



भौतिक स्वास्थ्य

200 एकड़ी • 600 एकड़ी • 200 ट्रिमी

AYURVEDA DAILY REGIMENT

AIIA, MINISTRY OF AYUSH

Introduction

Ayurveda, the science of life, is oldest system of medicine, primarily developed with two basic objectives viz. promotion of health and prevention of disease in a healthy individual and eradication of diseases in the diseased individuals. Definition of ‘Swastha’ – healthy individual given in Sushruta Samhita is most apt and has been accepted by WHO in preamble to Constitution of the World Health Organization in 1946. WHO has given the definition of health on the basis of Sushruta’s definition as “a state of complete physical; mental and social wellbeing and not merely an absence of disease or infirmity”.

The guidelines for health promotion and diseases prevention is provided under the umbrella of Swasthavritta that can be categorized as lifestyle of Ayurveda. Guidelines related to healthy or ‘swastha’ individual are termed as Swasthavritta and guidelines related to diseased individuals are known as Aatura vritta’ Regimen prescribed in diseased condition. The term ‘Aacaara’ the conduct, in this reference is used in relation to food habits and the way one conducts himself through the day i.e. ‘Vihaara’. Apart from guidelines regarding physical practices ‘Swasthavritta’ also prescribes a code of good moral conduct i.e. ‘Sadvritta’, which lays down guidelines of personal, social and religious conduct. Thus ‘Swasthavritta’ provides a road map of healthy life style in relation to individual as well as social, physical and mental health in the form of regimens prescribed for an individual and for the society.

Ayurveda is indeed a holistic system of medicine, which issues definite guidelines for healthy, peaceful and happy living and maintenance and protection of physical and psychological health, with an object of achieving longevity. The first objective is achieved by observance of guidelines related to healthy living and wholesome diet leading the individuals to long, healthy and happy life firmly based on dharma (righteous act). The second

Objective specifically deals with disease i.e. curative aspect and provides guidelines for the physicians regarding the management of different diseases. Thus it is very clear that Ayurveda is not only a curative medical science, but also a way of healthy living.

The measures for maintenance of health include daily regimen (Dinacharya), night regimen (Ratricharya), and seasonal regimen (Ritucharya), codes of conduct (Sadvritta, rejuvenation through food, regimen etc. Individuals, who follow the guidelines described in Ayurveda, through all the seasons, during all days and nights, will always remain healthy i.e. ‘swastha’ and will never become victim of ill health. Presently entire world is looking towards holistic principles of Ayurveda, especially in the area of wellness and prevention of diseases. Globally population at large is facing the challenge of non-communicable diseases, exponential ballooning up the expenditure on healthcare. The simple individualized lifestyle measures based on the principles of Ayurveda will help in bringing about wellness in the community at large. Further, these regimens can be personalized based on body constitution, occupation, region, any other specific condition of the individual, to cater the needs of the community in the present time to revolutionize the health care and wellness sector.

The Sustainable Development Goals (SDGs), are a universal call to action to end poverty, protect the planet and ensure that all people enjoy peace and prosperity. These 17 Sustainable Development Goals (SDGs) can be achieved through public health initiatives based on principles of Ayurveda. Achieving the Public Health requires the partnership of governments, private sector, civil society and citizens alike to make sure we leave a better planet for future generations.



AYURVEDA PUBLIC HEALTH INITIATIVES CAN HELP TO



AYUSHMAN BHARAT is a national health protection Scheme to provide Hospitalization cover to over 10 Crore poor and vulnerable families. Ayurveda is playing important role in providing Public health care to large section of population, especially in developing country like India. This is because of the affordability of people to buy Ayurvedic medicines that are of low cost, compared to that of allopathy. Efforts are in progress by Ministry of AYUSH, Government of India to include Ayurveda interventions into AYUSHMAN BHARAT scheme, so it can benefit healthcare needs of Population.



Ideal Regimen prescribed for an individual

The regimen prescribed for an individual can be categorized into three:

1. Dinacarya - Regimen for day,
2. Ratricarya – Regimen for night and
3. Ritucarya-Regimen for different seasons

Dinacharya

Literal meaning of the word 'Dina' refers to day and night i.e. 24 hours. But in routine practice the word 'Dina' is used only for first 12 hours of the day starting from sunrise and concluding at sunset. Most of the Ayurvedic texts describe guidelines for day and night time activities as 'Dinacaryaa', although few prescribe separate guidelines of night time conduct known as 'Raatrīcharya'.



Physical activities to be followed in 'Dinacaryaa'

S. No.	Name of the activity	Time
1.	Waking up from the bed in the morning	4:30 AM- 5.00 AM
2.	Ushapana	
3.	Passing of urine and stools	
4.	Tooth brushing (Danta dhaavana)	5.00 AM – 5.30 AM
5.	Cleaning of tongue (Jihva nirlekhana)	
6.	Gargling (Gandusha)	
7.	Application of collyrium (Anjana)	
8.	Putting oil drops in nostrils and ear (Nasya and Karnapurana)	6.00 AM – 6.30 AM
9.	Physical exercise (Vyaayaama)	6.30 AM – 7.00 AM
10.	Udwartana	
11.	Body massage with oils (Abhyanga)	7.00 AM – 7.30 AM
12.	Bathing (Snaana)	7.30 AM – 8.00 AM (Breakfast)
13.	Taking food (Bhojana)	1.00 PM – 1.30 PM (Lunch) 7.30 PM – 8.00 PM (Dinner Ideally before sunset)
14.	Padabhyanga (Foot massage)	8.00 PM
15.	Nidra (Sleep)	8.30 PM – 9.00 PM

Advantages of following each of these activities in accordance with the prescribed guidelines as well as disadvantages of noncompliance of these guidelines have been elaborated by the texts. A brief review of some of these activities given in the coming pages.

Wake Up Early in the Morning

Ayurveda advocates waking up early in the morning i.e. in Brahmamuhurta 4.30-5.00 am (45 minutes before sun rise). It is considered as healthiest practice and helps in preventing many diseases. During this period the environment is quiet, calm and pleasant and shows its impact on body and mind in a positive approach and this is the right time for, meditation, to attain the divine knowledge and to study with decisive memory.

Research Evidences:

- Research studies show that early rising children are more active than late risers.



स्वस्थ्यो रक्षार्थमायुषः

Kohyama J. Early rising children are more active than late risers. Neuropsychiatr Dis Treat. 2007;3(6):959-63.

Drink water in Early Morning (Ushah Paana)

Drinking of potable water kept in special container made of copper is known as Ushah Paana, helps in easy evacuation of feces and urine. It prevents the individuals from Gastrointestinal tract diseases. For this purpose, plain or medicated water like processed water with Padmaka, Jeeraka, and Khadira etc. is used. Preferably water should be stored in copper vessels.

Quantity: approx. 1-3 glasses (250-750 ml)



रोगजरा परिमुक्तो जीवेत वत्सर साग्रहम्॥



Toilet practice (Shaucha vidhi)

After getting up in the morning, observe whether food taken at night is digested or not. It is important to evacuate bowels after awakening in the morning. Improper bowel evacuation and not attending the nature's call can lead to various disorders like colic pain in abdomen, cutting pain in anus, retention of feces and flatus etc.

Research Evidence:

- Highly infrequent bowel movements can increase the risk of colorectal cancer in both men and women.

मेष्ट्यं पवित्रमायुष्यमलक्ष्मीकलिनाशनम् ॥

M Kojima et.al., Bowel movement frequency and risk of colorectal cancer in a large cohort study of Japanese men and women., British Journal of Cancer,v.90(7); 2004 Apr 5

Sipping of water, washing of hands, feet and face (Achamana and Pani, Pada and Mukha Prakshalana)

Achamana refers to taking water in sips; this will help in cleaning the mouth and oral cavity and make the oral cavity moist. Washing of hands, legs and face with water removes the dirt and dryness of skin, in addition to the benefit of giving freshness. Fresh clean running water or lukewarm water in winters is advised for this purpose.



Research Evidences:

- Hand hygiene is effective against gastrointestinal and, to a lesser extent, respiratory infections.(1)
- Appropriate foot-washing behavior may potentially prevent Tenida Pedis.(2)

चक्षः प्रसादनं वृष्ट्यं रक्षोद्धं प्रीतिवर्धनम्॥

- Allison E. Aiello et.al,Effect of Hand Hygiene on Infectious Disease Risk in the Community Setting: A Meta-Analysis, American Public Health Association., 2008 ; 98(8): 1372-1381
- Takehara K et.al,The Association between Tinea Pedis and Feet-Washing Behavior in Patients with Diabetes: A Cross-sectional Study., Adv Skin Wound Care. 2017 Nov;30(11):510-516.



Maintenance of Oral Hygiene

Oral hygiene methods include brushing the teeth, tongue cleaning, gum massage etc.

Brushing the teeth (Danta dhavana)

Brushing teeth is for cleaning the teeth and gums with tooth brush or twigs of various plants. Brushing teeth at least twice a day once in early morning after evacuation of natural urges and second after having food at night is considered as best practice according to Ayurveda. Commonly used tooth sticks are Neem (*Azadirachta indica*), Babul (*Acacia arabica*), Khadir (*Acacia catechu*), Pilu (*Salvadora persica*) etc. After brushing, teeth & gums have to be massaged with index and thumb fingers. It should be followed by Tongue scraping with the tongue cleaner.



Research Evidence:

- Tooth brushing prevents subgingival plaque formation .

वैश्यमन्नाभिरुचिं सौमनस्यं करोति च॥

Waerhaug J.,Effect of toothbrushing on subgingival plaque formation, Periodontol. 1981 Jan;52(1):30-4



Neem



Babul



Pilu



Kadir

Tongue Scraping (Jihva nirlekhana)

Ayurveda advocates tongue scraping with the suitable instruments made of metals (Silver, copper, Steel), Bristles of toothbrush, chewed twigs of Neem Etc.

Benefits of Using a Tongue Scraper

- Helps maintaining oral hygiene
- Helps eliminate undigested food particles from the tongue
- Enhances the sense of taste
- Promotes overall oral & digestive health



Cleaning of eyes (Akshi Sinchana)

The cleaning of eyes with water is known as Akshi sinchana, it helps in cleaning the eyes from collected dust and other pollutants and help in better vision. Experienced Ayurveda Vaidyas suggest to use Triphala decoction for eye wash.

