

Work–Life Balance and Health Tips (.)

Honey Water (Bedtime) (.)

Category: smoothies_and_juices

Therapeutic: lifestyle_and_metabolic_disorders / hypertension / high blood pressure

Details

Servings: 1 glass (.)

Prep Time: 2 minutes (.)

Cook Time: 0 minutes (.)

Total Time: 2 minutes (.)

Calories: 60–80 kcal per glass (.)

Food Type: beverage (.)

Food Timing: bedtime or late-night work days (.)

Food Texture: liquid (.)

Spice Level: mild

Difficulty: easy

Storage: Prepare fresh and consume immediately (.)

Shelf Life: Up to 1 hour at room temperature (.)

Diet & Allergens

- Dietary Attributes: vegetarian (.), gluten-free (.), refined-sugar-free (uses honey) (.)
- Allergens: honey/pollen traces (.)

Ingredients

English	Amount
Honey (.)	1–2 teaspoons (.)
Warm water (.)	200 ml (.)
Lemon juice, optional (.)	1–2 teaspoons (.)

Procedure

1. Warm the water until comfortably lukewarm (.)
2. Stir in honey until dissolved (.)
3. Optionally add lemon juice; sip slowly (.)

Key Benefits

- Supports hydration during irregular schedules (.)
- May reduce late-night heavy eating by providing a light option (.)
- Soothing for throat and relaxation before sleep (.)

Health Info

May fit into a 2-meal-day routine as a light fluid between meals, if suitable (.)

Cautions

- Not suitable for infants under 1 year due to botulism risk (.)
- People with diabetes should monitor glucose; honey raises blood sugar (.)
- Rinse mouth after drinking to protect dental health (.)

Contraindications

- Infants under 1 year (.)

- Uncontrolled diabetes (.)
- Allergy to honey/pollen (.)

Nutrition (per serving)

- **protein:** 0 g per glass (.)
- **carbs:** 15–18 g per glass (.)
- **fat:** 0 g per glass (.)
- **fiber:** 0 g per glass (.)

Notes

- Frequency: daily
- Max Usage: Up to 1 glass per day; avoid giving honey to infants under 1 year (.)

Fresh Orange Juice (Between Meals) (.)

Category: smoothies_and_juices

Therapeutic: lifestyle_and_metabolic_disorders / hypertension / high blood pressure

Details

Servings: 1 glass (.)

Prep Time: 5 minutes (.)

Cook Time: 0 minutes (.)

Total Time: 5 minutes (.)

Calories: 80–110 kcal per glass (.)

Food Type: beverage (.)

Food Timing: between meals, morning or evening (.)

Food Texture: liquid (.)

Spice Level: mild

Difficulty: easy

Storage: Best consumed fresh; oxidation reduces nutrients (.)

Shelf Life: Up to 4 hours refrigerated in a covered container (.)

Diet & Allergens

- Dietary Attributes: vegetarian (.), vegan (.), gluten-free (.)
- Allergens: citrus sensitivity (.)

Ingredients

English	Amount
Oranges (.)	2–3 medium, yields ~200 ml juice (.)
Water, optional (.)	30–50 ml to dilute, optional (.)

Procedure

1. Wash and halve the oranges (.)
2. Juice using a citrus juicer; strain only if desired (.)
3. Serve immediately; avoid added sugar (.)

Key Benefits

- Hydration support between meals for irregular schedules (.)
- Provides vitamin C and electrolytes for recovery from long shoots/workdays (.)
- Light option that can help avoid random snacking (.)

Health Info

Fits the guidance to use fresh juices between two main meals, when suitable (.)

Cautions

- Diabetics should prefer whole fruit or limit portion and monitor sugars (.)
- Acidic juice may aggravate gastritis or reflux; dilute or avoid if symptomatic (.)

Contraindications

- Active gastritis flare (.)
- Citrus allergy (.)

Nutrition (per serving)

- **protein:** 1–2 g per glass (.)
- **carbs:** 20–25 g per glass (.)

- **fat:** 0 g per glass (.)
- **fiber:** 0–1 g per glass depending on pulp (.)

