour (50%), Black chana (20%), Bran (10%), Soybean (20%)

Cereals to be avoided

Refined flour

FRUITS

Fruits to be consumed

Avocados, Apples, Apricots, Peas, Water melon, Papaya

Fruits to be avoided

Orange, Lime, Kiwi, Strawberries

VEGETABLES

Vegetables to be consumed

Bitter gourd , Bottle gourd , Ridge gourd , Pumpkin , Spinach , Kale , Sweet Potatoes , Kale , Lettuce , Carrot, Cauliflower , Broccoli , Cabbage .

Vegetables to be avoided

Eggplant, Okra, Tomato, Onion, Ginger, Garlic, Canned vegetables

PULSES

Pulses to be consumed

Green grams (Moong dal), Orange lentils (masoor dal)

Pulses to be avoided

Chickpea, Kidney beans, Black grams, White beans

DAIRY PRODUCTS

Dairy Products to be consumed

Null

Dairy Products to be avoided

Whole milk and cream, full fat yoghurt, Cheese, Cream cheese, Condensed milk

SPICES

Spices to be consumed

Turmeric, Oregano, Cumin, Coriander, Fennel, Thyme

Spices to be avoided

Table salt, Chilly

DRINKS

Drinks to be consumed

Green tea, Coconut water, Green juice, Herbal tea

Drinks to be avoided

Carbonated and alcoholic drinks

FLESH FOODS

Flesh Foods to be consumed

Lean meat, Chicken, Cold water fish like Mackerel, Salmon, Herring (once in week)

Flesh Foods to be avoided

Red meat, Smoked and canned fish, fried Chicken / Meat/ Fish

SEEDS AND DRY FRUITS

Dry Fruits to be consumed

Flax seeds, Almonds, Walnuts (soaked)

Dry Fruits to be avoided

Cashew, Peanuts

OILS

Oils to be consumed

Olive oil, Mustard oil, Cow ghee

Oils to be avoided

Hydrogenated oils, palm oil

OTHER FOODS

Other Foods to be consumed

Homemade only

Other Foods to be avoided

Processed foods, Fried food, Margarine, Mayonnaise, Soy sauce , Soda , Junk food , Chips , Pastries , Cakes .

LIFESTYLE AND DIETARY TIPS

- Do not skip any meal specially breakfast.
- Drink 8-10 glasses of water a day
- Increase servings of seasonal fruits and vegetables.
- Small meals should be taken.

Diet Plan for Anal Fistula



Anal fistula is a narrow tunnel with its internal opening in the anal canal and its external opening in the skin near the anus. If there is infection in the anal canal a channel is build and there is oozing of pus. The tract formed by this process is called fistula. It is very irritating and painful because of drainage of pus. Low fiber diet, poor and unhealthy life style and stress are the main causes to fistula. Constipation is one of the major causes to this and high fiber diet is beneficial in fighting with anal fistula.

DIET CHART FOR ANAL FISTULA

EARLY-MORNING

Warm water / soaked almonds or Walnuts.

BREAKFAST

Broken wheat porridge / Veg Semolina (veg upma) / Veg Vermicelli / Veg Idli / Semolina pancake / Besan pancake (gram flour) / Missi Roti / Oats / Stuffed Chapatti / Chapatti with Veg or Dal / Egg white

MID-MORNING

Fruit / Fruit juice / Herbal tea / Coconut water / Coconut milk

LUNCH

Chapatti + Brown Rice + Salad + Vegetable + Dal

EVENING

Roasted chane / homemade soup / Vermicelli / Herbal tea

DINNER

Chapatti + Vegetable + Dal

BED TIME

NIL

DIET INSTRUCTIONS

CEREALS

Cereals to be consumed

Wheat, Oats, Quinoa, Brown rice, Ragi

Chapatti ratio - Wheat flour (50%), Black chana (20%), Bran (10%), Soybean (20%)

Cereals to be avoided

White bread, Whole refined flour and its products, White rice, Whole wheat, Sorghum, Corn

FRUITS

Fruits to be consumed

Apple, Pear, Watermelon, Pineapple, Coconut, Litchi, Papaya, Sapodilla, Peach, Plums

Fruits to be avoided

Banana, Persimmon

VEGETABLES

Vegetables to be consumed

Pumpkin, Peas, Cabbage, Cauliflower, Green leafy vegetables, Radish, Turnip, Tomato, Bean, Potato, Car, Beetroot, Broccoli, Beans, Bitter gourd, Ridge gourd.

Vegetables to be avoided

Okra, Frozen vegetables

PULSES

Pulses to be consumed

All pulses and legumes

Pulses to be avoided

Nil

DAIRY PRODUCTS

Dairy Products to be consumed

NIL

Dairy Products to be avoided

Whole milk and cream, full fat yoghurt, Cheese, Cream cheese, Condensed milk

SPICES

Spices to be consumed

Cumin, Coriander, Turmeric, Anise, Fennel, Clove, Cinnamon

Spices to be avoided

Red chili, Green chili

DRINKS

Drinks to be consumed

Homemade vegetable and fruits juice, Green juice, Coconut water, Herbal tea, Sugarcane juice

Drinks to be avoided

Canned soup and packaged soup, Alcohol, Carbonated drinks.

FLESH FOODS

Flesh Foods to be consumed

Egg, Roasted or grilled meats, Chicken or Fish (Occasionally)

Flesh Foods to be avoided

Red meat, fried chicken or fish

SEEDS AND DRY FRUITS

Dry Fruits to be consumed

Almonds, Walnuts, Flax seeds, Chia seeds, Pumpkin seeds, Raisins

Dry Fruits to be avoided

Nil

OILS

Oils to be consumed

Cow ghee, canola oil, Olive oil, Mustard oil

Oils to be avoided

Coconut oil, butter, Palm oil

OTHER FOODS

Other Foods to be consumed

Honey, Jaggery

Other Foods to be avoided

All bakery and processed foods, Pastries, Burger, Pizza, Biscuit, Refined flour, fried food, Junk food.

LIFESTYLE AND DIETARY TIPS

- Do not eat heavy meals.
- Drink plenty of water.
- Avoid eating spicy and junk food.
- Take well- balanced Diet.
- Skipping meals should be avoided.
- Consume high fiber diet.

Diet Plan for Anemia



Anemia is a nutritional disorder in which hemoglobin level reduces and this happens due to lack of iron and certain vitamins. Anemia is caused due to deficiency of iron, vitamin B – 12 and folic acid because these nutrients are required for production of red blood cells. Some people add these nutrients in their diet but still they are anemic. The reason behind it is that their intestine is not able to absorb these. Basically anemia has three main causes – Blood loss, Lack of RBC production and high RBC cell destruction. Certain disease affect small intestine and their ability to absorb nutrients like celiac disease, crohn's disease. So a balanced diet is needed to maintain the good health.

DIET CHART FOR ANEMIA

EARLY-MORNING

Warm water / soaked almonds / Cashew / Walnuts.

BREAKFAST

Broken wheat porridge / Veg Semolina (veg upma) / Veg Vermicelli / Veg poha (Rice flakes) / Veg Idli / Brown Bread Sandwich / Semolina pancake / Besan pancake (gram flour) / Missi Roti / Stuffed Chapatti / Chapatti with Veg or Dal / Skimmed Milk / + Egg white

MID-MORNING

Fruit / Fruit juice / Herbal tea / Coconut water / Dates

LUNCH

Chapatti + Rice + Salad + Vegetable + Dal / Baked or steam chicken

EVENING

Roasted gram / Rice flakes / homemade soup / Vermicelli / Poha / Herbal tea

DINNER

Chapatti + Vegetable + Dal

BED TIME

Milk

DIET INSTRUCTIONS

CEREALS

Cereals to be consumed

Rice, Barley, Quinoa

Chapatti Ratio - Wheat flour (50%), Black chana (20%), Soybean (30%)

Cereals to be avoided

Whole refined flour and its products, Brown rice, Maggie, Whole wheat, Oats, Sorghum, Corn.

FRUITS

Fruits to be consumed

Apples, Pears, Figs, Apricots, Plums, Kiwi, Orange, Guava, Pomegranate, Strawberries, Banana, Dates

Fruits to be avoided

Grapes, Frozen and Canned fruits

VEGETABLES

Vegetables to be consumed

Green leafy vegetables – Fenugreek, Spinach, Broccoli, Pumpkin, Carrot, Tomato, Radish, Cabbage, Cauliflower, Beetroot, Red and green peppers

Vegetables to be avoided

Canned vegetables

PULSES

Pulses to be consumed

Lentils, Legumes Moong beans

Pulses to be avoided

Kidney beans, Chick peas (in limit), Frozen and dried pulses

DAIRY PRODUCTS

Dairy Products to be consumed

Skimmed Milk, Curd, Yoghurt, Butter, Butter milk

Dairy Products to be avoided

Cheese, Cream

NOTE: Goat milk is good for anemic patient.

SPICES

Spices to be consumed

Turmeric, Fenugreek, Parsley, Black pepper, basil, cardamom

Spices to be avoided

Sea salt should be taken in limit.

DRINKS

Drinks to be consumed

Herbal tea, homemade fruit juice, Green juice, wheatgrass juice, coconut water, Amla juice

Drinks to be avoided

Carbonated drinks, Alcohol, Canned juices, Preserved juices, Coffee, Tea, Maple syrup

FLESH FOODS

Flesh Foods to be consumed

Chicken, Shrimp, Fish (tuna, salmon), sea food

Flesh Foods to be avoided

Beef, pork

SEEDS AND DRY FRUITS

Dry Fruits to be consumed

Nuts, Apricots, Raisins, Almonds, Sunflower seed, Pumpkin seeds, hemp seeds

Dry Fruits to be avoided

Brazil nuts and Macadamia nuts

OILS

Oils to be consumed

Canola oil, olive oil, cow ghee, Mustard oil, sunflower oil

Oils to be avoided

Margarine

OTHER FOODS

Other Foods to be consumed

Honey, Jaggery, Tofu (limited quantity)

Other Foods to be avoided

Spicy food, Deep fried food, Desserts, Sugar, white bread, Pasta

LIFESTYLE AND DIETARY TIPS

- Take healthy Balanced diet.
- Water intake should be appropriate, at least 8-9 glasses a day
- Take proper sleep.
- Avoid skipping meals and also overcooked food.
- Yoga and meditation is recommended.

Diet Plan for Arthritis



Arthritis is characterized by swollen and painful one or more joints. Stiffed and painful joints are the main complaints presented in Arthritis. The peculiar point is that these complaints worsen with age. There are different types of arthritis from which the more commonly occurring are rheumatoid arthritis and osteoarthritis. In Osteoarthritis there occurs breakdown of bone cartilages. While in Rheumatoid arthritis the body's own immune system attacks the joints causing damage to them. Increased uric acid, lupus or psoriasis causes the other form of arthritis.

Along with the medicines, you must need to control your diet in order to get treated. There are certain foods which increase the inflammation and worsen the disease so it needs to be avoided and on the other hand some foods help in healing.

DIET CHART

EARLY-MORNING

Amla juice / Herbal tea

BREAKFAST

Sprouts / Vegetable soup / Vegetable sandwich / Egg sandwich / Green tea

MID-MORNING

Coconut water / Fruit / Herbal tea

LUNCH

Chapatti / Curry / Parboiled rice / Veg pulav / Vegetables / Dal / Low fat curd

EVENING

Toast / Green tea / Black tea / Herbal tea

DINNER

Vegetable curry / Chapatti / Veg dalia / Dal / Broken wheat upma

DIET INSTRUCTIONS

CEREALS

Cereals to be consumed

Quinoa, Buckwheat, Brown rice, Oats, Little millet, Corn, Kamut, Wheat

Cereals to be avoided

Barley, Rye, White rice

FRUITS

Fruits to be consumed

Apple, Banana, Cheery, Avocado, Peaches, Pear, Pomegranate, Sapodilla, Apricot, Blueberry, Amla

Fruits to be avoided

All citrus fruits like lemon, oranges, sweet lemon, etc; Strawberry, Mango, Kiwi

VEGETABLES

Vegetables to be consumed

Ridge gourd, Pumpkin, Spinach, Potato, Drumstick, Carrot, Broccoli, Onion, Ginger, Beetroot, Bitter gourd, Round gourd, Mushroom, Bottle gourd, Kale, Zucchini, Turnips, Beans

Vegetables to be avoided

Tomatoes, Eggplant or Brinjal, Radish

PULSES

Pulses to be consumed

All pulses and legumes

Pulses to be avoided

None but limit the use of Black gram / Kidney beans

DAIRY PRODUCTS

Dairy Products to be consumed

Occasionally or limited intake of ghee, Skimmed milk (by adding turmeric) and Low fat Yogurt

Dairy Products to be avoided

All the other milk products

OILS

Oils to be consumed

Sunflower oil, ghee, Olive oil, Mustard oil, Rice bran oil

Oils to be avoided

Canola oil, Palm oil, Coconut oil

SPICES

Spices to be consumed

Turmeric, Cumin, Coriander, Ginger, Fennel, Peppers, Curry leaves, Mustard seeds

Spices to be avoided

Pimiento, Red chilli

DRINKS

Drinks to be consumed

Vegetable soups, Coconut water, Herbal tea, Green tea, Juices, Skimmed milk (Occasionally)

Drinks to be avoided

Alcoholic beverages, Cream based drinks, Full fat milk based drinks, Canned drinks, Carbonated and sweetened drinks

FLESH FOODS

Flesh Foods to be consumed

Eggs, Fish, lean chicken (Occasionally), (Take both Baked or grilled)

Flesh Foods to be avoided

Beef, Pork, Red meat, Prawns

DRY-FRUITS / SEEDS

Dry Fruits to be consumed

Flax seeds, Sunflower seeds, Almonds, Walnut, (Soaked one)

Dry Fruits to be avoided

Cashew, Pistachios, Peanuts

PREPARED FOODS

Prepared Foods to be consumed

None

Prepared Foods to be avoided

Bakery foods, processed and packaged food, Fried food, Junk Food, Pickles, Refined sugar, Vinegar

SWEETENERS

Sweeteners to be consumed

Honey

Sweeteners to be avoided

Jaggery, Sugar, All the artificial sweeteners

HOME REMEDIES

- Manage your weight. If you are overweight, reduce it as extra weight puts more pressure on knees, feet, hips and other joints.
- Go for light exercises like walking, cycling, or swimming. It helps in managing weight and also maintain good flexibility of joints
- Yoga can help in reduction of stress, eases joint pains and improves joint flexibility. The asanas that can be done in this condition (under supervision) are:
 - Eagle pose
 - Forward bend
 - Bow pose
 - Camel pose
 - Head to knee pose
 - Knee to chest pose
 - Child's pose
- Abhyanga massage can be a good way to relieve arthritic pain. It is a sort of oil massage which can be done at home also with sesame oil.
- Take some castor oil mixed with turmeric and rub it on the painful joint. Then wrap that joint with a towel and place a hot bottle over it (as your body feels better) for around 10 minutes.
- Pranayama can be a good option to ease the arthritic pain as it has been used since ancient times to treat various illnesses like arthritis.

LIFESTYLE INSTRUCTIONS

- Drink at least 8-10 glasses of water daily
- Avoid stress as it is also a triggering factor. You can do Yoga and meditation for it

DIET CHART FOR ASCITES



INTRODUCTION

Ascites is the accumulation of fluid in the peritoneal cavity, causing abdominal swelling and rapid weight gain. Ascites causes body to retain sodium, which in turns leads to fluid retention. A low-sodium, low-fat, and high-fiber diet that focuses on eating fresh vegetables and fruits, lean proteins and legumes, may help prevent a body from retaining extra fluid. A high sodium diet, baked products, red meat, high-fat, refined carbohydrates, sugar beverages, junk food and fried food prepared in hydrogenated oil increases problem by causing body to retain water. Reducing table salt intake is also important to treat ascites as salt leads to accumulation.

DAILY DIET SCHEDULE

EARLY MORNING

Barley water can be used in the morning empty stomach.

(Half tablespoon of Barley seeds are soaked in water overnight in one glass of water)

BREAKFAST

Broken wheat porridge (Veg Dalia) / Veg Semolina (veg upma) / Veg Vermicelli (Sewian) / Veg poha (Rice flakes) / Veg Oats / Semolina pancake / Stuffed Chapati / Chapati with veg or Dal / 1- egg's white part only

(A light breakfast is very beneficial in increasing digestive fire)

MID-MORNING

Fruits / Steamed Salad / Dandelion tea

(They are way best to provide nutrition and avoid remaining empty stomach for long hours)

LUNCH

Plain chapati / Boiled Rice / Veg / Dal + Steamed salad

(Light lunch helps in preventing weakness in case of ascites)

EVENING

Herbal Tea / Green tea / Ginger tea / Roasted Rice flakes

(They can be consumed as snacks to avoid cravings)

PRE DINNER

Soups (Home-made)

(Blackgram soup, kushmand soup (Ash gourd))

(These are best for body strengthening)

DINNER

Plain chapati / Boiled Rice / Veg khichdi / Veg Dalia / Veg + Dal

(Having light dinner avoids constipation and indigestion)

DIET INSTRUCTIONS

CEREALS

CEREALS TO BE CONSUMED

Whole wheat flour, Oats, Whole grains cereals, Porridge, Brown rice, Rice flakes, Puffed rice, Whole grain bread, Barley, Quinoa, Millets like pearl millets, foxtail millets, kodo millets, finger millets

(They are easy to digest and do not cause any kind of indigestion, gas or constipation)

CEREALS TO BE AVOIDED

White refined flour, Corns, White rice, White bread, corn flour, white rice

(These all suppress the already diminishing agni causing more complications)

PULSES

PULSES TO BE CONSUMED

Split with skin removed pulses like Green moong, Yellow moong, pink lentils, tuvar dal (pigeon peas)

(Pulses are the good source of nutrition and are really helpful in avoiding weakness and fatigue)

PULSES TO BE AVOIDED

Whole pulses, Soya products, dried pulses, frozen pulses, kidney beans, black gram, black lentils, chickpeas

(These pulses causes suppression of agni)

FRUITS

FRUITS TO BE CONSUMED

Banana, Avocadoes, Apple, Pomegranate, Muskmelon, Papaya, Dates, Figs, Pears

(Fruits are source of abundant vitamins and minerals which are also important for body)

FRUITS TO BE AVOIDED

All citrus fruits, Canned and packaged fruits, Coconut, watermelon, lichi, berries, strawberries

(These fruits are responsible for dosha vitiation and hence can increase the problem)

VEGETABLES

VEGETABLES TO BE CONSUMED

Broccoli, Carrots, Onion, Garlic, Beans, Cabbage, Bottle gourd, Ridge gourd, Round gourd, Bitter gourd, Cauliflower, Green peas, Potatoes, Radish, Turnip

(They help in enhancing the digestive fire due to their laghu property which means easy to digest property)

VEGETABLES TO BE AVOIDED

Green leafy vegetables, Tomato, Mushroom, Olives, Celery, Red pepper, Yam, Sweet potatoes, Taro roots, Jackfruit, Dried beans and too much soy products

(They are no easily digestible, vitiates dosha and hence result in accumulation of water in abdomen at faster level)

FLESH FOODS

FLESH FOODS TO BE CONSUMED (ONCE IN A 15 DAYS)

Eggs white part only, Roasted or Grilled, Lean meat, Fish and Skinless chicken

(White portion of egg is really helpful in balancing albumin levels. Albumin levels help in maintaining oncotic pressure thus reduces water accumulation in body)

FLESH FOODS TO BE AVOIDED

Prawns, Lobster, Crab, Lean beef, Pork, Lamb, Ham, Very lean minced meat, Turkey, Veal, Rabbit, Egg yolk, Fish roe, Sausages, Mutton, Salami, Bacon, Duck, Goose, Meat pies, Visible fat on meat, Organ meat like Liver, Kidney, Chest, Red meat, Smoked and canned fish, Marbled and fatty Meats

(They aggravate kapha and have a very bad impact on agni. Their consumption can make situation more worse)

SPICES

SPICES TO BE CONSUMED

Fennel, Turmeric, Cumin, Thyme, Black pepper, Coriander, Rock Salt (limited), Cardamom, Cinnamon, Fenugreek, dry methi leaves, fresh coriander leaves

(These spices are very beneficial in enhancing digestive agni, maintains desirable digestive agni and improves all ver digestion)

SPICES TO BE AVOIDED

Red chili, Table Salt, ginger

(Chilli and ginger can increase the intensity of symptoms. On the other hand salt will help in water accumulation as it has high sodium levels which is responsible for water retention)

DAIRY PRODUCTS

DAIRY PRODUCTS TO BE CONSUMED

Nil

DAIRY PRODUCTS TO BE AVOIDED

Whole milk and cream, Cream cheese, Condensed milk, Cocoa butter, Low-fat cheese, Low-fat milk, Tofu, Soya milk, butter, flavoured yogurt

(They are responsible for agni mandya and thus makes situation more severe)

DRY FRUITS AND SEEDS

DRY FRUITS AND SEEDS TO BE CONSUMED

Flax seeds, Pumpkin seeds, Walnuts, Almonds

(Dry fruits are very essential as they are the source of micronutrients which are very essential for the body and its metabolism)

DRY FRUITS AND SEEDS TO BE AVOIDED

Cashew nuts, Pistachio, Peanuts, Raisins, peanuts

(They cause dosha aggravation)

OIL

OIL TO BE CONSUMED

Canola oil, Cow ghee, Rice bran oil

(They help in improving and igniting the agni)

OIL TO BE AVOIDED

Butter, Palm oil, Coconut oil, Hydrogenated oil, Olive oil

(They diminish the agni thus causing symptom aggravation)

OTHER FOODS

OTHER FOODS TO BE CONSUMED

Homemade articles including jaggery

(Homemade article are best in reducing the dosha accumulation, have no preservatives hence have only positive effect on body)

OTHER FOODS TO BE AVOIDED

All bakery and processed products, Maggie, Pasta, Macaroni, Tomato Sauces, Fruit jellies, Jams, Mayonnaise, White sugar, Ice-cream, Cream soups, Dark chocolate, Butterscotch, Coconut bar, Chutneys, Pickles, Junk food, Deep fried foods, All Spicy foods, Too much salty food, Buttered popcorn, Soya sauce.

(Above mentioned all food articles have negative effect on body and thus have negative impact on already weakened agni)

DRINKS

DRINKS TO BE CONSUMED

Coconut water, Buttermilk, Clear soups, Green tea, Herbal tea, Pomegranate juice, Carrot juice, Ginger tea, Dandelion tea, Radish juice, Garlic juice

(They are very potent in stabilizing body enzymes and tridosha)

DRINKS TO BE AVOIDED

Whole milk drinks, Cream based liqueurs, Canned soup and packaged soup, Alcohol, Sweetened drinks, Squashes, Hot chocolate drinks, Diet soda, Coffee, Tea

(These contains preservatives which do not have good impact on body and on its systems)

DIET TIPS

- Walking for at least 30 min is recommended.
- Whole fruit should be preferred to fruit juices.
- Skipping of meals should be avoided, especially the breakfast
- 6 -Soaked Almond per day
- Limit total liquid intake to 1.5 liter per day including teas, water, soups and juices
- Cleanliness and hygiene should be maintained.
- Low- sodium diet or no sodium diet is to be taken as per the amount of accumulation of fluid in abdomen
- Avoid sitting while hanging your legs, it may cause water retention in feet resulting in swelling
- Try to sleep early at night and avoid late night or post dinner eating

HOME REMEDIES

FENUGREEK SEEDS

Soak the fenugreek seeds overnight. Drink fenugreek water every day in the morning.

GARLIC JUICE

Drink half a tablespoon of garlic juice on an empty stomach.

GINGER TEA

Crush the ginger slightly and put it in the cup of hot water. Steep for five to seven minutes. Drink a cup of ginger tea thrice a day after every meal.

CARROT JUICE

Drink carrot juice once every day and add some ginger juice for flavor.

RADISH JUICE

Consuming a glass of radish juice once or twice a day can provide relief. Especially in cases due to liver problems.

PUNARNAVA HERB

Grind the herbal root to get a fine powder. Take about 3g of this powder with a glass of lukewarm water. Take this thrice a day.

DANDELION TEA

You can drink up to three cups of dandelion root tea in a day. Steep the dandelion root in hot water for 10 minutes. Strain the decoction and let it cool down.

HERBAL TEA

Boil ½ tsp each of fennel, coriander, cumin in cups of water till it's reduced to 2 cups.

(Above mentioned home remedies are really useful in enhancing digestive fire which in return balances dosha and thus gradual improvement in symptoms is noticed)

Diet Plan for Asthma



Bronchial asthma is becoming very common in the society and now even children are also getting its symptoms very often. Reason for this is the environmental changes which are going on aggressively and have a very bad effect on the ones which have low immunity specially children and old age people. Bronchial asthma is basically a condition in which there is inflammation in the airways and hence there is narrowing of pathways resulting in breathlessness or difficulty breathing, production of mucus, short breaths and wheezing sounds. If the disease becomes chronic then it can interfere with the daily activities of a person. Following is a complete diet chart that helps in avoiding recurrent asthma attacks and improving one's condition. It can be easily followed in children as well as in adults. In Ayurveda the condition is called as tamak shwas and is the result of imbalanced kapha as well as pitta. The diet plan helps in balancing both of the dosha.

DIET CHART FOR ASTHMA

EARLY-MORNING

Have a glass of lukewarm water on an empty stomach after passing stool and brushing teeth

(This will help in enhancement of digestive functions and also makes digestion better. Moreover it helps in getting rid of the accumulated kapha in the throat as well in chest)

BREAKFAST

Vegetable Dalia / Broken wheat porridge / Veg Semolina (veg upma) / Veg Vermicelli / Veg poha (Rice flakes) / Veg Idli/ Veg Oats / Missi Roti / Chapati with Veg or Dal / 1 egg white only/ or gram flour chilla

(Light breakfast is very effective in keeping digestion intact and does not cause accumulation of endotoxins. It also helps in reduction in the production of kapha dosha)

MID-MORNING

Fruits

(They help in keeping body hydrated)

LUNCH

Chapati + Vegetable + Dal + salad

(The lunch should be healthy, light and nutritious)

EVENING

Herbal tea / Ginger tea/ Sprouts / Roasted Chickpea / Rice flake Snack/ Homemade soup/
Pumpkin soups or ash gourd soups/ chicken stock

(They help in preventing long hours with an empty stomach and can prove to be body strengthening)

DINNER

Chapati + Vegetable + Dal + Salad

(Light dinner prevents indigestion and constipation. This gives less room for accumulation of endotoxins)

DIET INSTRUCTIONS

CEREALS

Cereals to be consumed

Whole wheat, Whole grains cereals, Porridge, Oats, barley flour, millets like pearl millets, foxtail, little and finger millets

(They help in keeping digestive system healthy and also prevent accumulation of endotoxins)

Cereals to be avoided

White Rice, Whole refined flour and its products, refined sugar, corn, gram flour

(They are kapha vardhak aahar which means it can aggravate kapha dosha thus the appearance of symptoms like mucus, short breath etc.)

FRUITS

Fruits to be consumed

Apple, Pear, Sugar cane, Papaya, Muskmelon, Pomegranate, Dried Fruits

(The fruits are rich in nutrition and also are a good source of hydration but there should be a specific time for their intake preferably not in evening or early morning)

Fruits to be avoided

Apricot, Peaches, Orange, Grapes, All Berries and All citrus fruits

(These fruits might aggravate the symptoms due to their cold potency or their citrus taste can aggravate pitta dosha)

VEGETABLES

Vegetables to be consumed

Cauliflower, Radish, Carrot, Peas, Broccoli, Bottle gourd, Round gourd, Bitter gourd, Beans, Garlic, Ginger, Mushroom, Cabbage, Beans, potatoes (after boiling only), cabbage, capsicum

(The vegetables are the good source of minerals and vitamins and fulfill requirement body)

Vegetables to be avoided

Eggplant, Taro roots, Onions, Okra, Dried and Canned vegetable

(They are the reason for accumulation of endotoxins thus aggravating symptoms)

PULSES

Pulses to be consumed

All Pulses

(All kind of pulses can be taken as they are the good source of protein especially horse gram soup and black gram soup)

Pulses to be avoided

Whole pulses (limited amount), Soy and its products

(Use of some pulses like black lentils, kidney beans as their excessive intake might increase dosha aggravation as they can increase pitta dosha)

DAIRY PRODUCTS

Dairy Products to be consumed

Cow's ghee

(Only cow's ghee can be consumed and occasional intake of cow's milk can be done during evening hours)

Dairy Products to be avoided

Milk and its products, Cheese, Buttermilk, Condensed milk and all other dairy products should be strictly avoided

(As mentioned earlier they aggravate symptoms because they will aggravate kapha dosha)

SPICES

Spices to be consumed

Turmeric, Cumin, Coriander Fenugreek, Fennel, Pepper, Garlic, Salt (limited), black pepper, sonth

(Use Of ginger in dried form must be done as fresh ginger generally aggravates kapha. In addition other spices makes digestion smooth and easy)

Spices to be avoided

Green chili, Red chili, Cloves

(They have a bad effect on digestion thus making digestion difficult and results in aggravation of symptoms)

DRINKS

Drinks to be consumed

Clear soups like pumpkin soup, ash gourd soup, black gram soup and black gram soups, Herbal tea, Beetroot juice, Bitter gourd juice

(They help in maintaining body's strength)

Drinks to be avoided

Alcohol, Processed and canned food, Junk food, Tea, Coffee

(They have a negative impact on digestion and body as well. The reason is they promotes accumulation of endotoxins and thus results in accumulation of dosha like pitta and kapha)

FLESH FOODS

Flesh Foods to be consumed

Egg white portion only (limit), meat soup of sheep

(It increases the body's strength, balances protein intake in the body and also gives strength to muscles. They help in liquefying the accumulated kapha dosha)

Flesh Foods to be avoided

Raw, Uncooked and Processed meat, fish especially Selfish, Shark, Swordfish, Tuna, Marlin, clams, Mussels, Oysters, Scallops, Meat patties, Burgers, Pork, Organ meat like - Liver, Kidney and Chest, Red meat, Prawns, Lobster, Crab, Turkey, Rabbit, Bacon, Duck, Goose

(These are heavy to digest and cause aggravation of symptoms especially kapha and are not good for digestion too)

SEEDS AND DRY FRUITS

Dry Fruits to be consumed

Flaxseed- ½, Sunflower seeds- 1 tsp. (per day), 1 Walnuts, 5 Almonds and 5 Raisins (soaked)

(They are the source of micro nutrients which are essential for body)

Dry Fruits to be avoided

Cashew nuts, Brazil nuts, Peanuts, Pistachios

(They are heavy to digest and do cause aggravation of symptoms)

FATS

Fats to be consumed

Cow ghee, Sunflower oil, Canola oil, Olive oil, Mustard oil

(They are the best for maintaining a good and healthy digestion)

Fats to be avoided

Unsaturated fats, Cream, Palm oil, Coconut oil, Butter, Hydrogenated oil

(They have a very negative impact on body thus resulting in endotoxin accumulation)

PREPARED FOODS

Prepared Foods to be consumed

Homemade only

(They are the best as they are free from preservatives and do not cause any harm to body)

Prepared Foods to be avoided

Packed soups, High fat dressing or mayonnaise, Chocolate, Fudge, Butterscotch, Coconut bar, all fried foods, Junk foods, Sauces etc. Peanut butter, Fruit jellies, Jams, Refined sugar, Marmalade, Sweeteners, Chutneys, Pickles, Ice-cream, etc.

(They cause accumulation of toxins)

DIET TIPS

- Walking for at least 30-45 min is recommended.
- Whole fruit should be preferred to fruit juices.
- Skipping meals should be avoided, especially breakfast.
- Water intake should be increased to at least 8-10 glasses regularly. Water should be lukewarm.
- **Herbal Tea** - Boil ½ tsp. each of Coriander, Fennel, Cumin in 3 cups of water till it's reduced to 1 cup. strain the solution and drink it. Make fresh everytime. (Two times per day)
- Seasonal fruits and vegetables should be consumed except the ones with cold potency.
- Try not to get exposed in cold air or in direct air as it will result in abrupt aggravation of symptoms.
- When feeling of heavy chest awakes try having warm water with saindhav lavan
- Have *Terminelia chebula* powder often or you can just have its fruits in a regular routine.

Above mentioned instructions are must to be followed as they prevent you from many things and mostly from aggravation of symptoms. You must understand what is good and bad for you and then should opt for the right options so that further complications can be ignored or avoided.

Ayurvedic Diet for Spring Season



Ah, the smell of the spring season is sweet as well as refreshing. The warmth of the sunshine on the skin feels so good and soothing. Spring is known as rebirth because at this time all the animals wake up from their hibernation and also have their breeding period. Spring season is the fourth season that comes after the winter season and the days are longer at this time. It is the season when blossom by blossom flowers start to grow and birds start to chirp.

In India Spring is considered the season of fertility and this season is specially celebrated with the name Vasant Panchami. It is one of the promising Hindu festivals celebrated by everyone whether belonging to any caste, religion, or state. It is the season of celebration in India where each state celebrates different festivals like Gudi Padwa is celebrated as New year in Maharashtra Ugadi in Andhra Pradesh, Holi which is the festival of colors celebrated by each state in India, and many more.

Spring brings happiness and joy in everyone's life but do you know it is the season where you have to be careful about your health too. Many people don't know that this season is really harmful to some people. So, we are going to discuss the problems that you can face this beautiful season and some Ayurvedic dietary tips that will help you to enjoy the season without any tension.

Changes In The Body During Spring Season

It is believed by many cultures that the spring season is the season of "ill wind" because there are several changes that happen during this time of the season like you can notice the stuffiness in the nose, rashes on the body, or itching in the throat and many more. You might ask how and what changes bring this beautiful season but yes every season has its pros and cons such as the spring season. Here are many health problems you might face during this time:-

Allergies

The Spring season is one of the times when the allergens roam in the environment freely. The triggering factor during this time is the shedding of pollen through plants and it's one of the biggest reasons for allergies. Insect allergies are very common during this time because you might get bitten by insects that cause pain, itching, redness, and swelling. This is a very normal reaction to allergy but for some people who have serious allergic reactions, it's a life and death situation for them. They can suffer from anaphylaxis (allergic reaction) that requires emergency medical attention and if not treated may cause death. These allergies may involve different body parts like the gut, the lungs, the mouth, the heart, and the skin. So, it's better to be careful at this time.

Asthma and Rhinitis

Spring is the season of pollen which is responsible for causing asthma and also allergic rhinitis. When outdoors it can be triggered by the change in temperature, pollen, insect repellents, and fertilizers while indoors the dust, cleaning chemicals, and molds. Those who suffer from asthma or allergic rhinitis should be more careful.

Allergic Conjunctivitis

We have all commonly seen that children during this time suffer from eye allergy and their eye turns pink. This is one of the common signs that he or she is suffering from Allergic conjunctivitis and this is caused due to an allergic reaction. Kids need to be more careful at this time if they are sensitive to pollen.

Strep Throat

Strep throat is an infection caused by bacteria known as Streptococcal and if you had it before then you need to be more careful. Strep throat can easily spread to another person through touching, coughing, and sneezing. This type of infection is very common during the spring season.

Headaches

The spring season results in the rise of temperature. People who have hot thermals or feel really hot have a habit of switching on the air conditioner which is totally wrong. They need to stop this because the difference in temperature inside out will lead to headaches. So, it is important that your body gets used to the spring season first and then worries about the hot summer weather.

Chest and Nasal Congestion

Due to the fluctuation of temperature, it is very common to feel sweaty and sometimes chilly. These fluctuations are responsible for stopping the body temperature from stabilizing and this may lead to respiratory problems. Some people might face problems like coughing, congestion in the chest, or stuffy nose.

These are the few changes and health issues that you might suffer during this time. It becomes important to take care of your diet and health in order to avoid any health issues. Our dietary habit helps in maintaining good health during this time because food is the key to stay away from seasonal symptoms.

Ayurvedic Diet In Spring Season

According to Ayurveda the cycle of the year is the cycle of life and each season has a dominance of a particular Dosha. So, the Spring season is considered Kapha season where life is slow and heavy. This season is associated with respiratory tract problems resulting in colds, allergies, and congestion. In Ayurveda, these conditions are caused due to accumulation of Ama (Toxins) and the melting of Kapha.

Melting of Kapha

The characteristic features of the Spring season are softness, moisture, increased temperature and nurturing gentleness. The Kapha has qualities like heaviness, slow and wet which is why

spring is called the Kapha season. During this season the spring melts as ice and just like that the warmth of this season liquefies the accumulated Kapha in the body.

Releasing of Ama

In the winter season, the Srotas which is the body channel get tightened and Ama meaning waste materials or toxins start to get accumulated in the cellular channels of our body. As the temperature increases, the warmth relaxes the body and expands the Srotas and it is the chance to release toxic materials.

Kapha and Ama

So, the liquefied Kapha will automatically be released from the body. But due to the fluctuation of weather, the digestive fire or Agni can be good, and sometimes it can be slow. The weak digestion or purification system can lead to the melting of Kapha which can get mixed into circulating Ama creating a cocktail of Kapha and Ama. This mixture of Kapha and Ama is known as Shleshma and the presence of this mixture can make you feel sluggish, foggy, and fatigue.

As the spring season warms the body which increases the amount of circulating Ama and this overwhelms the immune system. The body becomes more prone to infections like flu or cold. A good diet can minimize the accumulation of Ama and eliminate the excessive Kapha.

Here Are Some Ayurvedic Dietary Habits

If you see from an Ayurvedic point of view the spring season is the time when you should eat lean. Now is the time to replace heavy, sour, oily, and sweet foods with something light, dry, bitter, astringent, and pungent.

Early-Morning

Warm water mixed with one spoon of honey and half a squeezed lemon.

Breakfast

You can include Semolina, rice flakes, oats along with green vegetables like broccoli, cabbage, cauliflower, endives, and spring greens.

Mid-Morning

Include fruits like cherries, kiwis, apricots, or drink coconut water.

Lunch

Chapati with lentils and salads

Evening

Green tea along with Poha

Pre-Dinner

Green soup

Dinner

Boiled rice with lentils of any type along with salads

Some Important Instructions

- Reduce food that is salty, sour, and sweet in taste.
- Avoid foods like bananas, figs, dates, pineapple, dates, oranges, melons, and coconuts.
- Reduce the intake of heavy watery vegetables like olives, avocados, sweet potato, cucumber, and squash.
- Increase light foods asparagus, beets, carrots, cherries, fennels, kiwis, kale, lettuce in the diet.
- Include vegetables that are bitter in taste in order to reduce excessive Kapha from the body.
- Warm water with honey and lemon in the morning will help in purifying the body.
- Avoid ant snacking between the meals.
- Reduce the use of oil and ghee while cooking.
- Include spices like ginger, mustard, black pepper, asafoetida in the diet as they are pungent.
- Avoid adding spices like cardamom, cinnamon, ginger, or turmeric in the milk. Because this will only reduce the quality of milk.
- Reduce the intake of meats like beef, duck, pork as they are heavy and difficult to digest.
- Take less bread and nuts.

Recipe To Make Clean Green Soup

Ingredients:-

- One cup of Water
- Three cups of Broccoli
- Three cups of spinach
- One cup of celery
- Half a teaspoon black pepper.
- One teaspoon turmeric
- Salt to taste
- Half a slice of lemon

Directions:-

- Heat the saucepan on medium-high heat and add water along with all the vegetables, turmeric, black pepper and bring it to a boil. Turn down the heat to slow and cook it for 10 more minutes until everything is soft.
- Turn off the heat and add all the mixture into a blender and blend them until it's smooth.
- Add salt and lemon into the paste and you are ready to drink hot as well as healthy soup.

Conclusion

It is concluded that the Spring season is "kings of all the seasons" but it is also important to take care of health. As discussed this season is well known to cause health problems and Vata is more prominent. The above-mentioned Ayurvedic diet will help in reducing toxins from the body and stopping the collection of Ama.

"Eat Healthy and Stay Healthy"

Diet Plan for Back Pain Patients



Back pain is a very common condition increasing day by day among the people irrespective to the age. Constant pain is felt in the back due to some activity, injury or other medical conditions. It is also known as Backache. The reasons behind this back pain varies person to person. Consuming a diet rich in calcium and vitamin D and avoiding the food that causes inflammation provides major relief from back pain. A balanced and nutritional diet is really very important to prevent and treat this majorly rising health problem.

DIET CHART FOR BACK PAIN

EARLY-MORNING

Herbal tea / Green tea/ Soaked Almonds -5/ Walnuts -2

BREAKFAST

Veg dalia/ Veg poha (Rice flakes) / Moong dal cheela / Ragi roti/ Chapatti with veg or Dal / 1 - Egg white portion only

MID-MORNING

Fruit / Coconut water / Herbal tea / Green tea / Salad

LUNCH

Chapatti /Brown Rice /Sabudana khichdi/ Vegetable + Dal / Salad/ Non- veg (once in a week)

EVENING

Sprouts / Green tea / lentil Soup (Home-made) / Herbal tea / Salad/ Fox nut(Makhane)/ Ginger tea

DINNER

Chapatti / Brown Rice / Vegetable + Dal

BED TIME

Milk + Pinch of turmeric.

DIET INSTRUCTIONS

CEREALS

Cereals to be consumed

Wheat, White rice, Brown rice, Sorghum, Amaranth, Finger millet, Foxtail millet, Pearl millet, Buckwheat, Little millet

Flour Ratio - Wheat Atta (50%) + Soybean Atta (20%) + Ragi flour (30%)

Cereals to be avoided

Refined flour and its products

FRUITS

Fruits to be consumed

Apple, Banana, Water melon, Muskmelon, Avocado, Peaches, Pear, Coconut, Pomegranate, All types of berries , Figs, Mango, Litchi, Custard apple, Orange, Sweet lime, Sapodilla, Pineapple, Grapes

Fruits to be avoided

Canned fruits and juices

VEGETABLES

Vegetables to be consumed

Zucchini, Sweet potato, Pumpkin, Ginger, Celery, Red onion, Coriander, Radish, Broccoli, Cabbage, Cauliflower, Kale, Mushrooms, Spinach, Carrot, Peas, Fenugreek leaves, Potato, Yam, Okra, Bottle gourd, Bitter gourd.

Vegetables to be avoided

Tomatoes, Eggplant, Peppers, Canned vegetables and frozen vegetables

PULSES

Pulses to be consumed

All pulses and legumes.

Pulses to be avoided

Nil

DAIRY PRODUCTS

Dairy Products to be consumed

Low-fat milk, Tofu, Curd, Yogurt, Buttermilk, Cottage cheese, Butter

Dairy Products to be avoided

Whole milk and cream, Full-fat yoghurt, Cream cheese, Condensed milk, Unpasteurized Cheese

OILS

Oils to be consumed

Cow ghee, Sunflower oil, Canola oil, Olive oil, Mustard oil, Coconut oil

Oils to be avoided

Palm oil

SPICES

Spices to be consumed

Cumin, Coriander, Turmeric, Ginger, Fennel, Cinnamon, Carom

Spices to be avoided

Red chilies

DRINKS

Drinks to be consumed

Coconut water, Clear soups, Sugarcane juice, Home-made soups, Home-made juices

Drinks to be avoided

Whole milk drinks, Cream based liqueurs, canned soup and packaged soup, Alcohol, Sweetened drinks, Squashes, Carbonated drinks

FLESH FOODS

Flesh Foods to be consumed

Egg white, Roasted chicken, Grilled Fish, Lean meat, Skinless chicken

Flesh Foods to be avoided

Processed and fried meat, Red meat- (Beef, Lamb, Pork)

DRY-FRUITS / SEEDS

Dry Fruits to be consumed

Almond, Raisins, Ground Nuts, Walnut, Hazel nuts Peanuts, Pistachio, Cashew, Pumpkin Seeds, Chia Seeds, Flax Seeds, Sunflower Seeds, Sesame Seeds.

Dry Fruits to be avoided

Nil

PREPARED FOODS

Prepared Foods to be consumed

Jaggery

Prepared Foods to be avoided

Bakery and Processed Foods, Fried Food, Junk Food, Pickles, Artificial Sweeteners, Packed Soups, Refined Sugar

SWEETENERS

Sweeteners to be consumed

Honey

Sweeteners to be avoided

Sugar

HOME REMEDIES

- **Basil leaves** – Boil 10-12 basil leaves in 1 cup of water until it reduces to half cup. Salt can be added and drink this mixture 2 times in a day.
- **Ginger** - It can be consumed in different ways you can chew a slice of fresh ginger, drink juice of ginger 2-3 times in a day.
- **Potato** - Slice potato and soak it overnight in water. Drink this water early morning. This will give relief from back ache
- **Herbal tea** – Boil 1 tsp of fennel, coriander, cumin in 3 cups of water till it's reduced to 1 cup.
- **Turmeric** - Mix ¼ tsp of turmeric in 1 glass milk. Consume it every night. Strain the solution and drink it.
- **Coconut oil** – heat the coconut oil with camphor and massage it on back.

LIFESTYLE INSTRUCTIONS

- Maintain good posture
- Get enough sleep
- Daily Exercise
- Quit smoking
- Maintain healthy body weight
- Avoid prolonged hours of sitting
- Avoid wearing high heels
- Healthy diet- rich in calcium and vitamin D
- Yoga postures like- garudasana, ustrasana and bitilasana (cow pose) is very helpful in back pain.

Diet Plan for Bell's Palsy



Bell's palsy is a neurological disorder that causes a sudden, temporary weakness or paralysis of the muscles in the face. It occurs when the nerve that controls the facial muscles becomes inflamed or compressed. It is important to maintain a healthy, nutritious, and balanced diet to prevent and treat this problem. A soft, blend and full liquid diet is necessary in this condition. To prevent choking, avoid hard or large bite of foods, fatty, fried, and high salty foods as these are difficult to be chewed.

DIET CHART FOR BELL'S PALSYS

EARLY-MORNING

A glass of Fenugreek water

BREAKFAST

Veg Semolina (Veg upma) / Broken wheat porridge (Veg Dalia) / Veg Vermicelli (Sewian) / Veg poha (Rice flakes) / Veg Idli / Brown Bread Sandwich / Besan chilla (gram flour) / Stuffed Chapatti / Chapatti with Veg or Dal / 1 Eggs white portion

MID-MORNING

Fruit / Coconut water / Steamed salad

LUNCH

Plain chapatti / Veg pulao / Boiled rice / Veg khichri / Veg Dalia / Vegetable + Dal + Salad

EVENING

Herbal tea / Green tea / Steamed Sprouts

PRE-DINNER

Soup (Home-made)

DINNER

Plain chapatti / Vegetable / Khichari + Dal

DIET INSTRUCTIONS

CEREALS

Cereals to be consumed

Whole grains, Oatmeal, Finger millet, Soya, Corn, Millet, Quinoa.

Cereals to be avoided

Whole refined flour and White rice.

FRUITS

Fruits to be consumed

Banana, Apple, Avocado, Pineapple, Pear, Papaya, Watermelon, Muskmelon, Apricots.

Fruits to be avoided

All canned and packaged fruits, Citrus fruits.

VEGETABLES

Vegetables to be consumed

Brussels sprouts, Broccoli, Turnips, Carrot, Cabbage, Pumpkin, Sweet potatoes, Squash, Peas, Artichokes, Lettuce, Asparagus, Parsley, Green leafy vegetable, Collard greens, Turnip greens, Kale, Okra, Dandelion greens, Mustard greens, Mushroom, Spinach, Beet greens, Potatoes, Cucumber, Onion, Zucchini, Fenugreek leaves, Celery, Coriander leaves, Garlic.

Vegetables to be avoided

Tomato, Frozen vegetables.

PULSES

Pulses to be consumed

All pulses

Pulses to be avoided

Dried and frozen pulse and Black gram.

DAIRY PRODUCTS

Dairy Products to be consumed

Low-fat yogurt, Milk.

Dairy Products to be avoided

Whole milk and cream, Full-fat yoghurt, Cream cheese, Condensed milk.

SPICES

Spices to be consumed

Cumin, Coriander, Turmeric, Ginger, Pepper, Fennel, Cinnamon.

Spices to be avoided

Red and Green chillies, Mustard, Pimiento, Nutmeg.

DRINKS

Drinks to be consumed

Milk, Homemade soup, Carrot juice, Bitter Gourd juice, Aloe Vera juice, Green tea, Herbal tea.

Drinks to be avoided

Alcohol, Carbonated beverages, Canned soup, packaged soup and canned fruit juices, Caffeinated drinks, Coffee, Tea.

FLESH FOODS

Flesh Foods to be consumed

Egg white, Fish, and Lean meat (Grilled / Roasted).

Flesh Foods to be avoided

Fried or Processed meats, Prawns, Lobster, Crab, Lean beef, Pork, Lamb, Ham, Turkey, Egg yolk, Sausages, Mutton, Salami, Bacon, Duck, Goose, Hot dogs, Hamburgers, Meat pies, Red meat, Organ part such as Liver, Kidney and Chest.

NUTS AND DRY FRUITS

Dry Fruits to be consumed

Flax seed, Pumpkin seed, Walnut, Almond, Dried raisins and Apricots.

Dry Fruits to be avoided

Cashew nuts, Peanuts.

FATS

Fats to be consumed

Cow ghee, Mustard oil, Olive oil, Canola oil, Rice bran oil. Coconut oil

Fats to be avoided

Unsaturated fats, Cream, Palm oil, Butter.

OTHER FOODS

Other Foods to be consumed

Homemade only, Jaggery.

Other Foods to be avoided

All bakery products or processed, Sauces, Fruit jellies, Jams, Mayonnaise, Ice-cream, Cream soups, Dark chocolate, Butter scotch, Coconut bar, Chutneys, Pickles, Junk food, Deep fried foods, Spicy foods, Too much salty food.

DIET TIPS

- Walk for at least 30-45 min is recommended.
- Whole fruit should be preferred to fruit juices.
- Skipping of meals should be avoided, especially the breakfast.
- 6-Soaked Almond per day.
- Water intake should be increased at least 8-10 glass regularly.

Diet Plan for Breast Development



Breast development is a biological process that takes place throughout a female's life and the hormones involved in the breast development process are estrogens, progesterone and growth hormone (GH). As this is a sign of femininity and also adds charm to women's personalities, so this is a big concern among females with small breasts. Breast development ceases at menopause. A diet rich in Calcium, phosphorus, iron, and protein is beneficial for the proper development of breasts.

DIET CHART FOR BREAST DEVELOPMENT

EARLY-MORNING

1 glass of water + 1 tsp flax seed

BREAKFAST

Veg Oats / Veg Poha / Chapatti with vegetable / Veg Dalia / Veg suji Chilla / Veg idli / Suji kheer / Veg Upma / Veg Sewian + 1 cup of Milk

MID-MORNING

Fruits / Lassi / Coconut water (fresh)

LUNCH

Veg Khichdi / Veg Dalia / 2 Chapatti / 1 bowl of boiled rice + 1 bowl of vegetable + 1 cup of dal / curd

EVENING

Roasted chane / Rice flakes / homemade soup / Vermicelli / Poha / Herbal tea

DINNER

Veg khichri / Veg Dalia / 2 Chapatti / 1 cup of boiled rice + 1 bowl of vegetable + 1 bowl of dal

BED TIME

Milk

DIET INSTRUCTIONS

CEREALS

Cereals to be consumed

Brown rice, Wheat, Barley, Oats

Cereals to be avoided

Refined cereals

FRUITS

Fruits to be consumed

Apples, Pomegranate, Peaches, Plums, Raspberry, Strawberry, Cherries, Grapes, Guava, Orange, Sapodilla, Mango, Pear, Kiwi, Papaya, Pineapple, Dates

Fruits to be avoided

Canned or packaged fruits

VEGETABLES

Vegetables to be consumed

Green leafy vegetables, Cabbage, Cauliflower, Onion, Cucumber, Broccoli, Kale, Carrot, Celery, Beans, Peas, Asparagus, Potatoes, Sweet potatoes, Radish, Bitter gourd, Bottle gourd, Ridge gourd, Eggplant, Capsicum, Turnip, Legumes .

Vegetables to be avoided

Canned vegetables and frozen vegetables.

PULSES

Pulses to be consumed

All Lentils, legumes and soybean

Pulses to be avoided

Dried and Frozen pulses

DAIRY PRODUCTS

Dairy Products to be consumed

Saturated milk, yoghurt, buttermilk, Soymilk, tofu, Cheese

Dairy Products to be avoided

Condensed milk, raw milk, unpasteurized cheese

SPICES

Spices to be consumed

Fenugreek, fennel, Turmeric, Salt, cumin

Spices to be avoided

Red chilies

DRINKS

Drinks to be consumed

Coconut water, homemade juices, green juice, herbal tea, Beetroot juice

Drinks to be avoided

Canned soup, packaged soup, Alcohol, Carbonated drinks

FLESH FOODS

Flesh Foods to be consumed

Chicken, oysters, shellfish, Lean meat, Prawns, Egg white

Flesh Foods to be avoided

Nil

SEEDS AND DRY FRUITS

Dry Fruits to be consumed

Flax seeds, sesame seeds, sunflower seeds, Cashew, Walnuts, Peanuts, Almonds, Pumpkin seeds

Dry Fruits to be avoided

Nil

OILS

Oils to be consumed

Cow ghee, Canola oil, Olive oil, Sunflower oil, Mustard oil

Oils to be avoided

Unsaturated fats, Palm oil

OTHER FOODS

Other Foods to be consumed

Jaggery, homemade soups

Other Foods to be avoided

Refined sugar, Caffeine, junk food, oily food, tea, dark chocolate, milk chocolate, Maida biscuits, pepper , Chutneys and all fried food

LIFESTYLE AND DIETARY TIPS

- Consume well-balanced diet.
- Avoid skipping meals
- Quit bad habits such as smoking and alcohol consumption.
- Take Proper sleep.
- Regular Exercise and meditation is recommended.

Life Supporting Diet Chart for Cancer Patients



Cancer is an abnormal and uncontrolled division of the cells which result in malignant growths or tumors. Cancer cells divide very rapidly and disturb the functions of the normal cells hence affect all the systems of our body. In this condition a balanced and nutritious diet is very important. Try to take lots of high-calorie, high-protein, and antioxidants rich diet.

DIET CHART TO SUPPORT LIFE

EARLY-MORNING

Warm water

BREAKFAST

Broken wheat porridge / Veg Semolina (veg upma) / Veg Vermicelli / Veg Idli / Missi Roti / Oats / Stuffed Chapatti / Chapatti with Veg or Dal / Skimmed Milk + Egg white

MID-MORNING

Fruits / Fruit juice / Herbal tea / Coconut water

LUNCH

Chapatti + Rice + Salad + Vegetable + Dal

EVENING TIME

Roasted chane / Rice flakes / Homemade soup / Herbal tea / Roasted pumpkin seeds

DINNER

Chapatti + Vegetable + Dal

DIET INSTRUCTIONS

CEREALS

Cereals to be consumed

Buckwheat, Brown rice, Millets, Wheat, Sorghum

Cereals to be avoided

Whole refined flour, white rice and refined grains.

FRUITS

Fruits to be consumed

Cherries, Melons, Dates, Apples, Kiwi, Papaya, Peaches, Figs, Blueberries, Watermelons, Banana, Avocado, Jamun, Guava

Fruits to be avoided

Prunes, Sour plums, Canned fruits and juices .

VEGETABLES

Vegetables to be consumed

Asparagus, Onions, Parsley, Broccoli, Spinach, Ash gourd, Ridge gourd, Carrot, Mushrooms, Cabbage, Okra, Peas, Round gourd, Pumpkin, Lettuce, Celery, Zucchini, Sweet potatoes .

Vegetables to be avoided

Canned vegetables

PULSES

Pulses to be consumed

Green gram, Red lentils and Split chick peas.

Pulses to be avoided

Black gram, Horse gram.

DAIRY PRODUCTS

Dairy Products to be consumed

Milk (occasionally)

Dairy Products to be avoided

High fat milk, Yogurt, Buttermilk, Cheese, Custard, Butter

SPICES

Spices to be consumed

Cumin, Coriander, Turmeric, Ginger, Pepper, Fennel, Thyme, Cinnamon.

Spices to be avoided

Red chillies

DRINKS

Drinks to be consumed

Coconut water, Green tea, Herbal tea, Soups, Amla juice, Red Juices, Green Juices, Fruit juices

Drinks to be avoided

Alcohol, Soft drinks, Packed juices.

FLESH FOODS

Flesh Foods to be consumed

Chicken soup, Grilled fish (Salmon or Rohu) occasionally, Egg white.

Flesh Foods to be avoided

Pork, Mutton, Red meat

DRY FRUITS AND SEEDS

Dry Fruits and seeds to be consumed

Almonds, Walnut, Flax seeds.

Dry Fruits and seeds to be avoided

Peanut, Cashews, Pistachios.

OILS

Oils to be consumed

Olive oil, Flax seed oil, Sesame oil, Cow's Ghee

Oils to be avoided

Refined oil, Sunflower oil

Life Supporting Diet

This diet, if strictly followed can work wonders for a cancer patient. It is a balanced diet that is enough to fuel the human body for proper functioning. There are different foods under all the three categories. If you eat the foods in PLATE A, you won't need the other plates. Even if you do, your tendency to eat the foods in PLATE B will go down by 75%. PLATE C has a list of foods which are not good for cancer.

PLATE A (THE RESCUER) - 100% FOLLOW



LEAVES & GRASS

Radish leaves, Mint leaves, Coriander leaves, Spinach leaves, Rocket leaves, Lettuce, Kale, Lemon grass, Wheat grass and Spirulina.

STEAMED VEGETABLES

Potatoes, Cabbage, Bottle gourd, Pumpkin, Round Gourd, Bitter Melon, Peas, Beans, Broccoli and Cauliflower.

JUICES

Green Juice

- Coriander (Dhaniya) leaves - few
- Mint (Pudina) leaves - 4-5
- Spinach (Palak) leaves - 2
- Basil (Tulsi) leaves - 2
- Wheat grass (Gehun Ke Jware)
- Cap. Spirulina / Moringa / Green essentials - 1, each - can be added for better results.

20 ml or 2 teaspoon, twice daily can be taken.

Red Juice

- Carrot
- Beetroot
- Amla
- Apple
- Pomegranate
- For taste, black grapes can be added.

200 ml, two to three times can be taken.

HERBAL TEAS

- Boil 1 teaspoon each of Saunf (Fennel), Jeera (Cumin), Dhaniya (Coriander) and Ajwain (Carom seeds) in 4 cups of water till it's reduced to 2 cups. This herbal concoction can be taken twice a day.
- Green tea can be consumed, too.

NUTS

(TO BE SOAKED OVERNIGHT OR AT LEAST FOR 8 HOURS)

5 to 7 almonds, 2 walnuts and 2 figs.

FRUITS

Apples, Jamun, Pears, Papaya, Melons and Pomegranate.

SALADS

Carrots, Cucumber, Radish and Beetroot.

BEVERAGES

Water, Coconut water and Pumpkin juice.

SPROUTS

Green lentils, Bengal grams, Bean sprouts, Chick peas and Fenugreek.

PLATE B (THE OXYMORONIC) - 50% FOLLOW

- A bowl of boiled rice preferably brown rice.
- 1 chapatti (missi roti, raw fenugreek leaves can also be mixed in the dough).
- Milk is a boon for some and bane for others. Vata and Pitta prakriti people with fast metabolism can consume milk without any ill effects, but in cases of cancers usually milk & milk products are not recommended, so do not consume milk & milk products whereas people with kaphaj prakriti and low metabolism should avoid milk and milk products totally as it causes obstruction in the channels.
- In case of Autoimmune disorders, milk and milk products should be strictly avoided but if the patients wants to, he can consume Red or white wine as it helps in dissolving toxins and promotes a faster metabolic rate.
- Citrus fruits, can be given to some cancer patients especially with kapha blockage and tumors. Not recommended in vata and pitta cancers.

PLATE C (THE DAMAGER) - STRICTLY AVOID

Milk & milk products, Packaged foods, Refined sugars, Processed foods, Biscuits, Confectionary items, Oats, Corn flakes, Aerated drinks, Dry nuts like cashew nuts and pistachio, French fries, Non veg and Other junk foods.

Note: Foods made in factory must be avoided. Forest grown and earth (field) grown foods should be taken.

Diet Plan for Cataract Patients



Cataract is an eye problem in which a protein accumulates over eye lens and results in blurry vision. A diet rich in vitamin A, C and E is helpful in the prevention of cataract. According to Ayurveda, aggravated vata dosha leads to cataract. So, a balanced and proper diet and avoiding the use of foods which aggravates Vata dosha will help in the prevention as well as treatment of the Cataract.

Eyes are the mirror of the soul, keep them clean and healthy!!

DIET CHART FOR CATARACT

EARLY-MORNING

Luke warm water / Soaked almonds

BREAKFAST

Veg Poha / Veg Porridge (Dalia) / Veg Vermicelli(Sewiyan)/Veg Oats /Chapatti + Vegetable +Egg white

MID-MORNING

Fruit / Juice / Coconut water

LUNCH

Chapatti/ Missi chapatti + Brown Rice + Vegetable + Fish

EVENING

Roasted Black grams (Chane) / Veg soup (homemade) / Sprouts / Herbal tea / wheat grass juice

DINNER

BrownRice + Vegetable + Chapatti + Dal

DIET INSTRUCTIONS

CEREALS

Cereals to be consumed

Wheat, White rice, Brown rice, Sorghum, Amaranth, Finger millet, Foxtail millet, Pearl millet, Buckwheat, Little millet, Quinoa

Flour Ratio - Wheat Atta (50%) + Soybean Atta (20%) + Ragi flour (30%)

Cereals to be avoided

Refined flour

FRUITS

Fruits to be consumed

Banana, Water melon, Muskmelon, Avocado, Peaches, Pear, Coconut, Pomegranate, Figs, Mango, Litchi, Custard apple, Sapodilla, Papaya, Orange, Green apple, All types of berries, Pineapple, Kiwi fruit

Fruits to be avoided

Nil

VEGETABLES

Vegetables to be consumed

Zucchini, Sweet potato, Pumpkin, Celery, Coriander, Broccoli, Cabbage, Cauliflower, Kale, Mushrooms, Spinach, Carrot, Fenugreek leaves, Okra, Bottle gourd, Brussels sprouts, Lettuce, Ginger, Chicory greens, Tomatoes, green chilly

Bitter gourd (Occasionally)

Vegetables to be avoided

Red chillies

PULSES

Pulses to be consumed

All pulses and legumes.

Pulses to be avoided

Nil

DAIRY PRODUCTS

Dairy Products to be consumed

skimmed milk, skimmed yogurt

Dairy Products to be avoided

Milk, Cheese, Buttermilk, Butter, Curd

OILS

Oils to be consumed

Cow ghee, Sunflower oil, Canola oil, Olive oil, Mustard oil, Rice bran oil, Coconut oil

Oils to be avoided

Palm oil

SPICES

Spices to be consumed

Cumin, Coriander, Turmeric, Ginger, Pepper, Fennel, Cinnamon

Spices to be avoided

Pimiento, Nutmeg

DRINKS

Drinks to be consumed

Coconut water, Homemade soups, Green juice, Herbal tea

Drinks to be avoided

Whole milk drinks, Cream based liqueurs, canned soup and packaged soup, Alcohol, Sweetened drinks, Squashes, Carbonated drinks

FLESH FOODS

Flesh Foods to be consumed

Egg white, Chicken (Once in a week)

Flesh Foods to be avoided

Processed and fried meat, Red meat (Beef, Lamb, Pork), Fishes (Tilefish, Shark, Swordfish, King Mackerel, Marlin, Bluefin Tuna).

DRY FRUITS / SEEDS

Dry Fruits and Seeds to be consumed

Almond, Raisins, Walnut, Peanuts, Cashew, Pumpkin Seeds, Chia Seeds, Flax Seeds, Sunflower Seeds, Sesame Seeds.

Dry Fruits and Seeds to be avoided

Nil

OTHER FOODS

Other Foods to be consumed

Nil

Other Foods to be avoided

Bakery and Processed Foods, Fried Food, Junk Food, Pickles, Artificial Sweeteners, Packed Soups, Refined Sugar, Apple cider vinegar

SWEETENERS

Sweeteners to be consumed

Honey

Sweeteners to be avoided

Sugar

HOME REMEDIES

- **Carrot** – Try to add carrot in a daily diet. Consume 1 glass of carrot juice daily.
- **Almonds** - Soak 5-6 almonds overnight and eat it in the morning.
- **Honey** - Put a drop of honey in eyes like eye drops.
- **Aloe vera** – Apply fresh aloe vera gel over eyelids and wash it after 15-20 minutes.
- **Wheat grass juice** - Consume wheat grass juice daily.
- **Amla** – Consume 1 amla on a daily basis is beneficial.

DIET INSTRUCTIONS

- Eat vitamin A, C and E rich foods.
- Add Collard, Kale, Spinach, it is a good source of lutein and zeaxanthin.
- Take 3 servings of whole grains daily.
- Drink 8-10 glasses of water daily.
- Avoid junk food.

Diet Plan for Celiac Disease



Celiac disease is a condition in which gluten triggers the immune system that damages the lining of the small intestine and the early symptoms includes bowel disorders, weight loss or gain, Anemia, Joint pain and many more. Gluten is present in grains. The health benefits of a gluten-free diet are a motivation for other people to avoid wheat and other grains with gluten. A gluten-free diet requires careful attention to both the ingredients of foods and their nutritional content. A gluten-free diet is only recommended for people who have celiac disease, wheat allergy or intolerance. If a patient with the celiac disease continues eating gluten, complications such as multiple sclerosis, infertility, and neurological conditions can arise.

DIET CHART FOR CELIAC DISEASE

EARLY-MORNING

A glass of water with Fenugreek seeds - 1 tsp

BREAKFAST

Besan pancake (gram flour) / Veg Poha (Rice flakes) / Veg Sabudana / Makki roti (Cornmeal) + Veg or Dal / Milk / Curd / Yogurt / Boiled Egg (white part only)

MID-MORNING

Fruit / Buttermilk / Sprouted Dal / Salad / Green Tea

LUNCH

Chapatti (gluten free flour) / Besan's Roti / Rice / Veg Khichdi / Veg Pulav / Fried rice / Veg + Dal + Salad

Note : - Meat / Fish / Chicken (occasionally only)

EVENING

Herbal tea / Green tea / Fruit shake / Sago Papad / Sprouts / Roasted Chana (Roasted grams) + Rice flakes Snacks / Veg or Chicken Soup (Homemade)

DINNER

Chapatti (gluten free flour) / Besan Roti / Rice / Veg Khichdi / Veg Pulav / Veg + Dal + Salad / Nutri-nuggets / Tofu Cheese

DIET INSTRUCTIONS

CEREALS

Cereals to be consumed

Rice flour, Soybean flour, Arrowroot flour, Buckwheat (Kuttu) flour, Water chestnut (Singhara) flour, Pearl millet (Bajra), Potato flour, Jawar (sorghum), Besan (Gram flour), Gluten free - (Wheat flour, Semolina, Broken wheat, Porridge mix), Brown rice flour and Almond flour.

Cereals to be avoided

Wheat, Wheat flour, Semolina, Broken wheat (Dalia), Barley (jau), Rye, Oats, Breads, Buns, Corn flour, Wheat flakes, Noodles, Marconi, Vermicelli, White wheat flour (Maida) and its products.

FRUITS

Fruits to be consumed

All fresh fruits

Fruits to be avoided

Canned fruits and juices

VEGETABLES

Vegetables to be consumed

All fresh vegetables

Vegetables to be avoided

All canned, processed and frozen vegetables, Chips and Roasted potatoes, crisp and Cheese filled snacks

PULSES

Pulses to be consumed

All pulses and legumes

Pulses to be avoided

Frozen and dried pulses

DAIRY PRODUCTS

Dairy Products to be consumed

Buttermilk (if suits), Yogurt, Skimmed milk

Dairy Products to be avoided

Custard, Cheese spread, Cheese slice, Whole milk, Condensed milk.

SPICES

Spices to be consumed

Thyme, Fenugreek, cumin, Coriander, sage

Spices to be avoided

Red Chilies

DRINKS

Drinks to be consumed

Coconut water, Fruit juices, Lemon water, and Home-made soup, Herbal Tea.

Drinks to be avoided

Instant tea, Horlicks, Bourn vita, Hot chocolate, Whole milk drinks, Cream based liqueurs, canned soup and packaged soup, Alcohol, Sweetened drinks, Squashes, Carbonated drinks, Coloured and flavoured milk drinks and energy booster.

FLESH FOODS

Flesh Foods to be consumed

Egg's white part only (occasionally), fresh meat, Fish and chicken (Steamed, Grilled, Roasted)

Flesh Foods to be avoided

Processed and Canned meats and poultry, Sausages, Kebab, Salami, Marinated meats, Organ meats like Kidney, Liver, Brain etc Pork, Fatty portion of meats, Egg yolks

SEEDS AND DRY FRUITS

Dry Fruits to be consumed

All nuts and seeds such as Almonds, Cashew nut, Flax seeds, Walnuts (preferred soaked)

Dry Fruits to be avoided

Nil

OILS

Oils to be consumed

Rice bran oil, Mustard oil, Olive oil, Cow ghee, Canola oil, soybean oil

Oils to be avoided

Palm oil

OTHER FOODS

Other Foods to be consumed

Tofu, Dosa, Idli, Vada, Rice flakes, Rice noodles, Besan pancake, rice pancake, moong dal pancake, Popcorn, Sweet corn, Potato chips, Roasted chana, Jaggery, and Honey.

Other Foods to be avoided

Fried foods, Patties, Burger, Pizza, Sandwich, Cakes, Pastries, Toffee, Gums, Chocolates, Tomato ketchup, Soy sauce, Rusks, Cookies, Pies, Biscuits, Chewing gums, Bread rolls.

LIFESTYLE AND DIETARY TIPS

- Walk for at least 30-45 min is recommended.
- Skipping of meals should be avoided especially breakfast.
- Seasonal fruits and vegetable should be consumed.
- Water intake should be increased at least 8-10 glass regularly
- Physical exercise such as walking/ jogging/ should be a part our daily routine.
- **Herbal Tea** - Boil ½ tsp each of fennel, coriander, cumin in cups of water till it's reduced to 2 cups.

Diet Chart for Childhood Asthma



It is chronic inflammation of airways of the lungs. This inflammation cause more mucus production and difficulty in breathing. There are many causes of childhood asthma include allergens, irritants, change in weather and infection, inflammation of the airways of lungs.

DIFFERENCE BETWEEN CHILDHOOD AND ADULT ASTHMA

Children diagnose with asthma are more likely to have intermittent symptoms, though some children have daily symptoms as well. Children are typically more sensitive to allergens and more prone to an asthma attack because their bodies are still developing. In adults, symptoms are typically persistent. Daily treatment is often required in order to keep asthma symptoms and flare-ups under control.

Eat diet rich in Vitamin A, D and Magnesium. Due to bronchodilating and anti – inflammatory properties of magnesium it is good for asthma. Obesity is linked with asthma so maintain ideal body weight and avoid junk food. Avoid taking food which may trigger the resymptoms of the disease.

