

PRASĪDA AYURVEDA CLINIC

Ayurveda Dietetics (General and Simplified Guidelines)

Our daily diet should essentially include rice, moong daal, Sindhava salt, amalaki, barley, pure water, milk, ghee, and pure organic honey. The Indian subcontinent has an evolutionary experience digesting this configuration of dietary combinations.

Vegetarianism is a recommended *Sattvik* option. Traditionally habituated foods and local dietary habits are a result of adapting to a combination of geographical features, humidity, temperature, local produce, and levels of occupation based physical exertion over vast periods of time. The following dietary guidelines are built around the central concept of therapeutic values of Indian traditional dietetics, further generalised and simplified to suit most geographic conditions and body types.

- Chewing a few slices of slightly salted fresh ginger with lemon juice, at the beginning of a meal improves appetite and digestive efficiency.
- Take a glass of well churned dilute buttermilk, seasoned with fried cumin seeds, saindhava salt, coriander leaves and ginger at lunch.
- 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 1000 grams of wheat to prepare chapathis, rotis or fulkas for a high fibre diet.
- A teaspoon of pure ghee with each meal is highly nourishing and good for health in a several ways.
- One fruit of amalaki (in season) or pomegranate a day is a must.
- 3 teaspoons of cumin (*gota jeera, jeerige*) boiled in a litre of water, and stored in a thermos flask; this processed water can be sipped warm like tea, or used for drinking or taking medications.
- A bowl of palak (spinach) or seasonal vegetable soup seasoned with fresh ginger, black pepper, jeera, hing (asafoetida), saindhava salt, turmeric, lemon and butter can be taken at dinner time.
- Milk should diluted 30%, bring it to a boil, continue to heat on a sim flame (without spilling) for about 20 minutes or till the added water gets evaporated, this is the process to “cook” the protein in milk, and make it fit for consumption. The aroma of cooked milk is tangibly different from just heated milk.

देवि प्रसीद परिपालय

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- Do not consume curds at night / dinner.
- Do not use milk in the preparation of any vegetable dishes.
- 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.
- Do not consume caffeine (Tea / Coffee / Chocolate drinks) after sunset.
- In inflammatory or autoimmune disorders, strictly avoid paneer, chena, cheese, maida, white sugar and hydrogenated fats.

Adapt a proper meal plan in accordance to your digestive abilities/schedules:

- Breakfast, lunch at about 1:30 pm, and early dinner.
- Or
- Early lunch and early dinner (11:00 am lunch and 7:00 pm dinner) and avoid evening snacks and junk foods.
- 45 minutes to an hour of daily workout, 6 days a week, is necessary. Choose between a brisk morning walk, SūryaNamaskāra, sports and games, or endurance exercises as per individual ability. These can significantly improve the digestibility and assimilation of nutrition from a wider range 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 / Desi A2 Cow Ghee
• Honey	Raw, unheated, unfiltered, 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 / flour	Blend of 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	Easily digestible lentils like Moong, arhar / tuvar, peanuts, channa dal; milk and curds. Note: higher the protein content, harder it is to digest, for example urad, soya, rajma.

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