

A healthy diet, Based on the Ancient Principles of Ayurveda & Proven by various Scientific research done in modern laboratories, Trusted institutions, and Hospitals & followed by a publication of the same in Good indexed medical journals.

(Disclaimer: This video & presentation is only for awareness purposes & not intended to change your ongoing treatment or therapy. Please also consult your treating physician for the same)

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What to eat? when to Eat?? & How much to eat???

- Ancient Ayurveda's most valid & rational answer, even stands correct today
 - हितं जीर्णे मितम् चाश्नः चिरम् आरोग्यम् अश्नुते॥ आचार्य चरक-500 BC
 - आहारात् संभवति रोगः आरोग्यश्च -
 - Which means:
 - **A Healthy Diet is the root cause of Health a Wrong diet is responsible for all diseases**
- **What to eat?** : Eat Healthy - Healthy food is one, that is best for your constitution & is best suited to your geographical condition, season, your age, work, disease status & digestive capacity. Avoid Processed food, excess sweets, heavy to digest, fried, stale & wrong combination of food, etc.
- **When to eat?** : Ayurveda does not advise eating three times, four times, or twice in a day. The best time to eat is, once you are hungry and when previously eaten food is digested, which means you are not having gas or bloating in your stomach & not have any sour burps, of previously eaten food.
- **How Much to eat?** Eat in moderation. Avoid overeating and multiple eating. Eat 80% of your hunger.
- **Last but not least**, Avoid eating post-sunset and have your first meal after sunrise (similar to today's Intermittent fasting) Avoid fast eating, avoid eating when in sorrow, don't talk, don't laugh, do not do other things while eating. Eat with full concentration & with thanksgiving to God.

Detox water – A “Glass of Anti Cancer- Natural Anti Oxidant water”

- Keep 200 ml of water overnight in a cleaned copper glass
- Next day morning pour this water into a steel or earthen glass
- Squeeze 12 to 15 lemon drops
- (DO NOT SQUEEZ LEMON IN COPPER GLASS)
- **This is called Copper- Resvestrol Water**
- Sit and drink slowly
- It has proven anti-oxidant and anti-cancer properties
- It binds to circulating cancer cells & broken DNA in the circulation and throws them out. Reduces chances of relapse & Spread
- Helps to Reduce Side effects of chemotherapy & Radiation
- Especially useful in Head and neck, Mouth, Lung & Pancreatic cancer



Scientific Evidences

› [Front Oncol. 2022 Sep 16;12:1000957. doi: 10.3389/fonc.2022.1000957. eCollection 2022.](#)

A pro-oxidant combination of resveratrol and copper down-regulates hallmarks of cancer and immune checkpoints in patients with advanced oral cancer: Results of an exploratory study (RESCU 004)

Breakthrough Discovery

Researchers and doctors at the Tata Institute have developed a tablet that they claim can prevent the recurrence of cancer and reduce side effects of treatments like radiation and chemotherapy by 50%. The tablet, named 'R+Cu', contains pro-oxidant tablets with [resveratrol](#) and [copper](#), which generate oxygen radicals in the stomach. These radicals destroy chromatin particles released by dying cancer cells, preventing them from turning healthy cells cancerous. This process also inhibits the movement of cancer cells from one part of the body to another, known as '[Metastases](#)'.

Herbal tea is useful in Obesity, Diabetes, Cholesterol, Fatty liver, Cancer Allergies, Asthma & arthritis

Ingredients & Method: Grated Fresh Ginger (approx. half to one inch) + 1 gm cinnamon powder, 1 gm of Saunf (Fennel seeds) + two Crushed Cloves & 1 to 2 gms (approx. one-fourth spoonful of tea or coffee powder.

First, on slow flame boil ginger, cinnamon, and fennel seeds for a full 5 minutes in 100 ml of water then add tea or coffee powder and boil for not more than 30 seconds, filter, add a little honey (when a little cooled), and drink slowly. (Add a few drops of lemon to tea, not to coffee)

You can also add a little Arjun Bark powder (one gm) if you have any heart disease or have Blood pressure.

(IF YOU ARE ALLERGIC TO HONEY, DON'T ADD. IF YOU HAVE LOTS OF ACIDITY THEN REDUCE GINGER)

