

Alternate Remedies - Common Diseases

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Alternate Remedies – Common Diseases

Index

Sr. No.	Topic
24.01	Acidity
24.02	Anaemia
24.03	Anorexia - Loss of Appetite
24.04	Bronchitis
24.05	Cold
24.06	Constipation
24.07	Cough
24.08	Dandruff
24.09	Fever
24.10	Influenza
24.11	Insomnia
24.12	Obesity -Over weight
24.13	Piles
24.14	Sinusitis
24.15	Sore Throat
24.16	Tonsillitis
24.17	Weight Management & Diet

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24.01 / Acidity

1.1 **Acidity** over a period of time may get developed into a gastric or duodenal ulcer.

1.2 **Causes:**

- i) Emotional tension
- ii) Habitual consumption of excessively spiced or protein foods.
- iii) Smoking, night duty, tobacco.

1.3 **Symptoms:**

- i) Burning sensation in the belly especially after meals.

2.0 **Food Remedies:**

2.1 Take simple food without too much of spices. Limit the consumption of fried foods & sweets.

2.2 **What to eat:**

- Milk, ghee, butter, moongdal, green leafy vegetables, amla, pomegranate, carrot, grapes, kokum, white guard, amla sarbhat, Shatavari sarbhat, kokum sarbhat etc.

2.3 **Foods to be avoided:**

- Turdal, curd, non-veg, pickles, papad, raw banana, spicy food, fried food, chillies, tea, coffee, fermented food, cold drinks, sour food etc.

3.0 **Other Measures:**

3.1 Avoid constipation. Take 2 tablets of Triphala at bed time.

3.2 Shankhavati: 2 tablets after every meal.

3.3 Bio compound No. 25: 4 tablets 4 times a day.

3.4 Homeopathy: Nux Vom 30: 4 tablets 4 times a day.

3.5 Jesthamadh churna ½ teaspoon + 1 spoon Honey, preferable twice a day.

3.6 Allopathic: Gelucil one tablet in acute condition. Habit should not be formed.

3.7 Yogasanas: Vajrasana after meals for 5 minutes.

3.8 Get rid of worries and stay cheerful. Refer Medical → Stress Management.

24.02 / Anaemia

1.1 It is a condition in which there is a decrease in the quantity of haemoglobin or in the number of red blood cells. **Anaemia** is one of the most common ailments affecting human beings.

- Each person should have about 15 gm of haemoglobin per 100 ml of blood and a blood count of approx 5 million red cells per millimetre of blood.
- A red cell has a lifespan of approx. 120 days and is then destroyed and replaced. Approx. 100 million new blood cells are formed daily in the bone marrow. Red blood cells carry oxygen to the tissue.

1.2 Causes:

- i) Defect in the bone marrow.
- ii) Inadequate intake of iron, vitamins, proteins.
- iii) Heavy loss of blood due to injury, bleeding piles, excessive menstruation in women.
- iv) Lack of hydrochloric acid in the stomach.

1.3 Symptoms:

- i) Weakness, fatigue, lack of energy, dizziness.
- ii) Premature wrinkles dull & tired looking eyes, poor memory.
- iii) Shortness of breath on exertion.
- iv) Headache, slow healing of wounds.
- v) Palpitation.
- vi) Pale skin.

2.0 Food Remedies:

- 2.1** Vitamin B 12 is found in animal protein especially in meats such as kidney, liver and dairy products.
- 2.2** Beet helps in the formation of RBC due to their high iron content. The juice of red beet strengthens the body's resistance power.
- 2.3** The leaves of fenugreek help in blood formation. The seeds are also valuable. 5 fenugreek seeds should be soaked in 4 spoons of water for 30 minutes and then taken with water in which seeds were soaked.

- 2.4 The iron in lettuce is easily absorbed in the body.
 - 2.5 Spinach is also beneficial.
 - 2.6 The almonds say 5 nos. should be soaked in water for 2 hours and paste should be prepared after removing the skin. This paste should be eaten every day morning for 4 months.
 - 2.7 Honey is remarkable for building haemoglobin in the body as it contains iron, copper and manganese.
 - 2.8 Other food items: bananas, black grapes, plums, strawberries, raisins, onions, carrots, radish, celery, tomatoes.
 - 2.9 Dried black grapes 10 nos. should be soaked overnight in water and should be taken in the morning along with the water.
 - 2.10 Fresh Amla juice 2 teaspoons + one teaspoon honey should be mixed and taken twice a day or Amla churna $\frac{1}{4}$ teaspoon + honey to be taken once a day.
 - 2.11 **Foods to be avoided:**
 - White bread, polished rice, sugar, desserts, meat, curd, pickles, Papad, instant food, excessive tea, coffee, spicy food, farsan etc.
 - 2.12 One teaspoon Chyawanprash should be taken in the morning during winter.
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- 3.0 **Other Measures:**
 - 3.1 Cold water bath twice a day. The coldness of the water should be increased gradually.
 - 3.2 Sunbath for 20 minutes within one hour after sun rise.
 - 3.3 Deep breathing during sunbath.
 - 3.4 Light exercises such as walking, cycling, swimming etc.
 - 3.5 Massage and wet or dry rubbing.
 - 3.6 Water with iron content should be consumed.
 - 3.7 Iron pan and vessels should be used for cooking.
 - 3.8 Use khadi or cotton clothes.

24.03 / Anorexia (Loss of Appetite)

1.1 Anorexia is a symptom of disturbed digestion and common in all diseases which leads to general weakness. It is a result of sedentary life style, indigestion or constipation.

1.2 Causes:

- i)** Faulty diet, Eating junk, fast food.
- ii)** Hardly any physical activity.
- iii)** Stress, emotional disturbance.
- iv)** Nervous disorder.
- v)** General body disorders and diseases also lead to this condition.

1.3 Symptoms:

- i)** Patient refuses to eat.
- ii)** Insomnia. Not getting sound sleep / or disturbed sleep.

2.0 Food Remedies:

- 2.1** Two oranges a day should be taken. Orange stimulates flow of digestive juices, thereby improving digestion and increasing appetite.
- 2.2** The mixture of one teaspoon of lime juice + one teaspoon of ginger juice + ¼ teaspoon of rock salt should be taken after meals to tone up digestive system.
- 2.3** A small piece of ginger & salt may be chewed before meals.
- 2.4** 4 cloves of raw garlic should be boiled in a cup of water. Juice of ½ lemon should be added to this soup. To be taken twice a day.
- 2.5** Take liquid and fruit diet for 3 days.
- 2.6** ½ Apple to be taken daily for a month. Should be avoided /discontinued if patient experiences constipation.
- 2.7** Dinner should be taken before 7.30 pm. Dinner timing should be adhered to.
- 2.8** Drink atleast one glass of warm water during the day.
- 2.9** Do not drink water just before & after meals.