Notes

- Frequency: alternate days
- Max Usage: 1 glass per serving; limit to 1–2 glasses/day for non-diabetic adults (.)

Source

<https://www.youtube.com/watch?v=9U0N0yhDJ08>

B-complex vitamins: daily needs and top food sources (.)

Whole Black Gram Idly (with skin) — B5-supportive (.)

Category: breakfast / idly

Therapeutic: lifestyle_and_metabolic_disorders / obesity (fat loss)

Details

Servings: . 4 servings (8 idlis)

Prep Time: . 8–10 hours soaking + 20 minutes grinding

Cook Time: . 12–15 minutes per batch

Total Time: . 9–12 hours including fermentation

Calories: . 260 kcal/serving (2 idlis)

Food Type: vegan (.)

Food Timing: breakfast (.)

Food Texture: soft (.)

Spice Level: mild

Difficulty: easy

Storage: . Refrigerate batter up to 2–3 days; cooked idlis keep refrigerated 24 hours.

Shelf Life: . Batter 48–72 hours under refrigeration

Diet & Allergens

- Dietary Attributes: gluten-free (.), low-oil (.), vegan (.)
- Allergens: legumes (urad) (.)

Ingredients

English	Amount
whole black gram (with skin)	. 1 cup
idly rice (parboiled rice)	. 2 cups
fenugreek seeds	. 1/2 teaspoon
salt	. to taste
water	. as needed
oil for greasing	. few drops

Procedure

1. Rinse and soak idly rice separately for . 6–8 hours.
2. Rinse and soak whole black gram (with skin) with fenugreek seeds for . 6–8 hours.
3. Grind soaked black gram first to a fluffy batter, adding water as needed (.).
4. Grind soaked rice to a slightly coarse batter (.).
5. Combine both batters, add salt, and ferment in a warm place for . 6–8 hours until aerated.
6. Grease idly molds lightly, pour batter, and steam for . 12–15 minutes until set.

7. Rest for . 2 minutes, demold, and serve hot with chutney or sambar (.).

Key Benefits

- Uses whole black gram with skin to retain B5 and fiber (.).
- Fermentation may improve B-vitamin availability and digestibility (.).
- Low-oil, steamed breakfast supporting steady energy (.).

Health Info

. Whole black gram provides protein, fiber, and B5; fermented batter may support gut health.

Cautions

- Legume sensitivity may cause bloating; rinse and ferment well (.).
- For diabetes, monitor portion sizes due to rice content (.).

Contraindications

- Severe legume intolerance (.)

Nutrition (per serving)

- **protein:** . 7–9 g/serving
- **carbs:** . 50–55 g/serving
- **fat:** . 2–3 g/serving
- **fiber:** . 3–4 g/serving

Notes

- Frequency: daily
- Max Usage: . 2–3 servings/day depending on energy needs

Soaked Bengal Gram Snack (Folate-rich chaat-style) (.)

Category: snacks / chaat items

Therapeutic: lifestyle_and_metabolic_disorders / obesity (fat loss)

Details

Servings: . 3 servings

Prep Time: . 8 hours soaking + 20–30 minutes boiling

Cook Time: . 20 minutes (if boiling)

Total Time: . 9 hours including soaking

Calories: . 280–320 kcal/serving

Food Type: vegan (.)

Food Timing: evening snack or light meal (.)

Food Texture: tender with light crunch (.)

Spice Level: mild

Difficulty: easy

Storage: . Refrigerate leftovers in a sealed container up to 24 hours.

Shelf Life: . 1 day refrigerated

Diet & Allergens

- Dietary Attributes: high-fiber (.), plant-protein (.), vegan (.), gluten-free (.)
- Allergens: legumes (chickpeas) (.)

