

AYURVEDIC
CONCEPT OF



NUTRITION



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Ayurvedic Concept of Diet & Nutrition

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Preface

IAA –International Academy of Ayurved, BGA – BAMS Graduate Association and Shri Dhanvantari Pariwar of Pune have organized World Conference Ayu 2012 with Focal theme of Indian Systems of Medicine for All. There are six plenary sessions in this conference. We had promised to all delegates that they will receive book on each subject of these plenary sessions and accordingly we are publishing this book.

Everything of human life depends on diet. It not only provides nutrition but also nourishes sense organs, improves complexion, maintains good health & keep human life disease free. Conversely improper diet hampers all these resulting into sickness for short or long duration depending on the pattern of food consumed.

We have therefore explained all the important concepts of food as per Ayurvedic principles and the modern view about the nutrition also. We are sure that all the delegates attending World Conference Ayu 2012 will welcome this book.

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Chapter 1

Introduction

Food is the prime necessity of life. Food which we eat is used for the maintenance and growth of the body. Food also provides energy for doing work. Proper nutrition also provides us good immunity.

Wholesome food & drinks having good color, smell, taste & touch are pleasing to senses & conducive to health. If they are taken in accordance with the rules, are useful for all living beings. The effect of the use of such diets & drinks can be perceived directly. If consumed according to rules, they provide fuel to the fire of digestion; they promote mental as well as physical strength, complexion, and clarity of sense organs and also give proper energy to the mind. Those who take proper food & drinks live a long life & those not die a premature death. Proper maintenance of the power of digestion, which is the supporter of vital energy or Prana, also depends upon the intake of proper diet & drinks.

Concept of Food is widely explained in all Ayurvedic compendia. Almost each & every concept regarding food is keenly explained in Ayurveda. Right from divine considerations regarding food to practical utility & impact of diet is discussed under various heads. Also regulations from 'what & when to eat' to effects & remedies of poisonous contamination of food are all covered in Ayurvedic texts. Thus importance of good food habits, regular meal timings, and benefits of proper processing of food etc. is an unending list of indications prescribed to remain fit & fine.

Aacharya Kashyap, Charak, Sushrut etc. have stated the importance of foods. Along with physical benefits the diet also maintains life force or Prana i.e. base energy of soul. Food is called as root of the life force, strength, complexion, Ojas and health are all dependant on Food.

Maintenance of life belongs to appropriate consumption of food. Acharya Kashyap termed food as the Great Medicine.

Good medication would be of no use without proper food. This is again very peculiar concept indicating importance of 'Pathya-Apathya' or Do's and Don'ts in various diseases.



Chapter – 2

Basic Principles of Food

Ayurvedic concept of food -

This mainly depends on the following eight factors-

1. Energetic Principles of food
2. Twenty attributes
3. Eight factors of food preparation
4. Rules of eating
5. Agni
6. Constitution –Prakruti
7. Time and Place
8. Season

Ayurveda has also imparted lot of importance to another 8 factors regarding food, which are called as '*Ahara vidhi visheshayatana*'. They are as follows –

1. **Prakruti** – or the nature of the food. Depending on whether the food is easily digestible or not, food can be classified in heavy and light qualities. Meat is heavy for digestion while rice and vegetables are light. This is the basic nature of the food and while eating we must take this into consideration.
2. **Karana** – or processing. Generally cooked food is better for nutrition. Some food substances like fruit and some salads are better taken as uncooked. Food cooked on natural wood or coal fire has better taste than cooked on electricity or gas. Microwave cooking destroys Prana in the food. Processing also includes other methods like roasting, frying, baking, direct heating on fire, preparing by roasting, barbeque, mixing, drying, churning etc. Depending on the method of the process, the qualities of the food change. It can become light or heavy for digestion.

3. **Samyoga** – means combination. While preparing any food the ingredients must be properly mixed together. Combining sour fruits with milk or curds is not beneficial.
4. **Rashi** – means quantity. While eating one has to consider the individual ingredient quantity and the total quantity of the food that is consumed. Here again we have to consider the heavy and light qualities of the substances that are taken.

The quantity of food depends on your digestive fire. There are no fix criteria for the amount of food according to age, sex, race etc. Parigraha—quantity of each item and Sarvagraha means total quantity to be consumed.
5. **Desha** – means place. Ayurveda has divided place in three types marshy, arid and normal. Also we have to consider the place in relation with temperature and cold climate condition. Food must be eaten in place, which is clean. If the surroundings are good and sattvic, the food is better absorbed and has good effects on the body and mind.
6. **Kala** – means time or period. When the previous food has been properly digested then only the next should be consumed. One must also change the type of the food as well as its quantity and quality depending on the seasonal changes. The main meal must be taken between 10 to 2 in the afternoon, which is Pitta time.
7. **Upayoga Samstha** – means rules for eating. Food must be consumed while it is hot. This will naturally increase the digestive fire. Meals must be taken in relaxed, calm and cheerful atmosphere. One should not eat, when the person is nervous, angry, anxious, or in disturbed state of mind. Similarly eating too slowly or too rapidly, eating while talking, laughing, thinking or watching television is also not advisable. It is better if we concentrate on the food only with the thought that this food is going to benefit

my body and mind. Smoking or drinking too much water or any other liquid after eating is not advisable.

Make eating as ritual.

It is recommended to take shower and wear clean clothes, prior to cooking. Guest is god. First the food is served to him and children. Chanting of mantras & offering prayer to God is always advisable. Always think that this food is going to nourish my mind and body.

8. Upabhokta – Person who takes the food – Every person must take in to consideration, his own constitution, capacity of his digestive power, the season, time of day & whether the previously taken food has been digested or not.

Ten Rules for Food Intake -(Aharavidhi-vidhan) -

All persons should observe the following rules of food intake. Charaka has explained ten rules in this context.

- a) Intake of food should be warm – Freshly cooked warm food is delicious and after intake, it provokes Agni (digestive fire) which then digests the food better.
- b) The food should be unctuous- Oily food is also delicious and it helps to disintegrate the food for better digestion.
- c) Food must be taken in proper quantity- Proper quantity of food promotes longevity without affecting *Vata*, *Pitta* and *Kapha*.
- d) Eat only when the previous meal is properly digested- If the food is taken after the digestion of the previous food, the first liquid tissue- *rasa* is properly formed which in turn creates all tissues in healthy condition.
- e) Food must be taken without any contradictory properties.
- f) Do not eat in hurry –There is danger that hurriedly eaten food may enter into Respiratory tract which can cause reflex cough and hiccup. Also this does not allow the food to be digested properly.

- g) Do not eat too slowly –This does not give satisfaction.
- h) Do not laugh or talk while eating –Because food must be taken with full concentration that it will do benefit to the body and mind.
- i) Do not eat too hot or too cold food.
- j) Take food with proper respect to you- The knowledge of usefulness and harmful food is very important. Also it is worthwhile to take proper food according to your constitution, age, season, time etc.

Twelve Principles about eating food -*Dwadasha Ashana Vichara*

Sushruta has explained the following twelve principles about the diet-

i) Food with cold potency

Persons suffering from thirst, heat, alcoholism and burning sensation and those who are suffering from internal hemorrhage, poisoning, fainting and should take this type of diet and drinks with judgement.

ii) Food with hot potency

This type of food and drinks are suitable for patients suffering from disorders of Kapha and Vata and for those who have been given purification therapy. Similarly, those who are drinking sneha and are very dry (Ruksha) should take food with warm or hot potency.

iii) Oily food –

Persons with Vata constitution, rough skin, dry koshtha, having excessive sex and performing lot of physical exercise should always take unctuous food and drinks.

iv) Rough food –

People suffering from obesity, have been received snehana and suffering from Prameha should take food in rough quality.

v) Liquid Diet -

Patients who have developed dehydration, thirst and debility should be on liquid diet.

vi) Dry food –

Patients having lot of Kleda and have accumulated water, are suffering from wounds and Prameha should take dry diet.

vii) Single diet in day –

Persons having weak Agni should eat only once in a day.

viii) Diet twice in day –

Those having good digestive power should eat two times a day.

ix) Diet containing medicine –

If the patient has aversion for particular medicine, it should be mixed with food and given to him.

x) Diet in small quantity -

Patients having low Agni should always eat small amount of food.

xi) Palliative diet –

Appropriate diet given in consideration of season and place.

xii) **Normal diet** - Persons who are perfectly healthy should consume normal diet.

General rules of eating –

- 1) Eat only when your body is naturally hungry. That means when you are selective in eating that is not true appetite. In real hunger you prefer to eat whatever is available at the moment.
- 2) Do not eat until your stomach has finished working on the previous meal.
- 3) Do not eat when you are very emotional, angry, worried or upset as this disturbs Agni.
- 4) Do not eat over or under.

- 5) Do not drink icy water before, during or after a meal. Coldness shocks the body, also inhibits Agni and leads to formation of Ama.
- 6) Do not eat food seating in front of TV and watching horror movies or any other serials.
- 7) Avoid incompatible food combinations.
- 8) Avoid foods you don't like as they won't satisfy the mind.
- 9) Avoid eating leftovers or reheated food as it will have little Vital energy alias Prana.
- 10) Eat wholesome foods that are pleasing to the senses.
- 11) Be grateful to the food you eat. Enjoy it in an atmosphere of respect & love.

Satmya –

This means thing (food, herbs, atmosphere etc.) which is beneficial to the body & mind even after its long term use. Certain substances become habitual to the body after its long term use. This is called as oak satmya.

Wholesome & unwholesome diet –

The dietary substances, which have the best nutritional values and do not vitiate Doshas, when consumed in proper quantity, are called as wholesome. While the unwholesome substances after constant use cause some untoward effects on the body after vitiating Doshas.

Wholesome	Unwholesome
1. Cereals – rice which ripens in 60 days	Barley (yava)
2. Legumes – Green gram or Moong	Black gram (masha)
3. Water – rain and spring water	River water in rainy season
4. Salt – Rock Salt	Sea Salt

5. Leafy vegetables - Jeevanti (Leptadenia reticulata)	Mustard
6. Meat - Aina type of deer	Beef
7. Milk – Cow's Milk	Goat's milk
8. Ghee-Cow	Goat
9. Oils – Sesame	Sun flower
10. Fruits – Black resins	Artocarpus lakoocha
11. Wine – Medicated wine	Other types
12. Sweeteners – Crystalline sugar	White sugar

Detox diet for Ama (Toxins) –

When digestive fire or Agni is low and is producing Ama, it is better to carry out fasting till it becomes normal. Period of fasting should depend on the state of low Agni and the type of constitution the person is having. It is observed that Kapha constitution persons can tolerate fasting very well, while that of Pitta does not.

In order to bring Agni back to its normal condition, it is recommended to start with very light diet and then slowly go on increasing its heavy quality so that, there is no burden on digestive fire.

Start Detox diet from Manda. Slowly go up to yusha. When digestive fire becomes normal give the normal diet.

1. **Manda** – Take one portion of rice + 14 times water. Cook it well. Strain and give liquid with a pinch of trikatu.

2. **Peya** – Take one portion of rice + 6 times water. Cook it well. Strain and give the liquid with cooked pieces of rice in it and pinch of trikatu.
3. **Vilepi** – take one portion of rice + 4 times water. Cook it well and serve it with more rice.
4. **Yusha** – This is usually prepared with legumes (pulses) like moong or green gram. Take 40 gm. Moong + trikatu 2 gm. + 16 parts of water. Cook it well. If this is served without tadaka, it is called as Akruta Yusha and with tadaka it is called as Kruta Yusha.

Tadaka is done by heating small quantity of oil or ghee and adding mustard or cumin seeds in it. When seeds make crackling sound tadaka is ready.

(**Trikatu** – Dry ginge, Piper longum and Black pepper powder in equal quantity.)

Chapter 3

Classification of food substances

Food articles have been classified by different ways by different authors.

In each *varga* or group different substances have been included taking into consideration their common characters and taste, potency, vipaka & specific action of these substances have been explained. In Charaka Samhita they have been classified in 12 groups as under-

1) Shukadhanya varga, 2) Shamidhanya varga, 3) Mamsa varga, 4) Shaka varga, 5) Phala varga, 6) Harita varga, 7) Madya varga, 8) Jala varga, 9) Gorasa varga, 10) Ikshuvarga, 11) Kritanna varga and 12) Aharayogin. (Ch. Sutra. 27)

Sushruta Samhita describes the same type of classification only one finds some extra groups like –Kanda varga (which can be included in shaka varga), Lavana varga – explains various salts and their effects, Bhakshya varga or hard edibles, Anupana varga- explains various vehicles to be taken after eating certain food items. Ashtang Hridaya has explained more or less same type of classification. He has explained additional group -Aushadha varga which in fact is lavana varga of Sushruta.

1) Shukadhanya Varga -(Grains, Cereals)

Shuka means outer covering of the grain. In this group grains or cereals have been included and many of them have these coverings like different varieties of rice. Hence this group of grains is called as *shukadhanya*. They have single cotyledon structure.

Ancient text books like Charaka, Sushruta and Vagbhata have included various grains in this group like i) Varieties of different rice- *shali*, *shastika*, *vrihi*, *shyamaka*, *hastishymaka* ii) Barley or *yava*, iii) Wheat or *godhuma*.

i) Rice- There are more than 84 varieties of rice all over the world. In India the common varieties are the rice that matures in sixty days which is called as *shastika* rice and basmati rice.

Shastika rice is cold in potency, unctuous light, sweet, and alleviator of the three Doshas & stabilizing. While variety of *shastika* is superior to the black white one. *Vrihi* type of rice is sweet in taste, sour in post digestive effect, heavy & aggravator of Pitta. *Patala* variety of rice produces urine & stool in large quantity & aggravates all the three Doshas. *Shyamka* & *koradusha* are astringent & sweet in taste and cold in potency. Both of them aggravate Vata & decrease Kapha as well as Pitta.

Rice in general is sweet, cool in potency and sweet in post digestive effect. Basmati in particular balances all Doshas when used moderately. Bleached refined rice tends to aggravate Kapha and ama by its sticky nature. Brown rice particularly its short variety may sometimes increase Pitta. It is more nutritious and hence good for Vata. It is demulcent, laxative and builds all tissues by nourishing rasa or plasma. It is good sattvic diet when taken in combination with fruits and dairy products like milk and buttermilk. When mixed with equal parts of moong beans one can prepare *kichari* which is good for maintaining nourishment and is very light for digestion also.

ii) Barley- or yava is un-unctuous and light, cold in potency with sweet and astringent taste. It is stabilizing and strength promoting. It alleviates the Pitta and Kapha. It is diuretic and demulcent in nature. It nourishes skin and is very good for kidneys. It increases the bulk of the stool and is useful in diseases like diarrhea, arthritis and cough.

iii) Wheat - is also known as Godhuma. It is sweet and slightly astringent in taste, cold in potency and sweet in post digestive effect. It is unctuous, stabilizing & heavy. It is nutritive, restorative, helps to build tissues like Mamsa and Shukra. It decreases Vata and Pitta but may increase Kapha. It has aphrodisiac properties and gives power for manual work. Wheat bran is good laxative.

Bread made from wheat is also nutritive but many people do not tolerate the same due to the process of fermentation involved in the same. It should also be remembered that some persons are allergic to gluten in the wheat.

iv) Pearl Millet, Big Millet or Jwari – It is sweet and astringent in taste and cool in potency. It is light for digestion as compared to wheat. It increases Kapha when used in excess. Small Millet commonly known as Millet or Jwari is sweet and astringent in taste but is warm in potency. Hence it increases Pitta and decreases Vata.

v) Corn – It is sweet in taste and slightly cool in potency. It decreases Pitta and Kapha but when used excessively, can aggravate Vata, particularly when corn bread is used in excess.

vii) Oats – They are sweet in taste slightly cool in potency and sweet in post digestive effect. They also help to build tissues like wheat and are demulcent, laxative and emollient in quality. When used in excess they can aggravate Pitta.

2) Shamidhanya Varga- (Pulses, Legumes, Beans, Lentils)

This group is also known as Shimbi dhanya. Shimbi means beans or lentils. Most of the food substances included in this group like legumes are produced in pods. In general all beans are astringent & sweet in taste, pungent in Vipaka and have cold potency. They are rough and heavy for digestion. Majority of them cause constipation and most beans increase Vata.

i) Black gram -Masha is sweet and astringent in taste, cool in potency and increases Kapha. It is heavy for digestion. It is aphrodisiac, nutritive, demulcent & strength promoting. It helps to increase the bulk of the feces as well as semen.

Rajamasha is another variety of masha. It is laxative, heavy for digestion and slightly oily in character.

ii) Chick peas- This is also known as garbanzos in Western countries. It is sweet, astringent and cool. They increase Vata and Kapha but decrease Pitta. They are nutritive but form gases in intestines.

iii) Mung beans – Also known as mudga or green gram. They are green as whole and are yellow when split into two. They are sweet and astringent in taste and cool in potency. They also have equal amount of protein as compared to other beans but are the lightest for digestion and do not increase Pitta. In fact they are good food for treating conditions like hyperacidity or Amlapitta, fever, liver diseases, skin problems and best in summer.

iv) Soya beans – They are sweet, astringent in taste and cool in potency. They are hard to digest and are nutritive, diuretic, diaphoretic in nature. They are easier to digest in the form of tofu or soy milk.

v) Red gram- also known as tur dal. They are sweet and astringent in taste and slightly warm in potency. They increase Pitta and reduce Vata.

vi) Horse gram or Kulattha- is hot in potency, astringent in taste & sour in Vipaka. It reduces Kapha as well as Vata. It is useful for patient suffering from stones in kidney, ureter

Vii) Red Lentil- or Masura is light, cold in potency, sweet with accompanying astringent taste. It is light for digestion and increases Pitta.

viii) Rajmasha – Also known as red kidney beans. There are several varieties of this bean like aduki beans, fava beans, kidney beans. They are all sweet and astringent in taste and cool in potency. They all increase Vata and decrease Pitta and Kapha.

3) Mamsa varga -(Meat)

Meat is the most nutritious and strengthening food; especially, it builds muscle tissue in the body very fast. It reduces Vata and increases Pitta and Kapha. It is sweet in taste and hot in potency, hard for digestion and Tamasic in nature. It also has bad karmic effect on the person who consumes the same as eating any meat involves killing of an animal. Meat soups or stew are easier for digestion and they should be given when the Agni or digestive fire is low and the person needs tonification food.

Meat contains all essential amino acids like threonine, histidine, arginine, tryptophan, isoleucine, leucine, lysine, phenyl alanine, valine and methionine hence it is also called as high biological value food. It has highest protein content and hence it is good food in diseases like anaemia, all muscular and nervous disorders like paresis, paralysis etc.

In countries like Japan there is tendency of eating raw meat or Sushi food which can lead to various diseases. All meat preparations need proper cleaning and cooking at particular temperature before consuming. In Chinese meat recipes, MSG or mono sodium glutamate is always added for increasing the taste of the preparation. This can lead to various diseases like cramps and paresis of the muscles.

If clean meat is not eaten, there is always danger of infestation of worms and infection by various bacteria which can cause diseases. Canned meat can give rise to Botulism which can instantly kill the person.

Ashtanga Hridaya has explained 8 varieties of animals in this group. i) Mruga- deer etc, ii) Vishkika- lizard, peacock etc, iii) Pratuda-dove etc, iv) Bileshaya - frog, snake, mongoose etc. v) Prasaha mruga- cow, ass, camel, lion, bear, dog, tiger, cat, mouse etc, vi) Maha mruga- elephant, lion etc, vii) Jalachara – birds like swan, viii) Matsya- various types of fish and prawns etc.

Charaka Samhita has explained similar classification i) Prasaha, ii) Bhumishaya- frog, snake, iii) Anupa varga- animals living in wet country like boar, pig, cow, buffalo, iv) Varishaya- animals living in water- tortoise, crab, fish, whale, oyster, v) Varichari- animals moving in water- swan, crane, vi) Jangala mruga- animals in forests- deer, hare, sambara etc. vii) Lavadyas- birds which scatter grain while eating like common quail, viii) Varatakadi – Birds of poultry like peacock, cock etc. ix) Pratuda- Birds which eat while striking like kapota, kokila etc.