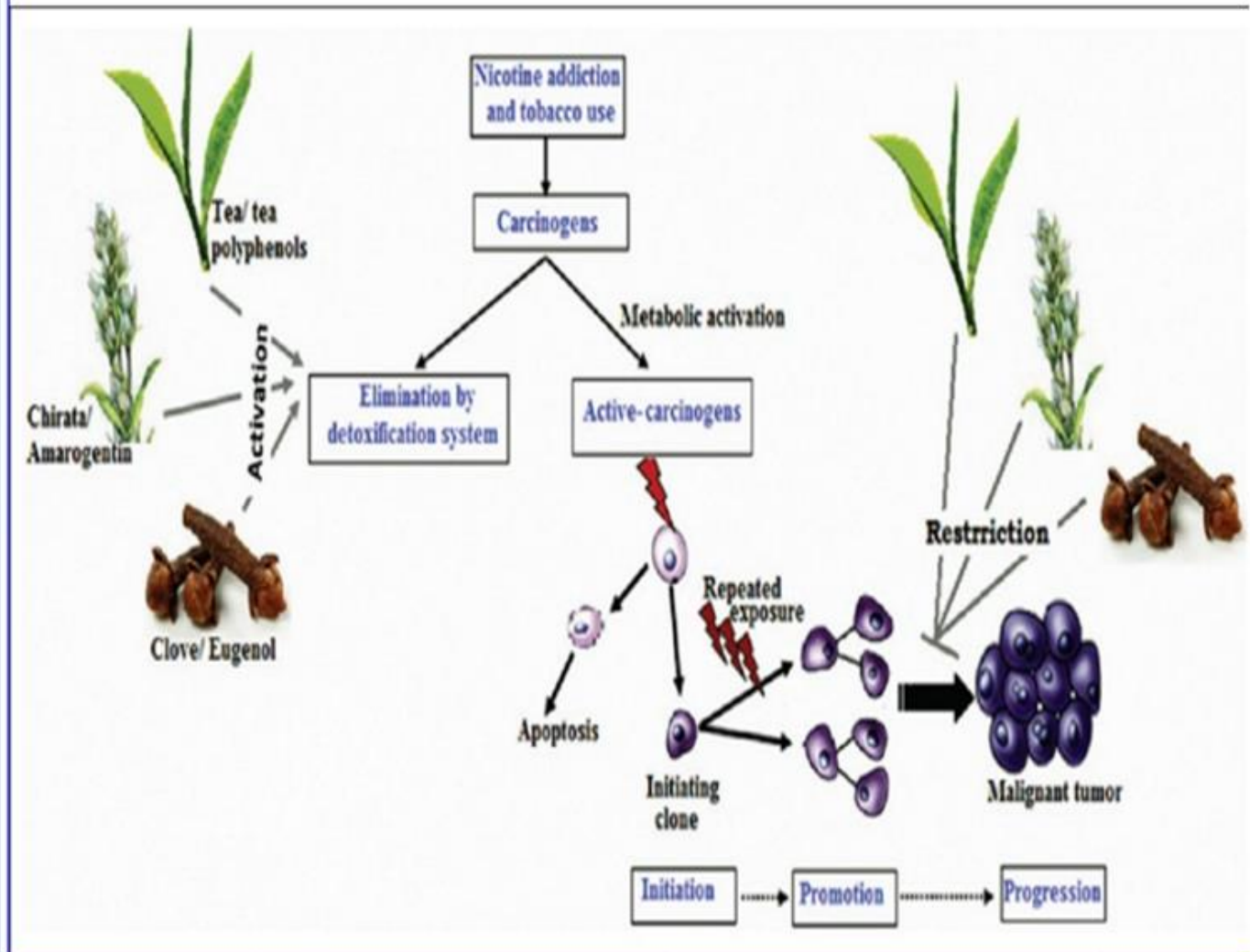
- **Effects: Reduces Kafa, Vata & Inflammation**
- **Improves Mitochondrial-Metabolic Function, Appetite**



Scientific Evidence

Tobacco-induced carcinogenesis and chemoprevention by some natural products

J of Radiation and cancer research Feb 2017- Volume : 8 | Issue : 1 | Page : 35-43



Zingiber Officinale Roscoe: The Antiarthritic Potential of a Popular Spice —Preclinical and Clinical Evidence

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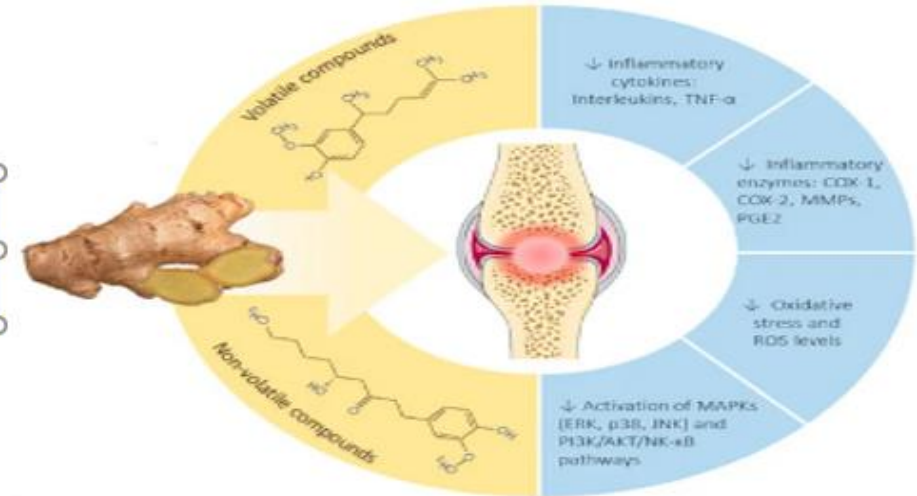
(This article belongs to the Section Nutritional Immunology)

6. Conclusions

Preclinical studies have shown that the commonly used ginger and its phytochemicals, including 6-shogaol, zingerone, and cedrol, are effective antirheumatic agents. They alter signaling pathways that are important in the pathophysiology of osteoarthritis and rheumatoid arthritis and result in the suppression of pro-inflammatory cytokines. Gingerols, shogaols, paradols, and other polyphenols found in ginger, together with sesquiterpenes, have been shown to inhibit TNF- α , IL-1 β , IL-2, IL-4, IL-6, and IL-17 and reduce the synthesis of MMP-1, MMP-3, and MMP-13. They also inhibit cyclooxygenase activity (COX-1, COX-2). Thus, gingerols and their derivatives can be an alternative to non-steroidal anti-inflammatory medicines, without serious gastrointestinal or renal side effects.

