**ALOPECIA**

**PATHYA AHARA**

|  |  |  |
| --- | --- | --- |
| FRUITS | VEGETABLES | PULSES |
| Draksha( GRAPES ) | All Orange vegetables like pumpkin, Carrot | Pulses :  Mudga beans ( Green gram ) |
| Mango | Cabbage ,Cauliflower, Shigru ( Drum stick ) Kushmanda ( Ash guard ), | Urada beans ( Black gram ) |
| Amalaki ( indian gooss bery ) | Karavellakka ( Bittergad) | Kulatha beans ( Horse Gram ) |
| Pomegranate, Kadalipahala ( Banana ) | Patoa ( Pointed gourd ) | These beans can be cooked and treated with ghritam and black pepper powder and can use be taken as yuga (soup) during evening hours. |

|  |  |
| --- | --- |
| **Non Veg** |  |
| Fish | Meat |
| Mackerel | Flesh of wild animals |
| Trout, Sardines, Tune, Salmon |  |
| All those fishes which is rich in omega 3 fatty acids. |  |
| Cereals / Grains | Nuts |
| Rice, oats,Shashtika,Shali, Barley | Almonds, , walnuts, Flax seeds, Sunflower seeds. |
| Protein casein irritate immune system |  |
| Cows milk ( lukewarm) butter milk,Old Grutham |  |

**APATHYA AHARA**

In take of amls rasa dravyas

In take of Guru Ahara

In take of Spicy food items

Excessive cold / hot food items.

Pickles, curd, Sweets, Bread, Jam, Noodles, Junk foods, Intake of fried, oily foods.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Fruits | Vegetables | Mamsa | Grains | Nuts |
| Lemon  Pineapple  Apple ( Sour )  Orange ( Sour )  Cherries | Tomato  Chilli Peppers  Garlic  Beetroot  Egg Plants  Raw onions | Go mamsa  Seafood  Beef  Pork  Egg yolks | Brown rice  Millets | Peanuts |

**PATHYA VIHARA**

Siro Abhyanga

Ushnishadharana - wearing of caps etc advised.

Shira snana

Chatradharana

Practice of Yoga like : Sarvangasana, Vajrasana, Shirasana , etc..

Proper sleep ( 7 - 8 hrs at night )

Vyaayama ( daily exercise )

Kaala Bhojana ( Timely food )

**Apathya Vihara**

Divaswapna ( Day sleep )

Ashru - nidra - pureesha vega dhaarana

Excessive use of shampoo, hair - dye etc.

Heavy exercise .

|  |  |
| --- | --- |
| **Pathyam** | **Apathyam** |
| Fish ( Omegas ) | Animal Fat |
| Omega 6 fatty acid | Sweets, sugar |
| Grape , Nuts | Acidic |
| Seeds ( Grape seed ) | Refined Food |
| Walnut, Flax Seed | Backery |
| Oils ( Sesame oil ) | Fried food |
| Olive, Carrola, Carrots |  |
| Amlaki ( Vitamin C ) |  |
| Vitamin B |  |
| **Viharam** |  |
| Good Sleep ( Night ) |  |