Various other texts like Sushruta have explained the qualities of meat of animals like lion, elephant; birds like sparrow, pigeon etc. However, meat of most of these animals is not consumed today and hence we are not describing their qualities in detail. We will discuss the qualities of meat which is commonly consumed today by majority of the people.

i) Goat and Sheep- Goat meat is neither too cold in potency nor too heavy nor too unctuous. It doesn't vitiate any Dosha & is homologous with the muscle of the human body. It doesn't obstruct the channel of circulation and is nourishing. It increases Kapha and reduces Vata.

ii) Beef – Meat of the cow is being consumed by the man from the time of Vedas. There is reference in Charaka Samhita and that, due to its excess use Agnimandya gave rise to diseases like Diarrhea. It is sweet in taste but hot in potency. It is red meat and increases Pitta-Kapha and reduces Vata. It also increases Tamas in mind. Excess use will increase blood cholesterol and hence not good for conditions like atherosclerotic heart problems, neither is good for high Pitta and Kapha diseases.

iii) Pork – It is sweet in taste and cool in potency. It is also highly Tamasic and increases Kapha and Pitta but decreases Vata. Bacon is heavy for digestion as it contains more fat. If the pork meat is not properly cooked, there is danger of tapeworm (*Tinea solium*) infestation. Similarly, pork meat can give rise to dangerous disease like cysticercoids cellulose which affects brain and can kill the person.

iv) Buffalo – Meat is unctuous, hot in potency sweet in taste, aphrodisiac, heavy & refreshing. It promotes strength, corpulence and increases Tamas in mind leading to sleep when used in excess.

v) Chicken – It is sweet in taste and slightly warm in potency. It is white meat and is lighter for digestion and dry as compared to beef. It is nutritious and is good in various muscular diseases. Soup of chicken is still lighter and should be given in convalescence.

vi) Fish- in general is sweet in taste and slightly warm in potency. It is lighter for digestion than meat. It is strength promoting, nourishing, unctuous & aphrodisiac. It alleviates Vata & is good for reducing cholesterol and excellent for all heart conditions.

vii) Rohita fish lives on moss & grass. Therefore, it promotes the power of digestion. It is light for digestion & it promotes strength considerably.

vii) Tortoise meat promotes complexion, virility, strength, intelligence & memory. It is good for improving eyesight; it is wholesome food & alleviates Vata.

viii) Eggs – They are also nutritious foods as they also contain all essential amino acids. Eggs are sweet in taste and hot in potency. They reduce Vata and can aggravate Kapha. One egg of 60 gm. wt. contains 6 gm. protein, 6 gm. Fats, 30 mg. Calcium, 1.5 mg. Iron and will give 70 calories.

4) Shaka varga -(Vegetables)

Shakavarga has been divided in various groups like-leaf, flower, fruit, stem, tuber roots etc. Leafy vegetables are lighter for digestion while the root vegetables are heavier for digestion. Flower vegetables, fruit vegetables and stem vegetables are in between these two groups. Practically all vegetables are having qualities like Vishthambhi, heavy to digest and dry.

There are controversial statements regarding the use of vegetables for maintaining health. One statement says that the person who has the right appetite, eats minimum food, does not eat vegetables will not suffer from any pain or diseases. While other texts praise the use of vegetables. Modern medicine also states that all vegetables have fiber and hence they should be consumed, because fiber is good for keeping the bowels cleaning and they also help in absorbing cholesterol in the colon. The question is how to find the golden mean in these statements.

While understanding effects of any substance, Ayurveda has advised to take into consideration Agni and the Prakruti of every individual. Excess consumption of vegetables is not good for Vata and Kapha individuals as their Agni is irregular and low respectively. However Pitta individuals can eat good amount of vegetables as their Agni is in good condition.

Texts like Charaka, Sushruta and Vagbhata have given the qualities and actions of various vegetables like Patha, Kakamachi, Rajakshava, Kalasaka, Changeri, Upodika, Mandukaparni, Kutumbaka, flowers of Kovidara, tender leaves of Udumbara, Langalika, Eranda, Kusumbha, fruits of Trapusha, Alabu, Kushmanda, Vidarikanda, Amlika tuber and varieties of mushrooms etc. Most of these excluding Vidari, Mashroom, Tanduliyaka are not in use today, hence we will describe the qualities of those vegetables which are used commonly by most of the people.

i) Tanduliyaka- is sweet in taste as well as Vipaka & cold in potency. It is slightly unctuous and light for digestion. It is curative of intoxication & poisoning, useful for patients suffering from RaktaPitta.

ii) Spinach- It is astringent and slightly sweet, cool in potency and pungent in post digestive effect. It decreases Kapha and may increase Vata if used in excess. Swiss chard has similar qualities like spinach.

iii) Mushrooms- They are sweet and astringent in taste, cool in potency and pungent in Vipaka. Excess use can increase Ama and Tamas in mind. They should be avoided when the digestion is not proper. They are diuretic and hence good for relieving edema. Some Chinese and Japanese varieties have good tonifying properties but they are expensive also. These must be collected properly with person who can identify the varieties because many varieties are poisonous.

iv) Lettuce- It is also astringent, cool and pungent. It decreases Pitta and Kapha but may increase Vata if used in excess. It is diuretic and alterative in quality.

v) Potato – They are sweet in taste and cool in potency. They are good for all Doshas but some varieties may increase Kapha. Mashed and steamed potatoes with ghee are good for Vata. They are nutritive but are difficult for digestion.

vi) Tomato – They are sweet, sour (more when unripe) in taste, sour in Vipaka and cool in potency. They decrease Vata but may increase Kapha. They have acidic character and hence are not good for Pitta

diseases like AmlaPitta. They relieve thirst and promote circulation of rasa and Rakta.

vii) Cabbage – It is sweet and astringent in taste, cool in potency and pungent in Vipaka. They also have light, dry qualities. Excess use may increase Vata. Generally they will reduce Pitta and Kapha.

viii) Cauliflower – They are also sweet and astringent in taste and cool in potency. When combined with other dairy products they are good for Vata and Pitta people.

ix) Carrots – They are sweet and pungent in taste, hot in potency and have sweet Vipaka. They reduce Vata and Kapha but may increase Pitta if used in excess. They are heavy for digestion and are good diuretic, stimulant and are useful for all eye conditions as they contain high amount of Vit. A. Carrot seeds are emmenagogue. Carrot juice is indicated in all disease of liver, Rakta and edema.

5) Phala varga -(Fruits)

In general fruits have sweet, sour, astringent taste and are cool in potency.

(Except fruits like Papaya), they reduce Vata and Pitta and increase Kapha. Many fruits have balancing action on all Doshas. Eating only fruits for long time can increase Vata. Most of the fruits are sattvic quality and they relieve thirst, have alterative action and are laxative in nature. Fruit juices with added sugar will increase Kapha. Some fruit preparations are cooked and are given with mild spices like cardamom, when they become easy for digestion. Combination of fruits with yogurt or milk is not good for health, if consumed regularly. Sour fruits should not be mixed with milk or yoghurt.

Charaka Samhita has entered a long list of fruits – Mridvika, Kharjura, Phalgu, Amratika, Coconut, Bhavya, sour fruits like Parushaka, Aruka, Tanka, Bilva, unripe mango, Amlavetasa, Jambu, Jujube, Shimbhitaka, Gangeruki, Panasa, Laval, Pilu, Ingudi, Tinduka,

Amalaka, Bibhitaka, Dadima, Vrikshamla, Karchura, Vatama, Arikota, Amrataka etc. We will discuss qualities and actions of some of the important fruits-

i) Mrudvika [Grapes] – They are sweet and sour in taste, cool in potency and sweet in Vipaka. They reduce Vata and Pitta. They relieve thirst quickly and also reduce burning sensation, fever, breathlessness. They are nutritive, diuretic and laxative. Black and red grapes are good for Rakta. Grape juice is good for fasting and is useful in conditions like burning micturition and chronic respiratory conditions. Black raisins are excellent remedy for Amlapitta and are good laxative.

ii) Kharjura [Dates] – They are sweet, nutritive, heavy to digest, and alleviate Vata and Pitta, but increase Kapha and also helps in reducing burning sensation.

iii) Amra [Mango] – When ripe, it is sweet and sour in taste, hot in potency and has sweet Vipaka. They are nutritive, demulcent, diuretic and refrigerant. They increase Pitta and reduce Vata. Spicy pickles are prepared from unripe mango and it increases Pitta. Mango pulp is good laxative.

vi) Dadim [Pomegranate] – It is sweet, sour and astringent in taste: cool in potency and has sweet Vipaka. It is good for all Doshas. It is alterative and styptic in nature. Fresh juice cleanses the blood and is good for acidity, fever and gall stones. The outer cover of the fruit is more astringent and is useful for treating diarrhea.

v) Papaya – It is sweet in taste, hot in potency and has sweet vipaka. It reduces Vata but increases Pitta and Kapha. It is laxative and stimulant. It is useful for digesting meat as it contains enzyme.

vi) Oranges – They are sweet and sour and cool in potency. They quench the thirst quickly and are good for helping digestion and are refrigerant also.

vii) Lemon – They are sour and sweet in taste, cool in potency and sour in Vipaka. They relieve thirst quickly and are good stimulants for digestion. They are indicated in all types of fevers, all kidney problems.

Lemon juice is advisable in Amlapitta and bleeding problems. Both orange and lemon contain high amount of Vit. C.

viii) Melons – There are many varieties of Melons. In general they all are sweet, cool and sweet and all are diuretic in nature. Watermelons are sweet, cool in potency and sweet in Vipaka. They are useful for relieving thirst and are excellent in summer.

ix) Figs – Figs are sweet, astringent, cool and sweet. They reduce Vata and Pitta. They are nutritive and laxative and increase Kapha. Fresh figs are indicated in all urinary disorders and liver problems. Dry figs are good for treating Amlapitta.

x) Narikela [Coconut] - They are sweet, cool in potency and sweet in Vipaka. The kernel is nutritive and used in combination with sugar and jaggery in different preparations for tonification therapy. Coconut water is cool in potency and is very good for relieving thirst and continuous use is useful for treating skin conditions.

xi) Bananas – They are sweet, astringent, cool in potency and have sour Vipaka. They reduce Vata and increase Kapha. They are nutritive but little hard for digestion. They serve the purpose of good food and are laxative also. They are advised in bleeding piles, diarrhea and dysentery.

6. Harita varga – Miscellaneous

In this group, Charaka has included various herbs like ardraka, jambira, mulaka or radish, surasa, yavani, gandira or jalaparni, dhanyaka, grinjanaka or carrot, palandu or onion lashuna or garlic and. All these herbs help digestion and hence they are called as harita varga.

i) Ardraka [Ginger] - Fresh ginger activates taste and appetite. . It reduces Vata and Kapha and increase Pitta. It is pungent, hot and pungent. Majority of the disease are produced due to low Agni and hence ginger is also called as Vishva bhesaja as it is remedy for all diseases. It is diaphoretic and carminative.

Dry ginger is known as Shunthi and its Vipaka is sweet and hence it reduces Pitta. It is indicated in nausea and vomiting.

ii) Jambira – Also known as lime which is sour in taste, cool in potency and sour in Vipaka. It stimulates digestion and increases the taste of the food. It is good for summer.

iii) Yavani – It is pungent, hot and pungent. It is best carminative and alleviates Vata. It increases digestive fire and is also good for removing worms in the intestine.

iv) Palandu [Onions] – They are pungent and slightly sweet is taste and hot in potency. They are Rajasic in nature and hence are better avoided during all yoga practices. They are stimulant and aphrodisiac in quality.

v) Radish – Raw and small type is good for all Doshas but the old one provokes it. They are pungent and astringent in taste and hot in potency. They reduce Kapha but increase Pitta. They help in digestion and are useful in all respiratory conditions.

vi) Lashuna [Garlic] – Garlic has all the tastes excluding sour, however it is predominantly pungent in nature and hot in potency. It reduces Kapha and Vata and increases Pitta. It is good antispasmodic, carminative, antiseptic, expectorant and antibiotic. It contains small amount of sulphur and hence it is very good against all worm infestations. It is one of the best herbs which reduce high cholesterol in blood. It is indicated in all Kapha disorders involving upper respiratory tract problems like influenza, cold and cough etc.

7. Madya varga -Alcoholic preparations -

Alcohol in general has sour, astringent, sweet taste and is having hot potency with sour Vipaka. It is Rajasic in nature and aggravates Pitta and Kapha. Some types reduce Vata. Alcohol in small amount 30 to 40 cc. is useful for giving energy and helps digestion. It also acts as circulatory stimulant. In excess it damages liver and brain.

All wines are useful for increasing digestive fire in small amounts. Recent research shows that daily consumption of 50 cc of red wine protects the heart from atherosclerosis and gives strength to the heart muscle also.

Hard liquors like Whisky, Rum, Vodka, Brandy, Gin etc. cause irritation of digestive tract and damages liver, brain, nerves and vitiates Rakta when consumed daily in large quantities.

Beer is diuretic in nature and is therefore indicated in Mutrakrucchra and Ashmari in Kidney and Ureter or Urinary Bladder. When used in excess it causes edema and obesity.

Charaka has included many preparations in this group - Sura, Madira, Jagala, Arishta, Pakvarasa, Gauda, Akshiki, Surasava, Madhvasava, Maireya, Asava of Grapes, Madhu, Sura with manda of Barley, Sauviraka, sour Vinegar and fresh wine.

Some important varieties of liquor & their qualities:-

i) Sura is useful for patients suffering from emaciation, suppression of urine, sprue & piles. It alleviates Vata.

ii) Madira is useful in hiccup, dyspnoea, coryza, cough, constipation, anemia, emesis, obstruction of feces & urine.

iii) Jagala is useful in colic pain, dysentery, gas in abdomen, piles & edema. It alleviates Kapha & Vata.

iv) Arishta is useful in consumption, piles, sprue, anemia, anorexia, fever & diseases caused by the vitiation of Kapha. It is both digestive & carminative.

8) Jala varga -(Water)

According to Dhanvantari, water is only of two types- Ganga jala and Samudra jala.

Ganga jala – Water from Ganges- is that one which falls from the sky as directed by Indra (hence it is also known as Aindra) or the rain water and Samudra jala is from the sea. Sea water being salty is not potable or drinkable.

Rain water has six qualities depending on the soil on which it falls – astringent, bitter, saline, pungent, sweet and sour. It also has properties like coldness, purity, benevolence, pleasantness & clearness. The water which is slightly astringent and sweet in taste, exceedingly thin, non-slime, light, soft & non- greasy is best to be taken. Depending on the season the water also changes its qualities e.g. in Hemanta ritu it is aphrodisiac and gives good strength to the body. Ashtang Sangraha has explained that Rain water has qualities like Jeevana, Tarpana,

Hridya, giving pleasure, without any impurity, cold and light for digestion. However at present the rain water does not remain so pure due to pollution in the air.

Other types – Ashtang Sangraha has described following types also-
i) Kaupa and ii) Vapya jala -water from the well, iii) Tadaga jala and vi) Sarasa jala -lake water, v) Chaundya jala- water from black rock, vi) Psravana jala and vii) Audbhida jala- water coming from spring, viii) Nadi jala or river water.

9) Gorasa varga -(Milk and Dairy)

Dairy products in general are sweet in taste and having cool potency. They reduce Pitta and Vata and increase Kapha. Sour products increase Pitta. All dairy products help to build plasma, fat and reproductive tissue. Most of them are Satvic in nature and help in calming the mind, hence they are all indicated in yoga and meditation practices. They have good nutritive value and hence are indicated in emaciation, debility, convalescence and all wasting disorders.

Milk in general is tonic and rejuvenative, aphrodisiac and laxative in nature when warm milk is taken with ghee.

i) Cow's milk- It has ten properties i.e. sweetness, coldness, softness, unctuousness, density, smoothness, slimness, heaviness, slowness and clarity. These are also the properties of Ojas. So milk having identical properties is conducive to the promotion of Ojas. Cow milk reduces Vata and Pitta but does not increase Kapha. Thus milk is an elixir per excellence.

ii) Buffalo milk - It is heavy & cold compared with the cows milk. It increases Kapha and reduces Vata and Pitta. It has more of unctuousness & it is useful for persons suffering from insomnia and Vata disorders.

iii) Milk of camel- It is unctuous, hot, slightly saline, light & useful for persons suffering from anaha, parasitic infection, edema, ascites, piles & other diseases due to the vitiation of Vata & Kapha.

iv) The milk of animals having one hoof is strength promoting, stabilizing, hot in potency and sour in taste: alleviator of Vata diseases.

v) Goat milk – It is astringent as well as sweet in taste, cold in potency, bowel binding, light & it is useful for persons suffering from Raktapitta, diarrhea, consumption, cough & fever.

vi) Sheep milk - It is sweet, little astringent in taste and warm in potency. It is light and reduces Kapha and Pitta.

viii) Breast milk- It is sweet in taste and cool in potency. Mother's milk is the best food for all infants as it is satmya from the time of birth and is invigorating, nourishing, wholesome & oleating. It builds all tissues and gives good immunity to the infant.

ix) Curd or Yoghurt – It is sweet and sour in taste and slightly warm in potency. It reduces Vata and Pitta, but if it is too much sour it increases Pitta. It is appetizer, digestive stimulant, aphrodisiac, unctuous, strength

Promoting, alleviator of Vata & nourishing. It is useful in diarrhea, irregular fever, anorexia, dysuria & emaciation. It should be taken with caution during autumn, summer and spring season. It should not be consumed at night as it has abhishyandi property and can cause blocking of channels. It is harmful in diseases caused by the vitiation of blood, Pitta & Kapha.

x) Buttermilk – It is sour and astringent in taste and warm in potency. It reduces Pitta and Vata but can increase Kapha. It helps digestion and is diuretic. It increases good bacterial flora in the colon and hence is useful in disease like Grahani or Sprue syndrome.

xi) Ghee - Cow ghee is sweet in taste and cool in potency. It promotes memory, intellect, and power of digestion, semen, ojas, Kapha & fat. Ghee is also known as clarified butter in Western countries. It is tonic, rejuvenative and excellent against acidity. It has good action on liver

and brain. It alleviates Vata, Pitta, toxic conditions, insanity, consumption & fever. It is saturated fat and although small amount of ghee – 1 to 2 tea spoons will not cause any problems of cholesterol, high amounts should be avoided by persons having atherosclerotic problems.

Old cow ghee is useful in intoxication, epilepsy, fainting, consumption, insanity, toxic conditions, fever, and pain in the ear, head and in female genital tract. Old ghee is useful for healing wounds and hence was used in wars since Vedic time.

xii) Cheese – It is sweet, cool and sweet in nature. It is heavy, oily and increases Kapha but reduces Vata and Pitta. Hard cheese contains more calcium than the soft cheese or cottage cheese. Cheese blocks the channels and should be consumed in less quantity. Soft cheese is called as paneer. Also cottage cheese, mozzarella, are fresh and light cheese.

10) Ikshuvarga -(Sweeteners / Sugars)

i) Sugarcane Juice - Sugarcane juice is aphrodisiac, cold in potency, laxative, unctuous, nourishing, sweet in taste & aggravator of Kapha.

ii) Jaggery – It is sweet, sour in taste and hot in potency. It contains many minerals and iron and is better than white sugar. If used in excess can cause Pitta aggravation. It is indicated in anemia and weakness.

iii) Sugar- It is sweet and cool in potency. It decreases Pitta and Vata and increases Kapha. It is diuretic and preservative in nature. Pure white sugar which is refined can cause allergies and disorders in digestive system.

iv) Honey – It is sweet, astringent and warm in potency. It is good for all Doshas. Old honey reduces Kapha. Honey obtained from various flowers has different properties. In general it is nutritive, laxative and tonic in nature. It is good Anupana for all Kapha disorders.

11) Krutanna varga -(Dietary Preparations)

There are many food preparations in this group like gruel, boiled rice, flour of roasted grains, various barley preparations, fried grain

preparations, food items cooked with additives like fruits, meat, sesame paste etc, flattened rice, wheat preparations, preparations of pulses, curd with jaggery, syrups of dates, grape juice, preparations of sago, cream like preparations of Amalaka, vinegar preparations called as Sutaka and fermented drinks or Shindaki.

i) Manda – It is like gruel water and is very light. It is carminative and softening for channels. It supports strength. It should be given for those who are suffering from Ama, fasting, or to whom purgation has been given

ii) Peya – This is also called as liquid gruel. It alleviates hunger, thirst, fatigue, bowel disorders and fever. It is diaphoretic and laxative also.

iii) Vilepika – It satisfies hunger and is light and tasty.

iv) Laja manda – Gruel water prepared from fried paddy, pacifies thirst and diarrhea. It is wholesome, alleviates burning sensation and fainting. It is ideal food for those having slow digestion, for children, old people, women and very delicate persons.

v) Odana or cooked rice- Cooked rice is light for digestion and is very nutritive. In Kapha diseases it is better to roast the old rice first and then prepare cooked rice.

vi) Pruthuka – It is flat rice and is very heavy for digestion. Although it is health promoting should be taken in small quantity.

vii) Rasala – made from yogurt is heavy for digestion and bulk promoting, aphrodisiac, gives strength and revitalizing in nature.

viii) Panaka – these are syrups prepared from different ingredients like draksha, parushaka etc. They all are heavy and vishthambi in nature.

