



**Protocol developed for Lifestyle modifications through Ayurveda**

Now-a-days, people are facing many problems due to changes in lifestyle. The patients of OPD and IPD are advised to follow Dinacharya as mentioned in classical Ayurvedic text to maintain the health. Patients advised to do various daily procedures like Kawala, Gandusha, Abhyanga, Udvartana, Pratimarsha Nasya, Ashchotan, Anjana etc. which are the supportive treatments of Panchakarma.

**A) Dinacharya:** We prescribe Dinacharya to the patient according to their Prakruti, occupation, disease and age.

➤ **Dinacharya for Vata Prakruti:**

1. **Ahara:**

- Patient of Vata Prakruti is advice to take Madhura and Snigdha Ahara such as Ksheera and Mansa Rasa Pradhana Ahara, Peya, Mudga Yusha with Ghee, Payasa, Krushara with Ghee.
- Use of Shalishashti and Godhuma (Chapati) with Ghee in daily diet for Bruhana.
- Avoid use of excess Katu Rasa, Dry thing in diet
- Soups of vegetables with Amla Rasa can help to do Vatanulomana and can not create Vyadhi due to Vata Sanchaya.

2. **Vihara:**

- Patients with Vata Prakruti should do daily light exercise, Yogasanas e Regular Abhyanga with lukewarm oil to whole body before bath is very beneficial.
- Use of Anutail for daily Nasya e Avoid late night work, long travelling.
- Avoid excess Upawasa, Vyayama, Chintana. e Do Varsha Kalina Basti in every year and intermittent Matra Basti.

➤ **Dinacharya For Pitta Prakruti:**

1. **Ahara :**

- Patient of Pitta Prakruti is advice to take Madhura, Snigdha and Sheeta Ahara.
- Patient is advice to take Rasins, Dughdha, Payasa, Kharjura, Dadima for Breakfast.
- For Luncha Godhuma, Shalishasti, Mudga Yusha with Ghee is prescribed.
- Avoid Upawasa, spices, chilly, Achara, Katu Rasa, Amla Rasa like tamarind, tomato etc



## 2. Vihara:

- Avoid sleep at day time
- Avoid night out
- Avoid excess exercise Avoid stress
- Do Sharadiya Virechana in every year

## • Dinacharya for Kapha Prakruti:

### 1) Ahara:

- Patient of Kapha Prakruti is prescribed with diet which is made up of old grains.
- Patient is advice to take Madhu Jala, Takra, Amasul Sara
- Patient is advice use oil, Ghee in less quantity
- Upawasa once in a week is advised
- Use of Amla, Methika, Jeeraka, Dhanyaka, Sarshapa in diet
- Use Laja of different grains

### 2) Vihara:

- Regular heavy exercise Upawasa
- Use of Vacha tail for daily Nasya and Prayogika Dhoompana Udawartana in daily Bath
- Snehana and Tiksha Swedana once in week
- Avoid Day sleeping
- Avoid Adhyashana

## B. Occupation wise lifestyle modifications:

We also advice some specific changes in lifestyle according to patients' occupation.

e.g.-

1. Patient with shift duty is advice to take sleep at morning without any food intake, then advice to take bath and then Lunch. This type of patient is advice to do daily Abhyanga to avoid Vata Prakop due to Jagarana. Also, patient is advice take Dugdha pana at night to avoid Pittaprapakopa and Balahani.
2. Patient with travelling profession is advice to take Matra Basti twice a week. He is advice to take daily Abhyanga before Batha. In diet he should take Dugha and Ghee.
3. Patient who are in standing profession is advice to take daily Padabhyanga.
4. Patient who are in profession where heat is more prominently used is advice to take Nitya Virechana. Diet is prescribed such as - Manuka, Ghruta, Dugdha.



### C) Disease wise lifestyle modifications :

We also advice lifestyle modification according to disease.

