

All India Institute of Ayurveda
Gautampuri, Sarita Vihar, New Delhi
DEPARTMENT OF PANCHAKARMA

SAMSARJANA KRAMA (DIETETIC REGIMEN)
AVARA SHUDDHI

DAYS	Date	Breakfast	Lunch	Dinner
1 st DAY			-	PEYA
2 nd DAY		VILEPI	AKRUTA YUSHA/ KRITA YUSHA	AKRUTA VEGETABLE SOUP/ KRITA VEGETABLE SOUP
3 rd DAY		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