DIET CHART FOR CHILDHOOD ASTHMA

EARLY-MORNING

A glass of like warm water + 3 soaked almonds / Fenugreek water

BREAKFAST

Vegetable Dalia / Broken wheat porridge / Veg Semolina (veg upma) / Veg Vermicelli / Veg poha (Rice flakes) / Veg Idli / Brown Bread Sandwich / Semolina pancake / Veg Oats / Besan pancake (gram flour) / Missi Roti / Stuffed Chapatti / Chapatti with Veg or Dal / 1 egg white only

MID-MORNING

Fruit/ Vegetable juice / Coconut water

LUNCH

Chapatti + Vegetable + Dal + salad

EVENING TIME

Herbal tea / Green tea / Sprouts / Roasted Chickpea / Rice flake Snack / Homemade soup

DINNER

Chapatti + Vegetable + Dal + Salad

DIET INSTRUCTIONS

CEREALS

Cereals to be consumed

Whole wheat flour, Oatmeal, Whole bread, Whole grains cereals, Porridge, Oats

Cereals to be avoided

White Rice, Whole refined flour and its products, Refined sugar, Noodles, Pasta, Macaroni, Brown rice, Maggie, Corns, Salty biscuits

FRUITS

Fruits to be consumed

Apple, Pear, Sugar cane, Papaya, Water melon, Musk melon, Pomegranate, Banana (limited)

Fruits to be avoided

Apricot, Peaches, Orange, Grapes, All Berries, Dried Fruits and All citrus fruits

VEGETABLES

Vegetables to be consumed

All seasonal vegetables except some.

Vegetables to be avoided

Okra, Eggplant, Beans, Potato, Taro roots, Mushroom, Beans, Cabbage, Onions, Garlic, Dried and Canned vegetable

PULSES

Pulses to be consumed

All Pulses

Pulses to be avoided

Frozen pulses, Soy and its products

DAIRY PRODUCTS

Dairy Products to be consumed

Nil

Dairy Products to be avoided

Milk and its products, Cheese, Buttermilk, Condensed milk

SPICES

Spices to be consumed

Turmeric, Cumin, Coriander Fenugreek, Fennel, Pepper, Salt (limited)

Spices to be avoided

Green chili, Red chili, Cloves, Garlic

DRINKS

Drinks to be consumed

Coconut water, Clear soups, Sugarcane juice, Herbal tea, Beetroot juice, Bitter gourd juice, gooseberry juice, pumpkin juice

Drinks to be avoided

Alcohol, High fat milk, Processed and canned drinks, carbonated drinks, Tea, Coffee

FLESH FOODS

Flesh Foods to be consumed

Egg white portion only (occasionally)

Flesh Foods to be avoided

Raw, Uncooked and Processed meat, fish especially Selfish, Shark, Swordfish, Tuna and Marlin, clams, Mussels, Oysters and Scallops, Meat patties, Burgers, Pork, Organ meat, Liver, Kidney, Chest, Red meat, Prawns, Lobster, Crab, Lean beef, Lamb, Ham, Turkey, Rabbit, Sausages, Mutton, Salami, Bacon, Duck, Goose, Visible fat on meat

SEEDS AND DRY FRUITS

Dry Fruits to be consumed

Flaxseed- ½, Sunflower seeds- 1 tsp (per day), 1 Walnuts, 5 Almonds and 5 Raisins (soaked)

Dry Fruits to be avoided

Cashew nuts, Brazil nuts, Peanuts, Pistachios

OILS

Oils to be consumed

Cow ghee, Sunflower oil, Canola oil, Olive oil, Mustard oil

Oils to be avoided

Unsaturated fats, Cream, Palm oil, Coconut oil, Butter, Hydrogenated oil

OTHER FOODS

Other Foods to be consumed

Home made only

Other Foods to be avoided

Pastry, Puddings, Packed soups, High fat dressing or mayonnaise, Cream soups, Chocolate, Fudge, Butter scotch, Coconut bar, All fried foods, Junk foods, Sauces etc. Peanut butter, Fruit jellies, Jams, Refined sugar, Marmalade, Sweeteners, Chutneys, Pickle, Ice-cream, Sauces, Peanuts etc.

LIFESTYLE AND DIETARY TIPS

- Be physically active
- Maintain the proper hygiene
- Pranayama and meditation is recommended.
- Whole fruit should be preferred to fruit juices.
- Skipping of meals should be avoided especially breakfast.
- Seasonal fruits and vegetable should be consumed.
- Water intake should be proper

Diet Plan for Chronic Kidney Disease



Low protein and low sodium diet is prescribed for patients of chronic renal failure with progressive impairment of the kidney function. When a kidney is not functioning normally, the toxic end products of metabolism cannot be excreted out and accumulate in the blood. Here, proteins are restricted in the diet but consumption of sufficient calories is essential so that tissue breakdown which again results in elevation of the nitrogenous constituent of blood is minimized. Avoid eating high protein food, citrus fruits, fried food, junk food, processed foods, and preserved foods, caffeine, alcohol, high sodium and high potassium.

Diet Chart for Chronic Kidney Disease

EARLY-MORNING

Herbal tea

BREAKFAST

Veg Dalia (Porridge) / Veg upma or Suji chila (Semolina) / Veg Sewian (Vermicelli) / Veg poha (Rice flakes) / Stuffed Chapatti / Chapatti with veg / 1 Egg white part

MID-MORNING

One Steamed Apple

LUNCH

Boiled rice / Sago halwa / Veg khichri (Sago rice) / Veg Dalia + Veg + Dal

EVENING

Soup (Home-made) / Herbal tea

DINNER

Plain chapatti / Boiled rice / Veg khichri / Veg Dalia + Dal

DIET INSTRUCTIONS

CEREALS

Cereals to be consumed

Whole grains, White rice, Semolina, Vermicelli

Cereals to be avoided

White refined flour, Brown rice, Buckwheat

FRUITS

Fruits to be consumed

Apple, Papaya, Guava, Pear

Fruits to be avoided

All Citrus fruits Watermelon, Jackfruit, Banana, Coconut, Litchi, Dates, Kiwi, Orange, Lemon, Avocado, Apricot, Figs, Pineapple, All canned and packaged fruits, Fruits with seeds

VEGETABLES

Vegetables to be consumed

Carrot, Okra, Cabbage, Turnip, Peas, Bottle gourd, Bitter gourd, Ridge gourd, Boiled potatoes, Cauliflower, Winter squash, Onion, Radish, Ginger, Lettuce, Broccoli, Peppermint leaves,

Vegetables to be avoided

All green leafy vegetable, Tomato, Garlic, Spinach, Brussels sprout, Asparagus, Sweet potatoes, Swiss chard, Mushroom, Cucumber, Lotus stem, Eggplant, Taro roots, Coconut, Frozen vegetables, Raw salad

PULSES

Pulses to be consumed

Yellow lentil, Orange lentils, Split pigeon peas, Split chickpeas, Green gram

Pulses to be avoided

Black gram dal, White chickpea, Kidney beans, Nutri-nuggets, Bengal gram, Soybean, Horse gram, Roasted Chickpea, Dried and frozen pulses

DAIRY PRODUCTS

Dairy Products to be consumed

Low-fat milk (occasionally)

Dairy Products to be avoided

Whole milk and Cream, Curd, Cottage cheese, Full-fat yogurt, Cream cheese, Condensed milk, Butter

OILS

Oils to be consumed

Cow ghee, Olive oil, Mustard oil, Rice bran oil

Oils to be avoided

Hydrogenated oil, Palm oil, Soybean oil, Coconut oil

SPICES

Spices to be consumed

Fennel, Coriander, Turmeric, Cardamom, Black pepper, Cumin, Carmon, Rock salt (limited), Cinnamon, Oregano

Spices to be avoided

Excessive salt, Red and Green chilies

DRINKS

Drinks to be consumed

Homemade vegetable soup, Green tea, Herbal tea

Drinks to be avoided

Packaged soup and Canned fruit juices, Carbonated and Caffeinated drinks, Alcohol, Soya milk, Coconut water, Tea or Coffee

FLESH FOODS

Flesh Foods to be consumed

Egg white portion only

Flesh Foods to be avoided

Fried or Processed meats, Mutton, Prawns, Lobster, Crab, Lean beef, Pork, Lamb, Ham, Turkey, Egg yolk, Hot dogs, Duck, Goose, Red meat, Organ part such as Liver, Kidney and Chest

DRY-FRUITS / SEEDS

Dry Fruits to be consumed

5 Almonds (soak in water overnight), 1 Date (soak in water overnight)

Dry Fruits to be avoided

Cashew nuts, Pistachio, Peanuts, Raisins, Prunes, Figs, Dried apricot, Sunflower seed, Flaxseed, Pumpkin seed

PREPARED FOODS

Prepared Foods to be consumed

Homemade only

Prepared Foods to be avoided

All bakery products or processed, Cream soups, Ice-cream, Butter scotch, Coconut bar, Chutneys, Pickles, Junk food, Deep fried foods, Too salty and Spicy foods

SWEETENERS

Sweeteners to be consumed

Jaggery, Honey

Sweeteners to be avoided

Fruit jellies, Refined sugar, Jams

LIFESTYLE AND DIETARY TIPS

- Walk for at least 30 min is recommended.
- 5 -Soaked Almond per day, should be incorporated in the daily diet.
- Skipping of meals should be avoided, especially the breakfast
- **Herbal Tea** - Boil ½ tsp each of fennel, coriander, cumin in 3 cups of water till it's reduced to 1 cup.
- Regularly exercise, Sleep well and Stay positive.

Diet Plan for Common Cold



Common cold is viral infection of upper respiratory tract. Different types of viruses are responsible for common cold. The symptoms of common cold are runny nose, sore throat, congestion, sneezing. It is not a life threatening condition but it can lead to discomfort in breathing. According to Ayurveda, common cold occurs when digestive fire (AGNI) did not burn toxins of body (Ama) and results in phlegm formation. Kapha pacifying diet is ideal in common cold.

DIET CHART FOR Common COLD

EARLY-MORNING

Warm water

BREAKFAST

- Veg Semolina (Veg upma) / Broken wheat porridge (Veg Dalia) / Veg Vermicelli (Sewian) / Veg poha (Rice flakes) / Veg Idli / Brown Bread Sandwich / Besan pancake (gram flour) / Stuffed Chapatti / Chapatti with Veg or Dal / 1 Egg white portion

MID-MORNING

Fruit / Fruit juice / Herbal tea / Coconut water

LUNCH

Chapatti + Vegetable / Dal + Salad

EVENING

Herbal tea / Green tea / Roasted Grams / Rice flakes snack

DINNER

Chapatti + Vegetable + Dal

DIET INSTRUCTIONS

CEREALS

Cereals to be consumed

Barley, Granola, Rye, Amaranth, Corn, Millet, Buckwheat, Quinoa, Wheat

Cereals to be avoided

White rice

FRUITS

Fruits to be consumed

Apple, Cranberries, Pomegranate, Apricots, Papaya, Litchi

Fruits to be avoided

Prunes, Cherries, Figs, Grapes, Mango, Melons, Orange, Peach, Pear, Raspberry, Strawberry, Banana, Date.

VEGETABLES

Vegetables to be consumed

Broccoli, Cabbage, Celery, Asparagus, Carrot, Chard, Cilantro, Green beans, Lettuce, Mushroom, Peas, Onion, Cauliflower, Radish, Potato, Sweet potato, Ginger, Garlic

Vegetables to be avoided

Okra, Eggplant, Taro roots

PULSES

Pulses to be consumed

All pulses can be consumed

Pulses to be avoided

Nil

DAIRY PRODUCTS

Dairy Products to be consumed

Cow ghee

Dairy Products to be avoided

Cottage cheese, Milk, Sour cream, Yoghurt, Buttermilk, Sour cream, Cheese, cream, Ice cream

SPICES

Spices to be consumed

Black pepper, Cardamom, Cloves, Mustard, Turmeric, Asafetida, Basil, Cinnamon, Cilantro, Cumin, Fenugreek, Parsley, Mint, Nutmeg, Red chilly in limited quantity

Spices to be avoided

Nil

DRINKS

Drinks to be consumed

Coconut water, Homemade soups, Green juice, Herbal tea

Drinks to be avoided

Whole milk drinks, canned soup and packaged soup, Alcohol, Sweetened drinks, Squashes, Carbonated drinks, Caffeinated drinks

FLESH FOODS

Flesh Foods to be consumed (once in a 15 days)

Egg white, Chicken (Once in a week)

Flesh Foods to be avoided

Processed and fried meat, Red meat- (Beef, Lamb, Pork), Fishes –(Tilefish, Shark, Swordfish, King Mackerel, Marlin, Bluefin Tuna), Duck, Turkey

SEEDS AND DRY FRUITS

Dry Fruits to be consumed

Almond, Raisins, Ground Nuts, Walnut, Peanuts, Pistachio, Cashew, Pumpkin Seeds, Chia Seeds, Flax Seeds, Sunflower Seeds, Sesame Seeds.

Dry Fruits to be avoided

Nil

OILS

Oils to be consumed

Mustard, Safflower, Sunflower, Ghee, Peanut, Sesame, Almonds, Coconut

Oils to be avoided

Cream, Palm oil

OTHER FOODS

Other Foods to be consumed

Honey, Jaggery, Soya milk

Other Foods to be avoided

Bakery and Processed Foods, Fried Food, Junk Food, Pickles, Artificial Sweeteners, Packed Soups, Refined Sugar

DIET TIPS

- Do not skip meals.
- Drink plenty of water.
- Avoid over eating.
- Avoid simple carbs and saturated and Trans fats.
- Do not use refined sugar.
- Avoid consumption of packed foods.

HOME REMEDIES

- **Basil leaves** - Chew 2-3 basil leaves or boil leaves in cup of water and drink it in the morning.
- **Ginger** - Add 2-3 slices of ginger in cup of water and boil it for 5 minutes. Drink this decoction.
- **Garlic** - Put some cloves of garlic in mustard oil and heat the oil for sometime. Apply oil on chest.
- **Gargling** - Add pinch of salt in water and boil the water for 2-3 minutes.
- **Black pepper** - Mix 1 tsp of black pepper with jaggery. Prepare a mixture and have it 2-3 times in a day.

Diet Plan for Constipation Problem



Constipation is most common and uncomfortable complaint nowadays. The main cause of constipation is dehydration and lack of dietary fibres. Include high fibre diet and drink plenty of fluids to stay hydrated. Whole grain, pluses, green leafy vegetables and fruits are rich source of fibres. Avoid fried food as it can hamper your digestive system.

DIET CHART FOR CONSTIPATION

EARLY-MORNING

A glass of Luke warm water + 1 tsp chia seeds

BREAKFAST

Veg Semolina (Veg upma) / Broken wheat porridge (Veg Dalia) / Veg Vermicelli (Sewian) / Veg poha (Rice flakes) / Veg Idli / Brown Bread Sandwich / Besan pancake (gram flour) / Stuffed Chapatti / Chapatti with Veg or Dal / 1 Egg white portion

MID-MORNING

Fruit / Buttermilk / Coconut water / Sprouts / Salad / Lemon water

LUNCH

Mix chapatti / Plain chapatti / Veg pulao / Boiled rice / Vegetable + Dal + Curd + Salad

EVENING

Herbal tea / Green tea / Fruit shakes / Roasted Chana / Sprouts / Rice flakes snack / Flaxseed-1tsp

PRE-DINNER

- Soup (Home-made)

DINNER

Mix chapatti / Plain chapatti / Vegetable + Dal + Curd

DIET INSTRUCTIONS

CEREALS

Cereals to be consumed

Whole grains such as Barley, Bran, Oatmeal, Whole wheat bread, Porridge, Brown rice, Finger millet flour, Soya flour, Corn, Millet, Quinoa

Chapatti Ratio - Wheat flour (50%) + Black chana (20%) + Bran (10%) + Soybean (10%) + Barley (10%)

Cereals to be avoided

Whole refined flour, White breads, White rice

FRUITS

Fruits to be consumed

All fruits include Apricots, Dates, Prunes, grapes, Papaya, Oranges, Ripe banana, Strawberries, Pineapples, Apple, Figs, Coconut, Litchi, Muskmelon, Watermelon, Guava, Pear, Blueberries, Pomegranate, Mango, Lime, Avocado, Raspberries, and Peaches.

Fruits to be avoided

All canned and packaged fruits, and Unripe banana

VEGETABLES

Vegetables to be consumed

Brussels sprouts, Broccoli, Turnips, Carrot, Cabbage, Pumpkin, Sweet potatoes, Squash, Peas, Artichokes, Lettuce, Asparagus, Parsley, Lemons, Green leafy vegetable, Collard greens, Turnip greens, Kale, Okra, Dandelion greens, Mustard greens, Mushroom, Spinach, Beet greens, Tomato, Potatoes, Cucumber, Onion, Zucchini, Fenugreek leaves, Celery, Unripe banana, and Coriander leaves.

Vegetables to be avoided

Canned and frozen vegetables.

PULSES

Pulses to be consumed

All pulses, Legumes, Soybean and its products

Pulses to be avoided

Dried and frozen pulses

DAIRY PRODUCTS

Dairy Products to be consumed

Low-fat milk (occasionally), Buttermilk, Skimmed milk, Low-fat curd, Cheese (low fat cottage cheese), low fat yoghurt (mix with mashed banana)

Dairy Products to be avoided

Whole milk and cream, Full-fat yoghurt, Cream cheese, Condensed milk

SPICES

Spices to be consumed

Fennel, Turmeric, Mint, Cumin, Carom, Coriander, Fenugreek, Limited salt, Black pepper

Spices to be avoided

Red chili powder, Peppers
(Try to have simple and plain food or limit almost every spice)

DRINKS

Drinks to be consumed

Homemade soup, Soya milk, Carrot juice, Wheatgrass juice, Bitter Gourd juice, Aloe Vera juice, Lemon water, Amla juice

Drinks to be avoided

Alcohol, Carbonated beverages like Coke, Limca, Pepsi, Fanta etc., Canned soup, Packaged soup and Canned fruit juices, Caffeinated drinks like tea and coffee

FLESH FOODS

Flesh Foods to be consumed

Egg white, Boiled egg

Flesh Foods to be avoided

Meat (can be taken in limited amount) Fish fried, prawns, lobster, crab, lean beef, pork, lamb, ham, turkey, rabbit, Egg yolk, fish roe, sausages, mutton, salami, bacon, duck, goose, meat pies, visible fat on meat, chicken skin, liver, kidney, chest.

SEEDS AND DRY FRUITS

Dry Fruits to be consumed

Flax seed, Sesame seeds, Pumpkin seed, Walnut, Hazelnuts, Almond, Dried raisins and apricots, Hemp seeds, Pecans

Dry Fruits to be avoided

Cashew nuts, Peanuts

OILS

Oils to be consumed

Cow ghee, Groundnut oil, Mustard oil, Olive oil, Soybean oil, Canola oil, Rice bran oil

Oils to be avoided

Unsaturated fats, Cream, Palm oil, Coconut oil, Butter

OTHER FOODS

Other Foods to be consumed

Homemade only, Honey, Jaggery, Coriander and mint chutney, Tofu

Other Foods to be avoided

All bakery products or processed, Pastry, Puddings, Cakes, Biscuits, Sauces, Fruit jellies, Jams, Mayonnaise, Ice-cream, Cream soups, Dark chocolate, Butter scotch, Coconut bar, Chutneys, Pickles, Junk food, Deep fried foods, Spicy foods, Too much salty food, Maggie pasta and noodles.

LIFESTYLE AND DIETARY TIPS

- Walk for at least 30 min is recommended
- Whole fruits should be preferred to fruit juices
- Skipping meals should be avoided, especially the breakfast.
- Water intake should be limited 8-10 glasses per day
- 6 soaked almonds + 2 soaked dates per day
- **Herbal Tea** - Boil ½ tsp each of fennel, coriander, cumin in 4 cups of water till it's reduced to 2 cups.
- Cleanliness and hygiene should be maintained.
- Outdoor activity should be increased like jogging, cycling, and running.

DIET FOR CROHN'S DISEASE



INTRODUCTION

Crohn Disease is a chronic condition that causes inflammation and irritation affecting the gastrointestinal tract anywhere from mouth to anus. Nutrition is very important for patients and diet should be soft, easy to digest, bland and low-fiber. It can help to reduce the frequency of bowel movements and abdominal cramps. A high-fiber or high-fat diet including whole-grains, whole pulses, fried foods, processed foods, alcohol, **Carbonated Beverages** can increase flare-up or worsen symptoms like abdominal cramps and pain.



DAILY DIET SCHEDULE

EARLY-MORNING

Coriander leaves + Mint leave juice

BREAKFAST

Veg Semolina (Veg upma) / Broken wheat porridge (Veg Dalia) / Veg Vermicelli (Sewian) / Veg poha (Rice flakes) / Veg Idli / Semolina chila / Toast Brown bread (2 slice) / Stuffed Chapatti / Chapatti with Veg or Dal / Curd + 2 Eggs (white portion) / Pomegranate juice- 50 ml

MID-MORNING

Fruit / Coconut water/ Herbal tea / Green tea / Rose petal juice

LUNCH

Plain chapatti / Makki roti / Boiled Rice/ Veg khichri / Veg Dalia / Vegetable + Dal + Curd

EVENING

Herbal tea / Green tea / Rice flakes snack / Marigold juice / Veg Soup (Home-made)

DINNER

Plain chapatti / Makki roti / Veg khichri / Veg Dalia/ Boiled Rice / Vegetable + Dal

DIET INSTRUCTIONS

CEREALS

TO BE CONSUMED

Whole wheat flour, Semolina, Vermicelli, Broken wheat, Cornmeal, White rice, Rice flakes, Puffed rice, Brown bread.

TO BE AVOIDED

Whole refined flour and products made of it.

PULSES

TO BE CONSUMED

Split Moong Dal only- Split with removed skin. Split chickpeas, Pigeon peas, Yellow lentils

TO BE AVOIDED

Whole pulses like chickpeas, Kidney beans, Black gram dal, Bengal gram dal, Green Moong, Chickpea gram flour, Sorghum, Legumes and soybean

VEGETABLES

TO BE CONSUMED

Carrot, Pumpkin, Bottle-guard, Ridge-guard, Round-guard, Bitter-guard, Turnip, Potato, Radish (if it suits), Capsicum- Boiled, Grilled and stuffed with rice and potatoes

TO BE AVOIDED

Tomato, Eggplant, Garlic, Ginger, Green leafy vegetable, Peas, Cauliflower, Cucumber, Taro roots, Beans, Okra, Spinach, Fenugreek leaves, Mustard leaves

FRUIT

TO BE CONSUMED (WITHOUT SKIN / STEAMED/ BOILED)

Apple, Pear, Papaya, Water melon, Sapodilla plum, Muskmelon, Bael fruit, Banana, Pomegranate juice (without seeds)

TO BE AVOIDED

All citrus fruits like lemon, orange, pineapple, grapefruit, Mosambi, canned fruits.

DAIRY PRODUCTS

TO BE CONSUMED

Low-fat yogurt (fresh), Buttermilk (Can be consumed, if it suits you).

TO BE AVOIDED

Milk, Full-fat yogurt, Cream cheese, Sour curd, Cheese or Condensed milk

FLESH FOODS

TO BE CONSUMED

Egg white part only, Lean meat, Skinless chicken, Poultry chicken, Grilled or Roasted chicken and fish

TO BE AVOIDED

Fried, Processed or frozen meats, Prawns, Lobster, Crab, Lean beef, Pork, Lamb, Ham, Turkey, Egg yolk, Sausages, Mutton, Salami, Bacon, Duck, Goose, Meat pies, Visible fat on meat, Red meat, Organ part like Liver, Kidney and Chest.

SPICES

TO BE CONSUMED

Fennel, Cumin, Coriander, Thyme, Salt (limited)

TO BE AVOIDED

Red chili powder, Peppers, Turmeric, Excess salt, Fenugreek, Cardamom

OILS

TO BE CONSUMED

Cow ghee, Rice bran oil, Mustard oil

TO BE AVOIDED

Unsaturated fats, Cream, Palm oil, Coconut oil, Butter, hydrogenated oil, Soybean oil, Sunflower oil, Olive oil, cod liver oil, Flaxseed oil

NUTS AND DRY FRUITS

TO BE CONSUMED

Soaked Almonds (4-5)

TO BE AVOIDED

Cashew nuts, Peanuts, Flax seed, Sesame seed, Pumpkin seed, Raisins, Walnut, Hazelnuts, Prunes, Figs, dried Apricot.

DRINKS

TO BE CONSUMED

Homemade soup, Coconut water, Buttermilk, Sugarcane juice, Carrot juice, Bitter Gourd juice, Herbal Tea, Green tea, Pomegranate juice, Soya milk (limited) and Almond milk (limited)

TO BE AVOIDED

Alcohol, Carbonated beverages, canned soup, packaged soup and canned fruit juices, caffeinated drinks, Smoothie, Lime water

OTHER FOODS

TO BE CONSUMED

Homemade only, tragacanth gums, Jaggery

TO BE AVOIDED

All bakery products or processed foods, Maggie, pasta and noodles, Sauces, Fruit jellies, Jams, Mayonnaise, Ice-cream, Cream soups, Dark chocolate, Butter scotch, Coconut bar, Tomato Chutneys, Pickles, Junk food, Deep fried foods, Spicy foods, Too much salty food, Triphala, Tamarind, Psyllium husk.

DIET TIPS

- Walk of at least 30 min is recommended.
- Skipping of meals should be avoided, especially the breakfast
- Water intake should be increased at least 8-10 glass regularly
- Decoction of Pomegranate peel
- Juice of marigold flowers (20ml), Dalbergia leaves juice (20ml), sugarcane juice mixed with mint leaves (50ml), Rose Petal Juice (10ml), and Fresh Pomegranate Juice (50ml). All these juices should be consumed separately, per day.
- Do not eat too quickly.

HOME REMEDIES

HERBAL TEA

Boil ½ tsp each of fennel, coriander, cumin in 3 cups of water till it's reduced to 1 cups.

CORIANDER & MINT

Fresh leaves properly cleaned and washed- 5-10 leaves per day or 10 ml juice

POMEGRANATE DECOCTION

Take peel of pomegranate fruit (1 piece) and boil in one cup of water for about 5 minutes.
Drink this decoction twice daily.

DIET FOR DENGUE PATIENTS



INTRODUCTION

Dengue is a mosquito-borne disease, a viral flu which is spread by the bite of an Aedes mosquito. The most common symptoms include fever, headache, skin rash, muscle and joint pains. It is important to have a healthy well-balanced diet comprising of all nutrients and healthy foods to reduce and eliminate these symptoms and treat Dengue. Avoiding oily and fried foods, caffeine, carbonated drinks, spicy and foods high in fats helps a lot to manage the same.



DAILY DIET SCHEDULE

EARLY-MORNING

Aloe vera juice / Amla / Green juice

BREAKFAST

Veg Semolina (Veg upma) / Broken wheat porridge (Veg Dalia) / Veg Vermicelli (Sewian) / Veg poha (Rice flakes) / Brown Bread Sandwich Chapatti with Veg + 1 Eggs white portion

MID-MORNING

Fruit / Coconut water / Pomegranate juice / Papaya Juice

LUNCH

Plain chapatti / Veg pulao / Boiled rice / Veg khichri / Veg + Dal + Curd

EVENING

Green tea / Ginger tea / Red juice / Papaya leaves juice / Rice flakes snack

PRE-DINNER

Soup (Home-made)

DINNER

Plain chapatti / Veg khichri / Veg Dalia / Veg + Dal

BEDTIME

Goat milk with pinch of turmeric (occasionally)

DIET INSTRUCTIONS

CEREALS

TO BE CONSUMED

Whole grains such as Barley, Wheat, Rice, Oatmeal, Millet, Quinoa, Vermicelli, Semolina

Chapatti Ratio - Wheat flour (80%) + Soybean (20%)

TO BE AVOIDED

Whole refined flour

PULSES

TO BE CONSUMED

Split pulses

TO BE AVOIDED

Dried and frozen pulses

VEGETABLES

TO BE CONSUMED (STEAMED)

Potatoes, Cabbage, Bottle gourd, Pumpkin, Ridge gourd, Round gourd, Beans, Turnip, Radish, Cucumber, Broccoli, Beetroot, Mushroom, Spinach, Zucchini, Squash, Tomato, Cucumber, Onion, Fenugreek leaves, Coriander leaves, Carrot, Lettuce, Spinach, Kale, Sweet potatoes, Green leafy vegetables

TO BE AVOIDED

Red and Green chili, Coconut, Frozen vegetables, Capsicum and Okra

FRUITS

TO BE CONSUMED

Apples, Pears, Banana, Papaya, Pomegranate, Bael, Watermelon, Muskmelon, Sapodilla, Guava

TO BE AVOIDED

Citrus fruits, all canned and packaged fruits

DAIRY PRODUCTS

TO BE CONSUMED

Goat milk (occasionally)

TO BE AVOIDED

Whole milk and cream, Full-fat yoghurt, Cream cheese, Condensed milk, Curd, Buttermilk

FLESH FOODS

TO BE CONSUMED

Egg white part

TO BE AVOIDED

Meat, Processed, Fried meat, Beef, Pork, Fish fried, Prawns, Lobster, Crab, Lamb, Ham, Very lean minced meat, Turkey, Veal, Rabbit, Egg yolk, Mutton, Duck, Goose, Hot dogs, Meat pies, Visible fat on meat, Organ meat like Liver, Kidney, Chest

SPICES

TO BE CONSUMED

Fennel, Turmeric, Mint, Cumin, Carom, Coriander, Fenugreek, Limited salt

TO BE AVOIDED

Clove, Red chili powder

FATS

TO BE CONSUMED

Cow ghee, Mustard oil, Olive oil, Soybean oil, Flaxseed oil

TO BE AVOIDED

Unsaturated fats, Cream, Palm oil, Coconut oil, Butter

NUTS AND DRY FRUITS

TO BE CONSUMED

Walnut, Almond, Raisins

TO BE AVOIDED

Cashew nuts, Peanuts

DRINKS

TO BE CONSUMED

Homemade soup, Carrot juice, Wheatgrass juice, Aloe Vera juice, Amla juice, Pomegranate juice, Papaya juice, Green juice, Red juice, Coconut water

TO BE AVOIDED

Milk, Alcohol, Carbonated beverages, packaged soup and canned fruit juices, caffeinated drinks, Buttermilk, Lime water

OTHER FOODS

TO BE CONSUMED

Homemade only, Jaggery, Coriander and mint chutney

TO BE AVOIDED

All bakery products or processed foods, Soya Sauces, Fruit jellies, Jams, Mayonnaise, Ice-cream, Cream soups, Dark chocolate, Coconut bar, Tomato Chutneys, Pickles, Junk food, Deep fried foods, Spicy foods.

DIET TIPS

- Whole fruit should be preferred to fruit juices.
- Skipping of meals should be avoided, especially the breakfast
- 6 - Soaked Almond
- Water intake should be increased at least 8-10 glass regularly
- Cleanliness and hygiene should be maintained.

HOME REMEDIES

HERBAL TEA

Boil ½ tsp each of fennel, coriander, cumin in 2 cups of water till it's reduced to 1 cup.

PAPAYA AND GILOY JUICE

Take two fresh crushed papayas leaves and giloy leaf extracts the juice and have this twice a day.

PAPAYA LEAVES

Boil 4-5 leaves of papaya in 2 cups of water for a few minutes. Allow it to cool. Filter and have it for 2-3 times a day.

GREEN JUICE

Coriander leaves (10-12), Mint leaves (4-5), Spinach leaves (2), Basil leaves (2-3), Wheatgrass (5-6), and Sheesham leaves (2-3). 20 ml or 2 tbsp., twice daily can be taken.

RED JUICE

Take Beetroot, Amla, Apple, Pomegranate, Marigold flower petals (9-10), Rose petals (5-6), grind them and extract the juice or can also boil them in 2 cups of water till it's reduced to 1 cup, let it be at normal temperature, strain and drink once or twice a day. For taste, black grapes can be added.

ALOE-VERA

Take one teaspoon pulp of Aloe Vera and add dry ginger powder every morning

GINGER TEA

Boil 1-2 ginger slices, add 4-5 basil holy leaves, turmeric, cinnamon and cardamom in 2 cups of water till it's reduced to 1 cup.

Diet Plan for Depression



Depression is very common and serious problem among all emotional disorders. It is persistent feeling of sadness and loss of interest in daily activities. Common symptoms of depression are sadness, loss of appetite, constipation, low blood pressure and body aches. Indigestion is also one of the main causes of depression. Due to indigestion, gases are produced in digestive tract and it reduces the supply of oxygen to tissues which increases carbon dioxide level causing depression. Excessive intake of carbohydrates, caffeinated products may lead to indigestion. So a well-balanced Diet plan is needed to diminish the risk of this emotional disorder.

DIET CHART FOR DEPRESSION

EARLY-MORNING

Warm Water + Soaked Almonds / Walnuts

BREAKFAST

Broken wheat porridge / Veg Semolina (veg upma) / Veg Vermicelli / Veg Idli / Brown Bread Sandwich / Semolina pancake / Besan pancake (gram flour) / Missi Roti /Oats/ Stuffed Chapatti / Chapatti with Veg or Dal / Milk / + Egg white

MID-MORNING

Fruit / Fruit juice / Herbal tea / Coconut water

LUNCH

Chapatti + Salad + Vegetable + Dal / Brown rice / Chicken/Fish (once in week)

EVENING

Roasted chane / homemade soup / Vermicelli / Herbal tea

DINNER

Chapatti + Vegetable + Dal / khichadi / Rice

BED TIME

Milk

DIET INSTRUCTIONS

CEREALS

Cereals to be consumed

Whole wheat, Brown rice, Millets, Oats, Corns, Samolina

Cerals to be avoided

Refined flour, refined grains

FRUITS

Fruits to be consumed

Banana, Apples, Pear, Grapes, Apricot, plums, Strawberries, Orange, Figs, Pomegranate, Dates, Lime, Guava, Peaches, Sapodilla, Mango, Pear, Papaya

Fruits to be avoided

Canned fruits

VEGETABLES

Vegetables to be consumed

Spinach, Carrot, Tomato, Radish, Yams, Lima Beans, Cabbage, Cauliflower, Onion, Cucumber, Pumpkin, Sweet Potatoes, Bitter gourd, Ridge gourd, Bottle gourd, Capsicum, Mushroom, Turnip, Kale, Celery, Onion, Asparagus, Eggplant.

Vegetables to be avoided

Canned vegetables

PULSES

Pulses to be consumed

All lentils, beans and soybean

Pulses to be avoided

Frozen and Dried pulses

DAIRY PRODUCTS

Dairy Products to be consumed

Low fat Milk/ skimmed milk, low fat yoghurt, buttermilk, tofu

Dairy Products to be avoided

Tea, Coffee, High- fat milk products

SPICES

Spices to be consumed

All spices.

Spices to be avoided

Red chili

DRINKS

Drinks to be consumed

Homemade vegetable juices, coconut water, Herbal tea, Fruits juices, Amla juice, Red juice, Pumpkin Juice, Green juice,

Drinks to be avoided

All Carbonated drinks, Energy drinks, Beverages that contain tannic acid, Alcohol

FLESH FOODS

Flesh Foods to be consumed

Fish (Tuna, Salmon, Rohu, Sardines, Mackerel)

Flesh Foods to be avoided

Red meat

SEEDS AND DRY FRUITS

Dry Fruits to be consumed

Walnuts, Almonds, cashew and all nuts, Flax seeds, chia seeds

Dry Fruits to be avoided

All nuts should be taken in limit.

OILS

Oils to be consumed

Cow ghee, olive oil, Canola oil, soybean oil

Oils to be avoided

Hydrogenated and unsaturated vegetable oil

OTHER FOODS

Other Foods to be consumed

Honey, Jaggery, Homemade soups

Other Foods to be avoided

All processed food, Junk food, Spicy food, Tobacco, Pickle, Desserts.

LIFESTYLE AND DIETARY TIPS

- Take proper sleep and adequate rest.
- Drink 8-10 glasses of water daily.
- Practice yoga and meditation to maintain fitness.
- Indulge in some active hobby.
- Follow healthy and balanced Diet and avoid skipping meals.

Diet Chart for Diabetic Person



Diabetes, a metabolic disorder which is characterized by raised sugar level in the bloodstream which is either occurred due to less production of Insulin or either due to unhealthy food habits and a sedentary lifestyle. When blood sugar raises it can damage kidneys, liver, eyes, heart, etc. Consistency in the diet on daily basis is one of the important factors to control diabetes. In diabetes particularly carbohydrate metabolism is abnormal that will lead to nutritional deficiency and results in weakness and fatigue. So, a balanced and proper diet is the first line of treatment itself to tackle diabetes.

DIET CHART FOR DIABETIC PERSON

EARLY-MORNING

One glass of water + 1 tsp Fenugreek seeds / Amla powder

OR

Copper pot water – 1 Glass + 5 Tulsi leaves + 5 Mint leaves

BREAKFAST

Broken wheat porridge / Veg Semolina (veg upma) / Veg Vermicelli / Veg Idli / Veg Oats / Besan pancake (gram flour) / Missi Roti / Chapatti with Veg or Dal + egg white

Jamun Juice, Berries, Guava Juice

MID-MORNING

Fruit / Salad / Coconut water / Sprouts

LUNCH

Missi chapatti / Plain chapatti / Vegetable + Dal + Salad / Fish / Chicken (occasionally)

Fenugreek seed powder - 10 gm (15 min before meal with buttermilk)

EVENING

Herbal Tea / Roasted Chana / Soup (Home-made)

DINNER

Missi chapatti / Plain chapatti / Vegetable+ Dal / Nutri-nuggets / Salad

IMPORTANT

Sugar - nil

DIET INSTRUCTIONS

CEREALS

Cereals to be consumed

Whole wheat, Whole grains cereals, Oats

Flour Ratio - Chana Flour - 250 gm + Wheat flour- 1 kg.

Cereals to be avoided

Whole refined flour and its products, Refined sugar, Rice

FRUITS

Fruits to be consumed

Apple, Guava, Papaya, Melon, Blackberry (Jamun), Plum, Pear, Loquat, Peach, Apricot (khurmani), Amla, Orange, Pomegranate

Fruits to be avoided

Mango, Litchi, Grapes, Dates, Sapodilla

VEGETABLES

Vegetables to be consumed

Okra (Bhindi), Cauliflower, Cabbage, Beans, Spinach, Mushroom, Eggplant, Capsicum, Bottle gourd, Ridge gourd, Round gourd, Radish, Pumpkin, Peas, Green beans, Fenugreek leaves, Broccoli, Cucumber, Beetroot, Ginger, Green chili, Green pepper, Coriander, Turnip, Mint, Curry leaf

Vegetables to be avoided

Jackfruit, Yam, Sweet potato, Taro root, Potato and Frozen or Canned vegetables

PULSES

Pulses to be consumed

All split lentils and Legumes

Pulses to be avoided

Frozen Pulses

DAIRY PRODUCTS

Dairy Products to be consumed

Tofu

Dairy Products to be avoided

Whole milk and cream, Butter, Full fat Yogurt, Cheese, Condensed milk

SPICES

Spices to be consumed

Cumin, Coriander, Turmeric, Ginger, Pepper, Fennel, Cinnamon

Spices to be avoided

Red chilies

DRINKS

Drinks to be consumed

Coconut water, Bitter gourd juice, Bottle gourd juice, Herbal tea, Amla juice, Giloy juice, Neem Juice

Drinks to be avoided

Whole milk drinks, Alcohol, Cream based liqueurs, carbonated beverages, canned and Packaged soup and Fruit juices, Sugarcane juice.

FLESH FOODS

Flesh Foods to be consumed

Egg white, Roasted or Grilled Fish, Chicken soup.

Flesh Foods to be avoided

Red meat, Prawns, Lobster, Crab, Lean beef, Pork, Lamb, Ham, Turkey, Rabbit, Egg yolk, Mutton, Duck, Goose, Organ parts like Liver, Kidney and Chest.

SEEDS AND DRY FRUITS

Dry Fruits to be consumed

Almond, Walnuts, Pumpkin Seeds, Chia Seeds, Flax Seeds, and Sesame Seeds

Dry Fruits to be avoided

Pistachio, Cashew, Raisins and Peanuts

OILS

Oils to be consumed

Small amount only-Cow ghee, Soybean oil, Canola oil, Olive oil, Sesame oil 500 ml

Note:500ml of cooking oil to be used per month

Oils to be avoided

Trans-fat, Butter, Cream, Hydrogenated oil

OTHER FOODS

Other Foods to be consumed

Homemade products only

Other Foods to be avoided

All bakery products, Sauces, Fruit jellies, Jams, Sweets, Artificial sweetener, Packed soups, High fat dressing or mayonnaise, Ice-cream, Cream soups, Chocolate, Coconut bar, Chutneys, Pickles and Fried foods

LIFESTYLE AND DIETARY TIPS

- Walk for at least 30-45 min is recommended.
- Whole fruit should be preferred to fruit juices.
- Skipping of meals should be avoided especially breakfast.
- Seasonal fruits and vegetables should be consumed.
- Water intake should be increased at least 8-10 glass regularly
- **Herbal Tea** - Boil ½ tsp each of fennel, coriander, cumin in 3 cup of water till it's reduced to 1 cups.
- **Leaves and Grass** - Radish leaves, Mint leaves, Coriander leaves, Spinach leaves, Rocket leaves, Lettuce, Kale, Lemongrass, wheatgrass and Spirulina
- 5 almonds and 1 walnut (soak in water overnight)
- Eating too much carbohydrates food can lead to a high blood sugar level.

Diet & Lifestyle for Diabetes Patients



Due to the increase in sedentary lifestyle and bad dietary habits, nowadays the trend of lifestyle disorders is becoming common these days. One of the major Lifestyle disorders is Diabetes. The correlation of Diabetes in Ayurveda is made with Prameha, particularly Madhumeha. Acharya had mentioned the various Nidana i.e. causative factors or risk factors responsible for the disease which fits perfectly in modern scenario.

“आस्यासुखं स्वप्नसुखं दधीनि ग्राम्यौदकानूपरसाः पयांसि ।
नवान्नपानं गुडवैकृतं च प्रमेहहेतुः कफकृच्च सर्वम् ॥” (च.चि. 6/4)

In above quoted shloka describe both of the bad dietary & physical activities that are responsible factors for the disease discussed later on in this article under Apathya Aahar - vihar. For instance, here the word **Asyasukham** means the taste of mouth, in today's scenario one correlates it with the various junk foods, packed food items available & oily, fried, spicy unhygienic foods which are otherwise tasty but are harmful for health. So let's discuss what to eat and what to avoid for a diabetic patient along with an ideal diet chart for the patient and few lifestyle modifications for making their life medicine free, healthy & happy.

Introduction

Diabetes is a term used when there is excess amount of sugar in the blood, e.g. a person living in a particular area has his fasting blood sugar 110 mg/dl which is considered normal for him. If he takes some unhealthy diet or follow sedentary lifestyle then after few months his fasting sugar is 200 mg/dl, but the body is still showing no symptom of it, then it is still considered normal for him as the body had managed that much of sugar level, he must have to avoid those causes so he can reverse back the increased level of sugar in blood. But the problem arises when the person starts taking those meals or keeps on following that type of lifestyle, his blood sugar will keep on increasing & finally he will end up having multiple organ related damages & symptoms.

Diabetes mellitus is of two types i.e. Type 1 and Type 2. Diabetes mellitus Type 1 patients have no production of insulin at all (Insulin are the hormones that control blood sugar level) whereas type 2 patients have reduced production or decreased utilization of insulin in the body.

Insulin is a hormone that is secreted from beta cells of the pancreas that act as a messenger of glucose between the blood & cell membrane to facilitate the transport of glucose inside the cell and thus checking the blood sugar level.

Pancreas is one of the unique organ of the body that has an ability to regenerate. Thus if due to any cause the production of insulin is decreased or even stopped, if the proper nutrition is provided with proper guidance then it can itself restore its functions & bring back the person to its normal & proper health without the use of any medicine. So, if you are diabetic or even on insulin you just have to give proper nutrition to your body and thus giving your pancreas extra time & favorable conditions to regenerate & restore its functions.



Let's discuss some dos & don'ts which a diabetic patient should follow to get better therapeutic benefit from diet & lifestyle modification.

Pathya - Apathya (Dos & Don'ts)

Pathya Ahara

The dietary habits/ foods that must be included in diabetic patient's diet plan are:

Fresh Vegetables

Try to consume them in raw, or in boiled form. If one wants to cook the vegetable, then must use the pure mustard oil or cow's ghee. Do not use any refined oils or ghee. Use of two raw tomatoes for consumption is recommended. Other vegetables such as radish, carrot, cucumber, onion, cabbage, cauliflower can be used in raw form as salad. Also use of spinach, various gourds, pumpkin, and other leafy vegetables as cooked food or in juice form as Smoothie.

Smoothie

Herbal smoothie prepared from green leaves is the best thing that is likely to be introduced in a diabetic patient's diet plan. This herbal smoothie is considered as Health Sanjeevani. Smoothie is an herbal juice made up of major leaves and minor leaves. Major leaves include Palak/baathu/chollai (Green leafy vegetables species like spinach) mooli ke patte (leaves of radish), chukandar ke patte (leaves of beetroot), etc. Minor leaves include Curry patta (leaves

of *Murraya koenigii*), dhaniya (coriander leaves), pudina (mint leaves), tulsi (Basil leaves) etc.

Any one of the Major leaf (e.g. spinach) is selected and then 8-10 leaves of spinach is to be added and all the minor edible leaves can be mixed in it, along with some fruit such as peach or apple, chia seeds, dalchini (a spice) and Saindhav lavan (pink salt) is added according to taste and then this whole mixture is grinded to get a good flavored healthy Smoothie. This smoothie must be consumed during morning hours preferably after 2 hours of breakfast and before noon. Pumpkin juice or Coconut water can also be consumed instead of this Smoothie, if the person doesn't feel it comfortable to drink daily. Coconut is considered as any time food and it is the natural source of minerals.

These juices are to be consumed very slowly, i.e., 1 glass of Smoothie/coconut/pumpkin juice is likely to be drunk in ½ hour.

Seasonal Fruits

Fruits are a great source of nutrition. There is a misconception that Diabetic patients should avoid the sweetened fruits but the patient with diabetic issues must include fruits in his/her daily diet regimen. As the fruits contain a high amount of fructose which will take time to digest and is a more efficient & long lasting source of energy for the patient than glucose. The patient can use fruit mixture as breakfast. Any favorable and seasonal fruits according to the place where he/ she lives is the best suited for him/her. Fruits can be consumed raw by peeling off or can be consumed in a juice form which is freshly prepared. Avoid packed fruit juices as it contains preservatives.

Dry Fruits

Use of dry fruits is highly recommended to these patients. Some of the dry fruits include Cashew nut, almonds, walnut, resins etc. These dry fruits must be soaked in water for some time & are peeled off before use. The soaking time varies from fruit to fruit, such as Almonds need about 8 hours, Anjeer needs about 1½ hours or soaking, Cashew nuts must be soaked for about 2 hours, and resins could be soaked overnight. These are such food items which can be carried by the patient with them the whole day within a tiffin box as an emergency source of energy and are highly rich in carbohydrates i.e., whenever the patient feels hungry he/she can use these.

Herbal Tea

Diabetic Patients must take herbal tea once or twice a day according to his Prakriti. The tea ingredients include coarse powder of coriander seeds, fennel seeds, cumin seeds, cinnamon, basil leaves, chia seeds, cardamom, etc. Take approximately ½ teaspoon for 3 glasses of water and boil it until it remains 1/6th i.e. ½ glass (approx. 80-100 mL), add some amount of honey or jaggery for taste. Avoid adding milk/sugar to it.

Millets

Millets are the oldest known foods to humans & possibly the first cereal grains to be used by human beings. Millets are small round in shape grains which belong to the grass family (Poaceae). These are the group of highly variable small seeded grasses widely grown around the world as cereal crops for human food. There are multiple benefits of Millets over other commonly used grains (wheat, rice, etc.).

Millets are:

- Power house of nutrition
- Enough fibrous diet, as it contains both soluble as well as insoluble fiber content. The soluble fibrous part helps in slow release of glucose in blood and the insoluble fibrous part prevents constipation.
- Low Glycemic index (prevents/useful in obesity, hypertension, diabetes & other diseases)
- When regularly consumed- they detoxify blood.
- Easily digestible
- Rich source of Magnesium which promotes insulin levels.
- Contains lignin which prevents cancers.
- Gluten free diet.

Millets particularly “**Siri Dhanyalu**” the term coined by **Dr. Khadar Valli** (The Millet Man) for Positive grains that includes five millets namely Foxtail Millet, Kodo Millet, Barnyard Millet, Little Millet and Brown top Millet. All of these five millets are having health promoting & disease curing properties. Out of which **Kodo Millet, Barnyard Millets and Brown Top millet** are highly recommended in diabetic patients’ diets.

Method of introducing Millets in one's diet:

Diabetic patients must use any one of the three above mentioned millets in daily meals instead of wheat or rice. Use the same millet for two consecutive days and then shift to the next useful millets in the list for next two consecutive days and then follow the same pattern repeatedly. For instance, if you are using a Kodo Millet for two days then, you must shift to a bran yard or brown top millet for the next two days. This process is required to get full therapeutic effects of these millets.

Also, the starting of millets in diet must be done in the form of Khameer/Ambli i.e., the fermented product of the concerned millet. To make Khammer/ Ambli take 1 glass of millet (barnyard/brown top/ kodo millet) and grind it to make a coarse powder of it then cook it in an open flask preferably in an earthen pot or in a steel flask. Allow the grains to cook fully. Then, transfer the prepared millet in an earthen pot and keep it as it is for about 4-5 days by covering the pot head with a cloth. Allow it to ferment well and once it is fermented it will look like curd. One could introduce this khammer directly in a patient's diet instead of grains such as wheat, rice. This Ambli has a very rich nutritious value as it contains a high value of probiotics which are very much essential for one's digestion & health. After using this for about 3-7 days one could shift to regular use of flour or as grains in food as discussed above in this article.

Pulses must be included in daily diet routine as soup, dish, any product cooked from it. Moong daal (*Vigna radiata*) is the pulse of choice. One could even use this pulse on a daily basis. Other pulses that can be consumed include masoor daal (*Lens culinaris*).

Vegan Curd

Use of self-made vegan curd should be promoted instead of conventionally used dairy curd. It can be made with peanut & rice.

Saindhav Lavan

Use of Saindhav lavan is highly recommended instead of white salt that is commonly available due to its many therapeutic properties.

Apathya Ahara

The dietary habits/foods that must be avoided in diabetic patient's diet plan are:

- Milk & other dairy products.
- Non-vegetarian diets.
- Excess use of rice, wheat.
- Use of heavy natured pulses such as Mash, Rajmah etc. should be avoided on a daily basis.
- Refined oil, ghee
- White Sugar, white salt.
- Tea, coffee & other non-alcoholic or alcoholic beverages.
- Bakery items, cold stored items.
- Items stored in plastic jars/cans/glass/ plate or any packed food items.
- Avoid using various modern chemical based medicines including antibiotics, antihypertensive, immune suppressing drugs & steroid medicines for a longer duration of time.

Ideal Diet Plan/Lifestyle Modifications For Diabetic Patient

The patient must take adequate balanced food at adequate times to fulfil the demands of the body. Here's an ideal diet plan for diabetic patient:

Waking Up

Start your morning by **waking up early** in the morning (before sunrise) -- **Brahma muhurat jagran.**

Eat Dry Fruits (Just After Waking Up)

- Quantity- body weight of the person (in kg) = Dry fruits (in grams) (For example - a person whose weight is 80 kg has to take 80 grams of dry fruits)
- Caution- Use after soaking and peeling off.

Pranayama

Nowadays, due to workload or too busy schedule, people are forgetting to take care of their mental health and such disturbances are becoming further causes of many disorders. Pranayama (Breathing exercises) are the best way to keep our mind calm and thus promote our body to heal faster & efficiently. Pranayama must be done on daily basis by the diabetic patients are: Kapaal Bhati (best exercise for intestines), Sheetali pranayama (helps in keeping mind relax), Agnisaar (good exercise for better digestion), Naadi shodhan pranayama i.e. Anulom vilom (best breathing exercise helps in relaxing mind, also effective in various respiratory disturbances).

- Timings: One must do each pranayama for about 4-5 minutes.
- Cautions: Pranayam has to be done slowly and preferably in an open place such as a garden.

Morning 7 AM

Drink coconut water or lukewarm water mixing tulsi (basil leaves) and ginger in it.

- Quantity- approx. 500-600 ml, 3-5 fresh basil leaves and one small piece of ginger.
- Caution- Drink slowly.

Morning 7:30 AM - Breakfast

Take fruit salad. Fruit salad may include any seasonal fruit that is available e.g. Pomegranate, Papaya, Mango, Banana or any other seasonal fruits.

- Quantity- Person's body weight (in kg) X 10 = Weight of fruit salad (in grams).
- Alternative: If the person is unwilling to take the whole breakfast of fruit salad, then he/she could use 50% of any daal based preparation + 50% fruit salad.

- Cautions:
 - Daal (pulses) must be soaked overnight before use.
 - Fruit salad must contain only fruits (vegetables should not to be added)
 - Can use Saindhav salt as per taste.

10:45 AM - Morning Snacks

Take a big glass of smoothie. (Procedure of making it is already described earlier)

- Quantity: approx. 500 mL
- Caution: Drink it slowly. Take about ½ hour to finish the drink.

11 AM - Some Outdoor Activities

Outdoor activities may include outdoor games that will help in keeping the physical body fit and also the mind free from stress. The person can also perform some Yoga asanas to keep mind and body healthy. Also, there are some asanas, good for stimulating pancreas and promoting its effective functioning. Some of them are:

- Gomukh asana
- Mandukasana
- Bhujang asana
- Chakra asana
- Shashankasana
- Mayur asana
- Dhanur asana
- Paschimottan asana
- Kukkut asana
- Matsendriya asana

These asanas should be followed by 5 minutes of savasana (relaxing pose) for the better effect, which simply means to have a 5 minutes rest after each Asana. Apart from these yoga asana vajrasana is the asana that must be done after meals.

- Timings- 5-10 minutes will be sufficient for each yoga asana.
- Cautions:
 - Asana must be done slowly & without any jerky movements.
 - Person must do only 3-4 asanas per day.
 - Asana must be started after warm up of the body for about 5-10 minutes.
 - At least 1 hour of Sunlight exposure is must for the patient.

1 PM - Lunch (Lunch Must Be Divided Into 4 Parts)

1. Salad- (25% of total meal) Salad must include seasonal edibles such as cucumber, radish, carrot, beet root, lemon, tomato, green onions, Singhada etc.
2. Vegetable- (25% of total meal) any seasonal vegetable.
3. Pulses- (25% of total meal) can be used in soup or in prepared form.
4. Grains preferably millets (25% of total meal)

Quantity: According to the diet of a person.

Cautions-

- Use salad as a meal starter and consume the salad full before meal, i.e. start the main course of the meal just after you finished eating the salad.
- Do not mix salad with meals.

5 PM - Evening Snacks

Any fruit such as watermelon, papaya, fig balls, etc. with drinks such as coconut milk or wheat grain milk, etc.

6 PM - Outdoor Activity

This includes a 1-2 km brisk walk in the garden or in open fresh air. Also, one can perform the activities listed above in the article.

7 PM - Dinner

Dinner pattern should be the same as the pattern mentioned in Lunch in this article.

Person Must Go To Bed Before 10 PM

A good quality sleep is very much necessary for the proper functioning of body & stress-free life. Avoid sleeping in day hours.

This is the ideal daily regimen to be followed by the patient to get a better benefit and recover from the ailment naturally.

Conclusion

आरोग्यं भोजनाधीनं (Kaashyap Samhita, khil Sthana, 5/9)

As this quote means that health depends on our food. Ayurveda is basically a life science that is mainly focused on keeping a person healthy. Thus, by following the above mentioned diet plan and lifestyle modifications, one can easily get rid of Diabetic problems and the various modern medications that have life threatening side-effects when they are taken for a longer duration of time. So, it's better to switch to a healthy Lifestyle and get rid of this lifestyle disorder.

DIET PLAN FOR DIABETIC LIVER DISEASES



Diabetes can cause large number of liver diseases. Liver is responsible for manufacturing and storing glucose depending upon the body needs. Excess accumulation of fat in the liver makes organ less responsive to insulin, leaving too much glucose in the blood, which can lead diabetes, on the other hand liver fat triggers harmful inflammation that creates scar tissue and other liver disease. Diet is one of the important components in managing diabetes and liver diseases. A moderate protein, low carbohydrate and low-fat diet are prescribed for diabetic with chronic liver disease as it seems to help manage both conditions. Avoid simple sugars and sweets, carbonated drinks, caffeine, alcohol, fried food, salty foods etc.

DIET FOR DIABETIC LIVER DISEASES

EARLY-MORNING

Fenugreek water / Lukewarm water

BREAKFAST

Broken wheat porridge (Veg Dalia) / Veg oats / Veg Semolina (veg upma) / Boiled rice (limited amount) / Vermicelli (Veg Sewian) / Besan pancake (gram flour) / Stuffed Chapatti / Chapatti with veg or Dal / Egg white portion only

MID-MORNING

Fruit / Coconut water / Herbal tea / Green tea / Steamed Salad

LUNCH

Missi Roti / Boiled Rice / Sago Khichri / Vegetable + Dal + Steamed salad

EVENING

Roasted Chana / Sprouts / Green tea / Herbal tea

PRE-DINNER

Soup (Home-made)

DINNER

Chapatti / Boiled Rice / Vegetable + Dal

DIET INSTRUCTIONS

CEREALS

Cereals to be consumed

Whole grains, wheat, Oatmeal, Brown rice, Millet, Sabudana, Barley

Cereals to be avoided

White refined flour

FRUITS

Fruits to be consumed

Apples, Papaya, Pear, Black berry

Fruits to be avoided

All canned and packaged fruits, Grapes, Apricots, Orange, Cranberries, Guava, Lemon, Mangoes, All citrus fruits

VEGETABLES

Vegetables to be consumed

Bottle gourd, Bitter gourd, Ridge gourd, Round guard, Pumpkin, Carrots, Coriander leaves, Spinach leaves, Fenugreek leaves, Turnip, Radish, Peas, Beetroot, Cauliflower, Kale, Winter squash, Broccoli, Cabbage, Mushroom.

Vegetables to be avoided

Canned and frozen vegetables, Tomatoes, Onion, Garlic, Potatoes, Coconut, Sweet potato, Jackfruit, Taro root, Yam

PULSES

Pulses to be consumed

All pulses and legumes but prefer spilt ones. Black gram (in limit)

Pulses to be avoided

Dried and frozen pulses

DAIRY PRODUCTS

Dairy Products to be consumed

Nil

Dairy Products to be avoided

Milk and its products, Whole milk and cream, Yogurt, Cheese, Condensed milk, Curd, Buttermilk

SPICES

Spices to be consumed

Cumin, Fennel, Coriander, Limited black salt, Thyme, Black Pepper, Fenugreek seeds

Spices to be avoided

Red chilies powder, Table salt (excess), Green chili

DRINKS

Drinks to be consumed

Coconut water, Green juice, Herbal tea, Beetroot juice, Bitter gourd juice, Pumpkin juice, Pomegranate juice (All of above in moderate quantity)

Drinks to be avoided

Whole milk drinks, Cream based liqueurs, Canned soup and packaged soup, Alcohol, Sweetened drinks, Squashes, Hot chocolate drinks, Coffee, Tea, Buttermilk, Sugarcane juice

FLESH FOODS

Flesh Foods to be consumed (once in a 15 days)

Egg white, Roasted / Grilled / Boiled Chicken or Fish, Skinless chicken, Lean meat

Flesh Foods to be avoided

Fish fried in suitable oil, Red meat, Prawns, Lobster, Crab, Lean beef, Pork, Lamb, Ham, Turkey, Rabbit, Egg yolk, Mutton, Duck, Goose, Meat pies, Visible fat on meat, Organ parts like Liver, Kidney and Chest.

SEEDS AND DRY FRUITS

Dry Fruits to be consumed

Almond - 5 (soak in water overnight), Flax seed, Pumpkin seed, Sunflower seed

Dry Fruits to be avoided

Pistachio, Raisins, Cashew nuts

OILS

Oils to be consumed

Mustard oil, Cow ghee, Olive oil, Canola oil

Oils to be avoided

Hydrogenated oil, Butter, Coconut oil, Palm oil

OTHER FOODS

Other Foods to be consumed

Homemade only

Other Foods to be avoided

All bakery products or processed, Sauces, Mayonnaise, White sugar, Ice-cream, Cream soups, Dark chocolate, Butter scotch, Coconut bar, Chutneys, Pickles, Junk food, Deep fried foods, All Spicy foods, Too much salty food

SWEETENERS

Sweeteners to be consumed

Nil

Sweeteners to be avoided

Honey, Sweet dish, Sweets, Fruit jellies, Jam

LIFESTYLE AND DIETARY TIPS

- Walk for at least 30-45 min is recommended.
- Whole fruit should be preferred to fruit juices.
- Skipping of meals should be avoided, especially the breakfast
- Water intake should be limited in quantity.
- Flax seed- 1 tsp / day
- **Herbal Tea** - Boil ½ tsp each of fennel, coriander, cumin in 2 cups of water till it's reduced to 1 cup.

DIET CHART FOR DIARRHOEA



INTRODUCTION

Diarrhoea is the passage of stools with increased frequency, fluidity or volume as compared to the usual. The BRAT diet is blend, low-fiber and low-fat which helps to restore the nutrients that have been lost due to Diarrhea, and is useful in this condition. But high-fiber diets, spicy foods, milk, artificial sweeteners, raw vegetables and fried foods may over stimulate the digestive system and worsen the situation.

DAILY DIET SCHEDULE

EARLY-MORNING

A glass of lukewarm water

BREAKFAST

Veg Semolina (Veg upma) / Broken wheat porridge (Veg Dalia) / Veg Vermicelli (Sewian) / Veg poha (Rice flakes)

MID-MORNING

Coconut water / Lemon water / Banana with curd

LUNCH

Veg khichri / Veg pulao / Boiled rice / Vegetable + Dal + Curd

EVENING

Herbal tea / Green tea / Banana with curd

PRE-DINNER

Soup (Home-made) / Coconut water

DINNER

Veg khichri / Boiled rice / Dal

DIET INSTRUCTIONS

CEREALS

TO BE CONSUMED

Wheat flour, White breads, White rice

TO BE AVOIDED

Whole grains such as Barley, Bran, Oatmeal, Soya flour, Corn, Quinoa

PULSES

TO BE CONSUMED

Yellow lentil

TO BE AVOIDED

Whole pulses, Soybean and its products, Dried and frozen pulses

VEGETABLES

TO BE CONSUMED

Asparagus, Carrot, Pumpkin, Squash, Lemons, Potatoes, Onion, Zucchini, Ridge gourd, Ash gourd, Round gourd

TO BE AVOIDED

Brussels sprouts, cabbage, cauliflower, peas, peppers, radishes, and spinach, Sweet potatoes, Peas, Artichokes, Lettuce, Green leafy vegetable, Collard greens, Okra, Dandelion greens, Mustard greens, Mushroom, Beet greens, Tomato, Cucumber, Fenugreek leaves, Raw vegetables, Red and Green chili, Celery, Coconut, Frozen vegetables, Green beans, Parsley

FRUITS

TO BE CONSUMED

Banana with curd, Cooked Apple

TO BE AVOIDED

All canned and packaged fruits, Strawberries, Pineapples, Litchi, Muskmelon, Watermelon, Apricots, Dates, Prunes, grapes, Papaya, Oranges, Figs, Coconut, Guava, Pear, Blueberries, Mango, Lime, Avocado, Raspberries, and Peaches.

DAIRY PRODUCTS

TO BE CONSUMED

Low-fat curd, low fat yoghurt (mix with mashed banana)

TO BE AVOIDED

Whole milk and cream, Full-fat yoghurt, Cream cheese, Condensed milk, Skimmed milk, Soya milk, Cottage cheese, Tofu

FLESH FOODS

TO BE CONSUMED

Nil

TO BE AVOIDED

Meat (can be taken in limited amount) Fish fried, prawns, lobster, crab, lean beef, pork, lamb, ham, turkey, rabbit, Egg yolk, fish roe, mutton, duck, goose, meat pies, visible fat on meat, chicken skin, liver, kidney, chest.

SPICES

TO BE CONSUMED

Fennel, Turmeric, Mint, Cumin, Coriander, Limited salt, Black pepper

TO BE AVOIDED

Red chili powder

FATS

TO BE CONSUMED

Cow ghee, Mustard oil, Olive oil, Rice bran oil

TO BE AVOIDED

Unsaturated fats, Cream, Palm oil, Coconut oil, Butter

NUTS AND DRY FRUITS

TO BE CONSUMED

Nil

TO BE AVOIDED

All nuts

DRINKS

TO BE CONSUMED

Homemade soup, Lime water, Lemon water

TO BE AVOIDED

Milk, Soya milk, Alcohol, Carbonated beverages, canned soup, packaged soup and canned fruit juices, Caffeinated drinks

OTHER FOODS

TO BE CONSUMED

Homemade only, Jaggery

TO BE AVOIDED

All bakery and processed products, Sauces, Fruit jellies, Jams, Mayonnaise, Ice-cream, Cream soups, Dark chocolate, Butter scotch, Coconut bar, Chutneys, Pickles, Junk food, Deep fried foods, Spicy foods.

HOME REMEDIES

HERBAL TEA

Boil ½ tsp each of fennel, coriander, cumin in 2 cups of water till it's reduced to 1 cup.

CHAMOMILE TEA

Chamomile tea by steeping a teaspoon of chamomile flowers and one teaspoon of peppermint leaves in a cup of boiling water for about 10 minutes. Drink this tea after straining it at least thrice a day.

BANANA

Chop 1 or 2 ripe bananas into small pieces and add one teaspoon of warm ghee and a pinch of cardamom and nutmeg.

COOKED RICE WITH YOGURT

Take about a cupful of cooked basmati rice, add 1 tablespoon of ghee and 3 or 4 tablespoons of plain fresh yogurt, mix together, and eat.

BANANA WITH CURD

Chop 1 or 2 ripe bananas into small pieces and add fresh curd.

Diet Chart For IBS - Irritable Bowel Syndrome



It is a gastrointestinal disorder that results in diarrhea, constipation, abdominal pain, and bloating in severe cases, mucus is also found in the stool. Intake of dairy products, chocolate, citrus food, or alcohol can worsen the symptoms leading to severe constipation and diarrhea. Stress also serves as a major symptom of IBS. So, by managing our lifestyle and diet, we can control the symptoms more easily. A high-fiber diet is helpful in adding bulk to the stools and promoting normal bowel motility. Avoid overuse of laxatives, antibiotics, caffeine, and fat-rich foods as it disrupts the normal functioning of the digestive system.

AVOID	ALLOWED TO TAKE
<p>Non-Vegetarian, Spicy, Junk, Packed, Baked & Processed Food, Dairy Products, Soft drinks, Tea, Coffee, Ice Cream, Nuts, White Flour and its Products, White bread, Oats, Sauces, Corn Flakes, etc.</p>	<ul style="list-style-type: none"> • Egg white - limited qty. • Water - Controlled amt. • Coconut Water • Pumpkin Juice • Cow Ghee • Rice • Khichdi, Pulao • Wheat and Corn - only if suits • Millet Flour (Foxtail, Kodo, Browntop) • Soaked Almonds – 5-10 per day • Tragacanth gum • Barley water - Early Morning
<p><i>FRUITS</i></p>	<p><i>FRUITS</i></p>
<p>All Citrus Fruits, Fruits with Seeds, Apricot, Berries, Kiwi</p>	<p>Pomegranate Juice – 50ml twice daily, Cooked Apples, Banana, Pear, Ripe Papaya, Peaches</p>
<p><i>VEGETABLES</i></p>	<p><i>VEGETABLES</i></p>
<p>Cruciferous Vegetables (like Cauliflower, Cabbage, Broccoli), Garlic, Tomatoes, Brinjal, Spinach, Lady Finger / Okra, Mushroom, French Beans, Fenugreek Leaves, Peas, Radish</p>	<p>Pumpkin, Bottle Gourd, Round Gourd, Bitter Gourd, Ridge Gourd / Zucchini, Carrots, Winter Squash, Broccoli, Turnip, Boiled Potatoes, Ginger- in moderation</p>
<p><i>PULSES</i></p>	<p><i>PULSES</i></p>
<p>Chickpeas, Kidney Beans, Black Gram</p>	<p>Green Gram, Orange Lentils, Yellow Lentils, Pigeon Peas</p>

<i>SPICES</i>	<i>SPICES</i>
Green & Red Chillies, Excessive Salt	Fennel, Turmeric, Cumin, Coriander Seeds, Thyme Leaves, Dried Fenugreek Leaves, Mint Leaves, Asafoetida, Rock Salt Note - All in less quantity.

IMPORTANT TIPS

- Food items not mentioned in this diet chart can be consumed in moderation.
- As per Ayurveda, all diseases are caused due to imbalance of the tridoshas. IBS is due to an imbalance of Pitta Dosha, so it is better to avoid taking Sour (Amla), Salty (Lavan), and Pungent. (Katu) Tastes and Sweet (Madhur), Bitter (Tikta), and Astringent (Kashaya) Tastes can be consumed in moderation.
- As a General, all kinds of artificial, packed, industrial, and processed food items should be avoided.
- Behavior plays an important role in preventing diseases, so keep yourself away from negative thoughts, anger, greed, and Ego.

Diet Chart For ITP - Idiopathic Thrombocytopenic Purpura



This diet, if strictly followed can work wonders for an ITP patient. Consume the below-mentioned food items as much as possible. It is a balanced diet that is enough to fuel the human body for proper functioning. It is a blood disorder in which platelets get destructed due to our unwholesome diet, lifestyle, hereditary factors and the involvement of our immune system. Platelets are formed in the bone marrow which are responsible for clotting. Healthy eating and a balanced diet are important for all patients. So, here's the required dietary recommendations that can help you to increase the platelet count and manage ITP.