12) Ahara yogi varga -(Food additives)

In this group there are substances like sesame oil, castor oil, mustard oil, priyala oil, linseed oil, kusumbha oil, marrow and fat of the animals used for cooking, dry ginger, long pepper, black pepper, asafetida,

rock salt, sauvarchala, bida lavana, audbhida lavana, black salt, samudra lavana and alkali obtained from barley.

i) Tila taila [Sesame oil] – It is sweet, astringent, hot in potency and pungent in vipaka. It is the best oil for reducing Vata and Kapha. It aggravates Pitta. It is excellent for giving strength to the skin, nerves and muscles and helps to relieve the spasms in them when used for massage. It is rejuvenative and laxative also.

ii) Eranda taila [Castor oil] –It is sweet in taste, hot in potency and pungent Vipaka. It is heavy in character and reduces Vata but increases Kapha. It is excellent purgative. To avoid cramps when given as purgative it should be given in ginger tea. Externally when used as packs or massage it is good for reducing pain and helps in healing wounds.

iii) Sarshapa taila [Mustard oil] – It is pungent and astringent in taste, hot in potency and pungent in Vipaka. It is best oil for reducing Kapha but it aggravates Rakta, Pitta.

iv) Atasi taila [Linseed oil] – It is also known as flaxseed oil and is sweet and slightly sour in taste and hot in potency. It reduces Vata but increases Pitta and aggravates Rakta.

v) Kusumbha taila [Sunflower oil] –It is pungent, hot and pungent. It aggravates all Doshas.

vi) Coconut oil – It is the best oil for Pitta. It is cool and sweet. It increases Shukra and light for digestion. For external massage it can be used for reducing all Pitta and Rakta disorders like rashes, sunburn etc

viii) Sunflower oil – It is sweet slightly cool and sweet in vipaka. It is good oil for Pitta. Internally it is also good for all respiratory inflammations.

ix) Asafetida – It is pungent, hot and pungent. It increases digestive fire hence digestive and antispasmodic.

x) Long Pepper and black pepper- Pippali is pungent, sweet, oily, heavy and alleviates Kapha and Vata. It is aphrodisiac also. Black

pepper is not very hot but also pungent in taste. It increases appetite, aphrodisiac and alleviates Kapha and Vata.

xi) Saindhava –Also known as rock salt. It is best amongst all salts, because it does not lead to accumulation of water in tissues like other salts. Hence it is indicated in edema, ascites, obesity, and hypertension. It is good for all Doshas. (Audbhida lavana has similar properties only it is slightly pungent, alkaline and sharp in qualities.)

xii) Sauvarchala – It has penetrating quality and is hot in potency. It is light and laxative. Bida lavana and Kala lavana or black salt has same properties.

xiii) Samudra lavana- It is also called as table salt and is usually used in all kitchen preparations. It has the tendency to attract water in cells and hence it is forbidden in diseases like edema, ascites and hypertension.

Chapter 4

Food for Mind

Sattvic Diet – consists of fresh fruits like pomegranate, apple, banana, oranges, grapes; grains like basmati rice and wheat in small quantity and dairy like milk and ghee. It keeps the body lean and agile and mind calm and quiet. Fresh buttermilk, fresh green vegetables like spinach, green beans, moong dal are good examples of sattvic food. Although mild sweet taste is sattvic, too much sweet taste as in chocolates and sweets etc, increases Tamas quality. Such people have a steady mind and out by their good manner, good characters and righteousness.

Rajasic Diet – consists of spicy, too much salty and sour taste. Vegetables like onion, garlic, and their spicy and sour preparations like ketchup's or vinegar have Rajasic quality. Wines, pickles, meat especially red meat and stimulating drinks like coffee and tea, all types of alcoholic drinks are Rajasic in nature. These foods aggravate Pitta and Vata and increase restlessness, anger and irritability. Such people are proud, ambitious and prone to emotional outbursts.

Tamasic diet – is the one containing stale, reheated, too oily, and heavy to digest, canned meat and fish products containing lot of preservatives and too cold pasteurized dairy products like milk and yogurt. These foods, increase Kapha and lethargy, ignorance, apathy and increase in sleep. Too much frozen and preserved foods as well as hybrid foods also increase Tamasic quality. Such people are lazy, greedy and do not have consideration for others. Hence what we eat influences not only on our physical activities but on the psychological also. The digestive fire requires food to keep it constantly active, like fuel required for external fire. However improper, excessive, heavy, too cold food can extinguish this fire and produce toxic substance called as ama. Hence food and digestive fire are interdependent on each other. While understanding any food we must give proper consideration to – twenty attributes, taste and the potency.

Chapter 5

Diet and Prakruti

Diet for Vata constitution

Vata individuals have dry, cold, light, subtle, mobile and rough qualities in them. They need food, atmosphere of opposite qualities like warm, smooth, and humid qualities. This means they need qualities of Pitta and Kapha

Vata starts accumulating in middle of June and aggravates in rainy season. So these people should take the following diet especially in these seasons.

DIET :-

1. Take nutritive and tonifying diet; which is with sweet, salty tastes.
2. Food should be fresh, warm, moist and soothing.
3. Take frequent and regular meals considering your digestion capacity.
4. Avoid too much fasting or dieting.
5. Use spices in cooking to regulate digestion. Eat foods, which are warming and spicy like Mexican or Indian, twice a week.
6. Take creamy soups, hot cereals, bread, and pasta with rich sauce containing butter or cream.

Vata is cold, dry and light. Therefore opposite qualities are good to balance Vata.

Grains – Wheat, Oats and rice. Stay away from all other grains.

Beans – Moong beans, red lentils, red gram (Tur) dal. Fresh green peas. All other beans should be avoided, as they are very heavy for digestion and produces gases.

Vegetables – Beet, carrots, cucumber, zucchini, radish, watercress.

White gourd, red gourd, cilantro, spinach, mint, cooked onion, garlic, fenugreek, mustard. Avoid potatoes, eggplant, sweet potatoes, cauliflower, and cabbage.

Dairy Products – Milk, ghee, soya milk, lassi, and fresh home made yogurt, and buttermilk are excellent. Cheese, butter is also good. Avoid Ice creams, dry milk powders state and sour dairy products.

Fruits – All fresh sweet fruits, plum, date, figs, raisins, and grapes are well tolerated. Papayas, mangoes, like heat producing fruits are good. Citrus fruits like orange and lemon are well tolerated. Avoid sour apples and raw fruits and astringent fruits like pomegranate. Cooking fruits like banana and water melon are also not beneficial. Dry fruits may be eaten after soaking overnight.

Oils – Sesame oil is best. In small amount almond oil; peanut oil or groundnut oil and walnut oil is fine.

Sweetener – All sweeteners, sugar, jaggery, honey, molasses, maple syrup are good.

Spices – Hot pungent spices like cinnamon, cloves, and cayenne, dry ginger, fresh ginger, fenugreek seeds and especially asafetida mustard seeds are very good.

Diet for Pitta Constitution

Pitta persons have hot, penetrating or sharp, flowing liquid, slightly oily and light qualities in them. These persons should take food and drinks opposite to these qualities – cool, mild and maintaining, dry, heavy qualities. This means they require qualities of Vata and Kapha. Pitta accumulates in rainy season and gets aggravated in October. Hence people of Pitta constitution should especially follow the below diet during that period.

1. A balancing strengthening diet with mainly sweet bitter and astringent tastes will be perfect for your constitution.
2. Prefer cool foods and drinks, especially in hot weather. Also eat mostly vegetarian diet which suits the constitution.

3. Adequate intake of raw food and juices is indicated.

4. Even water should be taken cool. Coffee, alcohol, and more black teas should be avoided.

5. Avoid pickles, vinegar, chilies, vegetable oils, bakery products, canned foods, instant foods and hybrid grains etc.

6. Avoid fasts.

Pitta is sharp, hot, sour, and oily, fluid opposite will be good option to pacify Pitta.

Grains – White rice, wheat, oats and large millet (jowar) are good. Avoid corn, small millet, and brown rice.

Beans – moong beans, red lentil. Red gram dal in small quantity (tur dal), black gram dal (urad dal) black lentils. Horse gram (kulattha) aggravates Pitta. Stay away from Bengal gram (chole), dried green peas or yellow peas and cow gram.

Vegetables – Asparagus, snake gourd, white gourd, red gourd, cucumber, carrot without central portion, beet, cauliflower, cabbage, spinach, lettuce, amaranth, cilantro or coriander. Stay away from eggplant, potato, fenugreek green (methi), tomatoes, and sour vegetables.

Dairy Products – Ghee is excellent. Milk, fresh yogurt, fresh butter milk which is sweet in taste is good. Avoid sour and stale dairy product.

Fruits – All sweet fruits banana, sweet apples, sweet pineapple, strawberries, pomegranate; ripe grapes, cooling fruits like watermelon are good. Stay away from sour and citrus fruits, lemon, papaya, alphonso mango and dry fruits (almonds, walnut, and cashew nuts).

Oils – In small amount groundnut, sunflower, and coconut are good choice. Avoid corn, almond, safflower oil, and sesame oil.

Sweetener – Avoid jaggery, honeys, molasses, white sugar, maple syrup. Fruit concentrate are good for use.

Spices – Mild spices having cooling, bitter taste like coriander seeds, cumin, fennel, saffron, mint and turmeric in moderate amount are all good. Avoid pungent hot spices like cloves, cayenne, dry ginger, and fenugreek seeds.

Diet for Kapha Constitution

Kapha persons have heavy, cold, soft, stable, slimy qualities. They should therefore prefer food and drinks which are opposite to this qualities-light, warm, hard and pungent taste.

Diet

Kapha accumulates in December and gets aggravated in early summer. Therefore Kapha constitution people should especially follow this diet during this period.

1. Diet should be light, with pungent, bitter and astringent tastes.
2. Food should be warm, light, dry and with hot spices.
3. Low fat, high carbohydrate diets without sugars are good.
4. Occasional fasting is good for you.
5. Avoid frequent eating.
6. Cold water and frozen edibles should be avoided.

Kapha is cold, heavy, wet, smooth, soft. Hence the opposite qualities like warm, light, dry, and rough are good for balancing Kapha.

Grains – Millet, barely, oats, corns are favorable grains. Jowar or large millet is also good. Stay away from new rice & wheat (Rice kept more than 6 months is considered as old).

Beans – Red lentil, moong beans, pulses, red gram dal, and Bengal gram dal are well tolerated. Avoid – tofu, soya products, black gram dal (urad dal)

Vegetables – Most vegetables raw or cooked are suitable. Beets, carrot, radish, cabbage, cauliflower, sprouts, baby corn, bamboo shoots and eggplant are fine. Try to avoid Potatoes, tomatoes, cucumber, zucchini, and pumpkin. Leafy vegetable like fenugreek, drumstick is good.

Dairy Products – Light dairy products like cow's milk, goat milk which are easy to digest are good. Buttermilk from fat free yogurt will be good. Rich dairy products like ghee, cheese butter; cold milk, ice creams should be avoided.

Fruits – Dried fruits almond, cashew nut, walnut. Apple, grapes, pomegranate papaya, mango in small amounts are good. Avoid heavy and nutritious fruits like banana, grapes, date, oranges. Cooling and water containing fruits like pineapples, watermelon increases Kapha.

Oils – Sunflower oil and corn oil in small amount are permissible. Stay away from all other oils.

Sweetener – Avoid all other sweetener except honey. Honey old than 6 months is good; as the new one increases Kapha.

Spices – almost all hot, pungent spices are good for Kapha constitution. Being cold cardamom should not be used. Cayenne, red pepper, black pepper are well tolerated. Ginger, turmeric, garlic, mustard, are very good for this body type.

Diet for Dual Constitution -

If you have Prakruti with predominance of VATA-PITTA

Fruits -

Sweet well ripened fruits such as - Apricots, Banana, Berries, Black berries, Coconut, Dates (not dry), Figs, Fresh figs, grapes, mangoes, Orange, Peaches, Pears, Apple, Plums, Ripe, Strawberries (ripe). In small amounts you may have the following: Cherries, Lemons, Lime, Papaya and Pomegranate. Note all fruits should be sweet and well ripened.

Vegetables -

Sweet and Bitter cooked vegetables, Asparagus, Cucumber, Green Beans, Okra (Cooked), Potato (sweet), White Gourd, Kushmanda, Snake Gourd, Lady Finger, Beets, Carrots (not as a juice), chestnuts, mustard greens, onion (well cooked), Sweet potato, tomatoes. The preceding can be eaten in large quantities. The following can be eaten in smaller quantities. Broccoli, Cauliflower, Corn, Cucumber, Celery, chilies, egg (steamed or fried with garlic only), green beans, hot pepper, Mushrooms, Potatoes, radishes, Spinach, Sweet peas. The following can be eaten and cooked with a creamy or oily Lettuce, spinach, any leafy green (occasionally use only and with a spicy, heavy dressing.)

Grains -

Oats (Cooked), Rice (Basmati), Wheat, Cooked Oats, white or brown rice, whole wheat. Occasional use of the following - Barely Corn, millet. No corn chips, Corn breads or corn tortillas.

Animal Food -

Chicken or Turkey (white Meat), Eggs (Fried), Beef, Chicken or Turkey (White meat only), duck, Eggs, Fresh water and sea water fish, lamb in very small amounts infrequently. Shell fish may be eaten in small amounts infrequently.

Legumes -

Mung Beans, Black Gram, Infrequent Tofu, Mung beans

Nuts -

Coconut (small quantity), All nuts can be eaten in small quantities only and not dry roasted. Light roasting is best. Almonds are best. Nut bitters are OK except for peanut bitter.

Seeds -

Pumpkin seeds in small amounts only along with sesame seeds and sunflower seeds.

Sweeteners -

All Sweeteners are OK Except white Sugar, Molasses & Honey, Raw uncooked honey, Jaggery (raw sugar, jaggery), Molasses, Maple syrup,

rice syrup. Moderation is important. Overuse will increase Vata. Small amounts and occasional use of date or grape sugar is alright.

Spices -

Coriander, Cinnamon, Cardamom, Fennel, Turmeric & a small amount of Black Pepper, Anise, black pepper, basil, bay leaves, clove, cooked garlic, caraway, catnip, dill, fresh ginger, fennel, fenugreek, Marjoram, nutmeg, oregano, peppermint, poppy seeds, rosemary, saffron, sage, salt, spearmint, salt, turmeric.

Dairy products -

Butter (Unsalted), Cottage Cheese, Ghee, Milk (every thing in moderation), Most dairy products can be eaten in moderation. This includes Cheese, ghee and milk. In smaller amounts you may have butter, butter milk, Kefir, Sour cream, Yogurt etc. Milk to best warm or room temp and raw. It is more digestible if it is heated with a little fresh ginger and a pinch of cardamom.

Oils -

Coconut, Olive, Sunflower, Soya, Many oils are OK. Sesame is the best. Other good oils are almond, avocado, castor, coconut, flax seed, and ghee.

Condiments -

Chocolate (small amount, Mayonnaise, Vinegar)

Beverages -

At least three cups of room temperature water per day. Spice teas are good as well (Cinnamon and chamomile are best along with peppermint)

Try to Avoid**Fruits -**

Persimmon, Cranberries, Dried fruits of any kind also, stewed cranberries such as cranberry sauce. Note: Apple sauce, baked apples is OK.

Vegetables -

Spinach, Tomatoes, Bittergourd, Alfalfa sprouts, artichokes (unless with a butter lemon sauce), asparagus, Brussels sprouts, bean sprouts,

Cabbage (even if cooked), hot chili peppers, mustard greens, raw veggies, raw onion, tomato paste, snow peas

Grains -

Ragi, Varai, Pearl, Millet, Buck wheat, dry oats, rye

Animal Food -

Lamb, Do not overdo beef or eggs, lamb, pork, rabbit or venison. Eating meat generally rajasic and does not provide a saltvic life style. Occasional use however is good for grounding Vatta lightness.

Legumes -

Horse Gram (Kuleeth), Pawata, Bengal Gram (Harbara), Avoid merican beans, aduki, black chick peas, fava beans, kidney, lentils, lima beans, navy, pinto beans, soy beans, (except as tofu or soy milk)

Sweeteners -

Brown sugar, white sugar, Avoid sweets concentrated with them. A small amount of it in food is OK.

Spices -

Asafetida, cloves, Cayenne, dried ginger, hot mustards, raw garlic

Oils -

Mustard, Peanut, Safflower should be avoided.

Nuts -

Peanuts

Dairy -

Frozen Yogurt and Ice-cream

Condiments -

Jaggery,

Beverages -

Black tea, carbonated mineral water, coffee, soft drinks

General -

Avoid fasting, cold food, cold drinks, dry foods and very spicy foods

If you have Prakruti with predominance of VATA-KAPHA

Fruits -

Apricots, Berries, Cherries, Figs, Mango, Peaches, Apricots, avocados, Apples (in small amount, sour is best), berries, blackberries, cherries, cantaloupe, dates (not dry), grapes, grapefruits, lemons, lime, mangos, oranges, papaya, peaches, pineapple, plums, persimmons, pomegranate (in small amounts), raspberries, strawberries (ripe). All fruits should be eaten in small amounts one or two pieces per day. Avoid the real heavy fruits.

Vegetables -

Asparagus, Beets, Carrot, Garlic, Okra (Cooked), Onion (Cooked), Potato (Dry & White), Radish, Chuka, Chakwat, Avocado, acorn, carrots (not as a juice), cauliflower, corn, cucumber (in small amounts), celery (in small amounts), chilies (in small amounts), egg plant (in small amount), hot pepper (in small amount), Kale (in small amount), leeks, lettuce (uncooked with a creamy or only dressing), mustard greens, mushrooms (in smaller quantities), Onion(well cooked), Okra, potatoes, radishes, sweet potato, shallots, sweet peas, sea weed (in smaller quantities), spinach (uncooked with a creamy or oily dressing), any leafy green (occasional use only), Tomatoes, water winter squash, zucchini

Grains -

Oats (Cooked & Dry), Rice (Basmati), Jowar, Barely, Brown Rice, occasional use of the following: - corn breads (occasional use) or corn tortillas, millet (occasional use), Wheat (occasional use) and White rice. The best food is basamati rice as it balances both VATA and KAPHA.

Animal Food -

Chicken, fresh water fish, eggs and turkey (dark meat only).

Legumes -

Red Lentils, Humus (on occasion), infrequent tofu, Mung beans, Mung beans are a great food for reestablishing balance especially when mixed with basamati rice. It is very nourishing!

Seeds -

Sunflower & Pumpkin, Pumpkin Seeds (in small amount), Sesame seeds, Sunflower seeds

Sweeteners -

Honey (raw uncooked) is a fine sweetener for both Vata and Kapha. Moderation is important, overuse will increase Vata.

Spices -

Anise, Basil, Bay leaves, Black Pepper, Calamus, chamomile, caraway, cardamom, catnip, cayenne, cinnamon, cloves, coriander, cumin, cilantro (small amount), dill, fennel, fenugreek, garlic, ginger, horse-radish, mustard, mayonism, nutmeg, oregano, peppermint, poppy seeds, parsley (in small amount or occasional use), rosemary, saffron, sage, salt, spear-mint, thyme, turmeric

Dairy -

Ghee, Goat's Milk, Many dairy products can be eaten in moderation. This includes skim or two percent milk and low fat cheeses. Butter milk (occasional use). Milk is best warm or room temp and raw.

Oils -

Almond, Corn, Sunflower in Small amounts, Flaxseed, mustard, Sesame and Sunflower. Use all oils in moderation. Occasional use of other oils in small amount is alright.

Condiments -

Chocolate (small amounts), Vinegar.

Nuts -

All nuts can be eaten in small quantities but not dry roasted. Light roasting is best.

Beverages -

Three cups of room temp. Water per day, spice teas (clove, chamomile, ginger)

Try to avoid**Fruits -**

Apples (baked), apple sauce is OK. Heavy fruits such as Banana (ripe) and coconut. Dried fruit of any kind, also cranberries stewed cranberry such as cranberry sauce.

Vegetables -

Potatoes, Tomatoes, Alfalfa sprouts, asparagus, artichokes (unless with a butter lemon sauce), brussels sprouts, bean sprouts, cabbage (even if cooked), raw veggies, snow peas.

Grains -

Buck Wheat, dry oats, rye

Animal Food -

Beef, Lamb, Pork such as red meats, Also Sea-food

Legumes -

Kidney Beans, Soya Beans, chick peas, lima beans, avoid mexican beans, navy, pinto beans, soy beans (except as tofu or soy milk)

Sweeteners -

Brown sugar, fruit sugars and any other sugar, molasses, maple syrup (avoid), white sugar, Avoid sweets concentrated with brown sugar and white sugar, a small amount of it in food is OK.