2.10 Spices such as hing, pepper, dry ginger, and clove should be used in cooking.

2.11 Foods to be taken:

- **Fruits:** Grapes, pomegranate, papaya
- **Vegetables:** Methi, cabbage, suran, spinach, raddish, moong, masur, lime pickle.

2.12 Foods to be avoided:

- Instant food, fermented food items, cold drinks, ice cream etc.

3.0 Other Measures:

3.1 Ice bag should be applied on stomach 30 minutes before meals.

3.2 Take cool hip bath twice a week.

3.3 Abdominal massage. The direction should be from right to left in clock wise direction.

3.4 Long walk in the evening before dinner.

3.5 Drakshasav: 3 teaspoons 3 times a day. Or Pancharishta: 3 teaspoons 3 times a day.

3.6 Liv 52: 1 tablet every alternate day for 3 months.

B Complex: one tablet after lunch. (Beplex forte or Supradyn)

One tablet of **Krumi Kuthar** to be taken on alternate days. (Max.3 tablets to be taken in month)

24.04 / Bronchitis

1.1 Bronchitis refers to the inflammation of the mucous membrane lining the bronchial tubes within the lungs.

1.2 Causes:

- i)** Smoking including passive smoking. (i.e. inhaling the cigarette smoke)
- ii)** Working or living in a stuffy atmosphere.
- iii)** Use of drugs to suppress earlier diseases.
- iv)** Hereditary.
- v)** Changes in weather.

1.3 Symptoms:

- i)** Large quantity of mucus is secreted and expelled as phlegm.
- ii)** Fever.
- iii)** Difficulty in breathing.
- iv)** Cough.
- v)** Hoarseness.
- vi)** Chest pain.
- vii)** Loss of appetite.

2.0 Food Remedies:

- 2.1** ½ teaspoon of turmeric powder + ½ glass of milk to be taken twice daily.
- 2.2** ½ teaspoon each of powder of ginger, pepper and cloves + honey to be licked 3 times a day.
- 2.3** **OR** Tea made of ½ teaspoon each of powder of ginger, pepper and cloves may be taken.
- 2.4** One teaspoon of raw onion juice to be taken first thing in the morning.
- 2.5** Hot Spinach soup may be taken daily.
- 2.6** Two teaspoons of linseed (alsi) should be boiled in 1 ½ cup of water till it is reduced to half. The hot decoction to be taken 3 times a day. Alsi seeds can be reused once.

2.7 Drink warm water occasionally.

3.0 **Other Measures:**

3.1 Fresh air bath

3.2 Deep breathing, Pranayam

3.3 Morning walk

3.4 Yogic kriyas like Jalaneti

3.5 Steam inhalation. Inhaling Capsule (available with chemist) may be added to warm water or few leaves of Holi basil can also be added in the warm water.

3.6 **Linga Mudra (Mudra of Heat):**

➤ **Method:** Fingers of both palms should lock each other barring left thumb which should be left perpendicular.

➤ **Benefits:** Improves immunity, creates heat, burns body fat, provides relief in cold.

3.7 **Bio compound No. 6:** 4 tablets 4 times a day. Continue this remedy for 3 months to eradicate the cold tendency.

➤ **Homeopathy Briyonia:** 4 tablets 4 times a day. Discontinue the remedy as soon as cough is under control.

➤ **If patient is also suffering from cold:** Homeopathy Aconite 30: 3 tablets trice a day & Homeopathy Ars. Alb.30: 3 tablets trice a day. Discontinue the remedy as soon as cold is under control.

3.8 ¼ teaspoon Sitopaladi churna + ½ Jesthmadh churna + pinch of ginger powder + one Teaspoon honey to be taken 4 times a day.

3.9 Ayurvedic Cough syrup of any reputed company may be taken as directed.

4.0 **Pathological Tests:**

➤ CBC & ESR.

➤ Chest X Ray in case of chronic cough.

➤ ECG

➤ Fasting blood sugar & PP sugar (in case the patient is above 40 years and suffering from cold over 5 days.)

24.05 / Cold

1.1 A **common cold** is an inflammation of the upper respiratory tract caused by infection with common cold viruses.

1.2 Causes:

- i) Exposure to the virus.
- ii) Low vitality, exposure to cold, lack of sleep.
- iii) Mental depression, fatigue.
- iv) Sudden changes in temperature, dust and other irritating inhalations.

1.3 Symptoms:

- i) Sore of throat and congestion of nasal passage.
- ii) Running nose, sneezing, a rise in temperature, headache, chill, body pain, loss of appetite.
- iii) The skin around the nostrils may become sore.

2.0 Food Remedies:

- 2.1** One **lemon** juice + a glass of **water** + teaspoon of **honey** should be taken twice a day.
- 2.2** Garlic soup (4 cloves of chopped garlic should be boiled in a cup of water) should be taken once a day.
- 2.3** Hot Ginger soup (½ “ginger cut in small pieces should be boiled in a cup of water + teaspoon of sugar) should be taken once a day.
- 2.4** Ginger can also be added to normal tea and taken twice a day.
- 2.5** ½ warm milk + ½ teaspoon turmeric powder may be taken once a day.
- 2.6** Tamarind and pepper Rasam can be taken 3 times a day. (Dilute 50 mg. tamarind in 250 ml of water. Boil the diluted tamarind water for few minutes with a teaspoon of hot ghee and ½ a teaspoon of black pepper powder.)
- 2.7** Regular intake of vitamin C-75 mg for adults and 35 mg. for children will prevent common cold.
- 2.8** Home made chicken soup is very effective remedy for common cold.

2.9 **Foods to be avoided:**

Meat, fish, eggs, cheese, cold drink, cucumber, guava, ice cream, curd, butter milk, fried food, instant food, fermented food, cold water, bananas, cold drink etc.

3.0 **Other Measures:**

3.1 Mild sunbath just after sunrise.

3.2 Fresh air

3.3 Deep breathing Right nostril

3.4 Brisk walk

3.5 Sound sleep

3.6 Inhalation of steam and steam facial may be taken to obtain quicker relief.
Capsule available with the chemist may be added to warm water before inhalation.

3.7 **Bio compound No. 5:** 4 tablets 4 times a day. Continue this remedy for 3 months to eradicate the cold tendency.

Homeopathy Aconite 30: 3 tablets trice a day. Discontinue the remedy as soon as cold is under control.

Homeopathy Ars. Alb.30: 3 tablets trice a day. Discontinue the remedy as soon as cold is under control.

3.9 ¼ teaspoon Sitopaladi churna + ½ Jesthmadh churna + pinch of ginger powder + 1 Teaspoon honey to be taken 4 times a day.

3.10 **Drakshasav:** 3 teaspoons 3 times a day.

3.11 **Linga Mudra (Mudra of Heat):**

➤ **Method:** Fingers of both palms should lock each other barring left thumb which should be left perpendicular.

➤ **Benefits:** Improves immunity, creates heat, burns body fat, provides relief in cold.

4.0 **Pathological Tests:**

➤ CBC,

➤ ESR,

➤ Fasting blood sugar & PP sugar (in case patient is above 40 years and suffering from cold over 5 days.)

