

# SAABHI

## DIET & NUTRITION

### The Key to a Balanced Life



This book explains the principles of diet and nutrition according to Ayurveda in a simple & practical manner. It has been written by the renowned Ayurvedic scholar Dr. Shobhalal Audichya. The book presents ancient Ayurvedic knowledge in a modern, practical context, making it easy to adopt in today's lifestyle. Special emphasis has been given to proper dietary planning & health promotion through food. The dietary guidelines explained in this book help improve both physical & mental health and guide the reader toward a healthier way of living.



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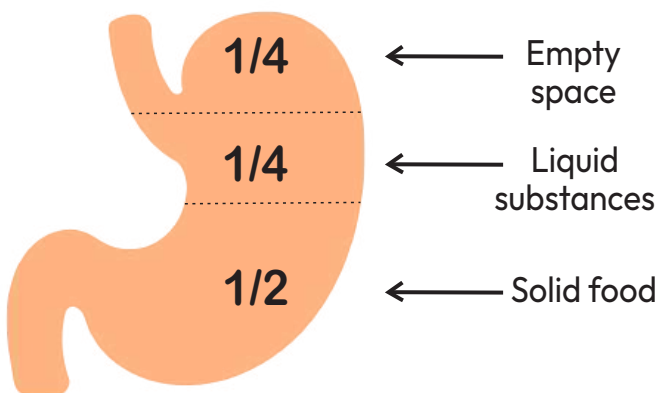
(Former Ayurvedic Medical Officer)



॥ प्राणिनां पुनर्मुलमाहारो बलवर्णोजसां च ॥

## Diet

Diet (food) is the fundamental basis of all living beings. It provides strength, complexion, and vitality (ojas).



## Purpose of Ayurveda

॥ प्रयोजनं चास्य स्वस्थस्य  
स्वास्थ्यरक्षणमातुरस्य विकारप्रशमनं च ॥

A healthy person's well-being can be protected only through proper and balanced diet.

# Order of Eating and Some Important Rules

## Morning Routine

First thing in the morning, drink water after waking up according to your body's requirement.



Do not  
drink milk tea

Consume easily  
digestible foods such as  
soups, vegetables, etc.



Do not keep the  
stomach empty; always  
eat something light



Prefer  
herbal tea



Overweight persons should  
consume fruits and salads 30 minutes  
before meals. Consuming food  
afterward contributes  
to weight gain.

## Rules for Eating

At the beginning of a meal, consume sweet, heavy (guru), and oily foods first.



“Instead of increasing the digestive fire (agni) excessively, these foods help initiate gradual and balanced digestion.”

## A Plate of Healthy Food



- ★ After meals, consume buttermilk or lassi, or drink lukewarm water. If you feel hungry afterward, eat a small light snack after the meal.



# Rules for Drinking Water

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30 minutes  
before meals



90 minutes  
after meals



During meals: only 1–2 sips

- Drinking water immediately before a meal increases obesity.
- Drinking water immediately after a meal interferes with proper digestion.

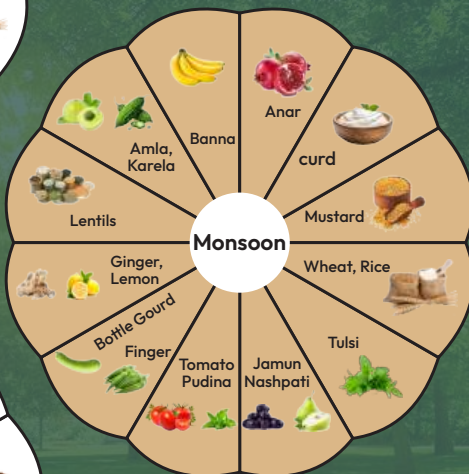
## ★ Some Additional Rules

- Do not walk fast immediately after eating. After 5–10 minutes, walk slowly for about 100 steps.
- After eating, lie down on your left side and gently rub the abdomen.



# Season-Wise Diet

## Summer



## Monsoon



## Winter



Dr. Ankita Singh  
(Editor) B.A.M.S

## Incompatible & Unhealthy Food Combinations



+



X

Banana should not be consumed with milk. This combination is not beneficial for health.



+



X

Cold drinks should not be taken immediately after meals. They weaken digestion & increase obesity.



+



X

1 gram of protein contains about 1.6 gram of saturated fat, which increases the risk of heart disease.



Excessive consumption of bread increases blood sugar levels.



### Frozen Foods:-

- Increase the risk of chronic heart disease
- Type 2 Diabetes
- Hypertension
- Lead to weight gain



Deep-Fried & Processed Snacks  
These are not suitable for everyone & may cause nutritional deficiencies.

- General Guidelines : On average, daily sugar intake should not exceed 30 grams.
- Consuming packaged foods without checking sugar levels can lead to several diseases.

### ★ Some Preservatives That Are Harmful to Health ★

- Trans fat
- Sodium nitrate
- High fructose corn syrup
- Aspartame
- Monosodium glutamate (MSG)
- BHA and BHT

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## JUICES

## TABLET



**“Ayurveda, Aligned  
for Complete Wellness”**

### *Contact Us:*

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**SAABHI - सभी Ke Liye | SAABHI - Sabhi Ke Liye**