Spices -

Do not overdo the very hot pungent spices it will aggravate Vata. small amount is OK.

Oils -

Any oil not mentioned above.

Condiments -

Carob, Mayonnaise

Beverages -

Black tea, carbonated mineral water. Soft drinks

Nuts -

All nut butters, Pea nuts

Dairy products -

Butter, Cheese (heavy), Ice Cream, Kefir, Yogurt (Avoid real heavy dairy like above given)

If you have Prakruti with predominance of PITTA-KAPHA**Fruits -**

Apples, Dry Figs, Mango, Pears, Pomegranate, Prunes, Raisins, Apples, Apricots (in small amount), berries, cherries, grape, grape fruits (in small amounts), oranges (in small amounts), Pineapples (in small amount), raisins, dried fruits are the best.

Vegetables-

Bitter Vegetables, Asparagus, Sprouts, Cabbage, Cauliflower, Celery, Leafy Greens, Lettuce, Okra, Peas, Parsley, Green Peppers, White Potatoes, Snake Gourd, Fenugreek, Asparagus, Alfalfa sprouts, Artichoke, Avocado (small amount), beans sprouts, bell peppers, bitter melon, Brocole, Brussel sprouts, beets (in small amounts), cabbage, cauliflowers, cilantro, celery, cucumber, carrots (in small amounts), corn (in small amounts), egg plant, green beans, green peppers, garlic (well cooked) (in small amounts), Kale, Lettuce, leafy, mushrooms, okra, peas, pumpkin, parsley (in small amounts), seaweed, sweet-peas, spinach (in small amounts), Tomatoes (sweet - in small amounts)

Grains-

Barley, Dry & Cooked Oats, Rice (Basmati), Barley, Corn (not chips), millet, oats (are the best), wheat (in small amounts), whole wheat (in small amounts), white, basmati rice, white or brown rice (in small amounts). It is best to eat these as a cooked grain or toasted bread.

Animal Food -

Chicken / Turkey (White / Dark Meat, Egg (White) Rabbit / Shrimp, Venison, Occasional use of - Chicken, eggs white, fresh water fish (I rout), turkey

Legumes -

All except Lentils, Kidney, Soya & Mung Beans, Aduki beans, black lentils, Chick peas, kidney beans, Mung beans, Navy beans, Pinto beans, tofu, Soya beans (soy products), Split peas. Beans should be spiced with a spice called asafoetida or hing.

Nuts -

Pinyon nuts

Seeds -

Pumpkin, Sunflower, Sesame seeds (small amount)

Sweeteners

small amounts of uncooked raw honey.

Spices -

Coriander, Cinnamon, Cardamom, Fennel, Turmeric & Small Amount of Pepper, Bay leaves (small amount), Black Pepper, Bitter spices are the best such as turmeric, chamomile, cardamom, coriander, catnip, , cinnamon (in small amounts), Cumin (in small amounts), dill, fennel, lemon, verbena, peppermint, rosemary (in small amounts), saffron, spear mint, turmeric

Dairy products -

Ghee, Goat's Milk, Butter (unsalted), Cottage Cheese (low fat), Ghee, skim milk, goats milk is very good as is Soy Milk.

Oils -

Canola, Sunflower & Soya is the best.

Drinks -

Astringent herb teas (alfalfa, Chicory), milk, strawberry leaf (astringent herb teas) and wheat grass juice. Three to five cups of water per day. No more than 1/2 cup with meal.

TRY TO AVOID

Fruits -

Sour Fruits, Bananas, Grape Fruits, Grapes (Green), Lemon, Oranges (sour), Papaya, Apples (Sour), Plumes (Sour), Apricots, Berries, Bananas, Cherries, Crain berries, Grapes(Green), Lemons, Oranges (Sour), Olives, Papaya, Peaches, Pineapples (Sour), Persimmon, Plums (sour), Tangerines. In general sour and unripe fruits should be avoided.

Vegetables -

Tomatoes, Beet, Carrots, Chilies, egg plants, garlic, ginger, mustard greens, onion(raw), peppers (hot), reddish, spinach, tomatoes. In general pungent vegetables or any hot veggies should be avoided.

Grains -

Oats (Dry / Cooked), Brown Rice, Buck wheat, Corn, Millet, Oars (Dry), rice (Brown), Rye

Animal Food -

Beef, Duck, Eggs (Yoked), Lamb, Pork, Sea feed, sea fish, Red meat

Legumes -

Black, Red and Yellow Lentils

Sweeteners -

Honey, Molasses, Raw sugars

Spices -

All spices (except coriander), cinnamon, Cardamom, Fennel, turmeric and small amount of black paper. Especially following spices should be curtailed - Anise, Asafetida, Basil, Cloves, Fenugreek, raw garlic, horse radish, hyssop, Marjoram, mustard, nutmeg, oregano, poppy seeds, sage, star anise, thyme.

Oils -

Almond, Corn, Castor, Flax seed, mustard, peanut, sunflower, sesame, Safflower

Condiments -

Chocolate, mayonnaise, salts, vinegar

Seeds -

All seeds (except sunflower and pumpkin)

Nuts -

Almond, Brazil nuts, cashew, macadamia nuts, pecans, pistachio, peanut

Dairy products:-

Butter milk, Cheese, cultured milks, kefir, salted cheese, sour cream, and yogurt

Drinks

Alcohols, Coffee, Soft drinks, Tea (spicy herbal), Tomato juice, water (Carbonated)

Miscellaneous -

Black tea (more than two cup per day), Coffee, Tobacco, Wine or hard liquor.

Chapter 6

Diet during pregnancy

Diet plays an important role during pregnancy. To develop good tissues, immunity, strength, sattvic qualities of mind of the fetus the mother must take proper diet under guidance of Ayurvedic physician. The diet of the mother should consist of plenty of milk, ghee, fresh green vegetables, sprouted moong beans, rice, chapatti prepared from wheat flour. Mother's diet must be wholesome and it should not contain any contradictory food substances. Along with this sattvic diet, Ayurveda has given importance to specific monthly supplementary diet. Healthy mother should not have any addictions of tobacco or alcohol. She should always think about the health of her baby and should do meditation. She is also advised to see beautiful things and listen to auspicious sounds like mantra chanting.

Food in pregnancy -

Nutrition of the fetus commences from the moment of conception, when the primary and secondary organs have not developed. The life juices are supplied by vessels carrying Rasa i.e. body fluids, which go obliquely and are connected with every organ of the body. The umbilical cord starts from the navel of the fetus and is attached to placenta, which again is connected indirectly to the heart of the mother through the blood vessels. Nourishment thus flows from the mother's heart to the placenta and then to the navel of the fetus. Placenta contains the essence of nourishing juices from mother's food. Hence pregnant woman should follow the monthly regimen regarding diet for fetus and herself.

During pregnancy period the women should take sattvic diet consisting of old rice, green gram, wheat, fresh vegetables, fresh water, ghee, milk along with special regimen food mentioned below-

Month- wise Dietary Regimen for a Pregnant Woman-

Regimen for first month —

Charaka – from the first month of pregnancy pregnant woman should take milk repeatedly considering her digestive power and strength. This congenial diet should be taken in the morning and evening.

Sushruta – sweet, cold and liquid diet should be taken from first month.

Vagbhata – She should take medicated milk and ghee medicated with shaliparni and palash.

Regimen for second month :-

Charaka and Vagbhata – Milk medicated with sweet herbs should be taken.

Sushruta :- Sweet, cold and liquid diet.

Regimen for third month –

Charaka and Vagbhata – milk with honey and ghee.

Sushruta – Sweet, cold and liquid diet specially rice with milk.

During first trimester of pregnancy most women experience nausea and vomiting, thus they cannot take proper diet. Use of cold and sweet liquid diet and milk will prevent dehydration and supply required nourishment. Sweet taste will help in maintenance of proper health of mother and fetus. Hence milk and sweet herbs have been advised for total pregnancy period.

Regimen for fourth month –

Charaka – Butter extracted from milk in the quantity of 12 gm. Should be taken 4 to 5 times day.

Sushruta – cooked rice with curd, dairy and pleasant food mix with butter and meat soup should be taken.

Vagbhata – Milk with 12 gm. butter.

Regimen for fifth month –

Charaka and Vagbhata – ghee prepared with butter extracted from milk.

Sushruta – cooked rice with milk, meat of wild animals along with dairy food mixed with milk and ghee.

Bhela advises the intake of gruel (yavagu).

Regimen for sixth month –

Charaka and Vagbhata – Ghee medicated with sweet herbs.

Sushruta – Ghee or gruel medicated with gokshur (Tribulus terrestris).

Regimen for seventh month –

Charaka and Vagbhata – Ghee medicated with sweet herbs

Sushruta – Ghee medicated with vidari gandhiadi group of herbs, it helps in proper development of fetus.

Regimen for Eighth month –

Charaka – Gruel prepared with milk and mixed with ghee should be given.

Sushruta- -Decoction enema followed by oil enema for clearing the retained feces and normal Vata movement. Due to movement of vayu in its right direction the woman, delivers without difficulty and complications can be avoided.

Regimen for ninth month –

Vagbhata- Meat soup with cooked rice and gruel as a diet of ninth month.

Charaka and Vagbhata advised use of oil enemas. Sushruta has advised use of unctuous gruel and meat soup of wild animal in ninth month.

IMPORTANCE OF MONTHLY DIETARY REGIMEN IN PREGNANCY

It is important for maintaining health, strength, nutrition and complexion of both the mother as well as the baby. This type of regimen avoids constipation and other waste products are also eliminated properly. Her pelvic organs, abdomen, back, skin and nails become soft and delivery takes place without any difficulty. It prevents abortion and miscarriages.

The pregnant woman should avoid, fasting, eating hot, pungent, heavy and irritating diet and alcohol.

ACCORDING TO MODERN SCIENCE –

Diet according to pregnancy – During pregnancy the woman must eat for two, for herself and for her growing infant. She should consume additional calories, proteins by taking fresh green vegetables, pulses, milk products and seasonal fruits etc.

Recommendations for daily food intake for pregnant woman is as follows –

Energy – 3200 kcl./day, Protein – 65 gm./day

Fat – 30 gm./day, Calcium – 1000 mg./day, Iron – 40 mg./day

Thiamine – 1.5 mg./day, Riboflavin – 1.7 mg./day

Pyridoxine – 2.5 mg./day, Vit. C – 40 mg./day, Folic acid – 400 mg./day, Vit. B12 – 1 mg./day

During second half of pregnancy she should receive regular supplements of iron and folic acid daily.

Chapter 7

Incompatible Food

Contradictory food – (*Viruddha Ahara*)

Definition – Any diet, which aggravates Doshas but does not eliminate them from the body, is called as contradictory food. If the contradictory food is consumed repeatedly, it puts load on digestive fire producing Ama. This naturally can lead to any disease in the body.

Types :-

1. Place – Type of food which is beneficial in cold region may not prove to be the same in hot region. This is because different geographical habitat. In (Anupa) marshy place, oily and cold substances like cream and yogurt; in (Jangala) arid zone, dry and hot substances like red chilly powder.
2. Time – In winter, dry and cold food; in summer, hot and pungent food should be avoided. Because the weather changes require the food of opposite quality.
3. Digestive power (Agni) – Every individual has its own specific digestive power which converts food to body tissues. Due to this specificity, certain individuals can eat large amounts of heavy food, while others are healthy only if they eat less and light food. When Agni is low, eating heavy, too oily food is contradictory.
4. Proportion of food substances – Certain food combinations in certain proportions is not good for the body. Honey and ghee in equal quantity is contradictory.
5. Food habitat (Satmya) – While advising diet to any individual, his habitual tolerance to foods must be taken into consideration. Using sweet, cold food by a person who is accustomed to pungent and hot food.

6. State of health – Giving Vata aggravating substances like dry, cold food to the person who is occupied in heavy manual work and excessive exercise.
7. Order – Taking food before attending nature's call.
8. Indication – Eating hot food after consuming pork meat.
9. Contra-indication – Eating cold food after intake of ghee.
10. Cooking – The source of heat used for cooking e.g. gas, electricity, microwave etc. is very important to understand its effect on the body. It may add or subtract the total effects on the tissues and Doshas. Similarly methods like roasting, frying, baking etc. have different effects. Microwave destroys Prana from the food. Eating uncooked or overcooked food is contradictory.
11. Combination – mixing sour substances with milk.
12. Palatability – Eating food, which is unpalatable, will not produce proper effects. It may create disgust or nausea for the individual.
13. Richness in quality – Eating food, which has no taste (food without salt)
14. Dosha – Use of diet, drug and behavior similar to the properties of Doshas.
15. Processing – Due to particular procedure, edible substances can become poisonous, e.g. roasting peacock meat, which is attached to the wood of castor plant.
16. Potency – Mixing cold and hot potency substances. Eating ice cream with hot chocolate fudge. Drinking cold fruit juices and hot tea or coffee.
17. Bowels – Giving black resins or dry figs or mild laxatives to the person having constipation.

Incompatible Food combinations -

Milk is incompatible with – Banana, fish, meat, curd & sour fruits.

Starches are incompatible with – Eggs, milk, banana, and dates.

Nightshades (potato, tomato, eggplants) are incompatible with – yogurt, milk, melons, and cucumber.

Yogurt is incompatible with – sour fruits, hot drinks, fish meat, mangoes, and cheese.

Lemon is incompatible with – Yogurt, milk, cucumber, and tomatoes.



Chapter 8

Energetic Principles

Doshas and energetic principles -

Foods and herbs consist of six tastes, two potencies and three post digestive effects.

The six tastes (rasa) are Sweet, Sour, Salty, Bitter, Pungent and Astringent.

Potencies (Veerya) are hot and cold.

The post digestive effects (Vipaka) are also explained in terms of tastes; however they are different than tastes. They are formed after the digestion of food in the intestine.

Taste and Primordial Elements -

Each taste is formed by the combination of two primordial elements and has certain qualities and effects on Doshas as follows –

Sweet – As in sugar is composed of Earth and Water.

Sour – As in lemon, yogurt and wine is composed of Earth and Fire.

Salty – As in salt, and is composed of Water and Fire.

Pungent – As in cayenne, hot peppers, onion, garlic, and chilies is composed of Fire and Air.

Bitter – As in goldenseal, fenugreek or bitter guard is composed of Air and Ether.

Astringent – This is presents in tannins, tea and coffee as well as in fruits like pomegranate, many salads, and in alum. It is composed of Air and Ether.

Actions of Rasa [Tastes] -

Sweet – Since this is the taste of mother's milk, it is accepted universally by all. It produces strength in tissues and hence it useful from childhood to adulthood. It is useful in emaciated persons also. It is good for complexion, hairs, sense organs and Ojas. It also increases breast milk. It helps to heal broken bones

and wounds. It prolongs life and helps all the activities of life. It has cool, heavy properties and increases Kapha, decreases Vata and Pitta. It nourishes all the seven tissues.

Sweet taste is present in foods such as sugar, milk, rice, wheat, dates, maple syrup and licorice. Its qualities are usually oily, cooling and heavy. In moderation, it promotes the growth of plasma, blood, fat, muscles, bones, marrow and reproductive fluids. In excess, sweet produces many disorders in all Doshas. Sweet foods can cause colds, heaviness, loss of appetite, obesity, abnormal muscle growth, lymphatic congestion, tumors, edema and diabetes. Exceptions to this are substances like old barley, old wheat, honey, shali type of rice.

Sour – It simulates Agni and is good for digestion. It encourages activity of Vata in the pelvic region to move downward and thus helps elimination of waste products. It is hot and heavy and increases Kapha and Pitta, decreases Vata. It nourishes all tissues except reproductive tissue.

Sour taste is present in foods like citrus, sour cream, yogurt, vinegar, cheese, lemon, unripe mangoes, green grapes and fermented food. Its qualities are liquid, light, heating and oily, and it has anabolic action. In moderation, sour foods are refreshing. They stimulate the appetite, improve the digestion, energize the body and nourish the heart. In excess, this taste can cause hyperacidity, ulcers and perforations. Its fermenting action can be toxic to the blood and cause skin conditions like acne, dermatitis, eczema, psoriasis, boils and edema, as well as burning sensations in the throat, chest, heart, bladder and urinary tract. Excess use may cause looseness flabbiness, loss of strength, giddiness, itching, irritation, a whitish yellow pallor, thirst, fever, and diseases arising from Pitta and Kapha. Exceptions to this are substances like pomegranate and amalaki fruit (*Emblica officinalis*).

Salty – It is hot and heavy and increases Kapha and Pitta and decrease Vata.

It helps to increase activity and salivation. It improves taste.

All salts, seafood and sea vegetables are examples of salty taste. Salty taste is so strong that it can easily nullify the effect of all other tastes. It is heating, heavy and oily. In moderation, it is laxative and can lessen spasms and pain in the colon. Like sweet and sour, it is anabolic in action. It promotes growth and maintains water electrolyte balance. It stimulates salivation, enhances the flavor of food and aids the digestion, absorption and elimination. Too much salt in the diet makes the blood viscous and thick, can cause hypertension and aggravates skin conditions. Heat sensations, fainting, wrinkling and baldness may be due to excess salt, as well as edema, water retention, ulcers, bleeding disorders, skin eruptions, hyperacidity and hypertension. Exceptions are rock salt.

Pungent – It has hot, light and dry qualities. It increases Pitta and Vata and decreases Kapha. It helps to increase the Agni and hunger. It is also good digestive. It breaks up hard masses of food in the intestines.

Pungent taste is present in foods like hot peppers, black pepper, onions, garlic, ginger and asafetida. Its qualities are light, drying and heating. In moderation, it improves digestion, absorption and elimination, stimulates circulation, breaks up clots, and kills parasites and germs. In excess, it may cause sexual debility, choking, fainting and fatigue. If it leads to *Pitta* aggravation, it can cause diarrhea, heartburn, nausea, peptic ulcers, colitis and skin conditions. If it provokes *Vata*, it can cause tremors, insomnia and muscle pain. Exceptions are dry ginger, piper longum and garlic.

Bitter – It has cool, light, and dry qualities and increases Vata and decreases Pitta and Kapha. It dries up moisture from fat, muscle, feces and urine. It helps to clean the mouth, destroys taste perception. It helps to cure anorexia, worms, fever, nausea, thirst, skin diseases and burning sensation.

Examples of bitter taste are bitter melon, turmeric, dandelion, aloe Vera, rhubarb and coffee. It is the taste most lacking in the North American diet. Its qualities are dry and light. It promotes the flavor of

all tastes, is antitoxic and kills germs. Bitter helps to relieve burning sensations, itching, fainting and obstinate skin disorders. It reduces fever and stimulates firmness of skin and muscles. In small doses it can relieve intestinal gas and work as a digestive tonic. Because of its drying quality, excess bitter taste may deplete plasma, blood, muscles, fat, bone marrow and semen, which may result in sexual debility. Exceptions are substances like guduchi and patola.

Astringent – This taste constricts the gums and produces sensation of puckering in the mouth. This has cool, light, and dry qualities. It increases Vata and decreases Pitta and Kapha. It dries up moisture and fat, absorbs water causing constipation and dryness.

Unripe bananas, pomegranate, chickpeas, yellow split peas, okra, turmeric, alfalfa sprouts and alumroot are examples of the astringent taste. Its qualities are cooling, drying and heavy. In moderation, it aids in healing ulcers and promotes clotting. In excess, it may cause constipation, distension, heart spasm and stagnant circulation. It may also lead to depletion of sperm and affect the sexual drive, and can give rise to a variety of neuromuscular disorders. Exception is haritaki – Terminalia chebula fruit.

Taste and physical action in balance and excess condition –

Taste	Balance	Excess
Sweet	Nourishing	Obstructing
Sour	Refreshing	Loosening
Salty	Softening	Inflaming
Pungent	Flushing	Burning
Bitter	Purifying	Emaciating
Astringent	Healing	Drying

Taste and emotions in balance condition

Sweet – Love and attachment

Salty – Greed

Sour – Envy

Pungent – Hatred

Bitter – Sorrow, grief

Astringent – Fear and fright.

Post Digestive Effect - Vipaka

The balanced diet produces sweet – (madhura) Vipaka, which nourishes all the tissues and eliminates waste products. During this phase initially the person becomes lazy and has heaviness of abdomen. Later on he becomes active. If sweet and sour food is taken more the Vipaka will be sweet and sour – (amla) respectively. This will promote Kapha, nourishes tissues and eliminate waste products.

On the other hand excess of bitter, pungent, and astringent food will have Katu Vipaka – or pungent Vipaka which promotes Vata and does not properly nourishes the body. It also does not help to eliminate the waste products. The person may be constipated due to this type of Vipaka.