24.06 / Constipation (Hardening of Stools)

1.1 It is a common disturbance of the digestive tract. Bowels do not move regularly or not completely emptied when they move. This condition is the chief cause of many diseases as it produces toxins which find their way into blood stream and are carried to all parts of the body.

- **Chronic constipation** may lead to Appendicitis, rheumatism, arthritis, high BP, cancer, cataract etc.

1.2 Causes:

- i) Faulty diet and sedentary style of living.
- ii) Intake of refined and rich foods, consumption of meat in large quantities, excessive consumption of strong tea & coffee.
- iii) Insufficient chewing, over eating, irregular habits of eating.
- iv) Lack of physical activities, exercise.
- v) Emotional stress and strain.
- vi) Frequent use of purgatives.

1.3 Symptoms:

- i) Infrequency, irregularity or difficulty in elimination of hard faecal matter.
- ii) Coated tongue
- iii) Foul breath
- iv) Loss of appetite
- v) Headache
- vi) Dizziness, dark circles under the eyes
- vii) Depression
- viii) Nausea
- ix) Pimples on the face
- x) Ulcers in the mouth
- xi) Diarrhoea alternating with constipation
- xii) Varicose veins
- xiii) Pain in the lumber region
- xiv) Acidity, heart burn
- xv) Insomnia

2.0 Food Remedies:

- 2.1** Food should be properly chewed. Hurried meals and meals at odd times should be avoided.
- 2.2** Eat raw salad before meals such as tomato, cucumber, onion, beet (boiled) potato (boiled), cabbage, carrot etc.
- 2.3** 10 Raisins (Black dried grapes –Manuka) should be soaked for at least 6 hours and eaten at bed time every day.
- 2.4** ½ boiled beet cut in to slices should be eaten everyday at dinner. Also include green vegetables in the diet.
- 2.5** Vegetable of Ladies fingers (Bhendi) and Suran should be taken atleast 3 times a week.
- 2.6** 4 dry figs should be washed / cleaned thoroughly in hot water and soaked overnight in water. Figs should be taken first thing in the morning along with the water in which they are soaked. (at least thrice a week)
- 2.7** 4 Fiber biscuits of reputed company should be taken with tea. Marie biscuits with Oats are also available in the market.
- 2.8** One spoon honey with ½ cup water to be taken at bed time. (Twice a week) (Provided the patient is not suffering from diabetes.)
- 2.9** One spoon of home made ghee with ¼ cup milk to be taken at bed time. (Once a week)
- 2.10** Following fruits to be taken. At least one fruit daily in the evening.
- Grapes, Guava, orange, papaya, figs, dates (1 seed), banana, apricot (zardalu) apple. Generally all fruits except jack fruit (Fanas) are beneficial in the treatment of constipation.
- 2.11** **Foods to be avoided:** Sugar & sugary foods, all products made of white flour, rice, bread, pulses, cakes, pastries, biscuits, cheese, hard boiled eggs, strong tea and coffee.
- 2.12** **Food items which can be consumed:** Curd, Pop corn, Spinach, Lettuce, Salad, buttermilk.
- 2.14** Dinner should be taken at least two hours before bed time.

3.0 Other Measures:

- 3.1** Drink at least 1.5 to 2 Litres of water every day. Every hour drink ½ glass of water. Do not drink water while taking meals. Drink water 20 minutes before meals and one hour after meals.

- 3.2 First activity after getting up in the morning: Drink at least one glass of water which has been kept overnight in a copper vessel. Copper vessel should be cleaned every day.
- 3.3 Bio compound No.4 Constipation: 4 tablets 3 times daily.
- 3.4 2 tablets of Triphala churna should be taken at night. (Every alternate days)
- 3.5 One tablet of Beplex Forte or Supradyn daily after Lunch.
- 3.6 To apply Kailash Jeevan ointment to anus. (daily at night)
- 3.7 Morning walk daily 30-40 minutes.
- 3.8 Emotional stress and strain should be avoided.

24.07 / Cough (A common symptom of Respiratory disorders)

1.1 The air passages of the lungs are lined with cells secreting mucus, which normally traps particles of dust. When the membranes get infected and inflamed, the secretion of mucus increases and the lining of the air passages get irritated. **Coughing is the action by which excess mucus is driven out.**

1.2 Causes:

- i) Change in weather conditions or seasonal changes.
- ii) Clogging of bronchial tubes with waste matters due to wrong eating habits.

2.0 Food Remedies:

- 2.1** A cup of grape juice + teaspoon of honey is a good remedy OR Drakshasav 2 teaspoons thrice a day.
- 2.2** One teaspoon onion juice + one teaspoon of honey to be mixed and kept for 4 hours make an excellent cough syrup. To be taken twice a day.
- 2.3** A medium sized onion should be crushed, add juice of one lemon, add one cup of boiling water, add one teaspoon of honey. This mixture should be taken twice a day.
- 2.4** Aniseed (somp) tea should be taken regularly. One teaspoon of aniseed to be boiled in a cup of water and taken hot.
- 2.5** Two teaspoon of honey + a glass of water may be taken twice a day.
- 2.6** Drink warm water occasionally.

2.7 Foods to be avoided:

- Meat, sugar, tea, coffee, soft drinks, ice cream, white flour products, pickles, refined and processed food, fried food, curd, butter milk etc.

3.0 Other Measures:

- 3.1** Steam inhalation
- 3.2** Deep breathing

3.3 Linga Mudra (Mudra of Heat):

- **Method:** Fingers of both palms should lock each other barring left thumb which should be left perpendicular.
- **Benefits:** Improves immunity, creates heat, burns body fat, provides relief in cold.

3.4 Bio compound No. 6: 4 tablets 4 times a day. Continue this remedy for 3 months to eradicate the cold tendency.

Homeopathy Briyonia: 4 tablets 4 times a day. Discontinue the remedy as soon as cough is under control.

If patient is also suffering from cold: Homeopathy Aconite 30: 3 tablets trice a day. Homeopathy Ars. Alb.30: 3 tablets trice a day. Discontinue the remedy as soon as cold is under control.

3.5 ¼ teaspoon Sitopaladi churna + ½ Jesthmadh churna + pinch of ginger powder + one Teaspoon honey to be taken 4 times a day.

3.6 Ayurvedic Cough syrup of any reputed company may be taken as directed.

4.0 Pathological Tests:

- CBC, ESR,
- Chest X Ray in case of chronic cough
- Fasting blood sugar & PP sugar (in case patient is above 40 years and suffering from cold over 5 days.)

24.08 / Dandruff

1.1 The term **dandruff** generally refers to scalp condition of skin wherein shiny, silvery scales separate from the scalp and gets collected amidst the hair.

1.2 Causes:

- i)** Impairment of general health due to wrong eating habits, constipation.
- ii)** Emotional tension, harsh shampoos.
- iii)** Exposure to cold.
- iv)** General exhaustion.

