



Nandu Koregaonkar

MBAMA Marmapuncture

Reg No: 34

38 Gemini Road Woodley

Reading: RG5 4TF

Name: Example 1

Age: 47

Recommended Constitutional Diet

Fruits:

- Watermelon 117.33
- Raisins 96.67
- Figs 86.67
- Prunes 86.67
- Sweet grapes 86.67
- Dates 60.00

Vegetables:

- Zucchini 100.67
- Asparagus 100.67
- Rutabaga 90.00
- Parsnip 90.00
- Okra 70.00
- Pumpkin 66.67

Grains & Cereals

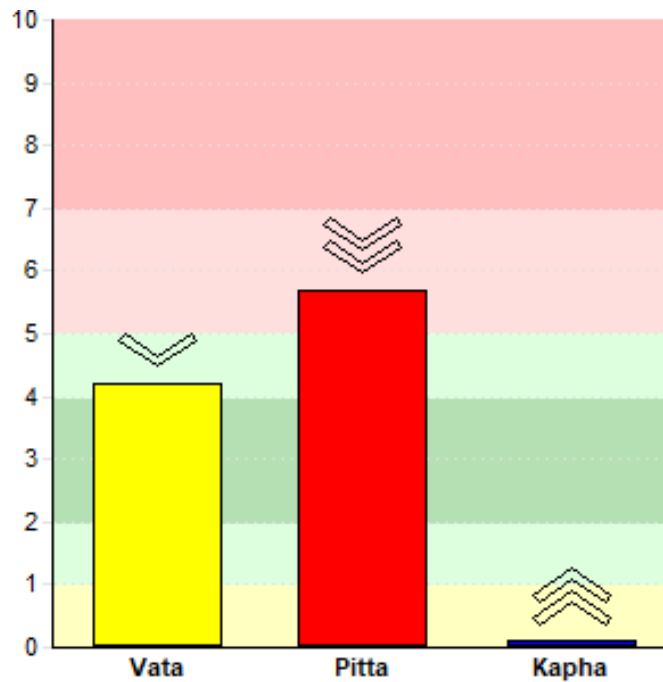
- Pasta 96.67
- Durum wheat flour 73.33
- Cooked oats 60.00

Oils and Fats:

- Butter oil (Ghee) 36.67
- Coconut oil 73.33
- Olive oil 60.00
- Sunflower oil 60.00

Herbs/Seeds/Sugars:

- Cane sugar (brown) 86.67
- Poppy seed 73.33
- Rose leaves 56.67
- Pumpkin seeds 90.00
- Coconut 73.33



Value index : 5.88

(Note: Value index is the level of assurance on scale of 10 that the above diet will result in bringing your imbalance back to your normal constitution or state of health)

Recipe with a pronounced positive effect:

The chosen combination of products will **moderately** pacify and harmonize **Vata** Dosha.

The chosen combination of products will **significantly pacify and harmonize** **Pitta** Dosha. It is recommended to use the recipe to restore the balance of this Dosha.

The chosen combination of products will have a **moderate harmonizing and balancing effect** on a weakened **Kapha** Dosha, returning it to its normal state, if consumed frequently and for a long time.



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Product Description & Contraindications

Watermelon

Contraindications: Individual intolerance

Raisins

Contraindications: Idiosyncrasy. Excess weight, diabetes, oedema, peptic ulcer and ulcers of intestines and has the tendency to cause diarrhoea

Figs

Contraindications: Diarrhoea, dysentery

Prunes

Contraindications: Individual intolerance

Sweet grapes

Contraindications: Grape-cure, as well as in general use it in large quantities is contraindicated for patients with diabetes, obesity, gastric ulcer and duodenal ulcer, chronic suppurative processes in the lungs, functional disorders of the gastrointestinal tract with diarrhoea and enhanced fermentation in the gut.

Dates

Contraindications:

As dates have much fibre it is undesirable to use them in case of acute gastritis, enteritis, colitis. Patients with diabetes and those who are subjected to obesity should avoid eating dates.

Zucchini

Contraindications: Individual intolerance

Asparagus

Contraindications: Individual intolerance

Rutabaga

Contraindications: The use of rutabaga is contraindicated in acute disorders of the gastrointestinal tract

Parsnip

Contraindications: Hyperthyroidism (Thyrotoxicosis).

Okra

Contraindications: Individual intolerance

Pumpkin

Contraindications: Keep in mind that an exacerbation of gastrointestinal diseases pumpkin juice is contraindicated.