Method of preparation of Triphaladecoction/Infusion

Take 2-3 pinch of Triphala powder and put in one glass of water (150-200 ml) in a glass at night and keep it covered with a lid. In morning after cleaning the teeth wash the eyes with this water (after filtering) either by splashing triphala water onto the eyes or with the help of eyecups available in the market.



Triphala

Chebulic myrobalan: Haritaki
Belleric myrobalan: Bibhitaki
Indian gooseberry: Amalaki



Research evidences

- Triphala can act as a wonderful drug in maintaining the ocular health and manage the ocular disease. By adopting Triphala as a part of dietary regimen, one can be free from ocular disorders and live a disease free life.

Gupta SK, Kalaiselvan V, Srivastava S, Agrawal SS, Saxena R (2010) Evaluation of anticataract potential of Triphala in selenite-induced cataract: Invitro and in vivo studies. J Ayurveda Integr Med 1: 280-286.



Eye applications (Anjana)

Anjana also known as Kajal, Surma in common language, is defined as application of medicated pastes / powder into eyelids. It is a good practice healthy eyes and clear vision. It is also gives attractive appearance to eyes and face. Traditionally Anjana is prepared from herbs like jasmine buds, almond shell, castor oil, ghee etc in different parts of India .



दृष्टिनिराकुला भाति निर्मले नभसीन्दुवत् ॥

Souveeranjan
Rasanjan
Homemade anjan

Nasal instillation (Nasya)

The procedure of instillation of liquid or powder medicines, most commonly oils in to nostrils is known as Nasya. Nasya specially prevent and cure the diseases of head and neck. It brings about lightness in the head, proper sleep and awakening cycle, clarity of smell sense and pleasure. It also improves vision, prevents premature greying of hair, hair fall, and wrinkles. The Pratimarsha variety of Nasya (instillation of two drops of oil in each nostril) is indicated as good health practice and should be practiced daily.



Research evidence

- Nasya Karma can be considered as an effective management of cervical spondylosis.

Go ghrita
Anu Taila
Tila taila

सर्वेन्द्रियाणां वैमल्यं बलं भवति चाधिकम् ॥

Sangeeta R Tanwar, Anup B Thakar, Rajkala Ramteke, Clinical evaluation of Nasya Karma in cervical spondylosis : Case series, 2017, Volume :10, (3) 335-339



Gargling and Mouth Rinsing (Gandusha / Kavala)

This procedure is to be done after cleaning the teeth and face wash. It gives good exercise and strength to the muscles of buccal cavity and also helps in cleaning the oral cavity, improving clarity of voice and senses, brings lightness and promotes the relishing of the food. Decoctions of Triphala, Panchavalkala (bark of five milk yielding trees), Luke warm water or salt water or Tila Taila can be used for this purpose. If one cannot do the gargling or mouth rinsing procedure daily, application of the same over the gums and teeth too can be done as a simplified procedure.

Research Evidences:

- Oil pulling therapy is a form of ayurvedic procedure that promotes good oral and systemic health through incorporating the use of oil based oral rinses in the daily oral hygiene routine. Numerous studies have been conducted recently supporting this ancient technique for its health benefits. ,



हन्तोर्बलंस्वरबलंवदनोपचयःपरः

Tripala kwatha,
tila taila,
Irimedadi taila

Mustafa Naseem,Oil pulling and importance of traditional medicine in oral health maintenance, international journal of health sciences, 2017,11(4):65-70

Panchavalkala (bark of 05 milk yielding trees)



Banyan Tree (Vata)



Cluster Fig (Udumbara)



Java Fig (Plaksha)



Peepal Tree Portia Tree/ (Ashwattha)



Indian Tulip Tree- Pareesha



Oil massage (Abhyanga)

Application of plain or medicated oil to the body followed by gentle massage is known as Abhyanga. By the massage of oil, the human body becomes strong and smooth-skinned. It produces firmness in the body, promotes complexion, delays aging, relieves tiredness, alleviate Vata, and promotes vision, nourishment and sleep. Abhyanga helps body to recover from exhaustions and exertions easily. Application of oil should be done all over the body, followed by application over head, ear and sole daily for health benefits. If not possible for whole body application daily, minimum application should be made over head, ears and feet. The preferred oils for routine massage are Sesame oil, coconut oil, mustard oil etc. and the ideal duration of self-body massage would be 10 to 15 minutes.

Research Evidence

- Massage therapy has been shown to have beneficial effects on many different groups and conditions including prenatal depression, preterm infants, full-term infants, autism, skin conditions, pain syndromes including arthritis and fibromyalgia, hypertension, autoimmune conditions including asthma and multiple sclerosis, immune conditions including HIV and breast cancer and aging problems including Parkinson's and dementia.

अभ्याङ्गमारेन्जिलं स जराक्षमवातहा ॥

Sesame Oil,
Mustard Oil,
Coconut Oil



Field T. Massage therapy research review, Complement. Ther Clin Pract. 2014;20:224–22



Coconut oil



Sesame oil



Mustard oil

Exercise (Vyayama) and Yoga

Physical exercise (Vyayama) brings about lightness, ability to work, stability, resistance to discomfort and alleviation of Doshas (especially Kapha). It stimulates the power of digestion.

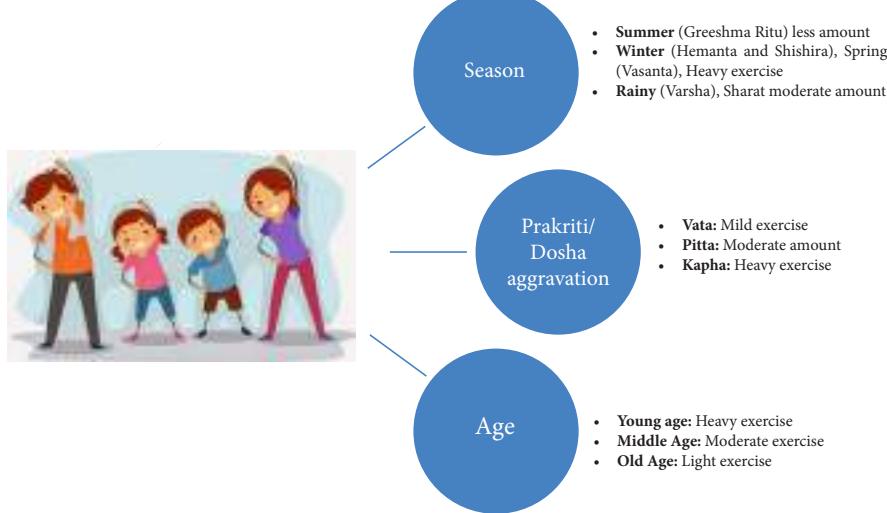
Quantum of exercise:

- Sweating on fore head, nose and arm pit
- Half of one's capacity
- One starts breathing heavily
- Quantum of exercise may be increased gradually over a period of time.
- Excessive exercise should be avoided

Time and place of exercise:

- Ideally in the morning
- Empty stomach
- Place should be devoid of disturbances

व्यायामः स्थैर्यकराणां ॥



Recommended Yoga Protocol in summarized form

Joint movement exercises	
1. Tadasana 2. Hastothanasana 3. Padahastasana 4. Trikonasana 5. Vajrasana 6. Ardha ushtrasana 7. Mandukasana 8. Utthanapadasana 9. Pavanamuktasana 10. Bhujangasana 11. Shalabhasana 12. Shavasana 13. Nadishodhana/ Anuloma Viloma Pranayama 14. Bhramari Pranayama 15. Dhyana	 The grid contains 15 numbered images: 1 through 7 show standing and seated postures; 8 through 11 show stretching and reclining postures; 12 shows a person lying down; 13, 14, and 15 show close-up views of the face and mouth during breathing exercises.

Research evidences

- Practice of slow breathing type of pranayama improves cognition, anxiety and general well being and increases the parasympathetic activity. (1)
- Pranayama, rhythmic breathing processes, are known to reduce stress and improve immune functions. (2)



1. Chandra et al. Effect of short-term practice of pranayamic breathing exercises on cognition, anxiety, general well being and heart rate variability J Indian Med Assoc.111(10):Oct2013;p 662-5.
2. Kochupillai V, Kumar P, Singh D, Aggarwal D, Bhardwaj N, Bhutani M, Das SN. Effect of rhythmic breathing (Sudarshan Kriya and Pranayam) on immune functions and tobacco addiction. Ann N Y Acad Sci. 1056 Nov 2005;p242-52.

Dry powder massage (Udvartana)

Massage of the body with dry warm powders in direction opposite to body hair is known as Udvartana. It is ideal for obese persons, enhances firmness and provides complexion, strength and lightness of body. The powders of Mudga (green gram flour), Kulaththa (horse gram flour) etc. are used in routine, for smooth rubbing of powders all over the body in reverse direction (against the hair roots) after exercise.

Mardana: This is a variant procedure of Udvartana wherein rubbing the body is done by bare hand comfortably, done after exercise on the entire body.

Research Evidences:

- Udvartana has significant role on psychophysical parameters of healthy volunteers.



त्वक्प्रसादकरं परम् ॥

Mishra et al; Role of udvartan on psychophysical parameters of healthy volunteers - a randomized controlled trial. WJPPS, Vol 5, Issue 03, 2016, p 1291-1301.

Bath (Snana)

Cleanliness of the body carries utmost importance in maintenance of health. Bathing is purifying, libidinal stimulant and life-giving; it removes fatigue, itching, sweating and dirt. It brings about strength and complexion to the body.

Generally, with lukewarm water; in Cold seasons with moderate warm water; and in hot seasons with cold water/normal water is to be used

Hot water should not be used for head bath. It is to be done with cold or water with normal temperature only. Below the head, Hot water can be used as per season.