1.3 Symptoms:

- i)** Scales from the scalp fall like snowflakes and settle on eyebrows, shoulders and clothes.

2.0 Food Remedies:

2.1 Two teaspoons of fenugreek seeds should be soaked overnight in water and grounded into a fine paste in the morning. The paste should be applied all over the scalp and left for half an hour. The hair should then be washed thoroughly with shikakai soap.

2.2 The use of a teaspoon of fresh lime juice for the last rinse while washing the hair is another useful remedy against dandruff.

2.3 The fresh juice of a snake guard (padawal) should be rubbed over the scalp.

2.4 Food to be avoided:

- Citrus fruits, bananas, dried, stewed or tined fruits, meats, sugar, white flour, strong tea or coffee, pickles, refined and processed foods.

3.0 Other Measures:

3.1 The scalp should be massaged everyday using finger tips.

3.2 Head should be exposed to the rays of the sun early morning within one hour from sun rise.

3.3 Comb the hair with magnetic brush for 15 minutes preferably twice a day.

24.09 / Fever

1.1 **Fever** refers to a condition of the body in which the temperature goes beyond the normal. It is also characterised by disturbance in the normal functioning of the system. Average body temperature is between 36.9 ° C and 37.5 ° C or 98.4 ° F & 99.5 ° F.

- Fever is not a disease in itself, but merely a symptom of some disorder. **The root cause of fever should be traced.**

1.2 Causes:

- i) Wrong diet and unhygienic conditions of living. Fever is the natural attempt of the body to get rid off toxins in the body.

1.3 Symptoms:

- i) Slight shivering, headache and pain in various parts of the body, thirst.
- ii) Flow of urine is scanty.
- iii) With rise in fever, pulse and respiration becomes faster.

2.0 Food Remedies:

2.1 A decoction made of about 15 **Holi basil leaves** , boiled in 500 ml water should taken twice a day with half cup milk + one teaspoon sugar + ¼ teaspoon cardamom (chhoti elaichi)

2.2 Tea made from **fenugreek seeds** should be taken twice a day.

2.3 **Saffron tea** prepared by putting ½ teaspoon of saffron in 30 ml boiling water. A teaspoon of this tea should be given every hour till temperature returns to normal.

2.4 Half a glass of **grapefruit juice** should be taken with an equal quantity of water.

2.5 **Orange juice** may be taken once a day.

2.6 No solid food should be taken till the fever subsides.

2.7 Food to be consumed:

- Rice, mung/masoor soup, grapes, pomegranate, milk, liquid rice, glucose powder.

2.8 Make decoction of following ingredients: 2 cup water + 5 Holi basil leaves (Tulsi) + 5 Pudina leaves + 4 black pepper + green tea + Gud/sugar to taste. This should be boiled till it is reduced to 1 cup. To be taken ½ cup at a time for 4 times in a day.

2.9 Foods to be avoided:

- Wheat products, bread, fried food, butter milk, banana, guava, curd, cucumber etc.

3.0 Other Measures:

- 3.1 Cold compresses to the head. Salt may be added to the water.
- 3.2 Cold pack to the whole body. Do not cover the pack with blankets.
- 3.3 Plastic Clip or rubber band can be applied to thumb and first two fingers for about 5 minutes. Rest for 15 minutes. Repeat till fever comes down to normal. It has been observed that fever is brought under control within 30 minutes. (Care must be taken to ensure that blood supply to fingers dose not gets affected.)
- 3.4 Avoid bath till the fever subsides.
- 3.5 Take rest.
- 3.6 **Bio compound No. 11:** 4 tablets 4 times a day.
- Ferrom Phos 30:** 4 tablets 4 times a day.
- 3.7 The patient should abstain from solid food. Observe fast or take rice soup.

24.10 / Influenza (Flu)

1.1 It results from **infection with influenza viruses**. The disease is highly contagious. Muscular pain, headache, cough, cold and low fever are the main symptoms of influenza.

1.2 Causes:

- i) Influenza is a viral disease and affects those with toxic and run-down conditions which is due to:
 - Dietetic errors and faulty style of living.
 - Worry, overwork, lack of proper exercise, keeping late hours.

1.3 Symptoms:

- i) Muscular pain, headache, cough, cold and low fever.
- ii) Weakness.
- iii) The temperature may rise up to 104° F.
- iv) There is an inflammation in the nose and throat which may spread down the wind pipe to the lungs, resulting in a sore throat, cough and running nose and eyes.

2.0 Food Remedies:

- 2.1** **Garlic** is helpful as a general antiseptic and the patient should take garlic soup at least once a day. (2 garlic gloves may be boiled in a glass of water for 10 minutes to make a soup)
- 2.2** A teaspoon of **turmeric powder** should be mixed in a cup of warm milk and taken 3 times a day.
- 2.3** **Onion juice & honey** should be mixed in equal quantity and 3 teaspoons of this mixture should be taken daily.
- 2.4** A teaspoon of **fresh ginger juice** mixed with a cup of **fenugreek decoction + honey** should be taken. Fenugreek decoction should be prepared by boiling one teaspoon of fenugreek seeds in a half a litre of water, till it is reduced by 1/3.
- 2.5** **Grape fruit juice** may be taken say 100 ml. once a day.
- 2.6** About 15 basil leaves should be boiled along with ginger in 500 ml water till it is reduced to 250 ml. This decoction should be taken as tea. This remedy provides instant relief.
- 2.7** The patient should abstain from solid food.

2.8 The patient should drink fruit/vegetable juice on 50:50 basis.

2.9 **Foods to be avoided:**

- Spices, alcohol, tobacco, strong tea & coffee, highly seasoned meat, over boiled milk, pulses, potatoes, rice, cheese, tinned foods.

3.0 **Other Measures:**

3.1 Fomentation of the face with steam can also be taken to reduce the discomfort of the cold.

3.2 **Deep breathing** mainly through left nostril.

3.3 Clip or rubber band can be applied to thumb and first two fingers for about 5 minutes. Rest for 15 minutes. Repeat till fever comes down to normal. It has been observed that fever is brought under control within 30 minutes.

3.4 **Bio compound tablets No. 5, 6 & 11:** 4 tablets 4 times a day.

24.11 / Insomnia (Inability to Sleep)

1.1 The term '**Insomnia**' literally denotes a complete lack of sleep. It is however used to indicate a relative inability to sleep that consists of difficulty in falling asleep, difficulty in remaining asleep, early final awakening or combinations of these.

1.2 Causes:

- i) Mental tensions, anxiety, worries, overwork.
- ii) Suppressed feelings of resentment, anger and bitterness.
- iii) Constipation.
- iv) Indigestion.
- v) Over eating at night.
- vi) Excessive intake of tea & coffee.
- vii) Smoking.
- viii) Going to bed hungry.

1.3 Symptoms:

- i) Difficulty in falling asleep.
- ii) Changes in duration and quality of sleep.
- iii) Persistent changes in sleep patterns.
- iv) Lack of concentration during the day.