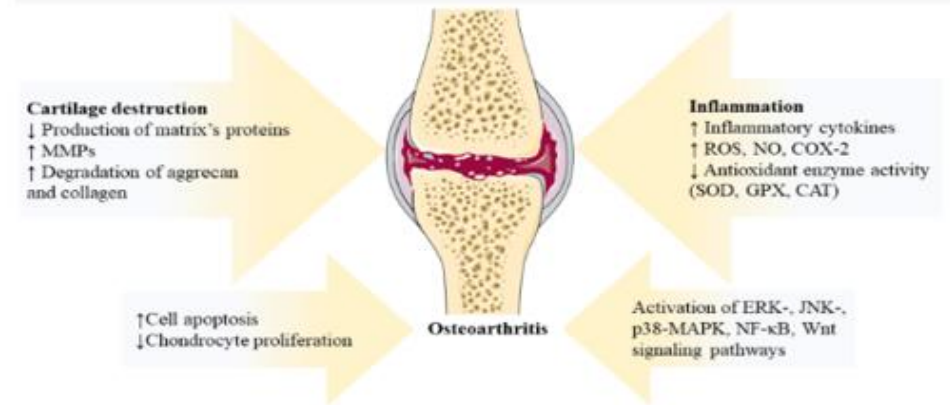
Taking into account the results of the clinical trials, it can be concluded that ginger in a dose of 0.5–1 g/day administered orally for 6–3 months and dermal preparations with around 5% of ginger applied for 6–12 weeks may be helpful in reducing pain, stiffness, and inflammation in patients with OA and RA (Figure 3). Nevertheless, more studies on patients with RA are needed. Moreover, the occurrence of only three cases with side effects such as heartburn and skin dermatitis allows us to conclude that ginger is essentially safe in the doses used. In addition, the lack of beneficial effects in terms of the improvement of symptoms in one out of the thirteen cases of OA studied may have been related to the quality of the extract used and its unconfirmed content of active compounds, as pointed out earlier in this review. However, studies conducted in vitro and in vivo show that not only ginger extracts but also its active compounds, including 6-shogaol, cedrol, and zingerone, play a key role in reducing inflammation. Also, the combination of *Zingiber officinale* and *Alpinia galanga* extracts should be taken into account in further studies due to the synergistic effect between these two extracts, as suggested by the results of some in vitro studies.

Efficacy of Ginger in Arthritis & Rheumatoid arthritis



Graphical Abstract

Figure 1. Illustration of the pathogenic processes in osteoarthritis. Arrows indicate factors affecting the inflammatory process, cartilage destruction and activation of signaling pathways occurring in osteoarthritis. CAT—catalase; COX-2—cyclooxygenase 2; ERK—extracellular signal-regulated kinase; GPX—glutathione peroxidase; JNK—c-Jun N-terminal kinase; MMPs—matrix metalloproteinases; NF- κ B—nuclear factor kappa-light-chain-enhancer of activated B cells; NO—nitric oxide; p38-MAPK—p38 mitogen-activated protein kinases; ROS—reactive oxygen species; and SOD—superoxide dismutase. Resources: The figures were partly generated using Servier Medical Art, provided by Servier, licensed under a Creative Commons Attribution 3.0 unported license.



Original Research

Open Access

Cinnamon and ginger extracts attenuate diabetes-induced inflammatory testicular injury in rats and modulating SIRT1 expression

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Medscape Medical News

Ginger, Cinnamon, Cumin Improve Glycemic Control

Nancy A. Melville
March 18, 2024

Added to Email Alert



TOPLINE:

The spices and aromatic herbs of the Mediterranean diet with significant benefits in improving glycemic health in [type 2 diabetes](#) are limited to [ginger](#), [cinnamon](#), and black cumin, [turmeric](#), and saffron, with ginger, black cumin, and cinnamon having the strongest effects on fasting glucose, according to a systematic review and meta-analysis of research.

The meta-analysis also evaluated clove, thyme, turmeric, and various other spices and herbs common in the diet but showed no other correlations with glycemic benefits.

METHODOLOGY:

- In the analysis of 77 studies, 45, involving 3050 participants, were included in the meta-analysis and 32 studies in the systematic review.
- The studies' inclusion criteria included adult patients with type 2 diabetes, with data on fasting glucose and/or A1c and/or [insulin](#), and involving any supplementation with black cumin, clove, [parsley](#), saffron, thyme, ginger, black pepper, [rosemary](#), curcumin, cinnamon, basil, and/or oregano.
- The number of studies involving clove, parsley, thyme, black pepper, rosemary, basil, or oregano and their association with glycemic factors in people with type 2 diabetes was insufficient, hence the analysis primarily focused on the remaining five ingredients of cinnamon, curcumin, ginger, black cumin, saffron, and rosemary.

TAKEAWAY:

- Improvements in fasting glucose of subjects with type 2 diabetes were observed with all five ingredients of cinnamon, turmeric, ginger, black cumin, and saffron.
- However, the most significant decreases in fasting glucose, between 17 mg/dL and 27 mg/dL, occurred after supplementation with black cumin, followed by cinnamon and ginger.
- Notably, only ginger and black cumin were associated with a significant improvement in A1c.
- Only cinnamon and ginger were associated with a significant decrease in insulin values.

A) Sprouted & Boiled Green Moong – eat as it is OR
B) Roast Green Moong & Make flour and you can make various delicious dishes like :

- 1) [Dosa](#)
- 2) [Idli](#)
- 3) Porridge
- 4) Vegetable [Chilla](#)
- 5) Moong Cutlets
- 6) Moong Dhokla

Ayurveda says Green Moong is the best Superfood. As mentioned in an adjoining scientific journal, it is proven that Green Moong is full of bioactive which is useful for reducing High Sugars, High Cholesterol, High Blood Pressure & Cancers (but please do not stop any of the ongoing medications). Also improves Immunity. It is rich in easily digestible proteins. Hence today Moong is called Super functional food; And unlike Toor dal, it does not increase acid or gas, or heat (Pitta) in the blood. It is also a mild laxative

[Nutrients](#). 2019 Jun; 11(6): 1238.