ऊर्जा बलप्रदम् ॥

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Grooming

Man is a social animal and appealing appearance in the society is essential for good mental health. Regular bathing, use of de-odorants, sprays, scents and wearing clean and tidy clothing are essentials of healthy living. Wearing of ornaments and sacred medicinal plants is also advocated. The wearing of clean comfortable and socially acceptable clothing according to the season is advised, and the body should be protected from strong sun, cold, wind and rain. Ayurveda advocates application of natural de-odorants such as Chandana (sandal wood paste) etc. Wearing of precious and semiprecious stones and ornaments made of gold, silver etc. are also advocated as healthy practices.



Research Evidences

- Grooming behaviours, including the application of fragranced products, are thought to reflect a means of managing social impressions and self-image. Although application of deodorants has previously been shown to make individuals appear more confident to others, few studies have specifically examined the psychological effects of such rituals on the wearer. The attitudinal component of body image is malleable and can be influenced by everyday grooming routines, suggesting such behaviours have psychological benefits for both genders, beyond their basic hygiene function.

Paasschen, J. , Walker, S. C., Phillips, N. , Downing, P. E. and Tipper, S. P. (2015). The effect of personal grooming on self-perceived body image. *Int J Cosmet Sci*, 37: 108-115.

Ayurvedic Guidelines for Food Intake

Nutrition plays a pivotal role in growth, development and sustenance of life. In Ayurveda wholesome food(Pathyā) is told as Mahabhaishajya means the best medicament. When the Food (Ahara) is taken judiciously and according to the codes of dietetics then only the benefits of Ahara can be achieved.

விளக்கல் ஹாலர்ஜில்பக்கல் ஹால் (Ch. Su. 28/45)
உலக்கூடுக்கல் தங்க கா (Ch. Su. 25/40)
பால் கறை; அப்பாவில் ஒக்கள் குகா (Ch. Su.25/40)

Research Studies:

- Meal timing appears as a new potential target in weight control strategies, and therapeutic strategies in the prevention of obesity.(1)
- Higher mindfulness is associated with lower odds of developing a Metabolic syndrome only among individuals with a depressive symptomatology.(2)



1. Beccuti G et.al. Timing of food intake: Sounding the alarm about metabolic impairments? A systematic review.,*Pharmacol Res*. 2017 Nov;125(Pt B):132-141.)
2. Erika Guyot et.al. Mindfulness Is Associated with the Metabolic Syndrome among Individuals with a Depressive Symptomatology, *Nutrients*., 2018 ; 10(2): 232)

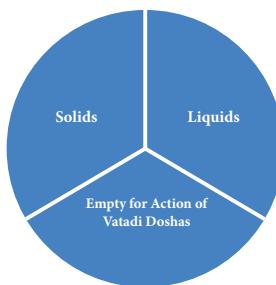
Time and frequency of food intake:

- The ideal time for taking meal is when the digestive fire is well manifested, clear eructation and mind is free from any negative emotions, senses organs are clear and person feels lightness of the body.
- A healthy person should take food only two times in a day viz. once in morning and once in evening.
- Dinner should be taken within 3 hours of sunset, ideally between 7:30 – 8:00 pm.
- Food should not be taken within three hours after the earlier meal and should not starve for more than six hours.



Quantity of food

- The intake of food should be based on the digestive capacity of an individual.
- The quantity of food which is taken when gets digested in time without disturbing the normalcy is regarded as the measure of proper quantity.
- In general, one should eat only 1/2 or 1/3rd of stomach capacity. Rest part of the stomach is for liquid and bodily humors that is Vata etc.
- Person while taking food should sit comfortably in a place slight high from the floor with all body parts kept normally.



Sequence of taking food

- One should consume foods of sweet taste in the beginning, sour and salty taste in the middle and pungent, bitter, astringent taste at the end.
- Natural Appetizers: In case of Loss of appetite and decreased digestive capacity, intake of ginger and rock salt before food is good.
- Fruits like Pomegranate etc. should be eaten first, except Banana and Cucumber. Next soups, gruels and after that solids, and different eatables rice etc.
- One should never eat such heavy articles as pastry, poha (flattened rice) etc. on top of the meal.
- Amalaki fruit can be taken before/during/after the meal; anytime to promote appetite, digestion and alleviates constipation.
- For healthy person frequent intake of water in small quantities is recommended. During meals small quantity of water consumed in the middle of the meal is said to be ideal.



Ayurvedic Food Plate:

Eat adequately:

- Barely, Old Rice, Wheat, Green gram, Pigeon Peas.

Eat liberally:

- Vegetables and fruits like- Bitter gourd, Pumpkin, Snake gourd, Drum stick, Radish, Brinjal, Round gourd, Ash gourd, Ridged gourd, Dodi (Leptadenia reticulata), Elephant's foot, Indian sorrel, Cabbage, Cauliflower, Potato, Onion, Indian gooseberry, Pomegranate, Grapes, Banana, Pineapple, Apple, Mosambi, Orange.

Eat moderately:

- Dry beans, nuts, Milk, Yogurt

Eat sparingly:

- Cow's Ghee, oils, fats, sugar and sweets



Healthy food platter



Eat with pleasant mind

- Our psychological status is very important when we are taking food.
- It is better to wait for some time and avoid food when you are depressed or tensed.
- Even the wholesome food taken in right amount does not get digested if the individual is in the state of anger, fear, and worry or depressed.

Should not eat without desire:

- The food taken without having desire results in indigestion, anorexia, vomiting and colic.



Enjoy the taste of food:

- Tasty foods bestow pleasantness of mind, strength, nourishment, enthusiasm, exhilaration, satisfaction and happiness, whereas that which is not tasty gives rise to the opposite qualities effects.

Eat fresh and warm food:

- It is better to consume food within one hour after its preparation. The warm and fresh food is tasty and stimulates digestive fire, resulting in fast digestion proper absorption and further stimulates the peristaltic movement.

Do not reheat food substances:

- Do not heat prepared food repeatedly. By heating again and again most of essential nutrients are lost and that food just fill your stomach it doesn't have any nutritive value. Such types of food should be avoided because it is not good for health.

Should not eat continuously or repeatedly:

- The individual eating continuously or repeatedly suffers from indigestion, thirst, body ache, fever, diarrhoea etc.

Do not eat too leisurely:

- Do not eat too leisurely, because one is not satisfied resulting in over eating. The food gets cold resulting in delayed digestion.

Do not eat hurriedly:

- By eating hurriedly the food is liable to go the wrong passage, or injure the health or it is not properly placed; and there is no appreciation of either the good or bad qualities of the food taken.

Do not talk or laugh while eating:

- One should not talk or laugh or be unmindful while taking food.

Postprandial activities

- The particles of food remaining in between the teeth should be removed slowly using a tooth pick; if not these will produce bad smell in the mouth.
- After finishing food, the person should sit comfortably, till the fatigue of food intake is relieved; afterwards one should walk for a distance of hundred feet and then lie down on a bed on his left side. The time period stated for lying down is - for a period of eight breaths with his face up, for 16 breaths on right side, and 32 breaths on his left side.
- After having food one can listen to soothing music, watch pleasing scenes, smell refreshing scents that are pleasing to the mind; by these the food ingested stays in abdomen without any trouble.

Contraindication after eating:

- Sound, sight, taste, smells and touch which are unpleasant, disliked, food which is dirty, too much of laughing after meal- these give rise to vomiting
- The individual should not sit or sleep immediately after taking food, or drink more of liquids, or get exposed to fire or sunlight, or do heavy physical activities like exercise, swimming, riding in vehicle or on animals etc.



PADABHYANGA (FOOT MASSAGE)



Padabhyanga (Foot massage) occupies a very important position in dinacharya. It is to be practiced daily especially before going to bed at night. It helps reducing stress, anxiety and maintain good eye sight and hearing. Apart from this, it aids foot health and promotes quality sleep.

Sleep at night (Nidra)

Generally, for a healthy person, sleep occurs during the night and at about the same time for a particular duration every day and as such in Ayurveda, sleep is said to be Ratrisvabhava Prabhava (naturally occurring during night). It is advised to take sleep by from 10.00 pm to 4.30-5.00 am. Drinking milk at night, foot massage, head massage with oil and relaxation help in reducing stress bringing about good sleep. These practices are also good for healthy eyes.

Research Evidence:

- Recommended sleep hour is 7 or more per night on a regular basis to promote optimal health among adults aged 18 to 60 years. Individual variability in sleep need is influenced by genetic, behavioral, medical, and environmental factors.

निद्रायत्तं सुखं दुःखं पुष्टिः काश्चर्य बलावलम् ॥



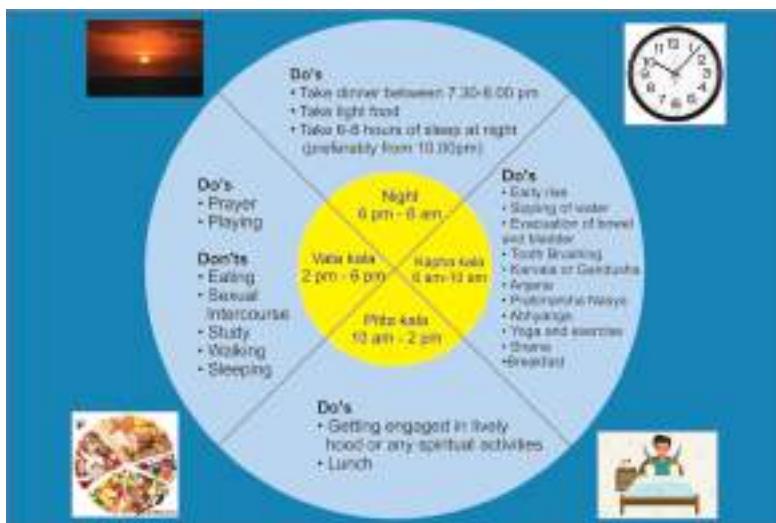
Nathaniel F. Watson et.al., Recommended Amount of Sleep for a Healthy Adult: A Joint Consensus Statement of the American Academy of Sleep Medicine and Sleep Research Society, Sleep., Sleep. 2015 Jun 1; 38(6): 843–844 2015 Jun 1; 38(6): 843–844

Practices for mental health promotion: Codes of conduct (Sadvritta) and Regimonal Rejuvenation (Achara Rasayana)

The individual should follow ethical practices like non-violence, truthfulness, non-stealing, not desiring for others belongings, purity of speech, act and mind and controlling of mental factors like anger, greediness, attachment, ego, jealousy, verbal abuses etc. for the mental health promotion. One should abstain from alcohol, smoking and other narcotics, excessive sexual indulgence that adversely affect the mind. Further, helping the people in need, serving in old age homes, shelter homes, yogic practices like Pranayama, Meditation help to bring about mental peace and harmony in the society.

