



SUGGESTIONS REGARDING NUTRITIOUS DIET AND LIFESTYLE MODIFICATION ACCORDING TO AYURVEDA IN THE PANDEMIC OF COVID-19



WATER : Drink 1 glass of boiled water / luke-warm water in morning (wake up time) and at night (bed time).

To this you can add 250 mg to 500 mg of turmeric powder / dry ginger powder / black pepper / cinnamon powder / 1 tsp grated fresh ginger / 5 to 6 fresh Tulsi leaves.

Also you can make a decoction by adding any of the above mentioned spices in 2 glasses of water and reducing it to 1 glass.



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HERBAL TEA : Tulsi leaves = 4 to 5 (properly washed) + Fresh ginger = ½ inch grated + Lemon grass = 1 stalk cut into 2 to 3 pieces.

Put the above ingredients into a vessel with one glass of water. Bring to a boil. Then bring down the flame to low for 15 minutes. Strain into a cup and drink warm.



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Special Preparation of Milk :

Soak 5 to 10 black Resins + 2 dates + 1 Fig in ½ cup of luke-warm water for 2 hours then grind it into a paste and add 1 cup of cow's milk. Drinking this milk is good to increase resistance power.



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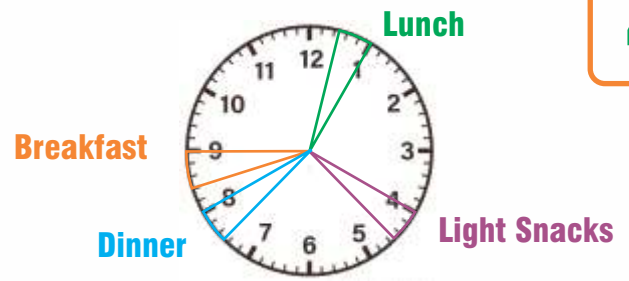
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NUTRITIOUS FOOD

Food should be light, freshly cooked and eaten at regular time.

Consume solid meals to fulfill only 75% of Hunger

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FRUITS & VEGETABLES

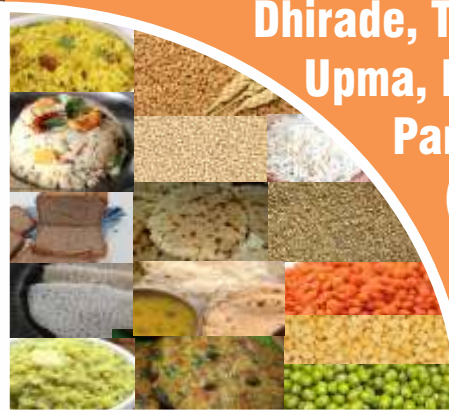
Fresh Fruits,
Steamed vegetables,
Vegetable soups
(Combination of Beet,
Carrot and radish etc.)

* While preparing the soup,
add salt + asafetida and
temper with ghee +
cumin seeds +
curry leaves



CEREALS AND PULSES

Steamed Rice, Rice gruel,
Dal, Lentil Soup, Mung dal
Khichadi, Roasted Brown
Bread, Chapati, Phulka, Bhakri,
Dhirade, Thalipeeth,
Upma, Poha, Shira,
Paratha, Ukad
(Porridge of rice
flour)



MILK & MILK PRODUCTS

Milk
Cow's Ghee
Butter Milk



CONDIMENTS & OTHERS

CHUTNEY - Flax seed,
coconut, garlic, coriander,
mint leaves.
PICKLES - Amla,
Sweet Lemon, Turmeric
ROASTED PAPAD - Mung, Rice



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FOOD ITEMS TO BE AVOIDED



Refrigerated water



Cold Drinks



**Ice-Creams &
Fruit Salads**



**Food creating
excess mucus**



Fried Food



Green Chillies



Stale Food



Fermented Foods



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LIFESTYLE CHANGES



- **Early to bed and happy to rise**
- **Avoid staying awake at late night, sleeping during day time especially after lunch, excessive exposure to sunlight, excessive exposure to air conditioner / Fan / Cooler and excessive physical exertion.**
- **Listen to soft relaxation music daily for 15 – 20 mins.**
- **You can read good books, write or carry out your own hobbies.**
- **Work from home. Avoid continuous sitting in one position for prolonged time, instead in between you can have a round in the house or do some stretching exercises.**



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- To do 10–15 mins light exercises, Yoga, Suryanamaskar, stretching exercises and walking 100 steps (Shatapavali) atleast 3 to 4 times in a day preferably after 45 mins after having food.
- Gargling with warm water with a pinch of salt and turmeric powder is beneficial.
- Call your doctor and seek care immediately in case you find any symptoms related to respiratory system.

STAY
TRONG
BE POSITIVE

to cope up with the current situation.



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