Published online 2019 May 31. doi: [10.3390/nu11061238](https://doi.org/10.3390/nu11061238)

PMCID: PMC6627095

PMID: [31159173](https://pubmed.ncbi.nlm.nih.gov/31159173/)

Mung Bean (*Vigna radiata* L.): Bioactive Polyphenols, Polysaccharides, Peptides, and Health Benefits

[Dianzhi Hou](#),¹ [Laraib Yousaf](#),¹ [Yong Xue](#),¹ [Jinrong Hu](#),¹ [Jihong Wu](#),¹ [Xiaosong Hu](#),¹ [Naihong Feng](#),² and [Qun Shen](#)^{1,*}

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Abstract

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Mung bean (*Vigna radiata* L.) is an important pulse consumed all over the world, especially in Asian countries, and has a long history of usage as traditional medicine. It has been known to be an excellent source of protein, dietary fiber, minerals, vitamins, and significant amounts of bioactive compounds, including polyphenols, polysaccharides, and peptides, therefore, becoming a popular functional food in promoting good health. **The mung bean has been documented to ameliorate hyperglycemia, hyperlipemia, and hypertension, and prevent cancer and melanogenesis, as well as possess hepatoprotective and immunomodulatory activities.** These health benefits derive primarily from the concentration and properties of those active compounds present in the mung bean. Vitexin and isovitexin are identified as the major polyphenols, and peptides containing hydrophobic amino acid residues with small molecular weight show higher bioactivity in the mung bean. Considering the recent surge in interest in the use of grain legumes, we hope this review will provide a blueprint to better utilize the mung bean in food products to improve human nutrition and further encourage advancement in this field.

Keywords: mung bean, bioactive compounds, polyphenols, polysaccharides, peptides, health benefits



Review > *Biotechnol Appl Biochem*. 2023 Dec;70(6):2002-2016. doi: 10.1002/bab.2505.

Epub 2023 Aug 13.

Mung bean as a potent emerging functional food having anticancer therapeutic potential: Mechanistic insight and recent updates

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Affiliations + expand

PMID: 37574464 DOI: 10.1002/bab.2505

Abstract

Cancer is still a major challenge for humans. In recent years, researchers have focused on plant-based metabolites as a safe, efficient, alternative or combinatorial, as well as cost-effective preventive strategy against carcinogenesis. Mung bean is an important nutritious legume, and known for providing various health benefits due to various bioactive phytochemicals and easily digestible proteins. Regular intake of mung bean helps to regulate metabolism by affecting the growth and survival of good microbes in the host gut. Mung bean has also been reported to have anti-inflammatory, antioxidant, antiproliferative, and immunomodulatory properties. These properties may possess the preventive potential of mung bean against carcinogenesis. Bibliographic databases for peer-reviewed research literature were searched through a structured conceptual approach using focused review questions on mung beans, anticancer, therapeutics, and functional foods along with inclusion/exclusion criteria. For the appraisal of the quality of retrieved articles, standard tools were employed. A deductive qualitative content analysis methodology further led us to analyze outcomes of the research and review articles. The present review provides recent updates on the anticancer potential of mung bean and the possible mechanism of action thereof to prevent carcinogenesis and metastasis. Extensive research on the active metabolites and mechanisms of action is required to establish the anticancer potential of mung bean. Keeping the above facts in view, mung bean should be investigated for its bioactive compounds, to be considered as functional food of the future.

Keywords: anticancer; antiproliferative; cancer; functional food; mung bean; therapeutic.

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Lunch :

Easily digestible, Improves Immunity & Energy, helps in Reducing Diabetes, Cholesterol, PCOD, Cancer, Pitta, Kafa, Vata, Gas & Inflammation

- **Start with Steamed salad** (carrots, Beetroots, Salad leaves, etc. Add Pumpkin seeds, Flax seeds, Sesame seeds) – 1 bowl (any veg salad of your choice can also be taken- eg Russian salad, Mexican salad etc) Add cubes of home-made paneer around 20-30 gms
- **Daal**: Green Moong dal or Mix Dal of Moong 75% + Toor 25%, QUANTITY- 50 ml OR Buttermilk Curry 50 ml with green moong flour OR of chana besan, seasoned with Turmeric, Hing, Jeera, Garlic, Mustard seeds, Green pepper, Fenugreek seeds, Pink salt
- **Fruity vegetables**: All gourds, Pumpkin, Ash gourd, Louki, Green tomatoes, Ladyfinger (okra), Cabbage, Cauliflower (avoided in rainy season), Lotus shoots, Moringa, Methi seeds, French beans, Tinda, etc, add turmeric powder to all veggies
- **Various Healthy Chutneys** 1. Curry Leaves + Pudina+ Coriander leaves or 2. Garlic + Sesame + Coconut Chutney
- **Various Home-made Healthy Pickles** 1. Fresh turmeric + fresh Aawla+ carrots or 2. Mango + Mustard seeds+ little Mustard oil
- One or two chapatis of Jwari / Bajra / Raagi / Green Moong / Sattu ka Aate ki roti / Rice Chapati (Avoid Wheat as far as possible)
- **Healthy Mouth freshener**: Eat one or two plain betel leaves with fennel leaves, 1 Clove+ 1 Cardamom (do not add chuna, Katha, supari, or tobacco)
- Use Homemade ghee and mustard seed oil or double double-filtered peanut oil or rice bran oil. Avoid Safflower & sunflower oil

Nutritive Importance and Therapeutics Uses of Three Different Varieties (*Murraya koenigii*, *Micromelum minutum*, and *Clausena indica*) of Curry Leaves: An Updated Review

D. T. Abeysinghe,¹ D. D. H. Alwis,¹ K. A. H. Kumara,¹ and U. G. Chandrika²

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Associated Data

► [Supplementary Materials](#)