2.0 Food Remedies:

2.1 Thiamine: A body starved of thiamine over a long period will be unable to relax and fall asleep naturally. Sources- wholegrain cereals, pulses and nuts.

2.2 Lettuce: Lettuce seeds taken in a decoction are useful in insomnia. One tablespoon of seeds should be boiled in ½ litres of water, till it is reduced by 1/3.

2.3 Milk: A glass of milk, sweetened with honey should be taken every night before going to bed. (Provided the patient is not suffering from diabetes.)

2.4 Curd: Plenty of curd should be consumed.

- 2.5 **Honey:** It should be taken with water, before going to bed, in dosage of 2 teaspoons in a large cup of water.
- 2.6 Diet should be balanced.
- 2.7 Low salt diet should be taken.
- 2.8 **Foods to be avoided:**
- White flour preparations, sugar & its products, tea, coffee, chocolate, cola drinks, alcohol, fatty foods, fried foods, foods which cause gas.
- 2.9 Bananas, chikoo, grapes may be eaten after dinner.
- 2.10 Grape syrup (Drakshasav): 2 teaspoons twice a day.
- 2.11 Avoid tea & coffee after 6 pm.
- 3.0 **Other Measures:**
- 3.1 Exercise during the day such as regular walking, cycling etc.
- 3.2 Yoga asanas: Shavasana
- 3.3 Meditation, cultivating hobbies, relaxation exercises.
- 3.4 Evening meal should be taken early.
- 3.5 Hot water bath before going to bed.
- 3.6 Wash feet, hands & face by cold water before going to bed.
- 3.7 **Bio compound no.16:** 4 tablets thrice a day.
- 3.8 **Dhynamudra: 15 minutes.**
- **Method:** Thumb & index finger should touch each other with the other three fingers stretched out.
 - **Benefits:** Improves concentration, helps to increase memory and prevents insomnia. Anger can be controlled and reduces depression.
- 3.9 **Prithvi Mudra (Mudra of Earth):**
- **Method:** Thumb & the ring finger should touch each other with the other three fingers stretched out.
 - **Benefits:** Equilibrium is set between body & mind.

24.12 / Obesity (Over weight)

1.1 **Obesity** may be described as a condition characterised by excessive deposit or storage of fat in the body. It usually results from consumption of food in excess of physiological needs and insufficient physical activity or exercise.

1.2 **Causes:**

- i)** Over eating. E.g. intake of calories beyond the body's energy requirement.
- ii)** Obesity is rarely the result of disturbances of the thyroid or pituitary glands. Glandular disorders may account for at best 2-3 % of total incidence.
- iii)** Hereditary.
- iv)** Lack of exercise / sedentary life style.
- v)** Metabolism problem.
- vi)** Smoking.
- vii)** Antidepressant medicines, diabetes, cancer, kidney disorder etc.

1.3 **Symptoms:**

- i)** Obesity is a serious health hazard as the extra fat puts a strain on the heart, kidneys and liver as well as the large weight bearing joints such as the hips, knees and ankles, all of which shortens the life span.
- ii)** Over weight persons are susceptible to several diseases like heart attack, high BP, diabetes. Arthritis, gout, liver disorder etc.

2.0 **Food Remedies:**

- 2.1** A glass of water + one teaspoon of honey + juice of ½ lemon should be taken at regular intervals.
- 2.2** Lemon juice may be taken once a day.
- 2.3** Cabbage is of great value in weight reduction. Raw cabbage may be taken in moderation but should be chewed well as otherwise it may cause flatulence (gas).

- 2.4 2 ripe tomatoes may be taken for break fast for a month. (Provided the patient is not suffering from kidney stones.)
- 2.5 Finger Millet (Nachani) is ideal food for obese because digestion is slow. You get khakara, chips of finger millet. You can eat rotis made of finger millet.
- 2.6 Two cups of water should be boiled till it is reduced to ½ cup. This warm water should be taken twice a day.
- 2.7 A glass of water + two teaspoons of honey to be taken first thing in the morning.
- 2.8 **Foods to be avoided:**
- High fat foods such as butter, cheese, chocolate, cream, ice cream, fat meats, fried food and gravies.
 - High carbohydrate foods like breads, cake, cookies, potatoes, sugar, rice, syrup, rich puddings, soft drinks, alcohol etc.
 - In take of foods containing high proportion of carbohydrate should be reduced drastically.
- 2.9 Do not drink water after meals.
- 3.0 **Other Measures:**
- 3.1 Brisk walking, swimming, cycling.
- 3.2 Heavy massage twice a week.
- 3.3 Deep breathing.
- 3.4 Negative emotions such as anxiety, fear, hostility and insecurity should be avoided.
- 3.5 Use Triphala churna instead of soap for bath.
- 3.6 Take 4 tablets of Medohar Guggul daily.
- 4.0 **Adverse effects of Obesity:**
- 4.1 Muscle tone is reduced.
- 4.2 Adverse effects on bones leading to osteoporosis.
- 4.3 Heart & blood circulation, kidney problem.

- 4.4 Respiratory complaints.
- 4.5 Digestion is affected.
- 4.6 Functioning of endocrine glands is affected.
- 4.7 Problems in any surgery.
- 4.8 Life span is reduced.
- 4.9 Mental tension and social problems.
- 4.10 Reproductive organ's efficiency.

5.0 **Overweight:**

- Moderately overweight = Ideal weight + 10%
 - Markedly overweight = Ideal weight + 20 % & above
- 5.1 Ideal weight can be found from the chart which gives ideal weight based on sex, height & built.
 - 5.2 As per Broca's index, ideal weight = Height in cm less 100.
 - 5.3 Some doctors consider that a person should have one kg of weight for every inch of height.
 - 5.4 In medical field, Body Mass Index (BMI) is used instead of weight to decide whether a person is overweight or otherwise.
 - BMI = weight in kg divided by (square of height in meters)
 - If BMI > 30 then a person is considered as obese.
 - 5.5 As per LIC underwriting chart, estimated weight = standard weight + $\frac{1}{2}$ (actual chest + actual abdomen – abdominal Girth)
 - 5.6 500 calories taken less than the daily average needs is estimated to reduce weight by $\frac{1}{2}$ kg per week. In other words, 3500 calories should be either consumed less from your daily requirement or 3500 calories to be burnt by exercises etc. without increasing the diet to reduce $\frac{1}{2}$ kg weight per week.

5.7 The calorie intake needs of the average human body depends on age and level of activity.

- A calorie or kilocalorie (kcal) is a unit of energy. A calorie is the heat required to raise temperature of 1000 kilogram of water by 1 degree Celsius, especially from 15° to 16 C°.
- Average requirement is 800-900 calories for sedentary life style and 1000-1200 calories for active life style.
- However for exact requirement, one may refer the following chart based on weight.