सद्वचनमनुष्ठेयानाम् ॥

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Herbs useful in daily Regimen alongwith their properties

S. No.	Name of the drug	Rasa	Guna	Veerya	Vipaka	Karma	Action
1.	Vata (<i>Ficus benghalensis L.</i>) 	Kashaya	Guru, Ruksha	Sheeta	Katu	Varnya, Grahi, Yoni vishodhana, Kapha-Pitta nashana	Wound healing, Antiseptic, Antibacterial
2.	Udumbar (<i>Ficus racemosa L.</i>) 	Madhura, Kashaya	Guru, Ruksha	Sheeta	Katu	Varnya, Vrana sodhana, Ropana, Kapha-Pitta Nashana	Wound healing, Antiseptic, Antibacterial.
3.	Plaksha (<i>Ficus lacor</i> Buch.- Ham.) 	Kashaya	Guru, Ruksha	Sheeta	Katu	Varnya, Yoni vishodhana, Kapha-Pitta nashana	Wound healing, Antiseptic, Antibacterial
4.	Peepal/ Ashwatha (<i>Ficus religiosa L.</i>) 	Kashaya	Guru, Ruksha	Sheeta	Katu	Varnya, Yoni vishodhana, Kapha-Pitta Nashana	Wound healing, Antiseptic, Anti-bacterial.
5.	Coconut (<i>Cocos nucifera L.</i>) 	Kashaya, Madhura	Guru, Snigdha	Sheeta	Madhura	Deepana, Shukrala, Basti shudhikara	Useful in Burns, Rashes, wounds
6.	Til (<i>Sesamum indicum L.</i>) 	Katu, Tikta, Madhura Kashaya	Guru, Snigdha	Ushna	Katu	Grahi, Sukrala Tvachya, Keshya	Skin nourishment,



7.	Mudga (<i>Vigna radiata</i> (L.) R.Wilczek)		Madhura Ruksha	Laghu,	Sheeta	Madhura	Grahi, Netrya, Kapha-Pittahara	Antioxidant, antimicrobial, anti-inflamatory, antidiabetic,
8.	Kulatha (<i>Vigna unguiculata</i> (L.) Walp.)		Kashaya	Laghu, sara	Ushana	Katu	Swdajanana, sangrahi, Krimihara Ashmarihara	antioxidant and free radical scavenging
9.	Chandan (<i>Santalum album</i> L.)		Tikta Ruksha	Laghu,	Sheeta	Katu	Pittanasana Soshnasaka,	Useful in General weakness, fever, infection of the urinary tract, inflammation
10.	Aadraka (<i>Zingiber officinale</i> Roscoe)		Katu	Guru, Tikshana	Ushna	Madhura	Bhedana, Deepana, Kapha- Vatanasana	anti- inflammatory and anti- thrombotic agent
11.	Dadima (<i>Punica granatum</i> L.)		Madhura, Kashaya	Laghu, Snigdha	Sheeta	Madhura	Deepana, Rochana, Grahi, Kanthmukh- durgandhghna, Tarpna, Tridoshghna	Antimicrobial, Vit. C
12.	Banana (<i>Musa sapientum</i> L.)		Madhura	Guru, Snigdha	Sheeta	Madhura	Brimhana, Vrashya Vatanasaka	General weakness

13.	Cucumber/Trapusa (<i>Cucumis sativus L.</i>) 	Madhura	Laghu	Sheeta	Madhura	Klamanasaka, Tridoshnasana	Diuretic, Antidiabetic
14.	Triphala Aamlaki (<i>Phyllanthus emblica L.</i>) Haritaki (<i>Terminalia chebula Retz.</i>) Bibhitaki (<i>Terminalia bellerica</i> (<i>Gaertn.</i>) Roxb.) 					Deepana, Rochana, Chakshushya, Kapha- Pittanasana	Antibiotic, Anti- inflammatory
15.	Panchvalkal Vata (<i>Ficus benghalensis L.</i>) Udumbar (<i>Ficus racemosa L.</i>) Peepal/ Ashwatha (<i>Ficus religiosa L.</i>) Parisha (<i>Thespesia Populnea</i> (<i>L.</i>) Sol. Ex Correa) Plaksha (<i>Ficus lacor</i> Buch.- Ham.) 	Kashaya	Laghu, Ruksha	Sheeta	Katu	Vranye	Wound healing
16.	Neem (<i>Azadirachta indica A. Juss.</i>) 	Tikta	Laghu, Snigdha	Ushna	Katu	Vranya, Krimighana	Antibacterial, Antifungal



17.	Babool (<i>Acacia nilotica</i> (L.) Delile) 	Kashaya	Guru, Ruksha	Sheeta	Katu	Garahi, Krimighana, Kaphanasaka	Antibacterial
18.	Khadir (<i>Acacia catechu</i> (L.f.) Willd.)	Tikta, Kashaya	Laghu, Ruksha	Sheeta	Katu	Dantye, Rochana, Kandunasana, Krimighana, Kaphanasana	Antimicrobial
19.	Pilu (<i>Salvadora persica</i> L.) 	Madhura, Tikta	Laghu, Snigdha	Anatiushna	Katu	'Bhedana, Tridoshnasana diuretic	Antibacterial, Analgesic,
20.	Jeeraka (<i>Cuminum cyminum</i> L.) 	Katu	Laghu, Ruksha	Ushana	Katu	Garahi, Grabhasyesudhi, Deepana, Medhya, Chaksushya, Vatanasaka	Diarrhea, colic, bowel spasms Anti- diarrhoeal Useful in colic and bowel spasm
21.	Padmaka (<i>Prunus puddum</i>)	Kashaya,	Tikta	Laghu	Sheeta	Pitta nashaka	Anti-oxident Anti- microbial





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SEASONAL REGIMENT

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Ideal Daily Regimen to be Healthy

Morning (Things to do)

- Wake Up early between 4.30 am-5.00 am or 45 min before sunrise
- Drink 1-3 glasses water kept in copper vessel
- Evacuate your bowels regularly & Wash your hands, feet and face
- Danta-Dhavan - Brushing teeth (Neem, Babul, Khadir, Pilu (Meswak))
- Jivha Nirlekhana (Tongue Scraping)
- Gandusha / Kavala - Gargling & Mouth Rinsing with medicated water
- Nasya – 2 drops instillation of medicated oil in each nostril
- Exercise (According to seasons)
- Self Body Massage with oil followed by powder (According to seasons)
- Bathing & Grooming

Ratricharya (NIGHT REGIMEN)

- Supper - Within 3 hours after sunset or 8 pm & Bed time – 2 hours after Supper (10 pm)

Diet

- Eat when you are hungry, at regular time, in right quantity (Based on Agni), warm meals, balanced diet (food containing all six tastes (Rasa)), neither too fast neither too slow & compatible foods.

SEASONAL REGIMENT

Diet Modifications

- Intake of cereals and pulses, wheat/gram flour products, newly harvested rice, corn are advisable.
- Ginger, Garlic, Haritaki (fruits of Terminalia chebula), Pippali (fruits of Piper longum), sugarcane products, and milk & milk products are to be included in the diet.

Lifestyle Modification

- Massage with oil/powder/paste, bathing with lukewarm water, getting exposed to mild sunlight, wearing warm clothes are advised.
- Heavy exercises/Till sweat appears on forehead is preferred.
- Cold wind, excessive walking, sleep at late night are to be

LATE WINTER



Mid-January to mid-March (approximately) is considered as Shishira Ritu (winter). It is the first season of Uttarayana (Sun's movement towards northern solstice). During this season, the environment remains cold, along with cold wind.

Ideal Daily Regimen to be Healthy

Morning (Things to do)

- Wake Up early between 4.30 am-5.00 am or 45 min before sunrise
 - Drink 1-3 glasses water kept in copper vessel
 - Evacuate your bowels regularly & Wash your hands, feet and face
 - Danta-Dhavan - Brushing teeth (Neem, Babul, Khadir, Pilu (Meswak))
 - Jivha Nirlekhana (Tongue Scraping)
 - Gandusha / Kavala - Gargling & Mouth Rinsing with medicated water
 - Nasya – 2 drops instillation of medicated oil in each nostril
 - Exercise (According to seasons)
 - Self Body Massage with oil followed by powder (According to seasons)
 - Bathing & Grooming
- Ratricharya (NIGHT REGIMEN)**
- Supper – Within 3 hours after sunset or 8 pm & Bed time – 2 hours after Supper (10 pm)

Diet

- Eat when you are hungry, at regular time, in right quantity (Based on Agni), warm meals, balanced diet (food containing all six tastes (Rasa)), neither too fast neither too slow & compatible foods.

SEASONAL REGIMENT

Diet Modifications

- Easily digestible foods are advised.
- Intake of cereals like old barley, wheat, rice & among pulses, lentil, Green gram etc. are preferred.
- Honey to be included in the diet.
- Foods difficult to digest, viscous, cold, sweet and sour foods are not advisable.
- New grains, Curds, cold drinks are to be avoided.

Lifestyle Modifications

- Medium exercises are recommended.
- Powder massage (Udvartana) is preferred.
- Day-sleep is not advisable.

Mid-March to mid-May (approximately) is considered as Vasant Ritu (Indian Spring). The equinox, which marks the beginning of spring in India and the rest of the Northern Hemisphere and autumn in the Southern Hemisphere, occurs at the midpoint of Vasant. This season is considered as season of flowering and origin of new leaves.