AVOID	ALLOWED TO TAKE
<i>MILK PRODUCTS</i>	<i>MILK PRODUCTS</i>
Milk and Milk Products should be Strictly Avoided.	---
<i>FRUITS</i>	<i>FRUITS</i>
Citrus Fruits - Lemon, Orange, Sweet Lime, etc., Pineapple, Mango, Figs, Plum	Pomegranate Juice – 50ml twice daily, Cooked Apples, Banana, Pear, Ripe Papaya, Peaches
<i>VEGETABLES</i>	<i>VEGETABLES</i>
Onion, Garlic, Ginger, Tomato, Eggplant, Capsicum	Apples, Pears, Banana, Papaya, Pomegranate, Bael, Kiwi, Watermelon, Muskmelon, Sapodilla
<i>CEREALS</i>	<i>CEREALS</i>
White Refined Flour	Whole Wheat, Oatmeal, Brown Rice, Finger Millets, Pearl Millets and All Types of Millets
<i>PULSES</i>	<i>PULSES</i>
Black Gram / Horse Gram, Kidney Beans, Chickpeas	Green Gram, Split Grams (Moderate), Split Red Lentils

<i>DRY FRUITS & SEEDS</i>	<i>DRY FRUITS & SEEDS</i>
Pistachio, Cashew Nuts, Flax Seeds, Sunflower Seeds, Chia Seeds, and all types of Seeds	Almonds, Raisins, Walnuts (soaked one)
<i>OILS</i>	<i>OILS</i>
Unsaturated Fats, Palm Oil, Coconut Oil, Mustard Oil	Cow Ghee - 1 tablespoon twice daily can be taken), Olive Oil, Canola Oil, Rice Bran Oil
<i>SPICES</i>	<i>SPICES</i>
Red & Green Chili, Cinnamon, Clove, Excess Salt	Fenugreek, Coriander, Black Pepper, Cumin, Turmeric, Fennel
<i>NON-VEG / FLESH FOODS</i>	<i>NON-VEG / FLESH FOODS</i>
Egg Yolk, Chicken, Meat, Fish, Prawns, Lobster, Crab, Lean Beef, Pork, Lamb, Ham, Rabbit, Sausages, Salami, Bacon, Duck, Goose, Sea Food Fish, Processed Meat	2 Egg Whites, Chicken Soup - Occasionally
<i>OTHERS</i>	<i>OTHERS</i>
Packaged, Processed, Fried and Bakery Products, Refined Sugar, Alcohol	<p>Coconut Water, Fresh Homemade Green Tea without Lemon, Sprouts - Green Lentils, Bengal Grams, Beans</p> <p>Wheat Chapatti or Missi Roti - Fenugreek Leaves can be Mixed in the dough</p> <p>JUICES (To be Consumed Everyday) -</p> <ul style="list-style-type: none"> • Green Juice - 50 ml or 2tbsp, once or twice daily <ul style="list-style-type: none"> • Coriander leaves - 10 to 12 • Mint leaves - 4 to 5 • Spinach leaves - 2 • Basil leaves - 2 to 3 • Wheatgrass - 5 to 6 • Long Grass - 6 to 7 • Sheesham leaves - 2 to 3 • Green Grapes - 2 to 4 • Papaya Leaves - 2 to 3 <p>Cap. Spirulina, Cap. Moringa, Cap. Green Essentials – 1 each can be added for Better Results.</p> <ul style="list-style-type: none"> • Red Juice - 100 ml or 2tbsp, once or twice daily <ul style="list-style-type: none"> • Beetroot • Amla • Apple • Carrot

	<ul style="list-style-type: none"> • Pomegranate • Marigold Flower Petals - 9 to 10 • Rose Petals - 5 to 6 • Black or Red Grapes - 2 to 4 • Aloe Vera Juice - 1 Cup daily • Pumpkin Juice - 1/2 Glass - Boil 4-5 leaves of Papaya in 2 cups of Water for a few mins. Allow it to Cool. Filter and Drink, two times a day. <p>HERBAL TEA (Not compulsory to take daily)</p> <p>Boil 1/2tsp. each of Fennel, Dhaniya, Cumin in 3 cups of Water till it's reduced to 1 cup. Take this Herbal Concoction twice a day (If there is gas formation, it is to be preferred)</p>
--	--

IMPORTANT TIPS

- Food items not mentioned in this diet chart can be consumed in moderation.
- As per Ayurveda, all diseases are caused due to imbalance of the tridoshas. ITP is due to an imbalance of Pitta Dosha, so it is better to avoid taking Sour (Amla), Salty (Lavan), and Pungent (Katu) Tastes and Sweet (Madhur), Bitter (Tikta), and Astringent (Kashaya) Tastes can be consumed in moderation.
- As a General, all kinds of artificial, packed, industrial, and processed food items should be avoided.
- Behavior plays an important role in preventing diseases, so keep yourself away from negative thoughts, anger, greed, and Ego.

Diet Plan for Digestion Support



Digestion is the process of breakdown of food into small molecules so that they can be absorbed by the blood stream. Indigestion happens when the taken meal is unable to digest in a stimulated time. And then the most common problems of the digestive tract arises such as discomfort, fullness, pain, bloating, indigestion, acidity, constipation and heart burn. An unhealthy diet or lifestyle can cause above digestive issues. Bad eating habits and unhealthy diet, such as eating too quickly or skipping meals are responsible for arising Digestive disorders.

DIET CHART FOR DIGESTION SUPPORT

EARLY-MORNING

Fennel water / Lukewarm water

BREAKFAST

Broken wheat porridge / Veg Semolina (veg upma) / Veg Vermicelli / Missi Roti /Veg poha / Chapatti with Veg or Dal / Occasionally (Stuffed Chapatti)

MID-MORNING

Herbal tea / Any Fruit / Coconut water

LUNCH

Chapatti / Rice / Salad / Vegetable / Dal / Veg Khichri / Veg Dalia

EVENING

Homemade soup / Herbal tea / Green tea / Lemongrass tea

DINNER

Chapatti / Boiled rice / Veg Khichri / Veg Dalia + Vegetable + Dal

BED TIME

Fennel seeds with water

DIET INSTRUCTIONS

CEREALS

Cereals to be consumed

Wheat, White rice, Semolina, Vermicelli, Millets

Cereals to be avoided

Refined flour and its products

FRUITS

Fruits to be consumed

Apple, Banana, Water melon, Muskmelon, Pear, Pomegranate, Papaya

Fruits to be avoided

Citrus fruits, Mango, Dates, Litchi, Canned fruits and juices

VEGETABLES

Vegetables to be consumed

Pumpkin, Ginger, Celery, Ridge gourd, Round gourd, Red onion, Zucchini, Coriander, Radish, Cabbage, Cauliflower, Carrot, Peas, Fenugreek leaves, Tomato, Potato, Bottle gourd, Bitter gourd, Turnip, Squash

Vegetables to be avoided

Sweet potato, Jackfruit, Capsicum, Raw Salad, Garlic, Taro root, Kale, Mushrooms, Spinach, Yam, Okra, Canned vegetables and frozen vegetables

PULSES

Pulses to be consumed

Split pulses only

Pulses to be avoided

Whole pulses

DAIRY PRODUCTS

Dairy Products to be consumed

Curd, Yogurt, Buttermilk (occasionally)

Dairy Products to be avoided

Milk, Tofu, Full-fat yoghurt, Cream cheese, Condensed milk, unpasteurized cheese

SPICES

Spices to be consumed

Cumin, Coriander, Turmeric, Ginger, Black pepper, Fennel, Rock salt, Cinnamon, Cloves

Spices to be avoided

Red chilies

DRINKS

Drinks to be consumed

Coconut water, Sugarcane juice, homemade soups, Green juice, Herbal tea, Buttermilk

Drinks to be avoided

Whole milk drinks, Cream based liqueurs, canned soup and packaged soup, Alcohol, Sweetened drinks, Squashes, Carbonated drinks.

FLESH FOODS

Flesh Foods to be consumed

Egg white occasionally

Flesh Foods to be avoided

Processed and fried meat, Red meat, Fish Turkey, Rabbit, Fish Roe, Mutton, Salami, Duck, Goose

SEEDS AND DRY FRUITS

Dry Fruits to be consumed

Almonds

Dry Fruits to be avoided

Pistachio, Cashew, Peanuts, Raisin, Walnut, Pumpkin Seeds, Chia Seeds, Flax Seeds, Sunflower Seeds, Sesame Seeds

OILS

Oils to be consumed

Cow ghee, Mustard oil, Rice bran oil

Oils to be avoided

Cream, Palm oil, Butter, Sunflower oil, Canola oil

OTHER FOODS

Other Foods to be consumed

Jaggery

Other Foods to be avoided

Bakery and Processed Foods, Fried Food, Junk Food, Pickles, Artificial Sweeteners, Packed Soups, Sauces, Refined Sugar

LIFESTYLE AND DIETARY TIPS

- Follow regular and balanced meal pattern.
- Water intake should be increased at least 8-10 glasses.
- Increase physical activity and exercise.
- Walk for at least 30-45 minutes.
- Whole fruit should be preferred than fruit juices.
- Skipping meals should be avoided, especially the breakfast.

HOME REMEDIES FOR DIGESTION SUPPORT

1. **Warm water** - Take one glass of hot water in the morning or sip it throughout the day.
2. **Ginger tea** - Boil 1-2 ginger slices in 2 cups of water till it's reduced to 1 cup.
3. **Fennel seeds** - Soak around 10-20 fennel seed in water overnight. Strain and drink it in the next morning on an empty stomach.
4. **Herbal Tea** - Boil ½ tsp each of fennel, coriander, cumin in 3 cups of water till it's reduced to 1 cup.
5. **Chamomile tea** - Drink a one cup of tea throughout the day.
6. **Mint and Holy basil leaves** - Boil 4-5 mint leaves and 4-5 holy basil leaves + ½ tsp of turmeric in 2 cups of water till it's reduced to 1 cup.

Diet Chart for Pregnant Women



"A baby is something you carry inside you for nine months, in your arms for three years, and in your heart forever".

The feeling of carrying a soul within you is the most awaited time in a woman's life. It is important to eat right to give the right amount and type of nutrition to the little one and the mother. Eating less, in order to avoid weight gain during pregnancy is the worst ideas of all times.

Below mentioned is the diet plan which should be followed during pregnancy:-

7.00 AM	1 cup of milk (Flavoured or Unflavoured) Preferred flavors - Almond, Cardamom or Shatavari (Asparagus racemosus), 2 Wheat biscuits or dry toasts, 6 soaked almonds and 2 dates.
9.00 AM	1 bowl of curd/yogurt with 1 or 2 stuffed Asian bread (Paratha) OR An omelette with 2 slices of brown bread OR Poha or Upma with vegetables of your choice OR Sandwich, Porridge, Oatmeal or Pancakes.
11.00 AM	A fruit of your choice (except Papaya)
12.00 PM	Coconut water/ Lemonade
1.30 PM	2 wheat chapattis with a bowl of cooked lentils or fish curry or chicken or any vegetable of your choice, salad, sprouts and lemon rice.
3.00 PM	A glass of buttermilk
4.30 PM	One cup of green tea and any snack made from cottage cheese
6.00 PM	Roasted Bengal grams or dry fruits like almonds or walnuts
7.30 PM	Vegetable/ Chicken soup
8.00 PM	2 Jwar/ Bajra chapattis with Moong lentils or gourd vegetables followed by a small serving of dessert.
10.00 PM	1 cup of milk with 2 almonds and 2 dates

MONTH WISE DIET

According to Ayurveda, it is important to follow this regimen in order to remain healthy and deliver a healthy child possessing good health and all the qualities.

MONTH	DIET
FIRST MONTH	Sweet, cold, liquid and congenial diet. Avoid massages.
SECOND MONTH	Sweet, cold and liquid diet.
THIRD MONTH	Sweet, cold and liquid diet especially cooked rice with milk.
FOURTH MONTH	Cooked rice with curd, pleasant food mixed with milk and butter and white meat (Optional).
FIFTH MONTH	Rice gruel or cooked sweetened rice
SIXTH MONTH	Sweetened curd and regular consumption of milk and clarified butter
SEVENTH MONTH	Same as in sixth month
EIGHTH & NINTH MONTH	A few teaspoons of cow's ghee should be consumed mixed in food for an easy delivery.

AVOID

- Junk food
- Packaged foods
- Refined sugars
- Strenuous workouts
- Alcoholic beverages
- Aerated drinks

PRACTICE

- Breathing exercises
- Drink plenty of water and coconut water
- Eat healthy
- Stay calm and positive
- Meditation

Diet Plan For Eczema Patients



Eczema is also known as dermatitis that causes inflammation of the skin which is characterized by dry and irritated skin which sometimes also becomes scaly, wet or blistered. The exact cause of eczema is not clear and the reason behind it may be many like allergic reactions, stress and fatigue. Temperature sometimes also plays a role in causation of this disease. Out of all these, diet is also one of the main causative factors in etiology of eczema. Various food items can trigger the eczema or aggravate the pre-existing condition, however the food that triggers the condition can vary in various people. So, it is very important to know about the diet in this disease because it helps to resolve it fastly.

DIET CHART FOR ECZEMA PATIENTS

EARLY-MORNING

Amla juice / Aloe Vera Juice

(It helps in Relieving aggravated pitta)

(You can have this juice regularly, empty stomach after passing stool and brushing teeth)

BREAKFAST

Sprouts / Vegetable soup / Oats / Boiled vegetable salad / Wheat Porridge (Dalia) / Semolina (Upma) / Chapati + Dal + Veg

(Light food articles in breakfast are very beneficial for digestive agni ignition)

MID-MORNING

Coconut water / Fruit / Herbal tea

(They provide a cooling effect on the body)

LUNCH

Chapati + Parboiled rice + Vegetables + Dal / Pulao

(A light lunch is also very important to maintain adequate nutrition levels in the body)

EVENING

Vegetable soup / Poha (Rice Flakes) / Toast /Herbal tea

(Having these food articles are very beneficial to avoid long hours of empty stomach)

DINNER

Vegetable curry + Chapati + Dal / Veg dalia / Khichdi

(A nutritious yet light dinner helps in proper digestion of food articles and also avoid indigestion associated with constipation)

DIET INSTRUCTIONS

CEREALS

Cereals to be consumed

Wheat, Quinoa, Buckwheat millets, Rice, Oats, Sorghum, Corn, Finger millet, Foxtail millet, Little millet, Barley

(They are light to digest and in addition do not cause accumulation of endotoxins)

Cereals to be avoided

Refined flour and Rye

(They are responsible for accumulation of endotoxins)

FRUITS

Fruits to be consumed

Apple, Banana, Cheery, Watermelon, Muskmelon, Avocado, Peaches, Pear, Pomegranate, Sapodilla, Papaya, Apricot, Blueberries

(These fruits are very beneficial and provide the body with adequate nutrition)

Fruits to be avoided

All citrus fruits like lemon, oranges, sweet lemon, etc; Strawberry, Mango, Kiwi

(These fruits cause pitta aggravation and thus cause a flare up of symptoms)

VEGETABLES

Vegetables to be consumed

Ridge gourd, Pumpkin, Spinach, Potato, Drumstick, Carrot, Broccoli, Onion, Ginger, Beetroot, Snake gourd, Bitter gourd, Mushroom, Bottle gourd, Kale, Brussels sprouts, Celery, Lettuce, Zucchini, Turnips, Cucumber, Ash gourd, pumpkin

(The vegetables are a very good source of vitamins and minerals. They provide the body with adequate nourishment)

Vegetables to be avoided

Tomatoes, Eggplant or Brinjal, Radish, Garlic

(They are the reason for pitta aggravation)

PULSES

Pulses to be consumed

Yellow moong lentil, Green gram, pink lentils, Split pigeon peas, Split chickpeas

(If consumed in limited quantities, they are potent in adding fuel to the digestive fire and hence improve digestion. Balance tridosha, controls vitiated vata and provides nourishment to the body and its tissues)

Pulses to be limited

Black grams (Occasionally), black lentils, kidney beans

(They are responsible for pitta imbalance by diminishing the agni)

DAIRY PRODUCTS OR FATS

Dairy Products or Fats to be consumed

All are to be avoided or limited except cow's ghee

(The dairy products are heavy to digest, aggravate kapha and imbalance kapha leads to pitta aggravation)

Dairy Products or Fats to be avoided

Condensed milk, Cheese, cream, yogurt, Cottage cheese, Butter, Condensed milk, Curd

OILS

Oils to be consumed

Cow's Ghee, Olive oil, Mustard oil, Rice bran oil

(They help in igniting the digestive fire)

Oils to be avoided

Canola oil, Palm oil, Coconut oil, sesame oil

(They cause diminishing of digestive agni)

SPICES

Spices to be consumed

Turmeric, Cumin, Coriander leaves, Ginger, Fennel, 2-3 black pepper, fenugreek dried leaves, coriander seeds

(Spices act as a fuel to the digestive agni, enhances it and maintains it)

Spices to be avoided

Nutmeg, Mustard, Pimiento, Red chilli, green chillies

(These spices are not suitable in case of pitta dosha aggravation)

DRINKS

Drinks to be consumed

Vegetable soups, Coconut water, Herbal tea

(They are balya for the body and helps in maintaining digestive fire)

Drinks to be avoided

Alcoholic beverages, Cream based drinks, Milk based drinks, Canned drinks, Carbonated and sweetened drinks

(Increases dosha vitiation)

FLESH FOODS

Flesh Foods to be consumed

Fish, Lean chicken (Occasionally)

(They are the source of protein and are very useful in providing the body with adequate nutrition)

Flesh Foods to be avoided

Fish fried in suitable oil, Red meat, Prawns, Lobster, Crab, Lean beef, Pork, Lamb, Ham, Turkey, Rabbit, Egg yolk, Fish roe, Sausages, Mutton, Salami, Bacon, Duck, Goose, Meat pies, Visible fat on meat, Organ parts like Liver, Kidney and Chest.

SEEDS AND DRY FRUITS

Dry Fruits to be consumed

Flax seeds, Almonds, Walnut, Raisins (Soaked one)

(Dry fruits and nuts are essential and helps in strengthening the body)

Dry Fruits to be avoided

Cashew, Pistachios, Peanuts, sunflower seeds, nuts

PREPARED FOODS

Prepared foods to be consumed

Homemade only

(As they do not contain preservatives and are really best in managing a number of conditions)

Prepared foods to be avoided

All bakery products or processed foods, Sauces, Fruit jellies, Jams, Mayonnaise, White sugar, Ice-cream, Cream soups, Dark chocolate, Butterscotch, Coconut bar, Chutneys, Pickles, Junk food, Deep fried foods, All Spicy and Salty foods, Refined sugar.

(These are not good for the body and contain a lot of preservatives which affect the body in a very bad way and diminish the agni)

SWEETENERS

Sweeteners to be consumed

Honey

(It is being guided as consumable by Ayurvedic Acharyas)

Sweeteners to be avoided

Jaggery, Sugar, All the artificial sweeteners

(They are potent for kapha aggravation and causing various symptom aggravation)

HOME REMEDIES

- Apply coconut oil on the affected area locally (It has a cooling effect on the application site)
- Consume 20-30 ml of bitter melon juice regularly (Helps in blood detoxification)
- Consume Aloe vera juice everyday early in the morning and you can also apply Aloe vera gel locally on affected areas (It also provides a soothing effect on the application site)
- Apply tea tree oil locally on affected areas as it possesses anti-inflammatory and antiseptic properties (Relieves burning sensation)

LIFESTYLE AND DIETARY TIPS

- Drink at least 8-10 glasses of water daily.
- Avoid stress as it is also a triggering factor. You can do Yoga and meditation for it.
- Maintain personal hygiene as it will help in maintaining healthy skin.
- Sleep well on time and get up early in the morning.
- Avoid suppression of natural urges such as urination, defecation, sleep hunger, sneezing etc.

Diet Plan for Patients of Edema



Edema is a medical condition in which puffiness and swelling occurs in many areas of the body, as in legs, arms, feet, hands, lungs, heart, or stomach area. The dietary plan can be very important in the cure and prevention of edema, therefore it is important to make dietary changes to reduce edema

Diet Chart

- chillies and salt

<i>Vegetables</i>	
<i>To Consume</i>	<i>To Avoid</i>
<ul style="list-style-type: none">• Bitter Gourd• Cucumber• Onion• Celery• Dark Leafy Greens Vegetables• Parsley• Beet• Squash• Bell Peppers• Potato	<ul style="list-style-type: none">• Spinach• Tomato juice• Frozen Vegetables
<i>Fruits</i>	
<i>To Consume</i>	<i>To Avoid</i>
<ul style="list-style-type: none">• Pineapple,• Watermelon• Grapes• Blueberries• Tomatoes• Avocados• Almonds	
<i>Legumes/Grains</i>	
<i>To Consume</i>	<i>To Avoid</i>
<ul style="list-style-type: none">• Crushed Flax Seeds• split pulses	<ul style="list-style-type: none">• Soy• Corn• whole pulses

- Processed Grains

Spices/Herbs/Oils

To Consume

- Pepper
- Garlic
- Turmeric
- Cinnamon
- Ginger
- Coriander Seeds
- Fenugreek

To Avoid

Others

To Consume

- Olive Oil
- Porridge
- Green Tea
- Boil water with little fennel seeds

To Avoid

- High salt foods
- Processed Meats
- Processed dairy foods
- Carbonated Beverages
- Beer
- All citrus fruits to be Avoided
- Alcohol
- Tobacco

Diet Plan for Endometriosis



Endometriosis occurs when the tissue that lines the uterus develops outside the uterus. Good nutrition is more important than eating any one specific food and certain nutrients can help to reduce inflammation, while other foods specifically make pains worse. For patients with endometriosis, high fiber diet, Omega 3 fatty acids are a good option. Fresh fruits and vegetables, whole grains and nuts are good to control the symptoms to some extent. Saturated fats should be taken in limited quantities.

DIET CHART FOR ENDOMETRIOSIS

EARLY-MORNING

Amla juice / Herbal tea / Barley water / Wheatgrass Juice

BREAKFAST

Broken wheat porridge (Veg / Sweet Dalia) / Veg Oats / Veg Semolina (veg upma) / Veg Poha (Rice flakes) / Veg Idli / Vermicelli (Sewian) / Besan pancake (gram flour) / Chapatti with veg or Dal / 1- Egg white portion only

MID-MORNING

Fruit / Coconut water / Herbal tea / Green tea

LUNCH

Boiled Rice / Wheat flour Chapatti / Vegetable + Dal / Steamed Salad

EVENING

Sprouts / Green tea / Soup (Home-made) / Herbal tea / Roasted chickpea / Rice flakes snack

DINNER

Chapatti / Vegetable + Dal + Steamed salad

DIET INSTRUCTIONS

CEREALS

Cereals to be consumed

Whole grains cereals, Whole wheat, Oatmeal, Quinoa, Barley, Millet, Multigrain, Rice flakes, Puffed rice, Corn, Brown rice

Cereals to be avoided

White refined flour, White rice and refined grains

FRUITS

Fruits to be consumed

Banana, Prunes, Papaya, Avocado, Cherries, Figs, Apples, Amla, Pear, Pomegranate, Apricot.

Fruits to be avoided

All canned and packaged fruits

VEGETABLES

Vegetables to be consumed

Beans, Sprouts, Cauliflower, Broccoli, Cabbage, Brussels sprouts, Beet, Onion, Garlic, Artichokes, Carrots, Spinach, Kale, Peas, Turnips, Lettuce, Bottle gourd, Bitter gourd, Ridge gourd, Pumpkin, Coriander leaves, Fenugreek leaves, Mustard greens, Chicory, Winter squash, Mushroom.

Vegetables to be avoided

Overcooked, Fried, Baked and frozen Vegetables

PULSES

Pulses to be consumed

All whole pulses, Lentils and Legumes

Pulses to be avoided

Dried and frozen pulses

DAIRY PRODUCTS

Dairy Products to be consumed

Soya milk, Tofu

Dairy Products to be avoided

Milk and its products, Whole milk and cream, Full-fat yogurt, Cream cheese, Condensed milk

SPICES

Spices to be consumed

Cumin, Fennel, Coriander, Salt, Thyme, Turmeric, Ginger, Black Pepper, Fenugreek seeds, Mustard seeds (in moderate quantity)

Spices to be avoided

Red chilies and Green chilies

DRINKS

Drinks to be consumed

Coconut water, Fat-free homemade soups, Green juice, Herbal tea, Beetroot juice, Aloe Vera juice, Barley water, Wheatgrass juice, Gooseberry juice, Pumpkin juice, Pomegranate juice, Dandelion tea

Drinks to be avoided

Whole milk drinks, Cream based liqueurs, Canned soup and packaged soup, Alcohol, Sweetened drinks, Squashes, Hot chocolate drinks, Coffee, Tea

FLESH FOODS

Flesh Foods to be consumed

Egg white only, Lean meat, Skinless chicken, Grilled or roasted fish (Occasionally)

Flesh Foods to be avoided

Prawns, Lobster, Crab, Lean beef, Pork, Lamb, Ham, Very lean minced meat, Turkey, Rabbit, Mutton, Duck, Hot dogs, Organ meat like Liver, Kidney and Chest, Red meat, Dark meat poultry, Smoked and canned fish.

SEEDS AND DRY FRUITS

Dry Fruits to be consumed

Almond, Walnuts, Figs, Brazil nuts, Flax seeds, Pumpkin seeds

Dry Fruits to be avoided

Peanuts, Raisins, Pistachio, Cashew nuts

OILS

Oils to be consumed

Cow ghee, Olive oil, Canola oil, Fish oil, Mustard oil

Oils to be avoided

Hydrogenated oil, Butter, Palm oil,

OTHER FOODS

Other Foods to be consumed

Homemade only, Jaggery, Honey

Other Foods to be avoided

All bakery products or processed foods, Sauces, Fruit jellies, Jams, Mayonnaise, White sugar, Ice-cream, Coconut bar, Chutneys, Pickles, Junk food, Deep fried foods, All Spicy foods, Too much salty food, Frozen food.

LIFESTYLE AND DIETARY TIPS

- Walk for at least 30-45 min is recommended.
- Whole fruit should be preferred to fruit juices.
- Water intake should be increased at least 8-10 glass regularly
- **Herbal Tea**- Boil ½ tsp each of fennel, coriander, cumin in 3 cups of water till it's reduced to 1 cup.
- Soaked Almond- 5 pieces

Note - So, we have listed all the essential food items that are good for women with endometriosis. So do not forget to include these in your diet.

Diet Chart for Fatty Liver Disease



Liver is a vital organ of the body, so it is very important to keep it healthy and fit. There are various causes responsible for liver disorders like too much consumption of alcohol, and unhygienic and unhealthy intake of food, which are characterized by symptoms such as paleness, stomach ache, weakness or nausea. In a healthy body, the liver helps to remove toxins and produces bile to maintain digestion. Some amount of fat is required in the liver but when the fat content is too high in the liver the condition is termed fatty liver. In this condition, a diet that contains low-fat, less calorie, complex carbohydrates, high-fiber, and protein can reduce the risk of complications and help in rapid healing.

AVOID	ALLOWED TO TAKE
<p><i>VEGETABLES</i></p> <p>Canned Vegetables and Vegetable Soups, Yam, Taro Roots, Jackfruit, Dried Beans, Eggplant, Cauliflower</p>	<p><i>VEGETABLES</i></p> <p>Carrots, Beetroot, Pumpkin, Dandelion Greens, Spinach, Mustard Greens, Chicory, Broccoli, Cabbage, Sweet Potatoes, Kale, Onion, Fresh Green Beans, Tomatoes, Green Peas, Potatoes, Winter squash, Asparagus, Lettuce, Bitter Gourd, Bottle Gourd, Round Gourd, Ridge Gourd, Red and Green Bell Pepper, Green Leafy Vegetables</p>
<p><i>FRUITS</i></p> <p>Coconut, Mango, Sapodilla, Dates, Banana, All Frozen and Canned Fruits and Juices</p>	<p><i>FRUITS</i></p> <p>All Fruits preferably Fiber-Rich Fruits Note – Prefer Whole fruit over Fruit Juice</p>
<p><i>PULSES</i></p> <p>Frozen Pulses</p>	<p><i>PULSES</i></p> <p>All Freshly Home Cooked Pulses and Lentils</p>
<p><i>MILK PRODUCTS</i></p> <p>Dairy Milk and its Products</p>	<p><i>MILK PRODUCTS</i></p> <p>Plant-based Milks such as Tofu and Soymilk</p>

<i>DRY FRUITS & SEEDS</i>	<i>DRY FRUITS & SEEDS</i>
Cashew Nuts, Pistachio, Peanuts, Raisins	Flax Seeds, Chia Seeds, Sunflower Seeds, Walnuts, Almonds (All Soaked Overnight in limited qty.)
<i>CEREALS</i>	<i>CEREALS</i>
Corn Flour, Refined Flour and its Products	Whole Wheat, Brown Rice, Millets, Quinoa, Soybean, Oats, Buckwheat Note – Chapati Ratio - Wheat Flour (50%) + Soybean (25%) + Kodo Millet (25%)
<i>FATS / OILS</i>	<i>FATS / OILS</i>
Oversaturated Fats, Hydrogenated Oil, Palm Oil, Coconut Oil	Olive Oil, Canola Oil, Rice Bran Oil, Soybean Oil, Mustard Oil, Cow Ghee
<i>SPICES</i>	<i>SPICES</i>
Thyme, Cinnamon Note – Table Salt (can be taken in very low qty. if needed much)	Fennel, Turmeric, Cumin, Coriander, Rock Salt (limited), Cardamom, Fenugreek, Ginger, Black Pepper
<i>FLESH FOODS / NON-VEG</i>	<i>FLESH FOODS / NON-VEG</i>
All Other Non-Vegetarian	1 Egg White, Homemade Chicken Soup (Shredded)
<i>OTHER FOODS</i>	<i>OTHER FOODS</i>
Packaged, Processed, Fried and Bakery Products, Spicy Food, High-fat food, Chocolates, Sauces, Soda, Fruit Jellies, Jams, Refined Sugar, Ice-cream, Pickle, Coffee, Tea	Fresh Homemade Green Tea without Lemon, Homemade Vegetarian Soups, Veg Poha, Veg Idli, Veg Upma, Wheat Porridge, Veg Vermicelli, Gram Flour Pancake, Coconut Water, Beetroot Juice, Pomegranate Juice, Barley Water, Sprouts

IMPORTANT TIPS

- Avoid having Your Dinner after 8 PM
- Eat Light Food, Avoid Heavy Meals
- Alcohol and Milk Tea are strictly Prohibited. Herbal Tea can be taken like Liv Support Tea, and Slimolina Tea
- **Herbal Tea** : Boil 1/2tsp. each of Fennel, Dhaniya, Cumin in 3 cups of Water till it's reduced to 1 cup. Take this Herbal Concoction twice a day (If there is gas formation, it is to be preferred)
- Avoid Stale Food, Always eat Freshly Prepared Food
- Kapalbhatai Pranayama is Very Beneficial for Fatty Liver. Other Yoga Asanas are also helpful
- Eat More Salads
- Walk for at least 30-45 min is recommended
- Food items not mentioned in this diet chart can be consumed in moderation
- As per Ayurveda, all diseases are caused due to imbalance of the tridoshas. Fatty Liver is due to an imbalance of Pitta Dosha, so it is better to avoid taking Sour (Amla), Salty (Lavan), and Pungent

(Katu) Tastes and Sweet (Madhur), Bitter (Tikta), and Astringent (Kashaya) Tastes can be consumed in moderation

- As a General, all kinds of artificial, packed, industrial, and processed food items should be avoided
- Behavior plays an important role in preventing diseases, so keep yourself away from negative thoughts, anger, greed, and Ego

DIET CHART FOR FIBROMYALGIA



INTRODUCTION

It is a chronic musculoskeletal disorder which is represented with generalized severe body pain. It is characterized by disturbed sleep, weak memory and severe fatigue. A balanced diet rich in complex carbs, plants based protein and unsaturated fats are beneficial to get relief from body pain. In such condition, we need to avoid foods that trigger the pain like red meats, processed food and night shade vegetables.



DAILY DIET SCHEDULE

EARLY MORNING

Luke warm water / Soaked almond - 4 / Indian gooseberry - 2 / Aloe vera juice

BREAKFAST

Vegetable Poha / Vegetable porridge / Vegetable Upma / Ragi chapatti / Multigrain chapatti + Vegetable / Fresh Juice / 1 boiled eggs

MID MORNING

Fruit juice / fruit / herbal tea /Green tea

LUNCH

Chapatti / Multigrain Chapatti / white rice / brown rice / Veg pulao / Veg + Dal + Curd / + Carrot and beetroot salad / non-veg (once in a week)

EVENING

Fruit / Sprouts chat / Rice flakes / Egg-1 / Soup / veg or non-veg (homemade) / roasted makhane / roasted chickpeas / Roasted seeds mix

DINNER

Chapatti / Multigrain Chapatti / brown rice / Veg pulao / Veg + Dal

BED TIME

Skimmed milk + a pinch of turmeric

DIET INSTRUCTIONS

CEREALS

FOODS TO BE CONSUMED

Wheat, White rice, Brown rice, Sorghum, Amaranth, Finger millet, Foxtail millet, Pearl millet, Buckwheat, Little millet

Flour Ratio - Wheat Atta (50%) + Soybean Atta (20%) + Ragi flour (30%)

FOODS TO BE AVOIDED

Refined flour and its products

FRUITS

FOODS TO BE CONSUMED

Apple, Banana, Water melon, Muskmelon, Avocado, Peaches, Pear, Coconut, Pomegranate, All types of berries , Figs, Mango, Litchi, Custard apple, Orange, Sweet lime, Sapodilla, Pineapple, Orange, Grapes

Note: All seasonal fruits can be consumed.

FOODS TO BE AVOIDED

Canned fruits and juices

VEGETABLES

FOODS TO BE CONSUMED

Zucchini, Sweet potato, Pumpkin, Ginger, Celery, Red Onion, Coriander, Radish, Broccoli, Cauliflower, Kale, Mushrooms, Spinach, Carrot, Fenugreek leaves, Bottle gourd, Bitter gourd, Ridge gourd, Snake gourd

FOODS TO BE AVOIDED

Night shade vegetables – Tomato, Potato, Eggplant, Canned vegetables and Frozen vegetables

PULSES

FOODS TO BE CONSUMED

All pulse and legumes

FOODS TO BE AVOIDED

Black gram

DAIRY PRODUCTS

FOODS TO BE CONSUMED

Low-fat milk, Yogurt

FOODS TO BE AVOIDED

Whole milk and cream, Full-fat yoghurt, Cream cheese, Condensed milk, unpasteurized cheese, Butter

OILS

FOODS TO BE CONSUMED

Cow ghee, Sunflower oil, Canola oil, Olive oil, Mustard oil, Rice bran oil, Coconut oil

FOODS TO BE AVOIDED

Cream, Palm oil

SPICES

FOODS TO BE CONSUMED

Cumin, Coriander, Salt, Turmeric, Ginger, Pepper, Fennel, Cinnamon

FOODS TO BE AVOIDED

Red chillies

DRINKS

FOODS TO BE CONSUMED

Coconut water, Sugarcane juice, Homemade soups, Green juice, Herbal tea, Aloe Vera juice

FOODS TO BE AVOIDED

Whole milk drinks, Cream based liqueurs, Canned soup and Packaged soup, Alcohol, Sweetened drinks, Squashes, Carbonated drinks

FLESH FOODS

FOODS TO BE CONSUMED

Egg white, Roasted chicken, Grilled Fish, Lean meat, Skinless chicken

FOODS TO BE AVOIDED

Processed and fried meat, Red meat - (Beef, Lamb, Pork)

DRY-FRUITS / SEEDS

FOODS TO BE CONSUMED

Almond, Raisins, Walnut, Pumpkin Seeds, Chia Seeds, Flax Seeds, Sunflower Seeds, Sesame Seeds.

FOODS TO BE AVOIDED

Nil

PREPARED FOODS

FOODS TO BE CONSUMED

Jaggery, Honey

FOODS TO BE AVOIDED

Bakery and Processed Foods, Fried Food, Junk Food, Pickles, Artificial Sweeteners, Packed Soups, Refined Sugar

HOME REMEDIES

GINGER TEA

Prepare the ginger tea by adding half inch pieces of ginger into 1 cup of water. Heat it for 2-3 minutes and strain it. For better results you can add honey into it.

TURMERIC

1 tsp of turmeric added in warm water or milk. It will give relief from pain.

EXERCISE

In starting exercise increase body pain but after some time it shows positive results.

SUNSHINE

It is a good source of vitamin D and reduces the intensity of pain

DIET TIPS

- Drink plenty of water.
- Avoid simple carbs and saturated and trans fats.
- Do not use refined sugar.
- Add foods from all food groups.
- Avoid consumption of packed foods.
- Avoid over use of caffeine.

DIET CHART FOR FOOD POISONING



INTRODUCTION

Food poisoning (also known as food-borne illness) occurs when you eat or drink contaminated foods that contain harmful germs (bacteria, virus, or parasites). Bacteria produce toxins in food and cause the problem. The main symptoms of food poisoning are vomiting, diarrhea, and an upset stomach. The BRAT diet is one of the main recoveries for food-borne illness. Also, bland, low-fat, and low-fiber foods help to replace lost electrolytes. It is important to avoid caffeinated drinks, fatty foods, carbonated drinks, fried and junk food as these can irritate the stomach and may trigger the problem.



DAILY DIET SCHEDULE

EARLY-MORNING

A glass of lukewarm water

BREAKFAST

Veg Semolina (Veg upma) / Broken wheat porridge (Veg Dalia) / Veg Vermicelli (Sewian) / Veg poha (Rice flakes)

MID-MORNING

Buttermilk / Coconut water / Lemon water / Banana with curd

LUNCH

Chapatti / Veg khichri / Veg pulao / Boiled rice / Vegetable + Dal + Curd

EVENING

Herbal tea / Green tea / Banana with curd

PRE-DINNER

Soup (Home-made) / Coconut water

DINNER

Veg khichri / Boiled rice / Dal

DIET INSTRUCTIONS

CEREALS

TO BE CONSUMED

Wheat flour, White rice, Semolina, Vermicelli, Rice flakes

TO BE AVOIDED

Whole grains such as Barley, Bran, Oatmeal, Whole wheat bread, Brown rice, Finger millet flour, Soya flour, Corn, Millet, Quinoa

PULSES

TO BE CONSUMED

Yellow lentil

TO BE AVOIDED

Whole pulses, Soybean and its products, Dried and frozen pulses

VEGETABLES

TO BE CONSUMED

Asparagus, Carrots, Summer squash, Turnips, Pumpkin, Potatoes, Onion, Zucchini, Bitter gourd, Ridge gourd, Ash gourd, Round gourd

TO BE AVOIDED

Broccoli, Brussels sprouts, cauliflower, corn, peas, peppers, radishes, and spinach, Sweet potatoes, Artichokes, Lettuce, Green leafy vegetable, Collard greens, Okra, Dandelion greens, Mustard greens, Mushroom, Beet greens, Tomato, Fenugreek leaves, Raw vegetables, Red and Green chili, Celery, Frozen vegetables, Green beans, Parsley

FRUITS

TO BE CONSUMED

Banana with curd, Lemon, Steamed apple

TO BE AVOIDED

All canned and packaged fruits, Strawberries, Pineapples, Litchi, Muskmelon, Watermelon, Apricots, Dates, Prunes, grapes, Papaya, Oranges, Banana, Figs, Coconut, Guava, Pear, Blueberries, Pomegranate, Mango, Lime, Avocado, Raspberries, and Peaches.

DAIRY PRODUCTS

TO BE CONSUMED

Buttermilk, Low-fat curd, low fat yoghurt (mix with mashed banana)

TO BE AVOIDED

Whole milk and cream, Full-fat yoghurt, Cream cheese, Condensed milk, Skimmed milk, Cottage cheese

FLESH FOODS

TO BE CONSUMED

Nil

TO BE AVOIDED

Meat, Fish fried, prawns, lobster, crab, lean beef, pork, lamb, ham, turkey, rabbit, Egg yolk, fish roe, sausages, mutton, salami, bacon, duck, goose, meat pies, and visible fat on meat, chicken skin, liver, kidney, and chest.

SPICES

TO BE CONSUMED

Fennel, Turmeric, Mint, Cumin, Coriander, Limited salt, Black pepper

TO BE AVOIDED

Red chili powder, Peppers

FATS

TO BE CONSUMED

Cow ghee, Mustard oil, Olive oil, Soybean oil, Rice bran oil

TO BE AVOIDED

Unsaturated fats, Cream, Palm oil, Coconut oil, Butter

NUTS AND DRY FRUITS

TO BE CONSUMED

Nil

TO BE AVOIDED

Cashew nuts, Peanuts, Flax seed, Sesame seeds, Pumpkin seed, Walnut, Hazelnuts, Almond, Dried raisins and apricots, Hemp seeds, Pecans

DRINKS

TO BE CONSUMED

Homemade soup, Buttermilk, Lemon water

TO BE AVOIDED

Milk, Soya milk, Alcohol, Carbonated beverages, canned soup, packaged soup and canned fruit juices, Caffeinated drinks

OTHER FOODS

TO BE CONSUMED

Homemade only, Jaggery, Tofu

TO BE AVOIDED

All bakery products or processed, Sauces, Fruit jellies, Jams, Mayonnaise, Ice-cream, Cream soups, Dark chocolate, Butter scotch, Coconut bar, Chutneys, Pickles, Junk food, Deep fried foods, Spicy foods.

DIET TIPS

- Wash fruits and vegetables thoroughly.
- Wash your hands properly with an antiseptic soap before eating and cooking.
- Whole fruit should be preferred to fruit juices.
- Skipping of meals should be avoided, especially the breakfast
- Water intake should be increased at least 8-10 glass regularly
- Cleanliness and hygiene should be maintained.

HOME REMEDIES

HERBAL TEA

Boil ½ tsp each of fennel, coriander, cumin in 4 cups of water till it's reduced to 2 cups. Drink once or twice daily.

CHAMOMILE TEA

Chamomile tea is prepared by steeping a teaspoon of chamomile flowers and one teaspoon of peppermint leaves in a cup of boiling water for about 10 minutes. Drink this tea after straining it at least thrice a day.

BANANA

Chop 1 or 2 ripe bananas into small pieces and add one teaspoon of warm ghee and a pinch of cardamom and nutmeg.

BANANA WITH CURD

Chop 1 or 2 ripe bananas into small pieces and add fresh curd.

GINGER AND BASIL LEAVES TEA

Take one tsp of grated ginger into one cup of water and boil this mixture. After few minutes add 3 basil leaves and 1/2 tsp cumin seeds. Strain the mixture and drink twice daily.

FENUGREEK SEEDS WITH YOGURT

Take 1 tsp fenugreek seeds along with yogurt.

APPLE CIDER VINEGAR

Mix 2 tsp of ACV with a glass of hot water and drink before eating.

DIET FOR GALL STONES



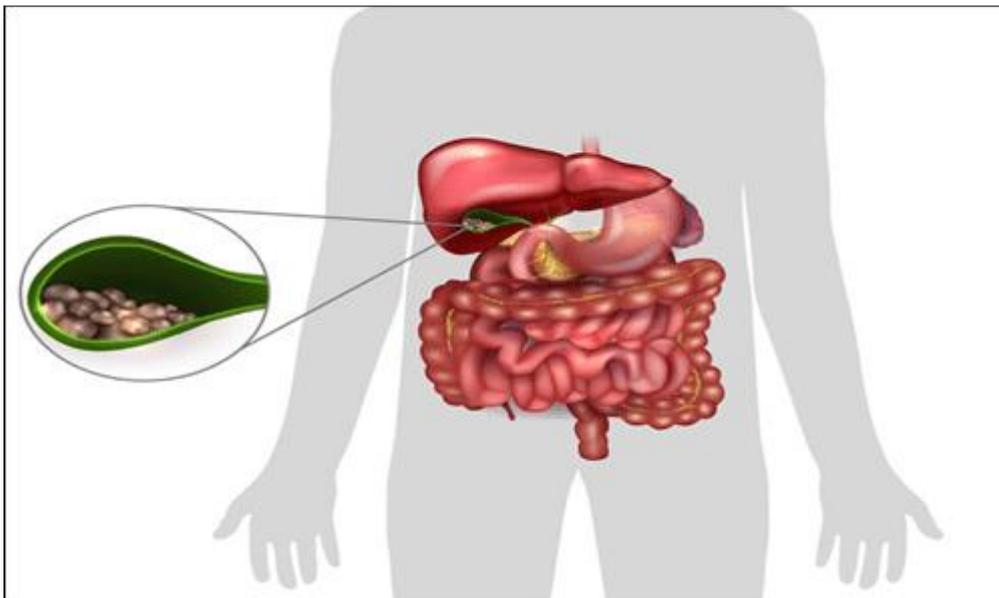
INTRODUCTION

Gall bladder is to collect and store bile, the fluid which helps the body to digest the fats. Gall stones are extra cholesterol stones which are present in gall bladder or bile duct. Gall stones affect women twice more than men, specially those suffering with obesity and diabetes. The general treatment to gall stones is to remove gall bladder by surgery. But, it is not healthy and have many complications that causes illness for life.

A healthy and balanced diet that is low in fat and cholesterol, moderate in calories and high in fiber, intake of Fruits and vegetables which are full of nutrients and fiber, high in vitamin C, calcium, or vitamin B is the best way to improve and protect your gallbladder's health.

Diet which is high in fat and cholesterol, low in fiber and low calorie can cause discomfort and painful symptoms. Avoid unhealthy fats, fried food, junk food, processed food, preserved food, caffeine, and alcohol as they can trigger a variety of symptoms, such as bloating, nausea, and vomiting. Avoid oxalate containing foods and reduce calcium consumption as it increases oxalate stone formation.

It's always a good idea to keep your body at a healthy weight and take proper diet.



DAILY DIET SCHEDULE

EARLY-MORNING

A glass of water +1 tsp chia seeds

BREAKFAST

Veg Semolina (Veg upma) / Broken wheat porridge (Veg Dalia) / Veg Vermicelli (Sewian) / Veg poha (Rice flakes) / Veg Idli / Brown Bread Sandwich / Besan pancake (gram flour) / Stuffed Chapatti / Chapatti with Veg or Dal / Curd + 1 Eggs white portion

MID-MORNING

Fruit / Buttermilk / Coconut water / Sprouts / Salad / Lemon water

LUNCH

Mix chapatti / Plain chapatti / Veg pulao / Boiled rice / Vegetable + Dal + Curd + Salad

EVENING

Herbal tea / Green tea / Roasted Chana / Sprouts / Rice flakes snack / Flaxseed- 1tsp

PRE-DINNER

Soup (Home-made)

DINNER

Mix chapatti / Plain chapatti / Vegetable + Dal + Curd

DIET INSTRUCTIONS

CEREALS

TO BE CONSUMED

Whole grains such as Oatmeal, Whole wheat bread, Porridge, Brown rice, Finger millet flour, Quinoa

TO BE AVOIDED

Whole refined flour, White breads, White rice

PULSES

TO BE CONSUMED

All pulses, Legumes

TO BE AVOIDED

Dried and frozen pulses

VEGETABLES

TO BE CONSUMED

All gourds-bitter gourd, Snake gourd, Ridge gourd, Bottle gourd, Ivy gourd, Turnip, Radish, Tomato (without seeds), Bell peppers, Capsicum (without seeds), Potatoes, Peas, Squash, Carrots, Lemons, Onion, Garlic, Ginger, Cucumber (without seeds), Coriander, Zucchini

TO BE AVOIDED

Red and Green chili, Frozen vegetables, Okra, Rhubarb, Spinach, Green leafy vegetables

FRUITS (WITHOUT SEEDS)

TO BE CONSUMED

All fruits like Custard Apple, Pears, Grape and Watermelon, Melon, Banana, Oranges and Apple

TO BE AVOIDED

All canned and packaged fruits, Dried fruits

DAIRY PRODUCTS

TO BE CONSUMED

Low-fat milk (occasionally), Curd, Buttermilk, Yogurt

TO BE AVOIDED

Whole milk and cream, Full-fat yoghurt, Cream cheese, Condensed milk, Cottage cheese

FLESH FOODS

TO BE CONSUMED

Egg white, Boiled egg, Lean Meat, Skin out chicken, Tuna, Salmon

TO BE AVOIDED

Meat (can be taken in limited amount) Fish fried, prawns, Lobster, crab, lean beef, pork, lamb, ham, turkey, rabbit, Egg yolk, fish roe, sausages, mutton, salami, bacon, duck, goose, meat pies, visible fat on meat, chicken skin, liver, kidney, chest, Anchovies, Sardines, Mackerel, Codfish, Herring, Mussels, Scallops, Shrimp.

SPICES

TO BE CONSUMED

Fennel, Turmeric, Mint, Cumin, Carom, Coriander, Fenugreek, Rock salt, Black pepper

TO BE AVOIDED

Red chili powder

FATS

TO BE CONSUMED

Cow ghee, Groundnut oil, Mustard oil, Olive oil, Canola oil

TO BE AVOIDED

Unsaturated fats, Cream, Palm oil, Coconut oil, Butter

NUTS AND DRY FRUITS

TO BE CONSUMED

Flax seed, Sesame seeds, Pumpkin seed, Almond

TO BE AVOIDED

Cashew nuts, Peanuts

DRINKS

TO BE CONSUMED

Milk, Homemade soup, Buttermilk, Carrot juice, Bitter Gourd juice, Aloe Vera juice, Lemon water, Amla juice

TO BE AVOIDED

Alcohol, Carbonated beverages like Coke, Limca, Pepsi, Fanta etc., Canned soup, Packaged soup and Canned fruit juices, Caffeinated drinks, Coffee, Tea

OTHER FOODS

TO BE CONSUMED

Homemade only, Honey, Jaggery

TO BE AVOIDED

All bakery products or processed, Pastry, Puddings, Cakes, Biscuits, Sauces, Fruit jellies, Jams, Mayonnaise, Ice-cream, Cream soups, Dark chocolate, Butter scotch, Coconut bar, Chutneys, Pickles, Junk food, Deep fried foods, Spicy foods, Too much salty food

DIET TIPS

- Walk for at least 30-45 min is recommended.
- Whole fruit should be preferred to fruit juices.
- Skipping of meals should be avoided, especially the breakfast
- 6 -Soaked Almond per day
- Water intake should be at least 10-12 glass regularly.

- **Herbal Tea** - Boil $\frac{1}{2}$ tsp each of fennel, coriander, cumin in cups of water till it's reduced to 2 cups.
- Cleanliness and hygiene should be maintained.
- Outdoor activity should be increased like jogging, cycling, and running.

Diet Plan for GERD & Acidity



Nutrition is important in the management of gastro-esophageal reflux disease. The therapeutic approach to most GERD problems involves a combination of medication and nutritional therapy. Frequent feedings are important in the case of chronic gastric problems like acidity and GERD. Patients feel more comfortable with fewer spices and bland foods. It is best to avoid a specific food or food habits that trigger acidity.

DIET CHART FOR GERD / ACIDITY

EARLY-MORNING

Aloe Vera juice

BREAKFAST

Broken Wheat porridge / Veg Semolina (veg upma)/ Veg Vermicelli / Veg poha (Rice flakes)/ Veg Idli / Besan pancake (gram flour) / Missi Roti / Stuffed Chapatti/ Chapatti with veg or dal

MID-MORNING

Fruit / Coconut water/ Herbal tea / Green tea

LUNCH

Plain chapatti/ Boiled Rice / Vegetable + Dal / Roasted or grilled Fish / Chicken (once a week) / Curd

EVENING

Soup (Home-made) / Herbal tea / Green tea / Rice flakes snacks

DINNER

Missi chapatti / Plain chapatti / Boiled Rice / Vegetable + Dal

DIET INSTRUCTIONS

CEREALS

Cereals to be consumed

Whole wheat, Oatmeal, Whole grains cereals, Brown rice

Cereals to be avoided

White refined flour and its products

FRUITS

Fruits to be consumed

5 Almonds (soak in water overnight), Watermelon, Banana, Musk melon, Papaya, Pears, Apple, Guava

Fruits to be avoided

Citrus fruits such as Orange, Lemon, Grape fruit, Cranberry

VEGETABLES

Vegetables to be consumed

Asparagus, Green beans, Cauliflower, Pumpkin, Cabbage, Broccoli, Carrots, Bottle gourd, Ridge gourd, Round gourd, Ash gourd, Mushroom, Soya.

Vegetables to be avoided

Garlic, Onion, Capsicum, Taro root, Potatoes, Coconut, Frozen vegetables.

PULSES

Pulses to be consumed

All washed pulses i.e. yellow lentil, Green lentil, Pink lentil, Soybean

Pulses to be avoided

Black gram, Chickpeas, Kidney beans

DAIRY PRODUCTS

Dairy Products to be consumed

Skimmed milk

Dairy Products to be avoided

Whole milk and cream, Full-fat yoghurt, Cream cheese, Condensed milk

SPICES

Spices to be consumed

Cumin, Coriander, Fennel, Mint, Fenugreek, Carmon, Turmeric

Spices to be avoided

Red chili, Green chili, Cloves, Black pepper

DRINKS

Drinks to be consumed

Coconut water, Green tea, Herbal tea, Aloe Vera juice, Bitter gourd juice, Pumpkin juice

Drinks to be avoided

Whole milk drinks, Cream based liqueurs, Canned and Packaged soup, Alcohol, Sweetened drinks, Squashes, Carbonated drinks

FLESH FOODS

Flesh Foods to be consumed

None

Flesh Foods to be avoided

All fried foods, Raw, Uncooked and Processed meat, Fish especially Selfish, Shark, Swordfish, Tuna, Burgers, Pork, Organ meat such as Liver, Kidney, Chest, Red meat, Prawns, Lobster, Crab, Lean beef, Lamb, Ham, Turkey, Rabbit, Mutton, Duck, Goose

OILS

Oils to be consumed

Cow ghee, Canola oil, Olive oil

Oils to be avoided

Unsaturated fats, Cream, Palm oil, Coconut oil, Butter

OTHER FOODS

Other Foods to be consumed

Homemade only

Other Foods to be avoided

All fried foods, Junk foods, Processed foods, Coconut bar, Sauces Fruit jellies, Jams, Refined sugar, Marmalade, Sweeteners, Chutneys, Pickle, Ice-cream.

LIFESTYLE AND DIETARY TIPS

- Walk for at least 30-45 min is recommended.
- Whole fruit should be preferred to fruit juices.
- Skipping of meals should be avoided especially breakfast.
- Seasonal fruits and vegetables should be consumed.
- Water intake should be increased at least 8-10 glass regularly
- **Herbal Tea**- Boil ½ tsp each of fennel, coriander, cumin in 3 cups of water till it's reduced to 1 cups.
- Amla powder- 1 tsp. daily after meals
- Amla (Indian gooseberry) + fennel + licorice powder together 1/2 tsp. daily after meal.
- Avoid eating too late at night.
- Try to avoid alcohol or limit those foods that cause the most problem.
- Do not sleep immediately after meals.
- It is advisable to limit the intake of citrus fruits as they can lead to heartburn

DIET CHART FOR GOUT



INTRODUCTION

Gout is a type of inflammatory arthritis that occurs when there is too much uric acid in the blood. It can cause crystals of uric acid to be formed, which will deposit in joints and cause pain, tenderness, irritation, inflammation and redness mostly in the bigger toe and fingers. This is known as gout. Here, high-purine foods, Seafood and fat-rich foods may cause the accumulation of uric acid in joints. A low-purine and low-fat diet can help to maintain a healthy weight and prevent gout.

DAILY DIET SCHEDULE (LOW PURINE, LOW-FAT DIET)

EARLY MORNING

Curry leaves water

After 15 Min - Green tea / Herbal tea

BREAKFAST

Veg Semolina (Veg Upma) / Broken Wheat Porridge (Veg Dalia) / Veg Vermicelli (Sewian) / Veg Poha (Rice Flakes) / Brown Bread Sandwich / Stuffed Chapatti / Chapatti with Veg or Dal + 1 Eggs white portion only

MID-MORNING

Fruit / Herbal tea / Green tea / Salad / Coconut water

LUNCH

Plain Chapatti / Boiled Rice + Vegetable + Dal

EVENING

Herbal tea / Green tea / Riceflakes

PRE-DINNER

Soup (Home-made)

DINNER

Plain chapatti / Boiled Rice / Veg pulao / Veg Khichri / Vegetable + Dal

DIET INSTRUCTIONS

CEREALS

TO BE CONSUMED

Whole grains such as Wheat, Brown rice, Wheat bran, Wheat germ, Riceflakes, Puffed rice, Buckwheat

TO BE AVOIDED

Whole refined flour, White rice,

PULSES

TO BE CONSUMED (ONE KATORI DAL EVERYDAY)

Split Moong dal, Split Chick

TO BE AVOIDED

All whole pulses and Lentils, Chickpea, Kidney beans, Black lentils, Soybean, Sprouts, Dried and frozen pulses

VEGETABLES

TO BE CONSUMED

Carrot, Red and White cabbage, Pumpkin, Squash, Okra, Beet greens, Parsley, Potatoes, Cucumber, Red onion, Zucchini, Coriander leaves, Turnips, Mustard green, Eggplant, Celery, Sweet potatoes, and Ginger (Moderate Quantity)

TO BE AVOIDED

Broccoli, Peas, Asparagus, Lemons, Collard greens, Kale, Mushroom, Bell pepper, Spinach, All green leafy vegetables, Tomato, Beans, Taro roots, Cauliflower, Dried and frozen vegetables

FRUITS

TO BE CONSUMED

All fruits include Apple, Pear, Papaya, Pomegranate, Figs, Muskmelon, Watermelon, Fresh coconut, and Peaches

TO BE AVOIDED

Plums, Prunes, Dates and dried fruits

DAIRY PRODUCTS

TO BE CONSUMED

Nil

TO BE AVOIDED

Milk and its products (Whole milk and cream, Full-fat yoghurt, cheese, Condensed milk)

FLESH FOODS

TO BE CONSUMED

Egg white, Lean meat, Skinless chicken (75-100 gm)

TO BE AVOIDED

Fish fried, Seafood, Tuna, Codfish, Salmon, Scallops, Herring, Sardines, Shrimps, Oyster, Mussels, Mackerel, Crabs, Prawns, Lobster, Lean beef, Pork, Lamb, Ham, Rabbit, Egg yolk, Turkey, Yeast, Sausages, Mutton, Salami, Bacon, Organ meats, and their extractives (soup, gravies etc.)

SPICES

TO BE CONSUMED

Turmeric, Rosemary, Cloves, Cinnamon, Nutmeg, Sesame, Cumin, Carom, Ginger, Coriander, Limited Rock salt, Black pepper, Long pepper

TO BE AVOIDED

Red chili powder, Salt (in excess),

FATS

TO BE CONSUMED

Cow ghee, Mustard oil, Olive oil, Canola oil, Coconut oil,

TO BE AVOIDED

Unsaturated fats, Cream, Palm oil, Butter

NUTS AND DRY FRUITS

TO BE CONSUMED

5 to 7 Almonds, 1- Walnut, 5 to 6 Raisins, 2 Figs (soak in water overnight), Flax seeds,

TO BE AVOIDED

Cashew nuts, Peanuts, Pistachio

DRINKS

TO BE CONSUMED

Homemade soup, Carrot juice, Wheatgrass juice, Bitter Gourd juice, Aloe Vera juice, Amla juice

TO BE AVOIDED

Alcohol, Carbonated beverages, Canned and Packaged soup, Canned fruit juices, Lemon water, Caffeinated drinks like Coffee and Tea

OTHER FOODS

TO BE CONSUMED

Homemade only, Jaggery

TO BE AVOIDED

All Bakery Products or Processed foods, Sauces, Fruit jellies, Jams, Mayonnaise, Ice-cream, Cream soups, Coconut bar, Chutneys, Pickles, Junk food, Deep fried foods, Spicy foods, Too much salty food, Cocoa Powder.

HOME REMEDIES

CORIANDER SEEDS

Boil 4 - 5 leaves in 2 cups of water till it's reduced to 1 cup.

HERBAL TEA

Boil ½ tsp each of Fennel, Coriander, Cumin in 3 cups of water till it's reduced to 1 cup.

GINGER TULSI TEA

Boil 1 inch piece of Ginger, 5-6 Basil leaves, and add a pinch of Black Pepper in 2 cups of water till it's reduced to 1 cup.

FLAXSEED

Roasted Flax seed 1 tsp with normal water can be consumed, after meals

DIET TIPS

- Walk for at least 30-45 min is recommended.
- Whole fruit should be preferred to fruit juices.
- Skipping of meals should be avoided, especially the breakfast.
- 6 Soaked Almonds + 2 Dates per day.
- Water intake should be increased at least 8-10 glass regularly.
- Outdoor activity should be increased like jogging, cycling, and running.

NOTE

A healthy and balanced diet can be effective to achieve the optimum uric acid level. It can also provide energy and nutrients that are sufficient to maintain optimal health and reduces the risk of gout.

Diet Plan for Patients of Bad Breath (Halitosis)



Bad breathe is characterized by an unpleasant odor of the mouth. The human mouth produces different bacteria as like our healthy gut flora which is responsible for bad breath. Bad breath is caused by several reasons like; poor hygiene, oral infections, dental problems or production of different mouth bacteria. A healthy balanced diet with a lot of fresh fruit and vegetables can be very effective in fighting bad breath. Avoid foods having a strong odor like: onion, garlic, or processed food.

DIET CHART FOR BAD BREATH

EARLY-MORNING

Coriander + Mint leaves juice

AFTER 15 MIN

Black tea

BREAKFAST

Veg Semolina (Veg Upma) / Broken wheat porridge (Veg Dalia) / Veg Vermicelli (Sewian) / Veg poha (Rice flakes) / Veg Idli / Besan Chilla (Gram flour) / Stuffed Chapatti / Chapatti with Veg. or Dal.

MID-MORNING

Fruits / Coconut water / Sprouts / Salad / Lemon water.

LUNCH

Plain chapatti / Veg pulao / Boiled rice / Vegetable + Dal + Salad.

EVENING

Herbal tea / Green tea / Roasted Chana / Sprouts / Rice flakes snack.

PRE-DINNER

Soup (Home-made).

DINNER

Plain chapatti / Boiled rice / Vegetable + Dal.

DIET INSTRUCTIONS

CEREALS

Cereals to be consumed

Whole grains such as Barley, Oatmeal, Brown rice, Finger millet, Soya, Corn, Quinoa.

Cereals to be avoided

Whole refined flour, White rice.

FRUITS

Fruits to be consumed

All fruits include Apricots, Dates, Prunes, Grapes, Papaya, Oranges, Banana, Strawberries, Pineapples, Apple, Figs, Coconut, Litchi, Muskmelon, Watermelon, Guava, Pear, Blueberries, Pomegranate, Mango, Lime, Avocado, Raspberries, Peaches.

Fruits to be avoided

All canned and packaged fruits.

VEGETABLES

Vegetables to be consumed

Brussels sprouts, Broccoli, Turnips, Carrot, Cabbage, Pumpkin, Sweet potatoes, Squash, Peas, Artichokes, Lettuce, Asparagus, Parsley, Lemons, Green leafy vegetable, Collard greens, Turnip greens, Kale, Okra, Dandelion greens, Mustard greens, Mushroom, Beans, Spinach, Beet greens, Tomato, Potatoes, Cucumber, Zucchini, Fenugreek leaves, Celery, Coriander leaves.

Vegetables to be avoided

Red and Green chili, Onion, Garlic, Frozen vegetables.

PULSES

Pulses to be consumed

All pulses, Legumes, Soybean and its products.

Pulses to be avoided

Dried and Frozen pulses.

DAIRY PRODUCTS

Dairy Products to be consumed

Low-fat yoghurt.

Dairy Products to be avoided

Whole milk and cream, Full-fat yoghurt, cheese, Condensed milk.

SPICES

Spices to be consumed

Fennel, Turmeric, Mint, Cumin, Carom, Coriander, Fenugreek, Limited salt, Black pepper, Rosemary, Dry ginger, Anise seeds, Cloves, Cardamom, Basil.

Spices to be avoided

Red chili powder

DRINKS

Drinks to be consumed

Homemade soup, Carrot juice, Wheatgrass juice, Bitter Gourd juice, Aloe Vera juice, Lemon water, Amla juice, Black tea, Green tea.

Drinks to be avoided

Alcohol, Carbonated beverages like Coke, Limca, Pepsi, Fanta, etc., Canned soup, Packaged soup and Canned fruit juices, Caffeinated drinks, Coffee, Tea.

FLESH FOODS

Flesh Foods to be consumed

Nil

Flesh Foods to be avoided

Meat (can be taken in limited amount) Fish fried, Prawns, Lobster, Crab, Lean beef, Pork, Lamb, Ham, Turkey, Rabbit, Egg yolk, Fish roe, Sausages, Mutton, Salami, Bacon, Duck, Goose, visible fat on meat, Chicken skin, Liver, Kidney, Chest.

SEEDS AND DRY FRUITS

Dry Fruits to be consumed

Flax seed, Pumpkin seed, Walnut, Almond.

Dry Fruits to be avoided

Cashew nuts, Peanuts.

OILS

Oils to be consumed

Cow ghee, Mustard oil, Olive oil, Soybean oil, Canola oil, Coconut oil.

Oils to be avoided

Unsaturated fats, Cream, Palm oil, Butter.

OTHER FOODS

Other Foods to be consumed

Homemade food only, Honey, Jaggery, Coriander and mint chutney.

Other Foods to be avoided

All bakery products or processed, Sauces, Fruit jellies, Jams, Mayonnaise, Ice-cream, Cream soups, Dark chocolate, Butter scotch, Coconut bar, Chutneys, Pickles, Junk food, Deep fried foods, Spicy foods.

LIFESTYLE AND DIETARY TIPS

- Walk for at least 30 min is recommended
- Whole fruits should be preferred to fruit juices
- Skipping meals should be avoided, especially the breakfast.
- Water intake should be limited 8-10 glasses per day
- 6 -Soaked Almond per day.
- Cleanliness and hygiene should be maintained.

HOME REMEDIES FOR BAD BREATH

- **Herbal Tea**- Boil ½ tsp each of fennel, coriander, cumin in 3 cups of water till it's reduced to 1 cup.
- **Parsley and Basil Leaves** - Chew Parsley leaves and Basil fresh leaves after each meal.
- **Pineapple Juice** - Drink a glass of organic pineapple juice after meals, or chew on a pineapple slice for one to two times in a day.
- **Fennel and Anise Seeds** - Fennel and anise seeds can be eaten plain, roasted, or coated with sugar.
- **Green Tea** - Brew one cup of tea before going to bed.
- **Apple Cider Vinegar** - Add 2 tablespoons of white or apple cider vinegar to 1 cup of water and gargle for at least 30 seconds and then spit it out.
- **Lemon Juice** - Drink a glass of lemon juice mixed with honey.
- **Guava Leaves** - Chew raw fresh guava leaves after each meal.

Note - Follow a healthy diet to keep your breath free of bad odour and feel fresh and keep smiling.

Diet Plan for Headache



Headache is one of the common medical complaints experienced by most of the people at some point of their life. Headache can be a sign of stress, either physical or mental. Skipping meals and fasting can trigger it. Diet is very important factor for preventing or treating headache. A healthy diet should consist of fruits, vegetables, grains, and lean proteins. Avoid fasting, skipping meals, delayed or irregular meals, high sugar foods, junk foods, fried foods, beverages, preserved foods, or alcohol. These actions will help to prevent the “hunger headache” and blood sugar levels falling too low.

DIET CHART FOR HEADACHE

EARLY-MORNING

Ginger tea

BREAKFAST

Veg Semolina (Veg upma) / Broken wheat porridge (Veg Dalia) / Veg Vermicelli (Sewian) / Veg poha (Rice flakes) / Veg Idli / Besan pancake (gram flour) / Stuffed Chapatti / Chapatti with Veg or dal / Curd + 1 Eggs white portion

MID-MORNING

Fruit / Coconut water / Salad / Ginger tea / Herbal tea

LUNCH

Mix chapatti / Plain chapatti / Veg pulao / Boiled rice / Vegetable + Dal

EVENING

Herbal tea / Green tea / Roasted Chana / Rice flakes snack

PRE-DINNER

Soup (Home-made) / Chamomile Tea

DINNER

Mix chapatti / Plain chapatti / Vegetable + Dal

DIET INSTRUCTIONS

CEREALS

Cereals to be consumed

Whole grains such as Barley, Oats, Brown rice, Corn, Quinoa

Cereals to be avoided

Whole refined flour, White breads, White rice

FRUITS

Fruits to be consumed

Apple, Papaya, Pear, Sapodilla, Musk melon, Watermelon, Pomegranate

Fruits to be avoided

Citrus fruits, Avocado, Bananas, Pineapple, Raspberries, Plums, bananas, oranges, grapefruits, raspberries, and plums, All canned and packaged fruits

VEGETABLES

Vegetables to be consumed

Pumpkin, Squash, Asparagus, Turnip, Potatoes, Cucumber, Onion, Zucchini, Carrot, Bitter gourd, Round gourd, Ridge gourd, Bottle gourd, Ginger

Vegetables to be avoided

Broccoli, Cauliflower, Cabbage, Beans, leafy dark green vegetables, tomatoes, onions, Peas, Broad beans, Mushroom, Sweet potato, Taro root, Yam, Jackfruits, Red and Green chili, Frozen vegetables

PULSES

Pulses to be consumed

All pulses and Legumes

Pulses to be avoided

Soybean, Dried and frozen pulses

DAIRY PRODUCTS

Dairy Products to be consumed

Nil

Dairy Products to be avoided

Whole milk and cream, Full-fat yoghurt, cheese, Condensed milk, Curd, Cottage cheese

SPICES

Spices to be consumed

Fennel, Turmeric, Mint, Cumin, Carom, Coriander, Fenugreek, Limited salt

Spices to be avoided

Red chili powder, Black Peppers

DRINKS

Drinks to be consumed

Homemade soup, Carrot juice, Bitter Gourd juice, Aloe Vera juice, Herbal tea, Green tea, Ginger tea

Drinks to be avoided

Milk, Lime water, Soya milk, Buttermilk, Lemon water, Alcohol, Carbonated beverages like Coke, Limca, Pepsi, Fanta etc., Canned soup, Packaged soup and Canned fruit juices, Caffeinated drinks, Coffee, Tea

FLESH FOODS

Flesh Foods to be consumed (once in a 15 days)

Egg white, Boiled egg, Salmon, Tuna, Skinless chicken, Lean meat (Grilled/ Roasted)

Flesh Foods to be avoided

Meat, Fish fried Prawns, Lobster, Crab, Lean beef, Pork, Lamb, Ham, Turkey, Rabbit, Egg yolk, Fish roe, Sausages, Mutton, Salami, Bacon, Duck, Goose, Meat pies, and visible fat on meat, Liver, Kidney, and Chest.

SEEDS AND DRY FRUITS

Dry Fruits to be consumed

Flax seed, Sesame seeds, Sunflower seeds, Walnut, Almond

Dry Fruits to be avoided

Peanuts, Raisins

FATS

Fats to be consumed

Cow ghee, Mustard oil, Olive oil

Fats to be avoided

Saturated fats, Cream, Palm oil, Coconut oil, Butter

OTHER FOODS

Other Foods to be consumed

Homemade only, Jaggery

Other Foods to be avoided

All bakery products or processed, Tomato Sauces, Fruit jellies, Jams, Mayonnaise, Ice-cream, Cream soups, Butter scotch, Coconut bar, Chutneys, Pickles, Junk food, Deep fried foods, Spicy foods, Too much salty food

DIET TIPS

- Walk for at least 30-45 min is recommended.
- Whole fruit should be preferred to fruit juices.
- Skipping of meals should be avoided, especially the breakfast
- Water intake should be increased at least 8-10 glass regularly
- 6 Soaked Almond per day
- Cleanliness and hygiene should be maintained.

HOME REMEDIES

- **Invigorating massage** - Massage some of the points on the head to ease headaches and block pain signals sent to the brain.
- **Ginger tea** - Crush the ginger slightly and put it in the cup of hot water, steep for 2 to 3 minutes. Drink a cup of ginger tea thrice a day after every meal.
- **Chamomile Tea** - Steep a teaspoon of chamomile flowers and one teaspoon of peppermint leaves in a cup of boiling water for about 10 minutes. Drink this tea after straining it at least thrice a day.
- **Herbal Tea** - Boil ½ tsp each of fennel, coriander, cumin in cups of water till it's reduced to 2 cups and then you can have it.

Diet Plan for Heartburn



Heartburn is defined as a burning sensation felt in the chest region just behind the breastbone. It is a symptom of acid reflux. The symptoms of heartburn may get worse when you eat heavy meals, spicy and oily foods. Heartburn is also common in the pregnancy because during pregnancy the progesterone hormone relaxes the lower esophageal sphincter and acid from the stomach enters the esophagus thus, develops a burning sensation. High- fat diet, acidic foods and the foods which take a long time to digest can trigger heartburn.