► [Data Availability Statement](#)

Abstract

Go to: ►

Murraya koenigii (*M. koenigii*), *Micromelum minutum* (*M. minutum*), and *Clausena indica* (*C. indica*) are three varieties of curry leaves in the family Rutaceae. They have been widely used in Ayurvedic medicine worldwide in the treatment and prevention of various diseases. Earlier findings provide strong evidence to support the three curry leaf species' potent pharmaceutical and biological effects, including antioxidant, antidiabetic, anti-inflammatory, and antitumor activities. Various parts of these plants, such as leaves, seeds, flowers, and fruit, contain constituents responsible for the modulation of numerous biological processes. Leading constituents of curry leaves play a crucial role in diabetic and anticancer management by regulating various molecular pathways, including Bcl-2, Bax, NF- κ B, and TNF α , according to *in vitro* and *in vivo* models established. Therefore, this review summarizes the current knowledge on research achievements made in terms of phytoconstituents, their structures, biological activities, and pharmacological actions with clinical studies of curry leaves up to date. The review also emphasizes the necessity for comprehensive research studies on the pharmacological actions and the mechanisms of selected phytochemicals of *M. koenigii*, *M. minutum*, and *C. indica* to validate their efficacy as potent herbal remedies for many ailments.



Scientific pieces of evidence: Curry leaves are proven to have anti-cancer, anti-diabetes, anti-inflammatory, Antimicrobial & Anti oxidant properties, reduces Pitta, Kafa, Heat & Improve digestion

Antioxidants (Basel). 2020 Feb; 9(2): 101.

PMCID: PMC7070712

Published online 2020 Jan 24. doi: [10.3390/antiox9020101](https://doi.org/10.3390/antiox9020101)

PMID: [31991665](https://pubmed.ncbi.nlm.nih.gov/31991665/)

Medicinal Profile, Phytochemistry, and Pharmacological Activities of *Murraya koenigii* and Its Primary Bioactive Compounds

Man,¹ Dhanraj Vijayaraja,² Song-Hee Jo,¹ Palanivel Ganesan,³ In Su-Kim,^{1,*} and

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The discovery of several revitalizing molecules that can stop or reduce the pathology of a wide range of diseases will be considered a major breakthrough of the present time. Available synthetic compounds may provoke side effects and health issues, which heightens the need for molecules from plants and other natural resources under discovery as potential methods of replacing synthetic compounds. In traditional medicinal therapies, several plant extracts and phytochemicals have been reported to impart remedial effects as better alternatives. *Murraya koenigii* (*M. koenigii*) belongs to the Rutaceae family, which is commonly used as a medicinally important herb of Indian origin in the Ayurvedic system of medicine. Previous reports have demonstrated that the leaves, roots, and bark of this plant are rich sources of carbazole alkaloids, which produce potent biological activities and pharmacological effects. These include antioxidant, antidiabetic, anti-inflammatory, antitumor, and neuroprotective activities. The present review provides insight into the major components of *M. koenigii* and their pharmacological activities against different pathological conditions. The review also emphasizes the need for more research on the molecular basis of such activity in various cellular and animal models to validate the efficacy of *M. koenigii* and its derivatives as potent therapeutic agents.

Keywords: *Murraya koenigii*, antioxidant, bioactive compounds, pharmacological activity, traditional medicine

Anticancer potential of allicin: A review

Elena Catanzaro^a ✉, Donatella Canistro^b ✉, Valentina Pellicioni^a ✉, Fabio Vivarelli^b ✉, Carmela Fimognari^a ✉

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<https://doi.org/10.1016/j.phrs.2022.106118>

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Abstract

Phytochemicals have attracted attention in the oncological field because they are biologically friendly and have relevant pharmacological activities. Thanks to the intense and unique spicy aroma, garlic is one of the most used plants for cooking. Its consumption is correlated to health beneficial effects towards several chronic diseases, such as cancer, mainly attributable to allicin, a bioactive sulfur compound stored in different plant parts in a precursor form. The objective of this review is to present and critically discuss the chemistry and biosynthesis of allicin, its pharmacokinetic profile, its anticancer mechanisms and molecular targets, and its selectivity towards tumor cells. The research carried out so far revealed that allicin suppresses the growth of different types of tumors. In particular, it targets many signaling pathways associated with cancer development. Future research directions are also outlined to further characterize this promising natural product.

Important:

1. Heating destroys Garlic's Potential. So Just crush and use immediately.
2. Avoid Garlic if you have Stomach Ulcer, Bleeding Piles & Severe Pitta or acidity (consult your Ayurvedic Physician)

Scientific pieces of evidence proving Garlic's efficacy in Cancer, Cholesterol, Heart disease, BP, Diabetes, Alzheimer's & Joint pain

