

Samsarjan Krama (Restricted diet) Chart
PRAVARA SHUDDHI

Date	Morning Breakfast	Noon Lunch	Night Dinner
1st Day	-	-	Peya
2nd Day	Peya	Peya	Vilepi
3rd Day	Vilepi	Vilepi	Akrutha Yusha
4th Day	Akrutha Yusha	Krutha Yusha	Akruta Vegetable Soup, Moong Daal Chaawal
5th Day	Akruta Vegetable Soup, Moong Daal Chaawal	Kruta Vegetable Soup, Moong Daal Chaawal	Normal Diet

- **PEYA-** (RICE +14 TIMES WATER)
- **VILEPI-** (RICE + 4 TIMES WATER WITH OR WITHOUT SAINDHAVA & GHRITA)
- **YUSHA-** RICE + GREEN GRAM + 16 TIMES WATER WITH OR WITHOUT SAINDHAVA & GHRITA)
- **SEASONAL VEGETABLES SOUP-** WITH OR WITHOUT SAINDHAVA & GHRITA
- **AKRITA-** WITHOUT SEASONING/TADKA
- **KRITA-** WITH SEASONING/TADKA (USING CUMIN SEEDS, BLACK PEPPER AND DESI GHEE)

SIGNATURE OF CONSULTANT

SIGNATURE OF HOD