DIET CHART FOR HEARTBURN

EARLY-MORNING

Fennel water / Coriander water / Soaked almonds

BREAKFAST

Broken wheat porridge / Veg Semolina (veg upma) / Veg Vermicelli / Veg Poha (Rice flakes) / Veg Oats / Besan pancake (gram flour) / Missi Roti / Chapatti with Veg or Dal

MID-MORNING

Fruit / Fruit or vegetable juice (Avoid fruits and vegetables that are acidic in nature) / Coconut water / Herbal tea

LUNCH

Chapatti + Rice + Vegetable + Dal

EVENING

Roasted Rice flakes / homemade soup / Herbal tea / Soy milk / Almond milk

DINNER

Chapatti + Vegetable + Dal

DIET INSTRUCTIONS

CEREALS

Cereals to be consumed

Whole wheat, Brown Rice, Millet, Oats, Semolina, Vermicelli

Cereals to be avoided

White refined flour, and White rice

FRUITS

Fruits to be consumed

Apple, Watermelons, Bananas, Pears, Peaches, Melon, Sapodilla, Muskmelon, Pomegranate

Fruits to be avoided

Citrus fruits(Orange, Lemon, Lime, Grapefruit, Pineapple)

VEGETABLES

Vegetables to be consumed

Broccoli, Carrots, Green beans, Peas, Asparagus, Cauliflower, Lettuce, Bottle guard, Ridge guard, Round guard, Zucchini, Pumpkin, Ash guard

Vegetables to be avoided

Onion, Garlic, Tomato, and Taro roots, Yam, Jackfruit, Sweet potato, Raw salad

PULSES

Pulses to be consumed

Split pulses- Yellow lentil, Orange lentil, Split chickpeas, Split pigeon peas, Green lentil

Pulses to be avoided

Whole pulses

DAIRY PRODUCTS

Dairy Products to be consumed

Buttermilk (occasionally)

Dairy Products to be avoided

Whole milk, Butter, Curd, Yogurt, Cheese, Condensed milk

SPICES

Spices to be consumed

Basil, Mint, Coriander, Cumin, Fennel, Turmeric, and Carmon

Spices to be avoided

Red and green chilies, Cloves, Black pepper

DRINKS

Drinks to be consumed

Herbal tea, Green tea, Soup homemade, Coconut water, Pomegranate juice, Carrot juice

Drinks to be avoided

Coffee, Tea, Alcohol, Carbonated drinks, canned and packaged soups and juices.

FLESH FOODS

Flesh Foods to be consumed

Egg white, Chicken soup

Flesh Foods to be avoided

Red meat, Pork, Sea fish, Mutton, Rabbit, Beef

SEEDS AND DRY FRUITS

Dry Fruits to be consumed

Soaked Almond, Soaked Raisins, Flax seed, Pumpkin seed, Sesame seed

Dry Fruits to be avoided

Peanuts, Cashew nuts, Pistachio, Chia seeds, Dates

OILS

Oils to be consumed

Cow ghee, Mustard oil, Olive oil

Oils to be avoided

Palm oil, hydrogenated oil

SWEETENERS

Sweeteners to be consumed

Jaggery, Honey

Sweeteners to be avoided

Refined sugar

OTHER FOODS

Other Foods to be consumed

Homemade only

Other Foods to be avoided

Processed and prepared foods, Mayonnaise, Spicy foods, Junk foods, Fried foods

LIFESTYLE AND DIETARY TIPS

- Walk for at least 30 min is recommended
- Whole fruits should be preferred to fruit juices
- Skipping meals should be avoided, especially the breakfast.
- Seasonal fruits and vegetables should be consumed.
- **Herbal Tea**- Boil ½ tsp each of fennel, coriander, cumin in 3 cups of water till it's reduced to 1 cups.
- Amla powder - 1 tsp. daily after meals
- Amla (Indian gooseberry) + Fennel daily after meal.
- Avoid eating too late at night and prefer light dinner
- Do not wear very tight clothes.
- Do not lie down for at least 2 to 3 hours after you eat.
- Try to avoid alcohol
- It is advisable to limit the intake of citrus fruits as they can lead to heartburn.

Diet Plan for Heart Diseases



Heart diseases is a broad term comprising of spectrum of diseases associated with disorders of circulation, heart muscle and vessels of the heart. There are many types of heart diseases which affect different areas of the circulatory system. The common causes of heart disease are high cholesterol level, obesity, diabetes, hereditary, smoking, high- fat and high - sodium diet. So, the diet should be low in fat, especially saturated fat and low in sodium in case of Heart problems.

DIET CHART FOR HEART DISEASES

EARLY-MORNING

Have ash gourd soup in the morning after passing stool and brushing teeth well.

(It helps in strengthening the body muscles)

Or

Have lukewarm water + rock salt empty stomach

(It stabilizes kapha dosha)

BREAKFAST

Broken wheat porridge / Veg Semolina (veg upma) / Veg Vermicelli / Veg poha (Rice flakes) / Veg Idli / Veg Oats / Besan pancake (Gram flour) / Missi Roti / Chapati with Veg or Dal /Skimmed Milk / Egg white

(Having light breakfast is good for maintaining strong digestive fire)

MID-MORNING

Fruit / Fruit or vegetable juice / Herbal tea

(They provide essential nutrients to body)

LUNCH

Chapati + Brown rice + Salad + Vegetable + Dal / steam chicken

(A light lunch is also very important to maintain adequate nutrition levels in body)

EVENING

Roasted chana/ Rice flakes/ Homemade soup / Vermicelli / Herbal tea

(Having these food articles are very beneficial to avoid long hours of empty stomach)

DINNER

Chapati + Vegetable + Dal

(A nutritious yet light dinner helps in proper digestion of food articles and also avoid indigestion associated with constipation)

DIET INSTRUCTIONS

CEREALS

Cereals to be consumed

Wheat, Quinoa, Buckwheat millets, Brown Rice, Oats, Sorghum, Corn, Finger millet, Foxtail millet, Little millet, Barley

Flour Composition - Wheat flour (70%) + barley flour (30%)

(They are light to digest and in addition do not cause accumulation of endotoxins)

Cereals to be avoided

Refined Cereals, white refined flour, pasta, white rice, freshly harvested rice

(They cause endotoxin accumulation and leads to diminisation of digestive fire)

FRUITS

Fruits to be consumed

Apples, Cherries, Apricot, Avocadoes, Raspberries, Banana, Black grapes, Peaches, Kiwi, Squash, Pomegranate, mangoes, muskmelons, amla (1-2 in a day), papaya

(These fruits are very beneficial and provide the body with adequate nutrition. They add fibre to the digestive system and hence helps in digestive fire ignition if taken in adequate amounts)

Fruits to be avoided

Canned fruit, citrus fruits like oranges, raspberries, barries, grapes, lemons, strawberries, kiwi etc.

(They causes pitta aggravation, canned or frozen items contain preservatives and have excessive added sugar which is not good for health)

VEGETABLES

Vegetables to be consumed

Broccoli, Sweet potatoes, Spinach, Asparagus, Onions, Garlic, Ginger, Beans, Pumpkin, Zucchini, Peas, Carrots, Potatoes, Snake gourd, Bitter gourd, Mushroom, Bottle gourd, Turnips, pumpkin, ash gourd, cauliflower, ginger, tomato, garlic

(The vegetables are a good source of vitamins and minerals. They nourishes the body and provide body with strength)

Vegetables to be avoided

Canned vegetables, frozen vegetables, eggplant, capsicum

(They are not good for digestive fire and hence helps in endotoxin accumulation)

PULSES

Pulses to be consumed

Yellow Lentils, Green lentils, Soybeans, Horse gram soup, tuvar dal (Pigeon peas), chana dal (Split black gram), whole black gram (limited), Pink lentils

Pulses to be avoided

Black lentils, kidney beans

(They weakens the already diminishing digestive agni)

DAIRY PRODUCTS

Dairy Products to be consumed

Low-fat milk, Cow's ghee (Limited)

(They are easy to digest and controlled intake of cow's ghee help in agni balancing)

Dairy Products to be avoided

Full fat milk, Cheese, Yogurt, cheese, Condensed milk, icecreams, butter, paneer

(They all are to be avoided as they are a high source of fat which is difficult to digest. Thus causing accumulation of endotoxins and aggravation of symptoms)

OILS

Oils to be consumed

Olive oil, Cow ghee, Soybean oil

(Do not hamper the digestive fire, do not result in accumulation of dosha)

Oils to be avoided

Palm oil, Coconut oil, Hydrogenated oil

(They are the reason for endotoxins accumulation, diminishing agni and hence dosha aggravation resulting in diseased condition)

SPICES

Spices to be consumed

Turmeric, Fenugreek, Cardamom, Cumin, Coriander, Cinnamon, Black pepper, dried fenugreek leaves, coriander leaves

(They help in managing agni at desirable levels thus enhancing metabolic activity and balances dosha)

Spices to be avoided

Table salt, Red chili powder, green chilli, excessive use of cooking masala

(They are known as vishtambhi in Ayurveda and are very potent in suppression of agni and thus causes aggravation of symptoms)

DRINKS

Drinks to be consumed

Coconut water, homemade soups like ash gourd soup or horse gram soup, Green tea, Soy milk, Herbal tea (Arjuna Tea), Beetroot juice, Pomegranate juice, Amla juice

(They help in strengthening body as well as heart)

Drinks to be avoided

Whole milk drinks, Caffeine, Alcohol, Sweetened drinks, carbonated drinks, Packaged soup and Canned fruit juices, Coffee, Tea, Soya milk

(They are not good for digestive fire as well as has bad effect on rasave strotas thus affecting heart functioning)

FLESH FOODS

Flesh Foods to be consumed

Egg white, Grilled Salmon and Rohu, Shredded chicken soup.

(They are to digest and are balya hence provide strength to different body metabolisms)

Flesh Foods to be avoided

Red meat, Canned and smoked fish, Smoked meats like liver, Branded meats, Glandular meat (brain, liver, kidney), prawns, lobster, crab, lean beef, pork, lamb, ham, rabbit, Egg yolk, fish

roe, sausages, mutton, salami, bacon, Salami, duck, goose, meat pies, chicken skin, liver, kidney, chest, Sea food fish, Processed meat

(They unstabilize the digestive agni and hence causes dosha aggravation which is responsible for various metabolic symptoms and also have bad effect on heart)

DRY-FRUITS / SEEDS

Dry Fruits to be consumed

Flax seeds, Pumpkin seeds, Chia seeds, Sunflower seeds, Walnuts, Almonds, Soaked raisins

(They provide the body and digestive system with bala. Strengthening body means strengthening heart)

Dry Fruits to be avoided

Cashew nuts, Pistachio, Peanuts

(They do not have a very great impact on agni and also hampers its healthy working)

SWEETENERS

Sweeteners to be consumed

Jaggery

(Do not cause kapha aggravation)

Sweeteners to be avoided

White refined sugar, artificial sweeteners

(They are not good for digestive fire as they cause kapha aggravation resulting in diminishing of digestion power thus causing metabolic symptoms)

OTHER FOODS

Other Foods to be consumed

Homemade only

(Homemade foods are best to use as they do not have any preservatives, are best for digestion and do not cause dosha aggravation if ingested carefully)

Other Foods to be avoided

Bakery products, processed foods, Mayonnaise, Chutneys, Pickles, Junk food, Deep fried foods, excessive spicy, salty food items, Fruit jellies, Cream soups, Dark chocolate, Butterscotch, Coconut bar, Chutneys, Fiber bars, Miso, Pickles, Junk food, Deep fried foods, Spicy foods and Too much salty food.

(These all products are to be avoided because they behave as a toxin inside of body and also diminishes the agni)

HOME REMEDIES

CORIANDER SEEDS

Soak around 10-20 coriander leaves in water overnight. Strain and drink it the next morning on an empty stomach.

HERBAL TEA

Boil ½ tsp each of fennel, coriander, cumin in 3 cups of water till it's reduced to 1 cup.

TULSI GINGER TEA

Boil 1-2 ginger slices, 4-5 holy basil leaves, ½ tsp of turmeric in 2 cups of water till it's reduced to 1 cup.

DIET AND LIFESTYLE TIPS

- Whole fruit should be preferred to fruit juices.
- Skipping meals should be avoided, especially breakfast.
- 2-3 Soaked Almonds per day Water intake should be increased to at least 8-10 glasses regularly
- Herbal Tea - Boil ½ tsp each of fennel, coriander, cumin in cups of water till it's reduced to half. Let it cool down and drink.
- Wake up early in the morning and avoid late night sleeping.
- Try to eat as healthy as you can and do a regular check over your symptoms.
- Avoid having any kind of junk food, fried oily and difficult to digest food articles.
- Avoid getting over exhausted physically. This can put excessive pressure on your heart.

Diet Plan for Helicobacter Pylori (H. pylori)



H. pylori (Helicobacter Pylori) is a type of bacteria that infects the digestive tract. These microorganisms can enter a body and live in the digestive tract. It can damage the lining in the stomach and upper part of the small intestine and causes inflammation. In extreme cases, it may develop painful sores called peptic ulcers in the upper digestive tract. Any food items which further damage the GI tract is going to be terrible for your healing process. A soft, low-fiber diet is suitable for all gastrointestinal problems. Patients feel more comfortable with less spicy and bland foods because they are easily digestible and help to improve bowel function.

DIET CHART FOR H.PYLORI PATIENTS

EARLY-MORNING

Amla juice/ Herbal tea / Green tea

BREAKFAST

Broken wheat porridge / Veg Semolina (veg upma)/ Veg Vermicelli / Veg poha (Rice flakes) / Veg Idli / Stuffed Chapatti/ Chapatti with veg or dal / Semolina pancake / 1- Egg white part only

MID-MORNING

Fruit / Coconut water/ Herbal tea / Green tea

LUNCH

Plain chapatti/ Boiled rice / Veg pulao / Veg+ Dal + Curd

EVENING

Soup (Home-made) / Herbal tea / Green tea / Rice flakes snacks

DINNER

Plain chapatti / Boiled Rice / Veg khichri / Veg Dalia / Vegetable + Dal

DIET INSTRUCTIONS

CEREALS

Cereals to be consumed

Whole wheat flour, Whole grains cereals, Porridge, Brown rice, Oats

Cereals to be avoided

White refined flour and its products.

FRUITS

Fruits to be consumed

Banana, Papaya, Pears, Apple.

Fruits to be avoided

All citrus fruits.

VEGETABLES

Vegetables to be consumed

Asparagus, Green beans, Cauliflower, Pumpkin, Carrots, Bottle gourd, Ridge gourd, Round gourd, Ash gourd

Vegetables to be avoided

Capsicum, Taro root and Roasted potatoes, Frozen vegetables and raw onion and salad

PULSES

Pulses to be consumed

All split lentils i.e. Yellow lentil, Green lentil, Pink lentil and Soybean

Pulses to be avoided

Black gram, Chickpeas, Kidney beans

DAIRY PRODUCTS

Dairy Products to be consumed

Low-fat yogurt, Curd

Dairy Products to be avoided

Whole milk and cream, Full-fat yogurt, cheese, Condensed milk, Cottage cheese, Buttermilk

SPICES

Spices to be consumed

Cumin, Coriander, Fennel, Mint, Fenugreek, Carmon, Black pepper.

Spices to be avoided

Red chili, Green chili

DRINKS

Drinks to be consumed

Coconut water, Sugarcane juice, Green tea, Herbal tea, Bitter gourd juice, Gooseberry juice, Pumpkin juice

Drinks to be avoided

Lemon water, Tea, Coffee, Buttermilk, Whole milk drinks, Alcohol, Cream based liqueurs, Carbonated beverages, canned and Packaged soup and Fruit juices, Flavored milk, Soya milk

FLESH FOODS

Flesh Foods to be consumed

Egg white part only

Flesh Foods to be avoided

Egg yolk, Raw, Uncooked and Processed meat, Fish especially Selfish, Shark, Swordfish, Tuna, Burgers, Pork, Organ meat, Liver, Kidney, Chest, Red meat, Fish fried in suitable oil, Prawns, Lobster, Crab, Lean beef, Lamb, Ham, Turkey, Rabbit, Mutton, Salami, Duck, Goose.

SEEDS AND DRY FRUITS

Dry Fruits to be consumed

Almond - 5 to 8 pieces

Dry Fruits to be avoided

Raisins, Peanuts, Cashew nuts, Pistachio

OILS

Oils to be consumed

Cow ghee, Olive oil, Mustard oil

Oils to be avoided

Unsaturated fats, Cream, Palm oil, Coconut oil, Butter

OTHER FOODS

Other Foods to be consumed

Homemade only

Other Foods to be avoided

All fried foods, Junk foods, Processed foods, Packed soups, Coconut bar, Sauces, Fruit jellies, Jams, Refined sugar, Marmalade, Sweeteners, Chutneys, Pickle, Ice-cream.

LIFESTYLE AND DIETARY TIPS

- Walk for at least 30 min is recommended
- Whole fruits should be preferred to fruit juices
- Skipping meals should be avoided, especially the breakfast.
- Seasonal fruits and vegetables should be consumed.
- **Herbal Tea**- Boil ½ tsp each of fennel, coriander, cumin in 3 cups of water till it's reduced to 1 cups.

Diet Plan for Henoch-Schonlein Purpura (HSP)



Henoch-Schonlein Purpura (HSP) is an autoimmune disorder which causes inflammation of small blood vessels of skin, intestines, kidneys, joints and the symptoms include small bruises, joint pain, blood or protein in urine etc. The disease mainly affects children between the age group 2-6. A well-balanced diet is needed to manage the symptoms of the disease. Unhealthy diet such as bakery products, processed food, citrus products and pitta-aggravated food stuff increases the risk of HSP. So a person should avoid taking sugary drinks, junk food, desserts and refined carbohydrates and adopt a well-balanced diet habit.

DIET CHART FOR HSP

EARLY-MORNING

One glass of water + 1 tsp fenugreek seeds

BREAKFAST

Veg Dalia (Broken wheat) / Veg Semolina (veg upma) / Veg Vermicelli / Veg poha (Rice flakes) / Semolina pancake / Veg Oats / Besan pancake (gram flour) / Stuffed Chapatti / Chapatti with Veg or Dal

MID-MORNING

Fruit / Coconut water / Herbal tea / Green tea

LUNCH

Plain chapatti / Vegetable + Dal

EVENING

Soup (Home-made) / Rice flakes Snack / Herbal tea

DINNER

Plain chapatti / Vegetable + Dal

DIET INSTRUCTIONS

CEREALS

Cereals to be consumed

Whole wheat flour, whole grains cereals, brown rice

Cereals to be avoided

White bread, White refined flour and its products

FRUITS

Fruits to be consumed

Apple, Papaya, Musk melon, Watermelon, Pear, Sapodilla, Pomegranate, Banana

Fruits to be avoided

All citrus fruit

VEGETABLES

Vegetables to be consumed

Pumpkin, Carrot, cabbage, turnip, peas(boil), Bottle gourd, bitter gourd, ridge gourd, radish, beetroot, potatoes, garlic, cauliflower, winter squash, spinach, green leafy vegetables.

Vegetables to be avoided

Tomato, Onion, canned vegetable and dried beans and pea's mushroom, Eggplant, okra

PULSES

Pulses to be consumed

Green gram (moong dal), pink lentil (masoordaal), split chickpea, Kidney beans (occasionally)

Pulses to be avoided

Black Gram, Horse gram

DAIRY PRODUCTS

Dairy Products to be consumed

NIL

Dairy Products to be avoided

Milk and its products, Cream, Cheese, Yogurt, Buttermilk, Butter

SPICES

Spices to be consumed

Turmeric, cumin, coriander, fenugreek

Spices to be avoided

Red chilies, Green chilies, Cloves, cinnamon

DRINKS

Drinks to be consumed

Coconut water, clear soups, sugarcane juice, homemade soups, green juice, herbal tea, bitter gourd juice, pumpkin juice, pomegranate juice, Green tea

Drinks to be avoided

Whole milk drinks, Cream based liqueurs, canned soup and packaged soup, Alcohol, Sweetened drinks, Squashes, Hot chocolate drinks made with Skimmed milk, Coffee, Tea

FLESH FOODS

Flesh Foods to be consumed

Eggs white portion only, chicken (not fried) (only boiled/roasted/grilled)

Flesh Foods to be avoided

Egg yolk, Fish, Salmon, Trout, Sardines, Mackerel, Red meat, Organ meat like kidney, liver, chest, egg yolk

SEEDS AND DRY FRUITS

Dry Fruits to be consumed

Flaxseed- ½, 5 almonds (soak in water overnight), Fenugreek seeds, Walnuts (Limited)

Dry Fruits to be avoided

All nuts and seeds except above mentioned

OILS

Oils to be consumed

Olive oil, Cow ghee, Mustard oil, avocado oil

Oils to be avoided

Vegetable oils such as safflower oil, corn, cotton seed, hydrogenated oils, margarine

OTHER FOODS

Other Foods to be consumed

Nil

Other Foods to be avoided

Pastry, puddings, made with whole milk and fat, packed soups, high fat dressing or mayonnaise, cream soups, chocolate, chocolate spreads, toffees, fudge, biscuits, sauces, peanut butter, fruit jellies, jams, marmalade, honey, sweeteners, chutneys, pickle, ice-cream, Peanuts.

LIFESTYLE AND DIETARY TIPS

- Water intake should be 8-10 glasses regularly.
- **Herbal Tea** - Cumin, fennel, coriander seeds (Boil ½ tsp. each of dhaniya, sauf, jeera in 3 cups of water till it's reduced to 1 cup). (Two times per day)
- Avoid Junk and processed food strictly.
- Intake of antioxidant rich fruit and vegetables.

Diet Plan for Patients of Hepatitis A, B, C, D and E



The liver is an important organ and its infection leads to various problems such as Hepatitis. It is a viral infection caused by viruses A, B, C, D and E which damage the liver cells. The diet of the patient must include foods that have cooling effects on the liver and also maintains the digestion. Therefore hepatitis diet aims to regenerate liver cells as quickly as possible with a wholesome routine. Hepatitis diet must include antioxidants, a variety of vitamins, minerals, and photochemical that helps the liver to detoxify.

DIET CHART FOR HEPATITIS

EARLY-MORNING

Amla juice (20 ml) / Herbal tea / Barley water / Coriander water

(These help in maintaining liver health)

(Barley or coriander is to be soaked overnight in two glasses of water. Then this is to be boiled in the morning till it reduces to half. Let it cool down a bit and then consume)

BREAKFAST

Broken wheat porridge (Veg / Sweet Dalia) / Veg oats / Veg Semolina (veg upma) / Veg poha (Rice flakes) / Veg Idli / Vermicelli (veg / sweet Sewian) / Chapati with veg or Dal

(You can start your day with a light but nutritious breakfast. This will help in improving your digestion)

MID-MORNING

Fruit / Coconut water / Herbal tea / Green tea / Salad

(Fruits and coconut water provide a soothing effect to the body. Steamed salads and sprouts are a good source of fibre)

LUNCH

Missi Chapati / Boiled Rice / Sago Khichdi / Vegetable + Dal / Salad

(You can have a light and digestive lunch which is nutritious and fulfil many needs of the body)

EVENING

Sprouts /Soup (Home-made) / Herbal tea/ Black chana soup with sendha namak (Pink salt),
Roasted chana

(To avoid staying empty stomach for a long time try above as a snack)

DINNER

Chapati / Boiled Rice / Vegetable + Dal

(A light dinner helps in preventing constipation and is also very important to maintain desirable levels of digestive agni)

DIET INSTRUCTIONS

CEREALS

Cereals to be consumed

Whole grains cereals, Whole wheat flour, Oatmeal, Porridge, Brown rice, Red rice, Millets such as foxtail millets, finger millets, pearl millets, Multigrain flour (as mentioned below), Sabudana, Rice flakes, Puffed Rice, Brown Rice, Barley flour

(These all cereals are easy to digest and increase digestive fire. Moreover they do not cause accumulation of endotoxins)

Cereals to be avoided

White refined flour, Sweet biscuit, Cream filled biscuit, Cream crackers, Cheese biscuits, Noodles, Pasta, Macaroni

(They all are responsible for accumulation of endotoxins. They diminish the digestive agni resulting in the aggravation of various doshas and aggravation of symptoms)

FRUITS

Fruits to be consumed

Apples, Papaya, Pear, Sapodilla (chiku), Amla (2-3) a day (boiled)

(Fruits are a good source of nutrition but with liver disorder it is very important to understand that all fruits cannot be consumed. But above mentioned fruits can be easily consumed and causes no harm just provides body with adequate nutrition)

Fruits to be avoided

Avoid canned and frozen fruits

(These fruits are to be avoided because they are rich in fibre and citrus fruits causes pitta aggravation which results in symptom aggravation)

VEGETABLES

Vegetables to be consumed

Bottle gourd, Bitter gourd, Ridge gourd, Pumpkin, Carrots, Coriander leaves, Spinach leaves, Fenugreek leaves, Turnip, Potatoes, Onion, Beetroot, Mustard greens, Chicory, Cauliflower, Sweet potatoes, Kale, Winter squash, Broccoli, Mushroom, Collard Greens, Dandelion greens, Lettuce

(The vegetables are a good source of minerals and vitamins. They help in fulfilling essential requirements of body)

Vegetables to be avoided

Canned and frozen vegetables, Onion, Garlic, Cucumber, Tomatoes, Onion, Garlic, Ginger, mustard greens

(They all are responsible for pitta aggravation and must to be avoided)

PULSES

Pulses to be consumed

Pulses like pigeon peas (Tuvar/ arhar dal), yellow moong, green moong, split green moong, split chana dal, pink lentils

(They all can be consumed as they are good sources of protein and are easy to digest. Do Not cause any kind of ama vitiation)

Pulses to be avoided

Dried and frozen pulses, kidney beans, black gram, black lentils, soybeans

(These all pulses are not to be consumed because they cause vitiation of pitta and vata dosha resulting in aggravation of symptoms. The agni is also imbalanced)

DAIRY PRODUCTS

Dairy Products to be consumed

Nil

Dairy Products to be avoided

Milk and its products, Whole milk and cream, Yogurt, Cheese, Cream cheese, Condensed milk, Curd, Buttermilk, paneer, ice creams, butter, flavored yogurt and other dairy items.

(These all are heavy to digest and hence causes ama accumulation which results in imbalance in digestive agni)

SPICES

Spices to be consumed

Cumin, Fennel, Coriander, Black salt, Thyme, Black Pepper, Fenugreek seeds, Dried methi leaves, Coriander leaves, Turmeric

(They all act as agni deepniya and hence balances agni within optimum levels. They do not aggravate pitta, vata or kapha instead balances them)

Spices to be avoided

Red chillies powder, White sea salt (excess), Green chillies

(They all are responsible for aggravation of pitta)

DRINKS

Drinks to be consumed

Coconut water, Fat-free homemade soups, Green juice, Herbal tea, Beetroot juice, Aloe Vera juice, Bitter gourd juice, Gooseberry juice, Pumpkin juice/soup, Pomegranate juice, Ash gourd juice/soup

(All of above in moderate quantity)

(The drinks are free from various types of preservatives and are totally natural hence causes no bad effect on the body)

Drinks to be avoided

Whole milk drinks, Cream based liqueurs, Canned soup and packaged soup, Alcohol, Sweetened drinks, Squashes, Hot chocolate drinks, Coffee, Tea

(Increases dosha vitiation)

FLESH FOODS

Flesh Foods to be consumed

Egg white, Roasted / Grilled / Boiled Chicken soup containing a little amount of shredded meat or Fish (All are to occasionally consumed)

(They provide protein and essential nutrition to the body. Egg white if taken occasionally is very effective in maintaining albumin levels)

Flesh Foods to be avoided

Fish fried in suitable oil, Red meat, Prawns, Lobster, Crab, Lean beef, Pork, Lamb, Ham, Turkey, Rabbit, Egg yolk, Fish roe, Sausages, Mutton, Salami, Bacon, Duck, Goose, Meat pies, Visible fat on meat, Organ parts like Liver, Kidney and Chest.

(They all are heavy to digest and cause agni mandya. Thus worsening of symptoms)

SEEDS AND DRY FRUITS

Dry Fruits to be consumed

5-7 Almond (soak in water overnight), Flax seed, Pumpkin seed, Raisins

(Dry fruits and nuts are essential and helps in strengthening the body)

Dry Fruits to be avoided

Pistachio, Cashew nuts, Peanuts, sunflower seeds

(They all causes aggravation of doshas)

OILS

Oils to be consumed

Cow ghee, Olive oil, and Flaxseed oil

(These are neutral and do not cause any kind of dosha vitiation or agni mandya)

Oils to be avoided

Mustard oil, Hydrogenated oil, Butter, Palm oil, Coconut oil

(They are responsible for agni mandya)

SWEETENERS

Sweeteners to be consumed

Jaggery, Honey

(They do not cause any kind of dosha aggravation)

Sweeteners to be avoided

Refined sugar

(It contains preservatives which are not good for body)

OTHER FOODS

Other Foods to be consumed

Homemade only

(As they do not contain preservatives and are really best in managing a number of conditions)

Other Foods to be avoided

All bakery products or processed foods, Sauces, Fruit jellies, Jams, Mayonnaise, White sugar, Ice-cream, Cream soups, Dark chocolate, Butterscotch, Coconut bar, Chutneys, Pickles, Junk food, Deep fried foods, All Spicy and Salty foods, Refined sugar.

(These are not good for body and contains a lot of preservatives which affect body in a very bad way and diminish the agni)

LIFESTYLE AND DIETARY TIPS

- Walk for at least 30 min is recommended
- Whole fruits should be preferred to fruit juices
- Skipping meals should be avoided, especially breakfast.
- Water intake should be limited 6-8 glasses per day
- Flaxseed - 1 tsp / day
- **Herbal Tea** - Boil ½ tsp each of fennel, coriander, cumin in 3 cups of water till it's reduced to 1 cups.
- Try sleeping early at night and wake up early in the morning
- Avoid all the food articles as advised as diet plays a very major role.
- Have pomegranate juice (Home made) on daily basis

Diet Plan for Hepatitis B



Hepatitis B is an infectious viral disease that affects the liver. Diet plays an important role in maintaining liver health. In general, some obese patients develop fatty liver which also aggravates their HBV infection. Hepatitis patients may also suffer from fever, diarrhea, and joint pain. Some people with chronic hepatitis may develop cirrhosis or scarring of the liver.

The lower the salt, the better this fluid accumulation is controlled.

Patients with hepatitis without ascites are advised not to over-indulge in salt intake, although their restrictions need not be as severe.

DIET CHART FOR HEPATITIS B

EARLY-MORNING

Amla juice (20 ml) / Herbal tea

BREAKFAST

Broken wheat porridge (Veg / Sweet Dalia) / Veg oats /Veg Semolina (veg upma)/ Veg poha (Rice flakes) / Veg Idli / Vermicelli (veg / sweet Sewian) / BesanChilla (gram flour) / Chapatti with veg or Dal

MID-MORNING

Fruit / Coconut water / Herbal tea / Green tea

LUNCH

Missi Roti / Boiled Rice / Sago Khichri / Vegetable + Dal

EVENING

Roasted Chana / Sprouts / Sago / Green tea / Soup (Home-made) / Herbal tea

DINNER

Chapatti / Boiled Rice / Vegetable + Dal

DIET INSTRUCTIONS

CEREALS

Cereals to be consumed

Whole grains cereals, Whole wheat, Porridge, Brown rice, Quinoa, Millet, Multigrain, Sabudana, Rice flakes.

Cereals to be avoided

Sweet biscuit and White rice

FRUITS

Fruits to be consumed

Avocadoes, Apples, Apricots, Papaya, Watermelon, Banana

Fruits to be avoided

Lemon, Mangoes, All citrus fruits and All canned and packaged fruits

VEGETABLES

Vegetables to be consumed

Bottle gourd, Bitter gourd, Ridge gourd, Pumpkin, Carrots, Coriander leaves, Spinach leaves, Fenugreek leaves, Turnip, Potatoes, Beetroot, Spinach, Mustard greens, Chicory, Cauliflower, Cabbage, Sweet potatoes, Kale, Winter squash, Broccoli, Mushroom.

Vegetables to be avoided

Canned and Frozen vegetables, Onion, Garlic, Ginger.

PULSES

Pulses to be consumed

All Pulses, Legumes

Pulses to be avoided

Dried and frozen pulses

DAIRY PRODUCTS

Dairy Products to be consumed

Null

Dairy Products to be avoided

Whole milk and cream, Full-fat yogurt, Cheese, Condensed milk

SPICES

Spices to be consumed

Cumin, Fennel, Coriander, Salt, Thyme, Turmeric, Black Pepper, Fenugreek seeds.

Spices to be avoided

Red chilies powder, Table salt (excess).

DRINKS

Drinks to be consumed

Coconut water, Fat-free homemade soups, Green juice, Herbal tea, Herbal tea, Aloe Vera juice, Bitter gourd juice, Gooseberry juice, Pumpkin juice, Pomegranate juice

Drinks to be avoided

Whole milk drinks, Cream based liqueurs, Canned soup and packaged soup, Alcohol, Sweetened drinks, Squashes, Hot chocolate drinks, Coffee, Tea

FLESH FOODS

Flesh Foods to be consumed

Null

Flesh Foods to be avoided

Totally avoided.

NUTS AND DRY FRUITS

Dry Fruits to be consumed

4-5 Almond (soak in water overnight), Flax seed, Pumpkin seed

Dry Fruits to be avoided

Pistachio, Raisins, Cashew nuts

FATS

Fats to be consumed

Cow ghee, Olive oil, Coconut oil.

Fats to be avoided

Mustard oil, Hydrogenated oil

OTHER FOODS

Other Foods to be consumed

Homemade only, Jaggery, Honey

Other Foods to be avoided

All bakery products or processed, Sauces, Fruit jellies, Jams, Mayonnaise, White sugar, Ice-cream, Cream soups, Butter scotch, Coconut bar, Chutneys, Pickles, Junk food, Deep fried foods, All Spicy foods, Too much salty food

DIET TIPS

- Walk for at least 30-45 min is recommended.
- Whole fruit should be preferred to fruit juices.
- Skipping of meals should be avoided, especially the breakfast
- Water intake should be 8-10 glass regularly
- **Herbal Tea** - Boil ½ tsp each of fennel, coriander, cumin in 3 cups of water till it's reduced to 1 cups
- **Flax seed** - 1 tsp/ day

Diet Plan for Hernia



Hernia is a condition in which the internal organ or tissues protrude abnormally through cavity in which it resides. The main causes of hernia are obesity, smoking, heavy weight lifting, overexertion and poor nutrition. One of the most common hernias is inguinal and femoral hernia. Hernias are usually not life threatening but they have to be treated as they cannot go away on its own. Hernia usually causes mild to severe pain but if blood supply is cut off then it may leads to some major complications. Balanced diet rich in complex carbs, plant based proteins and unsaturated fats are beneficial in hernia. Avoid foods which are difficult to digest.

DIET CHART FOR HERNIA

EARLY-MORNING

Luke warm water /Herbal tea / Green tea

BREAKFAST

Broken wheat porridge (veg Dalia) / Veg oats / Veg Semolina (veg upma) / Veg poha (Rice flakes) / Vermicelli (Sewia)/ Chapatti with veg or Dal

MID-MORNING

Fruit / Coconut water / Herbal tea / Green tea / Salad/Fruit juice

LUNCH

Chapatti / Boiled Rice / Vegetable + Dal / Salad/Non – veg (once in week)

EVENING

Sprouts / Green tea / Soup (Home-made) / Herbal tea / Salad /Roasted Grams

DINNER

Chapatti / Boiled Rice / Vegetable + Dal

DIET INSTRUCTIONS

CEREALS

Cereals to be consumed

Wheat, Brown rice, Sorghum, Amaranth, Finger millet, Foxtail millet, Pearl millet, Buckwheat, Little millet

Flour Ratio - Wheat Atta (50%) + Soybean Atta (20%) + Ragi flour (30%)

Cereals to be avoided

Rye, Barley

FRUITS

Fruits to be consumed

Banana, Water melon, Muskmelon, Avocado, Peaches, Pear, Coconut, Pomegranate, Figs, Mango, Litchi, Custard apple, Sapodilla, Papaya

Fruits to be avoided

Orange, Apple, Mango, Strawberries, Lemon, Limes, Grapes, Blueberries

VEGETABLES

Vegetables to be consumed

Zucchini, Sweet potato, Pumpkin, Celery, Coriander, Broccoli, Cauliflower, Kale, Mushrooms, Spinach, Carrot, Peas, Fenugreek leaves, Yam, Bottle gourd, Bitter gourd, Brussels sprouts, Lettuce, Ginger, Chicory greens

Vegetables to be avoided

Tomatoes, Potatoes, Garlic, Onion, Green chilies, Red chilies

PULSES

Pulses to be consumed

All pulse and legumes

Pulses to be avoided

Nil

DAIRY PRODUCTS

Dairy Products to be consumed

Null

Dairy Products to be avoided

Milk, Cheese, Buttermilk, Butter, Curd

OILS

Oils to be consumed

Cow ghee, Sunflower oil, Olive oil, Mustard oil

Oils to be avoided

Cream, Palm oil, Coconut oil

SPICES

Spices to be consumed

Cumin, Coriander, Turmeric, Ginger, Pepper, Fennel, Cinnamon

Spices to be avoided

Mustard, Pimento, Nutmeg

DRINKS

Drinks to be consumed

Coconut water, Homemade soups, Green juice, Herbal tea

Drinks to be avoided

Whole milk drinks, Cream based liqueurs, canned soup and packaged soup, Alcohol, Sweetened drinks, Squashes, Carbonated drinks

FLESH FOODS

Flesh Foods to be consumed

Egg white, Chicken (Once in a week)

Flesh Foods to be avoided

Processed and fried meat, Red meat- (Beef, Lamb, Pork), Fishes (Tilefish, Shark, Swordfish, King Mackerel, Marlin, Bluefin Tuna).

DRY-FRUITS / SEEDS

Dry Fruits to be consumed

Almond, Raisins, Ground Nuts, Walnut, Peanuts, Pistachio, Cashew, Pumpkin Seeds, Chia Seeds, Flax Seeds, Sunflower Seeds, Sesame Seeds.

Dry Fruits to be avoided

Nil

OTHER FOODS

Other Foods to be consumed

Honey

Other Foods to be avoided

Bakery and Processed Foods, Fried Food, Junk Food, Pickles, Artificial Sweeteners, Packed Soups, Refined Sugar

HOME REMEDIES

- **Aloe Vera juice**- Drink 20 ml aloe Vera juice in morning. It relives the symptoms of hernia due to its anti-inflammatory properties.
- **Vegetable juice**- It is very helpful to reduce the burning and various symptoms of hernia.
- **Ice packs**- The abdominal pain is common symptom of hernia. Ice packs can be applied directly on affected areas. It will reduce the pain and inflammation.
- **Licorice decoction** - Boil three cup of water and add 1 tsp of licorice root. Heat it for 2-3 minutes and drink it one time in a day.
- **Black pepper**- Take 1 teaspoon of black pepper and mix it with jaggery. Make a paste and consume it two times in a day.

DIET INSTRUCTIONS

- Follow regular and balance meal pattern.
- Consume high fiber and adequate fluid diet.
- Whole fruit should be preferred to fruit juices.
- Skipping of meals should be avoided, especially the breakfast
- Water intake should be increased at least 8-10 glasses of water per day.

Diet Plan for Herpes



Herpes simplex virus is the most common viral infection which is contagious and mainly affects the genitals and oral cavity. It is of two types HSV-1 transmitted through oral contact and HSV-2 which is transmitted sexually and causes oral and genital herpes respectively. The primary symptom of this disease is the appearance of Painful blisters on the infectious site. Patients may also experience tingling, itching, and burning sensation on the affected site. Therefore, the patients need to take a Pitta-shamak Diet, which is without the citrus and spicy edibles, etc. as described below.

DIET CHART FOR HEARTBURN

EARLY-MORNING

1 glass of lukewarm water/ Aloe vera juice /Green Tea

BREAKFAST

Plain Chapatti (1-2) + Veg / Veg dalia (Broken Wheat porridge) / Veg. Upma (Semolina) / Veg. poha / Salads

MID-MORNING

Fruit or vegetable juice / Coconut water/ Green Tea / Mint water / Coriander water / Khus-khus sharbat.

LUNCH

Chapatti + Veg + Dal + Rice

EVENING

Herbal tea / Vegetable soup / Green tea / Fruit or vegetable juice

DINNER

1 chapatti + veg / Dal / Khichdi

DIET INSTRUCTIONS

CEREALS

To be consumed

Wheat, All millets, Rice, Sorghum, Barley

To be avoided

Refined flour, Rye

FRUITS

To be consumed

Apple, Muskmelon, Watermelon, Apple, Grapes (in limit), Pomegranate

To be avoided

Avoid all citrus fruits

VEGETABLES

To be consumed

Pumpkin, Bottle gourd, Coriander, Broccoli, Cauliflower, Carrot, Peas, Round gourd, Asparagus, Potatoes Beans, Drum sticks, Cucumber, Snake gourd

To be avoided

Capsicum, Brinjal, Tomatoes and avoid all frozen foods.

PULSES

To be consumed

Green gram (Moong daal), Orange lentil (Masur daal)

To be avoided

Black lentil (Udad daal), Chick pea (Kabuli channa), Kidney beans (Rajmah)

DAIRY PRODUCTS

To be consumed

Butter milk (Occasionally)

To be avoided

Whole milk and its products

SPICES

To be consumed

Turmeric, Coriander, Cumin, Fennel, Green cardamom, Curry leaves, Black pepper

To be avoided

Chillies, Carom seeds, Fenugreek, Mustard

DRINKS

To be consumed

Aloevera juice / Coconut water / Herbal tea / Green tea / Pumpkin juice / Aloevera juice / Watermelon juice / Some other leaves water (Tulsi water / Lemongrass water / Mint water /Neem water/ Coriander water Wheatgrass juice)

To be avoided

Alcohol, Tea, Carbonated and Canned juices and drinks

SEEDS / NUTS

To be consumed

Almonds (soaked ones), Khus Khus seeds

To be avoided

Sunflower seeds, Cashew, Pistachios, Flax seeds, Chia seeds, Brazil nuts and peanuts

OILS / FATS

To be consumed

Cow ghee, Olive oil

To be avoided

Butter, Sunflower oil, Saturated fats, Refined oils

NON-VEG

To be consumed

Occasionally can take Egg white and Fish (In limited quantity)

To be avoided

All red meats and fleshies

OTHER FOOD

To be consumed

Homemade only, Jaggery, Soups, Tragacanth gum (Gond kateera)

To be avoided

All processed, Fried food, Junk food, refined sugar, and Oily food and Bakery products

NOTE

- Restrict the intake of Salt, Sugar, Spicy and fermented foods.
- Increase your water intake.

DIET FOR HYPERTENSION



INTRODUCTION

Hypertension is not a disease in itself, it is a risk factor. Hypertension or high blood pressure refers to the increased pressure of blood against artery walls. High blood pressure can cause blood vessel damage that leads to heart disease. It may increase the thickness of the heart muscle and reduce coronary circulation.

A low-sodium diet provides 2-3 gm sodium per day. Blood pressure reduces with high-fiber diet, a diet which is low in total fat, saturated fat, and cholesterol, and rich in fruits and vegetables. Dash diet includes whole grains, fish, and pulses, it is rich in potassium, calcium, magnesium, proteins, and nuts that can control blood pressure.

A high-sodium diet increases blood pressure in most of the patients. Salt restriction is very important to lower the blood pressure. A healthy lifestyle can be lived by including the factors like balanced diet, exercise, and other environmental factors. MUFA is good for high blood pressure, as it reduces LDL and increases HDL in the blood. Fruits and vegetables are also recommended as they are high in potassium, magnesium, and fiber, and low in sodium.



DAILY DIET SCHEDULE

EARLY MORNING

One glass of water + 1 tsp Fenugreek seeds

BREAKFAST

Broken wheat porridge (Veg Dalia) / Veg Semolina (veg upma) / Veg Vermicelli (Sewian) / Veg poha (Rice flakes) / Besan pancake (gram flour) / Veg Oats / Veg Idli / Semolina pancake / Stuffed Chapatti / Chapatti with veg or Dal / Yogurt +1- egg's white part only

MID-MORNING

Fruits / Steamed Salad / Coconut water / Sprouts

LUNCH

Plain chapatti / Boiled Rice / Veg / Dal + Curd + Steamed salad

EVENING

Herbal Tea / Green tea / Roasted Chana + Rice flakes / Sprouts / Soups (Home-made)

DINNER

Plain chapatti / Missi chapatti / Boiled Rice / Veg + Dal

DIET INSTRUCTIONS

CEREALS

TO BE CONSUMED

Whole wheat flour, Oats, Whole grains cereals, Porridge, Brown rice, Rice flakes, Puffed rice, Whole grain bread, Barley

TO BE AVOIDED

Sweet biscuit, Cream filled biscuit, Cream crackers, Cheese biscuits, Noodles, Pasta, Macaroni, White refined flour, White rice, White bread, Corns

Chapatti Ratio - Wheat flour (50%) + Black chana (25%) + Soybean (25%)

PULSES

TO BE CONSUMED

All Pulses and Lentils, Soya products

TO BE AVOIDED

Dried and frozen pulses

FRUITS

TO BE CONSUMED

Banana, Avocados, Apple, Pomegranate, All kinds of berries including, Cranberries, and Oranges, Kiwi, Watermelon, Muskmelon, Papaya, Dates, Squash, Figs, Apricot, Pineapple, Pears, Plum, Olives.

TO BE AVOIDED

All canned and packaged fruits, Coconut

VEGETABLES

TO BE CONSUMED

Dark green leafy especially Spinach and Kale, Asparagus, Broccoli, Carrots, Onion, Garlic, Beans, Cabbage, Bottle gourd, Ridge gourd, Round gourd, Bitter gourd, Cauliflower, Bell peppers, Red pepper, Green peas, Potatoes

TO BE AVOIDED

Yam, Sweet potatoes, Taro roots, Jackfruit, Dried beans, Mustard leaves

FLESH FOODS

TO BE CONSUMED

Eggs white part only, Roasted or Grilled, Lean meat, chicken (twice a week)

TO BE AVOIDED

Fish fried in suitable oil, Prawns, Lobster, Crab, Lean beef, Pork, Lamb, Ham, Very lean minced meat, Turkey, Veal, Rabbit, Egg yolk, Fish roe, Sausages, Mutton, Salami, Bacon, Duck, Goose, Hot dogs, Meat pies, Visible fat on meat, Organ meat like Liver, Kidney, Chest, Red meat, Smoked and canned fish, Marbled and fatty Meats

SPICES

TO BE CONSUMED

Fennel, Turmeric, Cumin, Thyme, Black pepper, Coriander, Rock Salt (limited), Cardamom, Cinnamon, Fenugreek

TO BE AVOIDED

Red chili and Table Salt

DAIRY PRODUCTS

TO BE CONSUMED

Low-fat yogurt, Buttermilk

TO BE AVOIDED

Whole milk and cream, Cream cheese, Condensed milk, Cocoa butter, cheese, milk

DRYFRUITS AND SEEDS

TO BE CONSUMED

Flax seeds, Pumpkin seeds, Sunflower seeds, Walnuts, Almonds

TO BE AVOIDED

Cashew nuts, Pistachio, Peanuts, Raisins

FATS

TO BE CONSUMED

Olive oil, Cow ghee

TO BE AVOIDED

Trans fat foods, Butter, Palm oil, Coconut oil, Hydrogenated oil

PREPARED FOODS

TO BE CONSUMED

Homemade only, Jaggery

TO BE AVOIDED

All bakery products or processed, Pastry, Pies, Doughnuts, Chips, Puddings, Cakes, Biscuits, Sauces, Fruit jellies, Jams, Mayonnaise, White sugar, Ice-cream, Cream soups, Dark chocolate, Butter scotch, Coconut bar, Chutneys, Pickles, Junk food, Deep fried foods, Tomato sauce, All Spicy foods, Junk foods, Too much salty food, Buttered popcorn, Soya sauce.

DRINKS

TO BE CONSUMED

Coconut water, Buttermilk, Clear soups, Homemade soups, (without salt), Green tea, Beetroot juice, Herbal tea, Aloe Vera juice, Gooseberry juice, Pomegranate juice

TO BE AVOIDED

Whole milk drinks, Cream based liqueurs, Canned soup and packaged soup, Alcohol, Sweetened drinks, Squashes, Hot chocolate drinks, Diet soda, Coffee, Tea

NOTE

if you are Diabetic patient, food high in sugar should be avoided and intake of suitable fats and oils to be strictly limited.

DIET CHART FOR HYPERTHYROIDISM



INTRODUCTION

Hyperthyroidism occurs when the body produces too much thyroid hormone. This condition is also called thyrotoxicosis. Hyperthyroidism may lead to sudden weight loss, sweating, muscle weakness, protruded eyes. A low-iodine, low-fat, and high protein diet will help to regulate the thyroid hormones. But it is also important that you should maintain the proportion of iodine intake as excess iodine-rich diet may also lead to hyperthyroidism and can even worsen the condition in some cases.

DAILY DIET SCHEDULE

EARLY-MORNING

Coriander seed decoction, after passing stool and brushing teeth

*(*Decoction is to be made using coriander seeds powder. Add it in 200ml of water, boil it and reduce it to half. Then let the decoction cool down a bit and drink. This helps in balancing mandagni)*

BREAKFAST

Semolina (upma) / Broken wheat porridge (Dalia) / Vermicelli (Sewian) / poha (Rice flakes) / Idli / Besan Chilla (Chickpea flour) / Chapati with Veg or Dal + 1 Egg (only white portion)

Stuffed chapati - Occasionally

(A light and healthy breakfast is very important for balancing diminishing agni)

MID-MORNING

Fruit / Coconut water / Sprouts

(This helps in balancing and pacifying vitiated vata and improves digestion. It also avoids staying empty stomach for long hours)

LUNCH

Mix chapati / Plain chapati / Veg pulao / Boiled rice / Vegetable + Dal + Salad

Occasionally low fat Buttermilk is allowed (Takra)

(Lunch should be consumed less in order to avoid suppression of jathar agni)

EVENING

Herbal tea / Roasted Chana / Sprouts / Rice flakes snack / Flaxseed- 1tsp

(They all can be used alternatively and have a great impact on balancing agni and pacifying aggravated vata)

PRE-DINNER

Soup (Home-made) like Ash gourd soup, black gram soup and pumpkin soup

(They are very effective in increasing digestive fire and providing strength to the body)

DINNER

Mix chapati / Plain chapati / Vegetable + Dal

(Light dinner does not put pressure on digestive agni and hence makes digestion easy and soothing)

FOODS TO CONSUME AND AVOID

CEREALS

TO BE CONSUMED

Whole grains such as wheat, Barley, Oatmeal, Porridge, Brown rice, Corn, Quinoa, millets like kodo millets, finger millets, foxtail millets, Aged red rice (puran shalli chawal)

Chapati Ratio - Wheat flour (1 kg) + Black chana (250 gm)

(These cereals are easy to digest and do not cause endotoxin accumulation along with enhances digestive fire and pacifies vata)

TO BE AVOIDED

Whole refined flour, White breads, White rice, Soya flour, Rye, brown breads, pasta

(These all are responsible for endotoxin accumulation thus vitiating kapha)

PULSES

TO BE CONSUMED

Green gram split (moong dal), Red lentil (Masoor daal), Yellow moong gram, pigeon peas (Tugar dal), split chana

(These all are easy to digest, do not cause accumulation of endotoxins and help in vata anulomana)

TO BE AVOIDED

Dried and frozen pulses and soybean-based products along with kidney beans, black lentils, soybean

(They are heavy to digest and are responsible for accumulation of endotoxins)

VEGETABLES

TO BE CONSUMED

All vegetables Cauliflower, Cabbage, Broccoli, Carrot, Pumpkin, Squash, Peas, Artichokes, Lettuce, Asparagus, Spinach, Okra, Mushroom, Beet greens, Zucchini, Parsley, Potatoes, Cucumber, Onion, Fenugreek leaves, Celery, Coriander leaves, Kale, Mustard green, Turnips, fennel leaves, fenugreek leaves

*(*Potatoes must be taken in controlled quantity and all of the above mentioned vegetables are the best source of nutrition as well as help in alleviation of vata, pitta and kapha. They also stabilize agni by balancing pitta)*

TO BE AVOIDED

Red and Green chili, Sweet potato, Taro roots, Yam, Jackfruits, Frozen vegetables, Kale, Kohlrabi, Soya, Collard greens

(They all are responsible for vata vitiation and hence decreasing the digestive fire)

FRUITS

TO BE CONSUMED

All fruits include Grapes, Papaya, Oranges, Banana, Strawberries, Apple, Dates, Kiwi, Litchi, Muskmelon, Watermelon, Guava, Pear, Blueberries, Pomegranate, Avocado, Raspberries, and Peaches.

(These fruits are responsible for balancing agni and pitta and do not aggravate vata or kapha)

TO BE AVOIDED

All canned and packaged fruits, Citrus fruit like Orange, Grapes, Litchi, Mango, Kiwi, Lime and even Guava

(They all are responsible for diminishing the weak agni and hence aggravation of symptoms)

DAIRY PRODUCTS

TO BE CONSUMED

Low-fat milk (occasionally), Buttermilk (Low fat buttermilk)

(Milk products are heavy to digest so choosing low-fat products can help in accomplishing the required tasks)

TO BE AVOIDED

Whole milk and cream, Full-fat yoghurt, Cream cheese, Condensed milk, icecreams, butter, paneer

(They all are to be avoided as they are a high source of fat which is difficult to digest)

FLESH FOODS

TO BE CONSUMED

Egg whites, Boiled egg, Poultry such as chicken and turkey shredded meat soup can be consumed. It is called as mansa yusha

(These flesh products are easy to digest and do not cause vata vitiation. Instead it increases digestive agni and stabilizes the unstable digestive fire)

TO BE AVOIDED

Meat (can be taken in limited amount), prawns, lobster, crab, lean beef, pork, lamb, ham, rabbit, Egg yolk, fish roe, sausages, mutton, salami, bacon, Salami, duck, goose, meat pies, chicken skin, liver, kidney, chest, Sea food fish, Processed meat

(They destabilize the digestive agni and hence causes dosha aggravation which is responsible for various metabolic symptoms)

SPICES

TO BE CONSUMED

Fennel, Turmeric, Mint, Cumin, Carom, Coriander, Fenugreek, Limited Rock salt, Black pepper, Cinnamon

(They help in managing agni at desirable levels thus enhancing metabolic activity and balance dosha)

TO BE AVOIDED

Red chili powder, Peppers, Green chillies

(They are called as vishtambhi in ayurveda and are responsible for diminishing agni)

FATS

TO BE CONSUMED

Cow ghee, Mustard oil, Olive oil, Sunflower oil

(They help in agni pradeepta and hence make digestion of endotoxins)

TO BE AVOIDED

Unsaturated fats, Cream, Palm oil, Butter, coconut oil

(It increases accumulation of endotoxins in the body)

NUTS AND DRY FRUITS

TO BE CONSUMED

Flax seed, Chia seeds, Pumpkin seed, Brazil nuts, Almond, Peanuts, Walnuts, Dates, pumpkin seeds, Flax seed

(The nuts and dry fruits are a good source of nutrition as they provide us with various kinds of micro and macro nutrients essential for the body)

TO BE AVOIDED

Raisins, Dried fruits like dried apple and dates, Cotton seeds

(They might increase the symptoms)

DRINKS

TO BE CONSUMED

Low-fat milk, Homemade soup, Buttermilk, Carrot juice, Wheatgrass juice, Bitter Gourd juice, Aloe Vera juice

(These all juices add a good amount of fiber to the diet and hence makes digestion soothing)

TO BE AVOIDED

Ionized water, Alcohol, Carbonated beverages like Coke, Limca, Pepsi, Fanta etc., Canned soup, Packaged soup and Canned fruit juices, Coffee, Tea, Soya milk

(These all are responsible for reducing agni and hence resulting in endotoxin accumulation)

OTHER FOODS

TO BE CONSUMED

Homemade only, Honey, Jaggery

(Food made at home does not contain any kind of preservatives and is freshly prepared. Honey and jaggery also have a soothing effect on vata)

TO BE AVOIDED

All bakery products or processed, Sauces, Fruit jellies, Jams, Mayonnaise, Ice-cream, Cream soups, Dark chocolate, Butterscotch, Coconut bar, Chutneys, Fiber bars, Miso, Pickles, Junk food, Deep fried foods, Spicy foods and Too much salty food.

(These all products are to be avoided because they behave as a toxin inside of the body and also diminishes the agni)

HOME REMEDIES

CORIANDER SEEDS

Soak around 10-20 coriander leaves in water overnight. Strain and drink it the next morning on an empty stomach.

HERBAL TEA

Boil ½ tsp each of fennel, coriander, cumin in 3 cups of water till it's reduced to 1 cup.

TULSI GINGER TEA

Boil 1-2 ginger slices, 4-5 holy basil leaves, ½ tsp of turmeric in 2 cups of water till it's reduced to 1 cup.

FLAXSEED

Roasted flax seed 1 tsp (any form) in a day

(These home remedies are very beneficial in igniting agni, maintaining doshas and cleaning micro channels)

DIET TIPS

- Exercise for at least 45-60 minutes in a day. You can include running, yoga asanas, Meditation and pranayama.
- Whole fruit should be preferred to fruit juices.
- Skipping of meals should be avoided, especially the breakfast
- 2-3 Soaked Almonds per day
- Water intake should be increased at least 8-10 glass regularly
- **Herbal Tea** - Boil ½ tsp each of fennel, coriander, cumin in cups of water till it's reduced to half. Let it cool down and drink.
- Wake up early in the morning and avoid late night sleeping.
- Try to eat as healthy as you can and do have a regular check on your weight.
- Avoid having any kind of junk food, fried oily and difficult to digest food articles.
- Keep yourself calm and physically active because a sedentary lifestyle is not an option with this condition.

(Above mentioned instructions are very important to follow as these alterations usually help in maintaining vata, pitta and kapha dosha whose vitiation is the main reason for onset of thyroid problems)

DIET CHART FOR HYPOTENSION



INTRODUCTION

Low blood pressure or hypotension may cause inadequate blood flow to the heart, brain, and other vital organs. Low blood pressure is a condition where the systolic and diastolic pressure falls below 90 and 60 (mmHg) respectively. A low carbohydrate, high fiber, and low fat diet, is recommended to hypotension patients. Salty foods can increase blood pressure. A healthy and well balanced diet that is low in fat, high in fiber and moderate in calories is beneficial. Avoid eating lots of high carbs foods, unhealthy fats, fried food, junk food, processed foods, and preserved foods, caffeine, and alcohol as they can lead to low blood pressure.



DAILY DIET SCHEDULE

EARLY-MORNING

8-10 pieces soaked raisins + Almond- 5 pieces

After 15 min - Tulsi tea / Herbal tea

BREAKFAST

Broken Wheat Porridge (Dalia) / Semolina (Veg Upma) / Vermicelli (Sewian) / poha (Rice flakes) / Besan chila (chickpea flour) / Veg / Suji chila (Semolina) / Stuffed Chapatti / Chapatti with veg or Dal / 1- egg's white part only

MID-MORNING

Fruit / Coconut water / Herbal tea / Green tea / Salad

LUNCH

Plain chapatti / Mix chapatti / Boiled Rice / Veg + Dal + Curd + Steamed salad

EVENING

Herbal Tea / Green tea / Roasted Chana + Rice flakes / Sprouts / Carrot juice

PRE DINNER

Soups (Home-made)

DINNER

Plain chapatti / Veg khichri / Veg Dalia / Mix chapatti / Boiled Rice / Veg + Dal

FOODS TO CONSUME AND AVOID

CEREALS

TO BE CONSUMED

Whole grains cereals, Wheat, Semolina, Vermicelli, Brown rice, Rice flakes, Puffed rice, Barley, Quinoa, Millets

TO BE AVOIDED

Refined flour, White rice

PULSES

TO BE CONSUMED

All Pulses and lentils

TO BE AVOIDED

Dried and frozen pulses

VEGETABLES

TO BE CONSUMED

All vegetables Zucchini, Pumpkin, Ginger, Celery, Eggplant, Red onion, Coriander, Potato, Radish, Broccoli, Cauliflower, Kale, Cabbage, Spinach, Beets, Celery, Lettuce, Parsley, Turnip, Pumpkin, Cucumber, Lima beans.

TO BE AVOIDED

Canned vegetables, Yam, Sweet potatoes, Taro roots, Jackfruit, Dried beans

FRUITS

TO BE CONSUMED

All fruits include Grapes, Cherries (Sweet), Lemon, Apricots, Banana, Guava, Papaya, Apple, Sapodilla, Plum, Pomegranate, Pear, Dates.

TO BE AVOIDED

Orange (sour), Pineapple, Strawberries, Peaches, Prunes, and Canned fruits

DAIRY PRODUCTS

TO BE CONSUMED

Low-fat milk and Buttermilk (occasionally)

TO BE AVOIDED

High fat milk, Whole milk and cream, Butter, Full-fat Yogurt, Cheese, Cream cheese, Condensed milk

FLESH FOODS

TO BE CONSUMED (ONCE IN FIFTEEN DAYS)

Eggs white part only, Roasted or Grilled fish, Lean meat, Cold fish like Sardines, Salmon, Tuna, Mackerel, Herring, and Skinless chicken

TO BE AVOIDED

Red meat, Processed, Fried meat, Beef, Pork, Prawns, Lobster, Crab, Lean beef, Pork, Lamb, Ham, Turkey, Veal, Rabbit, Egg yolk, Fish roe, Sausages, Mutton, Salami, Bacon, Duck, Goose, Meat pies, Visible fat on meat, Organ meat like Liver, Kidney, Chest, Red meat, Smoked or Canned fish, and Fatty Meats

FATS

TO BE CONSUMED

Cow ghee, Mustard oil, Olive oil, Soybean oil

TO BE AVOIDED

Trans fat foods, Butter, Palm oil, Hydrogenated oil

DRY FRUITS / SEEDS

TO BE CONSUMED

Almond, Raisins, Pumpkin seeds, Brazil nuts, Sesame seeds

TO BE AVOIDED

Chia seeds, Cashew nuts, Dried fruits

SPICES

TO BE CONSUMED

Fennel, Turmeric, Cumin, Thyme, Black pepper, Coriander, Rock Salt (limited), Cardamom, Cinnamon, Fenugreek

TO BE AVOIDED

Excess amount of red chilies

OTHER PRODUCTS

TO BE CONSUMED

Jaggery, Honey

TO BE AVOIDED

All bakery products or processed, Sauces, Fruit jellies, Jams, Mayonnaise, White sugar, Ice-cream, Cream soups, Butter scotch, Coconut bar, Chutneys, Deep fried foods, All Spicy foods, Junk foods, Buttered popcorn.

DRINKS

TO BE CONSUMED

Coconut water, Buttermilk, Clear soups, homemade soups, Lemon juice, Green tea, Beetroot juice, Soy milk, Herbal tea, Aloe Vera juice, Gooseberry juice, Pomegranate juice

TO BE AVOIDED

Whole milk drinks, Cream based liqueurs, Canned soup and Packaged soup, Alcohol, Sweetened drinks, Squashes, Hot chocolate drinks, Diet soda, Coffee, and Tea

HOME REMEDIES

RAISINS

Soak around 8 – 10 raisins in a cup of water overnight and eat them in the morning on an empty stomach.

HOLY BASIL (TULSI)

You can chew 4 – 5 basil leaves in the morning on daily basis or drink a teaspoon of tulsi with honey daily on an empty stomach.

LEMON JUICE

Drink a glass of lemon juice mixed with a little sugar and salt to control your blood pressure.

GARLIC

You can eat raw garlic (2 cloves) 1 hour before bed time or can add it to your food preparations.

MILK AND ALMONDS

Soak 4–5 almonds in water overnight, peel off the skin in the next morning and make a smooth paste. Add this paste to a cup of boiling milk and drink it every morning for a few weeks to treat your low blood pressure.

CARROTS

Add two tablespoons of honey to a glass of carrot juice. Drink it on empty stomach twice a day (morning and evening) for better results.

DIET TIPS

- Water intake should be 8-10 glasses
- Walk / Physical activity for 30 min is recommended.
- Small and frequent meals should be taken
- Whole fruit should be preferred to fruit juices.
- Skipping of meals should be avoided especially breakfast.

DIET CHART FOR HYPOTHYROIDISM



INTRODUCTION

Hypothyroidism is a condition which is increasing in society rapidly and its cause according to modern science is not clear. Ayurveda believes that hypothyroidism is due to *angni mandya* leading to *kshaya* of *pitta*, aggravation of *vata* and finally *dushti* of *kapha* giving rise to metabolic symptoms like weight gain, irregular menstrual cycle in females, puffiness of face and many others. Below is a specific diet chart which is being prepared keeping in mind the *kshaya*, *vridhi* and *dushti* of *dosha* as well as *dhatu*.

DAILY DIET SCHEDULE

EARLY-MORNING

Drink Coriander decoction in the morning empty stomach after passing stool and brushing teeth

*(*Decoction is to be made using coriander seeds powder. Add it in 200ml of water, boil it and reduce it to half. Then let the decoction cool down a bit and drink. This helps in balancing mandagni)*

BREAKFAST

Veg Semolina (upma) / Broken wheat porridge (Dalia) / Vermicelli (Sewian) / Veg poha (Rice flakes) / Idli / Besan pancake (gram flour) / Stuffed Chapati / Chapati with Veg or Dal + 1 Eggs white portion

(A light and healthy breakfast is very important for balancing diminishing agni)

MID-MORNING

Fruit / Low fat Buttermilk (Takra) / Sprouts / Salad

(This helps in balancing and pacifying vitiated vata and improves digestion. It also avoids staying empty stomach for long hours)

LUNCH

Mix chapati / Plain chapati / Veg pulao / Boiled brown rice / Vegetable + Dal + Salad

(Lunch can be optional. If you didn't have your breakfast properly then you can go for a proper meal otherwise it's completely optional. Reason being we have to give rest to our diminishing digestive agni)

EVENING

Detox tea/ Green tea / Roasted Chana / Sprouts / Rice flakes snack / Flaxseed - 1tsp

(They all can be used alternatively and has a great impact on balancing agni and pacifying aggravated vata resulting in decrease of kapha)

PRE-DINNER

Soup (Home-made)

(Best for improving digestion)

DINNER

Mix chapati / Plain chapati / Vegetable + Dal

(Light dinner is easy to digest and do not put much load on diminishing agni)

DIET INSTRUCTIONS

CEREALS

TO BE CONSUMED

Whole grains such as wheat, Barley, Oatmeal, Porridge, Brown rice, Corn, Quinoa, millets like kodo millets, finger millets, foxtail millets, Aged red rice (puran shalli chawal)

Chapati Ratio - Wheat flour (1 kg) + Gram flour (250 gm)+ barley (250 gm) + Ragi (250 gm)

(These cereals are easy to digest and do not cause endotoxin accumulation along with enhances digestive fire and pacifies vata)

TO BE AVOIDED

Whole refined flour, White breads, White rice, Soya flour, Rye, brown breads, pasta

(These all are responsible for endotoxin accumulation thus vitiating kapha)

PULSES

TO BE CONSUMED

Green gram split (moong dal), Red lentil (Masoor daal), Yellow moong gram, pigeon peas (Tuvar dal), split chana, black gram

(These all are easy to digest, do not cause accumulation of endotoxins and helps in vata anulomana)

TO BE AVOIDED

Dried and frozen pulses and soybean-based products along with kidney beans, black lentils, soybean

(They are heavy to digest and are responsible for accumulation of endotoxins)

VEGETABLES

TO BE CONSUMED

Carrot, Pumpkin, Squash, Peas, Artichokes, Lettuce, Asparagus, Spinach, Okra, Mushroom, Beet greens, Zucchini, Parsley, Potatoes, Cucumber, Onion, Fenugreek leaves, Celery, Coriander leaves, fennel leaves, Mustard green, Broccoli, Sweet potatoes

*(*Potatoes must be taken in controlled quantity and all of the above mentioned vegetables are the best source of nutrition as well as help in alleviation of vata and kapha. They also stabilizes agni by balancing pitta)*

TO BE AVOIDED

Bok Choy, Brussels sprouts, Cabbage, Canola, Cauliflower, Choy sum, Collard greens, Horseradish, Kale, Kohlrabi, Soya, Turnips, Red and Green chili, Frozen vegetables

(They all are responsible for vata vitiation and hence decreasing the digestive fire)

FRUITS

TO BE CONSUMED

All fruits include Grapes, Papaya, Oranges, bananas, Strawberries, apples, Dates, Kiwi, Litchi, Muskmelon, Watermelon, Guava, Pear, Blueberries, pomegranates, avocados, Raspberries, and Peaches.

(These fruits are responsible for balancing agni and pitta and do not aggravate vata or kapha)

TO BE AVOIDED

All canned and packaged fruits along with bananas

(Banana can increase the kapha hence causing aggravation of symptoms like increase in body fat etc. It can also cause diminishing of agni)

DAIRY PRODUCTS

TO BE CONSUMED

Low-fat milk (occasionally), low fat Buttermilk, Low-fat curd (Occasionally)

(Milk products are heavy to digest so choosing low-fat products can help in accomplishing the required)

TO BE AVOIDED

Whole milk and cream, Full-fat yoghurt, Cream cheese, Condensed milk

(They all are to be avoided as they are the high source of fat hence increase kapha)

FLESH FOODS

TO BE CONSUMED

Egg white, deer, rabbit or peacock shredded meat can be consumed in soup form (mansa yusha)

(These flesh products are easy to digest and do not cause vata vitiation resulting in kapha dushti. Instead it increases digestive agni and stabilizes the unstable digestive fire)

TO BE AVOIDED

Meat (can be taken in limited amount) prawns, lobster, crab, lean beef, pork, lamb, ham, turkey, egg yolk, fish roe, sausages, mutton, salami, bacon, duck, goose, and salty sea water fish

(These all flesh foods are potent of causing kapha aggravation and hence can make situation more worse)

SPICES

TO BE CONSUMED

Fennel, Turmeric, Mint, Cumin, Carom, Coriander, Fenugreek, Limited salt, Black pepper, Cinnamon, cloves, ginger and garlic

(These all spices help in vata pacification, hence prevents further kapha dushti)

TO BE AVOIDED

Red chili powder, green chillies

(They are called as vishtambhi in ayurveda and are responsible for diminishing agni)

FATS

TO BE CONSUMED

Cow ghee, Mustard oil, Olive oil, Rice bran oil

(These all oils help in agni pradepta and hence making digestion of endotoxins)

TO BE AVOIDED

Unsaturated fats, Cream, Palm oil, Butter

(They are again responsible for diminishing digestion fire and hence causes vata vitiation and kapha dushti. It increases accumulation of endotoxins in the body)

NUTS AND DRY FRUITS

TO BE CONSUMED

Flax seed, Sunflower seeds, Chia seeds, Pumpkin seed, Hazelnuts, Hemp seeds, Brazil nuts, Macadamia nuts, Almonds (2-3)

(The nuts and dry fruits are the good source of nutrition as they provide us with various kind of micro and macro nutrients essential for body)

TO BE AVOIDED

Cashew nuts, Peanuts, Raisins, Dried nuts, Walnuts, Cotton seeds

(They decrease the digestive fire and also are responsible for kapha and vata aggravation)

DRINKS

TO BE CONSUMED

Milk, Homemade soup, Carrot juice, Wheatgrass juice, Bitter Gourd juice, Aloe Vera juice, Amla juice

(These all juices adds a good amount of fiber to the diet and hence makes digestion soothing)

TO BE AVOIDED

Alcohol, Carbonated beverages, Canned soup, Packaged soup and Canned fruit juices, Caffeinated drinks like Coffee and Tea, Soya milk

(These all are responsible for reducing agni and hence resulting in endotoxin accumulation which is one of the most common cause for hypothyroidism)

OTHER FOODS

TO BE CONSUMED

Homemade only, Honey, Jaggery

(Food made at home does not contain any kind of preservatives and is freshly prepared. Honey and jaggery do not cause kapha vitiation and also have a soothing effect on vata)

TO BE AVOIDED

All bakery products or processed, Sauces, Fruit jellies, Jams, Mayonnaise, Ice-cream, Cream soups, Dark chocolate, Butterscotch, Coconut bar, Chutneys, Fiber bars, Miso, Pickles, Junk food, Deep fried foods, Spicy foods, Too much salty food, sauces, bakery products

(These all products are to be avoided because they behave as a toxin inside of body and also diminishes the agni)

DIET TIPS

- Exercise for at least 45-60 minutes in a day. You can include running, yoga asanas, Meditation and pranayama.

