



Dr. Ghanashyam Marda

Healthy Eating at Home

Healthy Eating

There is no standard ideal diet applicable to all in general. The ideal diet for each person will be distinctly different, based on:

- Person's specific constitutional characteristics 'Prakruti'
- Natural qualities of each food, those natural qualities can get altered
 - The effects of **combining foods** – proper and unacceptable combinations
 - The **quantity** of food intake
 - **Individual differences** in food intake
 - The **place and climate** where the food is grown, prepared and consumed
 - The effects of the **seasons and time of the day**



Hunger and Digestion

Hunger/desire of food is considered natural physiological desire. Suppression could lead to body ache, fatigue, dizziness, weakness of eyes/sensory organs, burning of nutritional elements/tissues, and loss of strength

- Don't fast more than six hours unless advised
- Do not eat within less than 3 hours
- Intake between **3 and 6 hours** produces nutrients

Signs of completion of digestion

- Clear burping (no food taste smell)
- Feeling light, sense of hunger/thirst
- Empty stomach, and bladder/bowels



Ambience and Food Temperature

Consume food

- With **body mind concentration**
- **Without** laughing, arguing, talking, watching violent/exciting/horrific media
- With **family/friends** in house closed, not public place
- Freshly cooked/prepared, food **hot or warm**
 - Too hot food reduces strength
 - Too cold is dry and difficult to digest
- Don't eat **too fast or too slow**
- Details and benefits of pot/vessels used to serve food are given