SPRING SEASON

Ideal Daily Regimen to be Healthy

Morning (Things to do)

- Wake Up early between 4.30 am-5.00 am or 45 min before sunrise
- Drink 1-3 glasses water kept in copper vessel
- Evacuate your bowels regularly & Wash your hands, feet and face
- Danta-Dhavan - Brushing teeth (Neem, Babul, Khadir, Filu (Meswak))
- Jivha Nirlekhana (Tongue Scraping)
- Gandusha / Kavala - Gargling & Mouth Rinsing with medicated water
- Nasya – 2 drops instillation of medicated oil in each nostril
- Exercise (According to seasons)
- Self Body Massage with oil followed by powder (According to seasons)
- Bathing & Grooming

Ratricharya (NIGHT REGIMEN)

- Supper –Within 3 hours after sunset or 8 pm & Bed time – 2 hours after Supper (10 pm)

Diet

- Eat when you are hungry, at regular time, in right quantity (Based on Agni), warm meals, balanced diet (food containing all six tastes (Rasa)), neither too fast neither too slow & compatible foods.

SEASONAL REGIMENT

Diet Modifications

- Light to digest, Sweet, Unctuous, Cold and Liquid foods, are preferred
- Intake of cold water, buttermilk, fruit juices, meat soups, mango juice, churned curd with pepper are recommended.
- Salty, Pungent and Sour foods, alcohol are to be avoided.

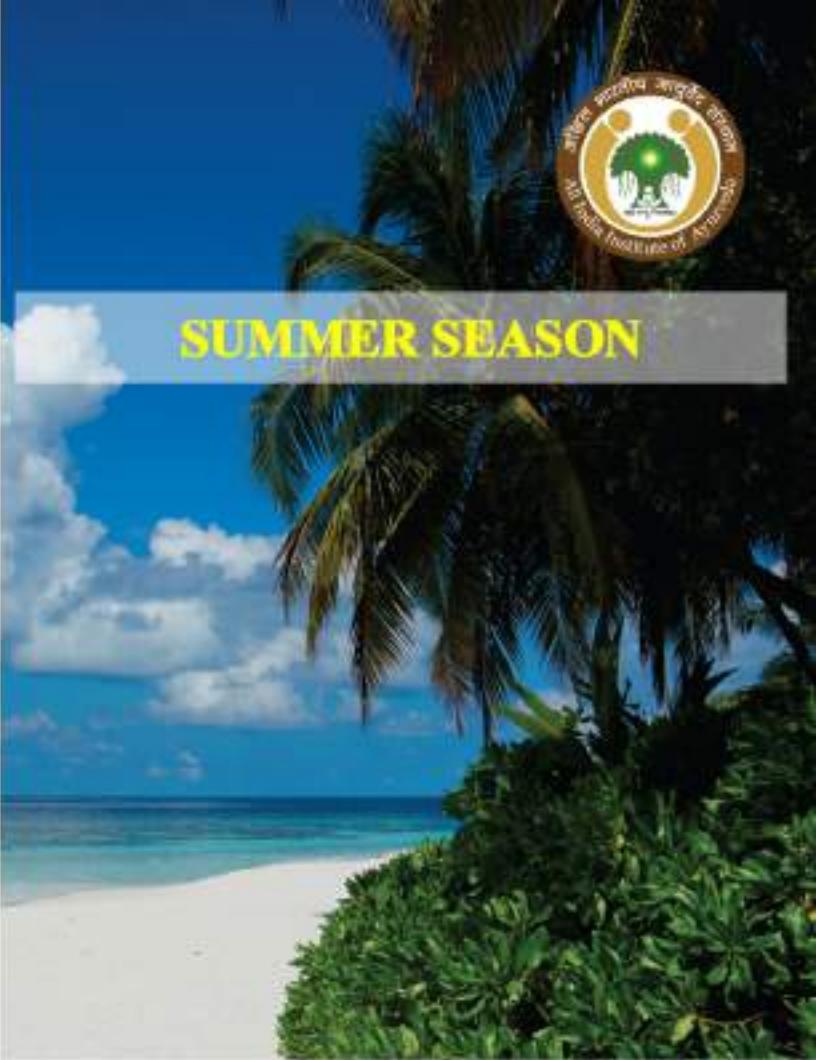
Lifestyle Modifications

- Excessive exercise or hard work is to be avoided
- Staying in cool places, cool breeze at night, applying sandal wood and other aromatic pastes over the body, adorning with flowers, wearing light dresses and sleeping at day time are helpful.

Mid-May to mid-July (approximately) is considered as Grishma (summer) season. The two Hindu months of Jyeshta and Aashadha fall during this season. Grishma Ritu ends on the solstice, known in Vedic astrology as Dakshinayana. It marks the beginning of summer in the Northern Hemisphere and is the longest day of the year in India. In the Southern Hemisphere, the solstice marks the start of winter and is the shortest day of the year.



SUMMER SEASON





Ideal Daily Regimen to be Healthy

Morning (Things to do)

- Wake Up early between 4.30 am-5.00 am or 45 min before sunrise
- Drink 1-3 glasses water kept in copper vessel
- Evacuate your bowels regularly & Wash your hands, feet and face
- Danta-Dhavani - Brushing teeth (Neem, Babul, Kadir, Pilu (Meswak))
- Jivha Nirlekhana (Tongue Scraping)
- Gandusha / Kavala - Gargling & Mouth Rinsing with medicated water
- Nasya – 2 drops instillation of medicated oil in each nostril
- Exercise (According to seasons)
- Self Body Massage with oil followed by powder (According to seasons)
- Bathing & Grooming

Ratridhanya (NIGHT REGIMEN)

- Supper -Within 3 hours after sunset or 8 pm & Bed time – 2 hours after Supper (10 pm)

Diet

- Eat when you are hungry, at regular time, in right quantity (Based on Agni), warm meals, balanced diet (food containing all six tastes (Rasa)), neither too fast neither too slow & compatible foods.

SEASONAL REGIMENT

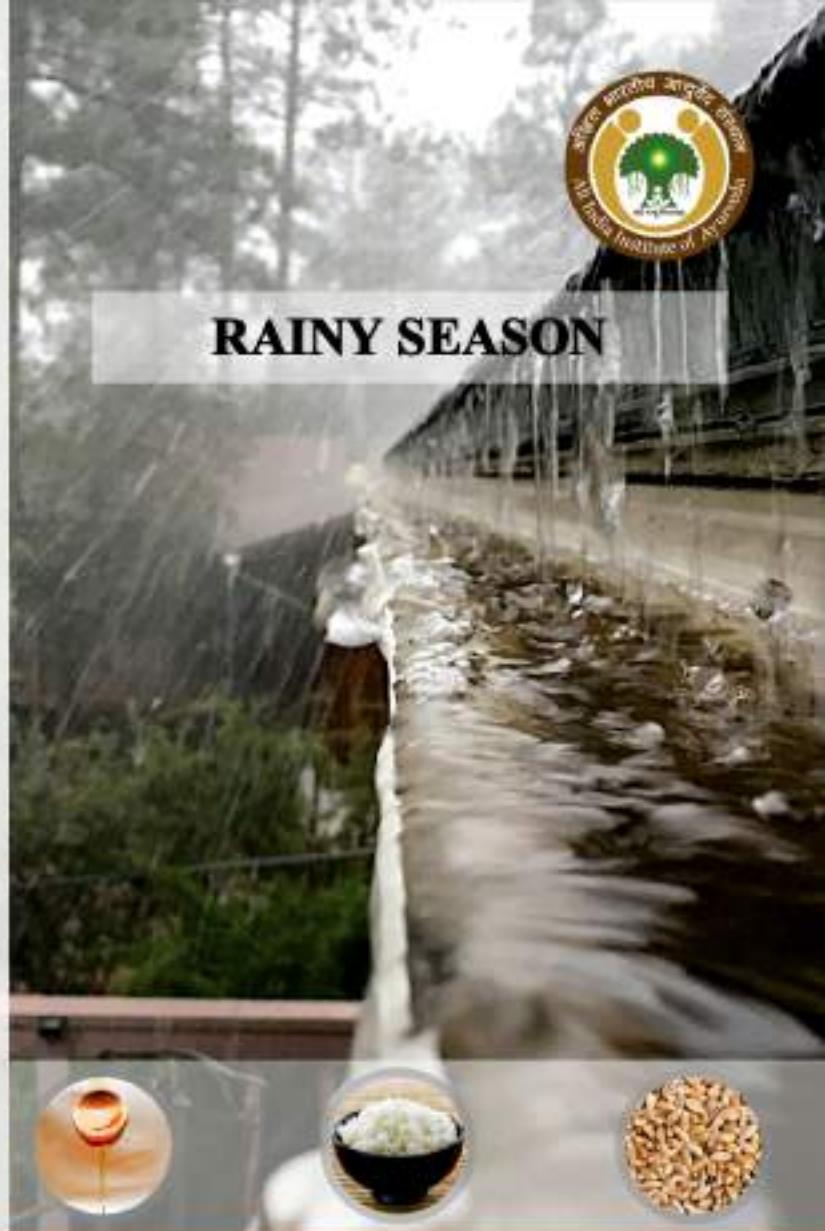
Diet Modifications

- Easily digestible foods are advised.
- Intake of cereals like old barley, wheat, rice & among pulses - lentil & Green gram etc. are preferred.
- Honey to be included in the diet
- Foods difficult to digest, viscous, cold, sweet and sour foods are not advisable.
- New grains, Curds, cold drinks are to be avoided.

Lifestyle Modifications

- Mild exercises are recommended.
- Powder massage (Udvartana) is preferred.
- Day-sleep is not advisable.

RAINY SEASON



Mid-July to mid-September (approximately) is considered as Varsha Ritu (Rainy season). The monsoon season or Varsha Ritu is the time of year when it rains heavily across much of India. The two Hindu months of Shravana and Bhadrapada, or Sawan and Bhado, fall during this season. The solstice, called Dakshinayana, marks the beginning of Varsha Ritu.

Ideal Daily Regimen to be Healthy

Morning (Things to do)

- Wake Up early between 4.30 am-5.00 am or 45 min before sunrise
- Drink 1-3 glasses water kept in copper vessel
- Evacuate your bowels regularly & Wash your hands, feet and face
- Danta-Dhavan - Brushing teeth (Neem, Babul, Khadir, Pilu (Meswak))
- Jivha Nirlekhana (Tongue Scraping)
- Gandusha / Kavala - Gargling & Mouth Rinsing with medicated water
- Nasya – 2 drops instillation of medicated oil in each nostril
- Exercise (According to seasons)
- Self Body Massage with oil followed by powder (According to seasons)
- Bathing & Grooming

Ratricharya (NIGHT REGIMEN)

- Supper –Within 3 hours after sunset or 8 pm & Bed time – 2 hours after Supper (10 pm)

Diet

- Eat when you are hungry, at regular time, in right quantity (Based on Agni), warm meals, balanced diet (food containing all six tastes (Rasa)), neither too fast neither too slow & compatible foods.