- Whole fruit should be preferred to fruit juices.
- Skipping of meals should be avoided, especially the breakfast
- 2-3 Soaked Almond per day
- Water intake should be increased at least 8-10 glass regularly
- **Herbal Tea** - Boil ½ tsp each of fennel, coriander, cumin in cups of water till it's reduced to half. Let it cool down and drink.
- Wake up early in the morning and avoid late night sleeping.
- Try to eat as healthy as you can and do a regular check on your weight.
- Avoid having any kind of junk food, fried oily and difficult to digest food articles.
- Keep yourself calm and physically active because a sedentary lifestyle is not an option with this condition.

(Above mentioned instructions are very important to follow as these alterations usually help in maintaining vata and kapha dosha whose vitiation is the main reason for onset of thyroid problems)

Diet Plan for Patients of ILD



Grains	
<i>To Consume</i>	<i>To Avoid</i>
<ul style="list-style-type: none"> • Soya Grains • Wheat • Oats • Brown Rice • Broken Wheat 	<ul style="list-style-type: none"> • Rice - White • Avoid Canned and Processed Grains
Fruits	
<i>To Consume</i>	<i>To Avoid</i>
<ul style="list-style-type: none"> • Avocados • Papaya • Apples • Pears 	<ul style="list-style-type: none"> • Oranges • Banana • Pomegranate • Grapes • Citrus Fruits • Sour Berries
Vegetables	
<i>To Consume</i>	<i>To Avoid</i>
<ul style="list-style-type: none"> • Pumpkin • Ash Guard • Bottle Guard • Ridge Guard • Onion • Carrot • Dark Vegetables • Broccoli • Cauliflower • Green Coriander • Cabbage • Garlic • Ginger 	<p><i>Limit</i></p> <ul style="list-style-type: none"> • Lady finger • Brinjal • Beans • Potato • Taro roots (arbi/kachalu)

Non-Veg

To Consume

- None

To Avoid

- Red meat
- Grilled meat

Pulses

To Consume

- Green gram (moong daal)
- Bengal gram (kale chane)
- Horse gram (kulathha)
- Red split lentils (malka daal)

To Avoid

- Chick peas (Kabuli Chane)
- Kidneys Beans (Rajmah)
- Black Lentils (Udad daal)

Spices

To Consume

- Cayenne Pepper
- Coriander
- Cumin
- Turmeric
- Thyme
- Fenugreek
- Flax seed/oil
- Olive oil

To Avoid

- Red chilly

Other Food Products

To Consume

- Soaked almonds, figs and resins
- Turmeric and milk (half tsp. turmeric in a glass of milk)
- Honey

To Avoid

- Oily foods
- Alcohol
- Milk (high fat)
- Peanuts
- Curd
- Cold items
- Saturated fatty products
- Fried food items
- White floor biscuits
- White floor bread
- Maggie
- Junk foods
- Packed foods

Diet Plan for Patients of Infertility



A person with infertility problem must follow a diet that especially supports the body in making healthy reproductive fluids. Foods that are packed with dense nutrients are essential for hormonal production and functions. A diet must support fetal development, sperm health, egg health, blood purification and much more. Males and females should try to maintain a healthy body weight and follow a balanced eating pattern to create strong fertility.

An Unhealthy diet and sedentary lifestyle, such as smoking, consumption of caffeine and alcohol, stress, chronic exposure to environmental pollutants and other nutritional habits has a negative impact on fertility and proves difficult to a female for conceiving. So a Well-balanced diet is needed to build up a healthy reproductive system.

DIET CHART FOR INFERTILITY

EARLY-MORNING

One glass of water + 1 tsp Fenugreek seeds

BREAKFAST

Broken wheat porridge (Dalia) / Semolina (veg upma) / Vermicelli (Sewian) / poha (Rice flakes) / Besan pancake (gram flour) / Oats / Idli / Semolina pancake / Stuffed Chapatti / Chapatti with veg or Dal / Milk / Yogurt + egg's white part only

MID-MORNING

Fruits / Smoothies / Lemon water / Coconut water / Sprouts

LUNCH

Plain chapatti / Boiled Rice / Veg / Dal / Curd / Steamed Salad

EVENING

Milk / Roasted Chana / Sprouts / Herbal Tea / Green tea / Smoothie / Soups (Home-made)

DINNER

Plain chapatti / Boiled Rice / Veg + Dal / Steamed salad

DIET INSTRUCTIONS

CEREALS

Cereals to be consumed

Whole wheat flour, Oatmeal, Whole brown bread, Whole grains cereals, Porridge, Brown rice, Quinoa, Rice flakes, Puffed rice

Note - Chapatti Ratio -Wheat flour (50%), Black chana (25%), Soybean (25%)

Cereal based foods to be avoided

Sweet biscuit, Cream filled biscuit, Cream crackers, Cheese biscuits, Noodles, Pasta, Macaroni, White refined flour, White rice

FRUITS

Fruits to be consumed

Banana, Avocado, Apple, Pomegranate, Blueberries, Strawberries, Cranberries, and Blackberries, Goji berries, Oranges, Kiwi, Watermelon, Papaya, Dates, Figs, Apricot, Pineapple, Pears, Plum, Olives, Grapefruit.

Fruits to be avoided

All canned and packaged fruits.

VEGETABLES

Vegetables to be consumed

Dark green leafy especially Spinach and Kale,Asparagus, Broccoli, Carrots, Garlic, Cabbage, Bottle gourd, Ridge gourd, Round gourd, Bitter gourd, Cauliflower,Bell peppers, Brussels sprouts, Yam, Red pepper, Tomato, Green peas, Potatoes, and Parsley.

Vegetables to be avoided

Dried beans and over cooked or baked vegetables

PULSES

Pulses to be consumed

All Pulses and Lentils

Pulses to be avoided

Dried and frozen pulses

DAIRY PRODUCTS

Dairy Products to be consumed

Skimmed milk, Curd, Yogurt, Cheese

Dairy Products to be avoided

Whole milk and cream, Cream cheese, Condensed milk

SPICES

Spices to be consumed

Fennel, Turmeric, Cumin, Thyme, Black pepper, Coriander, Salt, Cardamom, Cinnamon, Fenugreek seeds

Spices to be avoided

Red chillies

DRINKS

Drinks to be consumed

Coconut water, Buttermilk, Clear soups, Sugarcane juice, Homemade soups, Smoothie, Herbal tea, Lemon juice, Beetroot juice, Herbal tea, Aloe Vera juice, Gooseberry juice, Pomegranate juice, Orange juice

Drinks to be avoided

Whole milk drinks, Cream based liqueurs, Canned soup and packaged soup, Alcohol, Sweetened drinks, Squashes, Hot chocolate drinks, Coffee, Tea

FLESH FOODS

Flesh Foods to be consumed

Eggs, Oysters, Roasted or Grilled lean meat, Tuna, Sardines, Salmon, and Mackerel, Chicken

Flesh Foods to be avoided

Processed meats (including Bacon, Red meat, Dark meat, Turkey, Ham, Sausage, Beef jerky, Canned meat and Meat sauces) Shrimp, Pork, Deli meat, King mackerel, Marlin, Shark, Sword fish, Tile fish and Big eye tuna

SEEDS AND DRY FRUITS

Dry Fruits to be consumed

Flax seeds, Pumpkin seeds, Chia seeds, Sesame seeds, Ginseng, Walnuts, Almonds

Dry Fruits to be avoided

Cashew nuts, Pistachio

OILS

Oils to be consumed

Olive oil, Cow ghee

Oils to be avoided

Trans fat foods, Butter, Palm oil, Coconut oil, Sunflower oil

OTHER FOODS

Other Foods to be consumed

Homemade only

Other Foods to be avoided

All bakery products or processed, Pastry, Puddings, Cakes, Biscuits, Sauces, Fruit jellies, Jams, Mayonnaise, Leftover food, White sugar, Ice-cream, Cream soups, Dark chocolate, Butter scotch, Coconut bar, Chutneys, Pickles, Junk food, Deep fried foods, All Spicy foods, Junk foods, Too much salty food, Charcoal-broiled or barbecued forms of cooking.

LIFESTYLE AND DIETARY TIPS

- Walk for at least 30-45 min is recommended
- Whole fruit should be preferred to fruit juices.
- Skipping meals should be avoided, especially the breakfast.
- Water intake should be limited 8-10 glasses per day
- Flax seed- 1 tsp / day
- Soaked Almond- 5 / day
- **Herbal Tea** - Boil ½ tsp each of fennel, cumin and coriander in 3 cups of water until it's reduced to 1 cup.

DIET CHART FOR JAUNDICE



INTRODUCTION

In Ayurveda, jaundice is known as Kamala. It is a common condition caused by the increase in Bilirubin level in the body. It can occur due to inflammation of liver or an obstructed bile duct. Symptoms may include fever, fatigue, and a yellow tinge on your skin and eyes or vomiting and body weakness. A balanced diet consisting of the food groups, low-fat, low-protein, high-fluid, and high-carbohydrate will help liver to recover and reduce jaundice quickly. It is strictly advised to avoid high-calorie, processed foods, bakery foods, meat, junk foods, fried foods, alcohol, and high salt intake as they are difficult to digest and may cause liver damage.

DAILY DIET SCHEDULE

EARLY MORNING

Indian gooseberry (Amla) (*Tridosha shamak*)

How to Take - 1 only and that should be cooked / Amla juice- 10-15 ml.

BREAKFAST

Broken wheat porridge (Dalia) / Veg Semolina (Upma) / Vermicelli (Sewian) / Poha (Rice flakes) / Chapatti + vegetable or daal / Pomegranate juice

These all food items helps in pacifying pitta due to their light and easily digestible nature.

MID-MORNING

Fruit /Coconut water / Sprouts / Wheatgrass juice / Sugarcane juice/ green juice / Red juice

These will help in getting the essential nutrients like minerals and vitamins to the body in natural form.

LUNCH

Plain chapatti / Boiled Rice / Khichri / Veg pulao / Buttermilk* / Vegetable + Dal

Buttermilk* - This drink is to be prepared fresh every time from the curd of cow's milk. During butterification make sure that you remove all the cream (makkhan) from the liquid and use the fat free buttermilk.

These are light, easily digestible. Helps in making the digestive fire good for the better digestion of the toxins to eliminate the excess toxins form the body & blood stream which ultimately reduces the overload of toxins from the liver and protecting its further damage.

EVENING

Herbal Tea / Soup (Home-made) / Sweet rice

- *Help in rehydrating the body.*
- *These items act as a healthy appetizer and help in reducing the nausea and anorexia related symptoms in the jaundice.*

DINNER

Salad / Plain chapatti / Boiled Rice / Vegetable + Daal

These are light, easily digestible. Helps in making the digestive fire good for the better digestion of the toxins to eliminate the excess toxins form the body & blood stream which ultimately reduces the overload of toxins from the liver and protecting its further damage.

DIET INSTRUCTIONS

CEREALS

CEREALS TO BE CONSUMED

Whole grains cereals, Whole wheat flour, Oatmeal, Whole brown bread, Porridge, brown rice, Rice flakes, Puffed rice, Millets

Millets are the best, Barnyard millets and Brown top millets are particularly beneficial for the liver and digestive tract related diseases. These are the rich source of fiber and are having blood purifying abilities on long-term use.

CEREAL BASED FOODS TO BE AVOIDED

Sweet biscuit, cream-filled biscuit, cream crackers, cheese biscuits, noodles, pasta, macaroni, refined flour

These all are heavy in nature and are responsible for decreasing digestive fire hence causes elevation of ama and hence tridosha, predominantly pitta.

FRUITS

FRUITS TO BE CONSUMED

Banana (limited), pomegranate, apple, pear, bael fruit (Agele), raw papaya, raw banana, resins, fig, ripe papaya, ripe mango, coconut.

Fruits are the rich source of essential nutrients required for the body. The fruits contain vitamins and minerals. They are rich in the magic molecule i.e. chlorophyll, which is almost having the similar composition to the hemoglobin in our blood. These fruits will make the metabolism better and cleansing the toxins out of the system helps in blood purification.

FRUITS TO BE AVOIDED

Canned fruits and juices, avocado, unseasonal fruits

The canned fruit juices contain preservatives, which are derived from harmful artificial chemicals. These must be avoided further the unseasonal fruits are reared using the ethylene or other synthetic growth hormones, which can create multiple negative effects on the body and health.

VEGETABLES

VEGETABLES TO BE CONSUMED

Asparagus, spinach, green beans, potatoes, leafy greens, pumpkins, ridge gourd, round gourd, bottle gourd, carrots, radish, pumpkin

These help in maintain the balancing of pitta and help in body to provide the essential micro and macronutrients.

VEGETABLES TO BE AVOIDED

Canned vegetables, Peas, frozen vegetables, tomatoes, onions, ginger and garlic, egg plants, raai (*Brassica nigra*), Til (Sesame Seeds) etc.

These are responsible for increasing kapha and pitta, causing diminishing digestion hence increase in pitta dominantly.

FLESH FOODS

FLESH FOODS TO BE CONSUMED

Egg white portion only

To be consumed once or twice in a week.

FLESH FOODS TO BE AVOIDED

Fish fried in suitable oil, prawns, lobster, crab, lean beef, pork, lamb, ham, turkey, veal, rabbit, Egg yolk, sausages, mutton, salami, bacon, duck, goose, organ meat like liver, kidney, and chest

These all are the heavy foods and aggravates the kapha and pitta dosha which in turn aggravates the Kamla (Jaundice).

SPICES

SPICES TO BE CONSUMED

Cumin, coriander, Fennel, Salt (limited), Cardamom

These spices can be consumed in a limited amount. And the decoction made from these help in relieving the flatulence and bloating related issues.

SPICES TO BE AVOIDED

Red chilli, Green chilli, Turmeric, Black pepper. Ginger

These should be highly avoided as it causes direct aggravation of pitta dosha.

PULSES

PULSES TO BE CONSUMED

All Washed Daal, Green Moong Dal, Arhar daal, Masoor daal.

These pulses are easily digestible and are nourishment providers and can be consumed on daily basis.

PULSES TO BE AVOIDED

Black-eyed peas, Kidney beans, Pinto beans, Garbanzo beans, Chickpeas

These are all heavy pulses which are difficult to digest and lead to the more vitiation of pitta by diminishing the digestive fire.

DAIRY PRODUCTS

DAIRY PRODUCTS TO BE CONSUMED

Curd, Buttermilk*

These are to be consumed once in a day. Buttermilk is easily digestible and act as a appetizer where as the curd acts as probiotic helps in maintaing the healthy gut flora.

DAIRY PRODUCTS TO BE AVOIDED

Whole milk and cream, full-fat yogurt, cheese, cream cheese, condensed milk, cheese

Fat is not easily digestible as the liver functions are hampered as a result of jaundice. It is best to avoid all the dairy items.

DRY FRUITS AND SEED

DRY FRUITS TO BE CONSUMED

4-5 Almond (soak in water overnight), Walnuts, Pumpkin seeds. Resins

These are essential to provide adequate strength to the body, due to water loss there is requirement of nutrients to the body.

DRY PRODUCTS TO BE AVOIDED

Cashew nuts, Peanuts

These dry fruits will aggravates pitta.

OTHER PRODUCTS

OTHER PRODUCTS TO BE CONSUMED

Home-made only, Jaggery, Sago, Honey, and Fruit juices, Vegetable juices

These are wholesome food items which helps in pacifying the aggravated doshas.

OTHER PRODUCTS TO BE AVOIDED

Fried and Fatty foods, Spicy and Junk foods, Cakes, Chocolate, Pastries and Packaged products, bakery items

All are tridosha aggravator predominantly pitta dosha aggravators.

DRINKS

DRINKS TO BE CONSUMED

Coconut water, clear soups, sugarcane juice, Herbal tea, Beetroot juice, Wheatgrass, Aloe Vera juice, bitter gourd juice, gooseberry juice, pumpkin juice, pomegranate juice, radish juice

These drinks helps to replenish the water loss due to vomiting associated with jaundice.

DRINKS TO BE AVOIDED

Whole milk drinks, cream-based liqueurs, canned soup, and packaged soup, diet soda, caffeine, Soft drinks, Tea, Coffee, and Alcohol

These drinks are pungent in nature and thus aggravates the pitta.

Adoptable Lifestyle

- Whole fruit should be preferred to fruit juices.
- Skipping of meals should be avoided, especially the breakfast.
- 6 -Soaked Almond per day.
- Water intake should be increased at least 8-10 glass regularly.
- Cleanliness and hygiene should be maintained.
- Outdoor activity should be increased like jogging, cycling, and running.
- Rest as much as you can.

Adopting these lifestyles will fasten up the healing process in the hepatocytes and help in pacifying the pitta naturally.

Lifestyles To Be AVOIDED

- Avoid excess exercise, sleeping during day hours, anger, stress conditions, long travelling, smoking, alcohol intake etc.
- Avoid suppression of natural urges such as urination, defecation, sleep, hunger etc.

These lifestyles will lead to the vitiation of tridosha which ultimately result in the progression of the disease.

HOME REMEDIES

HERBAL TEA

Cumin, fennel, coriander seeds, (*Boil ½ tsp. each of coriander, cumin, fennel in 3 cups of water till it's reduced to 1 cup*)

GREEN JUICE

Coriander leaves (10-12), Mint leaves (4-5), Spinach leaves (2), Basil leaves (2-3), Wheatgrass (5-6), and Sheesham leaves (2-3) in 2 cups of water till it's reduced to 1 cup.

RED JUICE

Beetroot, Amla, Apple, Pomegranate, Mari gold flower petals (9-10), Rose petals (5-6) in 2 cups of water till it's reduced to 1 cup.

BARLEY POWDER

Mix 1 teaspoon of roasted barley powder with a glass of water, add 1 teaspoon of honey to it and have this twice a day.

BASIL LEAVES

Add 1 teaspoon paste of basil leaves to a glassful of radish juice. Have this juice twice a day for 15-20 days.

ALOE VERA

Take one teaspoon pulp of Aloe Vera with black salt and dry ginger powder every morning for a period of 10 days.

BITTER GOURD

Mash bitter gourd and extract its juice. Take one-fourth cup of the juice in the early morning daily.

HERBAL TEA

Boil ½ tsp each of fennels, coriander, cumin in cups of water till it's reduced to 2 cups.

These juices will help in meeting the required water and electrolyte balance in the body. And help in flushing out the excess heat from the body, and thus helps in reducing the aggravated pitta.

Diet Chart For Kapha Prakriti



It is a gastrointestinal disorder that results in diarrhea, constipation, abdominal pain, and bloating in severe cases, mucus is also found in the stool. Intake of dairy products, chocolate, citrus food, or alcohol can worsen the symptoms leading to severe constipation and diarrhea. Stress also serves as a major symptom of IBS. So, by managing our lifestyle and diet, we can control the symptoms more easily. A high-fiber diet is helpful in adding bulk to the stools and promoting normal bowel motility. Avoid overuse of laxatives, antibiotics, caffeine, and fat-rich foods as it disrupts the normal functioning of the digestive system.

Food Products	Best for Kapha Dosha	Good for Kapha Dosha	Neutral for Kapha Dosha	Bad for Kapha Dosha
DAIRY PRODUCTS	No Dairy Products are Good for Kapha. Dairy products are rich in Fat content which is responsible for Aggravation of Kapha Dosha.	Cow's Ghee (do not have any impact on Kapha until taken in controlled qty.), Soy milk or goat milk does not exacerbate Kapha if taken preferably in the evening.	---	All Other Animal Based Dairy Products
FRUITS, DRY FRUITS & SEEDS	Apple, Pomegranate, Melon, Pears, Prunes, Sunflower Seeds, Pumpkin Seeds, Flax Seeds, Chia Seeds	Java Plums, Papaya, Plum, Sesame Seeds	Grapes, Mango, Orange, Lemon, Figs, Strawberries, Cherries, Watermelons, Cranberries, Dragon Fruit, Litchi, Avocado (If taken preferably in evening)	Banana, Dates, Lemon, Cashew Nuts, Peanuts, Pine Nuts, Hazelnuts, Brazilian Nuts

VEGETABLES	Green Leafy Vegetables, Broccoli, Mustard Greens, Ash Gourd, Bitter Gourd, Bottle Gourd, Cabbage, Cauliflower	Asparagus, Beetroot, Carrots, Green Beans, Lettuce, Onions, Garlic, Mushrooms, Ginger	Capsicum, Eggplant, Raw Vegetables, Okra, Kale, All Salads	Sweet Potatoes, Potato, and Tomato (if consumed in high amounts)
GRAINS	Aged Wheat, Barley	Cornflour, Buckwheat, Kodo Millets, Quinoa	Foxtail Millets, Finger Millets, Oats	White Rice, Newly Harvested Cereals, White Flour and its Products
BEANS & PULSES	Generally, All kinds of Pulses and Beans are Good for Kapha but Light Lentils like Yellow and Pink Lentils are the Best.	Kidney Beans, Split Peas, Pigeon Peas, Black Gram / Horse Gram	Chickpeas and Sprouts	---
SPICES	Black Pepper, Cloves, Thyme, Cardamom, Mustard Seeds, Cumin, Turmeric, Fenugreek Leaves, Fennel, Cinnamon	Basil, Fenugreek Seeds, Nutmeg	Pink Salt & Rock salt / Sea Salt	White Salt
OILS	Mustard Oil, Sunflower Oil	Cow Ghee, Sesame Oil	Almond Oil, Olive Oil, Canola Oil	Coconut Oil, Butter
NON-VEG / FLESH FOODS	Non-Veg is not Good for Kapha, as it contains fat, which aggravates Kapha.	---	Roasted Chicken and Turkey without Gravy or in Soup Form	Duck, Eggs, Fish, Red Meat, Pork, Beef
OTHERS	Arjun tea and other Herbal Teas	Honey, Warm Ginger Water, Warm Water	Jaggery, Wine Note: Hard	Packaged, Processed, Fried and

		with Black Salt or Rock Salt	Drinks - in very little quantity	Bakery Products, Artificial Sweeteners, Refined Sugar, Brown Sugar, Sweets, Jams, Beer, Cold Water, Iced Drinks, Sweet Drinks, Soft Drinks, Sweet Fruit Juices, Brown Bread
--	--	---------------------------------	-------------------------------------	--

Diet Chart For Kidney Diseases



Low protein and low sodium diet is prescribed for patients with Chronic Renal Failure with progressive impairment of kidney function. When a kidney is not functioning normally, the toxic end products of metabolism cannot be excreted out and accumulate in the blood. Here, proteins are restricted in the diet but consumption of sufficient calories is essential so that tissue breakdown which again results in the elevation of the nitrogenous constituent of blood is minimized. Avoid eating high protein food, citrus fruits, fried food, junk food, processed foods, preserved foods, caffeine, alcohol, high sodium, and high potassium.

AVOID	ALLOWED TO TAKE
<i>DAIRY PRODUCTS</i>	<i>DAIRY PRODUCTS</i>
Whole Milk and Cream, Curd, Cottage Cheese, Condensed milk, Butter	Low-fat milk (occasionally)
<i>FRUITS</i>	<i>FRUITS</i>
Banana, Kiwi, Orange, Lemon, Squash, Avocados, Tomatoes, Watermelon, Blueberry, Coconut, Pineapple, Olives, Bamboo Shoots, Bael, Artichokes, Rosemary, Prunes Note: The Potassium content in these fruits is very high, so avoid taking them.	Apple, Pear, Papaya, Pomegranate, Cranberries, Strawberries Note: Prefer Whole fruit over Fruit Juice
<i>VEGETABLES</i>	<i>VEGETABLES</i>
Spinach, Potato, Sweet Potato, Mushroom, Cauliflower, Broccoli, Radish, Bell Pepper, Beetroot, Kale, French Bean, Eggplant, Onion, Cucumber, Garlic, Arbi, Lotus Stem, Bean Pod, Swiss Chard, Brussels Sprouts	Ridge gourd, Pumpkin, Bottle Gourd, Round Gourd, Carrot, Cabbage, Lettuce, Turnip, Ginger, Peas (Boiled), Green Leafy Vegetables rich in Fiber, Vitamins, Phytochemicals, and Antioxidants
<i>CEREALS</i>	<i>CEREALS</i>
White refined flour, White rice, Buckwheat	Whole grains, Brown rice, Semolina, Vermicelli, Sabudana

<i>PULSES</i>	<i>PULSES</i>
Soybean, Kidney Beans, All types of Green Beans, Lentil Nuggets, Black Grams / Horse Grams, Black Lentils, Chickpeas, Dried and Frozen Pulses Note: These Pulses have High Protein and Potassium Content	Split Green Gram, Yellow Lentil, Pink Lentil Note: All in Less Quantity not more than 80gms/day
<i>DRY FRUITS</i>	<i>DRY FRUITS</i>
Cashew nuts, Pistachio, Peanuts, Raisins, Figs, Dried apricot, Sunflower seed, Flaxseed, Pumpkin seed, Hazelnuts	5 Almonds, 1 Date (Soaked in Water Overnight)
<i>OILS</i>	<i>OILS</i>
Hydrogenated Oil, Palm Oil, Soybean Oil, Coconut Oil, Sunflower Oil	Cow Ghee, Olive Oil, Mustard Oil, Rice bran Oil
<i>SPICES</i>	<i>SPICES</i>
Red and Green Chilies, Salt – Use very less, if Sodium CNA levels are less than Normal then can be given for 1 week or as needed duration	Fennel, Coriander, Turmeric, Cardamom, Black Pepper, Cumin, Carom, Rock Salt (limited), Cinnamon, Fenugreek, Bay Leaves, Mint
<i>NON-VEG / FLESH FOODS</i>	<i>NON-VEG / FLESH FOODS</i>
Egg Yolk, Fried or Processed Meats, Poultry, Fish, Mutton, Prawns, Crab, Seafood, Duck, Goose, Red Meat, Lobster, Lean Beef, Pork, Lamb, Ham, Turkey, Bacon, Sausage, and all others	2 Egg Whites Only
<i>OTHERS</i>	<i>OTHERS</i>
Packaged, Fried, Bakery and Preserved Foods, Garbanzo, Honey, Pickles, Papad, Sauces, Chocolates, Aerated drinks/dark colored colas, Coconut Water, Whole Grain Bread, Oat Meals, Alcohol, Soya Milk, Tea, Coffee, Sattu	Mungdal Khichdi, Homemade Vegetable Soups, Homemade Fresh Green Tea, Herbal Tea

IMPORTANT TIPS

- Food items not mentioned in this diet chart can be consumed in moderation.
- As a General, all kinds of artificial, packed, industrial, and processed food items should be avoided.
- Behavior plays an important role in preventing diseases, so keep yourself away from negative thoughts, anger, greed, and Ego.

Note: Full Body Massage and especially Back Massage with Dhanwantharam Oil helps in Improving Kidney Circulation, so Masasaging twice or thrice a week is Recommended.

Diet Plan for Kidney Stones



A kidney stone is a hard mass that forms from crystals in the urine. The most common types of kidney stones are calcium oxalate stones, cystine stone and uric acid stones. Diet is followed as per the type of kidney stone patient is having. A healthy and well balanced diet that is low in calcium and low sodium diet. Water is essential for proper functioning of the human body, so drink 10 to 12 glasses of water in a day. A high-sodium, high purine and high uric diet can trigger kidney stones because it increases the amount of calcium and uric acid in the urine. Avoid caffeine, red meats, beer/alcohol, processed foods, and salty foods.

DIET CHART FOR KIDNEY STONES

EARLY-MORNING

A glass of water +1 tsp chia seeds

BREAKFAST

Veg Semolina (Upma) / Broken wheat porridge (Dalia) / Vermicelli (Sewian) / Veg poha (Rice flakes) / Idli / Brown Bread Sandwich / Stuffed Chapatti / Chapatti with Veg or Dal / Curd + 1 Egg white portion

MID-MORNING

Fruit / Coconut water / Sprouts / Salad / Lemon water

LUNCH

Mix chapatti / Plain chapatti / Veg pulao / Boiled rice / Vegetable + Dal + Curd + Salad

EVENING

Herbal tea / Green tea / Sprouts / Rice flakes snack / Flaxseed- 1tsp

PRE-DINNER

Soup (Home-made)

DINNER

Mix chapatti / Plain chapatti / Vegetable + Dal + Curd

DIET INSTRUCTIONS

CEREALS

Cereals to be consumed

Whole grains such as Oatmeal, Whole wheat bread, Porridge, Brown rice, Finger millet flour, Quinoa

Cereals to be avoided

White Whole refined flour, White breads, White rice, Bakery, Noodle, Pasta, Macaroni, Maggie

FRUITS(WITHOUT SEEDS)

Fruits to be consumed

All fruits like Custard Apple, Pears, Watermelon, Dates, Lemon, Peaches, Honeydew, Red and green grapes, plums, Melon, Banana, Cherries, Cantaloupe, Banana, Oranges and Apple

Fruits to be avoided

All canned and packaged fruits, Dried fruits, Blackberries, Blueberries, Cranberries, Strawberries, Raspberries

VEGETABLES

Vegetables to be consumed

All vegetables Broccoli, Asparagus, Cauliflower, Lettuce, Squash, Onions, Zucchini, Mushrooms, Bottle gourd, Ridge gourd, Pumpkin, Round gourd

Vegetables to be avoided

Spinach, Rhubarb, Soy, Peas, Carrots, Green onions, Green peppers, Celery, Beans, Beets, Squash, Sweet potato, Eggplant, Cucumber, Bell pepper, Okra, Frozen vegetables

PULSES

Pulses to be consumed

All Pulses, Legumes

Pulses to be avoided

Dried and frozen pulses

DAIRY PRODUCTS

Dairy Products to be consumed

Curd, Yogurt

Dairy Products to be avoided

Whole milk and cream, Full-fat yoghurt, Cream cheese, Condensed milk, Tofu Cottage cheese

SPICES

Spices to be consumed

Fennel, Turmeric, Mint, Cumin, Carom, Coriander, Fenugreek, Rock salt, Black pepper

Spices to be avoided

Red chili

DRINKS

Drinks to be consumed

Homemade soup, Carrot juice, Bitter Gourd juice, Aloe Vera juice, Lemon water, Amla juice

Drinks to be avoided

Alcohol, Carbonated beverages like Coke, Limca, Pepsi, Fanta etc., Canned soup, Packaged soup and Canned fruit juices, Caffeinated drinks, Coffee, Tea

FLESH FOODS

Flesh Foods to be consumed

Egg white, Lean Meat, Tuna, Salmon

Flesh Foods to be avoided

Meat (can be taken in limited amount) Fish fried, prawns, Lobster, crab, lean beef, pork, lamb, ham, turkey, rabbit, Egg yolk, fish roe, sausages, mutton, salami, bacon, duck, goose, meat pies, visible fat on meat, chicken skin, liver, kidney, chest, Anchovies, Sardines, Mackerel, Codfish, Herring, Mussels, Scallops, Shrimp.

NUTS AND DRY FRUITS

Dry Fruits to be consumed

Flax seed, Sesame seeds, Pumpkin seed, Almond

Dry Fruits to be avoided

Cashew nuts, Peanuts

FATS

Fats to be consumed

Cow ghee, Mustard oil, Olive oil

Fats to be avoided

Unsaturated fats, Cream, Palm oil, Coconut oil, Butter

OTHER FOODS

Other Foods to be consumed

Homemade only, Honey, Jaggery

Other Foods to be avoided

All bakery products or processed, Pastry, Puddings, Cakes, Biscuits, Sauces, Fruit jellies, Jams, Mayonnaise, Ice-cream, Cream soups, Dark chocolate, Butter scotch, Coconut bar, Chutneys, Pickles, Junk food, Deep fried foods, Spicy foods, Too much salty food

DIET TIPS

- Walk for at least 30-45 min is recommended.
- Whole fruit should be preferred to fruit juices.
- Skipping of meals should be avoided, especially the breakfast
- Water intake should be increased at least 8-10 glass regularly
- **Herbal Tea** - Boil ½ tsp each of fennel, coriander, cumin in 3 cups of water till it's reduced to 1 cup. Strain and Drink.
- Outdoor activity should be increased like jogging, cycling, and running.

Diet Plan for Patients of Leucorrhoea



Leucorrhoea is called shweta pradara in Ayurveda. Females suffering from shweta pradara generally present with complaints like weakness, typical and sustaining pain in the lower back which increases with increased physical activity. Females also complain of pain in caves, around vagina, even in thigh muscles. Sometimes patients also face joint weakness along with pruritus around the vaginal skin. Below mentioned diet chart is made keeping in mind the dosha involved in this condition. It describes what a woman should eat and what she must avoid to get rid of recurrent leucorrhoea. As diet plays a very important role in such conditions.

DAILY DIET SCHEDULE

WAKING UP

After passing stool and brushing teeth, drink Lukewarm water and have amla juice or amla powder along with honey

(It helps in keeping your digestion good, amla helps in balancing aggravated pitta dosha)

BREAKFAST

Stuffed paratha / Veg sandwich + 1 fruit / Bread toast with egg / Chapati with veg or dal / Veg Seviyan / Veg poha / Veg idli / Besan chila / Suji chila / Veg upma / Sprouts / 1 egg white part

(Including a healthy breakfast in your routine is very important because it helps in providing nourishment to the whole body especially to the reproductive system)

LUNCH

Chapati / Mixed Chapati / Boiled rice / Veg pulao / Veg + Dal + Salad

(Having a healthy lunch helps in keeping your energy intact and also protects you from cravings)

EVENING

Fruits / Coconut water

(Fruits are a good source of hydration as well as nutrition. Moreover coconut water has a cooling effect on the body hence prevents pitta aggravation)

PRE-DINNER

Roasted chickpeas + Rice Flakes Snacks / Soup (homemade)

(They help in avoiding bloating and reduce cravings for various unhealthy things)

DINNER

Chapati / Mixed Chapati / Boiled rice / Veg pulao / Veg + Dal + Salad

(Light dinner is the best way to keep your digestive fire intact and balanced)

BED TIME

Low-fat milk with ½ tsp turmeric and a little Cow's Ghee

(Haldi has many properties, it balances all three doshas and is very helpful in pruritus, pain and weakness)

DIET INSTRUCTIONS

CEREALS

Cereals to be consumed

Whole grains cereals, Wheat flour, Oatmeal, Whole brown bread, Porridge, Brown rice, Finger millet, Rice flakes, Barley, kodo millets, buckwheat millets, gram flour

Flour Ratio - Wheat Atta (50%) + Soybean Atta (20%) + Ragi flour (30%)

(They all are easy to digest, do not cause constipation and avoids formation of endotoxins which are the main reason pitta aggravation and kapha dushti)

Cereals to be avoided

Refined flour and its products, Sweet biscuit, Cream filled biscuit, Cream crackers, Cheese biscuits, Noodles, Pasta, Macaroni

(They all are pleasant in taste but are the main reason for increase in white vaginal discharge and increased symptoms)

FRUITS

Fruits to be consumed

All fruits except some citrus fruits like pineapple, grapes, kiwi etc.

(Fruits provide you with a lot of essential nutrients, keeps your body hydrated, skin clear and reduces accumulations of toxins in blood)

*(*Papaya as a fruit is very effective in maintaining uterus health)*

Fruits to be avoided

Canned fruits and juices along with citrus fruits

(Canned items have a lot of sugar content which increases toxins in blood and aggravates already dushit kapha)

VEGETABLES

Vegetables to be consumed

All vegetables, Seasonal vegetables should be consumed. Raw vegetables like Radish, Carrot, Onion, Tomato, Cucumber etc. Green leafy vegetables must be consumed

(Vegetables are a good source of vitamins and minerals plus are easy to digest and do not cause any digestion related problems. Moreover they are very important for maintaining body strength)

Vegetables to be avoided

Canned vegetables and frozen vegetables, also try to limit consumption of eggplant, potatoes and capsicum

(They have preservatives which are not good for health as well as can aggravate doshas. Capsicum and eggplant consumption can increase symptoms)

PULSES

Pulses to be consumed

All pulse and legumes

(All the pulses can be consumed but one must limit intake of pulses like kidney beans, black gram, black lentils etc. because they will increase the chances for indigestion and bloating thus resulting in accumulation of toxins. Toxins accumulation will cause dosha aggravation increased vaginal discharge)

Pulses to be avoided

Nil

DAIRY PRODUCTS

Dairy Products to be consumed

Low-fat milk, Tofu, Paneer

(As there is involvement of kapha dosha its best to have a limited intake of above mentioned dairy products)

Dairy Products to be avoided

Whole milk and cream, Curd, Buttermilk, Butter, Full-fat yoghurt, Cream cheese, Condensed milk, Raw milk, Unpasteurized cheese, Blue-veined cheese, Soft mold-ripened cheese.

(They are heavy to digest and hence are a rich source of fat which in turn aggravated kapha)

OILS / GHEE

Oils to be consumed

Cow ghee, Sunflower oil, Canola oil, Olive oil, Rice bran oil

(They do not have any negative effect on digestive fire but have a balancing effect on doshas. Cow ghee is best for pitta pacification and does not aggravate)

Oils to be avoided

Unsaturated fats, Cream, Palm oil, Coconut oil, Mustard oil

(They diminish the agni resulting in various types of digestive issues. Coconut oil is cold in potency resulting in kapha aggravation)

SPICES

Spices to be consumed

Cumin, Coriander, Salt, Turmeric, Ginger, Pepper, Fennel

(They help in keeping agni balanced)

Spices to be avoided

Red chilies and green chillies

(They are responsible for dosha imbalance (predominantly pitta))

DRINKS

Drinks to be consumed

Coconut water, Sugarcane juice, homemade soups, Green juice, Herbal tea, Beetroot juice, Aloe Vera juice, low fat Milk, Homemade juices

(All kinds of homemade juices and soups are very healthy and source of good amounts of nutrients and minerals. In addition they have a balancing effect on aggravated and dushit dosha)

Drinks to be avoided

Whole milk drinks, Cream based liqueurs, Buttermilk, Shakes, Smoothie, canned soup and packaged soup, Alcohol, Sweetened drinks, Squashes, Carbonated drinks

(They all are packed, contain preservatives, irritates gastric mucosa thus resulting in agni diminishing and pitta aggravation resulting in increased white discharge)

FLESH FOODS

Flesh Foods to be consumed

Egg white, Roasted chicken, Grilled Fish, Lean meat, Skinless chicken

(They are easy to digest, can be consumed twice a week and are a very essential source of protein. Protein helps in recovering from general weakness)

Flesh Foods to be avoided

Raw, Uncooked and Processed meat, fish especially Selfish, Shark, Swordfish, Tuna and Marlin, clams, Mussels, Oysters and Scallops, Meat patties, Burgers, Pork, Organ meat, Liver, Kidney, Chest, Red meat, Fish fried in suitable oil, Prawns, Lobster, Crab, Lean beef, Lamb, Ham, Turkey, Rabbit, Sausages, Mutton, Salami, Bacon, Duck, Goose, Visible fat on meat.

(They all must be avoided as much as you can because they are potent to suppress agni causing digestive issues, resulting in dosha aggravation)

DRY-FRUITS / SEEDS

Dry Fruits to be consumed

Almond, Raisins, Ground nuts, Walnut, Peanuts, Pistachio, Cashew nuts, sunflower seeds, Flaxseeds

(Nuts and seeds also have some essential nutrients which are very important for maintaining body's strength)

Dry Fruits to be avoided

Nil

PREPARED FOODS

Prepared Foods to be consumed

Home made only, Jaggery

(Homemade products are easy to digest, free from all kinds of preservatives and do not have any kind of adulterants)

Prepared Foods to be avoided

Bakery and Processed foods, Pastry, Puddings, Packed soups, Mayonnaise, Cream soups, Chocolate, Fudge, Butterscotch, Coconut bar, All fried foods, Junk foods, Sauces etc, Fruit jellies, Jams, Refined sugar, Marmalade, Sweeteners, Chutneys, Pickle, Ice-cream, Sauces etc.

(They all are a good source of fat and piquant taste which can either aggravate kapha or will result in an imbalance of pitta)

HOME REMEDIES

HERBAL TEA

Boil ½ tsp each of fennel, coriander, cumin in 2 cups of water till it's reduced to 1 cup.

ALOE VERA

Aloe vera is called kumari. Kumari has female hormone balancing properties and balances dosha also. Consuming Kumari juice once a day is really very effective in avoiding leucorrhea.

(These home remedies help in balancing agni and doshas thus resulting in reduction of leucorrhea symptoms)

DIET AND LIFESTYLE TIPS

- Water intake should be Adequate.
- Walking / Physical activity for 45 min is recommended.
- Small and frequent meals should be taken
- Whole fruit should be preferred to fruit juices.
- Skipping meals should be avoided, especially breakfast.
- Skipping of some particular articles should be avoided at least 10 days prior to onset of cycle
- Dieting must be avoided at least a week before starting of cycle
- Late night sleeping should be avoided. Try to sleep on time
- A healthy early morning routine must be followed
- Bathing with cold water is to be avoided especially during the cycle
- Head wash must be avoided during the cycle
- Excessive intake of sweets to relieve pain in menses is to be avoided and daily habit of golden milk intake is to be followed.

(These tips help in keeping your body healthy, mind at peace, hormones totally balanced)

Diet Chart For Liver Cirrhosis / Liver Failure



Cirrhosis is a chronic (ongoing, long-term) and serious disease of the liver. A good diet and healthy weight will limit the complications and progression of liver disease. Diet in cirrhosis of the liver is very important for proper nutrition and for living a healthy life. Nutrition plays an important role in not only improving liver health but also in preventing or reducing complications of the disease. A low-sodium, High-carbohydrates, high-protein diet is recommended for liver cirrhosis to prevent or slow complications of the disease and to promote liver health. It is important to have a well-balanced diet to ensure getting enough carbohydrates, protein, fat, vitamins and minerals. Low-fat, high carbohydrate diet is likely to be recommended to help liver function. It is a good idea to cut out foods with very high salt content that can be harmful to a liver patient. Patients with liver cirrhosis have a poor appetite because of low digestive function

AVOID	ALLOWED TO TAKE
<p><i>MILK PRODUCTS</i></p> <p>Milk and Milk Products should be Strictly Avoided</p>	<p><i>CEREALS & LENTILS</i></p> <ul style="list-style-type: none"> • Flour Ratio: Wheat 50% + Gram Flour 20% + Banyard Millet Flour 10% + Soybean Flour 10% + Corn Flour • Brown Rice, Millet Chapatti, All types of Millets • Moong Dal: Yellow And Green, Orange Lentils
<p><i>FRUITS</i></p> <p>All Citrus Fruits And Sour Food Products to Avoid Water Accumulation in the Body - Oranges, Sweet Lime, Muskmelon, Grapes, Watermelon, Berries, Vinegar, Tamarind</p>	<p><i>FRUITS</i></p> <p>Steamed Apple & Pear, Papaya, Sapodilla, Banana - 1 in a Day, Amla, Guava - in less quantity, Peaches</p>
<p><i>VEGETABLES</i></p> <p>Cucumber, Garlic, Ginger, Onion, Tomatoes</p>	<p><i>VEGETABLES</i></p> <p>Bottle Gourd, Round Gourd, Bitter Gourd, Ridge Gourd, Pumpkin, Boiled Carrot, Coriander, Spinach, Fenugreek Leaves, Mint Leaves, Turnip, Capsicum - in less quantity, Cooked Peas, Boiled Beetroot</p>

	Note: Potatoes - For Non-Diabetic Only
DRY FRUITS	DRY FRUITS
Pistachio, Raisins, Cashew Nuts	Fox Nuts – 5-10, Almonds - Max. 5, Figs, Dates Note: All Soaked Overnight
SPICES	SPICES
Red & Green Chilies, White Salt	Fennel, Cumin, Coriander, Fenugreek Seeds, Black Pepper Note: Rock Salt & Turmeric - in less quantity
OTHERS	OTHERS
<ul style="list-style-type: none"> • Sambhar, ENO • Avoid Excessive Intake of Liquids, Juices & Soups • Total liquid intake all day including Water should be 1-1.5 liters 	<ul style="list-style-type: none"> • Egg Whites - 2 - For Non-Diabetic Only • Coconut Water - 50ml to 100ml, Green Gram Soup, Green Moong Dal Dosa, Semolina Idli, Poha, Millet Poha, Gram Flour Dhokla-Without Chashni, Plain Oats, Millet Porridge, Psyllium Husk, Veg Semolina <p>Note: SPROUTS - Green Grams, Kidney Beans, Horse Grams</p>

GUIDELINES FOR LIVER CIRRHOSIS / LIVER FAILURE PATIENTS

- Food items not mentioned in this diet chart can be consumed in moderation.
- As per Ayurveda, all diseases are caused due to imbalance of the tridoshas. Liver Cirrhosis / Liver Failure is due to an imbalance of Pitta Dosha, so it is better to avoid taking Sour (Amla), Salty (Lavan), and Pungent (Katu) Tastes and Sweet (Madhur), Bitter (Tikta), and Astringent (Kashaya) Tastes can be consumed in moderation
- As a General, all kinds of artificial, packed, industrial, and processed food items should be avoided.
- Behavior plays an important role in preventing diseases, so keep yourself away from negative thoughts, anger, greed, and Ego.
- LIQUIDS - In moderate quantity
 - Sugarcane Juice - 50ml, Pomegranate Juice - 50ml, Aloe Vera Juice - 10ml, Pumpkin Juice - 10-20 ml, Bitter Gourd Juice - Diluted, Indian Gooseberry Juice
 - Fresh Homemade Green Tea without Lemon, Tulsi, Ginger
 - **Herbal Tea** - Boil 1/2tsp. each of Fennel, Dhaniya, Cumin in 3 cups of Water till it's reduced to 1 cup. Take this Herbal Concoction twice a day (If there is gas formation, it is to be preferred)
- Steam Bath - 10 to 15 Min. - To Get Rid of Excess Water from the Body
- Sun Bath - 30 to 60 Min. - To Get Rid of Toxins and Excess Sodium from the Body

Diet Plan for Patients of Liver Disease



Liver is the most important organ of the human body. However, improper dietary intake, and unwholesome lifestyle will lead to lots of liver-related disorders occur. Many people lose their appetite and get upset stomachs, so, it is highly recommended to people suffering from liver diseases that they must maintain a proper dietary structure. The diet advised in the diet chart shall be followed with proper care so that the patients get relief from the liver diseases and associated symptoms to a huge extent.

DIET CHART FOR LIVER DISEASE

EARLY-MORNING

Amla juice (20 ml) / Herbal tea / Coriander water

BREAKFAST

Broken wheat porridge (Sweet Dalia) / Oats / Semolina (Veg upma) / Poha (Rice flakes) / Idli / Vermicelli (veg / sweet Sewian) / Chapatti with veg or Dal

MID-MORNING

Fruit / Coconut water / Herbal tea / Green tea / Sugarcane Juice / Salad

LUNCH

Chapatti / Missi Roti / Boiled Rice / Sago Khichri / Sweet Rice / Vegetable + Dal / Salad

EVENING

Sprouts / Green tea / Soup (Home-made) / Herbal tea

DINNER

Chapatti / Boiled Rice / Vegetable + Dal

DIET INSTRUCTIONS

CEREALS

Cereals to be consumed

Whole grains cereals, Wheat, Oat, Brown rice, Quinoa, Millet, Buckwheat

Cereals to be avoided

White refined flour, White rice

FRUITS

Fruits to be consumed

Grapes, Avocados, Apples, Apricots, Watermelon, Guava, Papaya

Fruits to be avoided

All canned, packaged and citrus fruits

VEGETABLES

Vegetables to be consumed

Bottle gourd, Bitter gourd, Ridge gourd, Pumpkin, Carrots, Coriander leaves, Spinach, Fenugreek leaves, Turnip, Potatoes, Beetroot, Mustard greens, Chicory, Cauliflower, Cabbage, Sweet potatoes, Kale, Winter squash, Broccoli, Mushroom, Ginger, Dandelion greens, Lettuce

Vegetables to be avoided

Canned and frozen vegetables,

PULSES

Pulses to be consumed

All split pulses and legumes

Pulses to be avoided

Dried and frozen pulses

DAIRY PRODUCTS

Dairy Products to be consumed

Low-fat yogurt, Buttermilk

Dairy Products to be avoided

Whole milk and cream, Full-fat yogurt, Cheese, Cream cheese, Condensed milk

SPICES

Spices to be consumed

Cumin, Fennel, Coriander, Salt, Thyme, Turmeric, Black Pepper, Fenugreek seeds, Oregano

Spices to be avoided

Table salt

DRINKS

Drinks to be consumed

Coconut water, Sugarcane juice, Fat-free homemade soups, Green juice, Herbal tea, Beetroot juice, Aloe Vera juice, Bitter gourd juice, Gooseberry juice, Pumpkin juice, Pomegranate juice

Drinks to be avoided

Whole milk drinks, Cream based liqueurs, Canned soup or juices and packaged soup, Alcohol, Sweetened drinks, Squashes, Hot chocolate drinks, Coffee, Tea, Soda

FLESH FOODS

Flesh Foods to be consumed

Egg white only, Lean meat, Cold fish like Salmon and Chicken soup

Flesh Foods to be avoided

Red meat, Smoked and canned fish, Prawns, Lobster, Crab, Lean beef, Pork, Lamb, Ham, Turkey, Veal, Rabbit, Egg yolk, Mutton, Duck, Goose, Hot dogs, Organ meat like Liver, Kidney and Chest.

SEEDS AND DRY FRUITS

Dry Fruits to be consumed

4-5 Almond (soak in water overnight), Soaked figs, Flax seed, Pumpkin seed, Soaked Raisins, Soaked Prunes.

Dry Fruits to be avoided

Pistachio, Cashew nuts, Peanuts

OILS

Oils to be consumed

Cow ghee, Olive oil

Oils to be avoided

Mustard oil, Hydrogenated oil, Butter, Palm oil, Coconut oil,

SWEETENERS

Sweeteners to be consumed

Jaggery, Honey

Sweeteners to be avoided

Chocolate, Refined sugar

OTHER FOODS

Other Foods to be consumed

Homemade only

Other Foods to be avoided

All bakery products or processed, Sauces, Fruit jellies, Jams, White sugar, Ice-cream, Dark chocolate, Butter scotch, Coconut bar, Chutneys, Pickles, Junk food, Deep fried foods, All Spicy and salty foods.

LIFESTYLE AND DIETARY TIPS

- Walk for at least 30 min is recommended
- Whole fruits should be preferred to fruit juices
- Skipping meals should be avoided, especially the breakfast.
- Water intake should be limited 6-8 glasses per day
- Flax seed- 1 tsp / day
- **Herbal Tea-** Boil ½ tsp each of fennel, coriander, cumin in 3 cups of water till it's reduced to 1 cups.

Diet Plan to Lower Triglycerides and Lower Cholesterol



Triglycerides and cholesterol are types of fat in the blood known as lipids. It is a major issue among Indian population. Higher the blood cholesterol, the greater is the risk of heart diseases. Blood cholesterol has different fractions, one is called LDL, the bad cholesterol and other is called HDL, the good cholesterol.

A balanced diet is needed to maintain the lipid levels. A diet low in saturated fats, low cholesterol, and low-fat is recommended to reduce high triglycerides. All baked products, red meat, high-fat, refined carbohydrates, sugar beverages, junk food and fried food prepared in hydrogenated oil should be avoided as they may increase the triglyceride levels. Having healthy fats are beneficial in decreasing LDL and increasing HDL.

DIET TO LOWER CHOLESTEROL & LOWER TRIGLYCERIDE

EARLY-MORNING

One glass of water + 1 tsp Fenugreek seeds

BREAKFAST

Broken wheat porridge (Veg Dalia) / Veg Semolina (veg upma) / Veg Vermicelli (Sewian) / Veg poha (Rice flakes) / Besan pancake (gram flour) / Veg Oats / Veg Idli / Semolina pancake / Stuffed Chapatti / Chapatti with veg or Dal / Low-fat Milk

MID-MORNING

Fruits / Salad / Lemon water / Coconut water / Buttermilk

LUNCH

Plain chapatti / Missi roti / Boiled Rice / Veg / Dal + Curd + Steamed salad

EVENING

Herbal Tea / Green tea / Roasted Chana + Rice flakes / Sprouts

PRE-DINNER

Veg / Chicken Soups (Home-made)

DINNER

Plain chapatti / Missi chapatti / Boiled Rice / Veg + Dal + Steamed salad Grilled Fish OR Chicken (once a week)

DIET INSTRUCTIONS

CEREALS

Cereals to be consumed

Whole wheat flour, Oats, Whole grains cereals, Porridge, Brown rice, Rice flakes, Puffed rice, Whole grain bread

Chapatti Ratio - Wheat flour (50%), Black chana (25%), Soybean (25%)

Cereals to be avoided

Sweet biscuit, Cream filled biscuit, Cream crackers, Cheese biscuits, Noodles, Pasta, Macaroni, White refined flour, White rice, White bread, Corns

FRUITS

Fruits to be consumed

All fruits

Fruits to be avoided

Coconut, Fruit in syrup, Mango, Grapes, Sapodilla, Dates, Banana, All frozen and dried and tinned fruits and vegetables

VEGETABLES

Vegetables to be consumed

All vegetables include Dark green leafy especially Spinach and Kale, Asparagus, Broccoli, Carrots, Onion, Garlic, Beans, Lemon, Cabbage, Bottle gourd, Ridge gourd, Round gourd, Bitter gourd, Cauliflower, Bell peppers, Red pepper, Tomato, Green peas, Potatoes, and Parsley.

Vegetables to be avoided

Yam, Sweet potatoes, Taro roots, Jackfruit, Dried beans, over cooked or Baked, Chips and roasted potatoes, Crisp and Cheese filled snacks

PULSES

Pulses to be consumed

All Pulses and Lentils, Soya products

Pulses to be avoided

Dried and frozen pulses

DAIRY PRODUCTS

Dairy Products to be consumed

Low-fat milk, Curd, Low-fat yogurt, Tofu, Buttermilk

Dairy Products to be avoided

Whole milk and cream, Cream cheese, Condensed milk, Cocoa butter, Full-fat yoghurt, Cottage cheese, Condensed milk

SPICES

Spices to be consumed

Fennel, Turmeric, Cumin, Thyme, Black pepper, Coriander, Rock Salt (limited), Cardamom, Cinnamon, Fenugreek

Spices to be avoided

Red chili and Table Salt

DRINKS

Drinks to be consumed

Coconut water, Buttermilk, Clear soups, Home-made soups, Lemon juice, Green tea, Soy milk, Herbal tea, Aloe Vera juice, Beetroot juice, Gooseberry juice, Pomegranate juice

Drinks to be avoided

Whole milk drinks, Cream based liqueurs, Canned soup and packaged soup, Alcohol, Sweetened drinks, Squashes, Hot chocolate drinks, Diet soda, Coffee, Tea

Note: if you are Diabetic patient, food high in sugar should be avoided and intake of suitable fats and oils strictly limited.

FLESH FOODS

Flesh Foods to be consumed

Eggs (white part), Roasted or Grilled, Lean meat, Cold fish like Sardines, Salmon, Tuna, Mackerel, Herring, and Skinless chicken

Flesh Foods to be avoided

Fish fried in suitable oil, Prawns, Lobster, Crab, Lean beef, Pork, Lamb, Ham, Very lean minced meat, Turkey, Veal, Rabbit, Egg yolk, Fish roe, Sausages, Mutton, Salami, Bacon, Duck, Goose, Hot dogs, Meat pies, Visible fat on meat, Organ meat like Liver, Kidney, Chest, Red meat, Smoked and canned fish, Marbled and fatty Meats

SEEDS AND DRY FRUITS

Dry Fruits to be consumed

Flax seeds, Chia seeds, Sunflower seeds, Walnuts, Almonds,

Dry Fruits to be avoided

Cashew nuts, Pistachio, Peanuts, Raisins

OILS

Oils to be consumed

Olive oil, Canola oil, Cow ghee, Rice bran oil, Soybean oil

Oils to be avoided

Trans fat foods, Butter, Palm oil, Coconut oil, Hydrogenated oil

OTHER FOODS

Other Foods to be consumed

Homemade only, Jaggery

Other Foods to be avoided

All bakery products or processed, Pastry, Pies, Doughnuts, Chips, Puddings, Cakes, Biscuits, Sauces, Fruit jellies, Jams, Mayonnaise, White sugar, Ice-cream, Cream soups, Dark chocolate, Butter scotch, Coconut bar, Chutneys, Pickles, Deep fried foods, All Spicy foods, Junk foods, Too much salty food, Buttered popcorn, Soya sauce.

LIFESTYLE AND DIETARY TIPS

- Take balanced diet.
- Avoid intake of fatty and sugary food.
- Eat seasonal fruits and vegetables.
- Increase fiber intake.
- Be physically active.

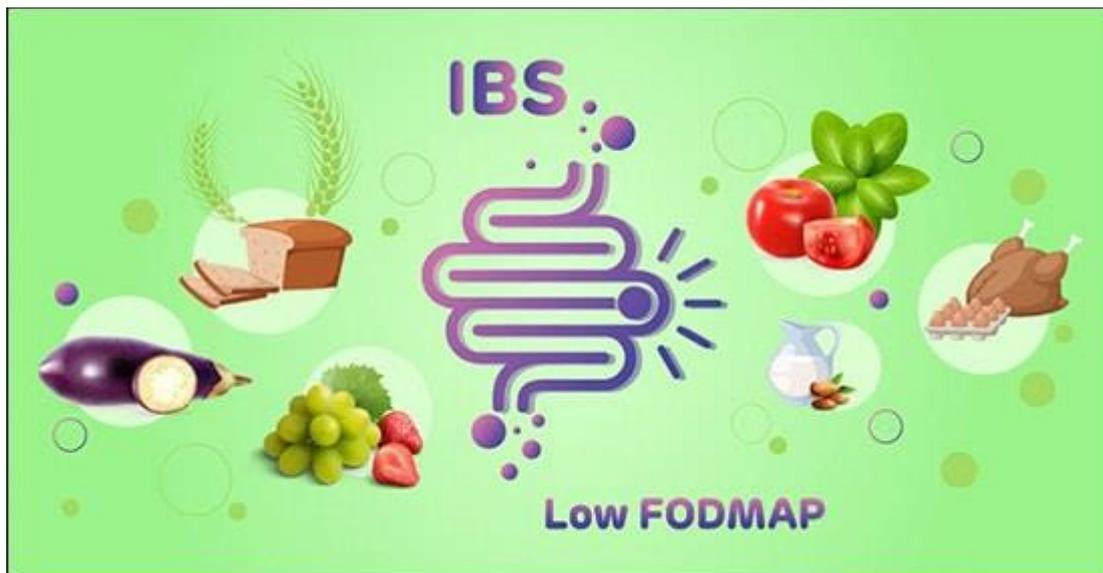
Note: if you are Diabetic patient, food high in sugar should be avoided and intake of suitable fats and oils strictly limited.

Low FODMAP Diet & Herbal Remedies for IBS Treatment



Abstract

The world is filled with diet charts for your various health conditions but what is the best diet you need to follow still remains a question for many of you. The problem arises when the patient is suffering from a condition related to the digestive tract and is always confused about what to eat. One of such conditions is IBS and for IBS FODMAP Diet is suggested. The FODMAP diet consists of low amounts of fermentable oligosaccharides, disaccharides, monosaccharides and polyols. These are the kind of short chain carbohydrates which are poorly absorbed. So a FODMAP diet is the best solution for patients with IBS. In this article we will not only discuss the FODMAP diet but also about IBS and how herbal medicines help in IBS along with the FODMAP diet.



Introduction

The most important thing is to explain what IBS is. IBS is an irritable bowel Syndrome that affects the large intestine of a human being. The major concern in this condition is the abdominal cramps or intestinal cramps patients usually complain of along with irregular bowel habits which involves either too hard stool due to constipation or unformed stools due to loose motions or both. In such cases the FODMAP diet plays a very important role. As mentioned earlier the FODMAP diet means low amounts of certain sugars that causes intestinal distress causing aforementioned symptoms.

Now we know the purpose of the FODMAP Diet so, moving further lets know more about the FODMAP diet and what it includes and excludes.

FODMAP Diet: What To Have and What to Avoid?

FODMAP is fermented oligosaccharides, disaccharides, monosaccharides and polyols. The problem with them is they draw more fluid into the intestine and cause more gas. The production of gas is in excess due to the easy fermentation of these oligosaccharides, disaccharides, monosaccharides and polyols. The combination of excess gas and additional fluid results in slow digestion, bloating, pain and diarrhea. So the first step is to identify the triggers in this case. Your nutritionist may tell you that after identification of triggers you have to immediately stop them and then reintroduce them one by one so that you by yourself can understand which food is triggering your condition and in what amounts and which one you can have freely.

Next Discussion Is About High And Low FODMAP Carbs

High FODMAP Carbs

- **Fructose:** The fructose rich top sources are apples, mangoes, pears, watermelons, honey, canned juices, broccoli, mushrooms, okra, onions, peas, red pepper, tomato and tomato products.
- **Lactose:** Dairy products like custard, yogurt, ice cream, milk from sheep, cows and goat
- **Fructans:** Mainly garlic, onions, cabbage, broccoli, Rye (similar to barley and wheat) and wheat
- **Galactans:** Legumes such as kidney beans, lentils like black lentils, french green lentils, chickpeas and black gram along with soybeans and soya products like soya granules and chunks.
- **Polyols:** Sugar alcohols and fruits which have pits like apples, apricots, avocados, cherries, figs, peaches, pears and plums

Low FODMAP Carbs

- **Milk products** like Almond milk, rice milk
- **Fruits** like blueberries, bananas, grapefruit, honeydew (a type of melon)
- **Vegetables** like bamboo shoots, bean sprouts, carrots, ginger, lettuce, potatoes, turnips and spring onions. This also include all the vegetables belonging to gourd family
- **Protein sources** like tofu, eggs, chicken.
- **Nuts** like almonds, pine nuts and walnuts.
- **Grains** include quinoa, jowar, ragi, white rice and corn flour.

So if you have IBS you can follow a low FODMAP Diet which will definitely help in subsiding your symptoms and personalizing your diet chart by yourself. But along with diet there are some herbal formulations whose intake can free you completely from IBS, which is irritable bowel syndrome.

Herbal Remedies for IBS by Planet Ayurveda

Planet Ayurveda which is an ISO certified company deals with the manufacturing of various types of Ayurvedic formulations. The formulations are prepared with some elixirs mentioned in Ayurveda as potent herbs. These herbs are really effective in management of multiple conditions which are related to the intestines. In addition the formulations which are prepared by Planet Ayurveda do not have any kind of dyes, adulterants, fillers, additives etc. These herbal preparations are effective in the reestablishment of intestinal flora. Due to such features they help in getting rid of intestinal distress as well thus giving very positive and noticeable results. For the management of IBS ([Irritable bowel syndrome](#)) Planet Ayurveda offers following herbal preparations:

Products List

1. Pitta Balance
2. Kutajghan Vati
3. Digestion Support
4. Sanjivani Vati

IBS Care Pack

Dosage

1. **Digestion Support** - 2 Capsules twice daily, with warm water after meals.
2. **Kutajghan Vati** - 2 Tablets twice daily, with warm water after meals.
3. **Sanjivani Vati** - 2 Tablets twice daily, with warm water after meals.
4. **Pitta Balance** - 1 Capsule twice daily, with warm water after meals.

Products Description

1. Digestion Support

Digestion support is a herbal formulation which is manufactured with nature's best herbs for all kinds of digestive system related problems. Digestion support capsules contain potent herbs like amla (*Emblica officinalis*), haritaki (*Terminalia chebula*) and bhera (*Terminalia bellerica*) as its main constituents along with others. These all herbs act in a synergetic way and help in improving digestion and prevent accumulation of endotoxins. In addition, it helps in removing the distress intestines are going through and also has a healing effect as well.

2. Kutajghan Vati

Kutajghan vati has Kutaj (*Holarrhena antidysenterica*) as its only ingredient. The herb belongs to Kutaja kula. In classical texts it is clearly mentioned that kutaja is a potent healing agent and pacifies pitta dosha excellently. The imbalance of pitta dosha is the only reason for irritable bowel syndrome. Kutaja herb has drying properties, it has a bitter and astringent taste along with pungent vipaka (post digestion effect). Kutaja also has deepena effect. This means it enhances the low digestive fire. This results in reducing the mala (stool) frequency too. That's why it is called an antimotility drug as well. Thus reducing the number of motions in the diarrhoeal type of IBS plus have a healing effect.

3. Sanjivani Vati

Sanjivani vati is a very effective classical formulation that has many important ingredients that acts as an immunomodulator too. The preparation has ingredients like vidanga (*Embelia ribes*), ginger (*Zingiber officinale*), Pippali (*Piper longum*) and many others. The formulation has great results in subsiding aggravation of doshas. Sanjivani vati is termed as a formulation that is known to infuse life in the manav sharira. This classical mentioned formulation also acts in correcting the digestion process and thus reduces the distress of intestines. It has great ingredients that work really well in balancing the body's imbalanced systems. The main purpose of this formulation is to eliminate the accumulated ama dosha or endotoxins in the body.

4. Pitta Balance

Pitta balance is a herbal preparation that is prepared using herbs and minerals and hence termed as herbo mineral formulation. The formulation contains Akik pishti, Mukta pishti (paste of pearl), shankh bhasma (calx of conch) and other effective ingredients. The formulation has a very effective result in balancing the pitta dosha in the body. Pitta dosha is understood as thermal energy of the body. When this thermal energy is in an imbalanced state then it leads to the occurrence of Irritable bowel syndrome. Pitta balance capsules play their role by balancing the imbalanced thermal energy. As the pitta dosha is pacified the digestive

fire is ignited and thus the digestion power is enhanced. Moreover, pitta balance capsules are really effective and are prepared from the natural calcium compound along with giloy extract. All of these are having cold potency and give impressive results in irritable bowel syndrome.

Conclusion

Introducing low FODMAP in your diet can really be of help and will definitely decrease your symptoms related to Irritable bowel syndrome. The new things like FODMAP tends to give very significant and good results if applied on time. Moreover, there should be no diet cheating when you are following the diet, just follow the diet and things will get better by itself. As mentioned before the herbal preparations also play their part by their healing action thus the condition of a person improves simultaneously.

Diet Chart for Healthy Memory



www.plantbasedayurveda.com

For good mental health, our brain requires nutrients like other organs of our body. Foods rich in anti-oxidants, good fats, minerals and vitamins provide energy to the brain so that it can function properly and boost our memory. Here we are giving you the list of foods that are good for keeping healthy memory. Let's have a look.

<i>Vegetables</i>	
<i>To Avoid</i>	<i>To Consume</i>
<ul style="list-style-type: none"> Fried, baked vegetables 	<ul style="list-style-type: none"> Potatoes Tomatoes Beetroot Cabbage Celery Lemon Lettuce Broccoli Peas Carrots Sweet Potatoes Spinach Kale Asparagus Bell Pepper Onions Garlic Beans
<i>Fruits</i>	
<i>To Avoid</i>	<i>To Consume</i>
<ul style="list-style-type: none"> Canned fruits packed in heavy syrup Frozen fruits with added sugar 	<ul style="list-style-type: none"> Avocadoes Coconut Nuts Raspberries Strawberries Blackberries Blueberries Oranges Bananas Red Grapes Black Grapes

	<ul style="list-style-type: none"> • Grapefruit • Peaches • Cantaloupe • Kiwi • Squash • Pomegranate • Apples • Raisins
Non Veg	
To Avoid	To Consume
<ul style="list-style-type: none"> • Red meat • Smoked and canned fish • Organ meats like liver 	<ul style="list-style-type: none"> • Cold water fish like mackerel, salmon, sardines, tuna, trout and herring • Eggs • Lean meat • Chicken
Spices	
To Avoid	To Consume
<ul style="list-style-type: none"> • Nothing is specific 	<ul style="list-style-type: none"> • Turmeric • Black Pepper • Cumin • Coriander • Fenugreek • Cardamom • Cinnamon
Other Food Items	
To Avoid	To Consume
<ul style="list-style-type: none"> • All junk foods • Fried foods 	<ul style="list-style-type: none"> • Sunflower seeds • Oatmeal (steel-cut or regular) • Whole-wheat flour • Whole-grain bread • Brown rice • Flax seeds • Olive Oil • Nut Oil • Walnuts • Low fat milk • Yogurt • Eggs • Legumes • Flaxseed • Green Tea

With these foods, you can keep your memory healthy enough. So, do not forget to include these foods in your daily diet.

Diet Plan for Lung Disease



Lung disease refers to the disorders which affect the lungs, such as asthma, COPD, infections like influenza, pneumonia, tuberculosis and many other breathing problems. If lung disease does not get treated on time then it leads to respiratory failure. In case of lung disease, good nutrition is very essential to prevent infections and keep your lungs healthy. Fresh and raw foods are the finest mode to get the enzymes, vitamins, minerals and antioxidants that will help you to keep your breathing easy and comfortable. Saturated fats, Spicy foods, and deep-fried food may cause discomfort and bloating which will further affect your breathing.

DIET CHART FOR LUNG DISEASE

EARLY-MORNING

Warm water mixed with tinge of saindhav lavan

(It helps in clearing out the mucus from respiratory tract)

BREAKFAST

Broken wheat porridge (Veg Dalia) / Veg oats / Veg Semolina (Upma) / Poha (Rice flakes) / Vermicelli (Veg Sewian) / Stuffed Chapati / Chapati with veg or Dal / 1 - Egg white portion only

(Starting with a light breakfast is very useful in maintaining digestive fire)

MID-MORNING

Have a herbal tea.

Black pepper and mint + honey

Or

Dry Ginger powder and tulsi + honey

(They help in pacification of kapha)

LUNCH

Chapati / Boiled Rice / Vegetable + Dal / Salad

(This kind of lunch is easy to digest and does not aggravate kapha. Instead it balances digestive agni)

EVENING

Sprouts / Soup (Home-made) / Herbal tea

(They help in preventing long hours with an empty stomach. Moreover herbal soups like black gram soup, horse gram soup and ash gourd soup is very beneficial in providing strength to body)

DINNER

Chapati / Boiled Rice / Vegetable + Dal

(Light dinner is very important to avoid unwanted constipation and indigestion)

DIET INSTRUCTIONS

CEREALS

Cereals to be consumed

Brown rice, Soya grains, Wheat, Oats, Rice flakes, Semolina, Tapioca pearls (sabudana), Puffed rice, millets like kodo millets, buckwheat millets, finger and foxtail millets.