Total Quantity of Food to be consumed: (Unit: Cal/Kg)

	Sedentary Life	Moderate physical activity	Severe physical activity
Obese	20-25	30	35
Shapely	30	35	40
Lean	35	40	45-50

24.13 / Piles (Haemorrhoids)

1.1 **Piles** is one of the most common ailments today. It is a varicose and often inflamed condition of the veins, inside or just outside the rectum. In external piles, there is a lot of pain but not much bleeding. In the case of internal piles, there is discharge of dark blood. In some cases, the veins burst and this results in what is known as bleeding piles.

1.2 **Causes:**

- i) Chronic constipation and other bowel disorders. The straining in order to evacuate the constipated bowels and the pressure thus caused on the surrounding veins leads to piles.
- ii) Piles are common in pregnancy and in conditions affecting the liver and upper bowel.
- iii) Prolonged periods of standing or sitting, strenuous work, obesity, mental tension, hereditary, general weakness etc.

1.3 **Symptoms:**

- i) Pain at passing stools, slight bleeding in the case of internal trouble and feeling of soreness and irritation after passing a stool.
- ii) The patient can not sit comfortably due to itching, discomfort and pain in the rectal region.

2.0 **Food Remedies:**

2.1 **Dry Figs: (Anjeer):** 5 dry figs should be soaked over night in water after being cleaned thoroughly in hot water. They should be taken first thing in the morning along with water in which they were soaked. They should also be taken in the evening in a similar manner.

2.2 **Jambul Fruit:** The fruit should be taken with salt every morning for 3 months during the season.

- 2.3 Radish:** White radish is considered highly valuable in piles. 100 grams of grated radish mixed with a teaspoon of honey may be taken twice daily. White radish well grounded into a paste in milk can also be applied over inflamed pile masses to relieve pain and swelling.
- 2.4 Ginger:** Half a teaspoon of fresh ginger juice mixed with one teaspoon each of fresh lime juice and fresh mint juice and tablespoon of honey, constitutes an effective medicine for piles.
- 2.5 Onions:** About 30 grams of this vegetable should be finely rubbed in water and two table spoon of sugar should be taken twice a day.
- 2.6** Amla Churna: ½ teaspoon to be taken with butter milk.
- 2.7 Foods to be avoided:**
- Pulses, preparations of refined white flour and other constipating foods, spicy food, salty food, fermented food, Idli, curd, tea, coffee, instant food, Turdal, eggs, meat, fish, pickles, Papad etc.
- 2.8 Foods to be consumed:**
- **Following fruits to be taken.** At least one fruit daily in the evening. Grapes, Guava, orange, papaya, figs, dates (1 seed), banana, apricot (zardalu) apple. Generally all fruits except jack fruit (Fanas) are beneficial.
- 2.9** Vegetable of Ladies fingers (Bhendi) and Suran should be taken at least 3 times a week.
- 2.10** ½ boiled beet cut in to slices should be eaten everyday at dinner. Also include green vegetables in the diet.
- 2.11** 10 Raisins (Black dried grapes –Manuka) should be soaked for at least 6 hours and eaten at bed time every day.
- 2.12** Drink at least 1.5 to 2 Litres of water every day. Every hour drink ½ glass of water. Do not drink water while taking meals. Drink water 20 minutes before meals and one hour after meals.

- 2.13** Eat raw salad before meals such as tomato, cucumber, onion, beet (boiled) potato (boiled), cabbage, carrot etc.
- 2.14** One spoon honey with ½ cup water to be taken at bed time. (Provided the patient is not suffering from diabetes)

3.0 Other Measures:

- 3.1** To apply Kailash Jeevan ointment to anus. (daily at night)
- 3.2** Take warm water hip bath twice a day.
- 3.3 Bio compound No.17 Piles:** 4 tablets 3 times daily.
- 3.4 Bio compound No.4 Constipation:** 4 tablets 3 times daily.
- 3.5** Apply piles ointment of any reputed company as directed.
- 3.6** Avoid constipation. Refer Tips given in article 24.06 for avoiding constipation.

24.14 / Sinusitis

1.1 Sinusitis refers to an inflammation of the mucus membrane lining the paranasal sinuses. Sinuses are hollow regions in the skull on the sides of the nasal bone.

1.2 Causes:

- i) It often follows a common cold, influenza and other infections.
- ii) It results from the inflammation of the sinus passages and over secretion of mucus by the membranes lining the nose and the throat.

1.3 Symptoms:

- i) Excessive or constant sneezing, a running nose, blockage of one or both nostrils.
- ii) Headaches and pressure around the head, eyes & face. Sinus headaches are usually felt in the forehead and in the face just below the eyes.
- iii) Low grade fever, lack of appetite and difficulty in breathing.

2.0 Food Remedies:

2.1 Garlic & Onion should form part of daily diet.

2.2 Fenugreek Tea should be prepared by boiling one teaspoon of seeds in 250 ml. water till it is reduced to half. Up to 4 cups should be taken daily till condition shows improvement.

2.3 Vegetable Juice: Carrot juice 500 ml. or mixed juice 100 ml. each of beet & cucumber juice or 200 ml. of spinach juice + 300 ml. carrot juice.

2.4 Diet rich in **Vitamin A & C** should be taken. Vitamin A can be obtained from whole milk, curds, eggs, yolk, pumpkin, carrots, leafy Veg, tomatoes, mangoes, papaya etc.

2.5 Foods to be avoided:

- Fried and starchy food, white sugar, white flour, rice, macaroni products, pie, cakes etc.

3.0 Other Measures:

3.1 Face should be washed with hot & cold water alternatively.

- 3.2 Nasal inhalation of steam for 5 minutes every hour. Capsule (available in chemist shop) or 10 leaves of Holi Basil may be added to hot water.
- 3.3 Plenty of sleep & adequate rest.
- 3.4 Fresh air.
- 3.5 Avoid the use of perfumes and strongly scented hair oil.
- 3.6 Chest pack.
- 3.7 Steam inhalation with facial fomentation.
- 4.0 **Vitamin C (Ascorbic Acid) 500mg:** One tablet a day for 10 days. Observe a gap of 15 days and then repeat for another 10 days. (Brand name Celin)
Supradyn: one tablet after lunch. (Supradyn has good quantity of Vit. A & B complex)
The patient may get yellow urine due to consuming this tablet. Excess vitamin is thrown out by the body in urine and hence the urine gets yellow colour.

24.15 / Sore Throat

1.1 Sore Throat occurs frequently when a person has a cold or an attack of influenza.

1.2 Causes:

- i) Common cold
- ii) Influenza
- iii) Sinusitis
- iv) Measles
- v) Leukaemia
- vi) Diphtheria

1.3 Symptoms:

- i) Pain, irritation and inflammation in the throat followed by chills, fever and some hoarseness.
- ii) Back of the throat may become red and even covered with greyish-white membrane.
- iii) Difficulty in swallowing (during acute stage)
- iv) Post nasal discharge.
- v) The lymph glands may become swollen & tender.