SEASONAL REGIMEN

Diet Modifications

- Madhura (Sweet) and Tikta (Bitter) Foods in taste and light to digest foods are advised.
- Foods prepared from Wheat, green gram, sugar candy, honey, Patola (Trichosanthes dioica) are preferred.
- Avoid hot, Pungent, Sour and Salty foods in taste, oils, meat of aquatic animals, curds etc.

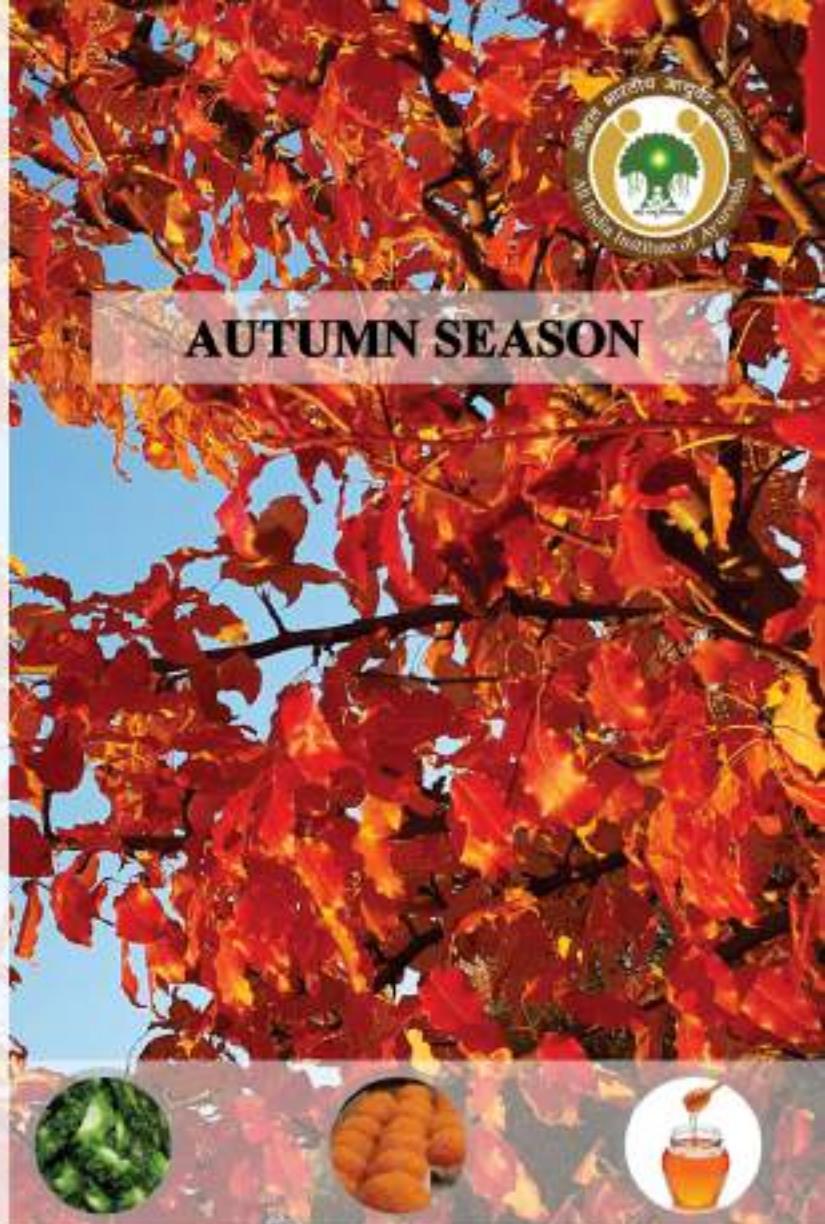
Lifestyle Modifications

- Application of paste of Chandana (Santalum album) on the body & Evening moonlight walk are preferred.

The period between mid-September to mid-November is Sharat Ritu (autumn). During this time the Sun becomes bright, the sky remains clear and sometimes with white cloud, and the earth is covered with wet mud. The predominant Rasa is Lavana (salty) and predominant Mahabhutas are Apa and Agni.



AUTUMN SEASON



Ideal Daily Regimen to be Healthy

Morning (Things to do)

- Wake Up early between 4.30 am-5.00 am or 45 min before sunrise
- Drink 1-3 glasses water kept in copper vessel
- Evacuate your bowels regularly & Wash your hands, feet and face
- Danta-Dhavan - Brushing teeth (Neem, Babul, Khadir, Pilu (Meswak))
- Jivha Nirkhana (Tongue Scraping)
- Gandusha / Kavala - Gargling & Mouth Rinsing with medicated water
- Nasya - 2 drops instillation of medicated oil in each nostril
- Exercise (According to seasons)
- Self Body Massage with oil followed by powder (According to seasons)
- Bathing & Grooming

Ratricharya (NIGHT REGIMEN)

- Supper - Within 3 hours after sunset or 8 pm & Bed time - 2 hours after Supper (10 pm)

Diet

- Eat when you are hungry, at regular time, in right quantity (Based on Agni), warm meals, balanced diet (food containing all six tastes (Rasa)), neither too fast neither too slow & compatible foods.

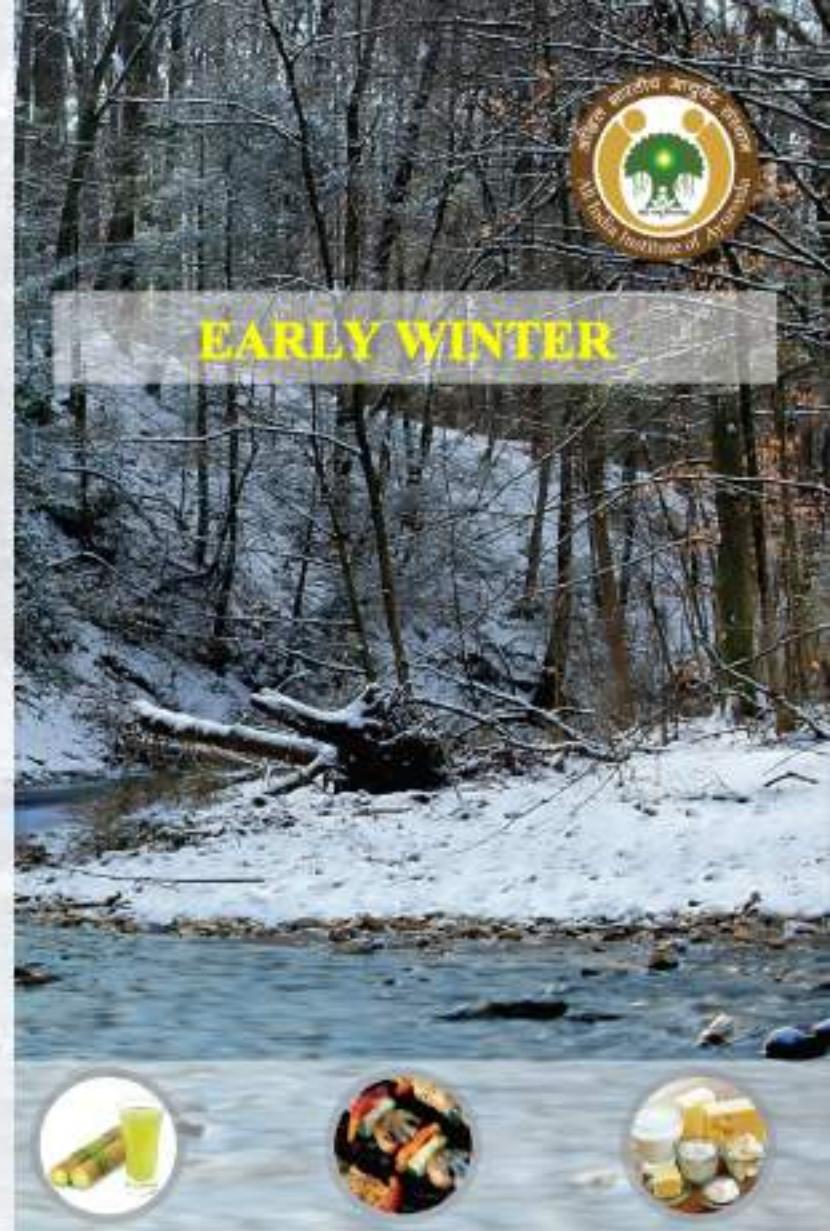
SEASONAL REGIMENT

Diet Modification

- Unctuous, sweet, sour and salty foods are preferred.
- Newly harvested rice, wheat flour preparations, green gram (*Mudga*), Black gram (*Masha*), etc are preferred in diet.
- Meats, fats, milk and milk products, sugarcane products, Shidhu (fermented preparations), *Til* (sesame) are advised.
- Avoid vata aggravating foods/drinks such as cold, and dry foods

Lifestyle Modification

- Exercise, body and head massage, use of warm water, *Atap-sesuma* (sunbath) is advised.
- Application of *Agara* (*Aquilaria agallocha*) on body is preferred.
- Heavy clothing & Warm places should be preferred.
- Avoid exposure to strong and cold wind, day sleep.



Mid-November to mid-January (approximately) is considered as Hemanta (late autumn) Ritu. It is perhaps the most pleasant time of the year across India, weather-wise. The two Hindu months of Agrahayana and Pausha, or Agahan and Poos, fall during this season. Hemant Ritu ends on the solstice, which marks the beginning of winter in India and the rest of the Northern Hemisphere. It is the shortest day of the year.



