

Iron rich foods

Green leafy vegetables, spinach, ragi, jaggery, drumstick, dates raisins, amla and figs etc. For enhancing the absorption of iron, one must take whole grams, sprouts, fresh fruits and fresh raw vegetables. Intake of tea, coffee and other preservatives in the food interfere in the absorption of iron. So by avoiding all the beverages, we can enhance the iron absorption.

Diseases of gastro-intestinal system

Gastro-intestinal system plays an important role in the normal and abnormal states of health. Ayurveda describe that the use of wholesome diet is the only factor that promotes the healthy growth of man. Food should be taken at proper time, when the body feels light after the digestion of previous meals, after the clearance of bowels and urine and when the mind is free from worries. Clean and hygienic food should be taken in optimum quantity. The food should not be too hot or too cold, too heavy or too light.

Diseases of the gastro-intestinal system are primarily caused by the food and water that we take. The root causes of many chronic diseases are also related to factors derived from partially digested or undigested food materials. Therefore, the disorders arising from gastro-intestinal tract should be promptly managed. If digestive capacity is low simple remedies like 'Trikatu' and 'Panchakola' powders 2 gms.twice daily are indicated for use along with warm water before meals. In abdominal pain due to indigestion, Hinguvachadi Churna, Lashunadi Vati, Chitrakadi Vati etc. is indicated in the dose of two tablets twice daily with warm water.

Constipation is a common symptom of many illnesses, which can be managed by powder of 'Triphala' (equal quantity of fruits of amla, harada and baheda) 5 gms. with tepid water at bedtime. 8-10 dried grapes of bigger variety boiled with about 250 ml. of milk is also indicated at bedtime for relieving constipation.

Unani medicines are widely used for the management of abdominal distension and gastritis. Qurs-e-Tankar or Qurs-e-Kabid is indicated one tablet twice daily in this condition. Qurs-e-Alkali one tablet twice daily may be used as an antacid. In non-specific diarrhoea Qurs-e-Zaheer one tablet twice daily is useful. In case of amoebiasis Qurs-e-Deedau one tablet twice daily is indicated.