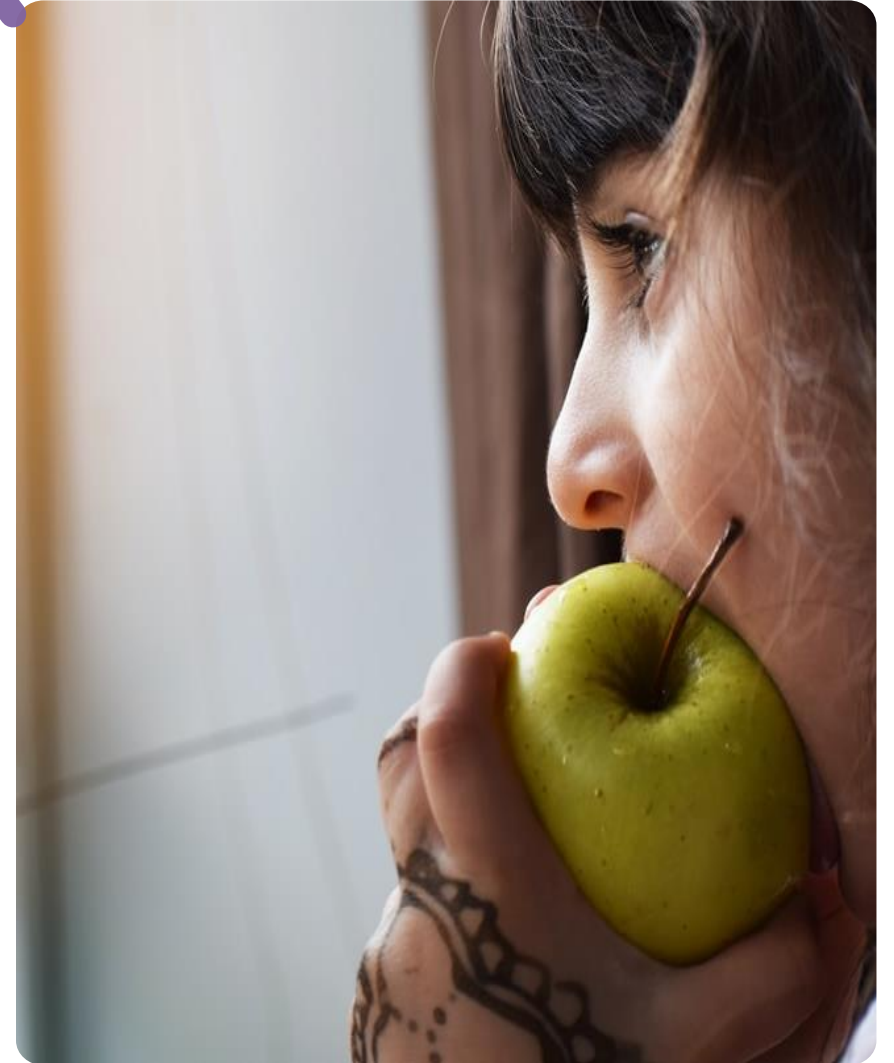
Consumption Sequence

- Consuming fresh **ginger and salt** is recommended **before** eating food
- Food being creator, taste being controller, person being a consumer should eat with body mind
- **Sweet/heavy** food should be **first**
- **Sour salty** should be in **middle** and
- **Bitter astringent pungent/light** should in the **end**



Consumption Sequence

- **Sour or sweet fruits** such as Pomegranate can be consumed before. However **banana, cucumber** should be consumed as a starters.
- **Tubers, sugarcane, Mushrooms/algae** should be consumed first
- **Hard/dry** food should be taken with ghee first
- **Heavy, Starchy, fried, sweets** should not be in the end and should be taken **in dose** considering one's capacity
- **Soft liquid** should be taken in the end
- Heavy food should be half of capacity, light should not be more than capacity, liquid can be as much you desire
- **Dry food** should be mixed with **liquid** while consuming and not alone as it may weaken digestive power/fire



Consumption Timing

- Eating **excess or eating little** or eating **improper time** are considered as irregular habits leads to heaviness/laziness or thinness, low strength or flatulence gargling/noise of intestines
- **Improper time** intake leads to inability/inefficiency
- **Eating late hours** leads to flatulence, low digestive power/fire



Liquid Consumption

Stomach

- $\frac{1}{2}$ quantum filled by solid
- $\frac{1}{4}$ by liquid and
- $\frac{1}{4}$ should kept of digestive movements and air produced

- Delay intake of excess water/liquid - during meal to avoid indigestion, less consumption leads to 'dosha'.
- Water consumed before meals dilutes digestive power and promotes thinness, in the middle supports and maintain, after meals gives weight/obesity and 'kapha'.
- Similarly milk, if consumed before middle and after gives same effect So the thirsty shouldn't eat but drink and hungry shouldn't drink but eat
- If you are on liquid diet, then restrict water consumption later





Food Remedies

Appetizer/Digester

Lemon one part, Sugar Water 6 part, Clove, and Black Pepper – (may use Tamarind instead lemon)

Digestion Support

Dry Ginger, Pepper, Long Pepper-powdered and mixed

Indigestion, Colic/Cystitis pain, Bladder Cleaning, and Loose Motions

Coriander 2 spoon, Cumin 1 spoon - boiled with 3 glass of water reduce it to half

Cough, Digestion

Fresh Ginger, Jaggery in equal parts



Food Remedies

Throat	Cinnamon 1, Cardamom 2, Dry Ginger 4, Licorice chews 8 parts
Cooling and Soothing	Coriander seed crushed paste 1 part, 4 part Sugar, and Camphor - keep overnight
Fever, Vomiting, Fainting	Cold water 6 part, 2 part Sugar, Camphor, Clove, Cardamom, Black Pepper - kept together for a while
Cystitis, Burning Sensation	Coriander fresh leaves juice 1 part, 2/3 part Sugar - boil until it thickens
Flatulence, Piles, Anal inflammation, and Hard Stool	Jaggery/Molasse 2 part, Dry Ginger ½ part , Pippali ½ part
Obesity	1 spoon Honey + 1 cup Hot Water in the morning

Incompatible Combinations

- Milk and Salt
- Milk and Sour Fruits
- Too many things together



Q & A

If you have mild/moderate Covid symptoms,
please participate in **survey**

<http://ayurvedaprotocol.org>