Graphical Abstract

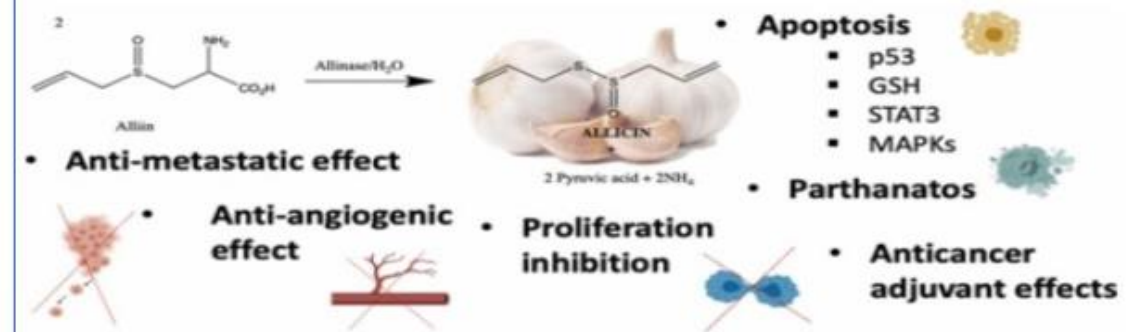
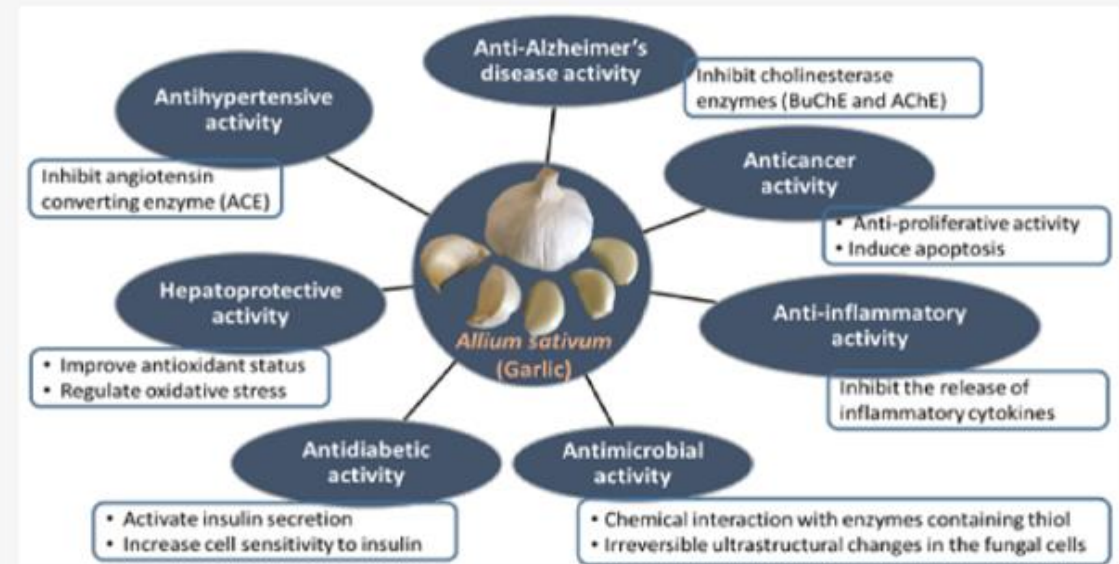


Figure 1. Schematic representation of different pharmacological activities of garlic (*Allium sativum*) and their mechanisms.



What to eat in the evening- 4 to 5 pm hunger?

- Tea/coffee- without milk, add Little fresh ginger, Cardamom, Cinnamon, honey
- Snacks: 1. Homemade Chana- Moong's Gathia, Farsaan, (very small quantity. Avoid if acidity burping, bloating)
- 2. Fruits & Dry fruits Like Almond, walnuts, Figs, Dates etc.
- 3. If dinner is going to be delayed and if you are hungry, have one plain dosa, One multigrain sandwich

Dinner: Nourishing but not heavy & easily digestible. Preferable before 7 or 8 pm

- Rice + Green Moong Daal, (Try non-polished rice, brown rice, avoid polished rice) OR
- Veg. Pulao + Curry Or
- Dal Khichadi Or
- Veg Biryani + Seasoned Buttermilk Or
- Millet's Chapati, Mix Dal roasted roti

Along with the above, (either of the four) have

- **Leafy vegetables**: Palak, Methi, Cabbage, Moringa, etc, or any vegetable of your choice
- Chutneys of Curry leaves or avocado Chutney

