

Ayurveda Dietetics (General and Simplified)

Our diet should essentially include rice, moong daal, rock salt (Sindhava), amalaki, barley, pure water, milk, ghee, and pure organic honey. Ayurveda recommends Vegetarianism as a Sattvik option.

These dietary guidelines based on Ayurveda, are built around the central concept of Indian traditional and regionally habituated therapeutic foods.

- Chewing a few slices of slightly salted fresh ginger to start a meal improves the digestive efficiency. (sprinkle saindhava salt)
- Take a glass of well churned buttermilk, seasoned with fried cumin seeds, saindhava salt, coriander leaves and ginger with every meal.
- Raw Rice should be at least one year old, if not, roasting it just before cooking would make it easier for digestion.
- If you are on a wheat-based diet, mix 300 grams of barley in 1000grams of wheat to prepare rotis, fulkas for a high fibre diet.
- A teaspoon of pure ghee with a meal nourishes the nervous system and aids digestion and is good for health in a number of ways.
- 1 fruit of Amalaki (in season) or one Pomegranate a day is a must.
- 3 teaspoons of cumin (gota jeera) boiled in a litre of water, and store in a thermos flask, this processed water can be used warm, for drinking / taking medications.
- A bowl of palak (spinach) soup seasoned with ginger, pepper, jeera, hing, saindhava salt, lemon and butter can be taken at dinner time.
- Always use pre boiled water / milk for consumption.
- Do not have curds (yoghurt) at night.
- Avoid reheated foods, try to have freshly prepared & warm home foods.
- Freshly prepared foods are most sterile, nourishing, healthy and flavourful.
- Fresh and seasonal fruits generally have no major restrictions.
- Diet should consist of a balanced proportion of cooked and uncooked foods.

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- Adapt a proper meal plan in accordance to your digestive abilities/schedules :
 - Breakfast, lunch at about 1:30 pm, and early dinner
 - Early lunch and early dinner (11:00 am lunch and 7:00 pm dinner)
 - Avoid evening snacks and junk foods.
- Do not consume caffeine (Tea / Coffee / Chocolate drinks) after sunset.
- Traditionally habituated foods and local dietary guidelines are a result of adapting to a combination of geographical features, humidity, temperature, local produce, and levels of physical exertion over vast periods of time.
- 45 minutes to an hour of daily workout is necessary, choose between a brisk morning walk, SūryaNamaskāra, sports and games, or endurance exercises as per individual ability. These can greatly improve the digestibility of a wider variety of foods.

Recommended Healthy Replacements

• Water	Non RO, boiled & cooled, filtered water, TDS between 100 & 200.
• Table Salt	Saindhava Salt (brands like PURO, Tata Rock Salt etc)
• Polished Rice	Organic Unpolished, brown / red rice, boiled rice.
• Ghee, Hydrogenated fat, margarine	Homemade curd-butter melted ghee / A2 Cow Ghee
• Honey	Raw, unheated, organic wild / forest honey.
• Refined Sugar	Crude forms like Jaggery (Gud), Taal mishri or organic brown sugar.
• Rice and grains	Aged grains about one year old rice, wheat and daals.
• Maida / atta	Wheat 1000grams + Barley powder 300 grams.
• Fats and Oils	Pure ghee, coconut oil, mustard oil, groundnut oil for heating and frying, and sesame oil for salads.
• Protein source for vegetarians	Peanuts, channa dal, moong, arhar / tuvar, lentils, milk and curds.

Dr CM Pradyumna
Dr Mrs Sabitha Pradyumna

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