

Rashtriya Ayurveda Vidyapeeth

An autonomous organisation under Ministry of AYUSH, Govt. of India

(Annexure-1)

MANAGEMENT OF DIET / REGIMEN

Drug/Medicine Management

Morning

Midday/Noon

Evening

Night/ at sleeping time.

Pratah (Morning)

Soft drink/Peya Padarth- Milk, Tea, Coffee, Neera, Butter-milk, Lassi, Toned-Milk, Soya-Milk, Soup of Moong Dal, Bala svarasa Panaka, Guduchi swaras Panak, Durvasvarasa Panak, Vijayasar Shrit Sheet Jal/Cold Water, Nimb Patra Swaras, Soup, Mamsaras, Butter, Mishri

Prataraasha- Milk, Tea, Coffee, Makhanna, Toast, Bread, Jam, Poha, Chiwda, Lai, Upma, Halwa, Dalia, Khichadi, Butter, Egg, Curd, Jalebi, sweet fried- Salted fried- Padarth, Sabudana Ankurit Dhanya (Sprouting pulse)-(Monga, Motha, Chana, wheat) Bala Snehana, Madhuyashti Snehan, Nimba snehana.

Mid day food/Madhyahan Bhojana- Roti, Parantha, Tanduri, Roti (Joi, Gehun, Jwara), Upma, Bread, Toast, Uttapam, Masala Doda, Rice/Chawala, Khichadi, Daliya, Sabudana, Suji.

Pulses etc.- Moonga, Urada, Masur, Tuar, Chana, Matar, Semphali, Chawala, Falli, Ganwar Falli, Dahi, Rayata, Paneer, Kari, Chhachh, Soup, Tomato, Chatani, Shakarkand, Aalu, Arbi, Jamikanda, Cauliflower, Cabbage, Pyaj (Onion), Lahsun, Adrak, Aanwala, Katahal, Mushroom..

Pulpy vegetables- Lauki, Turai, Ghiya, Tinda, Parwal, Sahjan, Papita, Bhindi, Salajam, Gajar, Muli, Mli leaf, Bathua, Dhaniya, Pyaaj leaf, Harimirch, Meetha Neem, Imli tender leaves, Pickle (Aam, Nibu, Mircha) vinegar.

Oil/Tail- Sesamum, ground nut, Alsi, Soyabean, mustard, sunflower, Pamolien, Safola, Flora, ghee of cow, buffalo, camel, she goat.

Afternoon Fruit- Papita, sapota, apple, Nasapati, pineapple, Litchi, pomegranate, orange, Mosambi, Anjeer, Angoor, Shahatuta, Falsa, Kela, Kakari, Khira, Tarbuja, Jamun, Aam, Kharbuja, Singara, Sitaphala, Nariyalapani, Narikela.

Evening meals- As in the mid day.

Bed time - Garam Dhudh, medicine (if any) with ghee, Others.

Special advice, if any,-

Please bring this proforma/slip with you whenever you come here.