- If dinner is delayed then have only Daal-Khichadi + leafy vegetable

- Slow Walk for ten minutes post-dinner

Sweets, fried food, junk food, exercise, Simple Philosophy of life & Sleep etc

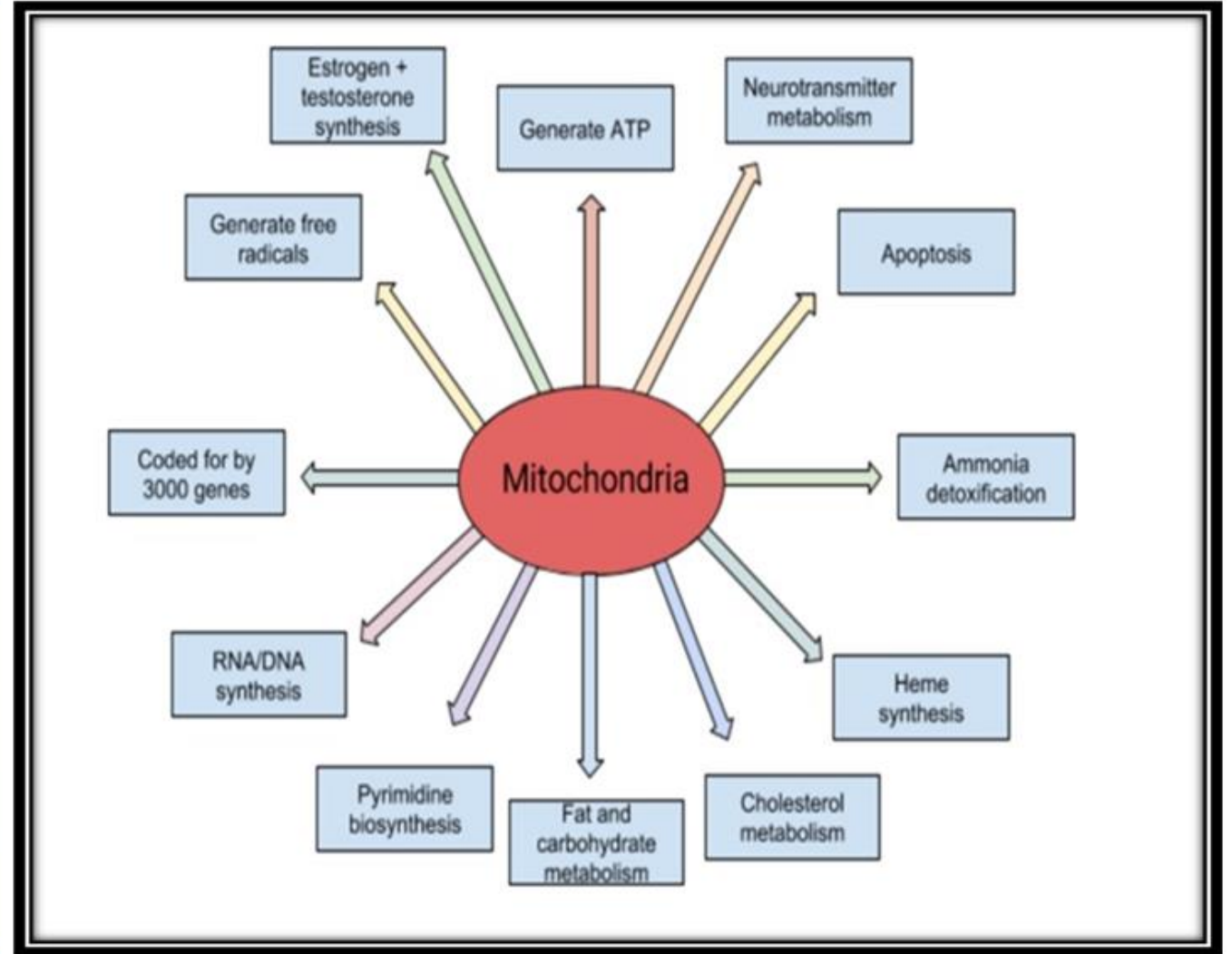
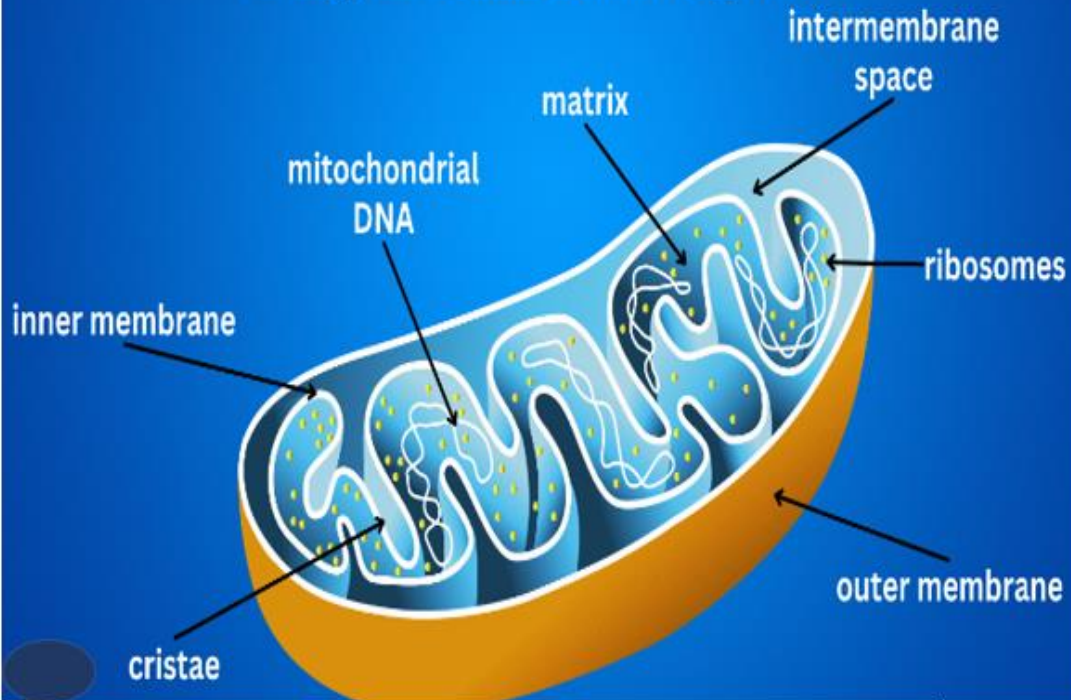
- Sometimes we have to live for eating & forget dieting
- So once in two weeks you can have cheat days and can have any food of your choice in moderation (bhelpuri, Paani puri, Sev puri, pav bhaji, Pizza, pasta, burger etc) Compensate with the next meal
- Not more than one cheat day per two weeks
- Do regular exercise of 60 minutes including Yoga, Fast walking, weight training & Relaxation If possible alternate the pattern. Eg- Two days of walking, Two days of cycling, Two days of Swimming, etc. (be gentle, start slowly, do warm-up, Pranayama before the exercise, don't compete)
- Do some charity, help to needy, be happy, do not be depressed by bitter experiences, or failures in life, be compassionate to others, avoid anger, be forgiving, Don't be jealous, don't be over competitive, be content, develop some passion, hobby like singing reading, etc. don't be very reactive, especially on social media, be responsive. ENJOY THE LIFE TO THE FULLEST
- As far as possible avoid fast food, bakery food, deep-fried food, sabudaana, Frozen food, processed food, pickles, sauce from the market, sugary drinks, colas, artificial sweeteners, roadside food, night-time curd, night-time red meat, other non-veg
- Have 7 to 8 hours of quality sleep from 11 pm to 7 pm
- **LAST BUT NOT LEAST CONSULT YOUR PHYSICIAN BEFORE MAKING THE CHANGES IN YOUR DIET**
- **DO NOT STOP ANY ONGOING MEDICATIONS WITHOUT CONSULTING A DOCTOR**