सत्यमेव जयते

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GOVT. OF INDIA, NEW DELHI

DIET & LIFESTYLE IN CANCER

SIGNS FOR EARLY DETECTION

- Change in bowel or bladder habits
- A sore that does not heal
- Unusual bleeding or discharge
- Thickening or lump in the breast or elsewhere
- Indigestion or difficulty in swallowing
- Obvious change in wart or mole
- Nagging cough or hoarseness of voice



Healthy food choices:

CEREALS-Barley (Jowar) Wheat, Pearl millet (Bajra), Finger millet (Ragi), Brown Rice/parboiled rice.
PULSES – Moong, Kulthi, Arhar

VEGETABLES- Bitter gourd, Bottle gourd (Lauki), Ridged gourd (Turai), Ash gourd (Kaddu), Parval, Drum stick (Sahajan), Brinjal, Kovai (Kundru), Fenugreek (Methi)

Fruits-Apple, papaya, plum, peach

Dry fruits- almond, walnut



Lifestyle modification:

Eat a well balanced, healthy diet with variety of fruits and vegetables

Examination of dentures by a dentist at least every five years

Maintain healthy weight

Use of more vitamin C rich fruits and vegetables

Limit red processed meat

Limit sugar sweetened drinks



Avoid:

Sweets, Fried items, Cow pea (Rajma), Black gram (Urad), Potato, Curds, Mango, Banana, Guava, Refrigerated food/ water, Maida, BAKERY PRODUCTS, Carbonated drinks, Junk food

Urge suppression

Day sleep

Night awakening

Less Physical activity

Excess fasting, Stress

Addiction- tea, coffee, alcohol, smoking

Avoid too much sun



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कैंसर : आहार एवं जीवन शैली

कैंसर के लक्षण:

- आन्त्र या मूत्राशय की आदतों में बदलाव
- ना भरने वाला घाव (नासूर)
- असामान्य रक्तस्राव या अन्य कोई स्राव
- स्तन्य या शरीर के किसी भी हिस्से में गांठ
- अपच या निगलने में परेशानी
- तिल ; मस्झे के आकार या रंग में परिवर्तन
- ३ सप्ताह से अधिक लगातार खाँसी या आवाज कर्फु छोना



पथ्य:

धान्याद्धि - ज्वार ; बाजरा; गेहूँ
; रानी; ब्राउन राइस
दाल - मूँग; कुलत्थी; अरटुर
सब्जियाँ - लौकी; तुरई; कद्दु;
परवल; सहिजन;
बैंगन; कुन्डल; मेथी
फल - सेब; पपीता;
आलुबुखारा; नाशपाती
मेवा- बादाम ; अरकरोट



जीवनशैली में संशोधन:

संतुलित आहार का सेवन करें;
भोजन में सब्जी व फलों का ज्यादा उपयोग करें ;
प्रत्येक ४ तर्बों में नियमित दांतों की जाँच कराएँ;
शरीर का वजन संतुलित रखें;
मांस का सेवन कम करें; शर्करा का प्रयोग कम करें



अपथ्य:

मीठे पदार्थ; तला-भुना; राजमा;
उड्ड; आलू; दही; कैला; अमरुद;
फ्रिंज में रखा खाना-पानी; मैटा;
कुकीज आदि; कोल्ड ड्रिंक्स;
दिन में सोना; रात में जागना ;
व्यायाम न करना; अत्यधिक
उपवास; चिंता करना;
चाय-कॉफी-शराब-धूमपान का
सेवन; धूप सेवन न करना



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DIET & LIFESTYLE IN ANAEMIA

Anemia is a condition in which you lack enough healthy red blood cells to carry adequate oxygen to your body's tissues. It also referred to as low hemoglobin.

Symptoms:

- Dizziness
- Fast heartbeat
- Headache
- Shortness of Breath
- Cold hands and feet
- Tiredness or weakness
- Pale or yellowish Skin



Healthy food choices:

CEREALS-Wheat, Pearl millet (Bajra), Finger millet (Ragi), Sali Rice, Sasthika rice. PULSES – Moong, Arhar , Masur ,Cow pea (Rajma)

VEGETABLES- Palak, Parval, Drum stick (Sahajan), Kalambi saka, Chaulai saka Poisaka, Carrot, Beet root,

FRUITS- Pomegranate, Amla, All Berries, black raisins, Dates, Guava, Melons, Papaya, Orange, Grapes

MEAT- Fish, egg yolk, liver

MILK & MILK PRODUCTS- buttermilk, milk, ghee, Butter

DRY FRUITS- almond, walnut, Cashew, Pasticcio



Lifestyle modification:

Yogasana & Pranayama

Partimarsha nasya

Timely taking food

2hr gap in-between dinner & sleeping

30 min. Gap between intake of fruits & milk



Avoid:

Maida, Curd, Butter, Red meat, Fish.

Over-eating at a time, Fried items, Black gram (Urad), Beans, Mustard leaves, Sesame seeds, Curds, Refrigerated food/ water,

Packed food items including juices, sausage and mayonnaise.

Day sleep

Vega Dharana

Night awakening

Excess Physical activity/Strenuous work

Stress, fear, grief ,Anger

Addiction- tea, coffee, alcohol, smoking





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रक्तहीनता (एनीमिया) (आहार एवं जीवन शैली)

एनीमिया एक ऐसी स्थिति है जिसमें आपके शरीर में पर्याप्त ऑक्सीजन संचारन के लिए आपके पास पर्याप्त स्वस्थ लाल रक्त कोशिकाओं की कमी होती है। इसी से कम हीमोग्लोबिन भी हो जाता है। इसी कारण इसको रक्तहीनता कहा जाता है।

लक्षण समूहः

- सिरदर्द
- थकान या कमजोरी
- चक्कर आना
- सांस लेने में दिक्कत
- पीली त्वचा
- ठंडे हाथ और पैर महसूस करना



अनाज-गेहू, बाजरा, रागी,
साली चावल, शष्ठीक चावल

दालें - मूँग, अरहर, मसूर,
राजमा

सब्जियां- परवल,
सहजन, पालक, चौलाई शक,
कलांबी साक, पोइसाक, गाजर,
चुकंदर, लहसुन, अदरक

फल- अनार, आंवला, काली
किशमिश, खजूर, अमरुद,

खरबूजे ,अंगूर, संतरा

मांस- मछली, अंडे , यकृत

दूध और दूध उत्पाद- छाछ,
दूध, धी , मखन

सूखे फल बादाम, अखरोट,

काज, पिस्ता



स्वस्थ जीवनशैली:

- नियमित व्यायाम या योगासन, प्राणायाम अभ्यास।

- समय पर भोजन करना
- रात के खाने और सोने के बीच 2 घंटे का अंतर

- प्रतिमर्श नस्य
- फल और दूध के सेवन के बीच 30 मिनट का अंतर



मेंदा, दही, मक्खन, लाल
मांस, मछली।

एक समय में अधिक खाना,
तली हुई चीजें, उड़द, सरसों
साक, बीन्स, तिल, दही, जूस,
सॉसेज और मेयोनेज सहित
पैक किए गए खाद्य पदार्थ।

दिवास्वप्न

वेगा धारणा ,रात्रि जागरण
अत्यधिक शारीरिक गतिविधि
/ ज़ोरदार काम.

चिंता, भय, शोक, क्रोध
लत- चाय, कॉफी, शराब,
धूम्रपान





*Every country Every day
Every moment Ayurved !*

Vital to human survival! Essential to maintain
overall health and prevention from diseases!!

Ayurveda is a Knowledge system of Healthy and Happy Life!!



AYURVEDIC BODY TYPES

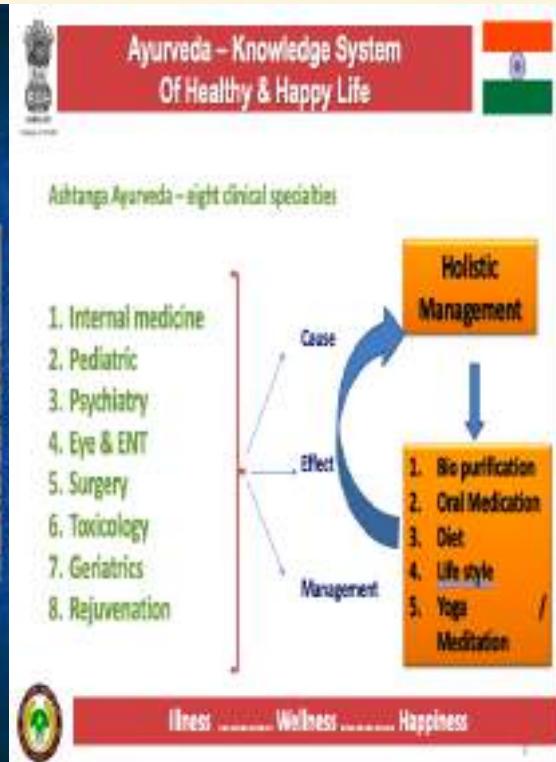


Ayurveda: The Science of life.

- A monumental contribution of India to the world.
- Objectives of Ayurveda:
 - Maintenance of positive health.
 - Treatment of Diseases.

Aturavrittam: Tridosha & Panchabhautic framework.

Swasthavrittam: Socio-economic adjustments, modification of personal habits, control of infection, pollution etc.



G20 And Ayurved!!

G20 Objectives:

- Policy coordination among its members in order to achieve global economic stability and sustainable growth; To promote financial regulations that reduce risks and prevent future financial crises; and To create a new international financial architecture
- **Ayurveda Objective: From Illness to Wellness and Happiness**

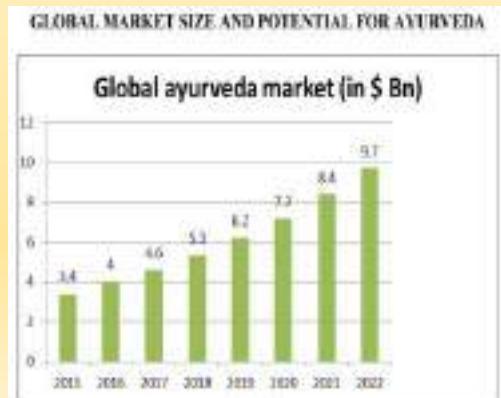
Ayush ministry, Start-up India, Make in India, Invest in India, Digital India, Pradhanmantri Mudra Yojana, MSME schemes, cluster development are some of the initiatives introduced by different government agency to Promote Ayurveda to the mainstream health care system in India by adopting new technology

POTENTIAL FOR AYURVEDA IN G20

Ayurveda market size globally amounted to US\$ 3.4 billion in 2015 and is projected to reach US \$9.7 billion by the year 2022 at a compounded annual growth rate of 16.2 %.