2.0 Food Remedies:

2.1 Bishop's weed: An infusion of the seeds mixed with common salt can be used as a gargle in an acute condition caused by the cold.

2.2 Fenugreek seeds: Two tablespoons of fenugreek seeds should be put in a litre of cold water and allowed to simmer for half an hour over a low flame. Then it should be allowed to cool to a bearable temperature strained and then used entirely as a gargle.

2.3 Holy Basil: Water boiled with basil leaves should be taken as a drink and also used as a gargle to relieve sore throat.

- 2.4 Tea decoction:** A decoction made from tea leaves mixed with a pinch of salt should be used as gargle 2-3 times a day. It is not necessary to use fresh leaves for this purpose. Boiling water can be poured over used leaves in the tea pot.
- 2.5** Fasting for one day followed by liquid diet for one day greatly relieves the soreness.
- 3.0 Other Measures:**
- 3.1** Wet pack should be applied to the throat at two hourly intervals during the day and one at night.
- 3.2** Deep breathing.
- 3.3** Gargle with hot water with pinch of salt.
- 3.4** Cough syrup of any reputed company may be taken as directed.

24.16 / Tonsillitis

1.1 Tonsillitis refers to acute inflammation of the tonsils which lie, one on each side of the throat.

1.2 Causes:

- i) Toxic condition of the system. The tonsils enlarge and get inflamed when the toxins cannot be got rid of through the normal channels of elimination.
- ii) Chronic constipation.

1.3 Symptoms:

- i) Sore throat, fever, headache, pain in various parts of the body, difficulty in swallowing & general weakness.
- ii) The tonsils are seen to be inflamed and red when the mouth is opened.
- iii) Spots of pus are also seen.
- iv) Tonsil lymph glands are tender & enlarged.
- v) In severe cases, ear may also pain.

2.0 Food Remedies:

2.1 Lime: A fresh lime squeezed in a glass of warm water with 4 teaspoons of honey and quarter teaspoon of common salt should be sipped slowly.

2.2 Milk: A glass of pure boiled milk mixed with a pinch of turmeric powder and pepper powder should be taken for 3 nights.

2.3 Veg. Juices can be taken individually or in combination. Mix juice of 300 ml carrot juice + 100ml beet juice + 100 ml cucumber juice may be taken once a day.

2.4 Fenugreek seeds: Two teaspoons of fenugreek seeds should be allowed to simmer for 30 minutes in 1000 ml. water and then set aside to cool. The entire water should be used the same day as a soothing gargle.

2.5 Lemon & Orange juice diluted in water can be taken.

2.6 Foods to be avoided:

- Sour food like curds, butter milk, spices, fried foods, foods with high carbohydrates.

3.0 Other Measures:

3.1 Cold pack should be applied to throat every 2 hours.

3.2 Deep breathing.

3.3 Gargling with hot water and honey.

3.4 Application of wet clay (Multani Mati –available in chemist shop) externally on the throat.

3.5 Avoid constipation.

3.6 Sprinkle turmeric powder on tonsils followed by gargling with warm water with a pinch of salt.

3.7 Bio compound tablets No.10: 4 tablets 4 times a day in acute conditions.

24.17 / Weight Management & Diet

- 1.1 Obesity** may be described as a condition characterised by excessive deposit or storage of fat in the body. It usually results from consumption of food in excess of physiological needs and insufficient physical activity or exercise.
- 2.0 Overweight:**
- Moderately overweight = Ideal weight + 10%
 - Markedly overweight = Ideal weight + 20 % & above
- 2.1** Ideal weight can be found from the chart which gives ideal weight based on sex, height & built.
- 2.2** As per Broca's index, ideal weight = Height in cm less 100
- 2.3** Some doctors consider that a person should have one kg of weight for every inch of height.
- 2.4** In medical field, Body Mass Index (BMI) is used instead of weight to decide whether a person is overweight or otherwise.
- BMI = weight in kg divided by (square of height in meters)
 - If BMI > 30 then a person is considered as obese.
- 2.5** As per LIC underwriting chart, estimated weight = standard weight + $\frac{1}{2}$ (actual chest + actual abdomen - abdominal Girth)
- 2.6** 500 calories taken less than the daily average needs is estimated to reduce weight by $\frac{1}{2}$ kg per week. In other words, 3500 calories should be either consumed less from your daily requirement or 3500 calories to be burnt by exercises etc. without increasing the diet to reduce $\frac{1}{2}$ kg weight per week.
- 2.7** The calorie intake needs of the average human body depends on age and level of activity.
- A calorie or kilocalorie (kcal) is a unit of energy. A calorie is the heat required to raise temperature of 1000 kilogram of water by 1 degree Celsius, especially from 15° to 16 C°.
 - Average requirement is 800-900 calories for sedentary life style and 1000-1200 calories for active life style.
 - However for exact requirement, one may refer the following chart based on weight.

Total Quantity of Food to be consumed: (Unit: Cal/Kg)

	Sedentary Life	Moderate physical activity	Severe physical activity
Obese	20-25	30	35
Shapely	30	35	40
Lean	35	40	45-50

3.0 Weight Management:

- 3.1 Ascertain your ideal weight as per 2.1 or 2.2 or 2.3.
- 3.2 Compare maximum weight indicated by above calculation with your actual weight.
- 3.3 Arrive at weight to be reduced.
- 3.4 Calculate calories consumed presently.
- 3.5 Redefine your diet based on your activity, weight after considering calories chart given below. Effort has been made to include food items of daily consumption. However considering the variety of food items in India, it is difficult to cover all items and hence it is suggested to refer internet sites, medical & diet books etc.
- 3.6 Start moderate exercises such as walking, cycling etc. and consume additional calories.
- 3.7 Keep a diary to note down your daily actual intake for reference. (will act as peers pressure)
- 3.8 The patient should look at the calorie count given on all packed food products.

1.0 / Cereals

1.0	Item	Qty or measure	Weight of the flour or whole	Weight after cooking	Calories
1.1	Phulkas	1	15 gm flour	18 gm	50
1.2	Chapatti with oil	1	25 gm flour	35 gm	100
1.3	Jawar Bhakari	1	60 gm flour	80 gm	200
	Millet Bhakari	1 small		45 gm	110
1.4	Paratha + one teaspoon oil	1	50 gm flour	80 gm	200
1.5	Bhatura	1	15 gm flour	30 gm	100
1.6	Puri with one teaspoon oil	1	8 gm flour	18 gm	50
1.7	Slice bread	1 slice		20 gm	50
1.8	Khakra	1	12 gm flour	15 gm	50

1.9	Cooked Rice	1 cup (150 ml)	30 gm rice	100 gm	100
1.10	Vegetable Pulav with one teaspoon oil	1 cup	30 gm rice	140 gm	200
1.11	Khichri	1 cup	30 gm rice + Pulse	100 gm	100