Potency –Veerya -

Hot potency – As in chilly or cayenne. It increases Pitta and reduces Vata and Kapha.

Cold Potency – As in milk, banana, and it increases Vata and Kapha and reduces Pitta.

Chapter 9

Seasonal Diet

According to Ayurveda the constitution or *Dosha* of the body and the seasons are intimately related. Our health is affected by the qualities of the climate we live in. To maintain health and to remain in harmony with the nature and our own *Doshas*, one should follow certain regimes and should avoid certain things both in diet and lifestyle. One, who follows these regimes, will be never ill. Ayurveda recognizes that seasonal changes have a profound effect on our health, immune system and recommends many helpful suggestions for how we can adapt our lifestyle to stay balanced in each season.

Ayurvedic review of Rutu and Rutucharya

Rutu means season (*Kala vibhag*) and **Charya** means regimen (*acharan*). Hence **Rutu charya** denotes the regimen to be followed by people during different season to prevent diseases and to maintain health.

One year has 12 months which are subdivided into 2 parts – *Uttarayana* & *Dakshinayana*, which has 3 *Rutus* of 2 months each.

Uttarayana is hot & is also called as ‘*Aadana Kala*’ which means ‘to take away’ the strength of the body, whereas *Dakshinayana* is also called as ‘*Visarga Kala*’ because it is cold & which literally means ‘to gain’ the strength & vitality of the body.

Rutu – Dosha Relation-

<i>DOSHA</i>	<i>SANCHAYA</i>	<i>PRAKOPA</i>	<i>PRASHAMA</i>
<i>VATA</i>	<i>Greeshma</i>	<i>Varsha</i>	<i>Sharada</i>
<i>PITTA</i>	<i>Varsha</i>	<i>Sharada</i>	<i>Hemanta</i>
<i>KAPHA</i>	<i>Hemanta</i>	<i>Vasanta</i>	<i>Greeshma</i>

Treatment of Aggravated Doshas due to seasons -

Rutu	Aggravated Dosha	Treatment
<i>Varsha</i>	<i>VATA</i>	<i>Basti</i>
<i>Sharada</i>	<i>PITTA</i>	<i>Virechana / Raktamokshana</i>
<i>Vasanta</i>	<i>KAPHA</i>	<i>Vamana</i>

Shishira - late winter-

Months – December to February

Rasa – Formation of bitter taste –Tikta rasa in herbs.

Water drinking – Warm water should be taken,

Alcohol consumption– Varuni, Sura type of alcohol can be taken.

Dosha stages – Kapha accumulation, Pitta alleviation.

Treatment– As there is no aggravation of any Dosha there is no purification or PK required.

Kala bala – Physical as well as psychological strength is good.

Rasayana (Rutu-Haritaki) – *Haritaki* + *Pippali*.

Diet–

In this season the digestive activity becomes more powerful. Increased Vata gets obstructed from spreading out due to cold atmosphere outside which can digest the tissues. More intake of sweet, sour and salt helps reducing the Vata.

Sweet, sour and salty food can be taken.

Wine prepared from jaggery (molasses) can be taken.

Wheat products with sesame & cream, milk products, sugarcane products and corn/edible oils can be taken as a part of food.

Can eat heavy food like jaggery with milk & ghee.

Hot food- Sesame and jaggery should be taken.

Can take Hot, oily, sour & salty food along with rice.

Also take plenty of cow's milk & cane juice.

Avoid light food to pacify **Vata**.

Vasant Rutu [Spring] –

Months - February to April.

Water consumption – Luke warm water, medicated with *Shunthi*, *Cinnamon* etc. Also *Kaphaghna*, *Sugndhi* (Sweet smelling) & *Snigdha dravya* mixed *jala* is advised in this *Rutu*.

Alcohol consumption – *Drakshasava*, *Madhavi*, *Madhu*, *Panchakolasav*.

Dosha stage – *Kapha* aggravation.

Treatment – *Vamana*.

Kala Bala – Medium strength.

Rasayana (Rutu-Haritaki) – *Haritaki* + *Madhu* (Honey).

Diet –

- Honey should be consumed daily as it reduces *Kapha*.
- *Yav*, *Puranshali* (old rice), Wheat(*Godhum*), Horse gram, pulses & one year old grains should be consumed.
- Vegetables to be used like bringal, Radish, Bitter gourd, Fenugreek leaves etc.
- Non vegetarian persons should have Meat & *Mansarasa*, especially *Jangal* & *Vishkera Mansa* & *Yusha*.
- Sip hot water to help melt the *Ama* (digestive impurities) that have accumulated, and avoid day sleep.
- *Shunthi* (ginger) should be boiled in water & then consumed with honey.
- All cold stuff should be avoided.
- *Snigdha* food stuff should be avoided.
- Stuff that contains *Madhura* (sweet) & *Amla*(sour) rasa should be avoided.
- Add spices to your food — such as coriander, cumin, turmeric, and fennel — to help stimulate the digestion and detoxify the skin.
- Milk & butter milk should be consumed in large quantity.
- Diet to be taken should be less in quantity & should be beneficial.

- *Kashaya Rasatmaka*(Astringent) fruits like *Belaphala* (WoodApple) should be consumed.

Grishma Rutu –Summer -

- **Months** – April to June
- **Rasa** – Formation of pungent –*Katu* Rasa.
- **Water intake** – Water mixed with herbs like *Usheer*, *Chandan*, *Rose*, *Jai*, *Mogra* etc. should be used.
- **Alcohol intake** – Contraindicated.
- **Dosha stages** – *Vata* Sanchaya, *Kapha* Shaman.
- **Treatment**- No PK for this *Rutu*.
- **Kala bala** – Very low strength.
- **Rasayana (Rutu-Haritaki)** – *Haritaki* + **Guda (Jaggary)**.
 - **Diet** –
 - Diet mainly consisting of sweet, bitter, cold and light items that pacify *Pitta* should be taken.
 - Consume Milk, Indian Clarified Butter (Ghee).
 - *Panak Panchsara* (syrup prepared with *draksha*) is beneficial.
 - Buffalo milk with sugar should be taken at night as it has more fat content and is more *sheeta* (cold) than the cow milk.
 - Cool & liquid diet like juices, milk, butter milk, coconut water etc. should be used daily.
 - Perfumed, cold water should be used for consumption.
 - Barley along with water & *Ghruta* should be consumed in this *Rutu*.
 - Cooled milk after boiling should be used in dinner.
 - Citric & sour fruits like *Mango*, *Oranges*, *Amla* & *cucumber*, *water melon*, *banana* etc should be consumed.
 - Eat lot of green vegetables & vegetables like *lady finger*, *ridge gourd*, *carrot*, *beet*, *yam* etc.
 - Sour, salty and pungent foods, spices should also be avoided, as they tend to increase *Pitta*.
 - Avoid foods that produce heat within the body.

- Heavy strenuous exercises should be avoided.
- Those having a preference for alcohol should try and abstain from it during this period or have it in a more diluted form. Otherwise it will produce weakness, excessive thirst and symptoms like gastritis, weight loss, flabbiness of the body, acidity etc.
- One should not drink water immediately after moving in the sun. Ice cold water should not be used

Varsha Rutu [Rainy season] -

- **Months** – June to August
- **Nature of the Season** – Cold and dry.
- **Rasa** – Formation of Sour -*Amla Rasa*.
- **Water consumption** – *Shruta Sheeta Jala* (boiled & cooled water), *Sushruta* has advised to consume with Honey.
- **Alcohol consumption** – *Madhu mishreta Madya & Arishtas*.
- **Dosha stage** – *Vata Prakopa, Pitta Sanchaya*.
- **Treatment** – *Basti*.
- **Kala bala** – Low strength.
- **Rasayana (Rutu-Haritaki)** – *Haritaki + Saindhav*.

The *agni* (digestive activity) weakens further and gets vitiated by *Doshas*. Hence all methods to mitigate *Doshas* and measures to enhance digestive activity should be adopted. Light diet and less oily food are advised, as digestive power is weak. It is better to take as much as fluids as possible.

Diet

- Easily digestible food to be taken.
- Eat old rice, wheat and barley. Old grains should be used with the help of spices.
- Pulses, meat juice, soups and *mastu* (thin water of yoghurt), buttermilk can be taken in food.

- Avoid green vegetables and eat ginger, cumin seeds, lemon, mint, garlic and coriander which help digestion.
- Add honey in all food items. Also eat ghee.
- Boil your water before drinking it.
- Can take Alcoholic beverages, added with a lot of water.
- Avoid excess drinking of water and heavy food. Avoid preserved food items & oily food.
- Avoid horse gram, black gram, green peas, sago as it increases *Vata*.

Sharad Rutu [Autumn] -

- **Months** – August to October
- **Rasa** – Formation of salty -*lavana Rasa*.
- **Water consumption** – *Sheeta Jala (Agasti Udaya)*.
- **Alcohol consumption** – *Drakshasav*.
- **Dosha stage** – *Pitta Prakopa, Vata Shamana*.
- **Treatment** – *Virechana & Raktamokshana*.
- **Kala bala** – Medium strength.
- **Rasayana (Rutu-Haritaki)** – *Haritaki + Sharkara*.

Diet -

- Bitter, astringent and sweet taste can be included in food.
- Take easily digestible food like rice, green gram, rice, honey and sugar.
- Take cold and light food articles. Take bitter gourd, Fenugreek, Turmeric powder, Wood apple and curry leaves.
- Consume coconut (*Naralibhat*), *Puranpoli* with milk and ghee.
- No citrus fruits except Amla.
- Use ginger in food, eat sweet lemon pickle but avoid sour mango pickle.
- Take milk with dry fruits and sugar.
- Food should be served only when feeling of Appetite is developed.
- Curds, fermented food are strongly contraindicated.

- Pungent, Salty and sour food should not be consumed in excess e.g. radish, salts, drumsticks, spices etc.
- Tomatoes, Bringal, ladies finger, chillies etc should be avoided.
- *Tikshana Madyas* & Beverages containing sour fruits should be avoided.

Hemanta Ritu [Early Winter] -

- **Months** – October to December
- **Rasa** – Formation of Sweet -*Madhur Rasa*.
- **Water consumption** – Boiled water.
- **Alcohol consumption** – *Varuni, Madya*.
- **Dosha stage**– *Kapha Sanchaya, Pitta Shamana*.
- **Treatment** - As there is no *Prakopavastha* of any Dosha there is no *shodhan Upakrama* mentioned for this *Rutu*.
- **Kala bala** – Excellent strength.
- **Rasayana (Rutu-Haritaki)** – *Haritaki* + *Shunthi*.

Diet

- Sweet, sour and salty taste food should be taken.
- Heavy and oily food stuff can take as digestion power is good.
- Grains of new crops can take.
- Indian clarified butter (Ghee), oil can consume in large quantity.
- Dairy products can take.
- Eat wheat, black gram, red gram, green gram, cow peas.
- Spices, oily, sweets can be taken in this season.
- Eat all vegetables like potato, onion, Bringal, radish, cabbage etc.
- All types of non-vegetarian food can consume.
- All dry fruits and fruits can be taken.

Chapter 10

Vegetarian and Non Vegetarian Diet

Although Ayurveda has not prohibited meat, it is always better to eat pure vegetarian diet. We have already seen that the fresh vegetarian diet containing dairy and little sweet taste is sattvic in nature. As meat is obtained from dead animals, it has dead energy and hence, consuming meat always enhances the chances of having qualities of violence and decay. It is said that basically all human beings are vegetarians and fruitarians. Vegetarian foods have high roughage contents, all nutritional elements in sufficient quantity, are very cheap and increase body resistance quickly.

Roughage contents -

Fiber content in vegetarian food prevents synthesis of VLDL – very low-density lipoproteins, which are bad and can lead to heart diseases. Especially red meat contains high amount of saturated fats, which are bound to increase cholesterol levels leading to heart attacks. This roughage also helps to eliminate fecal matter from large intestine easily. Meat eaters usually suffer from constipation, as it does not contain fiber. This is the reason why diseases like ulcerative colitis and colon cancer are more common in meat eaters.

Food also heals -

Raw and uncooked vegetables and fruits have many qualities for curing ailments. Incidence of heart disease, cancer and chronic degenerative diseases is low in persons who are pure vegetarians. Meat also contains more number of bacteria and parasites that can prove harmful to the health of human beings. Majority of the victims of food poisoning due to salmonella is found in meat and fish eaters.

Anatomy and Physiology of herbivorous and carnivorous animals -

Teeth and intestines of human being are different from that of carnivorous animals. Carnivorous animals have long, sharp, and pointed teeth, small salivary glands as it is not required for digesting vegetables and grains. Meat eating animals secrete more hydrochloric acid, which is required for digestion of proteins. They also have proportionately larger liver, which can neutralize 10% to 15% more uric acid than humans. The intestinal tract of these animals is only 3 times body length so that rapidly decaying meat can pass out of the body quickly. While humans have intestinal tract which is 10-12 times body length.

Environment and Ecology -

Eating meat is against environment. Because, to produce one pound of meat lot of grass, cereals and water must be fed to livestock. One acre of land, which will produce one ton of beef, will produce 10 to 20 tons of highly nutritious food. Meat producing industries disturb ecology by throwing lot of waste and washing into river.

Food values -

The modern medical system classifies food differently – proximate principles of food meaning protein, fats, carbohydrates; vitamins and minerals, as well as calories.

Protein myth -

There is a misconception that, meat has monopoly on protein, and that, larger amounts of protein required for strength and energy is not correct. Many people start eating meat because of fear of protein deficiency.

But the truth is that the legumes and beans contain lot of proteins. And this protein is lighter for digestion. Various studies have shown that proper balanced vegetarian diet provides more nutritional energy than meat.

When we eat, the body breaks the protein down into its constituent amino acids. There are 22 amino acids. 14 are non-essentials and

8 are essentials. Essential means those we cannot manufacture them in our body and must get them from food. These are lysine, valine, leucine, isoleucine, tryptophan, threonine, methionine and phenylalanine. At one time there was belief that all these amino acids are present only in meat. However nutritionists have now proved that many vegetarian diets are equal to meat in terms of these proteins.

Animal flesh contains high amount proteins, which can tax kidneys and can cause diseases of kidney resulting in high blood urea.

Minerals and vitamins -

Vegetarian food also contains enough minerals and vitamins. One study in Bantu women of African tribe, who are vegetarians, shows that their diet has enough calcium and other vitamins. Multi-para women in these tribes having 10 children have been found not to be suffering from osteoporosis or any other lack of vitamins. These women were not taking any hormonal contraceptive pills. This may be the reason that although they were vegetarians they had good calcium levels.

Mystery about the oils -

Ayurveda has described various types of oils e.g. sesame, mustard, coconut, linseed, castor oil, safflower, sunflower, and cottonseed. According to Ayurveda the wholesome oil for cooking is sesame and unwholesome is that of safflower. There is lot of research and discussion about the saturated and unsaturated oils. Consumption of unsaturated fatty acids especially linolic acid does not cause much increase in cholesterol as compared to saturated fatty acids.

Unsaturated fatty acid has been further divided into omega 3 fatty acids (mustard, soya) and omega 6 fatty acids (safflower, sunflower). In our daily diet the proportion of omega 3 to omega 6 should be 4:10. If this proportion gets disturbed the person starts suffering from various disorders.

In safflower oil this proportion is 1:125, hence only consumption of safflower oil is not good for the health. Ayurveda has considered safflower oil as unwholesome for consumption. The proportion of fat and /oils should be 1/3 saturated fatty acid (ghee, butter), 1/3 omega 3 (mustard etc.) and 1/3 omega 6 (sesame, coconut). Hydrogenated oil is harmful for body. It increases Pitta. It should not be used for cooking. Ayurveda considers sesame oil as nutritious and wholesome while safflower oil as unwholesome as it increases Pitta as well as not nutritious also.

Ayurveda and Yoga are both active therapies and efforts from the side of patient is required. Health cannot be brought across the counter of pharmacy. Many people have a notion that if they take regular dose of vitamins and minerals or some tonic they would be healthy. But this is not sufficient according to Ayurveda. Every individual must know his constitution, so that he can use opposite qualities of food, exercise, and environment and if possible job also to achieve perfect health.

Another important factor in food is life force or Prana. Naturally grown and fresh food is full of Prana. While frozen and inorganic or artificially grown food is low in Prana. Canned food or refrigerated food for a long time is completely without Prana. Freshly cooked and served food is high in Prana. Cooking in a clean and sacred area in one's house is good. As far as possible avoid taking footwear in the kitchen.

Satmya is also an important principle in Ayurveda. Satmya means habituation. Our body is used to certain type of food and we must never make an attempt to change our diet suddenly from Non-vegetarian to vegetarian or suddenly jump on to the macrobiotic or any other type of diet. Ayurveda has advised that even if we want to change from bad qualities to good qualities that also must be done in step-by-step manner.

Comparison between Vegetarian and Non-vegetarian food

Vegetarian	Non-vegetarian
There is plenty of variety	In non-Veg. also, there is plenty of variety like sea-food and terrestrial, animals etc.
While preparing Veg. food, except the use of spices, most of the food is full of divine nature (sattvic). That is why; philosophical people should eat only vegetarian.	Obtained by killing animals, hence the food is more Rajasic and Tamasic, which makes people hyperactive or lethargic. It also brings dullness to mind.
Veg. food has more of carbohydrates and vitamins but it has comparatively less proteins. Though there are incomplete proteins in Veg. food by taking balanced diet, this deficiency can be avoided.	There are a lot of proteins in non-Veg.
There is no load on the kidneys of a person eating Veg. food.	Kidneys of a person eating non-Veg. have to work of excreting urea, uric acid in greater quantity that is why their kidneys get damaged early.
In Veg. food, there is lot of fiber hence they do not suffer from constipation.	In non-Veg. food, there is less fiber, so constipation is common which may lead to colon cancer.
Veg. food is comparatively easier to digest.	Non-Veg. food is naturally heavy to digest.

Veg. food is comparatively less capable of increasing the immunity of body.	Non-Veg. food increases the immunity of body in a very short time.
Veg. food does not decay early, so we can preserve it for longtime by keeping it dry. There are less chances of acquiring diseases.	Non-Veg. food decays early. There can be many bacteria in meat. So there are higher chances of acquiring many diseases.
	A person can acquire allergy after eating non-Veg. It also increases cholesterol in blood.

Diseases produced by eating meat -

- (1) If the meat of animals which are suffering from diseases is consumed, then there are definite chances of acquiring diseases. Besides this, if the meat remains in hot environment for long time, it starts decaying and by eating such meat, one can acquire diseases like vomiting, diarrhea, dysentery, urticaria, fever etc.
- (2) Different animals like pigs and bullocks are a shelter to many types of bacteria and parasites like tinea. Also the cysts of these germs can be present in the flesh of these animals. If such meat is not eaten by cooking it properly, then a person can acquire infestation.
- (3) Besides this, bacteria like salmonella and bacillus bautulinus present in meat can make it poisonous. By eating such poisonous meat, one can acquire vomiting, diarrhea, dysentery and sometimes it can result in death.

To avoid all this, before killing any animal it should be first examined carefully.

Chapter 11

Kitchen Pharmacy

Asafetida – or hing is the resinous substance, obtained by an incision in the living roots of the plant. It has strong smell and used frequently as a spice. It increases heat in the body. It is powerful digestive agent, and mainly used to treat indigestion, flatulence, abdominal distention and colicky type of pain. It helps destroy worms. Hingashtaka churna is the common preparation available in the market. In children give the roasted asafetida powder ½ teaspoons full in cup of warm water to reduce colicky pain.

Black Pepper – or kali mirch, maricha or miri has hot potency and pungent in taste. It reduces Vata and Kapha. It can be used in the form of small black peppercorns as whole or freshly ground as powder. Pinch of black pepper powder with honey cures common cold and cough. It also improves digestion and is an important ingredient in various Ayurvedic herbal medicines. It is given as rasayana as unit increasing and unit decreasing method mentioned earlier.

Garbanzo – or besan flour is made from chickpeas or Bengal gram dal. It has low gluten and high protein. It is called besan and is used in many preparations.

Chili – is available as red chili or green chili in fresh or dried form or in the powder or paste form. It is extremely hot and pungent. Many Indian dishes are prepared with this as it gives color, flavor, and pungent taste. Those who are not used to hot foods should use it with caution. It increases Pitta, reduces Kapha and Vata.

Cumin - or Jeera is an important curry ingredient and has a good aromatic taste. Hence it is extensively used in masala and important

spice in making food delicacies. It improves digestion and cures indigestion also. A decoction of cumin and coriander seeds cures urinary tract infection and relieves burning urination. It makes the urine alkaline.