(They help in igniting digestive fire and do not cause indigestion resulting in constipation)

Cereals to be avoided

White Rice, White refined flour, Bakery products, Corn and corn flour

(They all aggravate vata, pitta and kapha which inturn increases the intensity of symptoms)

FRUITS

Fruits to be consumed

Pomegranate, Papaya, Apple, Pear, Sugarcane, Muskmelon, Avocado

(They all help in balancing doshas. So consuming them in controlled amounts is beneficial for digestion as they also soothes the digestion)

Fruits to be avoided

Apricots, Orange, watermelon (high in water content hence aggravates kapha) Banana, Peaches, Grapes (sour), pineapple and other citrus fruits are to be avoided

(They all are responsible for dosha imbalance)

VEGETABLES

Vegetables to be consumed

Cauliflower, Pumpkin, Ash gourd, Bottle gourd, Carrot, Broccoli, Green coriander, Garlic, Ginger, Bitter gourd, Ridge gourd, Turnip, Onion, Beetroot, Cabbage, Broccoli, Peas, Zucchini, asparagus

(They all help in balancing digestive agni as they are easy to digest and do not cause any kind of dosha aggravation)

Vegetables to be avoided

Okra, Eggplant, Beans, Potato, Taro roots, Coconut, ladyfinger, taro root (Arbi), potato and kale

(They all are responsible for dosha aggravation in lung disorders hence causing aggravation of symptoms)

PULSES

Pulses to be consumed

Yellow moong lentil, Split pigeon peas (Tuvar dal/ arhar dal), Split black gram, Green moong dal, Horse gram, pink lentils

(All these pulses provide great nutrition to the body and also are light to digest)

Pulses to be avoided

Chickpeas, Kidney beans (Rajmah), Black grams (Udad dal), Dried frozen pulses

(These all responsible for vata aggravation)

DAIRY PRODUCTS

Dairy Products to be consumed

Low-fat milk with turmeric (half tsp. turmeric in a glass of milk)

(Golden milk is very effective and essential in lung conditions as turmeric has analgesic, anti-inflammatory and digestive effects)

Dairy Products to be avoided

Whole milk and cream, Full-fat yogurt, Cheese, Cream cheese, Condensed milk, Curd

(These are heavy to digest thus causes agni dushti and agni mandya)

SPICES

Spices to be consumed

Turmeric, Coriander, Cumin, Thyme, Fenugreek, Mint, Fennel, black pepper, Cayenne Pepper, Rock salt (limited), dried mint, fenugreek and coriander leaves

(They behave as fuel for digestive agni. It helps in increasing and improving digestion)

Spices to be avoided

Table Salt, Green chili, Red chilly

(It reduces digestion process and causes constipation)

DRINKS

Drinks to be consumed

Soups, Herbal tea, Pomegranate juice

(They all help in maintaining hydration levels in body)

Drinks to be avoided

Whole milk, Canned Soup and packaged soup, Alcohol, Sweetened drinks, Squashes, Carbonated drinks

(They increase the kapha dosha accumulation due to their liquid guna and thus increases symptoms)

FLESH FOODS

Flesh Foods to be consumed

Eggs, Fish, Chicken soup

(They are hot in potency thus reducing kapha and pacifies vata as well)

Flesh Foods to be avoided

Fried meat, red meat, grilled meat

(They are heavy to diet and heavy food articles tends to increase kapha dosha)

SEEDS AND DRY FRUITS

Dry Fruits to be consumed

Soaked Almond, and Raisins, Flaxseed, Pumpkin seed

(They are quite nutritious and thus provides body with required nutrition)

Dry Fruits to be avoided

Pistachio, Cashew nuts

(They tend to increase kapha and vata dosha)

OILS

Oils to be consumed

Flaxseed oil, Cow ghee, Olive oil

(They are effective in igniting agni and balancing kapha and vata as well)

Oils to be avoided

Hydrogenated oil, Palm oil, coconut oil

(They are potent to cause kapha aggravation and imbalances digestive fire)

OTHER FOODS

Other Foods to be consumed

Homemade only

(Homemade products are best to use and do not contain any kind of preservatives)

Other Foods to be avoided

Oily foods, Cold items, Fried food and bakery items, Junk and Packed foods, bakery products like cakes, pastries, biscuits, namkeen, donuts, pancakes etc.

(These are mainly responsible for diminished agni as they causes accumulation of toxins thus dosha aggravation)

LIFESTYLE AND DIETARY TIPS

- Walk for at least 30 min is recommended
- Whole fruits should be preferred to fruit juices
- Skipping meals should be avoided, especially breakfast.
- Water intake should be limited 6-8 glasses per day (luke warm or water at normal temperature preferably)
- Flaxseed - 1 tsp/day (empty stomach can be taken)
- **Herbal Tea** - Boil ½ tsp each of fennel, coriander, cumin in 3 cups of water till it's reduced to 1 cup or others can also be used which are mentioned above.
- Add pranayam in your routine. Every morning and evening for 15-20 minutes.
- Try meditation to calm your mind along with long inhalations and exhalations.

DIET CHART FOR MALE SEXUAL HEALTH



INTRODUCTION

Physical, psychological and social factors can influence the male sexual health and leads to various problems like; erectile dysfunction, performance anxiety, low sexual desire or low libido, and sexual aversion. A healthy balanced diet consists of plant-based foods such as fruits, nuts and vegetables and even certain non-vegetarian foods which help a person in maintaining muscle mass, preventing prostate cancer and help in leading healthy sexual life. Avoid high fat foods, carbonated drinks, alcohol, smoking, red meat, processed foods, etc.

DAILY DIET SCHEDULE

EARLY MORNING

Fenugreek water / Coriander water

After 15 min - Herbal tea / Cow's Milk / Youth Restora Tea

BREAKFAST

Broken Wheat Porridge (Veg Dalia) / Veg Semolina (veg upma) / Veg Vermicelli (Sewian) / Veg Poha (Rice flakes) / Stuffed Chapatti / Chapatti with veg or dal / Oatmeal

MID-MORNING

Steamed Salad / Fruit / Coconut water / Green tea

LUNCH

Plain chapatti / Boiled rice / Veg pulao / Vegetable + Dal

EVENING

Herbal Tea / Sprouts / Roasted rice flakes / Green tea

PRE-DINNER

Veg Soup (Home-made) / Roasted Channe

DINNER

Plain Chapatti / Boiled Rice / Veg Khichri / Veg Dalia / Vegetable + Dal

DIET INSTRUCTIONS

CEREALS

TO BE CONSUMED

Whole grains cereals, Wheat flour, Oatmeal, Brown rice, Quinoa, Toast (Rush)-2, Millets, Barley

TO BE AVOIDED

White refined flour.

PULSES

TO BE CONSUMED

All pulses and Soya products

TO BE AVOIDED

Dried and Frozen pulses

FRUITS

TO BE CONSUMED

Apple, Banana, Papaya, Oranges, Watermelon, Musk melon, Pear, Pomegranate, Figs, Banana, Peaches, All kinds of berries, Avocado

TO BE AVOIDED

Canned or Packaged fruits and juices

VEGETABLES

TO BE CONSUMED

All vegetables like dark and green leafy vegetables, Pumpkin, Lettuce, Broccoli, Carrots, Sweet potatoes, Asparagus, Turnip, Chicory green, Spinach, Kale, Beans, Cabbage, Brussels sprouts, Beets, Cucumber, Bell peppers, Peas, Potatoes, Red peppers, Raw onion, Ginger, Peppermint.

TO BE AVOIDED

Canned vegetables, Coconut, Frozen vegetables

DAIRY PRODUCTS

TO BE CONSUMED

Low-fat milk (occasionally)

TO BE AVOIDED

Whole milk and cream, Butter, Curd, Buttermilk, Full-fat yoghurt, Cream cheese, Condensed milk, Raw milk, Unpasteurized cheese, Blue-veined cheese, Soft mold-ripened cheese.

FATS

TO BE CONSUMED

Cow ghee, Sunflower oil, Olive oil, Rice bran oil, Soybean oil, Coconut oil

TO BE AVOIDED

Unsaturated fats, Cream, Palm oil.

SPICES

TO BE CONSUMED

Cumin, Coriander, Salt, Ginger, Fennel, Green cardamom, Fenugreek, Cinnamon, Oregano, Celery seeds, Turmeric.

TO BE AVOIDED

Red chilies

FLESH FOODS (ONCE A WEEK)

TO BE CONSUMED

Eggs, Caviar eggs, Sea food, Lean meat, White meat chicken, Salmon, Mackerel, Tuna, Sardines, Albacore, Herring.

TO BE AVOIDED

Raw, Uncooked and Processed meat, fish especially Selfish, Shark, Swordfish, Marlin, Clams, Shrimp, Mussels, Scallops, Meat patties, Pork, Organ meat like Liver, Kidney and Chest, Red meat, Prawns, Lobster, Crab, Lean beef, Lamb, Rabbit, Mutton, Duck.

DRY-FRUITS

TO BE CONSUMED

5-6 Almond (soak in water overnight), Walnut, Brazil nuts, Dates, Figs, Raisins

TO BE AVOIDED

Pistachio, Cashew nuts, Peanuts

SEEDS

TO BE CONSUMED

Flaxseed, Pumpkin seeds

TO BE AVOIDED

Sunflower seeds

DRINKS

TO BE CONSUMED

Coconut water, Sugarcane juice, Green juice, Herbal tea, Aloe Vera juice, Pumpkin juice.

TO BE AVOIDED

Whole milk drinks, Cream based liqueurs, Canned soup and Packaged soup, Alcohol, Soft drinks, Squashes, Carbonated drinks, Tea, Coffee

PREPARED FOODS

TO BE CONSUMED

Jaggery (Home Made Only)

TO BE AVOIDED

Bakery products, Processed foods, Junk food, Spicy foods, Packed soups, Mayonnaise, Chocolate Fudge, Butter scotch, Coconut bar, All fried foods, Fruit jellies, Jams, Refined sugar, Chutneys, Pickle, Ice-cream.

DIET TIPS

- Water intake should be 10-12 glasses
- Walk for 30 min is recommended.
- Small and frequent meals should be taken
- Whole fruit should be preferred to fruit juices.
- Skipping of meals should be avoided especially breakfast.
- **Herbal Tea** - Boil ½ tsp each of fennel, coriander, cumin in cups of water till it's reduced to 2 cups.

NOTE

Everyone knows the importance of a healthy lifestyle. But due to busy schedule routine of eating junk foods and other habits may develop, but health is important, always remember this.

DIET CHART FOR MENOPAUSE



INTRODUCTION

Menopause symptoms vary in every woman. Some changes related to menopause can lead to various long term problems in women such as bone density loss, weight gain, dry skin, sleep disturbances and other hormonal changes. A healthy menopause can be maintained with low-carbs diet and reducing the symptoms by including lots of vegetables, fruits, omega 3 fatty acids, and proteins. Avoiding certain foods like carbonated drinks, caffeine, alcohol, processed foods, salty, fried and junk foods may improve the symptoms of menopause.

Menopause is a natural transition in a woman's life as her menstrual cycles come to an end."

DAILY DIET SCHEDULE

EARLY-MORNING

Aloe vera juice mixed in lukewarm water. One must drink this mixture early in the morning after passing stool and brushing teeth

(Aloe vera is very beneficial in maintaining female hormones especially on estrogen)

BREAKFAST

Broken wheat porridge (Veg Dalia) / Veg Semolina (Veg Upma) / Veg Vermicelli (Sewian) / Veg Poha (Rice flakes) / Besan Chilla (Gram flour) / Stuffed Chapati / Chapati with veg or dal / Brown Bread Sandwich / Missi chapatti 2 Eggs white portion

(A light and healthy breakfast prevents indigestion and also provides adequate nutrition to body)

MID-MORNING

Fruit / Coconut water/ Sprouts / Salad

(They help in relieving hot flushes)

LUNCH

Plain chapati / Ragi chapati / Vegetable + Dal + Curd + Salad

(Lunch is an important part of routine and helps in avoiding untimely cravings)

EVENING

Milk / Fruit shakes / Rice flakes snack / Sprouts / Soup (Home-made) / Herbal tea / Roasted Chana

(They are best to prevent long hours with empty stomach)

DINNER

Plain chapati / Ragi chapati / Vegetable + Dal

(Light dinner is helpful in keeping digestive fire intact and do not cause bloating or flatulence)

DIET INSTRUCTIONS

CEREALS

TO BE CONSUMED

Whole grains cereals, Wheat flour, Oatmeal, Whole brown bread, Porridge, Brown rice, Finger millet, Rice flakes, Barley, kodo millets, buckwheat millets, gram flour

Flour Ratio - Wheat Atta (50%) + Soybean Atta (20%) + Ragi flour (30%)

Chapatti Ratio - 1 kg Wheat flour + 250 gm Ragi flour

(They all are easy to digest, do not cause constipation and avoid formation of endotoxins. Endotoxins can cause severe flare up of menopausal symptoms)

TO BE AVOIDED

Refined flour and its products, Sweet biscuit, Cream filled biscuit, Cream crackers, Cheese biscuits, Noodles, Pasta, Macaroni

(They might be good in taste but they are responsible for endotoxin accumulation and improper digestion)

PULSES

TO BE CONSUMED

All Pulses, Legumes, Nutri nuggets, Soybean and its products

(Pulses are a good source of protein and protein is very important for bones and muscles. After attaining menopause general weakness is commonly seen but having right amount of protein in diet can help in avoiding it)

TO BE AVOIDED

Dried and frozen pulses

(They first of all contains preservatives and secondly are not capable of providing adequate nutrition)

FRUITS

TO BE CONSUMED (STEAMED / BOILED)

All fruits include Banana, Prunes, Lemon, Papaya, Pineapple, Avocado, Cherries, Strawberries, Figs, Apples, Mango, Amla, Pomegranate, Oranges, Grapefruits, Lime, Kiwi, Apricot.

(Fruits provide you with a lot of essential nutrients, keeps your body hydrated, skin clear and reduces accumulations of toxins in blood)

*(*Papaya as a fruit is very effective in maintaining uterus health)*

TO BE AVOIDED

All canned and packaged fruits, limit intake of citrus fruits

(Canned items have a lot of sugar content which increase toxins in blood and aggravate symptoms like hot flushes, weakness and muscle spasm)

VEGETABLES

TO BE CONSUMED

Brussels Sprouts, Beans, Cauliflower, Broccoli, Turnips, Carrot, Cabbage, Pumpkin, Sweet potatoes, Garlic, Onion, Squash, Peas, Artichokes, Lettuce, Asparagus, Parsley, Red pepper, Green pepper, Green leafy vegetable, Collard greens, Kale, Okra, Dandelion greens, Drumsticks, Mustard greens, Spinach, Beet greens, Tomato products, Potatoes

(Vegetables are a good source of vitamins and minerals plus are easy to digest and do not cause any digestion related problems. Moreover they are very important for maintaining body strength)

TO BE AVOIDED

Overcooked vegetables, Red and Green chili, Coconut, Frozen vegetables.

(They might cause symptom aggravation)

FLESH FOODS

TO BE CONSUMED

Egg white portion, Lean meat, Skinless chicken, Fish like Sardines, Salmon, Tuna, Mackerel, Herring fish, Anchovies, and Shrimp

(They are really nice in maintaining body's strength and provide with adequate amounts of protein)

TO BE AVOIDED

Fried or Processed meats, Prawns, Lobster, Crab, Dark meat poultry, Turkey, Lean beef, Pork, Lamb, Ham, Turkey, Egg yolk, Sausages, Mutton, Salami, Bacon, Duck, Goose, Meat pies, Visible fat on meat, Red meat, Organ part, Liver, Kidney and Chest

(They all must be avoided as much as you can because they are potent to suppress agni causing digestive issues, resulting in dosha aggravation)

DAIRY PRODUCTS

TO BE CONSUMED (OCCASIONALLY)

Low-fat milk, Cheese, Buttermilk, Yogurt, Tofu, Soya milk

(They provide body with adequate source of calcium and also pacifies pitta)

TO BE AVOIDED

Whole milk and cream, Curd, Buttermilk, Butter, Full-fat yoghurt, Cream cheese, Condensed milk, Raw milk, Unpasteurized cheese, Blue-veined cheese, Soft mold-ripened cheese.

(Excess fat ingestion may result in weight gain and symptom flare up)

FATS

TO BE CONSUMED

Cow ghee, Mustard oil, Olive oil, Soybean oil, Canola oil, Rice bran oil, Almond oil, Coconut oil.

(They do not have any negative effect on digestive fire but have a balancing effect on doshas. Cow ghee is best for pitta pacification and do not aggravate other doshas)

TO BE AVOIDED

Unsaturated fats, Cream, Palm oil, Butter, oil, Mustard oil

(They have a negative effect on the digestive agni)

SPICES

TO BE CONSUMED

Fennel, Cumin, Basil, Mint, Cinnamon, Black pepper, Nutmeg, Carmon, Thyme, Coriander, Turmeric, Less salt, Green chilli, Rye

(They help in keeping agni balanced)

TO BE AVOIDED

Red chilli and green chillies

(They are responsible for dosha imbalance (predominantly pitta))

NUTS AND DRYFRUITS

TO BE CONSUMED

Raisins, Almonds, Brazil nuts, Cashew nuts, Walnuts, Hazelnuts, Macadamia nuts, Sunflower seeds, Pumpkin seed, Hemp seeds, Flax seeds, Chia seed, Sesame seed.

(Nuts and seeds also have some essential nutrients which are very important for maintaining body's strength)

TO BE AVOIDED

Pistachio, Peanuts

(They might cause digestion related problems)

OTHER FOODS

TO BE CONSUMED

Jaggery (Homemade only)

(Homemade products are best as they do not have preservatives and are healthy)

TO BE AVOIDED

All bakery products or processed, Sauces, Fruit jellies, Jams, Mayonnaise, Ice-cream, Cream soups, Butterscotch, Coconut bar, Chutneys, Pickles, Junk food, Refined sugar, Deep fried foods, Too salty and Spicy foods.

(They all are a good source of fat and piquant taste which can aggravate doshas)

DRINKS

TO BE CONSUMED

Milk, Clear vegetable soup, Lime water, Soya milk, Almond milk, Buttermilk, Aloe-Vera juice, Barley water, Coconut water, Wheatgrass juice, Dandelion tea

(All kinds of homemade juices and soups are very healthy and source of good amounts of nutrients and minerals. In addition they have a balancing effect on aggravated)

TO BE AVOIDED

Whole milk drinks, Cream based liqueurs, Buttermilk, Shakes, Smoothie, canned soup and packaged soup, Alcohol, Sweetened drinks, Squashes, Carbonated drinks

(They all are packed, contains preservatives, irritates gastric mucosa thus resulting in agni suppression)

DIET TIPS

- Water intake should be Adequate.
- Walk / Physical activity for 45 min is recommended.
- Small and frequent meals should be taken

- Whole fruit should be preferred to fruit juices.
- Skipping meals should be avoided, especially breakfast.
- Skipping of some particular articles should be avoided at least 10 days prior to onset of cycle
- Dieting must be avoided at least a week before starting of cycle
- Late night sleeping should be avoided. Try to sleep on time
- A healthy early morning routine must be followed
- Bathing with cold water is to be avoided especially during the cycle
- Head wash must be avoided during the cycle
- Excessive intake of sweets to relieve pain in menses is to be avoided and daily habit of golden milk intake is to be followed.

(These tips help in keeping your body healthy, mind at peace, hormones totally balanced)

HOME REMEDIES

GINSENG TEA

Boil 1 tsp of ginseng in 2 cups of water till it's reduced to 1 cup.

GINGER BASIL TEA

Boil five basil leaves, 1 tsp grated ginger in 2 cups of water till it's reduced to 1 cup.

HERBAL TEA

Boil ½ tsp each of fennel, coriander, cumin in 3 cups of water till it's reduced to 1 cup.

(They all help in keeping digestion intact thus indirectly help in managing pitta dosha and menopausal symptoms)

NOTE

Control your diet, eat healthy- regularly and stay away from synthetic additives in foods. The above given diet chart is prepared after considering the exact proportion of various nutrients like carbohydrates, minerals, fats, vitamins, and proteins properly.

Diet Plan for Patients of Menstrual Problems



DAILY DIET SCHEDULE

WAKING UP

After passing stool and brushing, have lukewarm water (empty stomach) + 3 tsp aloe vera juice

OR

Carom seeds + saunf (Fennel seeds) soaked overnight in water and then boiled in the morning. Strain the decoction well and drink after cooling a bit.

(It helps in keeping your digestion good and also prevents bloating before, during and after menses. Aloe vera juice is very effective in maintaining and balancing female hormones)

BREAKFAST

Stuffed paratha / Veg sandwich + 1 fruit / Bread toast with egg / Chapati with veg or dal / Veg Seviyan / Veg poha / Veg idli / Besan chila / Suji chila / Veg upma / Sprouts / 1 egg white part

(Including a healthy breakfast in your routine is very important because it helps in providing nourishment to the whole body especially to the reproductive system)

LUNCH

Chapati / Mixed Chapati / Boiled rice / Veg pulao / Veg + Dal + Salad

(Having a healthy lunch helps in keeping your energy intact and also protects you from cravings)

EVENING

Fruits / Coconut water

(Fruits are a good source of hydration as well as nutrition)

PRE-DINNER

Roasted chickpeas + Rice Flakes Snacks / Soup (homemade)

(They help in avoiding bloating and reduce cravings for various unhealthy things)

DINNER

Chapati / Mixed Chapati / Boiled rice / Veg pulao / Veg + Dal + Salad

(Light dinner is the best way to keep your digestive system performing well)

BED TIME

Low-fat milk with ½ tsp turmeric and a little Cow's Ghee

(It helps in keeping hormones under control and is best for avoiding menstrual problems like delayed cycle, prolonged cycle etc)

DIET INSTRUCTIONS

CEREALS

Cereals to be consumed

Whole grains cereals, Wheat flour, Oatmeal, Whole brown bread, Porridge, Brown rice, Finger millet, Rice flakes, Barley, kodo millets, buckwheat millets, gram flour

Flour Ratio - Wheat Atta (50%) + Soybean Atta (20%) + Ragi flour (30%)

(They all are easy to digest, do not cause constipation and avoid the formation of endotoxins which are the main reason for hormonal imbalance)

Cereals to be avoided

Refined flour and its products, Sweet biscuit, Cream filled biscuit, Cream crackers, Cheese biscuits, Noodles, Pasta, Macaroni

(They all are pleasant in taste but are the main reason for the increase in cycle irregularities)

FRUITS

Fruits to be consumed

All fruits except some citrus fruits like pineapple, grapes, kiwi etc.

(Fruits provide you with a lot of essential nutrients, keeps your body hydrated, skin clear and reduces accumulations of toxins in blood)

*(*Papaya as a fruit is very effective in maintaining uterus health)*

Fruits to be avoided

Canned fruits and juices

(They have a lot of sugar which is obviously not good for the body. They also have preservatives which can result in frequent irregularities in cycle)

VEGETABLES

Vegetables to be consumed

All vegetables, Seasonal vegetables should be consumed. Raw vegetables like Radish, Carrot, Onion, Tomato, Cucumber etc.

(Vegetables are a good source of vitamins and minerals plus are easy to digest and do not cause any digestion related problems)

Vegetables to be avoided

Canned vegetables and frozen vegetables

(They have preservatives which are not good for health as well as can aggravate doshas)

PULSES

Pulses to be consumed

All pulse and legumes

(All the pulses can be consumed but one must restrict themselves from having heavy pulses like kidney beans, black gram, black lentils etc. because they will increase the chances for indigestion and bloating thus resulting in accumulation of toxins)

Pulses to be avoided

Nil

DAIRY PRODUCTS

Dairy Products to be consumed

Low-fat milk, Tofu, Paneer

(Low fat food including dairy products is easy to digest)

Dairy Products to be avoided

Whole milk and cream, Curd, Buttermilk, Butter, Full-fat yoghurt, Cream cheese, Condensed milk, Raw milk, Unpasteurized cheese, Blue-veined cheese, Soft mold-ripened cheese.

(There is an accurate reason for avoiding all of the above. The cows nowadays are being fed with inorganic grains which is in the concentrated forms in their milk and hence is a less source of nutrition)

OILS / GHEE

Oils to be consumed

Cow ghee, Sunflower oil, Canola oil, Olive oil, Mustard oil, Rice bran oil

(They do not have any negative effect on digestive fire but have a balancing effect on doshas. Balancing dosha means less chances for cycle irregularities)

Oils to be avoided

Unsaturated fats, Cream, Palm oil, Coconut oil

(They diminish the agni resulting in various types of digestive issues especially before menses and sometimes can result in menstrual irregularities)

SPICES

Spices to be consumed

Cumin, Coriander, Salt, Turmeric, Ginger, Pepper, Fennel

(They help in keeping agni balanced)

Spices to be avoided

Red chillies and green chillies

(They are called as vishtambhi in ayurveda and are really responsible for dosha imbalance (predominantly pitta) and hormonal imbalance thus resulting in delayed menses, painful menses or other problems like scanty bleeding, excessive bleeding etc)

DRINKS

Drinks to be consumed

Coconut water, Sugarcane juice, homemade soups, Green juice, Herbal tea, Beetroot juice, Aloe Vera juice, Milk, Homemade juices

(All kinds of homemade juices and soups are very healthy and source a good amount of nutrients and minerals)

Drinks to be avoided

Whole milk drinks, Cream based liqueurs, Buttermilk, Shakes, Smoothie, canned soup and packaged soup, Alcohol, Sweetened drinks, Squashes, Carbonated drinks

(They all are packed, contain preservatives, irritates gastric mucosa, causes disbalance of hormones and must be avoided as much as you can)

FLESH FOODS

Flesh Foods to be consumed

Egg white, Roasted chicken, Grilled Fish, Lean meat, Skinless chicken

(They are easy to digest, can be consumed twice a week and are a very essential source of protein)

Flesh Foods to be avoided

Raw, Uncooked and Processed meat, fish especially Selfish, Shark, Swordfish, Tuna and Marlin, clams, Mussels, Oysters and Scallops, Meat patties, Burgers, Pork, Organ meat, Liver, Kidney, Chest, Red meat, Fish fried in suitable oil, Prawns, Lobster, Crab, Lean beef, Lamb, Ham, Turkey, Rabbit, Sausages, Mutton, Salami, Bacon, Duck, Goose, Visible fat on meat.

(They all must be avoided as much as you can because they are potent to suppress agni causing digestive issues, resulting in dosha aggravation and finally hormonal disbalance thus again resulting in menstrual cycle abnormalities)

DRY-FRUITS / SEEDS

Dry Fruits to be consumed

Almond, Raisins, Ground nuts, Walnut, Peanuts, Pistachio, Cashew nuts, sunflower seeds, Flaxseeds

(Nuts and seeds also have some essential nutrients which are very important for well)

Dry Fruits to be avoided

Nil

PREPARED FOODS

Prepared Foods to be consumed

Homemade only, Jaggery

(Homemade products are easy to digest, free from all kinds of preservatives and do not have any kind of adulterants)

Prepared Foods to be avoided

Bakery and Processed foods, Pastry, Puddings, Packed soups, Mayonnaise, Cream soups, Chocolate, Fudge, Butterscotch, Coconut bar, All fried foods, Junk foods, Sauces etc, Fruit jellies, Jams, Refined sugar, Marmalade, Sweeteners, Chutneys, Pickle, Ice-cream, Sauces etc.

(They all are a good source of fat and piquant taste which can either aggravate kapha or will result in an imbalance of pitta. In both cases the end result will be imbalancing of hormones)

HOME REMEDIES

CAROM SEED WATER

Boil 1 tsp of carom (ajwain) seeds + fennel seeds in 2 cups of water till it is reduced to 1 cup.

GINGER TEA

Crush the ginger slightly and put it in the cup of hot water, steep for 2 to 3 minutes. Drink a cup of ginger tea thrice a day after every meal.

CHAMOMILE TEA

Chamomile tea by steeping a teaspoon of chamomile flowers and one teaspoon of peppermint leaves in a cup of boiling water for about 10 minutes. Drink this tea after straining it at least thrice a day.

HERBAL TEA

Boil ½ tsp each of fennel, coriander, cumin in cups of water till it's reduced to 2 cups.

GINGER AND BASIL LEAVES TEA

Take 1 tsp of grated ginger with 1 cup of water for a few minutes, add basil leaves and cumin seeds, consume it twice a day.

ALOE VERA

Take one teaspoon of Aloe Vera with black salt and dry ginger powder every morning for a period of 10 days before the onset of the cycle or you can just start with thick aloe vera juice mixed with ginger juice twice a day.

(These home remedies help in keeping your system clean, avoid hormonal imbalance, keep you fresh, your digestion system intact and some alteration in your dietary habits do the same)

DIET AND LIFESTYLE TIPS

- Water intake should be Adequate.
- Walking / Physical activity for 45 min is recommended.
- Small and frequent meals should be taken
- Whole fruit should be preferred to fruit juices.
- Skipping meals should be avoided, especially breakfast.
- Skipping of some particular articles should be avoided at least 10 days prior to onset of cycle
- Dieting must be avoided at least a week before starting of cycle
- Late night sleeping should be avoided. Try to sleep on time
- A healthy early morning routine must be followed
- Bathing with cold water is to be avoided especially during the cycle
- Head wash must be avoided during the cycle
- Excessive intake of sweets to relieve pain in menses is to be avoided and daily habit of golden milk intake is to be followed.

(These tips help in keeping your body healthy, mind at peace, hormones totally balanced)

DIET CHART FOR MIGRAINE



INTRODUCTION

Migraine is a neurological condition that appears as headache on one side of the head, often happens with nausea, vomiting, and sensitivity to light. A migraine episode may last from 4 hours to 3 days, and sometimes longer. A healthy diet with adequate protein, fiber, healthy fats consisting of fresh fruits, vegetables, whole grains, and pulses, can help reduce the frequency. Following strict diet and avoiding caffeine, alcohol, artificial sweeteners, high sodium, processed, carbonated, fried, cheese and junk foods, can really help to eliminate the pain, resulting in the relief from Migraine.

DAILY DIET SCHEDULE

EARLY-MORNING

Ginger tea

BREAKFAST

Veg Semolina (Veg upma) / Broken wheat porridge (Veg Dalia) / Veg Vermicelli (Sewian) / Veg poha (Rice flakes) / Veg Idli / Brown Bread Sandwich / Besan pancake (gram flour) / Stuffed Chapatti / Chapatti with Veg or Dal Milk / Curd + 1 Eggs white portion

MID-MORNING

Fruit / Coconut water / Salad / Ginger tea / Herbal tea

LUNCH

Mix chapatti / Plain chapatti / Veg pulao / Boiled rice / Vegetable + Dal

EVENING

Herbal tea / Green tea / Roasted Chana / Rice flakes snack

PRE-DINNER

Soup (Home-made) / Chamomile Tea

DINNER

Mix chapatti / Plain chapatti / Vegetable + Dal

DIET INSTRUCTIONS

CEREALS

TO BE CONSUMED

Whole grains such as Barley, Bran, Oatmeal, Whole wheat bread, Porridge, Brown rice, Corn, Quinoa

TO BE AVOIDED

Whole refined flour, White breads, White rice, Bakery, Noodle, Pasta, Macaroni, Maggie

PULSES

TO BE CONSUMED

All pulses and Legumes

TO BE AVOIDED

Soybean, Dried and frozen pulses

VEGETABLES

TO BE CONSUMED

Pumpkin, Squash, Asparagus, Turnip, Okra, Potatoes, Cucumber, Onion, Zucchini, Carrot, Radish, Bitter guard, Round guard, Ridge round, Bottle guard, Ginger

TO BE AVOIDED

Broccoli, Cauliflower, Cabbage, Beans, leafy dark green vegetables, tomatoes, onions, Peas, Broad beans, Mushroom, Sweet potato, Taro root, Yam, Jackfruits, Red and Green chili, Crisp and Cheese filled snacks, Coconut, Frozen vegetables

FRUITS

TO BE CONSUMED

Apple, Papaya, Pear, Sapodilla, Musk melon, Watermelon, Pomegranate

TO BE AVOIDED

Citrus fruits, Avocado, Bananas, Pineapple, Raspberries, Plums, bananas, oranges, grapefruits, raspberries, and plums, All canned and packaged fruits.

DAIRY PRODUCTS

TO BE CONSUMED

Nil

TO BE AVOIDED

Whole milk and cream, Full-fat yoghurt, Cream cheese, Condensed milk, Curd, Cottage cheese, Soya milk, Tofu

FLESH FOODS

TO BE CONSUMED (ONCE IN A 15 DAYS)

Egg white, Boiled egg, Fatty fish, Salmon, Tuna, Skinless chicken, Lean meat (Grilled / Roasted)

TO BE AVOIDED

Meat, Fish fried Prawns, Lobster, Crab, Lean beef, Pork, Lamb, Ham, Turkey, Rabbit, Egg yolk, Fish roe, Sausages, Mutton, Salami, Bacon, Duck, Goose, Meat pies, and visible fat on meat, Liver, Kidney, and Chest.

SPICES

TO BE CONSUMED

Fennel, Turmeric, Mint, Cumin, Carom, Coriander, Fenugreek, Limited salt

TO BE AVOIDED

Red chili powder, Black Peppers

FATS

TO BE CONSUMED

Cow ghee, Mustard oil, Olive oil, Canola oil, Rice bran oil

TO BE AVOIDED

Unsaturated fats, Cream, Palm oil, Coconut oil, Butter

NUTS AND DRY FRUITS

TO BE CONSUMED

Flax seed, Sesame seeds, Sunflower seeds, Brazil nuts, Walnut, Hazelnuts, Almond, Cashew nuts

TO BE AVOIDED

Peanuts, Raisins

DRINKS

TO BE CONSUMED

Homemade soup, Carrot juice, Bitter Gourd juice, Aloe Vera juice, Herbal tea, Green tea, Ginger tea

TO BE AVOIDED

Milk, Lime water, Soya milk, Buttermilk, Lemon water, Alcohol, Carbonated beverages like Coke, Limca, Pepsi, Fanta etc., Canned soup, Packaged soup and Canned fruit juices, Caffeinated drinks, Coffee, Tea

OTHER FOODS

TO BE CONSUMED

Homemade only, Jaggery

TO BE AVOIDED

All bakery products or processed, Tomato Sauces, Fruit jellies, Jams, Mayonnaise, Ice-cream, Cream soups, Dark chocolate, Butter scotch, Coconut bar, Chutneys, Pickles, Junk food, Deep fried foods, Spicy foods, Too much salty food.

DIET TIPS

- Walk for at least 30-45 min is recommended.
- Whole fruit should be preferred to fruit juices.
- Skipping of meals should be avoided, especially the breakfast
- 6 -Soaked Almond per day
- Water intake should be increased at least 8-10 glass regularly
- Cleanliness and hygiene should be maintained.

HOME REMEDIES

INVIGORATING MASSAGE

Massage some of the points on the head to ease migraine headaches that block pain signals sent to the brain.

GINGER TEA

Crush the ginger slightly and put it in the cup of hot water, steep for 2 to 3 minutes. Drink a cup of ginger tea thrice a day after every meal.

CHAMOMILE TEA

Chamomile tea by steeping a teaspoon of chamomile flowers and one teaspoon of peppermint leaves in a cup of boiling water for about 10 minutes. Drink this tea after straining it at least thrice a day.

HERBAL TEA

Boil ½ tsp each of fennel, coriander, cumin in cups of water till it's reduced to 2 cups.

NAVRATRI FAST SPECIAL: DIET CHART & RECIPES



MORNING TO EVENING DIET PLAN

EARLY MORNING

Milk/ Fruit/ Soaked Nuts

BREAKFAST

Almond-apple milkshake / Kuttu Paneer chilla / Amaranth Dosa with coriander and mint chutney / banana mashed with yoghurt / Sabudana khichdi / Makhana Khichdi

MID MORNING

Coconut water / Fruit lemonade / roasted makhana / fruits / Chamomile tea / freshly churned chaas

LUNCH

Rajgira roti and bottle guard vegetable / baked sabudana tikki with yoghurt and cucumber salad / Boiled potato vegetable with sangraha roti / samak rice / dahi aloo chaat / makhana kheer / samak rice dhokla

EVENING

Ginger mint tea / tea or coffee without sugar / peach tea / roasted makhana / baked banana chips with coconut water / curd, makhana and roasted peanuts chaat / fruit salad

DINNER

Pumpkin and bottle gourd soup / Dry fruit milk / paneer with makhana / baked potato cutlets / amaranth cheela with paneer stuffing / rajgira roti with cucumber raita / samak rice with added peanuts

COMMON FLOURS TO BE TAKEN IN NAVRATRI

1. **Buckwheat Flour (कुट्टू का आटा):** The qualities of Buckwheat flour are hot, dry, and heavy. This can even be taken by the one who has diabetes, excess weight, heart disease, constipation, and excessive Kapha dosha.

Better to avoid it if you have conditions such as Ulcerative Colitis, IBS, GERD, Acidity, and other pittaj conditions as it is hot in potency.

2. **Water Chestnut Flour (सिंघाड़े का आटा):** This flour is astringent, sweet has cooling properties. So this can be taken by the one who needs something for pacifying pitta dosha. You can avoid this flour if you have Rheumatoid arthritis, gout and other vataj conditions.
3. **Amaranth Flour (राजगिरा का आटा):** This flour is rich in fibre so if somebody wants to lose weight then they can consume this flour during navratri. Other than that, this flour increases kapha and pitta dosha due to this avoid taking it in conditions such as Ulcerative colitis, acidity, bloating and other conditions which are caused due to increased kapha and pitta dosha.
4. **Barnyard Millet (सामक के चावल):** Can be used in navratri diet. It is a coolant in nature so it pacifies pitta dosha and is easy to digest. This is healthy for the digestive system and maintains good health. The barnyard millet can be taken by anybody.

COMMON SALADS AND VEGETABLES TO BE TAKEN IN NAVRATRI

1. **Yam (सूरन):** It is pungent, astringent, hot and Kapha vata shamaka. Due to such properties, it is beneficial in patients with piles. And it could be avoided in patients with Ulcerative colitis, IBS, Skin conditions, and various pittaj conditions.
2. **Lemons (निम्बू):** Lemon is sour, piercing, and pitta vardhaka in nature. So people with pittaj conditions like heartburn, acidity, skin conditions, and various autoimmune conditions must have to avoid taking lemons.
3. **Taro Root (अरबी):** It has hot potency but is unctuous in nature. It should be avoided by people with constipation as it is heavy to digest. On the other note it improves overall strength and boosts immunity.
4. **Tomatoes (टमाटर):** As per Ayurveda this vegetable is tridosha vardhaka but especially pitta dosha. This vegetable reduces the digestive fire thus causing indigestion so it's better to avoid it if you have any kind of digestion-related problems.
5. **Spinach (पालक):** It is slightly pungent, sweet, of cold potency, and laxative in nature nourishes the body and balances the pitta dosha. This plant can be used to detoxify the body, is good for asthma patients, and may help with bleeding disorders.
6. **Potatoes (आलू):** Potatoes are a rich source of bioactive compounds, and have a potential anti-tumor action on cancer cells. Eating potatoes might help lower the risk of type 2 diabetes.
7. **Pumpkin (कद्दू):** This plant is sweet in taste, a great absorbent, dry in nature, is of cold potency, and is very heavy to digest may cause constipation so the one who already has constipation must have avoided it.
8. **Cucumber (खीरा):** It is sweet, light, and cold in properties, it reduces the pitta dosha and helps in easy urination. It relieves burning, over thirst, dehydration, urinary tract infections, and calculi.
9. **Bottle Gourd (लौकी):** This is bitter in taste, light and dry in nature, cold in potency, balances Vata and Pitta dosha helps to purify the blood and treats intestinal conditions.
10. **Carrots (गाजर):** It is sweet and bitter in taste, light in digestion, and hot in potency, reducing the vitiated Kapha and vata dosha. The seeds of carrots are abortifacient so be careful.
11. **Beetroot (चुकंदर):** Very good for Vata dosha when taken in small amounts, for Pitta and Kapha dosha can have in moderation. Beets are also great for helping with constipation and treating hemorrhoids.

COMMON FRUITS AND DRY FRUITS TO BE TAKEN IN NAVRATRI

Almonds, Pistachio, Kishmish, Cashew nuts, Peanuts, Banana, Papaya, Apple, Pomegranate (Take all the fruits and dry fruits in limited quantity especially cashew nuts, kishmish and banana)

DRINKS TO BE TAKEN IN NAVRATRI

Tea and coffee, Ginger mint tea, coconut water, peach tea, chamomile tea, Pumpkin juice

DIFFERENT RECIPES FOR NAVRATRI FROM THE ABOVE - MENTIONED FOOD ITEMS

1. **Sabudana Khichdi:** It is rich in carbohydrates so keeps the tummy full for more time and boosts the energy while Navratri fast. For making sabudana khichdi you can take ingredients such as sabudana, mild spices and peanuts.
2. **Kuttu Dosa:** This Navratri try one new recipe other than kuttu ki tikki that is kuttu Dosa. For making kuttu dosa you can use kuttu flour that is buckwheat flour with potato stuffing and with that you can take coconut and mint chutney.
3. **Makhana Kheer:** You can add this great dessert this Navratri to your diet chart. As makhana are very healthy and full of nutrition so you can definitely add this to your diet. Also if you want to lose weight this navratri, this recipe will help you a lot.
4. **Samak Rice Dhokla:** Samak rice is steamed for making delicious vrat dhokla. You can flavor this dhokla with cumin, curry leaves, mint, and rock salt. Try this once you can never restrict yourself from eating it again.
5. **Aloo Sabji:** You can make jeera aloo as well as gravy aloo sabzi. Only use sendha namak to make it. You can take this sabzi with kuttu roti, rajgira roti or singhara roti.
6. **Kuttu Poori and Kuttu Cheela:** You can make both recipes of kuttu or buckwheat flour. For those who want to take some light food, they can opt kuttu cheela and if you want to take something which makes your tummy full then you can take kuttu poori.

DIET CHART FOR NEPHROTIC SYNDROME



INTRODUCTION

Nephrotic syndrome is a kidney disorder which occurs when the filtering units of the kidney get damaged. It affects and makes the body to excrete too much protein in the urine. A healthy diet for Nephrotic patients consists of low salt, low-fat moderate protein and low cholesterol diet. Avoid eating high carb foods, high protein food, unhealthy fats, fried foods, junk foods, processed foods and preserved foods. Caffeine, alcohol and high sodium can contribute to high blood pressure and edema which is most common in this condition.

DAILY DIET SCHEDULE

EARLY MORNING

Empty stomach, drink decoction of fennel seeds, cumin seeds and coriander seeds.

(Soak the seeds overnight in one cup of water and then boil the water until it reduces to half)

BREAKFAST

Veg Dalia / Veg upma / Suji chila / Veg Sewian / Veg poha / Stuffed Chapati / Chapati with veg / Porridge / Chapati with veg or dal / 1 Egg white

(Starting your day with a light yet nutritious breakfast is very important)

(Egg white are very beneficial as they maintain the accurate albumin levels in the human body which is responsible for maintaining microvascular oncotic pressure and hence reduce oedema)*

MID-MORNING

Fruit (Steamed) / Salad (Steamed)

(It Soothes the digestive system)

LUNCH

Wheat chapati / Boiled Rice / Sago halwa / Khichdi (sago rice) / Veg khichdi / Veg Dalia + Veg + Dal

(Such food articles are easy to digest, do not cause constipation, gastritis or acidity)

EVENING

Soup (Home-made)--in small amounts / Herbal tea / Sprouts/ vermicelli

(They help in increasing the digestive fire and prevents an empty stomach for long hours)

DINNER

Plain chapati / Boiled Rice / Veg khichdi / Veg Dalia Veg + Dal

(Including a light diet in dinner is very helpful in maintaining proper digestion)

FOODS TO CONSUME AND AVOID

CEREALS

TO BE CONSUMED

Whole grains, Rice flakes, White rice, Semolina, Vermicelli, Puffed rice, Wheat flour, kodo millets, finger millets, foxtail millets and pearl millets

Chapati Ratio - Wheat flour 1 kg + Arrowroot flour 250 gm.

(These Cereals are easy to digest, do not cause any digestion related problems and moreover prevents accumulation of endotoxins)

TO BE AVOIDED

White refined flour, Brown rice, pasta, Brown bread, Bakery products, Noodle, Macaroni, Maggie

(They are the main reason for endotoxin accumulation and hence cause dosha aggravation)

PULSES

TO BE CONSUMED

Yellow moong lentil, Green gram, pink lentils, Split pigeon peas, Split chickpeas

(If consumed in limited quantities, they are potent in adding fuel to the digestive fire and hence improve digestion. Balance tridosha, controls vitiated vata and provides nourishment to the body and its tissues)

TO BE AVOIDED

All whole pulses- Black gram, Bengal gram, White chickpea, Kidney beans, Nutri Nuggets, Soybean, Horse gram, Roasted grams, Dried and frozen pulses.

(They are difficult to digest and have high protein content. Consumption of the above mentioned lentils will result in indigestion as well as put load on kidney functioning hence making the situation worse)

FRUITS

TO BE CONSUMED (STEAMED / BOILED)

Apple, Pear, Papaya, Pomegranate, java plum (jamun)

(Provides fibre in diet and makes digestion smooth)

TO BE AVOIDED

All Citrus fruits, Banana, Coconut, Dates, Kiwi, Orange, Lemon, Avocado, Apricot, Watermelon, Figs, Olive, Bamboo shoots, Bael, Pineapple, Green papaya, custard Apple. All canned and packaged fruits, Fruits with seeds.

(They all result in pitta aggravation and hence diminishing kidney functions. They also have high water content resulting again in reduced kidney functioning)

VEGETABLES

TO BE CONSUMED

Pumpkin, Carrot, Cabbage, Turnip, Peas (boil), Bottle gourd, Bitter gourd, Ridge gourd, Potatoes, Cauliflower, Winter squash, Onion, Radish, Ginger, Lettuce, Asparagus, Broccoli

(They help in providing adequate nutrition to the body. Vegetables have many macro and micronutrients essential for body maintenance)

TO BE AVOIDED

Tomato, Eggplant, Beans, Garlic, Spinach, Brussels sprout, Peppermint leaves, Sweet potatoes, Swiss chard, Mushroom, Cucumber, Lotus stem, Taro roots, All green leafy vegetables, Beetroot, Soybean and its products, Coconut, Frozen vegetables, Raw salad

(They result in dosha aggravation and hence cause an increase in protein excretion from the body. They also have high levels of water content hence increasing load on diminishing kidney function)

SPICES

TO BE CONSUMED

Coriander, Mint, Black pepper, Cumin, Fennel, Carmon, Cardamom, Rock salt (limited)

(They provide a soothing effect to the body. But they have to be consumed in less quantity because they have high levels of potassium whose accumulation is not good for the body)

TO BE AVOIDED

Excessive salt, Red and Green Chilies, Salt (Use is very less. But if the Sodium levels are less than normal then can give it in moderate quantity)

(Salt is the source of sodium. Sodium is the reason for water retention in the body which at last results in increased fluid levels thus putting load on kidneys)

FLESH FOODS

TO BE CONSUMED

Egg white portion only

(For maintaining accurate albumin levels in the body so as to prevent fluid retention)

TO BE AVOIDED

Fried or Processed meats, Prawns, Lobster, Crab, Lean beef, Pork, Lamb, Ham, Turkey, Egg yolk, Sausages, Mutton, Salami, Bacon, Duck, Goose, Hot dogs, Hamburgers, Meat pies, Visible fat on meat, Red meat, Organ part Liver, Kidney and Chest

(They are heavy to digest and also aggravate the tridosha resulting in a worse condition)

DAIRY PRODUCTS

TO BE CONSUMED

Low-fat milk (occasionally)

(It can be digested easily and has a low impact on digestion)

TO BE AVOIDED

Whole milk and Cream, Cottage cheese, Butter, Full-fat yogurt, Cream cheese, Condensed milk, Curd

(They are heavy to digest and disturbs digestive agni)

FATS

TO BE CONSUMED

Cow ghee, Mustard oil, Sunflower oil, Rice bran oil, Olive oil

(They are very helpful in igniting digestive fire if used in controlled amounts)

TO BE AVOIDED

Hydrogenated oil, Cream, Palm oil, Coconut oil, Butter, Hydrogenated oil, Soybean oil

(They suppress the already weakened digestive fire)

NUTS AND DRYFRUITS

TO BE CONSUMED

5 almonds (soak in water overnight)

(They have micronutrients important for the body)

TO BE AVOIDED

Cashew nuts, Pistachio, Peanuts, Raisins, Prunes, Figs, Dried apricot, Flaxseed, Pumpkin seed, sunflower seed

(They have a tendency to aggravate doshas and have a negative effect on agni)

OTHER FOODS

TO BE CONSUMED

Homemade only, Jaggery

(They do not cause any harm to agni neither result in dosha vitiation)

TO BE AVOIDED

All bakery products or processed, Fruit jellies, Jams, Mayonnaise, Ice-cream, Cream soups, Dark chocolate, Butterscotch, Coconut bar, Chutneys, Pickles, Junk food, Deep fried foods, Too salty and Spicy foods

(These all nuts are a rich source of phosphorus and potassium. Moreover, they also aggravate pitta resulting in diminishing kidney functioning)

DRINKS

TO BE CONSUMED

Homemade vegetable soup, Herbal tea

(It has to be ingested in a limited quantity)

TO BE AVOIDED

Carbonated beverages, Soya milk, Coconut water, canned soup, Packed soup and Canned fruit juices, Caffeinated drinks, Alcohol, Tea or Coffee.

(They contain preservatives damaging kidney cells at a faster rate and hence causing more degradation of kidney functioning)

DIET TIPS

- Walk for at least 30 min is recommended
- Whole fruits should be preferred to fruit juices
- Avoid suppression of natural urges such as urination, defecation, sleep hunger, sneezing etc.
- Do not sleep for long hours, avoid anger, stress, long travelling, smoking as well as drinking.
- Skipping meals should be avoided, especially breakfast.
- Water intake should be limited to 8-10 glasses per day
- Small and frequent meals should be taken.

(Alteration in diet and lifestyle plays a very important role in improving one's condition. Helps in stabilizing vata, pitta, kapha and agni which results in enhanced kidney functioning)

Note

- Milk and milk products (Milk, Curd, Buttermilk, Cottage cheese, Butter to be avoided especially in Diabetes patients).
- A special diet can be helpful to control the excessive accumulation of waste products and fluid in the blood and thus lessen the workload of your kidneys.

Diet Chart for Nervine & Psychological Disorders



Our Nervous System is a main operating system of our body that controls all the functions of each organ and maintains our health. So, to stay healthy we should take care of this organ but due to some stress and bad experiences our mind gets affected and we develop various signs and symptoms that are related to the brain. In these conditions a nourishing diet which is full of antioxidants, fats, carbohydrates, proteins, vitamins and minerals is a main source to restore health. So, one should focus on the healthy and nutritious diet.

EARLY-MORNING

Herbal tea / Luke warm Water/ Soaked Walnuts or Almonds / Amla Juice

BREAKFAST

Broken wheat porridge (Veg Dalia) / Veg Semolina (Veg upma / Veg Vermicelli (Sewian) / Veg Idli / Veg poha (Rice flakes) / Oats / Chapati with veg or dal / 1 Egg

MID-MORNING

Fruit / Coconut water / Sprouts / Green salads

LUNCH

Chapati / Vegetable + Dal + Salad / Chicken or Fish (Occasionally)

EVENING

Fruits / Rice flakes snack / Sprouts / Soup (Home-made) / Herbal tea / Juice

DINNER

Missi chapati / Ragi chapati / Vegetable + Dal / Salad

DIET INSTRUCTIONS

CEREALS

Cereals to be consumed

- Wheat, Oats, Whole grains, Rice, Buck Wheat, Quinoa, Corn.
- Millets (In moderate quantity)

Cereals to be avoided

White refined flour and its products

PULSES

Pulses to be consumed

All Pulses and Lentils, Soya products

Pulses to be avoided

Dried and frozen pulses

VEGETABLES

Vegetables to be consumed

Pumpkin, Dark green leafy especially Spinach and Kale, Asparagus, Broccoli, Carrots, Onion, Beans, Cabbage, Bottle gourd, Ridge gourd, Round gourd, Bell peppers, Potatoes, Yam, Sweet potatoes, Taro roots.

Vegetables to be avoided

Mustard leaves, Peas

FRUITS

Fruits to be consumed

Banana, Avocadoes, Apple, Pomegranate, All kinds of berries including, Cranberries, and Oranges, Kiwi, Watermelon, Muskmelon, Papaya, Dates, Squash, Figs, Apricot, Pineapple, Pears, Plum, Olives, Amla. (Take Citrus fruits in limited quantity except amla)

Fruits to be avoided

All canned and packaged fruits

FLESH FOODS

Flesh Foods to be consumed

Eggs white part only, Roasted or Grilled Fish, Lean meat, Chicken (twice a week))

Flesh Foods to be avoided

Avoid All others

SPICES

Spices to be consumed

Fennel, Turmeric, Cumin, Thyme, Black pepper, Coriander, Rock Salt (limited), Cardamom, Cinnamon, Fenugreek, Tulsi, Curry leaves

Spices to be avoided

Red chili and Table Salt

DAIRY PRODUCTS

Dairy Products to be consumed

Curd, Yogurt

Dairy Products to be avoided

Cream, Cream cheese, Condensed milk, Cocoa butter, Cheese

DRY FRUITS AND SEEDS

Dry Fruits and seeds to be consumed

Flax seeds, Pumpkin seeds, Sunflower seeds, Walnuts, Almonds, Dates, Raisins (Soaked one)

Dry Fruits and seeds to be avoided

Cashew nuts, Pistachio, Peanuts

FATS

Fats to be consumed

Cow ghee, Olive oil, Sesame oil, Mustard oil, Coconut oil

Fats to be avoided

Trans fat foods, Palm oil, Hydrogenated oil

PREPARED FOODS

Prepared foods to be consumed

Homemade only, Jaggery, Honey

Prepared foods to be avoided

All bakery products or processed foods, Sauces, Mayonnaise, White sugar, Ice-cream, Cream soups, Dark chocolate, Butterscotch, Pickles, Junk food, Deep fried foods, All Spicy and too much salty food

DRINKS

Drinks to be consumed

Coconut water, Soups, Green tea, Pumpkin Juice, Herbal tea, Aloe Vera juice, Gooseberry juice, Pomegranate juice, Wheatgrass juice

Drinks to be avoided

Cream based liqueurs, Canned soup and packaged soup, Alcohol, Sweetened drinks, Hot chocolate drinks, Diet soda, Coffee, Tea

DIET TIPS

- Walk for at least 30-45 min is recommended.
- Whole fruit should be preferred to fruit juices.
- Skipping of meals should be avoided, especially the breakfast
- Water intake should be increased at least 8-10 glasses regularly
- **Herbal Tea**- Boil ½ tsp each of fennel, coriander, cumin in 3 cups of water till it's reduced to 1 cup.
- Soaked almonds and walnuts are good to consume daily.
- Regular use of Cow's ghee and Amla is a good choice in these conditions.
- Meditation along with Yoga should be performed daily.

Diet Plan for Obesity



Obesity is a condition resulting from accumulation of excess body fat and this is becoming a major health concern which increases the risk of several other Health issues. It is evaluated by body mass Index and If BMI is 30 or higher than thirty then the person is obese. Low fat, low carbohydrates and moderate protein diet is very helpful in loss of excess fat. The diseases caused by obesity include Diabetes, Heart disease, Arthritis, Cancer, liver problems, infertility and many more. Body weight has to be maintained to diminish the risk of these diseases and which is only possible with proper healthy diet.

DIET CHART FOR OBESITY

EARLY-MORNING

Indian gooseberries -3-4 (cooked) / Aloe Vera juice- 20 ml

BREAKFAST

Broken Wheat Porridge (Veg dalia) / Veg Semolina (veg upma) /oatmeal/ Veg Vermicelli (Sewian) / Stuffed Chapatti / Chapatti with veg or dal/Beetroot Juice / Pomegranate Juice

MID-MORNING

Fruit/ Green juice / Coconut water

LUNCH

Plain chapatti / Multi grain chapatti / Boiled Brown Rice / Veg khichdi/ Vegetable + Dal + Salad

EVENING

Herbal Tea / Red juice / Sprouts / Fox nuts/ Roasted chickpea/ Granola bar (Homemade)

DINNER

Plain chapatti / Boiled Rice / Khichdi / Dalia / Sabudanakhichdi/ Vegetable + Dal + Salad

DIET INSTRUCTIONS

CEREALS

Cereals to be consumed

Wheat, Brown rice, Brown bread, Oatmeal, Quinoa, Barley, Pulses

Cereals to be avoided

White rice, White flour, White bread, Pasta

FRUITS

Fruits to be consumed

Black currant, Peach, Apple, Pear, Papaya, Orange, Lemon, Guava, Kiwi, Pomegranate,

Fruits to be avoided

Mango, Banana, Litchi

VEGETABLES

Vegetables to be consumed

Green leafy vegetables like Spinach, Green onions, Carrots, Beetroots, Tomatoes, Radish, Okra, Cabbage, Broccoli, Cauliflower, Mushroom, Zucchini, Pumpkin, Beans, Cucumber, Garlic, Ginger.

Vegetables to be avoided

Potatoes, Sweet potato

PULSES

Pulses to be consumed

Green gram, Red lentil, pigeon pea, Kidney beans, black beans and mostly lentils are good for obesity

Pulses to be avoided

Black gram, dried and frozen pulses

DAIRY PRODUCTS

Dairy Products to be consumed

Skimmed milk, Buttermilk, Cottage cheese

Dairy Products to be avoided

Butter, Cheese, coconut milk

SPICES

Spices to be consumed

Fenugreek, Pepper, Cloves, Mint, Turmeric, Cinnamon, Mustard, Coriander, Parsley

Spices to be avoided

Nil

DRINKS

Drinks to be consumed

Green tea, homemade vegetable juices, coconut water, Herbal tea

Drinks to be avoided

Beverages such as soda, cold drinks, alcohol, Energy drinks, Fruit syrups

FLESH FOODS

Flesh Foods to be consumed

Lean meat chicken, Salmon, Egg white.

Flesh Foods to be avoided

Red meat and Processed meat

SEEDS AND DRY FRUITS

Dry Fruits to be consumed

Pumpkin seeds, Chia seeds, Walnuts, Almonds (soaked)

Dry Fruits to be avoided

Sunflower seeds, Cashew, Dates, prune

OILS

Oils to be consumed

Olive oil, Canola oil

Oils to be avoided

Corn Oil, sunflower oil, Rice bran oil, cotton seed oil

OTHER FOODS

Other Foods to be consumed

Sprouted nuts, Sprouts grain

Other Foods to be avoided

Junk food, Coconut cream and milk, Pastries, Puffs, Frozen and simple Yoghurt, Roasted dry fruits, Sugar products.

LIFESTYLE AND DIETARY TIPS

- Do not skip meals. Eat three balanced meals.
- Avoid intake of fatty and sugary food.
- Eat seasonal fruits and vegetables.
- Avoid late night snacking.
- Increase fiber intake.
- Choose low- calorie food.
- Increase physical activities.
- Drink 8- 10 glasses of water daily.

Balanced Diet Plan for Old Age People



Ageing is not a disease but a biological process. Good nutrition may slow the ageing process so that the individual can enjoy physical and mental vigor in his sixties. The process of ageing brings about physiological, immunological changes which affect the nutritional requirements of the elder people. Diet which is low in saturated fats, animal-based proteins and simple carbohydrates is suitable for old persons. Ageing leads to diseases like osteoporosis, cardiovascular diseases and many other diseases. So try to eat balanced diet which provide all nutrients and prevents from these harmful diseases.

DIET FOR OLD AGE PEOPLE

EARLY-MORNING

Luke warm water / soaked almond -5 / 1tsp flax seeds/Bitter gourd juice/Aloe-vera juice/Wheat grass juice

BREAKFAST

Bread toast with egg /Vegetable poha/vegetable porridge / vegetable upma /Ragi chapatti/multigrain chapatti + vegetable / Fresh Juice / Egg white

LUNCH

Chapatti / Multigrain Chapatti / Brown rice / Veg pulao / Veg + Dal /amaranth dal + Curd/Raita + Salad/ Chicken (Once in a week)

EVENING

Fruit/Milk shake / Sprouts chat/ Riceflakes Snacks/ Soup (homemade)/ Roasted makhane/ Roasted chickpeas/makhane kheer

DINNER

Chapatti / Multigrain Chapatti / Brown rice / Veg pulao / Veg + Dal + Curd + Salad

BED TIME

Milk+ a pinch of turmeric

DIET INSTRUCTIONS

CEREALS

Cereals to be consumed

Wheat, White rice, Brown rice, Sorghum, Amaranth, Finger millet, Foxtail millet, Pearl millet, Buckwheat, Little millet

Flour Ratio - Wheat Atta (50%) + Soybean Atta (20%) + Ragi flour (30%)

Cereals to be avoided

Refined flour and its products

FRUITS

Fruits to be consumed

Apple, Banana, Water melon, Muskmelon, Avocado, Peaches, Pear, Coconut, Pomegranate, All types of berries , Figs, Mango, Litchi, Custard apple, Orange, Sweet lime, Sapodilla, Pineapple, Orange, Grapes

Note: All seasonal fruits can be consumed

Fruits to be avoided

Canned fruits and juices

VEGETABLES

Vegetables to be consumed

Zucchini, Sweet potato, Pumpkin, Ginger, Celery, Eggplant, Tomatoes, Red onion, Coriander, Radish, Mushrooms, Spinach, Carrot, Peas, Fenugreek leaves, Potato, Yam, Okra, Bottle gourd, Bitter gourd .

Vegetables to be avoided

Gas forming vegetables like Broccoli, Brussels sprouts, cauliflower, cabbage, kale, Turnip

PULSES

Pulses to be consumed

All pulses and legumes

Pulses to be avoided

Kidney beans, Chickpeas, Bengal gram, Black eyed beans

DAIRY PRODUCTS

Dairy Products to be consumed

Low-fat milk, Tofu, Curd, Yogurt, Buttermilk, Cottage cheese

Dairy Products to be avoided

Milk and cream, Full-fat yoghurt, Cream cheese, Condensed milk, unpasteurized cheese.

SPICES

Spices to be consumed

Cumin, Coriander, Salt, Turmeric, Ginger, Pepper, Fennel, Cinnamon

Spices to be avoided

Red chilies

DRINKS

Drinks to be consumed

Coconut water, Clear soups, Sugarcane juice, homemade soups, Green juice, Herbal tea, Aloe Vera juice, Buttermilk, Milk, Shakes, Smoothie, Homemade juices

Drinks to be avoided

Whole milk drinks, Cream based liqueurs, canned soup and packaged soup, Alcohol, Sweetened drinks, Squashes, Carbonated drinks

FLESH FOODS

Flesh Foods to be consumed (once in a 15 days)

Egg white, Roasted chicken, Grilled Fish, Lean meat, Skinless chicken (Once in a week)

Flesh Foods to be avoided

Processed, Undercooked and fried meat, Red meat- (Beef, Lamb, Pork), Fishes (Tilefish, Shark, Swordfish, King Mackerel, Marlin, Blue fin Tuna).

SEEDS AND DRY FRUITS

Dry Fruits to be consumed

Almond, Raisin, Ground Nut, Walnuts, Peanuts, Pistachio, Cashew, Pumpkin Seeds, Chia Seeds, Flax Seeds, Sunflower Seeds and Sesame Seeds.

Dry Fruits to be avoided

Nil

OILS

Oils to be consumed

Cow ghee, Sunflower oil, Canola oil, Olive oil, Mustard oil, Rice bran oil

Oils to be avoided

Cream, Palm oil, Coconut oil, Butter

OTHER FOODS

Other Foods to be consumed

Jaggery

Other Foods to be avoided

Bakery and Processed Foods, Fried Food, Junk Food, Pickles, Artificial Sweeteners, Packed Soups, Refined Sugar

LIFESTYLE AND DIETARY TIPS

- Avoid empty calories foods
- Gas forming food like sulphur containing vegetables and some pulses has to be avoided.
- Soft well cooked foods are preferred.
- Caffeine containing beverages should be limited; otherwise they may suffer from insomnia.
- Plenty of fluids should be taken.
- Food should be less salty and spicy.

DIET CHART FOR OLIGOSPERMIA (LOW SPERM COUNT)



INTRODUCTION

Oligospermia is a condition in which the sperm count is less than 15 million sperm per milliliter of semen. The common symptoms associated with Oligospermia are thin discharge and less discharge, sexual inability, pain and swelling in testicles area, less facial and body hairs. A balanced diet which is rich in Vitamin C, B12, Zinc, and Omega-3 fatty acid will help to promote the production of sperms. If the balanced diet is not consumed in oligospermia then it will result in infertility.

DAILY DIET SCHEDULE

EARLY-MORNING

Herbal tea / Green tea/ Soaked almonds/ Walnuts

BREAKFAST

Veg dalia / Veg poha (Rice flakes) / Cheela (Moong dal) / Ragi roti / Chapatti with Veg or Dal / Egg white -1

MID-MORNING

Fruits / Coconut water / Herbal tea / Green tea / Salad

LUNCH

Chapatti / Boiled Rice / Saburdana khichdi / Vegetable + Dal + Salad / Non- veg (once in a week)

EVENING

Sprouts / Green tea / Veg. / Non- veg / Lentil Soup (Home-made) / Herbal tea / Salad / Fox nut (Makhane)

DINNER

Chapatti / Boiled Rice / Vegetable + Dal

DIET INSTRUCTIONS

CEREALS

TO BE CONSUMED

Rice (Brown rice), Oats, Quinoa, Wheat, Barley, Pearl millet (Bajra), Foxtail millet (Kangni)

TO BE AVOIDED

Refined flour

VEGETABLES

TO BE CONSUMED

Zucchini, Sweet potato, Pumpkin, Ginger, Celery, Eggplant, Onion, Coriander, Radish, Broccoli, Cauliflower, Kale, Collard green, Bok Choy, Cabbage, Spinach, Beets, Lettuce, Parsley, Turnip, Carrots, Cucumber, Lima beans, Bottle gourd, Ridge gourd, Round gourd.

TO BE AVOIDED

Canned vegetables

FRUITS

TO BE CONSUMED

Apricots, Watermelon, Banana, Guava, Papaya, Muskmelon, Apple, Sapodilla, Plum, Pomegranate, Kiwi, Pear, Avocado, Raspberries, Strawberries, Blackberries, Cherries, Blueberries.

TO BE AVOIDED

Canned vegetables

DRY FRUITS / SEEDS

TO BE CONSUMED

Walnuts, Almonds, Cashews nuts, Hazelnut, Brazil nuts, Pumpkin seeds, Flaxseeds

TO BE AVOIDED

Nil

PULSES

TO BE CONSUMED

All Pulses and Lentils can be consumed.

TO BE AVOIDED

Horse gram

SPICES

TO BE CONSUMED

Turmeric, Coriander, Fenugreek, Cumin, Black pepper, Thyme, Cardamom, Cinnamon

TO BE AVOIDED

Excess amount of salt and red chilies

DAIRY PRODUCTS

TO BE CONSUMED

Milk, Buttermilk, Cow ghee, Cheese, Butter

TO BE AVOIDED

Soy milk, Tofu, Tea, Coffee

NON - VEG

TO BE CONSUMED

Lean meat, Chicken, Eggs, Cold water fish Salmon, Sardines, Tuna, and Mackerel (once in week).

TO BE AVOIDED

Red meat, Processed and Fried meat, Beef, Pork, Prawns, Crab, Lobster.

FATS

TO BE CONSUMED

Cow ghee, Mustard oil, Olive oil, Soybean oil, Canola oil, Rice bran oil, Almond oil, Coconut oil.

TO BE AVOIDED

Palm oil

DRINKS

TO BE CONSUMED

Coconut water, Sugarcane juice, Homemade soups, Herbal tea, Homemade juices

TO BE AVOIDED

Whole milk drinks, Cream based liqueurs, Canned soup and Packaged soup, Alcohol, Sweetened drinks, Squashes, Carbonated drinks

OTHER PRODUCTS

TO BE CONSUMED

Jaggery, Honey

TO BE AVOIDED

Alcohol, Junk food, Packed and Processed food

HOME REMEDIES

- **Fenugreek Seeds** - Soak fenugreek seeds overnight and eat it in early morning or you can also drink the water in which seeds are soaked.
- **Cow's Ghee** - Add 1/2 tsp of cow's ghee in glass of milk. Consume it daily.
- **Almonds** - Eat soaked almonds daily, it helps to increase sperm count.
- **Dates** - Eat few dates with lukewarm milk at bedtime.

HEALTH TIPS

- Do not consume alcohol
- Quit smoking.
- Eat anti-oxidant rich diet.
- Get proper sleep.
- Maintain ideal body weight.
- Do exercise and increase physical activity.

Diet Plan for Osteoarthritis Patients



Osteoarthritis is characterized by degeneration of the articular cartilages over years and the formation of new bony spurs and cysts at joint margins, known as osteophytes. This condition is usually common in elders above 40 years of age. Here, a diet which is rich in high-fiber, proteins, beta-carotene, magnesium, calcium and omega 3 fatty acids is helpful to reduce joint inflammation and pain. A well balanced diet will support and nourish the joints and delays the chance of degeneration.

DIET CHART FOR OSTEOARTHRITIS

EARLY-MORNING

Herbal tea / Cumin water/ Fenugreek water

BREAKFAST

Broken wheat porridge (Veg Dalia) / Veg Semolina (Veg upma) / Veg Idli / Veg Vermicelli (Sewian) / Veg poha (Rice flakes) / Stuffed Chapatti / Chapatti with veg or Dal / Brown Bread Sandwich / Curd + 2 Eggs (only white part)

MID-MORNING

Fruit / Coconut water/ Sprouts / Salad

LUNCH

Chapatti / Boiled rice / Veg Rice / Vegetable + Dal + Curd + Salad

EVENING

Green tea / Rice flakes snack / Sprouts / Soup (Home-made) / Herbal tea

DINNER

Chapatti / Vegetable + Dal / Salad (without salt)

DIET INSTRUCTIONS

CEREALS

Cereals to be consumed

Whole wheat flour, Oatmeal, Whole grain bread, Whole grains cereals, Porridge, Brown rice

Cereals to be avoided

White breads, White refined flour and its products, White rice, White pasta, Sweet biscuit, Noodle, Pasta, Macaroni, and Maggie

FRUITS

Fruits to be consumed

All fruits except citrus fruits, Avocadoes, Dates, Guava, Kiwi, Papaya, Dried figs, Banana

Fruits to be avoided

All canned and packaged fruits, Fruits with seeds, Pineapple, Citrus fruits

VEGETABLES

Vegetables to be consumed

Cabbage, Beans, Turnip, Peas, Garlic, Spinach, (in less quantity) Cauliflower and Broccoli, Brussels sprout, Peppermint leaves, Asparagus, Sweet potatoes, Lettuce

Vegetables to be avoided

Tomato, Potatoes, Pepper, Eggplant, Crisp and Cheese filled snacks, Coconut, Frozen vegetables

PULSES

Pulses to be consumed

Green gram, Bengal gram, Horse gram, Moong lentil, Orange lentils, Split pigeon peas, Split chickpeas

Pulses to be avoided

Dried and frozen pulses, All Whole pulses

DAIRY PRODUCTS

Dairy Products to be consumed

Buttermilk, Yogurt, Tofu, Soya milk (occasionally)

Dairy Products to be avoided

Whole milk and Cream, Cottage cheese, Butter, Full-fat yogurt, Cream cheese, Condensed milk

SPICES

Spices to be consumed

Fennel, Sesame seeds, Cumin, Carmon, Thyme, Coriander, Turmeric, Ginger, Fenugreek

Spices to be avoided

Excessive salt, Chilies

DRINKS

Drinks to be consumed

Clear vegetable soup, Soya milk, Green tea, Herbal tea, homemade juice, Fenugreek water, Cumin water

Drinks to be avoided

Carbonated beverages like Coke, Limca, Pepsi, Fanta etc., Canned soup, Packaged soup and Canned fruit juices, Caffeinated drinks, Alcohol, Tea or Coffee

FLESH FOODS

Flesh Foods to be consumed

Egg white portion, Lean meat, Skinless chicken, Fish like Salmon, Shrimp and Cod

Flesh Foods to be avoided

Fried or Processed meats, Prawns, Lobster, Crab, Lean beef, Pork, Lamb, Ham, Turkey, Egg yolk, Sausages, Mutton, Salami, Bacon, Duck, Goose, Hot dogs, Hamburgers, Meat pies, Visible fat on meat, Red meat, Organ part, Liver, Kidney and Chest

SEEDS AND DRY FRUITS

Dry Fruits to be consumed

Pumpkin seed, Sunflower seed, Flaxseeds, Almond

Dry Fruits to be avoided

Cashew nuts, Pistachio, Peanuts, Raisins, Prunes, Figs, Dried apricot

OILS

Oils to be consumed

Cow ghee, Groundnut oil, Mustard oil, Olive oil, Canola oil, Rice bran oil

Oils to be avoided

Unsaturated fats, Cream, Palm oil, Coconut oil, Butter, Hydrogenated oil

OTHER FOODS

Other Foods to be consumed

Homemade only, Jaggery, Peanut butter

Other Foods to be avoided

All bakery products or processed, Pastry, Puddings, Cakes, Biscuits, Sauces, Fruit jellies, Jams, Mayonnaise, Ice-cream, Cream soups, Dark chocolate, Butter scotch, Coconut bar, Chutneys, Pickles, Junk food, Deep fried foods, Too salty and Spicy foods, Grilled food, Frozen food

LIFESTYLE AND DIETARY TIPS

- Walk for at least 30-45 min is recommended.
- Whole fruit should be preferred to fruit juices.
- Skipping of meals should be avoided, especially the breakfast
- 6 -Soaked Almond + 2 figs per day
- Water intake should be increased at least 8-10 glass regularly
- **Herbal Tea**- Boil ½ tsp each of fennel, coriander, cumin in cups of water till it's reduced to 2 cups.
- Hot and Cold compresses to relieve pain.
- Regular exercise, Sleep well and stay positive

DIET CHART FOR OSTEOPOROSIS



INTRODUCTION

It is a disorder in which bones become weak and fragile. It is more common in females as compared to males and mostly occurs after 40's. A diet rich in calcium, vitamin D, Magnesium, phosphorus helps to maintain the healthy bones. If this balanced diet is not consumed then it will increase the risk of fractures and other complications associated with osteoporosis.