#### a. Sandhigata Vata:

##### 1.Ahara:

- Pathya: Purana Shali, Godhuma, Ghruta, Godugdha, Guda, Sharkara Yukta Payasa, Krushara, Mudga, Masura Yusha, Sasneha Peya. Fruits like Dadima, Draksha, Banana e
- Apathya: Paryushittana, Bakery products, Ruksha Anna, refrigerated food, Katu Rasatisevana.

##### 2.Vihara:

- Pathya: Nitya Abhyanga, Snanadi Karma with warm water only, Light exercise, Matra Basti once in a week, Seasonal Basti Karma, Mrudu Virechana, Sthanika Snehana Swedan like Sankara Sweda, Nadi Sweda, Upanaha, Awagaha etc
- Apathya: Ativyayama, Ati Vyavaya, Jagarana, Ati Yana Sevana.

#### b. Vatarakta:

##### 1.Ahara:

- Pathya: Purana Shali, Godhuma, Ghruta, Godugdha, Payasa, Krushara, Mudga, Masura Yusha, Sasneha Peya. Fruits like Dadima, Draksha, Anjeer.
- Apathya: Paryushittana, Bakery products, Guru, Ushna Anna, refrigerated food, Katu Rasatisevana, Vidahi ahara .

##### 2. Vihara:

- Pathya: Nitya Abhyanga, Snanadi Karma with warm water only, Light exercise, Matra Basti once in a week, Seasonal Virechana Karma
- Apathya: Ativyayama, Ati Vyavaya, Jagarana, Ati Yana Sevana, longterm Standing position and sitting in leg hanging position.

#### c. Amlapitta:

##### 1 Ahara:





- Pathya: Purana shali, Godhuma, millets like Jawara, Rajagira, Takra Sevana, Laghu, Supachya, Ushna Bhojana. Godughdha Powder, Fruits like Dadima, Kharjura, Draksha
- Apathya: Paryushittana, Bakery products, Guru, Ushna Anna, refrigerated food, Katu Rasatisevana, Vidahi ahara, amla Lavana Rasatisevana, Fermented food, irregular meal time(Vishamashana)

#### 2. Vihara:

- Pathya: Nitya Abhyanga, light exercise, Sheetali pranayama, Seasonal Vamana and Virechana Karma
- Apathya: Jagarana, Diwaswapa, heavy exercise

#### d. Twaka Vikara:

##### 1. Ahara:

- Pathya: Purana shali, Godhuma, millets like Jawara, Rajagira, Ragi. Laja, Takra Sevana, Laghu, Supachya, Ushna Bhojana. Godughdha with Haridra Powder, Fruits like Dadima.
- Apathya : Paruyshitanna, Bakery Products, guru, ushna anna, Refrigerated food, katu rasatisevana, Vidahi ahara , Amla-lavana rasatisevana, fermented food, paneer, dadhi, cheese like dairy products, irregular meal time (Vishamaashan).

##### 2. Vihara:

- Pathya: Nitya Abhyanga, Snanadi Karma with warm water only, Light exercise, Matra Basti once in a week, Seasonal Virechana Karma,
- Apathya: Ativyayama, Ati Vyavaya, Jagarana, Ati Yana Sevana, Diwaswapa.

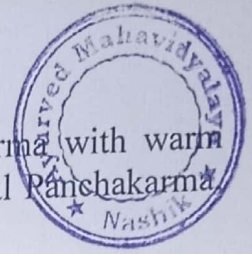
#### e. Rajodsha:

##### 1. Ahara:

- Pathya: Purana Shali, Godhuma, Millets like jawara, Rajgira, ragi, laja, takra sevana , Laghu, Supachya, ushna Bhojana , Godughdha with haridra powder, Fruits like dadima.
- Apathya: Paruyshitanna, Bakery Products, guru, ushna anna, Refrigerated food, katu rasatisevana, Vidahi ahara , Amla-lavana rasatisevana, fermented food, paneer, dadhi, cheese like dairy products, irregular meal time (Vishamaashan).

