

DO'S & DON'T'S IN SANDHIGATHAVATHA ROGA
(Rheumatic / Arthritic Disorders)
IN GENERAL

ON DIET

To be Taken		To be Avoided
1	Horse gram	Bengal Gram /Dhal
2	Black Gram (Uludu)	More spicy/ sour / oily foods
3	Green Gram , Green wheat	Curd
4	Wheat / Barley, Baly Green	Cold water
5	Sesame (Chlorophyl)	Egg
6	Matta Rice	Dry Meat etc
7	Navara Rice (Vitmin B12)	
8	Drumstic Leaves	
9	Drumstic fruits	
10	Garlic	
11	Pomegranate /Apple /Grape/Dates / Badam etc.	A fat free diet
12	Small fishes (Not daily) in curry / saloona forms (Crab / Glucosamint, omega 3 fatty acids)	(Animal or veg fat 2,6)
13	Born Broth (has glucosamin / Chondroitin)	
14	Goat Milk /Cow milk(Vitamin D & C)	
15	Green Tea	
16	Broccoli, Turmeric	
<u>ACTIVITIES</u>		
*	Do moderate /minimum level of excercise /walking etc.	More physical and mental exertion
*	Always use boiled warm water for head bath and drinking etc and hot water for body wash.	Skipping of meals
	Suntherapy	Night awakening etc(Keeping awake in the night)