Ingredients

English	Amount
bengal gram (chickpeas), dried	. 1.5 cups
water (for soaking/boiling)	. as needed
salt	. to taste
onion, finely chopped	. 1/2 cup
tomato, finely chopped	. 1/2 cup
green chilli, finely chopped	. 1 small
fresh coriander leaves	. 2 tablespoons
lemon juice	. 1–2 teaspoons
cumin powder	. 1/2 teaspoon
mango powder (amchur), optional	. 1/2 teaspoon

Procedure

1. Rinse and soak bengal gram for . 8 hours.
2. Boil or pressure-cook until tender but not mushy (. 15–20 minutes after whistle), then drain.
3. In a bowl, combine cooked bengal gram with onion, tomato, green chilli, coriander, salt, cumin powder, lemon juice, and optional mango powder (.).
4. Toss gently and serve warm or at room temperature (.).

Key Benefits

- Rich in folate (B9) supporting pregnancy and cell health (.).
- Provides plant protein and fiber for satiety and weight control (.).
- Optional mango powder adds tang and may contribute trace B12 as claimed (.).

Health Info

- . Legume-based snack supports steady energy and micronutrient intake.

Cautions

- Gas or bloating possible if inadequately soaked or undercooked (.).
- Reduce chilli for children or sensitive individuals (.).

Contraindications

- Severe legume intolerance (.)

Nutrition (per serving)

- **protein:** . 12–15 g/serving
- **carbs:** . 40–45 g/serving
- **fat:** . 3–5 g/serving
- **fiber:** . 10–12 g/serving

Notes

- Frequency: alternate days
- Max Usage: . 1–2 cups/serving; adjust for digestive comfort

Source

<https://www.youtube.com/watch?v=AciULGiXlZA>

Lessons on Longevity from Saalumurada Thimmakka and Swami Sivananda

Ragi Mudda (Finger Millet Balls)

Category: main_course

Therapeutic: lifestyle_and_metabolic_disorders / diabetes

Details

Servings: 2 servings .

Prep Time: 5 min .

Cook Time: 10 min .

Total Time: 15 min .

Calories: . 180–220 kcal per ball

Food Type: vegetarian

Food Timing: lunch or dinner .

Food Texture: soft

Spice Level: mild

Difficulty: easy

Storage: Best served fresh; keep covered to prevent drying .

Shelf Life: 6–8 hours at room temperature .

Diet & Allergens

- Dietary Attributes: gluten-free, high-fiber

Ingredients

English	Amount
finger millet flour (ragi flour)	1 cup .
water	1.5–2 cups .
salt (optional; traditionally avoided here)	a pinch, optional .

Procedure

1. Bring water to a boil in a pot (add a pinch of salt only if using).
2. Reduce heat, sprinkle in ragi flour gradually while stirring briskly to avoid lumps.
3. Cook on low heat 5–7 minutes, stirring until it thickens into a smooth dough-like mass.
4. Cover and rest 1–2 minutes; wet hands and shape into firm balls.
5. Serve hot with plain dal or vegetable curry; can be eaten without oil.

Key Benefits

- High in fiber for satiety and steady energy.
- Provides minerals like calcium and iron.
- Low glycemic index support for blood sugar control.

Health Info

Supports fullness and stable energy; pairs well with dal and vegetables for a balanced meal .

Cautions

- Can feel heavy if overeaten; chew well.
- People prone to kidney stones should moderate due to oxalates.

Contraindications

- Oxalate-sensitive kidney stone history may require limitation.

Nutrition (per serving)

- **protein:** . 3–4 g per ball
- **carbs:** . 35–40 g per ball
- **fat:** . <2 g per ball
- **fiber:** . 3–4 g per ball

Notes

- Frequency: daily
- Max Usage: 1–2 balls per meal depending on appetite and health .

Source

<https://www.youtube.com/watch?v=OhagnUgbcFw>

Typhoid Fever: Causes, Symptoms, Fasting-Based Management and Prevention

Typhoid Recovery Hydration Mix (Coconut-Honey-Lemon)

Category: smoothies_and_juices

Therapeutic: oral_and_infection_care / infections

Details

Servings: 1 glass .

Prep Time: 3 minutes .

Cook Time: 0 minutes

Total Time: 3 minutes .

Calories: 120–160 kcal per glass .