Coriander – is used extensively as seed and powder form to make Indian spices, which not only increases the taste of the foods but is also good for cooling the digestive system. This gentle, fragrant spice is an important curry ingredient, which balances other hot and spicy ingredients. Coriander leaves have the similar properties like cilantro and is often used for garnishing various Indian dishes and is important constituent of various salads and chutneys. Washing the eyes with coriander boiled in water along with pinch of turmeric cures eye infections. A decoction of 1 tablespoon coriander seeds + ½ Tablespoon Jeera seeds if taken regularly cures burning and urinary infections. It is also good anti-dote for allergy due to bhallatak or *Semecarpus anacardium*.

Cardamom - or Eliachi is available in the form of fruit and powder and extremely aromatic. It is used in Indian masala. It is used as mouth freshener and helps digestion if taken after food. It is one of the ingredients of Sitopaladi churna for treating cough, asthma and pharyngitis

Cinnamon – or Dalchini is available as bark. It is pungent in taste, aromatic and is used in curry. 15 mm. of bark can be substituted for ¼ the teaspoon powder. It stimulates digestive system and reduces Kapha. A decoction of cinnamon, basil leaves and ginger is recommended for cough, cold and fever.

Clove – They have very pungent taste but cold potency. Due to its strong aromatic taste it is main ingredients of curry. It reduces Kapha and Vata, and increases Pitta. Used for increasing digestive power and for bronchitis and cough and colds. External application – roasted clove's paste reduces Kapha and headache due to cold.

Coconut – Grated coconut either in the fresh form or desiccated form is available in the market. It is used in some curries and Indian

desserts. It is also used for making coconut milk, some chutneys and salads. It is also available in the form of coconut milk or cream. It is sweet in taste and hot in potency. In many stores grated coconut is available in refrigerated section. Tender coconut has lot of potassium and sugar and is very useful for treating dehydration due to dysentery. Tender coconut water is also thirst quenching.

Curry leaves – or Kadhipatta is very commonly used in curry to increase the taste and aroma. It contains calcium and is good for heart.

Fennel – or saunf is available in the form of seeds powder form. In Indian it is traditional method to chew fennel mixed with little crystalline sugar after eating food because it promotes digestion. ¼ teaspoon mixture of powder of fennel and ginger taken together twice daily helps to cure diarrhea, stomachache and gases in intestines.

Fenugreek – or Methi is available in the form of seeds, and leaves also. Fresh leaves are eaten as regular leafy vegetable. It has strong bitter taste, hot potency and can be used as bitter tonic. The vegetable cleanses the blood due to its bitter taste and expels the waste matter from the body. Dry seeds are used on kitchen to flavor and spice various foods. The seeds are rich in vitamins, minerals, iron and calcium. Seeds can be taken to increase the breast milk after delivery and they also benefit at the time of both puberty and menopause. For treating dandruff mix the powder of seeds with yogurt and apply it on the scalp. Pitta constitution persons should use this with caution as fenugreek generates heat and increases Pitta.

Garlic – or lashun is available is a bulb with many cloves inside. These cloves should be peeled and then crushed, pounded or chopped. It contains 5 tastes except sour and has hot potency. It has a strong smell of nature sulfur (due to its alicin content). Due to this quality it kills many bacteria. It also reduces cholesterol in blood very effectively. It also contains Ajwan – substance which keeps blood from

coagulating. It is used extensively as spice in India for preparing chutneys, seasoning vegetables, curries and for flavoring pickles. Since it has hot potency persons of Pitta constitution should sparingly use it in summer.

It is stimulant, expectorant, disinfectant and anti-rheumatic actions. It is also effective in various bronchial and asthmatic complaints. It is also powerful rejuvenative and rasayana for Vata. It is beneficial in the treatment of flatulence and bloating in the stomach. It is also good aphrodisiac for elderly person.

Ginger - or Ardraka is root of plant and is available as fresh, canned, preserved and even in sugared form. It has strong pungent taste with post digestive effect being sweet and hot potency. It is used in many herbal and food preparations.

It is called as Vishvabheshaja meaning medicine for (all the ailments in) world. It increases digestive power, reduces Kapha and Vata, useful for cough and colds and influenz type of fevers. For treating these ailments take 1 teaspoon of fresh juice of ginger and mix it with equal amount of honey and take it for 3 times. For indigestion take 1 teaspoon lemon juice – ½ teaspoon fresh ginger juice + pinch of rock salt 3 times a day. To relieve the joint pains in arthritis apply fresh juice of ginger on the affected part.

Dry ginger is called as shunthi and is also useful like fresh ginger only it has more hot potency. Substitute ¼ teaspoon ginger powder for 1 thin slice of fresh ginger. For diarrhea give 1 teaspoonful paste of dry ginger + ½ teaspoon ghee and teaspoon of jaggery. Heat the mixture and ask the patient to lick the same several times a day.

For headache due to common cold apply the warm paste of dry ginger and calcium on foreheads and nose. Pinch of dry ginger powder + 1 glass milk, boil and give to infant for digestion.

Mustard - is used as seeds, oils or in leafy vegetable form. Mustard oil is used for cooking as well as seasoning food delicacies. It is externally hot in nature and reduces Kapha and Vata but increases Pitta. It is stimulating, diaphoretic and to some extent analgesic also.

For relieving pain due to arthritis, apply mustard oil externally. For treating coughs and cold apply mustard oil externally on the chest twice a day.

Nutmeg – It is pungent slightly astringent and hot in potency. It decreases Vata and Kapha and increases Pitta. It is sedative. It is used in pimples externally. It is analgesic also. It has good aphrodisiac action too. For insomnia give 1 teaspoon nutmeg paste + cup of buffalo milk at bedtime.

Turmeric – or haldi is the rhizome of the plant and is used in fresh, dried or powder form. This golden yellow fragrant spice is used to color and flavor curries, vegetables, rice. It has bitter pungent taste and hot potency. It reduces Kapha and Vata and increases Pitta.

It is an excellent natural antibiotic and is used for treating fresh wounds. It has styptic action also. It increases digestive fire. It is useful in poor circulation, cough, chest congestion, skin disorders and diabetes. ½ teaspoon of turmeric powder boiled in water or milk is taken to relieve common cold and pharyngitis. Daily intake of ½ teaspoon turmeric in one cup of warm milk helps to increase skin complexion. Take 300 ml. water, one medium size crushed garlic bulb and 1 teaspoon of turmeric. Boil this mixture and reduce it to half. Drink while warm sip by sip to relieve chronic cough.

To increase the luster of the skin turmeric powder should be mixed with sandalwood powder and applied to the skin regularly. To relieve pain and edema due to sprains and injuries apply paste of turmeric + red sandalwood and alum to the affected part.

Ajwan - or ajamoda is available as seed. It is light, dry, with pungent taste and hot potency. Many describe this as celery seed. It stimulates digestion and relieves gases. Take one cup of warm water with pinch of Ajwan seeds or its Powder with rock salt. It is also respiratory stimulant and expectorant. It also helps to destroy intestinal parasites.

Onion –is common curry and vegetable ingredient and is extensively used in masala and various salads. It is pungent in taste (due to its alyl propyl disulphide content) potency. There are two main types – white and red. White onion is cold in potency and is used in Ayurvedic medicine for preparing kaja as well as treat diarrhea. Fried onion is useful on clotting disorders. Being cool in nature. It is used in summer. Red onion is more pungent and hot in potency. It also has vitamin K. It increases Pitta and reduces cholesterol.

Saffron – or Kesar. It is bitter, slightly astringent and pungent in taste and hot in potency. The best saffron is from Kashmir. It increases Pitta, reduces Vata and Kapha. It is customary in India to use little saffron with all sweets, so that these sweets do not aggravate Kapha. It has properties like stimulant, aphrodisiac and emmenagogue. It is good for increasing the blood and improving blood circulation.

Effect of food on Channels and Doshas -

Channels	Increasing	Decreasing Dosha	Effect on
1. Plasma (Rasavaha)	Tender coconut water, Buttermilk, milk, fruit Juices and squashes.	Spices, cardamom toast, popcorn	K+ V-
2 Blood (Raktavaha)	Beet root, amla, jaggery, carrot, pomegranate, black resins, and red meat.	Hot spices	P+ k-

3. Muscle (Mamsavaha)	Wheat, black gram, ripe mango	Turmeric	K+ V -
4. Fat (Medovaha)	Ghee, butter, oils, all nuts, Animal fat	Old honey, dry ginger, Black pepper	K+ V-
5. Bones (Asthiavaha)	Coral, milk, egg shell, wheat	Pop corn	PV- K+
6.Nerve (Majjavaha)	Walnut, almonds, Ghee, honey, Tambula (with 13 qualities)	spices	K+ V-
7.Reproductive (Shukravaha)	Milk, Ghee, Curds, Ripe mango, banana, dates, moong dal	Linseed	K+ VP-
8. Sweat	Spices	cold food stuff	P+
9. Water (Udakavaha)	Water, Squashes	Spices, Fried fennel, cardamom	K+ V-
10 Feces (Purishavaha)	Black gram	fasting	V-
11. Urinary (Mutravaha)	Coconut, buttermilk, barley, sugar cane juice, coriander seeds	Sesame oil, coffee	P- K+

12. Pranavaha (Respiratory)	Cold drinks, yogurt	Turmeric	K+ V-
13. Annavaha	Cumin, Black pepper, Ginger, Spices, Lemon asafetida (increases digestive fire)	Cold drinks	P+ KV -
14. Stanya (Milk)	Fenugreek seeds, Drumstick, small millet, garden cress	Spices, Dry food, Fried food	K+
15. Artava vaha (Menstrual Discharge)	Garden cress, Leafy fenugreek, small millet, carrot seeds	Shingada (water chestnut), unripe mango and its seed	P+V-
16. Ojas	Ghee, milk	Fried food, Junk food, stale meat, too much spicy, Canned food	K+ V-

17. Nutritive - All nuts, white onion, alphonso mango, wheat, all porridges, dry dates, pumpkin and milk and ghee.

18. Abortifacient – Drum stick, Fenugreek, Carrot seeds, Papaya, Cardamom, Raw pineapple.

Chapter 12

Food as Medicine

Dos and Don'ts -Pathya-pathya –

Food is an important constituent for all living beings and its importance is mentioned in Ayurveda. Proper food with good qualities gives strength, complexion, immunity and good life. Food is the main ingredient in the 'Trayopstambha' Tripod of life; the others are proper sleep and sex. Specific knowledge about food can be special subject i.e. dietetics (*Aharshastra*).

According to the main aim of Ayurveda, the important use of pathya-pathya concept (dietary prescription) to human being is for keeping one's health fit and to patients in curing of diseases. The food is classified according to their predominant properties into three types – i) palliative (*shaman*), ii) vitiating (*prakopak*) and iii) healthy (*swasthitakar*). Palliative foods are known as *pathyakar*. Foods having vitiating qualities create diseases after aggravating Doshas. Those which maintain health have been classified under healthy category.

If we study according to the information given above, one specific food cannot be *shaman*, *prakopak* or *swasthitakar* for everyone. Hence while deciding do's and don't of food it is essential to make detail study of factors like age, constitution, habitat, tolerance, capacity of agni etc.

“One which is not harmful for our body and one which is pleasant to our mind is *pathya*. This is always recommended, and one which is harmful both for body and mind is not recommended and hence called as *apathya*.”

We also have to consider the classification where food is harmful for body but seems pleasant to mind and another one, which is helpful to our body but unpleasant to our mind.

This should be considered as general rule regarding do's and don't because these can change according to quantity of food processing etc. e.g. ghee is useful in proper dose, but intake of equal quantity of ghee and honey and intake in spring is not recommended.

While making an elaborate explanation about do's and don't of food rules for eating food properties of food should be consider. According to this excess eating, eating incompatible food or eating less food are the important causes in diseases and hence intake of food is such a manner is not recommended *apathyakar*.

Diet according to different diseases -

Diet is an important factor in all systems of medicine. Ayurveda has different approach in the inter-relationship of diet and health. According to Charaka samhita "food is a supreme remedy." He says that "if you do not follow the dietetic injunctions, what is the benefit of medicine? And if you follow the dietetic instructions there is no need for medicine." Hippocrates, the ancient Greek physician also gave us the diction. "Let your food be your medicine and not your medicine be your food." Diet has many qualities and its proper use along with medicine is useful for breaking the pathogenesis in every disease.

Chapter 13

Diseases and Diet

1. Atisar -Diarrhea

Favourable Rasa- kashaya,
Avoid-Lawan & Amla rasa

- **Liquid intake** should be increased .Coconut water, Raisins water, Anis- seeds water, **Boiled water** should be taken.
- Rice-green gram *khichadi*, *Laja mand*, *Sali lahya*, *Rajgeera lahya*, rice water, barley water are beneficial in it.
- Vegetables – with sour taste, Coriander, Bottle gourd.
- Soup of pulses - Green gram, **Lentil**, and Red gram are useful in it.
- Cow's milk, ghee, **buttermilk** can be consumed.
- Blend together equal parts of **yogurt** and water and add some fresh ginger (About one-eighth).
- Drink **black coffee** mixed with fresh **lemon** juice.
- Take gruel made with one or two teaspoonfuls of **poppy seeds** in one cup of water. Boil this mixture, add a pinch of **nutmeg**, blend and eat.
- Fruits to eat-Jamun, Wood apple, Pomegranate, Nutmeg, Raw banana, Raw baelfruit.
- **Raw Banana** is astringent. Mucus membrane of intestine is contracted by intake of this type of banana. So eat raw banana.
- Chief value of the **pomegranate** is its astringent properties which cause cells to shrink and it is a valuable food medicine for diarrhea.

- **Apple** contains pectin which is useful in controlling the loose motions
- **Carrot** soup has been found an effective natural remedy for diarrhea. It supplies fluid to combat dehydration, replenishes sodium, potassium etc.
- **Onion** is an also effective remedy for diarrhea.
- **Sago kheer** is useful to stop the diarrhea.
- For taste developing use coriander seeds, cumin seeds, black salt, ginger etc. Avoid totally non veg.
- Avoid fruits like Mango, Ash gourd, Water melon, Pineapple.

2. AmlaPitta -Hyperacidity

Favourable Rasa-Tikta,

Avoid-Amla, Katu & Lavan rasa.

- At morning-1 glass lukewarm water + lemon+Black salt.
- Drink **cold milk** as it reduces heat in our body.
- Eat **Amlalaki fruits** at morning regularly.
- Soak **Tulasi** seeds in water at night & eat it at morning.
- Eat 2-3 **dates** in breakfast at morning.
- Have 15 to 20 **Raisins** at night.
- Eat following vegetables-Bitter gourd (Karale), Bottle gourd, Snake gourd, lady finger, Cabbage, Ghosala, Parwar, Tinda etc.
- **Gulkanda** helps to reduce the heat in the body.
- Eat Water chestnut(Shingada) sheera, Rava kheer, Ragi kheer
- **Coconut, Ash gourd** are helpful in hyperacidity.
- **Mug, Ragi ladu** is also helpful in it.
- **Kokam sarbat (Juice), Amla, lemon** reduces the Pitta.
- Can eat Wheat *Shevaya* in milk or Sweet corn soup, Aloe vera juice.
- Favourable Fruits- Pomegranate, Custardapple, Sweet lemon, figs, Raisins, Coconut
- Eat **Wood apple, Ridge gourd, Onion, Bottle gourd** – Chutney

- **Apples**, when eaten ripe and without the addition of sugar, diminish acidity in the stomach. Certain vegetable salts are converted into alkaline carbonates, and thus correct the acidity.
- Avoid the following foods and beverages- Alcohol, cigarettes, coffee, and chocolate, Fatty foods including fried food and cheese.
- Avoid carbonated beverages -Accumulation of gaseous carbon dioxide causes burping and acid to bubble upwards. In addition, carbon dioxide in aqueous solution forms carbonic acid, further eroding the mucus lining of the stomach.
- Leftovers and other ferments such as pickles, Spicy food, Oily food, Spices should be avoided.
- Preservatives irritate the esophagus and stomach, so avoid tanned food or ready to eat food.
- Avoid late sleeping stress. Over eating should be avoided.

3. Arsha -Piles

Favourable Rasa-Tikta & Amla

Avoid-Kashaya, Katu, Madhur rasa

- Eat always **whole flour** for fibers, don't refine any flour.
- **Brown rice** is beneficial in piles.
- Consume the following vegetables-Parwal, Spinach, lady finger, Snake gourd, Bottle gourd.
- **Sesame seeds** are useful in this condition so use it in various food.
- **Garlic** is also useful, use it in diet, can eat even raw.
- Can eat green gram (Mug), Red gram (Tur) & horse gram (Kuleeth).
- Eat Lemon, Wood apple, Amla, Banana, Grapes, Guava, Pomegranate regularly.
- Eat **figs** daily in any form, Dry or fresh. If fresh is not available, soak in water at night & eat in the morning.
- Drink minimum 2 glass of **Buttermilk** daily.

- Boiled water with ajowan & consume it on full day.
- **Aniseed** should eat daily after every meal.
- Consume **Yam elephant** frequently in diet as it is effective in piles.
- Consume maximum **salads** like cucumber, Tomato, Radish Onion etc. during meals as it gives maximum fiber.
- Take **vegetables soup** like tomato soup, Mix vegetable soup at dinner.
- At night-1 glass **lukewarm milk** with 1 tablespoon cow's **ghee**.
- *Laja mand*, Kuleeth Yush, Mataki *yush* should be taken in piles.
- Use black salt, coriander, Asafoetida (Hinga), Ajowan maximum while preparing meal.
- Avoid heavy, cold, dry food, don't eat black gram, peas, maize, ragi, French millets(vari), Bengal gram, fried food, incompatible food.
- Avoid fruits like raw banana, watermelon, Jambu fruit, pineapple & jujuba.
- **Avoid-Excessive water, Leftover food, Pickles, Papad, over exercise, sleep at noon, suppression or induction of physical urges.**

Sample Menu

After getting up

- Glass of Warm water with Castor oil.

Breakfast

- 2 figs
- Rice popcorn + 1 glass buttermilk+ black salt

Lunch

- Spinach soup -1 glass
- Garlic & coconut chutney
- Old Rice-1 bowl
- Wheat chapattis.

4 P M

Dinner

- Salads – Radish, Cucumber, Onion
- 1 khakra
- Buttermilk 1 glass with black salt
- Mixed vegetarian soup
- Rice Roti
- Ridge gourd vegetable
- Amla pickle

4. Malavarodha -Constipation

- Drink daily 1 glass lukewarm water + honey at morning as **HONEY** is mild laxative.
- Take 1 glass **Buttermilk** with cumin powder & black salt in both the meals.
- Chew 15-30 **raisins** at night before sleeping. Raisins contain cellulose, which promotes good peristalsis of the intestine.
- At night-1 glass **lukewarm milk** with 1 tablespoon cow's **ghee**. Due to regular habit of milk drinking there will not be constipation at all.
- Soak dry **fig** in water at night & eat it at morning.
- Eat Green gram, Lentil in meals.
- Riped **Banana** is useful in constipation.
- Consume maximum **salads** like cucumber, Tomato, Radish, Onion etc. during meals as it gives maximum fiber.
- **Guava** can be eaten 1-2 a day which may be useful..
- **Grapes** are also good for combating the constipation.
- Use **whole flour, Brown rice**, Pulses, Peanuts.
- Fruits with skin, Steamed vegetables are useful in constipation.
- **Masha** (Black gram) is good remedy.
- Eat green **leafy vegetables** at least 5 times a week.
- Drink one glass of water boiled with one tablespoon of **flax seed** at bedtime as it contains lot of fiber.
- Eat Cabbage, Cauliflower, Cluster beans, Ridge gourd, and Bottle gourd etc.

- Eat Apple, Papaya, Apricot, Figs, and Pear regularly.
- Afternoon drink-**Lemon juice**, Amla juice.
- Take **vegetables soup** like tomato soup, Mix vegetarian soup at dinner.
- Avoid heavy & Vata increasing food like Bengal gram, Chole, Rajmah, Field bean.
- Avoid Sago, Sweet potato, Colocaasia (Alukanda).
- Don't drink cold water.
- Avoid Fast food, fried food, Chinese food & non veg.

