

MIGRAINE

AHARA

PATHYA	APATHYA
Cereals	
Pulses - Green Gram	Pulses - Arhar, Peanut
Vegetables - Cooked Vegetables Spinach, Pointed gourd, drumstick, bitter gourd, bathua, carrot, Green leafy vegetables(Mg & Ca), Broccoli	Vegetables -Tomato, Pappad, Pickles
Fruits Mango, Indian goose berry, apple, Pomegranate, Grapes, coconut, banana, Cooked items , apple , Robust Banana	Fruits - (Citrus Fruits) Egg's, Tomato, Onion, Banana (Boiled)
	<u>Milk and milk products</u> Buffalo milk, Buffalo Ghee, Curd, cheese, Ice cream
Brown rice, coffee, Ginger Tea, Black Coffee, Tea	Others - Cold drinks, Tea, Coffee, Chocolate, Cheese, Tobacco, alcohol, Red Wine, Pickle, smoked foods, Yeast extracts, Pizza

VIHARA

PATHYA	APATHYA
Normal Physical activity	Heavy exercise
Proper sleep (8 hrs)	Fasting Habits
Pranayama	
	Daily Headbath
	Smoking
	Unpleasant smells
	Suppression of natural urges