DAILY DIET SCHEDULE

WAKING-UP

Milk + Soaked almond -5 / 1tsp. flax seeds / Sesame seeds.

BREAKFAST

Vegetable poha / Vegetable porridge / Vegetable upma / Ragi chapatti / Multigrain chapatti + Vegetable / Fresh Juice / Cow's Milk / Egg

LUNCH

Chapatti / Multigrain Chapatti / Boiled rice / Veg pulao / Veg + Dal + Curd + Salad

EVENING

Fruit / Milk shake / Sprouts chat / Riceflakes snacks / Egg-1 / Soup (homemade) / Roasted makhane/ Roasted chickpeas / Makhane kheer

DINNER

Chapatti / Multigrain Chapatti / Boiled rice / Veg pulao / Veg + Dal + Salad

BED TIME

Milk+ a pinch of turmeric

FOODS TO CONSUME AND AVOID

CEREALS

FOODS TO BE CONSUMED

Whole grains cereals, Wheat, Oatmeal, Porridge, Brown rice, Finger millet, Rice flakes, Barley, Soya bean

Flour Ratio - Wheat Atta (50%) + Soybean Atta (20%) + Ragi flour (30%)

FOODS TO BE AVOIDED

Refined flour and its products

FRUITS

FOODS TO BE CONSUMED

Apple, Banana, Water melon, Muskmelon, Avocado, Peaches, Pear, Coconut, Pomegranate, All types of berries, Figs, Litchi, Custard apple, Sapodilla.

FOODS TO BE AVOIDED

Canned fruits and juices

VEGETABLES

FOODS TO BE CONSUMED

Radish, Carrot, Onion, Cucumber, Zucchini, Sweet potato, Pumpkin, Ginger, Celery, Eggplant, Coriander, Radish, Broccoli, Cabbage, Cauliflower, Kale, Mushrooms, Spinach, Carrot, Peas, Fenugreek leaves, Potato, Yam, Okra, Bottle gourd, Bitter gourd, Amaranthus.

FOODS TO BE AVOIDED

Canned vegetables

PULSES

FOODS TO BE CONSUMED

All pulse and legumes

FOODS TO BE AVOIDED

Black grams

DAIRY PRODUCTS

FOODS TO BE CONSUMED

Milk, Tofu, Soy milk, Cheese, Yogurt, Buttermilk

FOODS TO BE AVOIDED

Whole milk and cream, Full-fat yogurt, Condensed milk

FATS

FOODS TO BE CONSUMED

Cow ghee, Sunflower oil, Coconut oil, Olive oil, Mustard oil, Rice bran oil

FOODS TO BE AVOIDED

Cream, Palm oil, Butter

SPICES

FOODS TO BE CONSUMED

Cumin, Coriander, Salt, Turmeric, Ginger, Pepper, Fennel, Cinnamon, Cardamom

FOODS TO BE AVOIDED

Salt (In excess amount)

DRINKS

FOODS TO BE CONSUMED

Coconut water, Sugarcane juice, Fat free homemade soups, Herbal tea, Beetroot juice, Aloe Vera juice, Buttermilk, Cow's Milk, Homemade juices.

FOODS TO BE AVOIDED

Cream based liqueurs, canned soup and packaged soup, Alcohol, Sweetened drinks, Squashes, Carbonated drinks

FLESH FOODS

FOODS TO BE CONSUMED

Egg white, Roasted and skinless chicken, Grilled Fish, Lean meat.

FOODS TO BE AVOIDED

Red and processed meat

DRY-FRUITS /SEEDS

FOODS TO BE CONSUMED

Almond, Raisins, Walnut, Cashew nuts, Gingelly seeds

FOODS TO BE AVOIDED

Nil

PREPARED FOODS

FOODS TO BE CONSUMED

Jaggery

FOODS TO BE AVOIDED

Bakery and Processed foods, Packed soups, All fried foods, Junk foods, Sauces etc, Fruit jellies, Jams, Refined sugar.

DIET TIPS

- Water intake should be 6-8 glasses.
- Walk / Physical activity for 30 min is recommended.
- Small and frequent meals should be taken.
- Whole fruit should be preferred to fruit juices.
- Skipping meals should be avoided especially breakfast.

Diet Chart For Ovarian Cysts And Fibroids



An Ovarian cyst can be defined simply as a small sac filled with fluid that forms within the ovaries of a woman. Ovarian cysts can be quite painful and cause unpleasant sensations. However, ovarian cysts can become malignant or cancerous in certain cases but most of them are benign. They can cause pain, and heavy menstrual bleeding and may result in infertility.

AVOID	ALLOWED TO TAKE
DAIRY PRODUCTS	DAIRY PRODUCTS
All Milk and Milk Products to be Avoided	Nil
FRUITS	FRUITS
Banana, Mangoes, All Citrus Fruits Like	Prunes, Papaya, Avocado, Apples, Pear, Blueberries, Apricots
VEGETABLES	VEGETABLES
Canned & Frozen Vegetables, Raw Vegetables, Raw Salads, Overcooked Vegetables	Prefer Steamed Vegetables, Freshly Cooked Warm Vegetables such as Broccoli, Cauliflower, Brussels Sprouts, Artichokes, Green and Red Bell Peppers, Beans, Turnip Greens, Cabbage, Sweet Potatoes, Potatoes, Garlic, Onion, Carrot, Spinach, Kale, Peas, Pumpkin, Tomatoes (limited)
CEREALS	CEREALS
Refined Whole Grains, White Refined Flour and its Products, White Rice, Gluten Rich Grains	Brown Rice, Whole Wheat Oats, Sorghum Millets, Browntop Millets, Foxtail Millets, Kodo Millets, Barnyard Millets, Little Millets
PULSES	PULSES
All Other Lentils	Yellow Lentils, Green Lentils, Bengal Gram, Legumes

<i>DRY FRUITS & SEEDS</i>	<i>DRY FRUITS & SEEDS</i>
Peanuts, Cashew	Almonds, Walnuts (Soaked in Water Overnight), Brazil Nuts, Figs, Flax Seeds, Hemp Seeds, Sunflower Seeds
<i>OILS - SPICES</i>	<i>OILS - SPICES</i>
Unsaturated Fats, Refined Oil, Excess Salt, Green & Red Chili Note: Nearly all the Spices are to be Limited. Only Plain and Simple Food is to be Preferred.	Cow's Ghee, Turmeric, Fennel, Cumin, Coriander, Fenugreek Seeds, Black Pepper, Olive Oil, Almond Oil
<i>NON-VEG / FLESH FOODS</i>	<i>NON-VEG / FLESH FOODS</i>
Avoid All Non-Vegetarian Food	Nil
<i>OTHERS</i>	<i>OTHERS</i>
Packaged, Canned, Processed, Fried, Spicy, Junk and Bakery Products, Refined Sugar, Cream-based Liquors, Alcohol, Soft drinks, Squashes, Jams, Sauces, Pickles, Coffee, Tea, Chocolates	Honey, Jaggery, Coconut Water, Barley Water, Aloe Vera Juice, Ginger Juice, Wheatgrass Juice, Apple Juice

OTHER TIPS / RECOMMENDATIONS

- Food items not mentioned in this diet chart can be consumed in moderation.
- As a General, all kinds of artificial, packed, industrial, and processed food items should be avoided.
- Behavior plays an important role in preventing diseases, so keep yourself away from negative thoughts, anger, greed, and Ego.

Note: Full Body Massage and especially Back Massage with Dhanwantharam Oil helps in Improving Kidney Circulation, so Masasaging twice or thrice a week is Recommended.

Diet Plan For Paralysis



Paralysis is a neurological disorder that can immediately cause loss of strength or even spasm of muscles of any part of the body it could be any limb or half side of the body or may include the whole body and will lead to partial or complete loss of muscle function. In this condition nutritious diet plays a major role in fast recovery. So, the diet must be enriched with antioxidants, essential nutrients like Vitamins and minerals and in proteins.

DIET CHART

EARLY-MORNING

Lukewarm water / Arjuna decoction / Fenugreek water

BREAKFAST

Veg Semolina (Veg upma) / Broken wheat porridge (Veg Dalia) / Veg Vermicelli (Sewian) / Veg poha (Rice flakes) / Veg Idli / Stuffed Chapatti / Chapatti with Veg or Dal / 1 Egg's white portion

MID-MORNING

Fruit / Coconut water / Steamed salad / Herbal Tea

LUNCH

Plain chapatti / Veg pulao / Boiled rice / Veg khichri / Veg Dalia / Vegetable + Dal + Salad

EVENING

Herbal tea / Green tea / Arjun Tea

PRE-DINNER

Soup (Home-made)

DINNER

Plain chapatti / Vegetable / Khichari + Dal + Salad

DIET INSTRUCTIONS

CEREALS

Cereals to be consumed

Whole grains, Oatmeal, Soya, Corn, Millets, Quinoa, Rice

Cereals to be avoided

Refined flour

FRUITS

Fruits to be consumed

Banana, Apple, Avocado, Pear, Papaya, Watermelon, Muskmelon, Apricots, Blackberries

Fruits to be avoided

All canned or packaged fruits and Citrus fruits

VEGETABLES

Vegetables to be consumed

Brussels sprouts, Broccoli, Turnips, Green beans, Carrot, Cabbage, Pumpkin, Sweet potatoes, Squash, Artichokes, Lettuce, Asparagus, Parsley, Collard greens, Kale, Okra, Dandelion greens, Mushroom, Drumsticks, Spinach and all green leafy vegetables, Beet greens, Potatoes, Onion, Zucchini, Fenugreek leaves, Celery, Coriander leaves, Garlic.

Vegetables to be avoided

Tomato, Frozen vegetables

PULSES

Pulses to be consumed

All split pulses

Pulses to be avoided

Whole pulses like Black gram, Bengal gram and Dried and frozen pulses

DAIRY PRODUCTS

Dairy Products to be consumed

Low-fat Cow's Milk

Dairy Products to be avoided

Whole milk and cream, Yoghurt, Cheese, Buttermilk, Condensed milk

SPICES

Spices to be consumed

Cumin, Coriander, Turmeric, Ginger, Pepper, Fennel, Cinnamon, Curry leaves, Thyme, Garlic

Spices to be avoided

Red and Green chillies

DRINKS

Drinks to be consumed

Cow's milk, Homemade soup, Carrot juice, Pumpkin juice, Wheat grass juice, Aloe Vera juice, Green tea, Herbal tea, Amla juice, Arjun Tea

Drinks to be avoided

Alcohol, Carbonated beverages, Canned or packaged soup and fruit juices, Coffee, Tea

FLESH FOODS

Flesh Foods to be consumed

Egg white, Fish (Grilled / Roasted)

Flesh Foods to be avoided

All the other fleshed like Prawns, Lobster, Crab, Lean beef, Pork, Lamb, Ham, Turkey, Egg yolk, Mutton, Red meat, Organ part such as Liver, Kidney and Chest

NUTS AND DRY FRUITS

Dry Fruits to be consumed

Flax seed, Pumpkin seed, Walnut, Almond, Dried raisins (only after soaking them)

Dry Fruits to be avoided

Cashew nuts, Peanuts

FATS

Fats to be consumed

Cow ghee, Mustard oil, Olive oil, Canola oil, Rice bran oil, Coconut oil

Fats to be avoided

Unsaturated fats, Cream, Palm oil, Butter

OTHER FOODS

Other foods to be consumed

Homemade only, Jaggery

Other foods to be avoided

All bakery products or processed, Sauces, Fruit jellies, Jams, Mayonnaise, Ice-cream, Cream soups, Dark chocolate, Butter scotch, Coconut bar, Chutneys, Pickles, Junk food, Deep fried foods, Spicy foods, Too much salty food.

DIET TIPS

- Whole fruit should be preferred to fruit juices.
- Skipping of meals should be avoided, especially the breakfast.
- 6-Soaked Almond per day should be consumed.
- Water intake should be increased at least 8-10 glass regularly.
- Monitor your blood pressure and restrict the salt intake.
- Regularly can consume Arjun Tea.

Diet Chart For Piles / Hemorrhoids



www.plantbasedayurveda.com

Piles are Dilated or swollen veins around the rectum and anal opening. It is of two types- internal and external. High fiber diet is the ideal diet for persons suffering from piles. Fiber creates bulk in stools and gives relief from hard stools. Avoid spicy, oily food as they trigger gastrointestinal problems and worsen the condition.

AVOID	ALLOWED TO TAKE
<p><i>MILK PRODUCTS</i></p> <p>Whole Milk and Cream, Condensed Milk, Full fat Yogurt, Butter</p>	<p><i>MILK PRODUCTS</i></p> <p>Cow's Ghee, Low Fat Milk, Cottage Cheese, Cheese, Curd / Yogurt, Buttermilk</p>
<p><i>FRUITS</i></p> <p>Olives, Citrus Fruits (Lemon, Oranges, etc.) Bananas (it causes constipation)</p>	<p><i>FRUITS</i></p> <p>Apple, Berry (Only ripened), Grapes, Papaya, Pears, Muskmelon, Watermelon</p>
<p><i>VEGETABLES</i></p> <p>Canned & Frozen Vegetables</p>	<p><i>VEGETABLES</i></p> <p>Green Leafy Vegetables, Cabbage, Spinach, Cauliflower, Onion, Cucumber, Carrot, Celery, Beans, Peas, Asparagus, Potatoes, Sweet Potatoes</p> <p>Note: These are the Best Antioxidants and are Rich in Fiber. These Vegetables can be used in the direct form as well as in the juicy form. The above-given vegetables are best if they are included in the daily diet plan by the patient. They aid in digestion.</p>
<p><i>DRY FRUITS & SEEDS</i></p> <p>Nil</p>	<p><i>DRY FRUITS & SEEDS</i></p> <p>4-5 Almonds, Walnuts, Raisins, Peanuts, Pistachio, Cashew, Sesame Seeds, Sunflower Seed, Chia Seed, Flaxseed, Pumpkin Seed (All Soaked in Water Overnight)</p>

<i>SPICES</i>	<i>SPICES</i>
Green & Red Chili, Peppers Note: Nearly all the Spices are to be Limited in this Condition. They all can be used only after the Perfect Cure for the Problem. Otherwise, only Plain and Simple Food to be Eaten.	Mint, Turmeric, Cumin, Fennel, Coriander
<i>CEREALS</i>	<i>CEREALS</i>
Refined Whole Grains, White Refined Flour and its Products	Bran Cereal, Brown Rice with Vegetables, Wheat Pasta (Moderation) with Vegetables, Oats (Simple) with Vegetables, Bagels Note: These Cereals help in the Passage of Stools and managing Other Symptoms as well
<i>PULSES</i>	<i>PULSES</i>
Black Lentils	All Pulses & Legumes
<i>DRY FRUITS</i>	<i>DRY FRUITS</i>
Cashew nuts, Pistachio, Peanuts, Raisins, Figs, Dried apricot, Sunflower seed, Flaxseed, Pumpkin seed, Hazelnuts	5 Almonds, 1 Date (Soaked in Water Overnight)
<i>OILS</i>	<i>OILS</i>
Unsaturated Fats, Palm Oil, Coconut Oil	Sunflower Oil, Canola Oil, Olive Oil, Mustard Oil, Rice Bran Oil
<i>NON-VEG / FLESH FOODS</i>	<i>NON-VEG / FLESH FOODS</i>
Red Meat, Canned & Frozen Meat Note: Meats have a high amount of fat. They are not to be taken during piles	Egg White, Roasted Chicken, Grilled Fish, Lean Meat (Once or Twice a month)
<i>OTHERS</i>	<i>OTHERS</i>
Packaged, Processed, Fried and Bakery Products, Refined Sugar, Jams, Sauces, Pickle, Too much Salty Food, Coffee, Alcohol, Tea, Dark Chocolate	Homemade Only, Tofu, Honey, Aloe Vera, Wheatgrass

OTHER TIPS / RECOMMENDATIONS

- Food items not mentioned in this diet chart can be consumed in moderation.
- In General, all kinds of artificial, packed, industrial, and processed food items should be avoided.
- Behavior plays an important role in preventing diseases, so keep yourself away from negative thoughts, anger, greed, and Ego.
- Apply Nirgundi and Jatyadi Oil over Piles after going to Toilet and before Sleeping.

Diet Chart For Pitta Prakriti



Natural mild Sweet and Bitter Taste is Good for Pitta Dosha and all Salty, Pungent, and Sour Tastes are Not Good for Pitta. Prefer Bathing with Lukewarm Water. Consuming various spiced foods should be avoided. Stay Calm as Rage or Anger is not an Option. Pitta Prakriti people are generally aggressive in nature, Meditation calms down their mind and improves concentration. They are tremendously concentrated on achieving their goals which makes them work day and night, so a little or mild exercise is enough for them. They have a very good digestive fire so they should not stay empty stomach for a long time. Their Sleep usually suffers due to their ambitious characteristics, but sound sleep is very much important to perform efficiently, so, Pranayama and a glass of lukewarm water before going to sleep can help. It relaxes the mind and helps to sleep pleasantly. In case of excessive burning sensation in the body, keep water under the moonlight for one whole night, and drink it on an empty stomach, the following morning.

Food Products	Best for Kapha Dosha	Good for Kapha Dosha	Neutral for Kapha Dosha	Bad for Kapha Dosha
DAIRY PRODUCTS	Cow's Ghee, Cow's Milk, Goat's Milk	Fresh Churned Butter / Unsalted	---	Yogurt (Plain or Flavored), Fermented Milk Products, Cheese, Salted Milk Products
FRUITS, DRY FRUITS & SEEDS	Apple, Pomegranate, Melon, Pears, Watermelon, Sweet Mulberries, Avocado, Prunes	Java Plums, Papaya, Banana, Almonds, Walnuts (Soaked, in Small Qty.)	Peaches, Apricots, Mangoes, Pistachio, Cashew Nuts, Hazelnuts (especially Salted)	Grapes, Lemon, Pineapple, Sweet Lime, Kiwi, Raspberries, Cranberries, Dates, Raisins, Figs, Peanuts Note: Walnuts (if taken in Excess)
VEGETABLES	Sweet Potato, Pumpkin, Corn,	Bitter Gourd, Ash Gourd,	Turnip, Radish, Pointed Gourd,	Eggplants, Bell Peppers /

	Asparagus, Broccoli, Green Beans, Cabbage, Lettuce, Green Salad, Zucchini, Cucumber	Round Gourd, Bottle Gourd, Mushroom, Peas, Potato, Carrot	Spinach, Fenugreek Greens	Capsicum, Tomato
GRAINS	Aged Rice & Wheat	Cornflour, Brown Rice, Finger Millets, Foxtail Millets, Kodo Millets	Quinoa, Buckwheat, Pearl Millets	Newly Harvested Rice and Wheat
BEANS & PULSES	Pigeon Peas / Tuvar Dal, Yellow Lentils, Green Lentils	Chickpeas	Kidney Beans, Pink Lentils, Black Gram	Black Lentils
SPICES	Coriander Leaves, Dry Fenugreek Leaves, Fennel Seeds, Basil Leaves, Celery	Cumin Seeds, Cardamom, Mint Leaves	Rock Salt, Cloves, Fenugreek Seeds, Ginger, Garlic (in small qty.), Pink Salt, Ginger, Turmeric, Black Pepper	Red and Green Chillies, Raw Garlic
OILS	Coconut Oil	Sunflower Oil, Olive Oil	Sesame Oil	Mustard Oil, Almond Oil, Peanut Oil
NON-VEG / FLESH FOODS	Egg White	Chicken Soup, Turkey Soup	Fish and Duck Meat	Meat, Chicken, Beef, Red Meat, Shellfish
OTHER FOODS	Non-Refined Sugar, Brown Sugar, Lot of Water	Homemade Honey, Fresh Fruit Juices, Herbal Tea like Arjun Tea, Fresh Homemade Green Tea without Lemon	Honey (Aged), Jaggery, Cold Iced Homemade Drink of Mint, Basil, Coriander Leaves	Refined Sugar and Other Sweeteners, Packaged, Processed, Fried, and Bakery Products, Vinegar, Pickles, Coffee, Tea, Carbonated Drinks, Sour Fruit Juices, Beer, Wine, Other Alcoholic Drinks

Diet Plan for Pregnant Women



Pregnancy is a highly demanding phase of nutrition. The feeling of carrying a soul within you is the most awaited time in a woman's life. So this is the time for a pregnant woman to take healthy and nutritious diet for baby's good growth and therefore risk of birth defects also get diminishes.

Restricted eating or crash dieting in pregnant can seriously danger for both mother and baby's health, and is not recommended during pregnancy. A diet lacking nutrients may negatively affect the baby's development.

DIET CHART FOR PREGNANT WOMEN

EARLY-MORNING (7:00 am)

1 cup of milk (flavored or unflavored) Preferred flavors- Almond, Cardamom or Shatavari (Asparagus racemosus) / 2 Wheat biscuits or dry toasts / 6 Soaked Almond + 2 Dates

BREAKFAST (9:00 am)

Broken wheat porridge (Veg Dalia) / Veg Semolina (veg upma) / Veg Vermicelli (Sewian) / Veg poha (Rice flakes) / Veg idli / Chickpea flour pancakes (gram flour) / Parantha Stuffed with 1 bowl curd / yogurt / Chapatti with veg or Dal/ Semolina pancakes / Oatmeal / Omelets with 2 slices brown bread.

MID-MORNING (11:00 am)

Salad / Fruit (except papaya and grapes) / Smoothie / Sprouts

12:00-1:00 pm

Lemonade / Coconut water

LUNCH (2:00-3:00 pm)

2 Wheat chapatti / Mixed chapatti / Boiled Rice / Bowl of lentils or fish curry or chicken/ Any veg of your choices / Salad / Sprouts / Lemon rice

3:00 pm

A glass of Buttermilk

4:30 pm

Milk / Herbal Tea / Milk shake/ Smoothie / Green tea / Any Snack made with cottage cheese

6:00 pm

Roasted Chickpeas / Sprouts / Veg Sandwich/ Dry fruits (Almond + Walnuts/ Rice flakes
Snack

PRE-DINNER (7:30 pm)

Veg / Chicken Soup (Home-made)

DINNER (8:30-9:00 pm)

Jawar chapatti / Bajra chapatti / Boiled Rice / Vegetable + Moong lentils + Salad / Fish/
Chicken / Tofu Cheese / Nutri-nuggets

BEDTIME (10:00 pm)

Fruit custard with Almond or 2 Dates / Fruit shake / Semolina kheer / Rice Phirni

MONTH WISE DIET

According to Ayurveda, it is important to follow this regimen in order to remain healthy and deliver a healthy child possessing good health and all qualities.

MONTH	DIET
FIRST MONTH	Sweet, cold, liquid and congenial diet. Avoid massages
SECOND MONTH	Sweet, cold, liquid diet
THIRD MONTH	Sweet, cold, liquid diet especially cooked rice with milk
FOURTH MONTH	Cooked rice with curd, pleasant food mixed with milk and butter and white meat (Optional).
FIFTH MONTH	Rice gruel
SIXTH MONTH	Sweetened curd and regular consumption of milk and clarified butter.
SEVENTH MONTH	Same as in sixth month
EIGHTH & NINTH MONTH	A few teaspoons of cows ghee should be consumed mixed in food for an easy delivery

FOODS TO BE CONSUMED DURING PREGNANCY

Dairy products, Legumes, Green leafy vegetables and fruits, Lean meat, Salmon, Eggs, Whole grain, Fish (salmon but in limit)

FOODS TO BE AVOIDED DURING PREGNANCY

Raw and processed meat, unpasteurized food, milk, cheese, Papaya, Grapes, Caffeine, Alcohol, Junk food, Packaged foods, Aerated Drinks

LIFESTYLE AND DIETARY TIPS

- Skipping meal should be avoided, especially breakfast.
- Follow Iron and vitamin rich Diet.
- Meditation and Breathing exercises are recommended.
- Drink plenty of water and coconut water.
- Eat Healthy.

DIET FOR PREMENSTRUAL SYNDROME (PMS)



INTRODUCTION

Premenstrual syndrome is a group of symptoms that occur one to two weeks before a menstruation. It refers to physical, emotional and behavioral changes; common signs & symptoms include acne, tender breasts, bloating, feeling tired, irritability, and mood changes. A diet including high-fiber, complex carbohydrates, iron and calcium-rich foods with some physical activities can help a lot. The most common diet recommendations are to avoid high sugar and salt, high fats, fried food, junk food, caffeine, carbonated and artificial sweeteners in order to reduce bloating, water retention, and breast swelling and tenderness.



DAILY DIET SCHEDULE

WAKING-UP

A glass of low-fat milk + soaked almond -5 pieces + Soaked Raisins- 8 pieces

After 15 min - Carom water (ajwain)

BREAKFAST

Stuffed parantha / Veg sandwich + 1 fruit / Bread toast with egg / Chapatti with veg or dal / Veg Sewian / Veg poha / Veg idli / Besan chila / Suji chila / Veg upma / Sprouts / 1 egg white part

LUNCH

Chapatti / Mixed Chapatti / Boiled rice / Veg pulao / Veg + Dal + Salad

EVENING

Fruit / Coconut water / Herbal tea / Carom water

PRE-DINNER

Sandwich / Roasted chickpeas + Riceflakes Snacks / Soup (homemade)

DINNER

Chapatti / Mixed Chapatti / Boiled rice / Veg pulao / Veg + Dal + Salad

Bed Time: Low-fat milk with ½ tsp turmeric

DIET INSTRUCTIONS

CEREALS

FOODS TO BE CONSUMED

Whole grains cereals, Wheat flour, Oatmeal, Whole brown bread, Porridge, Brown rice, Whole wheat pasta, Finger millet, Rice flakes, Barley

Flour Ratio - Wheat Atta (50%) + Soybean Atta (20%) + Ragi flour (30%)

FOODS TO BE AVOIDED

Refined flour and its products, Sweet biscuit, Cream filled biscuit, Cream crackers, Cheese biscuits, Noodles, Pasta, Macaroni

FRUITS

FOODS TO BE CONSUMED

All fruits

FOODS TO BE AVOIDED

Canned fruits and juices

VEGETABLES

FOODS TO BE CONSUMED

All vegetables, Seasonal vegetable should be consumed. Raw vegetables like Radish, Carrot, Onion, Tomato, Cucumber etc.

FOODS TO BE AVOIDED

Canned vegetables and frozen vegetables

PULSES

FOODS TO BE CONSUMED

All pulse and legumes

FOODS TO BE AVOIDED

Nil

DAIRY PRODUCTS

FOODS TO BE CONSUMED

Low-fat milk, Tofu, Cottage cheese

FOODS TO BE AVOIDED

Whole milk and cream, Curd, Buttermilk, Butter, Full-fat yoghurt, Cream cheese, Condensed milk, Raw milk, Unpasteurized cheese, Blue-veined cheese, Soft mold-ripened cheese.

FATS

FOODS TO BE CONSUMED

Cow ghee, Sunflower oil, Canola oil, Olive oil, Mustard oil, Rice bran oil

FOODS TO BE AVOIDED

Unsaturated fats, Cream, Palm oil, Coconut oil

SPICES

FOODS TO BE CONSUMED

Cumin, Coriander, Salt, Turmeric, Ginger, Pepper, Fennel

FOODS TO BE AVOIDED

Red chilies

DRINKS

FOODS TO BE CONSUMED

Coconut water, Sugarcane juice, homemade soups, Green juice, Herbal tea, Beetroot juice, Aloe Vera juice, Milk, Homemade juices

FOODS TO BE AVOIDED

Whole milk drinks, Cream based liqueurs, Buttermilk, Shakes, Smoothie, canned soup and packaged soup, Alcohol, Sweetened drinks, Squashes, Carbonated drinks

FLESH FOODS

FOODS TO BE CONSUMED

Egg white, Roasted chicken, Grilled Fish, Lean meat, Skinless chicken

FOODS TO BE AVOIDED

Raw, Uncooked and Processed meat, fish especially Selfish, Shark, Swordfish, Tuna and Marlin, clams, Mussels, Oysters and Scallops, Meat patties, Burgers, Pork, Organ meat, Liver, Kidney, Chest, Red meat, Fish fried in suitable oil, Prawns, Lobster, Crab, Lean beef, Lamb, Ham, Turkey, Rabbit, Sausages, Mutton, Salami, Bacon, Duck, Goose, Visible fat on meat .

DRY-FRUITS / SEEDS

FOODS TO BE CONSUMED

Almond, Raisins, Ground nuts, Walnut, Peanuts, Pistachio, Cashew nuts, sunflower seeds, Flaxseeds

FOODS TO BE AVOIDED

Nil

PREPARED FOODS

FOODS TO BE CONSUMED

Home made only, Jaggery

FOODS TO BE AVOIDED

Bakery and Processed foods, Pastry, Puddings, Packed soups, Mayonnaise, Cream soups, Chocolate, Fudge, Butter scotch, Coconut bar, All fried foods, Junk foods, Sauces etc, Fruit jellies, Jams, Refined sugar, Marmalade, Sweeteners, Chutneys, Pickle, Ice-cream, Sauces etc.

DIET TIPS

- Water intake should be 6-8 glasses
- Walk / Physical activity for 30 min is recommended.
- Small and frequent meals should be taken
- Whole fruit should be preferred to fruit juices.
- Skipping of meals should be avoided especially breakfast.

HOME REMEDIES

CAROM SEED WATER

Boil 1 tsp of carom (ajwain) seeds in 2 cup of water till it reduced to 1 cup.

GINGER TEA

Crush the ginger slightly and put it in the cup of hot water, steep for 2 to 3 minutes. Drink a cup of ginger tea thrice a day after every meal.

CHAMOMILE TEA

Chamomile tea by steeping a teaspoon of chamomile flowers and one teaspoon of peppermint leaves in a cup of boiling water for about 10 minutes. Drink this tea after straining it at least thrice a day.

HERBAL TEA

Boil ½ tsp each of fennel, coriander, cumin in cups of water till it's reduced to 2 cups.

GINGER AND BASIL LEAVES TEA

Take 1 tsp of grated ginger with 1 cup of water for few minutes, add basil leaves and cumin seeds, consume it twice a day.

ALOE-VERA

Take one teaspoon pulp of Aloe Vera with black salt and dry ginger powder every morning for a period of 10 days

Diet Chart For Prostate Problems



The prostate gland is present in the male reproductive system. Enlarged prostate gland also called as BPH (benign hyperplasia) is not cancerous and does not raise risk for prostate cancer but it may raise the urinary problems such as dribbling of urine, blood and painful urination, painful ejaculation and many more. A diet with excess of calories, very high in animal-based protein is responsible to raise prostate issues. Diet must include food rich in antioxidants, Vitamin C, lutein, beta-carotene and zinc to control the symptoms. Daily consumption of red meat, caffeine, high sodium food, processed foods, alcohol, spicy foods, sugary foods, can increase urinary symptoms, including BPH. A balanced diet along with antioxidant rich food has positive impact on prostate health.

AVOID	ALLOWED TO TAKE
<p><i>MILK PRODUCTS</i></p> <p>Mozzarella Cheese, Butter, Full Cream Milk, Yogurt and All Other Milk Products</p>	<p><i>MILK PRODUCTS</i></p> <p>Cow Ghee, Lassi, Low Fat Milk in Low Qty</p>
<p><i>FRUITS</i></p> <p>Some Fruits that Cause Constipation like Banana for Some</p>	<p><i>FRUITS</i></p> <p>Almost All Fruits can be Consumed in this Problem</p> <p>Red Berries, Strawberries, Raspberries, Blueberries, Avocado, Pomegranate, Papaya, Watermelon, Sugar cane, Citrus Fruits - Grapes, Orange</p> <p>These fruits have antioxidant properties that are good in this condition</p>
<p><i>VEGETABLES</i></p> <p>All Packed and Frozen Vegetables</p>	<p><i>VEGETABLES</i></p> <p>Broccoli, Cauliflower, Cabbage & All Cruciferous Vegetables, Green Leafy Vegetables, Tomatoes, Bell Peppers, Pumpkin, Ash Gourd, Bottle Gourd, Onion, Spinach, Green Coriander, Garlic, Ginger, Zucchini, Asparagus, Ginger</p>

	Note: Vegetables Juices & Soups may also be preferred, to help in easy Bowel Movement
DRY FRUITS	DRY FRUITS
Mozzarella Cheese, Butter, Full Cream Milk, Yogurt and All Other Milk Products	Cow Ghee, Lassi, Low Fat Milk in Low Qty.
SPICES & OILS	SPICES & OILS
Hot/Hard Spices cause irritation in Prostate Enlargement and other Prostate Problems	Coriander, Cumin, Thyme, Fenugreek Seeds, Mint, Fennel, Turmeric, Trikatu - Less quantity Flaxseed Oil, Olive Oil, Cod Liver Oil
GRAINS	GRAINS
Canned and Processed Grains	Nearly All the Grains can be Consumed during this problem Soya, Whole Grains, Wheat, Oats, Rice Note: These grains are rich in fiber and they are to be taken in a particular amount
PULSES	PULSES
Black Lentils	All Pulses & Legumes
DRY FRUITS	DRY FRUITS
Cashew nuts, Pistachio, Peanuts, Raisins, Figs, Dried apricot, Sunflower seed, Flaxseed, Pumpkin seed, Hazelnuts	5 Almonds, 1 Date (Soaked in Water Overnight)
NON-VEG / FLESH FOODS	NON-VEG / FLESH FOODS
Egg Yolk, Fatty, Fried & Grilled Meat, Sausage, Red Meat	Egg White, Skinless Poultry - Occasionally, Salmon Fish - Grilled
OTHERS	OTHERS
Packaged, Processed, Fried and Bakery Products, Alcohol, Coffee / Caffeine, Calcium Rich Foods, Sodium, Plant Based Milk Products like Soymilk, Tofu	Pumpkin Seeds - 1 tsp Soaked in Warm Water Roasted or Soaked Almonds, Peanuts Turmeric Milk - 1/2 tsp Turmeric in a Glass of Milk Sesame Seeds, Low Sodium Diet

OTHER TIPS / RECOMMENDATIONS

- Water intake should be 8-10 glasses regularly.
- Walking for at least 30-45 min is recommended.
- Skipping meals should be avoided, especially breakfast.
- **Herbal Tea:** Boil 1/2tsp. each of Fennel, Dhaniya, Cumin in 3 cups of Water till it's reduced to 1 cup. Take this Herbal Concoction twice a da
- Food items not mentioned in this diet chart can be consumed in moderation.
- As per Ayurveda, all diseases are caused due to imbalance of the tridoshas. Prostate Problems are due to an imbalance of Vata Dosha, so it is better to avoid taking Bitter (Tikta), Astringent (Kashaya), and Pungent (Katu) Tastes and Sour (Amla), Salty (Lavan), and Sweet (Madhur) Tastes can be consumed in moderation.
- As a General, all kinds of artificial, packed, industrial, and processed food items should be avoided.
- Behavior plays an important role in preventing diseases, so keep yourself away from negative thoughts, anger, greed, and Ego.

Diet Plan for Psoriasis Patients



Psoriasis is a skin disease, which is non-contagious in nature. It is characterized by scaly patches, which are red in colour. These patches appear on the scalp, elbows and knees. These lesions may vary from minor patches appearing at local points to the entire portion of the body. The major causes of psoriasis are yet to be known.

Often it is said that heredity plays a huge role in causing psoriasis. Also, a weakened immune system may result in psoriasis as well. Environmental factors may be the other reason for causing psoriasis. The severity of the disorder may vary from individuals to individuals.



Dry skin, cracks in the skin, pink colored lesions, bleeding skin, stiffened joints, inflammations, itching sensation and burning at some places are the major symptoms of people suffering from psoriasis. Physical and mental stress also contribute to the occurrence of psoriasis as well.

It is highly advised that people suffering from psoriasis must follow a strict diet regimen. Following is the diet chart for the patients suffering from this non contagious skin infection. It must be followed strictly to get relief from the disorder and associated symptoms as well.

DIET CHART FOR PSORIASIS

EARLY-MORNING

Herbal tea / Green tea

BREAKFAST

Broken wheat porridge (Veg / Sweet Dalia) / Veg oats / Veg Semolina (Veg upma)/ Veg poha (Rice flakes) /Vermicelli (Veg / Sweet Sewian) / Chapatti with veg or Dal / 1 - Egg white portion only

MID-MORNING

Fruit / Coconut water / Herbal tea / Green tea / Salad

LUNCH

Chapatti / Boiled Rice / Vegetable + Dal / Salad

EVENING

Sprouts / Green tea / Soup (Home-made) / Herbal tea / Salad.

DINNER

Chapatti / Boiled Rice / Vegetable + Dal

DIET INSTRUCTIONS

CEREALS

Cereals to be consumed

Wheat, White rice, Brown rice, Sorghum, Amaranth, Finger millet, Foxtail millet, Pearl millet, Buckwheat, Little millet, Barley. Flour Ratio- Wheat Atta (50%) + Soybean Atta (20%) + Ragi flour (30%)

Cereals to be avoided

Rye.

FRUITS

Fruits to be consumed

Banana, Water melon, Muskmelon, Avocado, Peaches, Pear, Pomegranate, Figs, Custard apple, Sapodilla, Apple Papaya.

Fruits to be avoided

Orange, Mango, Strawberries, Lemon, Limes, Grapes, Blueberries.

VEGETABLES

Vegetables to be consumed

Zucchini, Sweet potato, Pumpkin, Celery, Coriander, Broccoli, Cabbage, Cauliflower, Kale, Mushrooms, Spinach, Carrot, Peas, Fenugreek leaves, Okra, Bottle gourd, Bitter gourd, Brussels sprouts, Lettuce, Ginger, Chicory greens.

Vegetables to be avoided

Tomatoes, Potatoes, Brinjal, Garlic, Onion, Green chilies, Red chilies, Radish.

PULSES

Pulses to be consumed

All pulses and legumes.

Pulses to be avoided

Nil

DAIRY PRODUCTS

Dairy Products to be consumed

Tofu, Soy milk (occasionally)..

Dairy Products to be avoided

Milk, Cheese, Buttermilk, Butter, Curd.

OILS

Oils to be consumed

Cow ghee, Sunflower oil, Canola oil, Olive oil, Mustard oil, Rice bran oil.

Oils to be avoided

Cream, Palm oil, Coconut oil.

SPICES

Spices to be consumed

Cumin, Coriander, Turmeric, Ginger, Pepper, Fennel, Cinnamon, Thyme, Carom seeds.

Spices to be avoided

Mustard, Pimiento, Nutmeg.

DRINKS

Drinks to be consumed

Coconut water, Homemade soups, Green juice, Herbal tea.

Drinks to be avoided

Whole milk drinks, Cream based liqueurs, Canned soup and Packaged soup, Alcohol, Sweetened drinks, Squashes, Carbonated drinks.

FLESH FOODS

Flesh Foods to be consumed

Egg white, Chicken (Once in a week)

Flesh Foods to be avoided

Processed and fried meat, Red meat (Beef, Lamb, Pork), Fishes (Tilefish, Shark, Swordfish, King Mackerel, Marlin, Bluefin Tuna).

DRY-FRUITS / SEEDS

Dry Fruits to be consumed

Soaked Almonds, Soaked Raisins, Soaked Walnut, Soaked Figs, Soaked Prunes. (If Suits)

Dry Fruits to be avoided

Nil

PREPARED FOODS

Prepared Foods to be consumed

Nil

Prepared Foods to be avoided

Bakery and Processed Foods, Fried Food, Junk Food, Pickles, Artificial Sweeteners, Packed Soups, Refined Sugar, Vinegar, Jaggery.

SWEETENERS

Sweeteners to be consumed

Honey

Sweeteners to be avoided

Sugar

HOME REMEDIES

- **Bitter gourd juice** - Consume 20- 30 ml of bitter gourd juice.
- **Flax seeds** - Consume 1 tsp. of flax seeds with warm water daily.
- **Aloe Vera** - Consume Aloe Vera juice, early morning and even apply Aloe Vera gel on scaly patches. It helps in reducing redness and scales.
- **Turmeric** - It is an anti – inflammatory in nature. Turmeric paste can be prepared and apply on patches.

DIET INSTRUCTIONS

- Drink 8 – 10 glasses of water in a day this will remove toxins from the body.
- Avoid eating junk and spicy food.
- Eat homemade food.
- Drink green tea.
- Use homemade packs over the affected skin.

Diet Plan for Renal Diabetic Patients



Diabetic kidney disease is a type of kidney failure caused by diabetes, a condition characterized by high glucose levels. A high blood sugar in the blood damages the millions of tiny filtering units of kidney leading to kidney failure. Diet is one of the important components in managing diabetes and kidney disease. In diabetic with CKD patients, control of blood sugar level is an important factor to slow down the progression of kidney disease. Low protein, low sodium, and low fat diet are prescribed for patients of diabetes with chronic renal failure. Avoid simple sugars and sweets, carbonated drinks, caffeine, alcohol, fried food, salty foods etc.

RENAL DIABETIC DIET CHART

EARLY-MORNING

Herbal tea

BREAKFAST

- Veg Dalia / Veg upma / Suji chila / Veg Sewian / Veg poha / Stuffed Chapatti / Chapatti with veg / Chapatti with veg or dal / 1 Egg white part only

MID-MORNING

Fruit (Steamed) / Salad (Steamed)

LUNCH

Wheat chapatti / Boiled Rice / Sago halwa / Khichri (sago rice) / Veg khichri / Veg Dalia + Veg + Dal

EVENING

Soup (Home-made) / Herbal tea / Rice flakes

DINNER

Plain chapatti / Boiled Rice / Veg khichri / Veg Dalia / Veg + Dal

DIET INSTRUCTIONS

CEREALS

Cereals to be consumed

Whole grains, Rice flakes, White rice, Semolina, Vermicelli, Puffed rice, Wheat flour.

Chapatti Ratio - Wheat flour 1 kg + Arrowroot flour 250 gm.

Cereals to be avoided

White refined flour, Brown rice, White pasta, Brown bread, Bakery products, Noodle, Pasta, Macaroni, Maggie.

FRUITS

Fruits to be consumed

Apple, Pear, Papaya, Pomegranate

Fruits to be avoided

All Citrus fruits Banana, Coconut, Dates, Kiwi, Orange, Lemon, Avocado, Apricot, Watermelon, Figs, Olive, Bamboo shoots, Bael, Pineapple, All canned and packaged fruits, Fruits with seeds

VEGETABLES

Vegetables to be consumed

Pumpkin, Carrot, Cabbage, Turnip, Peas, Bottle gourd, Bitter gourd, Ridge gourd, Potatoes, Cauliflower, Winter squash, Onion, Radish, Ginger, Lettuce, Asparagus, Broccoli

Vegetables to be avoided

Tomato, Eggplant, Beans, Garlic, Spinach, Brussels sprout, Peppermint leaves, Sweet potatoes, Swiss chard, Mushroom, Cucumber, Lotus stem, Taro roots, All green leafy vegetables, Beetroot, Soybean and its products, Coconut, Frozen vegetables, Raw salad

PULSES

Pulses to be consumed

Yellow lentil, Orange lentils, Split pigeon peas, Split chickpeas

Pulses to be avoided

All whole pulses-Black gram, Bengal gram, White chickpea, Kidney beans, Nutri-nuggets, Soybean, Green gram, Horse gram, Roasted grams, Dried and frozen pulses.

DAIRY PRODUCTS

Dairy Products to be consumed

Nil

Dairy Products to be avoided

Whole milk and Cream, Cottage cheese, Butter, Full-fat yogurt, Cream cheese, Condensed milk, Curd

SPICES

Spices to be consumed

Coriander, Mint, Black pepper, Cumin, Fennel, Carmon, Cardamom, Rock salt (limited)

Spices to be avoided

Excessive salt, Red and green Chilies, Salt

DRINKS

Drinks to be consumed

Homemade vegetable soup, Green tea, Herbal tea

Drinks to be avoided

Carbonated beverages, Soya milk, Coconut water, canned soup, packaged soup and canned fruit juices, caffeinated drinks, Alcohol, Tea or Coffee

FLESH FOODS

Flesh Foods to be consumed (once in a 15 days)

Egg white portion only

Flesh Foods to be avoided

Fried or Processed meats, Prawns, Lobster, Crab, Lean beef, Pork, Lamb, Ham, Turkey, Egg yolk, Sausages, Mutton, Salami, Bacon, Duck, Goose, Hot dogs, Hamburgers, Meat pies, Visible fat on meat, Red meat, Organ part Liver, Kidney and Chest

SEEDS AND DRY FRUITS

Dry Fruits to be consumed

5 almonds (soak in water overnight)

Dry Fruits to be avoided

Cashew nuts, Pistachio, Peanuts, Raisins, Prunes, Figs, Dried apricot, Flaxseed, Pumpkin seed, sunflower seed

OILS

Oils to be consumed

Mustard, Safflower, Sunflower, Ghee, Peanut, Sesame, Almonds, Coconut

Oils to be avoided

Cream, Palm oil

OTHER FOODS

Other Foods to be consumed

Homemade only

Other Foods to be avoided

All bakery products or processed, Jaggery, Fruit jellies, Jams, Mayonnaise, Ice-cream, Cream soups, Dark chocolate, Butter scotch, Coconut bar, Chutneys, Pickles, Junk food, Deep fried foods, Too salty and Spicy foods

LIFESTYLE AND DIETARY TIPS

- Walk for at least 30 min is recommended.
- Skipping of meals should be avoided, especially the breakfast
- 5 Soaked Almond per day
- Regular exercise, Sleep well and stay positive
- **Herbal Tea** - Boil ½ tsp each of fennel, coriander, cumin in 3 cups of water till it's reduced to 1 cup.

Note - Milk and milk products (Milk, Curd, Buttermilk, Cottage cheese, Butter to be avoided especially in Diabetes patients) a special diet can be helpful to control the excessive accumulation of waste products and fluid in the blood and thus lessen the workload of your kidneys.

Diet Chart For Rheumatoid Arthritis (RA)



It is an autoimmune, inflammatory disorder that can affect all joints. Rheumatoid arthritis occurs when your immune system mistakenly attacks your own body's tissues. The common symptoms of rheumatoid arthritis are joint pain, stiffness, tenderness, swelling, and redness. A balanced diet rich in antioxidants, and omega-3 fatty acids is very helpful to control inflammation.

AVOID	ALLOWED TO TAKE
<i>MILK PRODUCTS</i>	<i>MILK PRODUCTS</i>
All Milk and Milk Products to be Avoided	Nil
<i>FRUITS</i>	<i>FRUITS</i>
All Citrus Fruits, Apricots	Pomegranate, Apples, Banana, Papaya, Pear, Avocados, Guava, Watermelons, Peaches, Melon
<i>VEGETABLES</i>	<i>VEGETABLES</i>
Canned & Frozen Vegetables, Tomato, Sweet Potato, Brinjal	Haricot Beans / French Beans, Green Beans, Spinach, Kale, Pumpkin, Green Coriander, Onion, Turnip Leaves, Mint Leaves, Rocket Leaves, Lettuce, Lemon Grass, Wheatgrass, Spirulina, Carrot, Cucumber, Beetroot, Potato, Cabbage, Bottle Gourd, Round Gourd, Ridge Gourd, Pumpkin, Bitter Melon, Peas, Zucchini, Winter Squash, Broccoli, Cauliflower
<i>DRY FRUITS & SEEDS</i>	<i>DRY FRUITS & SEEDS</i>
Peanuts, Pistachio, Cashew	5-7 Almonds, 1 Walnut, 5-6 Raisins, 2 Figs (All Soaked in Water Overnight)

<i>SPICES</i>	<i>SPICES</i>
Excess Salt, Green & Red Chili Note: Nearly all the Spices are to be Limited. Only Plain and Simple Food to be Preferred.	Ginger, Turmeric, Coriander, Fenugreek Leaves, Fennel, Cumin, Black Pepper, Garlic
<i>OILS</i>	<i>OILS</i>
Unsaturated Fats, Palm Oil, Coconut Oil, Almond Oil	Cow ghee, Soybean oil, Olive Oil, Mustard Oil, Rice Bran Oil
<i>CEREALS</i>	<i>CEREALS</i>
Refined Whole Grains, White Refined Flour and its Products	Whole Cereals, Wheat, Buckwheat, Oats, Quinoa, Brown rice, Barley, Browntop Millets, Foxtail Millets, Kodo Millets
<i>PULSES</i>	<i>PULSES</i>
Black Lentils	All Pulses & Legumes
<i>DRY FRUITS & SEEDS</i>	<i>DRY FRUITS & SEEDS</i>
Peanuts, Pistachio, Cashew	5-7 Almonds, 1 Walnut, 5-6 Raisins, 2 Figs (All Soaked in Water Overnight)
<i>NON-VEG / FLESH FOODS</i>	<i>NON-VEG / FLESH FOODS</i>
All Other Meat, Canned & Frozen Meat	Egg White Only, Chicken Soup
<i>OTHERS</i>	<i>OTHERS</i>
Packaged, Canned, Processed, Fried, Spicy, Junk and Bakery Products, Refined Sugar, Cream-based Liquors, Alcohol, Soft drinks, Squashes, Jams, Sauces, Pickles, Coffee, Tea, Chocolates	Pumpkin Soup, Bitter Gourd Juice, Amla Juice, Aloe Vera juice, Coconut water, Beetroot Juice, Sprouts (Green Lentils, Black Gram, Beans, Fenugreek Seeds), Veg Broken Wheat Porridge, Veg Semolina, Veg Idli, Salads (limited), Herbal Tea

OTHER TIPS / RECOMMENDATIONS

HERBAL TEAS

- Boil 1tsp. each of Fennel, Dhaniya, Cumin in 3 cups of Water till it's reduced to 1 cup. Take this Herbal Concoction twice a day
- Fresh Homemade Green Tea without Lemon
- Ginger-Tulsi Tea (5 gm Ginger, 5-6 Tulsi Leaves, a Pinch of Black Pepper)
- Do not skip any meal, especially breakfast.
- Increase Consumption of seasonal fruits and vegetables.
- Must Drink 8- 10 glasses of water daily.
- Food items not mentioned in this diet chart can be consumed in moderation.
- In General, all kinds of artificial, packed, industrial, and processed food items should be avoided.
- Behavior plays an important role in preventing diseases, so keep yourself away from negative thoughts, anger, greed, and Ego.

Diet Plan for Sarcoidosis



Sarcoidosis is a disease in which a person's body produces clusters of cells, called granulomas. Sarcoidosis leads to inflammation, which can affect any organ especially lungs, heart, skin, etc. A healthy diet can help in sarcoidosis. A healthier lifestyle by preparing healthy meals and snacks as part of a balanced diet. It is advised to avoid foods rich in calcium, as well as excessive sun exposure, as activities like sunbathing promote vitamin D production, which increases calcium levels in the blood.

DIET CHART FOR SARCOIDOSIS

EARLY-MORNING

Herbal tea / Barley water / Wheatgrass Juice

BREAKFAST

Broken wheat porridge (Veg / Sweet Dalia) / Veg Oats / Veg Semolina (veg upma) / Veg poha (Rice flakes) / Veg Idli / Vermicelli (veg / sweet Sewian) / Besan pancake (gram flour) / Chapatti with veg or Dal / 2- Egg white portion only

MID-MORNING

Fruit / Coconut water / Herbal tea / Green tea / Steamed Salad

LUNCH

Boiled Rice / Wheat flour Chapatti / Vegetable + Dal + Steamed Salad

EVENING

Sprouts / Green tea / Soup (Home-made) / Herbal tea / Roasted chickpea / Rice flakes snack / Tea / Ginger tea

DINNER

Chapatti / Boiled Rice / Vegetable + Dal + Steamed salad

DIET INSTRUCTIONS

CEREALS

Cereals to be consumed

Whole grains cereals, Whole wheat, Oatmeal, Porridge, Quinoa, Millet, Rice flakes, Puffed rice, Brown rice.

Cereals to be avoided

White refined flour, White rice

FRUITS

Fruits to be consumed

Avocado, Melon, Date (Soaked), Rhubarb, Apple, Papaya, Fig, Watermelon, Pear, Banana

Fruits to be avoided

Prunes, Sour plums, All kind of Cherries, Peaches, Pine-apple and all citrus fruits, All canned and packaged fruits

VEGETABLES

Vegetables to be consumed

All vegetables like Bottle gourd, Bitter gourd, Ridge gourd, Pumpkin, Carrot, Coriander leaves, Spinach, Fenugreek leaves, Turnip, Potatoes, Beetroot, Mustard greens, Chicory, Cauliflower, Brussels sprouts, Garlic, Artichokes, Kale, Peas, Parsley, Cabbage, Sweet potatoes, Winter squash, Broccoli, Mushroom.

Vegetables to be avoided

Canned and frozen vegetables, Overcooked, Fried, Baked vegetables, Fried foods

PULSES

Pulses to be consumed

All whole pulses, Lentils and Legumes

Pulses to be avoided

Dried and frozen pulses

DAIRY PRODUCTS

Dairy Products to be consumed

Low-fat yogurt, Buttermilk, Tofu.

Dairy Products to be avoided

High-fat milk and cream, Full-fat yogurt, Cream cheese, Condensed milk, Milk, Ice-cream, Butter, Cheese, Custard

SPICES

Spices to be consumed

Cumin, Fennel, Coriander, Salt, Thyme, Turmeric, Ginger, Black Pepper, Fenugreek seeds

Spices to be avoided

Red chilies and Green chilies

DRINKS

Drinks to be consumed

Coconut water, Fat-free homemade soups, Herbal tea, Barley water, Wheat grass juice, Gooseberry juice, Pumpkin juice, Pomegranate juice, Ginger tea

Drinks to be avoided

Whole milk drinks, Cream based liqueurs, canned soup and packaged soup, Alcohol, Sweetened drinks, Squashes, Hot chocolate drinks, Coffee, Cold water, Cold Beverages, All kind of Packed and processed juices

FLESH FOODS

Flesh Foods to be consumed

Egg white only, Lean meat, Skinless chicken, Fish (Grilled / Roasted /Boiled)

Flesh Foods to be avoided

Fish fried in a suitable oil, Prawns, Lobster, Crab, Pork, Ham, Very lean minced meat, Rabbit, Egg yolk, Beef, Fish roe, Mutton, Duck, Goose, Hot dogs, Organ meat like Liver, Kidney and Chest, Red meat, Smoked and Canned fish, Marbled and Fatty meats.

SEEDS AND DRY FRUITS

Dry Fruits to be consumed

Almond, Walnuts, Flax seeds, Hemp seeds, Pumpkin seeds, Sunflower seeds

Dry Fruits to be avoided

Peanuts, Raisins, Pistachio, Cashew nuts, Pecans

OILS

Oils to be consumed

Cow ghee, Olive oil, Canola oil, Mustard oil, Sesame oil, Sunflower oil, Flaxseed oil, Hemo oil

Oils to be avoided

Hydrogenated oil, Butter, Palm oil

OTHER FOODS

Other Foods to be consumed

Homemade only

Other Foods to be avoided

All bakery products or processed, Sauces, Fruit jellies, Jams, Mayonnaise, White sugar, Ice-cream, Butter scotch, Coconut bar, Chutneys, Pickles, Junk food, Deep fried foods, All Spicy foods, Too much salty food, Frozen food.

LIFESTYLE AND DIETARY TIPS

- Walk for at least 30-45 min is recommended.
- Whole fruit should be preferred to fruit juices.
- Skipping of meals should be avoided especially breakfast.
- Water intake should be increased at least 8-10 glass regularly
- **Herbal Tea**- Boil ½ tsp each of fennel, coriander, cumin in 3 cups of water till it's reduced to 1 cups.
- Flax seed/ Hemp seed / Pumpkin seed- 1 tsp/ day
- Soaked Almond- 5 pieces

HEALTHY & BALANCED AYURVEDIC DIET CHART FOR SCHOOL GOING CHILDREN



In the learning stage of life, i.e., school going age, children needs a proper care of their diet and nutrition as it directly affects the health and growth of the mind and the body. Balanced diet rich in all essential nutrients is much required for school going children. It helps in proper growth and development of the child. If a balanced diet is not consumed then it will result in malnutrition and various health issues in that stage or in the future stages of life.



DIET CHART

WAKING-UP

A Glass of Cow's Milk + Soaked Almond (Approx.5) + Soaked Raisins (Approx. 5)

BREAKFAST

Bread Toast with Egg / Vegetable Poha / Vegetable Porridge / Vegetable Upma / Multigrain Chapatti + Vegetable / Fresh Juice / Milk

TIFFIN

Chapatti + Veg / Dal / Veg Sewian (Vermicelli) / Veg Poha / Veg Idli / Veg Upma (Semolina) / Fruits

LUNCH

Chapatti / Multigrain Chapatti / Boiled Rice / Veg Pulao / Veg + Dal + Curd + Salad

EVENING

Fruit / Milk Shake / Sprouts Chat / Riceflakes Snacks / Egg-1 / Soup (Homemade) / Roasted Makhane / Roasted Chickpeas / Makhane kheer / Baked Apple and Banana Chips

DINNER

Chapatti / Multigrain Chapatti / Boiled Rice / Veg Pulao / Veg + Dal + Salad

BED TIME

Skimmed milk + 3-5 drops of Cow's milk or occasionally turmeric

DIET INSTRUCTIONS

CEREALS

FOODS TO BE CONSUMED

Wheat, White rice, Brown rice, Sorghum, Amaranth, Finger millet, Foxtail millet, Pearl millet, Buckwheat and Little millet

Flour Ratio: Wheat Atta (50%) + Soybean Atta (20%) + Ragi flour (30%)

FOODS TO BE AVOIDED

Refined flour and its products

FRUITS

FOODS TO BE CONSUMED

Apple, Banana, Water melon, Muskmelon, Avocado, Peaches, Pear, Coconut, Pomegranate, All types of berries , Figs, Mango, Litchi, Custard apple, Sweet lime, Sapodilla, Pineapple, Orange, Grapes.

Note: All seasonal fruits can be consumed

FOODS TO BE AVOIDED

Canned fruits and juices

VEGETABLES

FOODS TO BE CONSUMED

Zucchini, Sweet potato, Pumpkin, Ginger, Celery, Eggplant, Tomatoes, Red onion, Coriander, Radish, Broccoli, Cabbage, Cauliflower, Kale, Mushrooms, Spinach, Carrot, Peas, Fenugreek leaves, Potato, Yam, Okra, Bottle gourd and Bitter gourd.

Note: All seasonal vegetables can be consumed.

FOODS TO BE AVOIDED

Canned vegetables and frozen vegetables.

PULSES

FOODS TO BE CONSUMED

All pulse and legumes

FOODS TO BE AVOIDED

Nil

DAIRY PRODUCTS

FOODS TO BE CONSUMED

Low-fat milk, Tofu, Cheese, Curd, Yogurt, Buttermilk, Butter, Cottage cheese.

FOODS TO BE AVOIDED

Whole milk and cream, Full-fat yoghurt, Cream cheese, Condensed milk, unpasteurized cheese.

OILS

FOODS TO BE CONSUMED

Cow ghee, Sunflower oil, Canola oil, Olive oil, Mustard oil, Coconut oil, Rice bran oil

FOODS TO BE AVOIDED

Cream, Palm oil

SPICES

FOODS TO BE CONSUMED

Cumin, Coriander, Salt, Turmeric, Ginger, Pepper, Fennel and Cinnamon

FOODS TO BE AVOIDED

Red chilies

DRINKS

FOODS TO BE CONSUMED

Coconut water, Sugarcane juice, Homemade soups, Herbal tea, Aloe Vera juice, Buttermilk, Milk, Shakes, Smoothie and Homemade juices

FOODS TO BE AVOIDED

Cream based liqueurs, canned soup and packaged soup, Alcohol, Sweetened drinks, Squashes and Carbonated drinks

FLESH FOODS

FOODS TO BE CONSUMED

Egg white, Roasted chicken, Grilled Fish, Lean meat, Skinless chicken, Shrimp, Cod, Catfish, Crab, Scallops, Sole, Sardine, Anchovy, Crawfish, Clams, Oyster and Lobster.

FOODS TO BE AVOIDED

Processed and fried meat, Red meat - (Beef, Lamb, Pork), Fishes – (Tilefish, Shark, Swordfish, King Mackerel, Marlin and Bluefin Tuna).

DRY-FRUITS / SEEDS

FOODS TO BE CONSUMED

Almond, Raisins, Ground Nuts, Walnut, Pistachio, Cashew, Pumpkin Seeds, Chia Seeds, Flax Seeds, Sunflower Seeds and Sesame Seeds.

FOODS TO BE AVOIDED

Nil

PREPARED FOODS

FOODS TO BE CONSUMED

Jaggery

FOODS TO BE AVOIDED

Bakery and Processed Foods, Fried Food, Junk Food, Pickles, Artificial Sweeteners, Packed foods and Refined Sugar.

MORE GUIDELINES

- Water intake should be 5-8 glasses.
- Walk / Physical activity for 30 min is recommended.
- Small and frequent meals should be taken.
- Whole fruit should be preferred to fruit juices.
- Skipping meals should be avoided especially breakfast.

DIET CHART FOR SCLERODERMA



INTRODUCTION

Scleroderma is a chronic, rare, autoimmune disease in which normal tissues are replaced with thick fibrous tissues. In this condition, our immune system triggers cells to produce too much collagen which results in thickening and fibrosis of the skin. Scleroderma is usually a skin disorder but it also affects lungs, kidneys, muscles and joints. A balanced diet is very beneficial for scleroderma because people with scleroderma experience symptoms like poor appetite, weight loss and malnutrition. This balanced diet helps to maintain the ideal weight and avoid the risk of heart, lung and kidney problems. Here, we need to avoid foods that aggravate symptoms such as citrus fruit, greasy fried food, spicy food, carbonated beverages and alcohol.



DAILY DIET SCHEDULE

EARLY-MORNING

Herbal tea / Green tea / Detox tea

BREAKFAST

Broken wheat porridge (Veg / sweet Dalia) / Veg oats / Veg Semolina (Veg upma) / Veg poha (Rice flakes) / Vermicelli (veg / sweet Sewia) / Chapatti with veg or Dal

MID-MORNING

Fruit / Coconut water / Herbal tea / Green tea / Salad

LUNCH

Chapatti / Boiled Rice / Vegetable + Dal / Salad / Non – veg (Once in week)

EVENING

Sprouts / Green tea / Soup (Home-made) / Herbal tea / Salad

DINNER

Chapatti / Boiled Rice / Vegetable + Dal

DIET INSTRUCTIONS

CEREALS

TO BE CONSUMED

Brown rice, White rice, Oats, Wheat, Quinoa, Sorghum, Amaranth, Finger millet, Foxtail millet, Pearl millet, Buckwheat, Little millet

Flour Ratio - Wheat Atta (50%) + Soybean Atta (20%) + Ragi flour (30%)

TO BE AVOIDED

Rye

VEGETABLES

TO BE CONSUMED

Lettuce, Broccoli, Carrots, Sweet potatoes, Turnip, Chicory greens, Spinach, Kale, Beans, Lentils, Cabbage, Brussels sprouts, Beets, Cucumbers, Bell peppers, Potatoes, Bottle gourd, Ridge gourd, Bitter gourd, Pumpkin.

TO BE AVOIDED

Tomatoes, Brinjal, Garlic, Onion, Ginger.

FRUITS

TO BE CONSUMED

Banana, Dates, Pomegranate, Watermelon, Muskmelon, Figs, Custard apple, Peach, Plum, Guava, Apple, Sapodilla.

TO BE AVOIDED

Orange, Lemons, Limes, Berries (sour), Sour grapes, Mangoes, Kiwi.

DRY FRUITS / SEEDS

TO BE CONSUMED

Almond, Raisins, Walnut, Pumpkin Seeds, Chia Seeds, Flax Seeds, Sunflower Seeds.

TO BE AVOIDED

Ground Nuts, Pistachio, Cashew.

PULSES

TO BE CONSUMED

Green lentils, Yellow lentils, Split chick pea

TO BE AVOIDED

Chick pea, Kidney beans, Bengal grams, Black grams.

MILK PRODUCTS

TO BE CONSUMED

Cow ghee

TO BE AVOIDED

Milk, Butter, Curd, Buttermilk, Yoghurt

NON- VEG

TO BE CONSUMED

Lean meat- Chicken, Fish (Salmon, Tuna, Sardines, Anchovies, Herring, Rohu), Egg white.

TO BE AVOIDED

Red meat, Processed and Fried meat

SPICES

TO BE CONSUMED

Turmeric, Oregano, Coriander, Celery seeds, Cumin, Green cardamom, Fennel, Fenugreek, Cinnamon, Mustard

TO BE AVOIDED

Pimento, Nutmeg, Clove, Black cardamom, Carom seeds

Oils

TO BE CONSUMED

Olive oil, Soybean oil, Canola oil, Rice bran oil, Almond oil, Cow ghee

TO BE AVOIDED

Palm oil, Coconut oil

OTHER FOOD PRODUCTS

TO BE CONSUMED

Honey, Jaggery

TO BE AVOIDED

Refined sugar, Fast food, Alcohol, Tobacco, Tea, Coffee.

DRINKS

TO BE CONSUMED

Coconut water, Sugarcane juice, Homemade soups, Herbal tea, Homemade juices

TO BE AVOIDED

Whole milk drinks, Cream based liqueurs, Canned soup and Packaged soup, Alcohol, Squashes, Carbonated drinks

HOME REMEDIES

TURMERIC

Take 1 tsp of turmeric powder and mix it with water and make a paste. Apply this paste on affected areas.

SPINACH

Add spinach in your daily diet.

FISH OIL

It can be applied on patches or add tuna, salmon, cod fish in diet. Fish oil reduces inflammation and swelling.

PEPPERMINT OIL

Mix 5-6 drops of peppermint oil with coconut oil, mix it properly and apply it on the affected area.

FLAX SEED OIL

Consumption of 1 tsp of flax seed daily will strengthen the immune system.

DIET TIPS

- Eat small meals frequently rather than large meals.
- Add herbs and spices like turmeric, rosemary, cinnamon, basil in your diet.
- Cut down refined sugar.
- Avoid processed foods.

Diet Plan for Sinusitis



Sinusitis is a disorder in which the tissue that lining the sinus becomes inflamed due to any infection. Healthy sinus is filled with air but its blockage with fluid can result in growth of germs and eventually in infection. The common symptoms of sinusitis are runny nose, congestion, and facial pain. According to Ayurveda, imbalance of Prana Vata and Shelshaka Kapha leads to sinusitis. Healthy diet plays a major role in reducing inflammation and boosts the immunity. Anti-inflammatory diet is ideal for sinusitis.

DIET CHART FOR SINUSITIS

EARLY-MORNING

Herbal tea / Green tea/ Almonds/ Walnuts

BREAKFAST

Veg dalia / Veg poha (Rice flakes)/ Ragi roti/ Chapatti with veg or Dal / 1 - Egg white portion only

MID-MORNING

Fruit / Coconut water / Herbal tea / Green tea / Salad

LUNCH

Chapatti /Brown Rice /Sago(Sabudana) khichdi/ Vegetable + Dal / Salad/ Non- veg (once in a week)

EVENING

Sprouts / Green tea / Herbal tea / Salad/ Fox nut(Makhane)/ Ginger tea

DINNER

Chapatti / Brown Rice / Vegetable + Dal

DIET INSTRUCTIONS

CEREALS

Cereals to be consumed

Wheat, White rice, Brown rice, Sorghum, Amaranth, Finger millet, Foxtail millet, Pearl millet, Buckwheat, Little millet

Flour Ratio- Wheat Atta (50%) + Soybean Atta (20%) + Ragi flour (30%)

Cereals to be avoided

Refined flour and its products

FRUITS

Fruits to be consumed

Apple, Banana, Water melon, Muskmelon, Avocado, Peaches, Pear, Coconut, Pomegranate, Figs, Mango, Litchi, Custard apple, Sapodilla.

Fruits to be avoided

Orange, Pineapple, Blueberries, Strawberries, Lime, Banana

VEGETABLES

Vegetables to be consumed

Zucchini, Sweet potato, Pumpkin, Ginger, Celery, Red onion, Coriander, Radish, Broccoli, Cabbage, Cauliflower, Kale, Mushrooms, Spinach, Carrot, Fenugreek leaves, Potato, Yam, Okra, Bottle gourd, Bitter gourd

Vegetables to be avoided

Tomatoes, Lemon, Peas, Eggplant

PULSES

Pulses to be consumed

All pulse and legumes

Pulses to be avoided

Nil

DAIRY PRODUCTS

Dairy Products to be consumed

Tofu, Soy milk

Dairy Products to be avoided

Whole milk and cream, Curd, Buttermilk, Cheese, Full-fat yoghurt, Cream cheese, Condensed milk, Unpasteurized cheese.

OILS

Oils to be consumed

Cow ghee, Sunflower oil, Canola oil, Olive oil, Mustard oil, Rice bran oil, Coconut oil

Oils to be avoided

Cream, Palm oil

SPICES

Spices to be consumed

Cumin, Coriander, Turmeric, Ginger, Pepper, Fennel, Cinnamon

Spices to be avoided

Red chilies

DRINKS

Drinks to be consumed

Coconut water, Clear soups, homemade soups, Herbal tea, homemade juices

Drinks to be avoided

Whole milk drinks, Cream based liqueurs, canned soup and packaged soup, Alcohol, Sweetened drinks, Squashes, Carbonated drinks

FLESH FOODS

Flesh Foods to be consumed

Egg white, Chicken

Flesh Foods to be avoided

Processed and fried meat, Red meat- (Beef, Lamb, Pork)

DRY-FRUITS / SEEDS

Dry Fruits to be consumed

Almond, Raisins, Ground Nuts, Walnut, Peanuts, Pistachio, Cashew, Pumpkin Seeds, Chia Seeds, Flax Seeds, Sunflower Seeds, Sesame Seeds.