2.0/Fats

2.0	Item	Measure	Weight	Calories
2.1	Oil	1 teaspoon	5 gm	50
2.2	Butter, Ghee, Vanaspati	1 teaspoon	5 gm	50
2.3	Cream Thick	1 teaspoon	15 gm	50
2.4	Cream Thin	1 teaspoon	15 gm	25
2.5	Paneer	1 teaspoon	30 gm	112

3.0/ Pulses

3.0	Item	Qty or measure	Weight of the flour or whole	Weight after cooking	Calories
3.1	Usal + one teaspoon oil	1 cup	40 gm whole moong	160 gm	100
3.2	Usal + one teaspoon oil	1 cup	40 gm whole chana	100 gm	100
3.3	Thick dal (Amti)	1.5 cup	15 gm dal	120 gm	50
3.4	Tur dal or varan	¾ cup	30 gm dal	110 gm	50
3.5	Moong Dal + one teaspoon oil	1 cup	40 gm dal	150 gm	100
3.6	Udal dal + ¼ teaspoon ghee	1 cup	40 gm dal	160 gm	100
3.7	Sambhar	1 cup	25 gm dal + spices	150 gm	50
3.8	Rasam with one teaspoon oil	2 cups		230 gm	50
3.9	Chhole with 2/3 table spoon oil	1/3 cup		70 gm	50
3.10	Papad deep dried	1		10 gm	25

4.0/ Milk

4.0	Item	Qty or measure	Calories
4.1	Buffalo's milk	1 cup	200
4.2	Cow's milk	1 cup	100

4.3	Skimmed milk	1.5 cup		100
4.4	Curd made from Buffalo's milk	1 cup		200
4.5	Curd made from Cow's milk	1 cup		100
4.6	Buttermilk (10 gm curd + water)	1.5 cup		100
4.7	Cheese made from whole milk	15 gm		100
4.8	Cheese made from Skimmed milk	35 gm		100
4.9	Condensed milk sweetened	1 teaspoon		20

5.0/ Fruits

5.0	Item	Qty or measure	Weight	Calories
5.1	Apple	1 big	200 gm	100
5.2	Banana	1 medium	100 gm	100
5.3	Grapes	25-30 nos.	140 gm	100
5.4	Chikoo	1 big	100 gm	100
5.5	Jambul	20 nos.	140 gm	100
5.6	Ripe Mango	1 medium	200 gm	100
5.7	Orange	1 medium	200 gm	100
5.8	Papaya	1 medium	600 gm	200
5.9	Pear	1 medium	200 gm	100
5.10	Pineapple	3 slices	180 gm	100
5.11	Pomegranate	1 medium	150 gm	100
5.12	Sweet Lemon	1 medium	200 gm	100
5.13	Ripe tomatoes	4 medium	500 gm	100
5.14	Water melon	¼ medium	500 gm	100

6.0/ Dry Fruits

6.0	Item	Qty or measure	Weight	Calories
6.1	Dried dates	5 nos.	30 gm	100
6.2	Walnut	4 nos.	15 gm	100
6.3	Peanuts	25 nos.	15 gm	100
6.4	Roasted Peanuts	50 nos.	20 gm	100
6.5	Cashew nuts	6 nos.	17 gm	100
6.6	Almonds	5 nos.	15 gm	100
6.7	Pistachio	10 nos.	16 gm	100
6.8	Dried grapes	6 nos.	30 gm	100

7.0/ Beverages

7.0	Item	Qty or measure	Weight	Calories
7.1	Tea	1 medium cup		60
7.2	Coffee	1 medium cup		75
7.3	Lime Juice	1 glass		75
7.4	Aerated drinks	1 bottle		100
7.5	Beer	1 glass		100
7.6	Alcohol	1 peg		110

8.0/ Snacks etc.

8.0	Item	Qty or measure	Weight	Calories
8.1	Wheat biscuits	1		30
8.2	Jam	1 teaspoon	20 gm	58
8.3	Jelly	1 teaspoon	20 gm	52
8.4	Orange / Lemon squash	1 glass		69
8.5	Mango squash	1 glass		72
8.6	Ice cream		100 gm	196
8.7	Horlix, bournvita	2 teaspoons		110
8.8	Cake without icing	1 piece	75 gm	218
8.9	Cake with icing	1 piece	90 gm	302
8.10	pudding	1 cup	210 gm	370
8.11	Idli	1 piece	68 gm	65
8.12	Upma	1 plate	260 gm	397
8.13	Sada dosa	1 no	100 gm	216
8.14	Masala dosa	1 no	100 gm	283
8.15	Potato Bhajia	4 nos.	60 gm	240
8.16	Onion Bhajia	6 nos.	60 gm	197
8.17	Potato chips	10 nos.	20 gm	108
8.18	Pattis	1 no	60 gm	201
8.19	Potato vada	1 no	45 gm	118
8.20	Dahi vada	1 no	45 gm	83
8.21	Kachori	1 no	45 gm	190
8.22	Cutlet	1 no	60 gm	126
8.23	Potato Powa	1 plate	60 gm	123
8.24	Sago Khichri	1 plate	45 gm	182
8.25	Samosa	1 no	30 gm	103
8.26	Chakri	1 no	30 gm	170
8.27	Mesur	1 piece	56 gm	345
8.28	Boondi Laddu	1 no	35 gm	150
8.29	Carrot Halwa		85 gm	333
8.30	Dudhi Halwa		85 gm	300

8.31	Glucose	1 spoon	75 gm	218
8.32	Honey	1 spoon	21 gm	66
8.33	Jaggery	1 spoon	15 gm	56
8.34	Sugar	1 spoon	6gm	25
8.35	Maggi Noodles (45 gm packet)		45 gm	181

9.0/ Non-Vegetarian Foods

9.0	Item	Qty or measure	Weight	Calories
	Boiled egg	1	25 gm	50
	Omlette 1 egg + 2 teaspoons oil	1	50 gm	100
	Egg Gravy	1 cup	150 gm	181
	Fried fish	1	40 gm	100
	Fried Meat		140 gm	340
	Chicken Soup	1 cup	200 gm	50
	Chicken	½ thin slice	25 gm	100
	Roasted chicken	1 piece	50 gm	100
	Fish curry with 1 teaspoon oil	1/3 cup	200 gm	100

10.0 Disclaimer:

- 10.1 Your attention is drawn to Preface to Medical section and document about us and disclaimer. Kindly read the same without fail.
- 10.2 The information given above has been taken from the reliable sources; still the author is not liable for any loss or damage that may be caused directly or indirectly by the above information.
- 10.3 I have made every effort to give accurate and useful information in this Article. However I do not accept any responsibility for the accuracy or completeness of any material contained in this article and recommend that viewers should exercise their own care and judgment with respect to its use. You can choose to act upon the information contained in the Article at your own risk. This Article is purely educative. One should refer various websites, medical books, press reports, interview of doctors on TV, press etc.
- 10.4 I have no intention of giving any professional medical advice in this Article. Services of a competent medical professional should be sought for weight management.