

**DO'S DON'TS IN IRRITABLE BOWEL SYNDROME ( IBS -  
GRAHANI )  
IN GENERAL -ON DIET**

<b>TO BE TAKEN</b>		<b>TO BE AVOIDED</b>
Mattarice ( Brown Rice )		Cold water
Lajam ( Fried Rice /Malar )		Old / worn out foods ( old foods from refrigerator )
Navara Rice		Leafy vegetables
Tuvar Dal		Soft Drinks ( aggravate IBS )
Green Gram		Alcohol
Butter Milk		Coffeine
Butter Free Curd		Fructose
Goat Ghee		Banana ( Causes Diarrhea)
Honey		Apples
Pomegranate		Pears fruit
Jamun		Watermelon
Banana Flower		
Small Spinach/ Keera		
Nutmeg powder + honey		
Dry ginger Ginger tea		
Ajowan water		
Cumin seeds ( Jeera)		
Coriander		
Curry leaves ( peppermint tea)		
Turmeric with hot milk		
<b>ACTIVITIES</b>		
1	Good Sleep	Over sweating
2	Timely food in sufficient quality	Cold water bath
		Sexual activities
		Looser Pants & jeans