

**SAMSARJANA KARMA (DIETETIC REGIMEN)
MADHYAM SHUDDHI**

DAYS	Date	Breakfast	Lunch	Dinner
1st DAY		--	-	PEYA
2nd DAY		PEYA	VILEPI	VILEPI
3rd DAY		AKRUTA YUSHA	KRUTA YUSHA	AKRUTA VEGETABLE SOUP
4th DAY		KRUTA VEGETABLE SOUP	NORMAL LIGHT DIET AS ADVISED	

- **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