

Rogi Name:	Date:
Ayurveda Counselor: Adarsh Shah	Follow Up:

Ahara (Diet)

General Guidelines

1. Breakfast (6a – 7.30a) – Light
2. Lunch (12p – 1p) – Heavy
3. Dinner (6p – 7.30p) – Light

Foods to Avoid

1. Junk, processed, leftovers, canned, frozen
2. Cold / frozen drinks – ice, cold water, ice cream, sodas, etc.
3. Raw vegetables, raw or cold salads, vegetable juices or smoothies
4. Refined flours, refined sugars, corn starch or derivatives

Food Essentials

1. Freshly cooked, warm, organic that includes all 6 tastes
2. Rich in fiber
3. Allow 3 hours minimum after dinner before going to bed

The individual is recommended to consume the below food groups for enhancement in Agni, balancing of doshas, utilization of nutrients into growth of dhatus, gradual elimination of Ama and restoration of prakriti

Grains and Legumes

Vegetables

Fruits

Spices / Herbs

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Dairy

Nuts / Seeds

Fluids

Vihara (LifeStyle)

This provides the individual with changes / improvements to the daily routine that are refreshing, energizing and rewarding to the body and mind. Key areas to focus on are:

Wake up Routine

Sleep Routine

Pranayama (Breathing) Routine

Meditation Routine

Aromatherapy

Spiritual Reading

Ayurveda Techniques

This includes tips for working on achieving a balanced state of body and mind through simple yet effective solutions. Varies as per individual's Prakriti (Body Constitution) and Vikriti (Imbalances)

The Ayurveda LifeStyle

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Yoga Asanas (Postures)

This includes various body and mind balancing postures as per individual’s Prakriti (Body Constitution) and Vikriti (Imbalances)

Recommendations

Legend

tsp (Teaspoons) Tbsp (Tablespoons) ml (Milliliter) Fl. oz (Fluid Ounces) mg (Milligram)

Conversion

1 Tbsp = 3tsp 1 Tbsp = 15ml 1 Fl. Oz = 30ml 1Tbsp = 15mg

#	Medication	Qty	Unit of Measure	At Wake up	Breakfast	Lunch	Dinner	Before Bed	Directions
1	Brahmi (8 oz)	5	mg	Yes					With honey
2	Yashtimadhu (8 oz)	1	Tbsp			Yes			30 mins before with 1/2 cup warm water
3	Triphala (60 ml bottle)	2	tsp					Yes	

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4	Neem (60 ml bottle)	5	ml		Yes				After with ½ cup warm water
5	External Oil (100 ml bottle)	5	ml						Apply on neck and shoulders