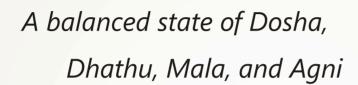
# DEFINITION OF HEALTH IN AYURVEDA





A happy state of Soul, Sense organs, and Mind

#### TEN GUIDELINES FOR GOOD HEALTH

- Sathya Bhashana Being Truthful
- Madhya nivrutti Avoiding addictions
- Ahimsa Avoiding harming others either physically or mentally
- Priya bhashana Speaking in a sweet manner
- Japashoucha paratha Maintaining Cleanliness of body and mind
- Dana nithyatha Helping people who are poor or in need of help to the best of our capabilities
- Akrodha Having control over anger
- Respect towards elders and helping them to the best of our abilities
- Maintaining proper sleep waking up cycle
- Nithyam karunardatha having compassion and kindness towards every living being.



## Food articles which improve health when consumed regularly: \_\_\_\_\_\_\_...

- Rice, preferably one-year-old
- Green gram
- Rock salt
- Gooseberry
- Barley

- Milk
- Cow Ghee
- Honey
- Buttermilk
- Pomegranate
- Dry grapes



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- Regular exercise
- Abhyagna or oil bath (Use sesame oil or medicated oil)
- Waking up before sunrise
- Consuming food after complete digestion of the previous meal
- Fasting by skipping a meal
- Fasting by skipping a meal once in a week and breaking the fast next day by eating kichdi (prepared with rice and moong dal)
- Consumption of food in moderate quantity and at the right time
- Consuming water which is boiled and cooled



## Food articles which should be used only occasionally or sparingly: \_\_\_\_\_\_\_\_...

Paneer (Cottage cheese)

Fish

Pork

Curd

Beef

Black gram

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#### **Avoid**

- Disturbing your sleep-waking cycle - waking cycle - early to bed and early to rise should be the ideal
- Addictions such as tobacco, alcohol etc
- Eating curd in the night

- Sugar-rich drinks and fat-rich foods
- Overeating and gluttony
- Taking bath immediately after taking food