Sample Menu

ON RISING

- Glass of Warm water with Honey.
- Tea

Breakfast

- Stewed 4 figs or Apricots
- Cornflakes with milk and sugar
- Toasts
- Banana or Apple

Lunch

- Tomato soup or cream of Asparagus soup
- Butter milk
- Salad –Radish, Lettuce, Tomato, Carrot
- Cauliflower, cooked or masala mixed vegetables
- Rice with dal or vegetable pulao.
- Wheat bread or chapattis.
- Grapes

4 P M

- Tea with banana bread

Dinner

- Mixed veg.soup or spinach soup

- French beans and boiled potato or onion fried ladies fingers.
 - Chapattis /Jowar Roti
 - Pumpkin raita.
- About 8-10 glasses of water during the day**

5. Krimi -Worms

Favourable Rasa- Tikta, Kashaya, Katu
Avoid-Amla, Madhur

- Favor the following food- Old brown rice, Horse gram, Red gram.
- Can eat vegetables like **Parwal, Drumstick, Bitter gourd etc.**
- Avoid vegetables like green leafy vegetables, Kovai (Tondali), Pumpkin etc.
- Avoid non veg. strictly.
- Avoid heavy food like jowar, Bajra, Black gram, Peas, Field bean, Cow pea etc.
- **Lukewarm water, coconut water, vavading water** is useful in worms.
- Eat maximum **garlic** in food, can eat raw garlic.
- **Wood apple, raw banana** are useful , but avoid ripe banana, pineapple, custard apple, water melon etc.
- Don't eat leftover food.
- **Drumstick seeds** powder reduces worms.
- **Coconut milk with honey** reduces worms.
- **Peach fruit juice mixing with honey** is useful in worms.
- Eat **Ajwan + Black salt +Jaggery** at morning before eating any food then take a purgative after 1 hour.
- **Amla juice and coconut water** mixture is beneficial in worms.
- Grind **pumpkin seeds** and eat it in water or in tea in night and take castor oil in next morning.

- Eat 2-3 **walnut** in night and then drink 1 glass of lukewarm water.
- Eat **raw papaya**, it reduces worms.
- Take **Asafetida and onion mixture** – 1 teaspoon three times / day.
- Boil 1 spoon **ginger** powder in water and take it with **jaggery**.

6. Grahani -Sprue

Favourable Rasa-Kashaya, Avoid-Lavan & Amla rasa

- Can eat old brown rice, **rice water** (Manda or Peya), and Rice roti.
- Have vegetables like **Bottle gourd, Lotus stem with coriander, curry leaves**.
- Should avoid fenugreek, drumstick, spinach,.
- Consume **green gram, lentil and red gram**.
- Avoid black gram, horse gram, green peas, soya bean, moth bean, field bean.
- **Raw banana, Wood apple**, should be included in diet.
- **Fresh Apple** is very useful in it.
- Grapes, Figs, Oranges, Pineapple, Mango, Jack fruit, Water melon, Papaya, Coconut, Ash gourd, Sugar cane, Cucumber, Jujuba should be excluded in diet.
- **Buttermilk** is beneficial in Sangrahani, so take it after each meal.
- **Boiled water** should be drink.
- Add **Carrot, water chestnut** in diet regularly.
- Avoid buffalo's milk, coconut water.
- Garlic, Red chilies, Pickles, Cashew nut, Walnut, Jaggery should not be included in diet.
- Take a bit of **fresh ginger** before meals.

- Take **bottle gourd juice** ½ cups with **cumin seed** (500 mg.)
- Take **jaggery, raw baelfruit and ginger mixture** before eating.

7. Hrudroga – Heart Disease

Avoid-Kashaya & Amla rasa

- **Old brown rice** should be eaten. Also all cereals like wheat, Jowar should be old.
- Take **lemon** water at morning as lemon reduces the palpitations of the heart.
- **Garlic** is very useful in heart disease.
- Green grams, Lentil, Snake gourd soup are useful.
- Cow's milk or **Skimmed milk** should be taken as milk sedates the heart. Milk relieves tension on heart and arteries.
- Take **Sprouts** regularly in diet.
- Take **Fenugreek seeds** with sprouts at least 1 teaspoonful in daily diet as it reduces the cholesterol.
- Take 1 glass of **Buttermilk** (Without cream) in Breakfast.
- Consume maximum **salads** like Turnip, Radish, Carrot, Tomato, and Cucumber in both meals without peeling.
- **Pomegranate & Kokam (Garcinia Indica)** are best for giving strength to the heart.
- **Honey** also preserves strength of heart so it is useful along with Ayurvedic gold preparations.
- Giant Lemon (**Matulung**) is useful.
- Avoid fruits like Jamun, watermelon, jack fruit, custard apple, pineapple, mango & grapes.

- Sago, sweet potato, potato, lotus stem, Leftover food, Excessive use of oil & ghee, Sweets should be avoided.
- Fats to limit-Butter, Cream sauce, Margarine, Coca butter found in Chocolate, Coconut & palm oil.
- Proteins to choose-Skim milk, Low-fat dairy products, Egg whites, Cold water fish such as salmon, Soybean.
- Proteins to avoid-Full fat milk and other dairy products, egg yolk, organ meats such as liver.
- Fruits and vegetables to avoid-Coconut, Vegetables with creamy sauces, Fried or breaded vegetables, canned fruit packed in heavy syrup, frozen fruit with sugar added.
- Grain products to choose-Whole wheat flour, whole grain bread, Oatmeal, whole grain pasta etc.
- Grain products to avoid- White, refined flour, white bread, Biscuits, cakes, buttered popcorn, high fat snack crackers.
- **Eat Less Fat, less sodium ,fewer calories & more Fiber**
- Eliminate fried foods and replace them with baked, steamed, boiled, broiled, or micro waved foods.
- Cook with oils which are low in fat and saturated fat like corn, safflower, sunflower, soybean, cottonseed, olive, peanut and sesame oils.
- In recipes requiring one whole egg, try two egg whites as a lower fat alternative.
- Replace sour cream and mayonnaise with plain low-fat yogurt, low-fat cottage cheese, or low-fat sour cream and mayonnaise.
- Substitute hard and processed cheeses for low-fat, low-sodium cheeses.

- Use herbs and spices as seasoning for vegetables and potatoes instead of salt and butter.
- Three or four smaller meals are preferable to two big meals. The evening meal should be about 2 hours before retiring.
- Regular exercise is most useful but physical strain after a meal should be avoided.
- **Read the Food Label** - The food label can help you eat less fat and sodium, fewer calories and more fiber.
- **Avoid- Stress, Over exercise, suppression or induction of physical urges, Anger, Exertion.**

Sample Menu

After getting up

- Glass of Warm water with Honey.
- Tea

Breakfast

- Mug dosa(Dhirade)/1 bowl sprouts
- Sali lahya chivada
- Toasts
- ½ Apple

Lunch

- Rice roti 1
- Cauliflower vegetable 1 bowl
- Salad –Radish, Lettuce, Tomato, Carrot
- Amla chutney/Garlic pickle
- Brown Rice with dal

4 P M

- Cabbage paratha
- Lemon juice

Dinner

- Mushroom soup

- Jowar or ragi roti
- Bringal vegetable
- Lemon pickle

8. Hypertension

Diet followed by hypertension patients should be in such a way that it reduces body weight and excess fat, thereby reducing the blood pressure.

- A vegetarian diet including the following is ideal for hypertension - **Garlic, Lemon, bitter gourd, drumstick, mint, spring onion** etc.
- One must eat **garlic** every day for lowering & controlling the high blood pressure. Can also eat raw 1 to 2 garlic daily.
- Eat maximum **onion** as it is beneficial in it.
- **Fresh fruits** are very useful in fighting high blood pressure. Indian Gooseberry, Grapes, banana, guava, banana, pineapple, papaya and watermelon are considered beneficial. Dry fruits are also considered to be harmless.
- **Lemon** is useful in lowering the high blood pressure.
- The quantity of salt used should be minimized to the maximum possible extend. Excessive use of salt is considered to be the main culprit behind many heart diseases especially hypertension.
- Non vegetarian food like red meat and eggs should be completely avoided due to its high salt content.
- Coffee should be avoided because of its caffeine content.
- Reduce the quantity of oil used and completely avoid the use of hydrogenated oils.
- Grind the **soya bean** with wheat flour for roti.
- Apple reduces sodium in the body, so **AN APPLE A DAY KEEPS YOU HEALTY.**
- Eat **Barley**. It is useful in hypertension.
- Include **Beet** in diet. It reduces the high blood pressure.
- 100 ml of juice of **raw Cabbage** with ¼ tea spoon of cumin seed powder to be taken in the morning on empty stomach.

- **Avoid-** Pickles, frozen food articles e.g. Custards, ice creams, jelly, cold water, fatty substances, oily, spicy, fried food.
- Cut back on frozen dinners, pizza, canned soups, broths and salad dressings, which are high in sodium.
- If you drink alcohol, do it in moderation (maximum 1-2 drinks per day). If you have no more than 2 drinks a day, your risk of high blood pressure is low.
- Stop smoking.
- Check **food labels** for information of sodium in the food. Look for products with “unsalted” or “sodium free” labels.
- Maintain a **healthy weight**; if you are overweight, lose some. Being overweight increases your risk of high blood pressure by six to eight times.
- Be more **physically active**. Fit some light activity into your daily routine like taking a walk, using the stairs instead of the elevator etc.

Sample Menu

After getting up

- Glass of Warm water with Honey, lemon.

Breakfast

- Jowar/Rice Thaleepith
- Sali lahya chivada
- 1 cup cows milk

Lunch

- Ragi roti 1
- Cooked pumpkin or limba beans
- Salad –Radish
- Amla chutney
- Brown Rice with dal

4 P M

- Apple ½/Almonds(unsalted)
- Lemon & ginger juice

Dinner

- Sweet corn soup
- Millet -Jowar / wheat roti
- Parwal vegetable/Boiled potato
- Garlic chutney.

9. Shwas and Kasa – Asthma and Cough

- **Ginger** juice & **honey** is the best remedy to relieve the cough.
- Take a bit of fresh ginger before meals.
- Take the mixture of clove + black pepper+ginger+seeta (sugar) with honey.
- **Horse gram (Kuleeth) kadhan** with black salt & ginger is useful in asthma.
- Drink 1 glass lukewarm water+ Honey at morning.
- **Garlic** contains a useful volatile oil, so it is beneficial in lung diseases. So eat raw garlic also.
- **Amla** is useful to increase the resistance power of respiratory system so eat regularly Amla fruit. Can take Chayavanaprash, Moravala (Amla soaked in jaggery syrup)
- Use maximum **Asafetida** as is hot & reduces the cough.
- Eat **Aniseed** powder with sugar.
- Consume vegetables like spinach, lady finger, Bringal, radish and parwal.
- Eat fruits like **Grapes, Figs**, Chikku, Apple, Sweet Oranges, Pomegranate, Papaya, and Grapefruit.
- Avoid cold water, Drink lukewarm water.
- Don't eat curd, buttermilk, tamarind, fried, heavy & cold food.
- Avoid fish & Eggs. Fish and eggs can be very dangerous to asthmatic patients since these cause the instant and risky reactions.
- Avoid eating goods that have just come out of a refrigerator. The chill produced can affect and restrict the breathing passage.

- Cook with a moderate amount of turmeric, cumin and clove.
- Avoid an excess of sweet tasting foods — or any foods that only have one extreme taste.
- The foods that are recommended for asthma patients widen air passage, enabling them to breathe better. These foods include spicy, pungent foods like chili, garlic and onions.
- Drop fried and such foods that are somewhat difficult to digest such as strong tea, coffee, alcoholic beverages, and sauces.
- Certain food items offer an immediate relief from an attack. These include the spicy, pungent foods like chili, hot mustard, garlic, and onions.
- There are some natural anti-inflammatory substances that can help you in asthma control. Omega 3 fatty acids are good anti-inflammatory agents and are found in **flaxseeds, flaxseed oil, walnuts, soybeans, cod liver oil**, and in all dark green leafy vegetables.
- There are certain items for example, dried fruits, beer, wine, pickles, and packed potatoes that may naturally contain preservatives. Avoid all such food items.

10. Ashmari – Kidney stones

Avoid-Kashaya rasa

- Drink a **plenty of water** during the day.
- Consume maximum **liquid diet** like coconut water, Fruit juices, Lemon juice, Buttermilk.
- Take **Horse gram (Kuleeth)** regularly in diet.
- Small urinary stones are dissolved by **Fig**. Eat it.
- **Cucumber** is useful for clean and plenty flow of urine.
- **Sugarcane juice** is also useful in cleaning the urinary system and keeps the kidney functioning well.
- **Barley**, Soup of grains, Dates, Yoghurt and ghee are useful in diseases of urine.
- Eat **Garlic** regularly; you will not suffer from urinary stones.
- To prevent kidney stones, take **Carrot** leaf juice 100 to 200 ml everyday.

- **Snake gourds, Pumpkin gourd, Radish, Coriander,** Ash gourd are beneficial in kidney stones.
- Consume cow's milk & milk products.
- Avoid maize, Ragi, Moth beans, Cow beans, black gram.
- Drumstick, Tomato, Pumpkin, Ridge gourd, Ghosala, Fenugreek, Cabbage, Spinach, Lady Finger, Bringal, Capsicum should be avoided.
- Jamun, Pineapple, Wood apple, Guava should not be eaten.
- Cheese, Almonds, Cashew nut, Walnut, Pistachio Nut, Garlic, Carrot, and Sago can harmful in Kidney stone.
- Avoid excessive salt, Fried food, Spicy food, incompatible food, Over exertion, Heavy exercise etc.

Sample Menu

After getting up

- Lemon grass & ginger tea/ Coconut water

Breakfast

- 2 figs
- Rajgeera lahi + 1 glass buttermilk+ black salt

Lunch

- Horse gram soup -1 bowl
- Wheat chapattis.
- Old Rice-1 bowl
- Snake gourd vegetable
- Coriander chutney
- Salads – Radish, Cucumber, Onion

4 P M

- Grapes juice 1 glass
- Green gram dosa(Ghavan)

Dinner

- Millet -Jowar roti
- Amaranth vegetable

- Kokam sar (Juice)
- Cucumber salad

11. AmaVata –Rheumatoid arthritis

Favourable Rasa-Tikta, Katu Avoid-Amla & Lavan rasa.

- Can eat **French millet** (Varai Tandul), Ragi, Satu, Old **brown rice**.
- Consume **boiled water** (Boil with ginger)
- Eat-*Sali lahya* chivada/Jowar lahya chivada.
- Take Horse gram & Green gram (Mug) with Black pepper, black salt, garlic, ginger & asafetida.
- Milk is useful in cases of gout. (Swelling of small joints).
- To eat an **Apple** is a good remedy. When uric acid is a cause of this condition, apple is useful. Apple reduces the uric acid intensity.
- **Lemon** is useful in it. Plenty of Lemon juice prevents saturation and accumulation of uric acid around the joints. So it avoids repeated attacks of joint pain.
- Use maximum **Garlic** in food as it is very useful in Rheumatoid arthritis mat
- **Potato** is also helps to throw out uric acid from the body.
- Soak **Almonds** in water at night & eat it at morning.
- Drink 1 glass of **buttermilk** + **cumin** powder + **black salt**.
- Don't drink cold water, drink **lukewarm water** always.
- Eat roasted Ajwan+ **sesame** seeds (Tila) after meal.
- Avoid new cereals, maize, Black gram, peas.
- Not favorable following fruits-Banana, Custard apple, Pineapple, Grapes, Jamun, and Jack fruit.
- Curd, Paneer, Cheese, sago, sweet potato, Colocasia (Alu) should be avoided.

- Take 1 teaspoon Garlic juice +1 teaspoon Ginger juice+Castor oil to relieve the pain.
- Mix *Satu* & Rice flour with castor oil & make it's Roti, Eat with Ginger + Garlic+ Coriander chutney & Bitter gourd or Parwal veg.
- Eat wet **Turmeric's** pickle.

Sample Menu

After getting up

- Glass of Warm water with Castor oil.
- Tea with ginger, black pepper.

Breakfast

- 3- 4 almonds or 2 figs
- Ragi kheer/Mug ladu
- 1 glass of milk

Lunch

- Horse gram soup -1 glass
- Garlic & coconut chutney
- Old Rice-1 bowl
- Drumstick vegetable
- Wheat chapattis.
- Turmeric pickle

4 P M

- 1 khakra
- Jowar lahi peeth + buttermilk 1 glass

Dinner

- Mixed veg.soup or Carrot soup
- Rice & Green gram Khichadi
- Ghee
- Amla chutney

12. SandhiVata -Arthritis

Favourable Rasa-Madhur, Amla & Lavan Avoid-Katu, Tikta & Kashaya rasa.

- Drink daily 1 glass lukewarm water + honey at morning as **Honey** reduces uric acid.
- Eat **brown & old rice, Barley, Oatmeal.**
- Consume boiled water (Boil with ginger)
- Take Horse gram & Black gram with Black pepper, black salt, garlic, ginger & asafetida.
- Use maximum **Garlic** in food as it is very useful in Joint disorders.
- **Amla** is useful in many diseases of the joints.
- **Carrot** expels uric acid out of the body from blood hence it is useful in Arthritis. Drink carrot juice.
- Avoid-Spicy food, vinegar, chocolate, Roasted groundnut, Cashew nut, oily food, cold drinks.
- Daily eat 1 **cucumber** as it is beneficial in Arthritis.
- Eat leafy vegetables, **Sprouted wheat.**
- Eat Red radish, Asparagus, Carrot, Beans, Salad leaves, Onion, Cod liver oil.
- Take **ghee + sugar + Garlic** powder in morning before eating anything.
- Before sleeping take 1 teaspoon **castor oil** with 1 teaspoon honey in lukewarm water.
- **Beet** is useful in arthritis so eat even raw beet.
- Eat **fenugreek seeds** or sprouted seeds.
- Eat roasted Ajwan + sesame seeds (Tila) after meal.
- Avoid new cereals, maize, Black gram, peas.
- Not favorable following fruits-Banana, Custard apple, Pineapple, Grapes, Jamun, and Jack fruit.
- Curd, Paneer, Cheese, sago, sweet potato, Colocasia (Alu) should be avoided.
- Consume 1 teaspoon garlic juice +1 teaspoon Ginger+ Castor oil to relieve the pain.
- Turmeric and ginger – anti-inflammatory foods (use in curries, soups, or stews).

- Favorable Oily fish – such as **cod liver oil supplements**, tuna, salmon, and sardines.
- Foods that may aggravate- Foods high in saturated fat – such as full-fat dairy, fatty meat, baked foods.

13. Tvakvikara –Skin Diseases

Favourable Rasa-Tikta Avoid- Amla & Lavan rasa.

- **Honey** is very useful in many skin diseases.
- New cereals should not be eaten.
- Should eat vegetables like Bathua leaves Parwal, Bottle gourd, **Bitter gourd, and Ridge gourd.**
- Favorable pulses-Green gram, Lentil, Red gram, Moth beans. Avoidable pulses-Black gram, sesame seeds, Bengal gram.
- **Soyabin** is good for the skin health.
- Eatable fruits-**Cucumber, Water melon, Grapes, Mango, Pomegranate**, Lemon. Non-eatable fruits- Pineapple, Oranges, Lichee, Strawberry, Banana, Custard apple.
- **Fig** is very useful. Use plenty for eating.
- **Mango** is useful for giving for giving good luster of skin or blossoming the skin.
- Use **turmeric, ginger, onion** in meals. Avoid garlic, sago, water chestnut, radish etc.
- Avoid sugarcane, jaggery, excessive salt, heavy food, Alcohol, contradictory food like fruit salad, Mug khichari & milk.
- Eat **cabbage** to get rid of dry & rough skin.
- Avoid curd, Fermented food, bakery products, fast food, and cold drinks.
- **Juice of raw potatoes** has also proved very valuable in clearing skin blemishes.

Sample Menu

VEGETARIAN DIET

After getting up

Breakfast

- 1 glass lukewarm water with honey & black salt
- 1 cup Tea with ginger.

Lunch

- Milk 1 cup
- Upama / Old rice
- Salads like cucumber, carrot, Tomato.

4 P.M.

- Bitter gourd veg. ½ bowls.
- Green gram Dal 1 bowl.
- Chapattis 2
- Rice 1 bowl
- Salad-Onion/radish
- Garlic & coriander chutney.

Dinner

- Buttermilk 1 glass
- Fruits-1/2 bowl grapes / 2-3 figs.
- Tomato soup
- veg ½ bowl
- ½ bajra roti
- Dal ½ bowl
- Beet salad

14. Jwara -Fever

Favourable Rasa-Tikta, Avoid-Kashaya & Amla rasa

- **Laja manda** with ginger & **honey** is good remedy in Jwara.
- **Rice Kanji**-Roast rice, grind it coarsely with black pepper & boil it in water with ginger, take it with salt & ghee. Use old & roasted rice for it.
- For developing taste, take tomato juice, Aamsul (Garcinia Indica) sar, Kadhi, Buttermilk, Lemon juice, coconut milk / water etc.