Metabolism Plays an important Role in Health & Diseases (**including Cancers**)
And Mitochondria (cellular powerhouse) control all metabolism, Life & death of cells

MITOCHONDRIA

“Powerhouse of the Cell”

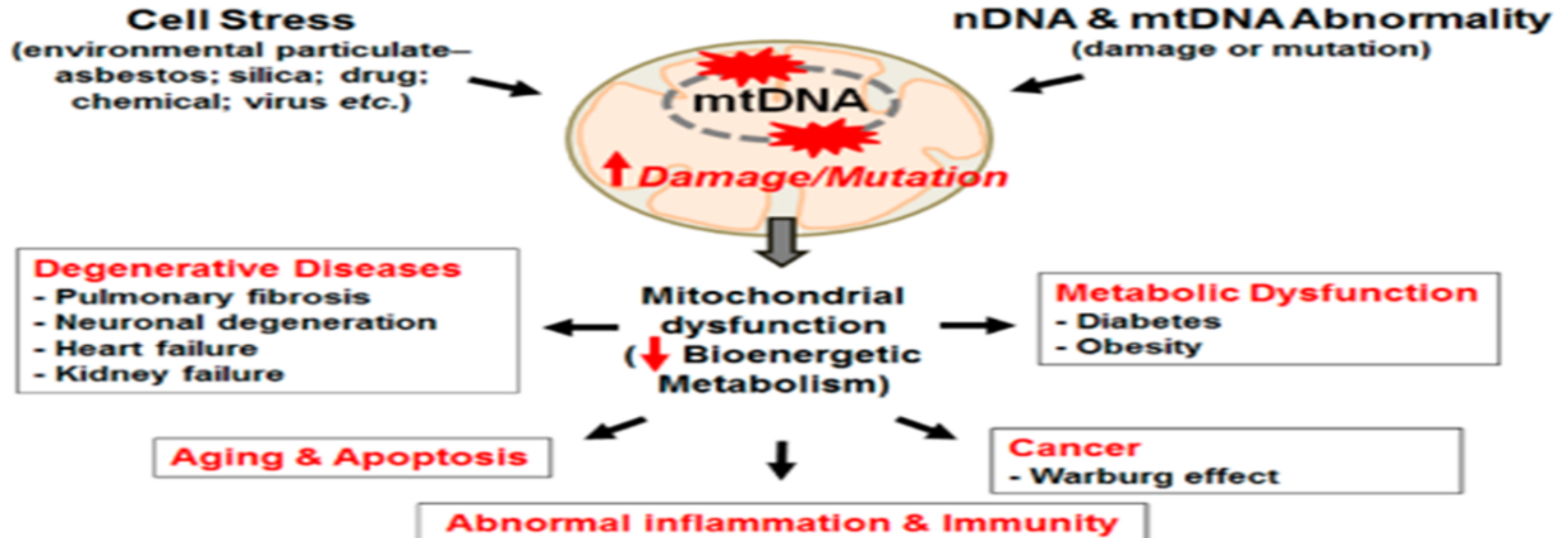
Mitochondria are eukaryotic organelles that make chemical energy via aerobic cellular respiration.



Modern scientists have now proven that Abnormal metabolism is the root cause of most diseases including cancers. Further, The cellular powerhouse (Mitochondria) is responsible for cell metabolism. So ultimately all the diseases are due to poor or abnormal function of this cellular powerhouse. Surprisingly this modern concept of Mitochondria & diseases is similar to the concept of Agni (Cellular fire of the body) as mentioned in Ayurveda thousands of years ago.

Ayurveda says "All diseases are due to poor or abnormal Agni". (The meaning of Sanskrit shloka as written below)

• रोगाः सर्वे अपि मन्देः अग्नौ भवेत् - चरक संहिता



Expected outcome of advised diet & its application in day-to-day life, “under medical supervision”

- Helps to improve Agni- (cellular bio fire - Mitochondrial function)
- Thereby improves metabolism & Improves energy levels
- Generates healthy raw material to improve tissue strength (Dhatu)
- Balances Vata- Pitta –Kafa (Dosha)
- Reduces & detoxifies Aama (Toxic protein responsible for inflammation& Insulin resistance & root cause of many diseases)
- Improves Intracellular thermogenesis & Improves Autophagy

This Ayurveda Diet is useful in almost all diseases & conditions like Chronic indigestion, Acidity, Colitis, Constipation, Obesity, Diabetes, Fatty liver, High Cholesterol, Blood pressure, Heart blockages, PCOD, Impotence, Infertility, Auto-immune diseases, RA, SLE, Psoriasis, Urticaria, Dermatitis, Acne, Hidradenitis Suppurativa, Migraine, Asthma, Allergies, Piles, Fistula, sleep disturbances & Cancer

Scientifically proven Healthy Diet & Dietary Principles of Ayurveda act & improve



Agni = cellular Biofire= Mitochondria.
Responsible for Health, all Functions &
Death of the Tissues

Reduce
Vitiated
Dosha,

Reduce
Aama,
Toxins

Improve
Strength,
Energy

Improves
Organ Health
& immunity

Improves quality
of life

Thanks for watching it, I hope it is useful to you

- For Consultation & Queries

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- drnitinkochar@gmail.com

• सर्वे सन्तु सुखीनः सर्वे भवन्तु निरामयः ॥

(Let all be happy-sorrow-free & Let all be Healthy)