Global Ayurvedic Nutraceuticals and Dietary Supplements Market was valued at USD 266.24 billion in 2021, and the market size is estimated to reach USD 441.7 billion by 2028, at a CAGR of 7.5% over the forecast period (2022-2028)



Ayurveda for G20



Nutraceuticals



Ayurveda Medicine



**Ayurved Ahar
Ayurveda Nutrition**



**Ayurveda
Education**



**Raw drug cultivation
and marketing**



Aurveda Nutrition Regulations

Recently for providing Regulatory support and for promotion of Ayurveda nutritional supplements, functional foods as well as therapeutic foods in the global market a separate category as 'Ayurveda Ahar' has been notified by FSSA food safety and standards Authority under ministry of health and family welfare .

Ayurved Nutrition concept for Global health

- Balanced diet of all six tastes



'Rights' of AYURVEDA NUTRITION

Based on the Principles of Ayurveda,
one should follow.....

The Right Time,

The Right Quantity

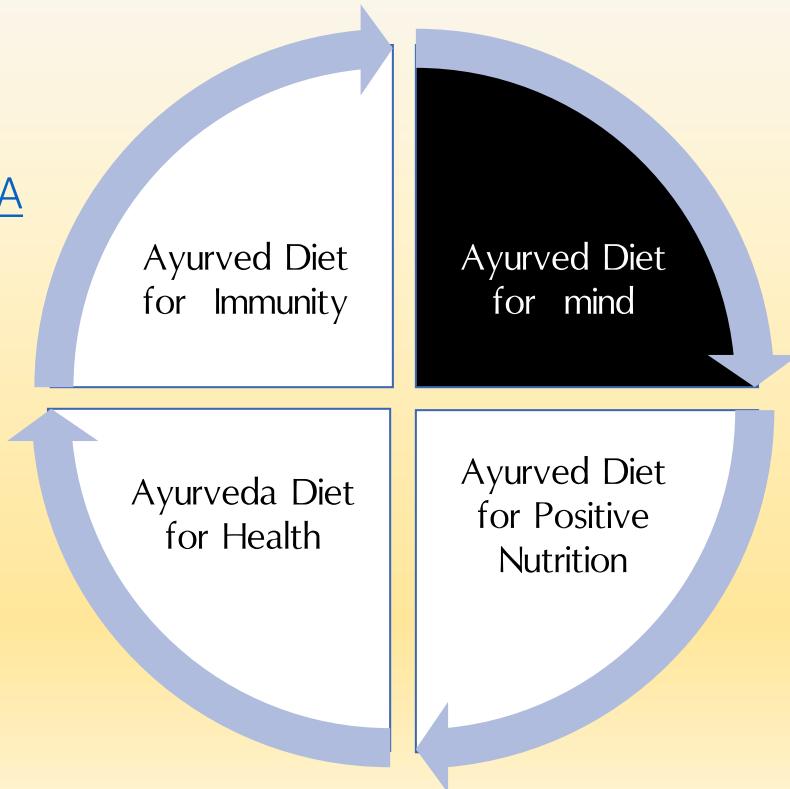
The Right Quality comprising all six tastes

The Right Methods

and The Right Place



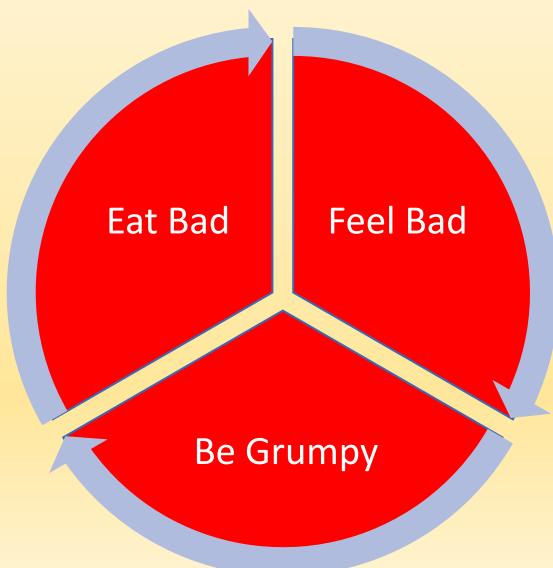
Ayurveda Diet for A Healthier World



We Are What We Eat (And What We digest and We Absorb)

Balanced diet leads to better physical health and mental wellbeing.

Our appearance and mood are dependent on what we eat.





PROMOTE USE OF MILLETS IN AYURVEDA DIET



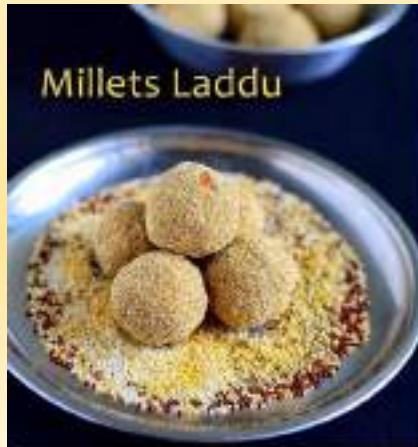
International year of millets

- WHO has designated 2023 as the international year of millets highlighting the significance of millets.
- Millets are a traditional staple food of the dry land regions of the world. They are nutri-cereals known to have high nutrient content.
- However, the direct consumption of millets as food has significantly declined over the past three decades.
- **IYM2023** will be an opportunity to raise awareness of, and direct policy attention to the nutritional and health benefits of millets and their suitability for cultivation under adverse and changing climatic conditions.

Eat Region specific Millets, Vegetables, Fruits



- Include of Sorghum , Pearl Millet, Finger millet, Tiny rice, Barnyard Millet , foxtail millet etc. in diet intermittently.





Foxtail Millet Upma



Finger Millet (Ragi) Buttermilk



Finger Millet(Ragi) Black Gram(Urad)Balls

AIIA, MINISTRY OF AYUSH



Barynard millet (shyamaka) porridge

Good Nutrition with Ayurvedic Ahar Is The Greatest Investment for Happiness

Let us treat “Food as Medicine”

If not, “Medicine Will Become Our Food”



- Life are our most precious
 - Nourish it with good nutrition
 - Primary consideration is health and wellbeing
 - Invest well in long-term health
- Combine elders' pearls of wisdom with Ayurvedas' emphasis on optimum nutrition
- Food is the Supreme Medicine to ward away many diseases



Ministry of Ayush
Government of India



AIIA, MINISTRY OF AYUSH

KODO MILLET SALAD



Ingredients:

- Boiled kodo millet
- Onion
- Tomatoes
- Cucumber, Coriander
- Lettuce, Black pepper
- Carrot, Black pepper
- Lemon juice, Mint leaves
- Ghee, Honey

Health benefits:

- Aids weight loss
- High fibre content
- Vitamin and Mineral Rich
- Can be given in Diabetes, IBS, Gluten allergy, Obesity

SHAMAK (BARNYARD MILLET) YAVAGU



Ingredients:

- Shamak chawal
- Jeera
- Salt
- Kokam.
- Jaggery.
- Ghee
- Water.

Health benefits:

- Good source of Vit.B
- Low glycemic index so can be used in DM and obesity



Ayurveda Everyday, Ayurveda Everywhere

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Ministry of Ayush
Government of India



अखिल भारतीय आयुर्वेद संस्थान

ALL INDIA INSTITUTE OF AYURVEDA

(आयुष मंत्रालय, भारत सरकार के अंतर्गत स्वायत्त संस्थान)
(An Autonomous Organization under the Ministry of AYUSH, Govt. of India)

HEALTHY RECIPES



DEPARTMENT OF SWASTHAVRITTA
ALL INDIA INSTITUTE OF AYURVEDA
SARITA VIHAR, NEW DELHI

SHUNTHYADI LADOO

**Ingredients:**

- Shunthi powder
- Tila(sesame)
- Jaggery

Health benefits:

- Relieves joint pain
- Inhibition of the inflammatory activity
- Gastro protective effect
- Beneficial in flu-like symptoms
- Beneficial in anemia

RAGI BUTTER MILK

**Ingredients:**

- Ragi flour
- Buttermilk
- Black pepper
- Rock salt
- Jeera powder

Health benefits:

- Great food for anaemic patients.
- It lowers cholesterol.
- Good for digestion

KODO MILLET PULAO

**Ingredients:**

- Kodo millet
- Water
- Ghee
- Jeerak, Jeerak powder
- Coriander powder, Haridra, Hing, Sandhav lavana
- Chopped onion, Garlic, Tomato, Green chilli, Carrot, Beans, Capsicum, Cauliflower as per requirement.

Health benefits:

- Recommended in Diabetes
- Obesity
- Reduces risk of Cardiovascular disease
- Good for people with celiac disease.
- Gluten-free snack

CHINCHADI PANAKA

**Ingredients:**

- Tamarind pulp Sugar
- Cumin powder
- Rock salt
- Black pepper

Health benefits:

- Chinchapana is indicated in Agnimandya, Grahani, Trishna, Daha and Aruchi
- Tamarind fruit is also considered as a digestive, carminative, laxative, expectorant, and blood tonic.
- Tamarind is rich in organic acids such as tartaric acid and ascorbic acid.
- It is a rich source of tartaric acid which promotes iron absorption.

MULTIGRAIN NAMAKPARE

**Ingredients:**

- Multigrain flour
- Carom seeds (ajwain)
- Crushed black pepper
- Rock salt
- Oil

Health benefits:

- Healthy option for snacks
- Rich in fibre
- Good for digestion

KODO MILLET KHEER

**Ingredients:**

- Kodo millet
- Jaggery
- Milk
- Water
- Almonds
- Cashew nuts
- Raisins
- Cardamom Powder

Health benefits:

- Rich in Fiber
- Gluten free
- Good source of Vitamin B and minerals
- Good source of Protein