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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Eat Right For A Healthy Life**

**By Dr. Shashikant Patwardhan**

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Our diet is an essential factor for the formation of our body. It is clearly mentioned in an Ayurvedic classic 'Charak Samhita' that consuming improper diet in improper way is the main cause of 'Disease'.

According to 'Charak Samhita –"An appropriate and suitable diet in a disease is equivalent to hundred drugs and any quantity of drug hardly compares to good results in disease without following proper dietetic regimen"

Ayurvedic has mentioned following principles for living full span of life with perfect health.

Diet should be regulated taking into account the 'Desha'(territory), 'Kala' (Season as well as time of the day) etc. One should be in a habit of taking all six 'Rasa' (tastes) in order to prevent nutritional deficiency disorders.

Time of consuming food : A person should take meal only when he feels hungry. Lunch should be taken early between 12 and 1P.M. this coincides with the peak Pitta period, Pitta is responsible for the digestion. Ayurveda recommends that the lunch should be the largest meal of the day. The supper should be lesser and lighter than lunch

Quantity of food : Generally half of the capacity of stomach should be filled with solids, ¼ th with liquids and rest kept empty for the free movements of body humors.

Sequence of consuming food :Madhur (sweet) rasa food like fruits are advisable to take in the beginning of meal, food with Amla and Lavana (sour and salty) rasa in the middle and Katu,Tikta,Kashay (bitter ,astringent and pungent) foods should be taken at the end of meal

Method of consuming food :

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\* Wash the face hands and feet before meal. Dine in an isolated neat and clean place in pleasant environment with the affectionate persons in sitting position.

\* Food should be taken after complete digestion of previous one.

\* Hard items should be consumed in the beginning followed by soft and liquids subsequently.

\* Few sips of water is advised now and then while taking meal.

\* Heavy substances are contraindicated after meals and should be avoided

\* Consumption of excessive hot food leads to weakness. Cold and dry food leads to delayed digestion. Intake of food prepared by giving extra

heat leads to 'Glani'. Hence consumption of such food should be avoided

Incompatible Food (Viruddha ahara):

Milk followed by fruits and vice versa.

Soar substance along with milk.

Milk with salt, horse gram, green gram & cow gram

Wheat preparations in gingelly oil(Tila taila)

Hot drinks after alcohol, curd or honey.

Cold and hot substances together

Banana with curd and butter milk

Chicken with curd

Ghee kept in bronze vessel

Radish with jaggery

Fish with jaggery or sugar

Jingelly seeds with kanjika.

Use of incompatible food leads to skin disorders, Gastro intestinal .Disorders , anaemia, leucoderma hyperacidity impotence etc. hence should be avoided.

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General Rules about food consumption :

Walk a while after meal to help digestion

No travelling, exercise or sexual intercourse within one hour after meal.

Avoid meals when thirsty and water while hungry.

Avoid meals after exertion

Avoid meals when you are having no appetite.

Don't suppress the appetite as it leads to body pain, anorexia, lassitude, vertigo and general debility

Don't suppress the thirst as it leads to general debility, giddiness and heart diseases.

Consumption of the fresh, acceptable, easily available and compatible food with various nutrients is a key to lead a healthy life.

Dr. Shashikant Patwardhan is practicing as 'Ayurvedic Consultant' for last 25 years at the city –Sangli , Maharashtra –India.

He has done his graduation in Ayurvedic Medicine and Surgery [B.A.M&S] and post graduate Fellowship of Faculty of Ayurvedic Medicine [F.F.A.M.] From Tilak Ayurved Mahavidyalaya, Pune University , India, during the years 1970–1976.

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He is an author of many books on Ayurveda and is first to publish them in ebook format. He has written ebooks like – Ayurvedic Cure of Diabetes , Home Remedies in Ayurveda , Treat Common Diseases with Ayurveda & Yoga , Ayurvedic Principles Revealed.

He regularly writes articles on various topics in Ayurveda in Ayurvedic health magazines and alternative medicine sites.

### **Child Nutrition: Help Your Child Be Healthy**

**By Carrie Myers**

The food your child eats is important not only now but also for the rest of his or her life. A small child is going to need various types of foods for energy to play, grow, and to build a healthy body. Muscles and bones are forming over the first fifteen years of life, and when eating the right types of foods and including smart nutrition your child is more likely to avoid sickness and to ward off some types of disease. Your child's nutrition Your child's nutrition is going to start with you. You child is going to

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see what foods you eat, and when you are more likely to eat them, and your child is going to build their own habits from those habits he or she sees you following. If you eat breakfast on the go, all the time, your child will feel this is normal and ok, but you should be sitting down to a breakfast every morning for good nutrition basics. Even if you are eating a bowl of cereal or you are enjoying a glass of juice, taking five minutes will encourage better eating habits. Nutrition for your child's health Healthy beginnings start with fruits, vegetables and good portions of meats. The food pyramid is going to be important in the early stages of life so that your child will learn to eat many types of foods, and not only the foods they like the taste and looks of. Giving your child many options in life will help them pick foods that are better for them in the long run. Healthy children are not going to eat burgers and fries for every meal, but they will have a well-rounded life with nutrition builders such as fruits, vegetables, meat, and variations of these builders. Teaching good habits for your child's nutrition awareness will start with reading labels. Learn about what preservatives and additives are in some of the foods you are eating, and then talk about these with your child as they grow. Include foods that are all natural, or that contain very little preservatives for a solid start in their understanding of nutrition.

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