##### 2. Vihara:

- **Pathya:** Nitya Abhyanga and udvartana , Snanadi Karma with warm water only, vayayama, lepa , pratisaradi chikitsa, seasonal Panchakarma Light exercise.
- **Apathya:** Avyayama, Diwaswapna, Jagrana , Stress Factor.'



## f. Kasa and Shwasa:

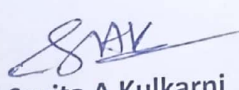
### 1. Ahara:

- **Pathya:** Puarana shali, Godhuma, millets like jawara, RAjgira, ragi, laa, laghu, supachya , ushna bhojana , godugdha with shunti powder, fruits like Dadima, kharjurea, draksha.
- **Apathya:** Paryushitanna, Bakery products, guru, ushna anna, refrigerated food , katu ras atisevana, vidahi ahara, amla lavana ras atisevana , fermented food, paneer, dadhi, cheese like dairy products, irregular meal time ( vishamashana).

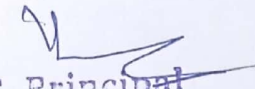
### 2. Vihara:

- **Pathya:** Nitya Abhyanga, snanadi karma with warm water only, light exercise, matra basti once in a week, seasonal virechana karma.
- **Apathya:** Avyayama, Diwaswapna, Jagrana , Stress Factor , Ati yana sevana.

Date: 30/7/2024

  
Vd Savita A Kulkarni  
HOD & Professor  
Deaprtment of Panchakarma

Head of Department of Panchakarma  
A.S.S. Ayurved Mahavidyalaya, Nashik

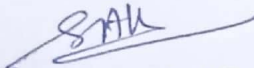
  
I/C. Principal  
Ayurved Mahavidyalaya, Nashik  
ASS Ayurved Mahavidyalaya,  
Nashik



**Ayurved Seva Sangh**  
**Ayurved Mahavidyalaya & Arogyshala Rugnalaya, Nashik**

No of People advised Lifestyle modification

Month and year	
Aug 2023	731
September 23	758
October 23	799
November 23	735
December 23	929
Jan 2024	813
February 24	904
March 24	983
April 24	684
May 24	718
June 24	824
July 24	678
<b>Total</b>	<b>9556</b>

  
Head of Department of Panchakarma  
A.S.S. Ayurved Mahavidyalaya, Nashik

  
I/C PRINCIPAL  
Ayurved Mahavidyalaya, Nashik

**Ayurved Seva Sangh**  
**Ayurved Mahavidyalaya & Arogyashala Rugnalaya, Nashik**

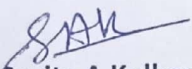


**Outcomes of advised Lifestyle modification**


After prescribing or advising lifestyle modification to the patients of Panchakarma after and before Panchakarma therapy, we observed the positive difference in patients' physical as well as mental health.

1. Because of healthy lifestyle, patient can experience increase in efficiency in there day to day work and at working place.
2. Recurrent illness is not seen in these patients. Recurrent follow up for same illness is reduced.
3. Before treatment, patient is suffering through server symptoms after small Hetu Sevana. Because of Lifestyle modification due to increased Dhatubala recurrent symptoms are absent.
4. Due Sarawana Dhatu Utapatti Vyadhikshamatwa (Immunity) of patient towards other diseases is also enhanced.
5. Quality of life increases.
- 6.. Awareness increases towards Ayurvedic treatment and seasonal Panchakarma like Vasantika Vamana, Varshakalina Virechana etc

Date: 30/7/2024

  
Vd Savita A Kulkarni  
HOD & Professor  
Deaprtment of Panchakarma

Head of Department of Panchakarma  
A.S.S. Ayurved Mahavidyalaya, Nashik

  
I/C. Principal  
Ayurved Mahavidyalaya, Nashik  
Principal  
ASS Ayurved Mahavidyalaya, NASHIK