

**VENKATESWARA AYURVEDA NILAYAM LTD**  
**CHINTALURU – 533 232**  
**E.G.DT.**

**GENERAL DIET FOR PATIENTS**

According to the constitution of the body, diet follow-up is essential for health and longevity. Every patient should observe precautions in diet the time of usage of the medicine to avoid aggravation and to obtain speedy results.

In Ayurveda oil contents, Mustard pickles, excessive tamarind contents, Jack fruit, Brinjal, Ladyfinger, Potato, Pumpkin, Tomato, Gogu leaves, deep fries, spicy food, fish, hard non vegetarian, etc., are not advisable for patients. Generally the following items may be taken during the time of usage of the medicines.

1. **Vegetables:** Snakegourd, Vipergourd, Banana green, White pumpkin, cabbage, califlower, Fenegreek leaf, shikai leaf, pudina leaf, amaranthus etc.,
2. **Dals:** Red gram dal. Green gram dal and their boiled watery essence.
3. **Pickles:** Lemon pickle, orange pickle, emblic myrobalan pickle, ginger pickle etc., in gingely oil (or) sunflower oil.
4. **Fruits:** Grapes, Kismis, Apple, Boppai, Botavia (Battai) Sweet Oranges.
5. **Non-Vegetarian:** Mutton, Goat meat and birds' flesh.
6. **Butter Milk:** Without butter and in fresh condition is useful.
7. **Milk:** Cow milk is advisable for anaemia and Anasarca patients.
8. Normal sleep and normal walking exercise is essential. Dals, Hard food, potato etc., Should be avoided by the patients of indigestion.

Sugar, jaggery, Honey and other sweets should be avoided by Diabetic patients. Wheat is better than rice for them. Limited coffee and tea is advisable.

Sexual contact should be limited.

Different waters and different foods are not advisable. Patients should always try to be cheerful and enthusiastic.

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