- Take **light food** like soft rice, milk, fruit juices, Mug soup, Lentil kadhan.
- **Gulkanda** is a good remedy in it to reduce the heat in the body.
- Take Honey 3-4 times a day 2-4 spoons at a time.
- There is destruction of proteins in the fever. Hence it is necessary to compensate the loss of proteins. **Cane sugar juice** is the best.
- Grape sugar is very easily digestible in the blood hence as a food in fever **grapes** can be utilized.
- **Oranges & sweet lemon** are good in any fever. Its juice is useful for body nutrition. It also helps digestion.
- Boil the water, cool it & then use it for drinking.
- Soak **raisins** in water at night & use this water for drinking from morning.
- Boil water with Coriander seeds, Aniseed & Ginger for drinking.
- **Amla juice & pomegranate juice** is beneficial in fever.
- Eat a piece of **ginger** with black salt.

Sample Menu

VEGETARIAN DIET

After getting up

- 1 cup tea with ginger & *tulas* leaves.

Breakfast

- Laja manda with ginger & black salt.
- Dates or Ragi kheer..
- Orange or Amla juice.

Lunch

- Rice with dal or rice with ghee.
- Green gram soup
- Buttermilk
- Coriander + mint chutney.

4 P.M.

Dinner

- Pomegranate or apple – 1/2
- ½ Jowar roti
- Parwal veg ½ bowl
- Lemon pickle
- Radish salad.

15. Kamala - Jaundice

Favourable Rasa-Kashaya (Astringent), Avoid-Amla & Lavan rasa.

- At morning drink **kokam** juice with cumin seeds powder & sugar.
- **Puffed rice** are beneficial in kamla.
- Before sleeping at night – Drink **raisins** water.
- Take **Amla** juice or **pomegranate** juice with sugar.
- Take light meal.
- Can take vegetables like bottle gourd, Parwal, spinach, lady finger, ridge gourd, snake gourd.
- Green gram kadhan (juice), lentil, spinach soup are useful in it.
- Can take fruits like sweet lemon, Sugarcane, pomegranate, Amla, Papaya, Chikku & apple.
- Drink **boiled water**. Boil water with **coriander seeds**.
- **Lemon juice** produces more digestive juices in the small intestine; hence it is useful in kamla.
- **Carrot** leave juice is useful in maintaining the strength of liver. Drink 50-200 ml a day.
- Take **khajur** (Dates) with honey.
- Can take cow's milk & buttermilk without cream.
- Rice dosa, jowar flour dosa, Mug khichari, vegetables rice (without spices) for evening meal.
- Eat wet **turmeric** pickle in meals.
- Avoid – Maize, Bajra, French millet, Green leafy vegetables, Tamarind, Peas, Black gram, Fields bean, Potato, Sago.

- Don't eat fruits like watermelon, banana, guava, custard apple, jamun.
- Avoid spicy, oily & fried food, non-veg., fermented food, shev, farsan, bakery products.

Sample Menu

VEGETARIAN DIET

After getting up

- 1 cup Amla juice with sugar.

Breakfast

- Laja manda with ginger & black salt.

Lunch

- Soft Rice.
- Green gram soup
- Buttermilk
- Turmeric pickle.

4 P.M.

- Pomegranate – ½ or sugarcane juice ½ cup

Dinner

- ½ Jowar roti
- Parwal veg ½ bowl
- Amla pickle
- Coriander + Mint chutuny.

16. Kuposhan -Malnutrition

- Eat daily 2-4 **black dates** with milk.
- Eat various **laddus** like Ragi, Green gram, Groundnut & jaggery, Bengal gram, Dry fruits ladu.
- Eat **ragi, Mix flour** in breakfast.
- Mix cereals & pulses is very nutritious for growth.
- Eat fruits like Apple, Chikku, Papaya, Oranges, Sweet lemon, Grapes, Figs, Pomegranate, and Amla etc.

- **Banana** with brown spots on the skin and ripened one and best. Give it to children. It is easy for digestion and good for body growth.
- **Mango** is best for weight gain.
- Include **Butter, cheese, ghee** in the every day diet. Height will be more.
- **Peas** are best for growth. It contains superior quality proteins.
- **Soya bean** or its milk is very useful for body growth.
- Slow growth of body or less height, it may be due to deficiency of proteins. **Pulses, Peanuts, Eggs, Milk and fish** are to be included in diet, for rich supply of proteins.
- **Eggs** are best for weight gain. Proteins and fats in its are useful for nutrition and growth for different body cells.
- **Milk cream** contains plenty of fatty substances. It also contains other useful constituents for body growth.
- In pulses, eat green gram, lentil, moth beans, Bengal grams etc.
- Calcium is necessary for body health and growth. Hence drink milk, pulses, **sesame seeds, coriander seeds** etc.
- Eat **dry fruits** like almonds, figs, raisins, dates, apricots etc.
- **Cashew nuts** are good for desired weight gain.
- **Mutton, chicken** are useful for growth.
- Avoid oily, bakery products, cold drinks, chocolates, fast food etc.
- **Rice-dal-lemon-ghee** is the complete food for nutrition.

17. Panduroga -Anemia

Favourable Rasa-Kashaya (Astringent), Avoid-Amla & Lavan rasa.

- Eat **Bajra** roti or **Ragi** Roti instead of Wheat chapatti.
- Don't eat polished rice, Eat **Brown rice**. Use **whole flour**, not refined flour.
- Use **iron utensils in kitchen while cooking**.

- Eat **Spinach** paratha with **mint** chutney.
- Garden cress kheer or ladu will be beneficial in Pandu.
- Eat lady finger, Spring onion, Amaranth, Bringal, and Pumpkin regularly.
- Use **Coriander** always for garnishing, can eat Coriander vadi or cutlet also.
- Consume salad like Lettuce, Beet, Carrot, Onion, Radish etc.
- Use **Garlic & Ginger** in various foods. Eat roasted **dates** in cow's ghee.
- Use cow's milk & milk products instead of buffalo's milk.
- Consume following fruits frequently – Figs, Pomegranate, Grapes, Amla, Chikku, Sweet lime, Banana, Mango, Apple, Apricot, Custard apple.
- Shingada (Water chestnut) mixed with milk will be useful.
- Eat **Groundnut & jaggery laddu, Ragi laddu, Munga laddu** frequently.
- Use **Turmeric & mango powder** maximum in kitchen.
- Afternoon drink – **Amla** juice, Kokam juice.
- Eat daily 15-20 **raisins** .Eat **sprouts** like green gram, peas.
- Consume **kakvi**, Rajgeera seeds, Lajamanda in diet.
- Non-veg: **Liver, Pork, Chicken.**
- Avoid Maize, Finger millet, Black gram, Horse gram.
- Avoid Amla Rasa-Tamarind, Tomato. Also Pistachio nut, cashew nut, Walnut and betel nut.
- Don't eat fruits like Pine apple, Wood apple, Plum, Jack fruit.
- Sago, Colocasia, Potato should be avoided.
- Avoid-Spicy & Oily food, Bakery products like white bread, Cream role, Khari.
- Excessive Pickles, sour food should not be consumed. Avoid Alcohol.

Sample Menu VEGETARIAN DIET

Breakfast

- Dates or Ragi kheer.
- Nachani porridge with milk and sugar or honey.
- Toast or chapattis with butter.
- Orange or Amla.

Lunch

- Cooked cheese with lettuce salad.
- Cooked Bringal
- Rice with dal or rice with yoghurt
- Buttermilk
- Bajra or Ragi Roti or wheat bread
- Pear or Banana

4 P.M.

- Tea 1 cup
- Raisins or Groundnut & Jaggery ladu.

Dinner

- Spinach paratha with mint chutney.
- Beet soup
- Cooked carrots or French beans.
- Dal
- Bread or Chapattis.

18. Prameha - Diabetes

- Drink 1 glass of lukewarm water +Black salt at morning.
- Eat 1 teaspoon **fenugreek** (sprouted) seeds before meal daily as it lowers the sugar & cholesterol.
- For breakfast, take cholesterol-lowering **oatmeal**.
- Have nuts rich in mono unsaturated fat, such as pecans, walnuts, and almonds.

- Add **wheat bran** to your wheat flour (50% wheat flour + 50% wheat bran). This helps increase fiber in your diet.
- Fat free milk, yogurt, and cheese to be taken.
- **Eggs whites** to be included.
- **White meat** chicken and Fish and shellfish (not battered) are good.
- Increase intake of dry **beans** and **peas**.
- Have at least 20 to 25 grams of raw **onion** daily.
- Eat fruits like Jamun, Wood apple, Water melon, Dates, Oranges, Sweet lemon, Papaya, Fig, Pomegranate.
- Use **roasted & old rice** for eating.
- Can eat cereal & millets like Jowar, Bajra and Ragi & Wheat roti.
- An occasional rice is allowed to a diabetic of normal weight.
- Consume following vegetables-Drumstick, Bottle gourd, Parwal, Bitter gourd, Fenugreek, Ridge gourd, Cabbage, Spinach, spring onion, Amaranth, cow pea leaves.
- Eat maximum **salads** during meal like Turnip, Carrot, Tomato, Radish, Beet, salad, Coriander.
- You can also add **flaxseed and fenugreek** seeds into the wheat flour.
- Increase fiber intake in the form of raw fruits, vegetables, whole cereals etc
- Intake of cinnamon, garlic, onion, bitter melon, guar gum is known to considerably reduce blood glucose level.
- Try wet **turmeric pickle, flax seeds & Niger seeds** chutney in diet.
- Avoid new cereals, maize, black gram, potato, sago, sweet potato.
- Avoid fruits like Mango, Grapes, Custard apple, Chikku, Ash gourd, Banana, sugar cane, Jack fruit.
- Don't fry foods, instead bake, boil, poach or sauté in a nonstick pan. **Steam or microwave vegetables**.
- Eat less high-fat red meat and more low-fat turkey and fish. Avoid organ meats.

- Limit the use of condiments such as ketchup, mustard and salad dressing—they're high in salt and can be high in sugar, too
- Rinse processed foods in water and, wherever possible, choose fresh foods.
- **Limit your salt (sodium content)**
- Read labels carefully. Soy sauce, brine, for example, contain a lot of sodium
- Don't select ready to eat and junk foods items available to you.
- Don't smoke and stop alcohol consumption.
- Don't skip meals and medicine times.
- Avoid sweets, Ice cream, cakes, Chocolates, Oily food, Excessive coconut, Groundnut.
- Consume water between the meal, not immediately after meal & not before meal.
- Divide both meal into 4 parts & take it after regular interval. There should not be long gap between the meals.

19. Sthoulya -Obesity

Favourable Rasa-Katu, Tikta & Kashaya, Avoid-Amla.

- Drink 1 glass of lukewarm water +Honey +Black salt at morning. Use honey 1 year old.
- Eat 1 teaspoon **fenugreek** (sprouted) seeds before meal daily as it lowers the sugar & cholesterol.
- For breakfast, take cholesterol-lowering **oatmeal**.
- Start the meal with Salads – Cucumber, Carrot, Beet, Cabbage, and Turnip.
- Consume less oil & less ghee in food.
- Don't eat anything between the meals.
- Don't drink water immediately after the meal, Drink between the meals.
- Add **wheat bran** to your wheat flour (50% wheat flour + 50% wheat bran). This helps increase fiber in your diet.
- Fat free milk, yogurt, and cheese to be taken.
- **Eggs whites** to be included.

- Use **plenty of vegetables** in the diet, there is no feeling of weakness, sensation of fullness of the stomach but there will not be more calories.
- Take *Sali lahi chivada, Khakra, Mug yush, Sali lahi+mug Yavagu, Murmure* (Puffed rice) in between the meal if you are hungry.
- Avoid rice. If not possible use **brown rice**.
- Before sleeping at night, take ¼ spoon fenugreek powder+¼ spoon black cumin powder with lukewarm water.
- You can also add **flaxseed and fenugreek** seeds into the wheat flour.
- Increase fiber intake in the form of raw fruits, vegetables, whole cereals etc
- Can eat **wheat biscuits** not the Cream & salted biscuits.
- No longer gap between the foods. Can eat frequently but food should be less in Quantity & less in fat.
- Avoid fruits like Mango, Grapes, Guava, Custard apple, banana, Chikku, Jack fruits.
- Avoid Cream of milk, Butter, Full cream milk, Sweets, oily food, Bakery products, Cakes, Ice creams, Chocolates.
- Avoid Fast food, Chinese food.
- Don't sleep immediately after the meal. Avoid sleep at noon.
- Consume sprouts like green gram, lentil and moth beans in daily diet.
- Can use spices like coriander, cumin seeds, Clove, Asafetida, Cardamom, Garlic, Ginger in more quantity in food.
- **Eat Less Fat, less sodium ,fewer calories & more Fiber**
- Eliminate fried foods and replace them with baked, steamed, boiled, broiled, or micro waved foods.
- Cook with oils which are low in fat and saturated fat like corn, safflower, sunflower, soybean, cottonseed, olive, peanut and sesame oils.

Sample Menu

VEGETARIAN DIET

After getting up

- 1 glass lukewarm water + Black salt + Honey
- 1 cup Tea with less sugar & less milk.

Breakfast

- Milk 1 cup without sugar
- Khakra/1 bowl sprout
- Salads like cucumber, carrot, Tomato.
- 1 orange

Lunch

- Mixed veg. soup/Corn soup
- Cooked Pumpkin
- Dal 1 cup
- Chapattis 2
- Salad-Onion/radish
- Flax seed chutney.

4 P.M.

- Buttermilk(Without) 1 glass
- Fruits-1 sweet lemon/ Pomegranate 1/2.

Dinner

- Bottle gourd soup
- Cooked Capsicum
- ½ Bajra roti or Jowar Roti
- Dal ½ bowls.
- Salad.
- Garlic

Appendix 1

International Academy of Ayurveda- (www.ayurved-int.com)

Aim and Objects-

International Academy of Ayurved was established in 1996 under the dynamic leadership of Prof. Subhash Ranade (Chairman), Dr. Sunanda Ranade, and Dr. Avinash Lele (vice-Chairman) and Dr. Bharati Lele. The main aim of the IAA is propagation of Ayurveda in India and Abroad, providing Ayurvedic education to Indian as well as foreign students, publication of Ayurvedic books, organizing National seminars on various topics related to Ayurveda and Yoga and manufacture of genuine Ayurvedic medicines. (www.ayurved-int.com)

Ayurveda Courses-

IAA conducts various courses for students. The basic course is online and other advanced courses are taught at the IAA Institute in Pune. These courses are of different durations from 3 weeks to 3 months. So far IAA has trained over 500 students from various Countries all over the World. You will be able to find the list of foreign students on our web site. IAA has published 10 books on Ayurveda and Yoga topics. Amongst these Secrets of Marma and Panchakarma books are very popular.

Publication of News Letter- (www.ayurveda-foryou.com)

IAA also publishes monthly News Letter jointly with 'Ayurveda for you' organization which is sister concern of IAA. Dr. Shashi Patwardhan and Prof. Subhash Ranade are joint editors of this News Letter. The news letter is published under the banner of AFY-IAA News Letter. This has 35,000 subscribers and readers are from all over the world.

Online Ayurveda courses-

IAA and AFY jointly conduct online courses like - Basic course of Ayurveda and Ayurvedic Herbology. From this website one can also download e books on various topics of Ayurveda.

Affiliations to various Institutes-

Since 1996, IAA has affiliations to various Institutions in different countries. These affiliations are for various purposes like offering training on various topics of Ayurveda, giving information for establishing Ayurvedic resorts, providing Ayurvedic consultations etc. IAA has affiliations to Institutions in Germany, Poland, Swiss, Portugal, Italy, and various centers of KAA in USA, Veda global in Berkeley, USA; Brazil, Colombia, Argentina, Ecuador, Mexico, and Chile. Since 1997, IAA has deputed more than 60 Ayurvedic Physicians to these countries.

Deputation of Ayurvedic Physicians Abroad -

Since 1996, IAA has given more than 100 opportunities to its Faculty Members for visiting Countries Abroad. These IAA faculty members have done excellent job of teaching, giving consultations and have also conducted various seminars. Prof. Dr. R. R. Deshpande who is Assistant Director of IAA has contributed to this activity substantially.

MOU with Israel –

Six years back IAA signed MOU with the Broshim Campus of Tel Aviv University in Israel. Dr. Eran Magon is in charge of 'The Israeli Center of Ayurveda' in Tel Aviv. Broshim campus has faculties of various alternative medicines and IAA was asked to help and build the 4 years diploma course in Ayurvedic medicine. As per this agreement IAA started to depute one Ayurvedic physician every month for 8 months in each year for training their students. In 2009 December the first batch of diploma students passed out from the Tel Aviv University and for this special convocation function of the University, Prof. Subhash Ranade and Dr. Sunanda Ranade were invited.

Conferences Organized –

IAA also organizes various National and International seminars on topics related to Ayurveda and Yoga for Ayurvedic practitioners as well as PG students of all Ayurvedic Institutes in India. On March 7 th / 2010 an International Seminar was held at Pune on Hair and Skin care and on August 22 nd / 2010 the practical aspect of the same was organized National Seminar in Pune. This seminar is joint activity with BGA –BAMS Graduate Association. On 2 nd January 2011 second International Seminar on Preventive Cardiology was organized at Sangamner.

Membership –

IAA membership is by selection and not by application. IAA selects only those Ayurvedic Graduates who have proficiency in academic field. At present our proud faculty consists of more than 200 Life Members from all over the World.

Activities of Chairman and Directors –

Prof. Ranade Subhash and Dr. Ranade Sunanda-

(www.ayurvedakarmayoga.com)

Since 1982, Prof. Subhash Ranade and Dr. Sunanda Ranade are visiting various Institutes in these countries. They have visited all the six continents and 70 Countries for propagating Ayurveda and delivering lectures in these Countries. They have presented scientific papers in several International conferences and have also received awards like International Dhanvantari from USA and Australia.

Since 1973, they have written 145 books on different topics of Ayurveda and Yoga. These books have been translated in German, Italian, French, Polish, Czechoslovakian, Hungarian, Spanish, Korean, Japanese and Russian languages (www.ayurvedakarmayoga.com) They have contributed to hundreds of scientific articles which have been published in Indian and Foreign Magazines. They are also on the editorial board of several such magazines.

Dr. Avinash Lele and Dr. Bharati Lele-

Since last two decades they are actively propagating Ayurveda all over the World and have also contributed to Book writings and conducting seminars in Germany, Italy, Japan, Australia, New Zealand, Brazil, Mexico, Kerala Ayurveda centers in USA and other institutes in USA like Bastyr University, Krupalu Institute and Mount Madona. They have presented scientific papers in many National and International Conferences.

BGA –B.A.M.S. Graduates' Association (Pune)

(www.bgaindia.org)

BAMS Graduates' Association has been established in the year 1990 in Maharashtra. It is registered under Public Trusts Act as a registered Organization having Regd. No. 1466-1996 (GBBSD). As per Rules and Regulations amended by BGA there are over 40000 general members.

BGA has been formed for safeguarding and securing legal rights and providing legal protection to the Students of Ayurveda, Graduates, Postgraduates, Practitioners and Teachers, Institutes and Manufacturers of Ayurveda. Academic awareness of Ayurvedic Graduates and the education of General Public at large about Ayurveda is also one of the motto of work of the Association.

While studying legal framework in respect to Ayurvedic graduates in India, and also many legal lacunae observed in respect of Ayurveda, Yoga and Naturopathy, Unani, Siddha Systems of Medicine, in USA, Europe, and Afro-Asian countries, it was felt that the formal legal fulfillments are not yet completed for legal recognition of these Indian Systems of Medicine (AYUSH systems of Medicine except Homeopathy) and that is why, BGA, India is bound to provide legal protection to the Ayurvedic graduates and also others to solve all these lacunae with the help of Authorities and Officials in India and abroad and propagate the cause of ISM i. e. Indian Systems of Medicine.

It must be noted here pertinently, that Ayurveda, Unani, Siddha supplemented by Modern advances which are legally called as Indian

Systems of Medicine must be the National Medicine of India. It should be propagated as the essential mainstream in Healthcare system of India by our Government, which is the important aim of BGA, India.

THIS IS THE MAIN MOTTO OF BGA AND IAA INDIA TO ORGANIZE THIS WORLD CONFERENCE OF AYU WHICH WILL BE AN IMPORTANT MILESTONE TO ACHIEVE THIS VERY AIM.

BGA want to achieve this aim with the help and active participation of all the graduates, postgraduates, practitioners, teacher, management people and also government authorities related to Ayurveda, Unani, Yoga, Naturopathy and Siddha from all over the World.

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generously registered for the event and made it successful.

All the UG and PG students of TAMV - Pune and,
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**All the Sponsors in the form of Stalls, Advts., Banners and so
many.**

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