

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.



Dr. Shobhalal Audichya

B.A.M.S, M.D. (RASHASHTRA),

PhD AYURVED, M.A.YOGA

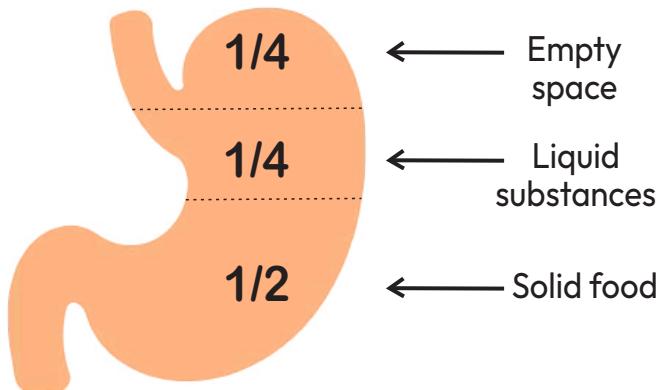
(Former Ayurvedic Medical Officer)



॥ प्राणिनां पुनर्मुलमाहारे 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
स्वास्थ्यक्षणमातुरस्य विकाग्रशमनं 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



Prefer herbal tea

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



Do not keep the stomach empty; always eat something light



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

SAABHI



30 minutes
before meals

90 minutes
after meals



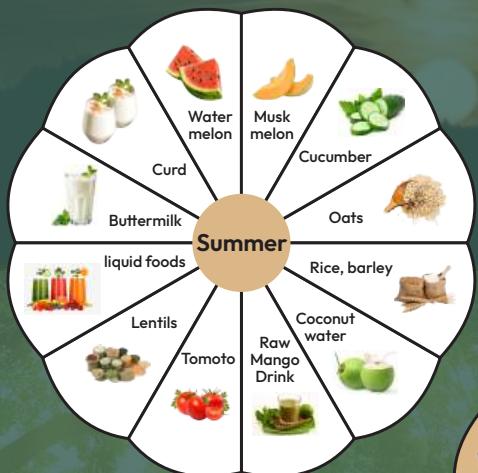
During meals: only 1–2 sips

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

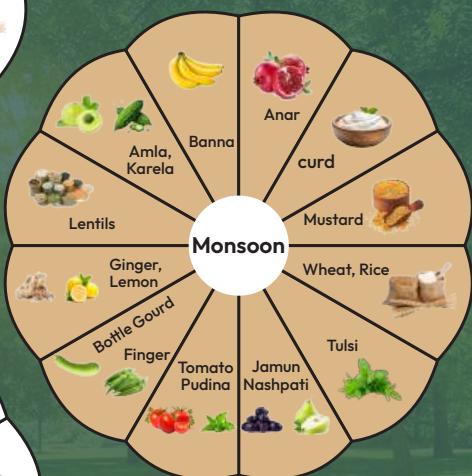
★ Some Additional Rules

- 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.

Summer



Monsoon



Winter



Winter



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

Incompatible & Unhealthy Food Combinations



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



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



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

SAABHI



JUICES

TABLET



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

Contact Us:

- 🌐 www.saabhiwellness.in
- 📞 +91 95090 36233
- ✉️ saabhiwellness.india@gmail.com
- 📍 Udaipur (Raj)

