



# ASTANG AYURVEDA

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## Dietary Regimen

Diet is one of the reasons behind good health or bad health. Good diet is good for health. Proper dietary presentation, regular in time fooding, limited fooding, maintaining a gap between two foodings, linking fooding habit with the sun and sleeping habit with the moon help maintaining a balanced health.



Dinner should be taken in between 6 pm – 7 pm. 9 pm to 10 pm is perfect to go to bed. Somebody can get up after 4 am and before 6 am (Before the sun rise). Don't take water in empty stomach in the morning after you get up. Taking water in a hungry stomach will diminish the appetite and digestion.

**Breakfast (6 am to 8 am):** - Cooked green gram water, green gram soup (dal)(dry or wet ginger and turmeric) should be taken as breakfast. It is good to add drumstick to the green gram soup. Puffed rice (moodhi / murmura), puffed paddy (lia/ kхой/ lai/ lava), roasted flattened rice (chuda/ chidwa/poha), roasted peas without spice (chana/bhaja buta) can be taken with green gram dal if appetite is better.

**Mid-day Lunch (12 noon to 2 pm):** - Liquid moong dal one big bowl (Added with ginger, turmeric and drumstick), boiled brown rice one small bowl (chew 32 times, each swallow), one small bowl green vegetable [Pointed gourd (Parval), Bitter gourd (karela), spine gourd (kakoda), ridge gourd (janhi/taroi), butle gourd (louki), fenugreek leaves (methi), spinach leaves (palak), drumstick] should be taken during lunch time.

Intermittent snacks (Time as per appetite and lightness of abdomen):- Puffed rice(moodhi / murmura), puffed paddy (lia/kхой/lai/lava), roasted flattened rice (chuda/chidwa/poha), roasted peas without spice (chana/bhaja buta) can be taken with green gram dal if appetite is better. 300 ml drumstick soup a day can be taken as a past time drink.

**Evening (Dinner at 6 pm - 7 pm):** - Cooked green gram water, green gram soup (dal)(dry or wet ginger and turmeric) should be taken as breakfast. It is good to add drumstick to the green gram soup. Puffed rice(moodhi / murmura), puffed paddy (lia/kхой/lai/lava), roasted flattened rice (chuda/chidwa/poha), roasted peas without spice (chana/bhaja buta) can be taken with green gram dal if appetite is better.



### **Avoid: -**

1. Food prepared from wheat flour ( Roti, paratha, pudi, bread, bakery food, nan, kulcha, pasta, noodles, samosa), besan (powder of green gram, peas, chana, black gram etc), food made of rice powder should be avoided. More fine the powder more the glycemic load. Avoid potato, ladies finger, cabbage, cauliflower, reddish, non-veg, sweets, hot and sour food, chilly etc.
2. Milk product (curd, butter milk, lassi, ice cream, sweets etc.) should be avoided during dieting.
3. Avoid egg, fish, prawn, crab, mushroom and wine.



### **Diet Quantity:**

Take food only when you are hungry. Take food 25% less than your hunger/appetite. Stay away of late night dinner, excessive food, frequent fooding habit. The amount of moong dal(Green gram soup) should be 66% of your total diet.

### **Medicament procedure:**

1. Take medicine with warm water 2 hrs before food.
2. Take raw ginger juice (Adrakh swaras) 4 tsf (20 ml), raw turmeric juice(haldi swaras) 6 tsf (30 ml) and honey ½ tsf (3 gram) along with medicine.
3. Everyday take 300 ml of drumstick soup.

### **Water:**

Add 5 gram (1 tsf) dry ginger and coriander seeds (dhania) 15 gram (3tsf) to 3 liters of water and boil it to half. The water boiled in the morning can be used till the afternoon and the water boiled in the afternoon can be used till the evening.

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## **Details**

**OPD** - (9 am to 1 pm) Everyday

**IPD** - (24hrs × 7 Days)

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