Food Type: beverage

Food Timing: during fever episodes

Food Texture: liquid

Spice Level: mild

Difficulty: easy

Storage: Prepare fresh; do not store for long. If needed, refrigerate up to 4 hours in a clean, covered container.

Shelf Life: Up to 4 hours refrigerated .

Diet & Allergens

- Dietary Attributes: vegetarian, gluten-free, caffeine-free
- Allergens: coconut (rare)

Ingredients

English	Amount
tender coconut water	200–250 ml
honey	1–2 tbsp (15–30 ml) .
lemon juice	1–2 tsp (5–10 ml) .
safe drinking water	optional 50–100 ml to dilute

Procedure

1. Add tender coconut water to a glass.
2. Stir in honey until fully dissolved.
3. Add lemon juice and mix gently.
4. Optionally dilute with safe water; sip slowly at room temperature.

Key Benefits

- Supports hydration and electrolytes from coconut water.
- Provides quick energy during reduced appetite via honey.
- Lemon adds flavor and vitamin C to encourage fluid intake.

Health Info

Intended as a supportive hydration drink during fever; not a substitute for medical therapy in typhoid.

Cautions

- Not suitable for infants due to honey.
- Use clean, safe water and hygienic handling.
- People with diabetes should limit honey and monitor glucose.

Contraindications

- Infants under 1 year (honey risk)
- Severe kidney restriction of fluids if prescribed by physician

Nutrition (per serving)

- **protein:** 0–1 g .
- **carbs:** 25–35 g .
- **fat:** 0 g
- **fiber:** 0 g

Notes

- Frequency: as medicine
- Max Usage: Spread total honey intake to about 100–200 g per day only if medically appropriate; adjust for diabetes or as advised by doctor.

Source

<https://www.youtube.com/watch?v=tP-M9MHFcNQ>

Fenugreek seeds in curd for insulin resistance and diabetes control .

Fenugreek Seeds Soaked in Curd .

Category: side_dishes / chutneys

Therapeutic: lifestyle_and_metabolic_disorders / diabetes

Details

Servings: 1 serving .

Prep Time: 5 minutes active .

Cook Time: 0 minutes .

Total Time: 2–4 hours soak time .

Calories: 150–200 kcal per serving .

Food Type: Vegetarian

Food Timing: Lunch

Food Texture: Creamy with slight crunch .

Spice Level: mild

Difficulty: easy

Storage: Prepare fresh; keep refrigerated if soaked in advance and consume the same day .

Shelf Life: Up to 1 day refrigerated after soaking .

Diet & Allergens

- Dietary Attributes: low glycemic impact ., high fiber ., probiotic .
- Allergens: Dairy, Legumes (fenugreek) .

Ingredients

English	Amount
Fenugreek seeds	1–2 teaspoons .
Curd/Yogurt (unsweetened)	1 cup .

Procedure

1. Add fenugreek seeds to a bowl of curd and mix well .
2. Soak the mixture for a few hours until lunchtime .
3. Consume both the soaked seeds and the curd together at lunch .
4. Optionally pair with phulka (roti) or plain rice as part of the meal .

Key Benefits

- May reduce insulin resistance .
- Helps moderate post-meal blood sugar rise .
- Provides fiber and beneficial compounds from fenugreek .
- Supports women with ovarian cysts/PCOS-related insulin resistance .

Health Info

As stated in the video, a NIMS Hyderabad evaluation reportedly found fenugreek's effect comparable to a 500 mg metformin tablet (claim) .

Cautions

- Monitor glucose if using with diabetes medications to avoid low blood sugar .

- May cause gas or bloating in some people .

Contraindications

- Allergy to fenugreek/legumes .
- Significant lactose intolerance (if using dairy curd) .

Nutrition (per serving)

- **protein:** 8–12 g .
- **carbs:** 10–15 g .
- **fat:** 3–6 g .
- **fiber:** 3–5 g .

Notes

- Frequency: daily
- Max Usage: Typically 1–2 tsp fenugreek seeds per day; personalize with clinician .

Source

<https://www.youtube.com/watch?v=WAT28Xwpcw>