

C.V.S.HOMOEOPATHIC CLINIC

DIET – GUIDELINES

“Health is Wealth”. To maintain good health one needs good food, good shelter and good atmosphere. In this present polluted world, one hardly gets the best food for one’s livelihood. But, if we are careful enough to select our diet by following the instructions and hints regarding “Balanced Diet”, it will be easier to maintain better health.

We, the south Indians, generally take more carbohydrates in our diet. If we slightly increase the quantity of proteins in our diet we can add a few more in years to our life.

BALANCED DIET

Balanced diet means the diet food that gives the nourishment and calories (energy) required for an individual, which is needed according to the age, sex and work. Balanced diet is one, which gives adequate energy that helps in body building and proper development of that individual both mentally and physically. Food basically contains

Carbohydrates:	Energy i.e., Calories
Fats:	Energy, Shape
Proteins:	Tissue building and repairs
Minerals:	Strength
Vitamins:	Protecting

VEGETARIANISM

Vegetarian food certainly has more advantages than non-vegetarian food. Now a days in western countries people are switching over to vegetarian food. According to Naturopathy as well as Siddhi Samadhi Yoga (SSY), it is better if we depend more on this vegetarian food in the natural form i.e., raw food, sprouted seeds and cereals or otherwise semi-cooked vegetables, fruits, leafy vegetables, fibrous food etc. according to SSY positive foods are those items which do not harm our body and help in proper development of our body and maintain good health.

In general people say milk is the complete food. But it is myth. The fact is that upto 2-3years of age only the human body can digest milk. After that one has to shift to vegetarian food slowly.

RESTRICTIONS FOR REFINED CARBOHYDRATES

The world is developing rapidly and the food habits are changing like anything. But in the true sense, their food habits are deteriorating as far as health point of view is concerned. The people especially the young generations are crazy about the fast foods, refined foods, bakery items and outside foods like eating in dhabas, hotels etc. Now a day the electronic media has its own role of spoiling the dietary habits of children. Presently the children are very much crazy about the artificial foods like powders to mix in milk, chocolates, biscuits etc which absolutely worthless.

ROLE OF ADULTERATION

Though we are taking foodstuff according to principles, it will be in vain, if we do not take care about adulteration. Pepper, Oils, Pulses, Chilly powder, Turmeric powder etc are the common things those are adulterated.

One of the most astonishing things is that, milk is being adulterated by hormones. People are giving hormones to cows and buffaloes for extra milk and these are transported through milk which we are consuming.

Almost all the vegetables are covered with pesticides and other chemical products. If we don't take care of these things, we would be consuming chemicals and other poisons slowly.

BETTER COOKING METHODS

DO's

- Use pressure cooker for better and quicker cooking
- Properly wash the vegetables and other food stuffs twice before cooking
- Vegetables should be taken in raw form as far as possible

DON'Ts

- Do not throw away the juices of vegetables and rice while cooking
- Do not consume deeply fried food
- Do not add cooking soda to dals since this process destroys vitamins

REGULATING THE ACTION OF GI TRACT

It is better for everyone to maintain fruit fasting or liquid fasting for half a day in a week. It will help our GI tract to renew its efficacy. While fasting, you must not take heavy, oily food on empty stomach (i.e., immediately after fasting).

HOMOEOPATHIC DIET

As such there are no diet restrictions in homoeopathic system of medicine. You are advised generally not to over indulge in any food items especially coffee, tea, alcohol, tobacco etc. Your diet is advised as per your body constitution. Food items to which you are allergic may be avoided. E.g. Diarrhoea on taking fish. In this case the patient will be advised not to consume fish items for some time i.e., till the treatment is over.

DISEASE RELATED

You may also be advised diet according to the nature of the disease you are suffering from. E.g: Restriction of sugar and carbohydrates for the patients of diabetes. Salt restricted diet for hypersensitive. But as such homeopathic system does not have any inherent food restrictions for you.

ENJOY EVERY FOOD ITEM THE NATURE HAS GIVEN YOU – BUT IN A NATURAL WAY AND RESTRAIN YOURSELF FROM ABUSE AND MISUSE

Last but not the least, as our Rishis said – the who consumes food dialy once is called “YOGI”, the person who consumes food twice or more is called “BHOGI” and the person who consumes food thrice or more is called “ROGI”.

MODEL DIET CHART:

For an adult of moderate working conditions diet which yields net energy of 2400 K.Cal. is necessary.

Bed Tea (6 am) – Tea /Coffee: 1 cup

Better alternative: Take fresh lime juice with a tsp. of honey in lukewarm water

Breakfast (8-9 am):

Bread – 6 Slices or Chapathi – 3 or Idlis – 4
 Butter – 1 tsp Curry (boiled) – 1cup Chutney – 2 tsp
 Milk with sugar – 1 cup

Lunch (12 noon – 1pm)

Rice - 3 cups or chapathi – 4
 Dal or Sambhar - 1/4 cup
 Green leafy vet - 1cup
 Salad - 1cup
 Curd -1cup
 Orange or Sweet lime - 1

Dinner (7-8 p.m): Same as lunch

1K = 150gms

This diet provides

Calories – 2450, Proteins – 77gms, Calcium – 1.1 gm, Iron – 43 mg, Retinot – 800 mag. Thiamin 1-9mg, Ribiflaxin – 1.4 mg.

Non-Vegetarian can include

1. Eggs two or mutton or Fish curry – 1 cup
2. Use 3tsp of extra oil to cook and cut down 1 cup of mild and dal for one meal

Food stuff	veg / gm	Non-veg / gm
Cereals	400	400
Pulses	70	50
Green leafy vegetables	50	100
Other vegetables	100	100
Roots @ Tubers	100	100
Fruits	100	100
Milk	400	200
Flesh foods	-	100
Sugar	20	20
Oil (for cooking)	20	30

For pregnant and nursing women – in addition to the above

Cereals – 50gm
 Green leafy vegetables – 25gm
 Milk – 50gm
 Oils and cream – 10gm should be given

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