Dry Fruits to be avoided

Nil

OTHER FOODS

Other Foods to be consumed

Jaggery

Other Foods to be avoided

Bakery and Processed Foods, Fried Food, Junk Food, Pickles, Artificial Sweeteners, Packed Soups, Refined Sugar

HOME REMEDIES

- **Ginger juice**- Crush ginger, squeeze juice from it and drink 1 tsp of this juice daily.
- **Basil leaves**- Chew 2-3 leaves daily or boil 3-4 leaves in cup of water and drink this water.
- **Steam**- Add three drops of rosemary, one drop of thyme and peppermint in two glass of water. Cover head with towel and inhale the steam.
- **Apple cider vinegar**- Drink 1-2 teaspoons of apple cider vinegar with cup of hot water.
- **Oil pulling**-Put 1 tsp of coconut oil in mouth and keep it in mouth for some time. It will give relief from sinusitis.

DIET INSTRUCTIONS

- Drink plenty of water.
- Avoid simple carbs, saturated and trans fats.
- Do not use refined sugar.
- Add foods from all food groups.
- Avoid consumption of packed foods.
- Avoid over use of caffeine.

Diet Chart For Skin Problems



Nutrition is important for health and the best foods for keeping the skin healthy. The skin problem is generally caused by oily food, processed and canned food, refined sugar, and spicy foods which can cause skin problems like acne, cold sore, and blisters. So, treat your skin by eating antioxidant-rich fruit and vegetables, healthy fats from oily fish and nuts as they are rich in antioxidants and fibers. You should take optimal levels of the nutrients that are crucial for radiant skin, including beta carotene, vitamins C and selenium.

AVOID	ALLOWED TO TAKE
<i>MILK PRODUCTS</i>	<i>MILK PRODUCTS</i>
Whole Milk and Cream, Full-Fat Yogurt, Condensed Milk, Buttermilk, Curd, Cheese	Cow's Ghee, low fat milk
<i>FRUITS</i>	<i>FRUITS</i>
Coconut, Citrus Fruits, Canned or Packaged Fruits & Juices	Avocado, Blackcurrant, Blueberries, Guava, Papaya, Apricot, Apple, Indian gooseberry, Pear, Pomegranate, Banana, Watermelon, Muskmelon
<i>VEGETABLES</i>	<i>VEGETABLES</i>
Canned & Frozen Vegetables, Eggplant, Bell Pepper	All Seasonal Vegetables can be consumed
<i>DRY FRUITS & SEEDS</i>	<i>DRY FRUITS & SEEDS</i>
Pistachio, Cashew Nuts	4-5 Almonds, Walnuts, Sunflower Seed, Chia Seed, Flaxseed, Pumpkin Seed (All Soaked in Water Overnight)
<i>SPICES</i>	<i>SPICES</i>
Green & Red Chilies, Table Salt (Excess), Black Pepper	Cumin, Coriander, Turmeric, Dry Ginger, Fennel, Mint, Thyme, Basil

<i>OILS</i>	<i>OILS</i>
Unsaturated Fats, Palm Oil, Coconut Oil	Sunflower Oil, Canola Oil, Olive Oil
<i>CEREALS</i>	<i>CEREALS</i>
White Refined Flour and its Products	Whole Grains, Wheat, Oatmeal, Brown Rice, Flour Ratio: Wheat Flour (80%) + Soybean Flour (10%) + Gram Flour (10%)
<i>PULSES</i>	<i>PULSES</i>
Black Gram / Horse Gram, Kidney Beans, Chickpeas, Black Eyed Peas, Black Lentils	Yellow and Green Lentils, Split Grams, Pigeon Peas / Tuvar
<i>DRY FRUITS & SEEDS</i>	<i>DRY FRUITS & SEEDS</i>
Pistachio, Cashew Nuts	4-5 Almonds, Walnuts, Sunflower Seed, Chia Seed, Flaxseed, Pumpkin Seed (All Soaked in Water Overnight)
<i>NON-VEG / FLESH FOODS</i>	<i>NON-VEG / FLESH FOODS</i>
All Other Non-Veg, Mutton, Seafood, etc.	Egg White, Roasted Chicken, Grilled Fish, Lean Meat (Once or Twice a month)
<i>OTHERS</i>	<i>OTHERS</i>
Packaged, Processed, Fried and Bakery Products, Honey, Refined Sugar, Jams, Sauces, Pickle	Homemade Only, Rose Petals Juice (5-7 Petals), Tofu, Green Juice

OTHER TIPS / RECOMMENDATIONS

- Water intake should be 10-12 glasses.
- Walk for 30 min is recommended.
- Fiber-rich diet should be consumed to avoid constipation.
- Take more Salad and Fruits, Avoid Smoking and Alcohol.
- Prefer Whole fruit over Fruit Juice.
- **Herbal Tea:** Boil 1/2tsp. each of Fennel, Dhaniya, Cumin in 3 cups of Water till it's reduced to 1 cup. Take this Herbal Concoction twice a day (If there is gas formation, it is to be preferred)
- Food items not mentioned in this diet chart can be consumed in moderation.
- As per Ayurveda, all diseases are caused due to imbalance of the tridoshas. Skin Problems are due to an imbalance of Pitta Dosha, so it is better to avoid taking Sour (Amla), Salty (Lavan), and Pungent (Katu) Tastes and Sweet (Madhur), Bitter (Tikta), and Astringent (Kashaya) Tastes can be consumed in moderation.
- As a General, all kinds of artificial, packed, industrial, and processed food items should be avoided.
- Behavior plays an important role in preventing diseases, so keep yourself away from negative thoughts, anger, greed, and Ego.

Diet Plan for Skin Problem



Nutrition is important for health and the best foods for keeping the skin healthy. The skin problem generally caused by oily food, processed and canned food, refined sugar, and spicy foods which can cause skin problems like acne, cold sore, and blisters. So, Treat your skin by eating antioxidant-rich fruit and vegetables, healthy fats from oily fish and nuts as they are rich in antioxidants and fibers. You should take optimal levels of the nutrients that are crucial for radiant skin, including beta carotene, vitamins C and selenium.

DIET CHART FOR SKIN PROBLEM

EARLY-MORNING

Aloe-Vera juice/ Indian Gooseberry juice

BREAKFAST

Broken wheat porridge (Veg Dalia) / Veg Semolina (veg upma) / Veg Vermicelli (Sewian) / Veg poha (Rice flakes) / Veg idli / Chickpea flour pancake (gram flour) / Chapatti with veg or dal / Oatmeal

MID-MORNING

Salad / Fruit / Coconut water / Sprouts / Green tea

LUNCH

Plain chapatti / Mixed chapatti / Vegetable + Dal / Salad

EVENING

Herbal Tea / Roasted Chana / Sprouts / Rice flakes bhelpuri / Green tea

PRE-DINNER

Veg / Chicken Soup (Home-made)

DINNER

Plain chapatti / Mixed chapatti / Boiled Rice / Vegetable + Dal + Salad

DIET INSTRUCTIONS

CEREALS

Cereals to be consumed

Whole grains cereals, Wheat, Oatmeal, Brown rice

Flour RatioWheat Atta (80%) + Soybean Atta (20%)

Cereals to be avoided

White refined flour and its products

FRUITS

Fruits to be consumed

All fruits include all berries like Blackcurrants, Avocado, Blueberries, Guava, Papaya, Apricots, Apple, and Indian gooseberry

Fruits to be avoided

Canned or Packaged fruits and juices

VEGETABLES

Vegetables to be consumed

Broccoli, Sweet potatoes, Carrots, Potatoes, Bitter guard, Spinach and other dark green and leafy vegetables. All Seasonal vegetables should be consumed.

Vegetables to be avoided

Canned vegetables, Chips and Roasted potatoes, Coconut, Frozen vegetables

PULSES

Pulses to be consumed

All pulse and legumes

Pulses to be avoided

Nil

DAIRY PRODUCTS

Dairy Products to be consumed

Low-fat Milk, Tofu

Dairy Products to be avoided

Whole milk and cream, Full-fat yoghurt, Condensed milk, Buttermilk, Curd, Cheese.

OILS

Oils to be consumed

Cow ghee, Sunflower oil, Canola oil, Olive oil

Oil brand should be change in after three month

Oils to be avoided

Unsaturated fats, Cream, Palm oil, Coconut oil

SPICES

Spices to be consumed

Cumin, Coriander, Turmeric, Ginger, Fennel, Mint, Thyme, Basil

Spices to be avoided

Red chilies, Table salt (excess)

DRINKS

Drinks to be consumed

Coconut water, Green juice, Herbal tea, Beetroot juice, Green Tea, Aloe Vera juice, Bitter gourd juice, Gooseberry juice, Pumpkin juice

Drinks to be avoided

Whole milk drinks, Cream based liqueurs, canned soup and packaged soup, Alcohol, Soft drinks, Squashes, Carbonated drinks

FLESH FOODS

Flesh Foods to be consumed

Egg white, Roasted chicken, grilled fish, Lean meat, Skinless chicken, Fatty fish, such as Salmon and Rohu

Flesh Foods to be avoided

Raw, Uncooked and Processed meat, fish especially Selfish, Shark, Swordfish, Tuna and Marlin, clams, Mussels, Oysters and Scallops, , Pork, Organ meat such as Liver, Kidney and Chest, Red meat, Prawns, Lobster, Crab, Lean beef, Lamb, Ham, Rabbit, Mutton, Duck, Goose.

DRY-FRUITS / SEEDS

Dry Fruits to be consumed

4-5 Almond (Soaked in water overnight), Walnut, Sunflower seeds, Chia seeds, Flaxseed, Pumpkin seeds

Dry Fruits to be avoided

Pistachio, Cashew nuts

OTHER FOODS

Other Foods to be consumed

Home made only

Other Foods to be avoided

Processed, Junk, Fried and Spicy foods, Packed soups, High fat dressing or mayonnaise, Chocolate, Fudge, Butter scotch, Coconut bar, Sauces, Fruit jellies, Jams, Refined sugar, Marmalade, Sweeteners, Chutneys, Pickle, Ice-cream.

DIET INSTRUCTIONS

- Water intake should be 10-12 glasses
- Walk for 30 min is recommended.
- Fiber-rich diet should be consumed to avoid constipation.
- Small and frequent meals should be taken
- Whole fruit should be preferred to fruit juices.
- Skipping of meals should be avoided especially breakfast.
- **Herbal Tea** - Boil ½ tsp each of fennel, coriander, cumin in 3 cups of water till it's reduced to 1 cup.
- Avoid smoking and alcohol.

Diet Plan for Slipped Disc problem



A herniated disc occurs when the gel-like center of a disc becomes weak or torn and allows the inner portion to slip out. This can happen with ageing or in case of any injury. Eating a balanced diet with right amount and variety of nutrients can reduce such back problems by nourishing the muscles, bones, discs and spinal structure. A balanced diet helps in building strong bones and strengthening the body.

DIET CHART FOR SLIPPED DISC PROBLEM

EARLY-MORNING

Aloe-Vera juice / Herbal tea / Carom water

BREAKFAST

Broken wheat porridge (Veg Dalia) / Veg Semolina (Veg upma)/ Veg Idli / Veg Vermicelli (Sewian) / Veg poha (Rice flakes) / Besan Pancake (gram flour) / Stuffed Chapatti / Chapatti with veg or dal / Brown Bread Sandwich / Missi roti / Milk / Curd + 2 Eggs

MID-MORNING

Fruit / Coconut water/ Buttermilk / Sprouts / Steamed Salad

LUNCH

Missi chapatti / Plain chapatti / Vegetable + Dal + Curd + Steamed Salad

EVENING

Milk / Fruit shakes / Rice flakes snack / Sprouts / Soup (Home-made) / Herbal tea / Roasted Chana

DINNER

Missi chapatti / Ragi chapatti / Vegetable + Dal / Salad (without salt) / Grilled Fish / Chicken / Tofu / Nutri-nuggets (once a week)

DIET INSTRUCTIONS

CEREALS

Cereals to be consumed

Whole wheat flour, Oatmeal, Whole grain bread, Whole grains cereals, Porridge, Brown rice, Finger millet flour, Soya flour, Jawar Chapatti ratio- Wheat flour- (50%), Finger millet flour (Ragi flour) - (25 %), Soybean flour- (25%)

Cereals to be avoided

White breads, White refined flour and its products, White rice, Corn, Barley, Noodles, Pasta, Macaroni, and Maggie

FRUITS

Fruits to be consumed

All fruits include Apricots, Dates, Prunes, Grapes, Papaya, Oranges, Bananas, Strawberries, and Pine-apples

Fruits to be avoided

All canned and packaged fruits.

VEGETABLES

Vegetables to be consumed

Broccoli, Turnips, Carrot, Pumpkin, Squash, Artichokes, Lettuce, Asparagus, Parsley, Red pepper, Green pepper, Green leafy vegetable, Collard greens, Turnip greens, Kale, Okra, Dandelion greens, Spinach, Beet, Tomato, Potatoes.

Vegetables to be avoided

Cabbage, Mustard leaves, Pear, Sweet potato, Taro root, Yam, Jackfruits, Coconut, Frozen vegetables, Lemons.

PULSES

Pulses to be consumed

All Pulses, Legumes, Soybean and its products

Pulses to be avoided

Dried and frozen pulses

DAIRY PRODUCTS

Dairy Products to be consumed

Low-fat milk, Cottage cheese, Curd, Buttermilk, Yogurt, Tofu, Low-fat cream, Soya milk

Dairy Products to be avoided

Whole milk and Cream, Butter, Full-fat yogurt, Cream cheese, Condensed milk

SPICES

Spices to be consumed

Fennel, Sesame seeds, Cumin, Carmon, Thyme, Coriander, Turmeric, Less salt, Black pepper, Green chilli

Spices to be avoided

Excessive salt

DRINKS

Drinks to be consumed

Milk, Clear vegetable soup, Lime water, Soya milk, Almond milk, Smoothie, Buttermilk, Tomato juice, Tea or Coffee (limited), Fortified juices

Drinks to be avoided

Carbonated beverages like Coke, Limca, Pepsi, Fanta etc., Canned soup, Packaged soup and Canned fruit juices, Caffeinated drinks, Alcohol

FLESH FOODS

Flesh Foods to be consumed

Egg white portion, Lean meat, Beef liver, Fish with edible bones like Pilchards, Sardines, Salmon, Tuna, Mackerel, Oysters, Herring fish and Shrimp

Flesh Foods to be avoided

Fried or Processed meats, Prawns, Lobster, Crab, Lean beef, Pork, Lamb, Ham, Turkey, Egg yolk, Sausages, Mutton, Salami, Bacon, Duck, Goose, Hot dogs, Hamburgers, Meat pies, Visible fat on meat, Red meat, Organ part, Liver, Kidney and Chest

NUTS AND DRY FRUITS

Dry Fruits to be consumed

Sesame seed, Pumpkin seed, Raisins, Almond, Prunes, Figs, Dried apricot.

Dry Fruits to be avoided

Cashew nuts, Pistachio, Peanuts.

FATS

Fats to be consumed

Cow ghee, Groundnut oil, Mustard oil, Olive oil, Soybean oil, Canola oil, Rice bran oil

Fats to be avoided

Unsaturated fats, Cream, Palm oil, Coconut oil, Butter, Hydrogenated oil.

OTHER FOODS

Other Foods to be consumed

Homemade only, Jaggery, Coriander + mint chutney

Other Foods to be avoided

All bakery products or processed, Pastry, Puddings, Cakes, Biscuits, Sauces, Fruit jellies, Jams, Mayonnaise, Ice-cream, Cream soups, Dark chocolate, Butter scotch, Coconut bar, Chutneys, Pickles, Junk food, Deep fried foods, Too salty and Spicy foods.

Diet tips-

- Walk for at least 30-45 min is recommended.
- Whole fruit should be preferred to fruit juices.
- Skipping of meals should be avoided, especially the breakfast
- 6 - Soaked Almond + 2 figs per day
- Water intake should be increased at least 8-10 glass regularly
- Herbal Tea- Boil ½ tsp each of fennel, coriander, cumin in 3 cups of water till it's reduced to 1 cups

Diet Plan for Swollen Lymph Nodes



Lymph nodes are small glands present in whole body but more prominent under chin, armpits, behind ears and neck region. Main function of lymph nodes is to remove toxins and damaged cells from the body. Lymph glands can get swollen due to some infection, injury or tumor. A balanced diet is essential in this condition as it boosts immunity and reduces inflammation.

DIET CHART FOR SWOLLEN LYMPH NODES

EARLY-MORNING

Herbal tea / Green tea / Detox tea

BREAKFAST

Broken wheat porridge (veg / sweet Dalia) / Veg oats / Veg Semolina (veg upma) / Veg poha (Rice flakes) / Vermicelli (veg / sweet Sewia) / Chapatti with veg or Dal

MID-MORNING

Fruit / Coconut water / Herbal tea / Green tea / Salad

LUNCH

Chapatti / Boiled Rice / Vegetable + Dal / Salad / Non-veg (once in week)

EVENING

Sprouts / Green tea / Soup (Home-made) / Herbal tea / Salad

DINNER

Chapatti / Boiled Rice / Vegetable + Dal

DIET INSTRUCTIONS

CEREALS

Cereals to be consumed

Wheat, White rice, Brown rice, Sorghum, Amaranth, Finger millet, Foxtail millet, Pearl millet, Buckwheat, Little millet

Flour Ratio- Wheat Atta (50%) + Soybean Atta (20%) + Ragi flour (30%)

Cereals to be avoided

Refined flour and its product

FRUITS

Fruits to be consumed

Apple, Banana, Water melon, Muskmelon, Avocado, Peaches, Pear, Coconut, Pomegranate, All types of berries , Figs, Mango, Litchi, Custard apple, Sapodilla, Pineapple, Grapes

Fruits to be avoided

Orange, Lemons, Limes, Berries (sour)

VEGETABLES

Vegetables to be consumed

Lettuce, Broccoli, Carrots, Sweet potatoes, Turnip, Chicory greens, Spinach, Kale, Beans, Lentils, Cabbage, Brussels sprouts, Beets, Cucumbers, Bell peppers, Peas, Potatoes.

Vegetables to be avoided

Tomatoes, Brinjal, Garlic, Onion, Ginger.

PULSES

Pulses to be consumed

All pulses can be consumed

Pulses to be avoided

Nil

DAIRY PRODUCTS

Dairy Products to be consumed

Cow ghee, Tofu, Soymilk, Turmeric milk (Occasionaly)

Dairy Products to be avoided

Milk, Butter, Curd, Buttermilk, Cheese

SPICES

Spices to be consumed

Turmeric, Oregano, Coriander, Celery seeds, Cumin, Green cardamom, Fennel, Fenugreek, Cinnamon, Mustard, Pimento, Nutmeg, Clove, Black cardamom, Carom seeds

Spices to be avoided

Nil

FLESH FOODS

Flesh Foods to be consumed

Lean meat, Fish (Salmon, Mackerel, Tuna, Sardines, Anchovies, Herring)

Flesh Foods to be avoided

Red meat, Processed and Fried meat

SEEDS AND DRY FRUITS

Dry Fruits to be consumed

Almond, Raisins, Ground Nuts, Walnut, Peanuts, Pistachio, Cashew, Pumpkin Seeds, Chia Seeds, Flax Seeds, Sunflower Seeds, Sesame Seeds.

Dry Fruits to be avoided

Nil

OILS

Oils to be consumed

Olive oil, Soybean oil, Canola oil, Rice bran oil, Almond oil, Cow ghee

Oils to be avoided

Palm oil

OTHER FOODS

Other Foods to be consumed

Honey, Jaggery

Other Foods to be avoided

Refined sugar, Fast food, Alcohol, Tobacco, Tea, Coffee

LIFESTYLE AND DIETARY TIPS

- Do not consume alcohol and quit smoking.
- Eat diet which boosts immunity.
- Get proper sleep.
- Maintain ideal body weight.
- Do exercise and increase physical activity.

HOME REMEDIES FOR SWOLLEN LYMPH NODES

1. **Coconut oil** - Massage oil over affected areas. It is very helpful to reduce the swelling present in the armpits. Add extra virgin coconut oil in daily diet.
2. **Castor oil** - Apply castor oil on affected area and massage it 1- 2 times in a day. Do not use castor oil for cooking as it disturb normal functioning of digestive system.
3. **Turmeric** - Make a paste by using honey and turmeric and apply it on affected areas. Wash this paste after 10 minutes.
4. **Herbal tea** - Consume a cup of herbal tea made up from fennel, cumin and coriander seeds.

Lymph nodes are small glands present in whole body but more prominent under chin, armpits, behind ears and neck region. Main function of lymph nodes is to removes toxins and damaged cell from the body. Lymph glands can get swollen due to some infection, injury or tumor. Balanced diet is essential in this condition as it boost immunity and reduce the inflammation.

DIET CHART FOR SWOLLEN LYMPH NODES

EARLY-MORNING

Herbal tea / Green tea/Detox tea

BREAKFAST

Broken wheat porridge (veg / sweet Dalia) / Veg oats / Veg Semolina (veg upma) / Veg poha (Rice flakes) / Vermicelli (veg / sweet Sewia / Chapatti with veg or Dal

MID-MORNING

Fruit / Coconut water / Herbal tea / Green tea / Salad

LUNCH

Chapatti / Boiled Rice / Vegetable + Dal / Salad/Non – veg (once in week)

EVENING

Sprouts / Green tea / Soup (Home-made) / Herbal tea / Salad

DINNER

Chapatti / Boiled Rice / Vegetable + Dal

DIET INSTRUCTIONS

CEREALS

Cereals to be consumed

Wheat, White rice, Brown rice, Sorghum, Amaranth, Finger millet, Foxtail millet, Pearl millet, Buckwheat, Little millet

Flour Ratio- Wheat Atta (50%) + Soybean Atta (20%) + Ragi flour (30%)

Cereals to be avoided

Refined flour and its product

FRUITS

Fruits to be consumed

Apple, Banana, Water melon, Muskmelon, Avocado, Peaches, Pear, Coconut, Pomegranate, All types of berries , Figs, Mango, Litchi, Custard apple, Sapodilla, Pineapple, Grapes

Fruits to be avoided

Orange, Lemons, Limes, Berries (sour)

VEGETABLES

Vegetables to be consumed

Lettuce, Broccoli, Carrots, Sweet potatoes, Turnip, Chicory greens, Spinach, Kale, Beans, Lentils, Cabbage, Brussels sprouts, Beets, Cucumbers, Bell peppers, Peas, Potatoes.

Vegetables to be avoided

Tomatoes, Brinjal, Garlic, Onion, Ginger.

PULSES

Pulses to be consumed

All pulses can be consumed

Pulses to be avoided

Nil

DAIRY PRODUCTS

Dairy Products to be consumed

Cow ghee, Tofu, Soymilk, Turmeric milk (Occasionaly)

Dairy Products to be avoided

Milk, Butter, Curd, Buttermilk, Cheese

SPICES

Spices to be consumed

Turmeric, Oregano, Coriander, Celery seeds, Cumin, Green cardamom, Fennel, Fenugreek, Cinnamon, Mustard, Pimento, Nutmeg, Clove, Black cardamom, Carom seeds

Spices to be avoided

Nil

FLESH FOODS

Flesh Foods to be consumed

Lean meat, Fish (Salmon, Mackerel, Tuna, Sardines, Anchovies, Herring)

Flesh Foods to be avoided

Red meat, Processed and Fried meat

SEEDS AND DRY FRUITS

Dry Fruits to be consumed

Almond, Raisins, Ground Nuts, Walnut, Peanuts, Pistachio, Cashew, Pumpkin Seeds, Chia Seeds, Flax Seeds, Sunflower Seeds, Sesame Seeds.

Dry Fruits to be avoided

Nil

OILS

Oils to be consumed

Olive oil, Soybean oil, Canola oil, Rice bran oil, Almond oil, Cow ghee

Oils to be avoided

Palm oil

OTHER FOODS

Other Foods to be consumed

Honey, Jaggery

Other Foods to be avoided

Refined sugar, Fast food, Alcohol, Tobacco, Tea, Coffee

LIFESTYLE AND DIETARY TIPS

- Do not consume alcohol and quit smoking.
- Eat diet which boosts immunity.
- Get proper sleep.
- Maintain ideal body weight.
- Do exercise and increase physical activity.

HOME REMEDIES FOR SWOLLEN LYMPH NODES

1. **Coconut oil** - Massage oil over affected areas. It is very helpful to reduce the swelling present in the armpits. Add extra virgin coconut oil in daily diet.
2. **Castor oil** - Apply castor oil on affected area and massage it 1- 2 times in a day. Do not use castor oil for cooking as it disturb normal functioning of digestive system.
3. **Turmeric** - Make a paste by using honey and turmeric and apply it on affected areas. Wash this paste after 10 minutes.
4. **Herbal tea** - Consume a cup of herbal tea made up from fennel, cumin and coriander seeds.

DIET CHART FOR TODDLERS



INTRODUCTION

A balanced diet with healthy foods have all those nutrients that are important for growth, development and learning. Toddler's nutrition needs are very different from other infants. The early age of life is the very right time for developing healthy habits to continue throughout life. It is necessary so that the toddlers can grow, develop, and stay healthy with growing years.

Toddlers needs a variety of balanced foods daily from the food groups like grains, pulses, dairy products, fruits and vegetables for good health and growth. Carbohydrates, protein and fats are also very important for their growth and development.

Avoiding slippery, sticky, hard, and junk food, soft drinks, and processed foods will be the best. These contain high amounts of sugar, salt, and fat which are not recommended for toddlers, as they may hamper the proper growth and development.

Attaining optimal nutrition involves eating three meals a day and two nutritious snacks. It is important that they choose a wide variety of healthy food in a required quantity.



DAILY DIET SCHEDULE

WAKE UP TIME

Milk

BREAKFAST

Moog dal pancake / Suji veg upma / Wheat pancake / Parantha / French toast / Rava Idli / Veg Pasta / Ragi dosa / Veg idli / Oats Pancake / Besan pancake

MID-MORNING

Milkshake / Apple fingers / Mashed potato / Fruit custard / Fruit

LUNCH

Veg Khichri / Fried rice / Palak khichri / Egg rice / Chapatti with Veg + Dal + Curd

EVENING

Milk / Smoothie / Bread upma / Paneer cutlets / Veg sandwich / Veg poha / Veg Sewian / Veg Dalia / Suji kheer / Besan sheera

PRE-DINNER

Veg soup / Custard

DINNER

Veg Khichri / Fried rice / Palak khichri / Egg rice / Chapatti with Veg + Dal

BED TIME

Low-fat milk / Fruit custard

DIET INSTRUCTIONS

CEREALS

FOODS TO BE CONSUMED

Whole grains cereals, Wheat flour, Oatmeal, Whole brown bread, Porridge, Brown rice, Whole wheat pasta, Finger millet, Rice flakes, Barley

Flour Ratio - Wheat Atta (50%) + Ragi flour (30%)

FOODS TO BE AVOIDED

Refined flour and its products, Sweet biscuit, Cream filled biscuit, Cream crackers, Cheese biscuits, Noodles, Pasta, Macaroni

FRUITS

FOODS TO BE CONSUMED

All fruits

FOODS TO BE AVOIDED

Canned fruits and juices

VEGETABLES

FOODS TO BE CONSUMED

All vegetables, Seasonal vegetable should be consumed. Raw vegetables like Radish, Carrot, Onion, Tomato, Cucumber etc.

FOODS TO BE AVOIDED

Canned vegetables and Chips and Roasted potatoes, Crisp and Cheese filled snacks, Coconut, Frozen vegetables

PULSES

FOODS TO BE CONSUMED

All pulse and legumes

FOODS TO BE AVOIDED

Nil

DAIRY PRODUCTS

FOODS TO BE CONSUMED

Low-fat milk, Tofu, Cheese, Curd, Yogurt, Buttermilk, Cottage cheese

FOODS TO BE AVOIDED

Whole milk and cream, Full-fat yoghurt, Cream cheese, Condensed milk, Raw milk, Unpasteurized cheese, Blue-veined cheese, Soft mold-ripened cheese.

FATS

FOODS TO BE CONSUMED

Cow ghee, Sunflower oil, Canola oil, Olive oil, Mustard oil, Rice bran oil

FOODS TO BE AVOIDED

Unsaturated fats, Cream, Palm oil, Coconut oil, Butter

SPICES

FOODS TO BE CONSUMED

Cumin, Coriander, Salt, Turmeric, Ginger, Fennel

FOODS TO BE AVOIDED

Red chilies and green chilies, Black pepper

DRINKS

FOODS TO BE CONSUMED

Coconut water, Clear soups, Sugarcane juice, Fat free homemade soups, Green juice, Herbal tea, Beetroot juice, Lemon water, Aloe Vera juice, Buttermilk, Milk, Shakes, Smoothie, Homemade juices

FOODS TO BE AVOIDED

Whole milk drinks, Cream based liqueurs, canned soup and packaged soup, Alcohol, Sweetened drinks, Squashes, Carbonated drinks

FLESH FOODS

FOODS TO BE CONSUMED

Egg white

FOODS TO BE AVOIDED

Raw, Uncooked and Processed meat, fish especially Selfish, Shark, Swordfish, Tuna and Marlin, clams, Mussels, Oysters and Scallops, Meat patties, Burgers, Pork, Organ meat, Liver, Kidney, Chest, Red meat, Fish fried in suitable oil, Prawns, Lobster, Crab, Lean beef, Lamb, Ham, Turkey, Rabbit, Sausages, Mutton, Salami, Bacon, Duck, Goose, Visible fat on meat, Roasted chicken, Grilled Fish, Lean meat, Skinless chicken

DRY-FRUITS

FOODS TO BE CONSUMED

Almond, Raisins, Ground nuts, Walnut, Peanuts, Pistachio, Cashew nuts

FOODS TO BE AVOIDED

Nil

PREPARED FOODS

FOODS TO BE CONSUMED

Home made only, Jaggery, Honey

FOODS TO BE AVOIDED

Bakery and Processed foods, Pastry, Puddings, Packed soups, Mayonnaise, Cream soups, Chocolate, Fudge, Butter scotch, Coconut bar, All fried foods, Junk foods, Sauces etc, Fruit jellies, Jams, Refined sugar, Marmalade, Sweeteners, Chutneys, Pickle, Ice-cream, Sauces etc.

DIET TIPS

- Water intake should be 5-6 glasses
- Small and frequent meals should be taken
- Whole fruit should be preferred than fruit juices.
- Skipping of meals should be avoided especially breakfast.

Diet Plan for Trigeminal Neuralgia



Trigeminal Neuralgia is a condition in which trigeminal nerve is compressed or inflamed. Trigeminal nerve supplies sensation to face, and other parts of the head. According to Ayurveda, Vata – aggravating foods can cause and be responsible for this problem, so avoiding them and consuming a diet full of anti-oxidants, fats, and the food items that can balance the Vata Dosha will be very beneficial to manage Trigeminal Neuralgia.

DIET CHART FOR TRIGEMINAL NEURALGIA

EARLY-MORNING

Luke warm water / Soaked almond -4 / Indian gooseberry -2 / Aloe Vera juice

BREAKFAST

Vegetable Poha (Rice flakes) / Vegetable Porridge (Dalia) / Vegetable Upma (Veg semolina) / Ragi chapatti (Finger millet) / Multigrain chapatti + Vegetable / Fresh Juice

MID-MORNING

Fruit juice / Fruit/ Herbal tea/Green tea

LUNCH

Chapatti / Multigrain Chapatti / Rice / Veg Pulao / Veg + Dal / Salad/ Non –veg (once in a week)

EVENING

Fruit/ Sprouts chat/ Rice flakes / Egg-1/ Soup/Veg or Non-veg (homemade)/ Roasted makhane (Foxnut)

DINNER

Chapatti / Multigrain Chapatti /Brown rice / Veg pulao / Veg + Dal

BED TIME

Skimmed milk+ A pinch of turmeric / 3-4 drops of Cow's Ghee

DIET INSTRUCTIONS

CEREALS

Cereals to be consumed

Wheat, White rice, Brown rice, Sorghum, Amaranth, Finger millet, Foxtail millet, Pearl millet, Buckwheat, Little millet

Flour Ratio Wheat Atta (50%) + Soybean Atta (20%) + Ragi flour (30%)

Cereals to be avoided

Refined flour and its products

FRUITS

Fruits to be consumed

Apple, Banana, Water melon, Muskmelon, Avocado, Peaches, Pear, Coconut, Pomegranate, Litchi, Custard apple, Sapodilla, Blueberries.

Fruits to be avoided

Orange, Pineapple, Strawberries, Mangoes, Lime, Lemon

VEGETABLES

Vegetables to be consumed

Zucchini, Sweet potato, Pumpkin, Ginger, Celery, Red onion, Coriander, Radish, Broccoli, Cauliflower, Kale, Mushrooms, Spinach, Carrot, Fenugreek leaves, Potato, Yam, Bottle gourd, Beetroot, Turnip, Bitter gourd

Vegetables to be avoided

Tomatoes, Lemon, Peas, Okra, Eggplant, Cabbage, Capsicum, Bell pepper

PULSES

Pulses to be consumed

Green gram, Yellow lentils, Red lentils, Pigeon peas

Pulses to be avoided

Kidney beans, Black gram, Chickpeas, Green peas, Bengal gram, Broad beans

DAIRY PRODUCTS

Dairy Products to be consumed

Skimmed Milk, Tofu

Dairy Products to be avoided

Whole milk and cream, Full-fat yoghurt, Cream cheese, Condensed milk, Unpasteurized cheese and All Milk Products.

OILS

Oils to be consumed

Cow ghee, Sunflower oil, Canola oil, Olive oil, Mustard oil, Rice bran oil, Coconut oil

Oils to be avoided

Cream, Palm oil

SPICES

Spices to be consumed

Cumin, Coriander, Turmeric, Ginger, Pepper, Fennel, Cinnamon, Carom seeds, Thyme seeds, Turmeric, Bay leaves, Fenugreek seeds

Spices to be avoided

Red chilies, Green chilies, Cardamom, Cloves, Garlic

DRINKS

Drinks to be consumed

Coconut water, Homemade soups and juices, Herbal tea

Drinks to be avoided

Whole milk drinks, Cream based liqueurs, canned soup and packaged soup, Alcohol, Sweetened drinks, Squashes, Carbonated drinks

FLESH FOODS

Flesh Foods to be consumed

Egg white, Chicken

Flesh Foods to be avoided

Processed and fried meat, Red meat- (Beef, Lamb, Pork)

DRY-FRUITS / SEEDS

Dry Fruits to be consumed

Almond, Raisins, Walnut, Peanuts, Pumpkin Seeds, Chia Seeds, Flax Seeds, Sunflower Seeds, Sesame Seeds.

Dry Fruits to be avoided

Cashew, Pistachio

SWEETENERS

Sweeteners to be consumed

Jaggery

Sweeteners to be avoided

White sugar, Refined Sugar, Artificial Sweeteners

OTHER FOODS

Other Foods to be consumed

Homemade only

Other Foods to be avoided

Bakery and Processed Foods, Fried Food, Junk Food, Pickles, Packed Soups, Frozen foods

HOME REMEDIES

- **Almonds** - Soaked almonds can be taken in morning or almond milk can be consumed.
- **Turmeric** - Add 1 tsp of turmeric in milk and consume it daily.
- **Carrot juice** - Drink carrot juice at least once in a day.
- **Mulethi** - Have 1/4th tsp. of mulethi with warm water.
- **Pumpkin juice** - Have 100 ml pumpkin juice daily.

DIET INSTRUCTIONS

- Drink plenty of water.
- Avoid simple carbs and saturated and trans fats.
- Do not use refined sugar.
- Add foods from all food groups.
- Avoid consumption of packed foods.

Diet Plan for Patients of Ulcerative Colitis



It is an inflammatory bowel disorder which involving the mucosa and sub mucosa of the large intestine. Symptoms of ulcerative colitis are bleeding, mucous and difficulty in passing stools. Intake of unbalanced diet and heredity play huge role to cause ulcerative colitis. Low – fat, Low – fiber diet is recommended for ulcerative colitis patients because it prevents bleeding while passing stool. This diet is also helpful to prevent ailments like diarrhea, crohn's disease, and cramps. High – fiber diet can increase bowel movements, cramping and bloating. Food rich in fat can trigger symptoms of ulcerative colitis and it takes long time for digestion. Avoid raw fruits and vegetables as they are rich in fibers.

DIET CHART FOR ULCERATIVE COLITIS

EARLY-MORNING

1 glass of water

BREAKFAST

Veg Poha / Chapatti with vegetable / Suji kheer / Veg Upma / Veg Sewian

MID-MORNING

Fruits (without skin) / Coconut water (fresh) / Pomegranate juice

LUNCH

Veg Khichri / wheat Chapati / 1 bowl of boiled rice + 1 bowl of vegetable + 1 cup of dal / curd

EVENING

Fresh yogurt with mashed banana / Marigold juice / rose petal juice , wheatgrass juice.

DINNER

Veg khichri / 2 wheat roti / 1 cup of boiled rice + 1 bowl of vegetable + 1 bowl of dal

DIET INSTRUCTIONS

CEREALS

Cereals to be consumed

Whole wheat, Semolina, Vermicelli, Rice.

Cereals to be avoided

Whole refined flour

FRUITS

Fruits to be consumed (Steamed or Boiled)

Banana, Pomegranate, Apple, Pear, Bael fruit, Muskmelon (very less quantity)

Fruits to be avoided

All citrus fruits like Oranges, Pineapple, Lemon and Watermelon.

VEGETABLES

Vegetables to be consumed

Pumpkin, Bottle gourd, Ridge gourd, Round gourd, Ash gourd, Sponge gourd, Potato, Turnip, Carrot, Radish (if suits).

Vegetables to be avoided

Garlic, Ginger, Tomato, Brinjal, Spinach, Onion, Green leafy vegetable, Peas, Cucumber, Taro roots, Beans, Okra

PULSES

Pulses to be consumed

Green gram (moong dal), and Red lentil (Masoor daal).

Pulses to be avoided

Chick peas (Kabuli chana), Kidney beans (Rajmah), and Black gram (Urad dal).

DAIRY PRODUCTS

Dairy Products to be consumed

Curd (In limited quantity)

Dairy Products to be avoided

Milk, Full-fat yogurt, Cream cheese, Sour curd, and Condensed milk

SPICES

Spices to be consumed

Fennel, Cumin, Coriander, Mint, Thyme, Black pepper, Turmeric

Note: All in small quantity.

Spices to be avoided

Red chillies, Green chillies

DRINKS

Drinks to be consumed

Vegetable soup, Coconut water, Carrot juice, Herbal Tea, Pomegranate juice- 50 ml/ day.

Drinks to be avoided

Alcohol, Carbonated beverages, Canned and Packaged soup, and Canned fruit juices, Caffeinated drinks, Coffee, Tea, Smoothie, Milk, Lime water.

FLESH FOODS

Flesh Foods to be consumed

Egg white, chicken soup, and roasted and grilled fish (Occasionally).

Flesh Foods to be avoided

Fried, Processed or frozen meats, Prawns, Lobster, Crab, Lean Beef, Pork, Lamb, Ham, Turkey, Egg yolk, Sausages, Mutton, Duck, Goose, Meat pies, Red meat, Organ parts like Liver, Kidney, and Chest.

SEEDS AND DRY FRUITS

Dry Fruits to be consumed

Soaked Almonds (5 pieces) and Walnuts (Soaked)

Dry Fruits to be avoided

Cashew nuts, Peanuts, Flax seed, Sesame seed, Pumpkin seed, Raisins, Walnut, Hazelnuts, Prunes, Figs.

OILS

Oils to be consumed

Cow ghee, Olive oil, Rice bran oil

Oils to be avoided

Unsaturated fats, Cream, Palm oil, Coconut oil, Butter, hydrogenated oil, Soybean oil, Sunflower oil, Cod liver oil, Flaxseed oil.

OTHER FOODS

Other Foods to be consumed

Homemade only, Tragacanth gums, Jaggery, Almond milk and Soya milk

Other Foods to be avoided

All bakery products or processed, Sauces, Jams, Mayonnaise, Ice-cream, Cream soups, Butterscotch, Coconut bar, Chutneys, Pickles, Honey, Junk and deep-fried foods, Spicy foods. Triphala, Aloe Vera juice, Tamarind and Psyllium husk.

LIFESTYLE AND DIETARY TIPS

- Walk for at least 30 min is recommended
- Whole fruits should be preferred to fruit juices
- Skipping meals should be avoided, especially the breakfast.
- Water intake should be limited 8-10 glasses per day
- Decoction of Pomegranate peel
- Juice of marigold leaves
- Coriander & Mint – Fresh leaves properly cleaned and washed - 5 to 8 leaves per day or 10 ml juice
- **Herbal Tea** - Boil ½ tsp each of fennel, cumin and coriander in 3 cups of water until it's reduced to 1 cup. Let it cool down, strain and then drink. Make fresh everytime.

DIET CHART FOR URINARY TRACT INFECTION



INTRODUCTION

Urinary tract infections are very common. They are caused by germs usually the bacteria E. Coli enter the urinary tract through the urethra and spread to the bladder causes infection and inflammation. A healthy diet of anti-inflammatory, antioxidant-rich foods and probiotic-rich foods is important and can help relieve a UTI by flushing out the toxins from the urinary tract.



DAILY DIET SCHEDULE

EARLY-MORNING

Lukewarm water

After 15 min - Garlic water / Herbal tea / Green tea / Cinnamon tea

BREAKFAST

Veg Semolina (Veg upma) / Broken wheat porridge (Veg Dalia) / Veg Vermicelli (Sewian) / Veg poha (Rice flakes) / Veg Idli / Dhokla / Stuffed Chapatti / Chapatti with Veg or Dal + 1 Eggs white portion + Apple juice

MID-MORNING

Fruit / Buttermilk / Coconut water / Cranberry juice / Green juice

LUNCH

Plain chapatti / Veg pulao / Boiled rice / Vegetable + Dal + Curd

EVENING

Herbal tea / Green tea / Rice flakes snack / Pomegranate juice

PRE-DINNER

Soup (Home-made)

DINNER

Plain chapatti / Rice/ Vegetable + Dal

DIET INSTRUCTIONS

CEREALS

TO BE CONSUMED

Whole grains such as Oatmeal, Porridge, Brown rice, Finger millet flour, Quinoa, Puffed rice, Rice flakes

TO BE AVOIDED

Whole refined flour, White breads, White rice, Bakery, Noodle, Pasta, Macaroni, Maggie

PULSES

TO BE CONSUMED

Split pulses only

TO BE AVOIDED

Whole pulses, Soya products, Dried and frozen pulses

VEGETABLES

TO BE CONSUMED

Broccoli, Turnips, Carrot, Cabbage, Pumpkin, Sweet potatoes, Squash, Peas, Artichokes, Lettuce, Asparagus, Parsley, Green leafy vegetable, Turnip greens, Kale, Okra, Mustard greens, Mushroom, Spinach, Potatoes, Cucumber, Onion, Garlic, Ginger, Zucchini, Fenugreek leaves, Coriander leaves

TO BE AVOIDED

Tomato, Eggplant, Jackfruit, Taro root, Yam, Red chili, Green chili, Frozen vegetables, Raw Salad

FRUITS

TO BE CONSUMED

All fruits include Papaya, Banana, Apple, Raspberries, Muskmelon, Watermelon, Pear, Blueberries, Pomegranate, Avocado, Cranberries.

TO BE AVOIDED

Lemon, Oranges, Grapefruits, All canned and packaged fruits

DAIRY PRODUCTS

TO BE CONSUMED

Buttermilk, Low-fat curd, Low-fat yoghurt

TO BE AVOIDED

Whole milk and cream, Full-fat yoghurt, Cream cheese, Condensed milk

FLESH FOODS

TO BE CONSUMED

Egg white, Boiled egg, Roasted and Grilled chicken and Sea fish, Skinless, Lean meat

TO BE AVOIDED

Meat (can be taken in a limited amount), Fish fried, prawns, lobster, crab, lean beef, pork, lamb, ham, rabbit, Egg yolk, fish roe, sausages, mutton, salami, bacon, duck, goose, liver, kidney, chest.

SPICES

TO BE CONSUMED

Fennel, Turmeric, Mint, Cumin, Carom, Coriander, Fenugreek, Rock salt

TO BE AVOIDED

Red chili powder, Green chili, Peppers

FATS

TO BE CONSUMED

Cow ghee, Mustard oil, Olive oil, Canola oil, Rice bran oil

TO BE AVOIDED

Unsaturated fats, Cream, Palm oil, Butter

NUTS AND DRY FRUITS

TO BE CONSUMED

Flax seed, Pumpkin seed, Almond

TO BE AVOIDED

Cashew nuts, Peanuts, Dried apricots and dates

DRINKS

TO BE CONSUMED

Homemade soup, Buttermilk, Carrot juice, Unsweetened Cranberry juice, Pomegranate juice, Aloe Vera juice, Amla juice, Apple juice, Green tea, Herbal tea, Garlic Water

TO BE AVOIDED

Alcohol, Carbonated beverages, Canned soup, Packaged soup and Canned fruit juices, Coffee, Tea

OTHER FOODS

TO BE CONSUMED

Homemade only, Jaggery

TO BE AVOIDED

All bakery products or processed, Sauces, Fruit jellies, Jams, Mayonnaise, Ice-cream, Cream soups, Dark chocolate, Butter scotch, Coconut bar, Chutneys, Pickles, Junk food, Deep fried foods, Spicy foods, too much salty food

DIET TIPS

- Walk for at least 30-45 min is recommended.
- Whole fruit should be preferred to fruit juices.
- Skipping of meals should be avoided, especially the breakfast
- 6 -Soaked Almonds per day
- Water intake should be increased at least 8-10 glass regularly
- **Herbal Tea** - Boil ½ tsp each of fennel, coriander and cumin in 3 cups of water till it's reduced to 1 cups.
- Cleanliness and hygiene should be maintained.

Diet Plan for Varicose Veins



Varicose veins are a condition in which veins become swollen and enlarged. It occurs when valve of vein did not work properly and blood did not flow in right direction. Varicose veins are commonly found in legs. Women are more prone to this problem. According to Ayurveda, the main cause of varicose veins is imbalance in Ranjaka Pitta and Vyana Vata. Pitta - Vata pacifying diet is beneficial in varicose veins.

DIET CHART FOR VARICOSE VEINS

EARLY-MORNING

Herbal tea / Green tea

BREAKFAST

Broken wheat porridge (veg / sweet Dalia) / Veg oats / Veg Semolina (veg upma) / Veg poha (Rice flakes) / Vermicelli (veg / sweet Sewian) / Chapatti with veg or Dal / 1 - Egg white portion only

MID-MORNING

Fruit / Coconut water / Herbal tea / Green tea / Salad

LUNCH

Chapatti / Brown Rice / Vegetable + Dal / Salad

EVENING

Sprouts / Green tea / Soup (Home-made) / Herbal tea / Salad

DINNER

Chapatti / Brown Rice / Vegetable + Dal + Tofu cheese

DIET INSTRUCTIONS

CEREALS

Cereals to be consumed

Wheat, Brown rice, Sorghum, Amaranth, Finger millet, Foxtail millet, Pearl millet, Buckwheat, Little millet

Flour Ratio - Wheat Atta (50%) + Soybean Atta (20%) + Ragi flour (30%)

Cereals to be avoided

Refined flour, White rice, Rye, Millet (Bajra)

FRUITS

Fruits to be consumed

Banana, Water melon, Muskmelon, Avocado, Peaches, Pear, Coconut, Pomegranate, Figs, Mango, Litchi, Custard apple, Sapodilla, Papaya.

Fruits to be avoided

Orange, Apple, Mango, Strawberries, Lemon, Limes, Grapes, Blueberries

VEGETABLES

Vegetables to be consumed

Zucchini, Sweet potato, Pumpkin, Celery, Coriander, Broccoli, Cabbage, Cauliflower, Kale, Mushrooms, Spinach, Carrot, Peas, Fenugreek leaves, Yam, Okra, Bottle gourd, Bitter gourd, Brussels sprouts, Lettuce, Ginger, Chicory greens

Vegetables to be avoided

Tomatoes, Potatoes, Brinjal(eggplant), Garlic, Onion, Green chilies, Red chilies, Radish

PULSES

Pulses to be consumed

All pulse and legumes

Pulses to be avoided

Nil

DAIRY PRODUCTS

Dairy Products to be consumed

Tofu, Soy milk

Dairy Products to be avoided

Milk, Cheese, Buttermilk, Butter, Curd

OILS

Oils to be consumed

Cow ghee, Sunflower oil, Canola oil, Olive oil, Mustard oil, Rice bran oil

Oils to be avoided

Cream, Palm oil, Coconut oil

SPICES

Spices to be consumed

Cumin, Coriander, Turmeric, Ginger, Pepper, Fennel, Cinnamon

Spices to be avoided

Mustard, Pimento, Nutmeg, Black pepper

DRINKS

Drinks to be consumed

Coconut water, Homemade soups, Green juice, Herbal tea

Drinks to be avoided

Whole milk drinks, Cream based liqueurs, canned soup and packaged soup, Alcohol, Sweetened drinks, Squashes, Carbonated drinks

FLESH FOODS

Flesh Foods to be consumed

Egg white, Chicken (Once in a week)

Flesh Foods to be avoided

Processed and fried meat, Red meat- (Beef, Lamb, Pork), Fishes –(Tilefish, Shark, Swordfish, King Mackerel, Marlin, Bluefin Tuna), Duck, Turkey

DRY-FRUITS / SEEDS

Dry Fruits to be consumed

Nil

Dry Fruits to be avoided

Almond, Raisins, Ground Nuts, Walnut, Peanuts, Pistachio, Cashew, Pumpkin Seeds, Chia Seeds, Flax Seeds, Sunflower Seeds, Sesame Seeds.

OTHER FOODS

Other Foods to be consumed

Honey

Other Foods to be avoided

Bakery and Processed Foods, Fried Food, Junk Food, Pickles, Artificial Sweeteners, Packed Soups, Refined Sugar, Jaggery

HOME REMEDIES

- **Witch hazel** - Add 15-20 drops of witch hazel in luke warm water and soak legs in water for 30 minutes and then wash the legs with water.
- **Marigold**- Add 1 cup of marigold petals in 3 cups of water and boil it for five minutes. When water cool down then with the help of cotton ball applied it on affected area.
- **Olive oil** – Heat the olive oil for 2-3 minutes and applied it on affected area.
- **Tomatoes**- Chop two tomatoes and put them in blender and make a mixture. Applied it topically 2-3 times in a day.
- **Apple cider vinegar** - Add 1 tsp of apple cider vinegar in glass of water and drink it daily.

DIET INSTRUCTIONS

- Drink 8 – 10 glasses of water in a day this will remove toxins from body
- Avoid eating junk food
- Eat homemade food
- Avoid spicy food
- Drink green tea

Diet Chart For Vata Prakriti



Vata Prakriti people are very fast and are enthusiastic to perform any task. But such people have very thin bodies thus they should take care of their eating habits really well like eating on time and eating plenty. They feel generally really hungry due to their Vishama Agni (Odd Digestive Fire) so they should avoid Skipping Meals. People with the dominance of Vata Dosha must keep strict control on their physical activity as they have a tendency to perform more physical activity than their actual capacity. Vata dosha is responsible for movement and people with Vata dominance have really less sleep. It is necessary for them to avoid late night awakenings and consumption of cold foods as it may result in Vata aggravation. A person with Vata Prakriti must continue the intake of golden milk on a daily basis. Bathing should be done with hot water in winters and with mild to moderate hot water in springs and summers. Sitting under early morning sunlight reduces chances for Vata exacerbation Regular use of Asafoetida (Hinga) and all the Spices is recommended. Raw Salads should be avoided. Massage with Sesame and Olive Oil is Recommended. Try to eat vegetarian as the animals can be loaded with hormones, antibiotics, and stale / non-fresh food, thus aggravating Pitta and negative emotions in the mind and causing the dullness.

Food Products	Best for Kapha Dosha	Good for Kapha Dosha	Neutral for Kapha Dosha	Bad for Kapha Dosha
DAIRY PRODUCTS	Ghee, Cow milk, Butter, Cream, Cheese, Cow's Colostrum	Rice Kheer, Buttermilk, Yogurt	Whole fat milk, Steamed Milk, Flavored Milk, Kefir	---
DRY FRUITS & SEEDS	Almonds, Walnuts, Cashew Nuts in Small Quantities - Soaked Overnight	Sesame Seeds, Sunflower Seeds	Hazelnuts and Peanuts in Small Quantity	Brazilian Nuts
FRUITS	Pomegranate, Grapes, Sapodillo Plum, Peaches, Banana,	Papaya, Apple, Bael Fruit, Dragon Fruit	Oranges, Strawberries, Cherries, Berries, Apricot, Kiwi,	Dried Fruits, Lemons, Java Plum

	Mulberries, Litchi, Avocado, Mango		Pineapple, Watermelons, Muskmelons (If taken preferably in the evening)	
VEGETABLES	Bottle Gourd, Cabbage, Spinach, Potato	Asparagus, Beetroot, Carrots, Green Beans, Onions, Garlic, Ginger	Raw Vegetables, Okra, Kale, Beans, Mushroom, Lettuce	Eggplant, Capsicum, Broccoli, Cauliflower
GRAINS	Aged Wheat, Barley, Sorghum, Brown Rice, Basmati Notes: All Lentils / Pulses and Cereals, are to be cooked and consumed with Ghee.	Corn, Buckwheat Millets, Kodo Millets, Quinoa, Newly Harvested Crops & Cereals, Red Rice (in small quantities)	Foxtail Millets, Finger Millets, Oats, Black Rice	White Bread, Brown Bread, White Rice, White Flour
BEANS & PULSES	Yellow Lentils, Split Green Lentils, Green Lentils, Black Grams	Pink Lentils, Tuvar / Pigeon Peas	Split Gram Lentils	Kidney Beans, Black Lentils, Chickpeas, Garbenzo Beans
SPICES	Black Pepper, Cloves, Cumin, Cardamom, Mustard Seeds, Turmeric, Fenugreek	Basil, Nutmeg	Rock Salt / Pink Salt, Sea Salt or White Salt	Red and Green Chilies
OILS	Sesame Oil, Cow Ghee	Mustard Oil, Sunflower Oil	Almond Oil, Olive Oil, Butter, Canola Oil	---
NON-VEG / FLESH FOODS	Egg Yolk, Chicken with Gravy, Meat Products which are heavy to digest	Turkey, Duck, Seafood	Chicken Soup, Meat Soup, Roasted Chicken	Meat of Wild Animals, Birds, Farmed Birds like Farmed Chicken

<p>OTHER FOODS</p>	<p>Honey, Herbal Teas like Arjun Tea, Mint Tea, Basil Tea, Chamomile Tea, Lavender Tea, Homemade Fresh Vegetables Soup</p>	<p>All Kinds of Sweeteners Somehow are Good for Vata Prakriti People like Jaggery, Brown Sugar, Warm Ginger Water, Warm Water with Black Salt or Pink Salt</p>	<p>Jams, Murabba, Pumpkin & Carrot Soups, Sour Fruit Juices, Hard Drinks in Very Little Quantity</p>	<p>Refined Sugar, Chocolates, Sweets, Beer, Alcohol, Cold Water / Drinks, Lemon Water, Green Tea (Packaged), Tea, Coffee</p>
---------------------------	--	--	--	--

Diet Plan for Vitiligo (Leucoderma)



It is a disease that causes the loss of skin color in blotches and patches. Vitiligo which is also known as leucoderma that is not particular to some specific areas as it can affect any body part such as hair, mouth or eyes. The extent and rate of color loss is unpredictable as in some cases it is slow and in some cases the color loss is rapid. Vitiligo occurs when the cells producing melanin which is responsible for our skin color is damaged or destroyed. A healthy diet is needed to improve the Immune system and to control the spreading of white patches. The risk of this disease is more common in people with dark complexion. So people should take a diet full of nutrients to control its spreading.

DIET CHART FOR VITILIGO

EARLY-MORNING

1 cup of water +fenugreek seeds/ overnight soaked fenugreek seed's water

BREAKFAST

chapatti+ veg/ oats/ 3-4 slices of bread + fresh juice/ veg dahlia

MID-MORNING

Any fruit or vegetable juice/ whole fruit/coconut water/

LUNCH

1 bowl boiled rice + dal/veg +1-2 chapatti / 2 chapatti + veg + salad / lean meat/ chicken (occasionally)

EVENING TIME

Herbal tea, vegetable soup, Green tea

DINNER

2 chapatti + veg/dal

DIET INSTRUCTIONS

CEREALS

Cereals to be consumed

Wheat, whole grain bread, oats, brown rice, millet

Cereals to be avoided

Refined flour, white rice, barley, rye

FRUITS

Fruits to be consumed

Apples, avocado, banana, sweet mango, coconut, pear, pineapple, Figs, Dates

Fruits to be avoided

Citrus fruits such as oranges, grapes, lemon, strawberries

VEGETABLES

Vegetables to be consumed

Broccoli, carrot, lettuce, sweet potato, turnip, spinach, kale, Bell pepper, Brussels sprouts, cabbage, cucumber, peas, bitter gourd, bottle gourd

Vegetables to be avoided

Tomato, potato, brinjal, ginger, garlic, raw onion, Squash

PULSES

Pulses to be consumed

Green gram, orange lentil (moderate), Bengal gram (occasionally)

Pulses to be avoided

Black lentil (urad dal), chick pea(Kabuli channa), kidney beans(rajmah),black gram

DAIRY PRODUCTS

Dairy Products to be consumed

Skimmed milk, soy milk (occasionally and in moderation)

Dairy Products to be avoided

Whole milk and its products such as curd, cheese, buttermilk

SPICES

Spices to be consumed

Turmeric, coriander, cumin, fennel, fenugreek, green cardamom, oregano

Spices to be avoided

Mustard, carom seeds, clove, black cardamom, chilies

DRINKS

Drinks to be consumed

Coconut water, herbal tea, fresh fruit and vegetable juices such as carrot, cucumber juice, green tea

Drinks to be avoided

Alcohol, tea, coffee, carbonated and canned juices and drinks

FLESH FOODS

Flesh Foods to be consumed

Fish (salmon, tuna, sardines), lean meat, seafood

Note: It can be taken occasionally and in moderation

Flesh Foods to be avoided

Red meat, Eggs and processed meat

SEEDS AND DRY FRUITS

Dry Fruits to be consumed

Almonds, walnut, figs, dates (soaked only) flax seeds, Brazil nut

Dry Fruits to be avoided

Cashew, Peanuts

OILS

Oils to be consumed

Cow ghee, soybean oil, olive oil, mustard oil

Oils to be avoided

Butter, saturated fats, refined oils

OTHER FOODS

Other Foods to be consumed

Homemade only, jaggery

Other Foods to be avoided

All processed, deep fried, junk food, refined sugar, spicy, cocoa products and oily food

LIFESTYLE AND DIETARY TIPS

- Person should avoid some combinations strictly such as-
 1. Milk with curd
 2. Milk with salt
 3. Milk with meat or fish
 4. Do not drink milk after having radish
- Protect your skin from direct exposure to sun
- Avoid getting tattoo on skin
- Take a healthy diet.
- Follow yoga Asana and pranayama

Diet Plan for Patients of Weak Eyesight



Weak eyesight affects our quality of life. Weak eyesight is a chronic problem and now a days has become common even among children. Eye sight must be preserved by eating healthy diet.

People with healthy eyes who tend to take eye health for granted should be cautious to maintain their vision before it gets affected, so for that follow a healthy diet to improve your eyes.

Certain Eye problems such as cataracts, glaucoma and macular degeneration are responsible for weakening of eyesight which may be effect of our unhealthy diet.

Therefore addition of some nutrients in every day diet can preserve or improve our vision. That should include diet rich in Vitamins C and E, beta-carotene, zinc, and omega-3 fatty acids for better vision.

Follow the Nutritious and healthy diet plan for maintaining your eyesight and keep your eyes glowing:

<i>Vegetables</i>	
<i>To Consume</i>	<i>To Avoid</i>
<ul style="list-style-type: none">• Green leafy Vegetables (Broccoli, Spinach)• Carrots• Sweet Potatoes• Garlic• Kale• Green, Yellow and Red Peppers• Onions• Beetroot• Squash• Zucchini	
<i>Non-Veg</i>	
<i>To Consume</i>	<i>To Avoid</i>
<ul style="list-style-type: none">• Egg• Salmon• Tuna• Other Oily Fishes• Oyster	

<ul style="list-style-type: none"> • Red Meat 	
<i>Fruits/Nuts</i>	
<i>To Consume</i>	<i>To Avoid</i>
<ul style="list-style-type: none"> • Avocados • Orange • Berries • Apricots • Apple • Papaya • Grapes • Cantaloupe • Mangoes • Amla • Lemons • Almonds • Peanuts • Cashew nuts 	
<i>Grains/Legumes</i>	
<i>To Consume</i>	<i>To Avoid</i>
<ul style="list-style-type: none"> • Corn • Lentils • Black Eyed Peas • Chickpeas 	
<i>Herbs/Spices/Oils</i>	
<i>To Consume</i>	<i>To Avoid</i>
<ul style="list-style-type: none"> • Black Pepper • Fennel • Bilberry • Triphala powder (Herbal Formulation) • Flaxseed Oil 	<ul style="list-style-type: none"> • High amount of Salt
<i>Others</i>	
<i>To Consume</i>	<i>To Avoid</i>
<ul style="list-style-type: none"> • Dark Chocolates • Soy Products • Pumpkin seeds • Sesame Seeds • Flax Seeds • Yogurt • Drink Plenty of Water 	<ul style="list-style-type: none"> • Sugar • Refined Flour • Fried Food

Keep Your Eyes Healthy and maintain your vision by following healthy diet.

Diet Plan for Young boys during Puberty



Puberty is the process of growth and change in the body as boys starts to transform into adults. The amount of calories boys require each day depends on their size, growth rate, and age and activity level. Teenage boys grow at a faster pace, which makes their dietary requirements different as compared to younger boys or adults. Increased caloric, protein, iron, calcium, zinc and folate needs have to be fulfilled during this important period of rapid growth. The primary nutrient groups are proteins, carbohydrates, fats, vitamins, and minerals. Good nutrition, physical activity can build muscles, bones, and reduce teen's risk for chronic diseases such as type 2 diabetes, heart disease, and high blood pressure. Excessive eating of many processed, high-fat foods, may be the cause of this phenomenon. Overweight or obese children are more likely to enter puberty early. Over-nutrition and obesity seem to trigger pubertal onset.

DIET CHART FOR YOUNG BOYS DURING PUBERTY

EARLY-MORNING

A glass of low-fat milk + soaked almond -5 pieces + Soaked Raisins- 5 pieces

BREAKFAST

Stuffed parantha / Veg sandwich + 1 fruit / Bread toast with egg / Fresh Juice / Milk

TIFFIN

Prantha with veg or dal / Veg Sewian / Veg poha / Veg idli / Besan pancake / Suji pancake / Veg upma / Sprouts + 1 fruit

LUNCH

Chapatti / Mixed Chapatti / Boiled rice / Veg pulao / Veg + Dal + Curd + Salad

MID-EVENING

Fruit / Lemon water

PRE-DINNER

Smoothie / Milk shake / Sprouts or rainbow sandwich / Riceflakes Snacks / Dhokla / Egg-1/
Soup (homemade)

DINNER

Chapatti / Mixed Chapatti / Boiled rice / Veg pulao / Veg + Dal + Curd + Salad

BED TIME

Low-fat milk / Fruit custard / Suji kheer

DIET INSTRUCTIONS

CEREALS

Cereals to be consumed

Whole grains cereals, Wheat flour, Oatmeal, Whole brown bread, Porridge, Brown rice, Whole wheat pasta, Finger millet, Rice flakes, Barley
Flour Ratio - Wheat Atta (50%) + Soybean Atta (20%) + Ragi flour (30%)

Cereals to be avoided

Refined flour and its products, Sweet biscuit, Cream filled biscuit, Cream crackers, Cheese biscuits, Noodles, Pasta, Macaroni

FRUITS

Fruits to be consumed

All fruits

Fruits to be avoided

Canned fruits and juices

VEGETABLES

Vegetables to be consumed

All vegetables, Seasonal vegetable should be consumed. Raw vegetables like Radish, Carrot, Onion, Tomato, Cucumber etc.

Vegetables to be avoided

Canned vegetables and Chips and Roasted potatoes, Crisp and Cheese filled snacks, Coconut, Frozen vegetables

PULSES

Pulses to be consumed

All pulse and legumes

Pulses to be avoided

Nil

DAIRY PRODUCTS

Dairy Products to be consumed

Low-fat milk, Tofu, Cheese, Curd, Yogurt, Buttermilk, Cottage cheese

Dairy Products to be avoided

Whole milk and cream, Full-fat yoghurt, Cream cheese, Condensed milk, Raw milk, Unpasteurized cheese, Blue-veined cheese, Soft mold-ripened cheese.

SPICES

Spices to be consumed

Cumin, Coriander, Salt, Turmeric, Ginger, Pepper, Fennel

Spices to be avoided

Red chilies

DRINKS

Drinks to be consumed

Coconut water, Clear soups, Sugarcane juice, Fat free homemade soups, Green juice, Herbal tea, Beetroot juice, Lemon water, Aloe Vera juice, Buttermilk, Milk, Shakes, Smoothie, Homemade juices

Drinks to be avoided

Whole milk drinks, Cream based liqueurs, canned soup and packaged soup, Alcohol, Sweetened drinks, Squashes, Carbonated drinks

FLESH FOODS

Flesh Foods to be consumed

Egg white, Roasted chicken, Grilled Fish, Lean meat, Skinless chicken

Flesh Foods to be avoided

Raw, Uncooked and Processed meat, fish especially Selfish, Shark, Swordfish, Tuna and Marlin, clams, Mussels, Oysters and Scallops, Meat patties, Burgers, Pork, Organ meat, Liver, Kidney, Chest, Red meat, Fish fried in suitable oil, Prawns, Lobster, Crab, Lean beef, Lamb, Ham, Turkey, Rabbit, Sausages, Mutton, Salami, Bacon, Duck, Goose, Visible fat on meat .

SEEDS AND DRY FRUITS

Dry Fruits to be consumed

Almond, Raisins, Ground nuts, Walnut, Peanuts, Pistachio, Cashew nuts

Dry Fruits to be avoided

Nil

OILS

Oils to be consumed

Cow ghee, Sunflower oil, Canola oil, Olive oil, Mustard oil, Rice bran oil

Oils to be avoided

Unsaturated fats, Cream, Palm oil, Coconut oil, Butter

OTHER FOODS

Other Foods to be consumed

Home made only, Jaggery

Other Foods to be avoided

Bakery and Processed foods, Pastry, Puddings, Packed soups, Mayonnaise, Cream soups, Chocolate, Fudge, Butter scotch, Coconut bar, All fried foods, Junk foods, Sauces etc, Fruit jellies, Jams, Refined sugar, Marmalade, Sweeteners, Chutneys, Pickle, Ice-cream, Sauces etc.

LIFESTYLE AND DIETARY TIPS

- Walk for at least 30 min is recommended
- Whole fruits should be preferred to fruit juices
- Skipping meals should be avoided, especially the breakfast.
- Water intake should be limited 6-8 glasses per day
- Small and frequent meals should be taken

Diet Plan for Patients of Young Girls during Puberty



Teenage is an important phase of a child for proper growth and muscle development. A girl should be very careful regarding her food habits and proper diet. The journey of a girl towards her puberty is very difficult which she can be making easy with a healthy diet and life style. A Diet rich in iron, calcium and protein is much needed to fight with the issues like irregular menses, Overweight, Acne, hair fall and all. Avoid taking unhealthy fats and food to easily overcome the hurdles during this phase.

DIET CHART FOR YOUNG GIRLS DURING PUBERTY

EARLY MORNING

A glass of lukewarm water + soaked nuts/ 1 glass water with chia seeds/ 1 glass of cumin water/ 20 ml aloe vera juice

BREAKFAST

1 fruit + veg saviyan (vermicelli)/Multigrain bread sandwich + milk/ veg quinoa/chapati +1 bowl of vegetable

PRE-LUNCH

Buttermilk/Fruit juice/Coconut water/Bowl of Sprouts

LUNCH

Boiled rice + Dal/veg + Raw Salad/ veg pulao + curd/Chicken + rice/chapati

EVENING

1 fruit/ Rice flakes snacks/ Nuts+seeds / 2 boiled eggs

DINNER

Chapati + Veg/Dal/ Mixed chapatti/ salad/ Fresh vegetable soup

DIET INSTRUCTIONS

CEREALS

Cereals to be consumed

Wheat, oatmeal, whole grain cereals, porridge, Barley, Brown rice, Quinoa, Multigrain bread

Cereals to be avoided

Refined flour and its products, Biscuits, Noodles

FRUITS

Fruits to be consumed

All seasonal Fruits such as grapefruit, oranges, apple, Papaya

Fruits to be avoided

Canned and frozen fruits

VEGETABLES

Vegetables to be consumed

All seasonal vegetables such as carrot, radish, Spinach

Vegetables to be avoided

Frozen, canned and overcooked vegetables

Pulses to be consumed

All pulses, lentils and legumes

Pulses to be avoided

Dried and frozen

DAIRY PRODUCTS

Dairy Products to be consumed

Low fat milk, Buttermilk, Cottage cheese, Curd, Tofu

Dairy Products to be avoided

Whole milk and cream, Condensed milk, raw milk, unpasteurized cheese

FATS

FATS to be consumed

Cow ghee, Olive oil, Canola oil, Mustard oil

FATS to be avoided

Refined oils and unsaturated fats

SPICES

Spices to be consumed

Cumin, Coriander, turmeric, pepper

Spices to be avoided

Red chilies

DRINKS

Drinks to be consumed

Coconut water, sugarcane juice, Green juice, lemon water, homemade fresh juices, aloe vera juice

Drinks to be avoided

Carbonated drinks, squashes, Alcoholic drinks, canned and packed juice, packed soups

FLESH FOODS

Flesh Foods to be consumed

Egg white, grilled fish, Lean chicken, and Roasted chicken

Flesh Foods to be avoided

Raw, Processed and red Meat

SEEDS AND DRY FRUITS

Dry Fruits to be consumed

Almond, Raisins, Pistachio, Cashew nuts, Pumpkin seeds, Chia seeds, Sunflower seeds

Dry Fruits to be avoided

Nil

OTHER FOODS

Other Foods to be consumed

Jaggery, homemade only

Other Foods to be avoided

All Bakery food, Junk food, processed food, deep fried food, spicy food, Ice creams, sauces, packed soups

LIFESTYLE AND DIETARY TIPS

- **During menstrual cycle**
 1. Take cumin water early morning. Boil 1 tsp of cumin seeds in 2 cup of water and boil till it remains 1 cup. It will provide relief from pain and abdominal cramps.
 2. Don't take cold meal always take hot served meal.
 3. Add cow ghee to your diet especially during periods.
- **In case of pimples**
 1. Add Aloe Vera juice or Neem juice to your daily routine.
 2. Avoid spicy and junk food strictly
 3. Drink plenty of water.
- **For overweight**
 1. Take diet low in calories and fats
 2. Overnight soak chia seeds in water and drink that in the morning.
 3. Be Physically active and Do yoga regularly
- Take healthy and balanced diet.
- Better to eat raw veggies and fruits.
- Intake of fiber rich diet.
- Avoid skipping meals especially breakfast