Pasta

Contraindications: Overweight, Diabetes Mellitus

Durum wheat flour

Contraindications: Individual intolerance

Cooked oats

Contraindications: Individual intolerance



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Butter oil (Ghee)

Contraindications: The use of this oil is contraindicated for patients with indigestion, diarrhea, poisoning, man-made poisons, lack of appetite, an increase of mucus, vomiting and increased thirst.

Coconut

Contraindications: Idiosyncrasy, tendency to gain weight

Pumpkin seeds

Contraindications: Individual intolerance

Coconut oil

Contraindications: Individual intolerance

Olive oil

Contraindications: Individual intolerance

Sunflower oil

Contraindications: Individual intolerance

Cane sugar (brown)

Contraindications: Individual intolerance

Poppy seed

Contraindications: Individual intolerance

Rose leaves

Contraindications: Individual intolerance



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Recommended Life-style Modifications

General characteristics:

Pitta-Vata people are assertive, insistent, determined, mobile. The predominance of Pitta provides confidence and enterprise, Vata in its turn manifests through an off-beat way of thinking, ease and rapid response. At the same time, such characteristics as aggression, irritation, uncertainty, tension, fearfulness, anxiety and unreasonable worries are typical for Vata-Pitta people. They can easily get irritated and become impulsive. They often stay up after midnight and have bad sleep with a lot of dreams. It is better for Pitta-Vata people to avoid stressful and conflict situations, to adopt a balanced lifestyle, to calm the mind by Pranayama and meditation, to listen to relaxing music.

The constitutional feature of this dual type is the **Empty Heat syndrome** with the violation of moisturizing and nourishing function of Avalambaka Kapha. Usually, the diseases of Pitta-Vata are either prolonged or chronic, manifesting through a stable set of four signs - ***a tendency to weight loss, dryness, heat and exhaustion (asthenia)***.

Also, constipation and spastic motor disorders may start developing due to dryness of GIT. The Empty Heat disturbs the Spirit of the Heart, forming a tendency to tachycardia and various types of arrhythmia. The Empty Heat burns the body of a person in ages; in women it leads to early menopause with pronounced vegetative disorders.

Be attentive to your body in summer, since Pitta Dosha goes out of the balance this time of year. Reduce activity, limit the exposure to the sun and heat. At the same time, in cold and windy seasons Vata Dosha increases. For both Doshas it is recommended to use food, medicinal plants and essential oils of hot potency; use oily, hot substances to reduce Vata-imbalance, but overusing them you may increase Pitta; and similarly, dry and cool properties reduce Pitta, but overusing them you increase Vata.

Day routine:

Usually your day is balanced, you are active and energetic, but you need to follow moderation and do not waste your energy, find time for rest and recovery. Moderate regular exercise combined with yoga will help you to keep the body in shape. It's ideal to wake up at 6:30-7:30 am. and go to bed around 10:30 pm.

Diet:

You have a good appetite and strong digestion, but it may become unstable under the influence of stress. The food should be heavy, warm and nutritive. The ideal time for breakfast is 7:30-8:30 am, lunch - 12:00-1:00 pm, dinner - 7:00-8:00 pm. However, whenever you feel hungry, do not overeat when it comes to food with the properties mentioned above. Such spices as coriander, cardamom, fennel are might be useful for you.

The meal should include astringent and bitter tastes, but overusing them you increase Vata. Sweet taste is good for both doshas. It is necessary to limit the intake of hot spices, such as chili. It is better to avoid fasting and long gaps between meals.

Physical activity:

Physical exercises should not be too intense. Choose asanas suitable for Pitta Dosha. After the training, apply oil and take a warm bath. Stretching exercises and swimming are preferable.



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Body care:

Relaxing massage, Abhyanga with the constitutionally suitable essential oils (rose, lemon balm, lotus, ylang-ylang, vanilla, neroli) are recommended once a week. Use coconut or sesame oil.

Ideal day schedule:

Get up right after waking up.

6:30-7:30pm - Perform stretching exercises and breathing techniques, take a warm bath. Apply warm oil twice a week.

7:30-8:30pm - Breakfast. Don't distract yourself from food by reading a newspaper, watching TV, using your smartphone or laptop. Have a full breakfast to get enough energy to make it till lunch.

10:00am-12:00pm - Your working capacity remains at a good level throughout the day, you get quickly involved in new activities and switch between different tasks. You can have a snack if you feel slightly hungry.

12:00-1:00pm - Have lunch in a relaxed friendly atmosphere. Eat only if you feel hungry - don't eat just to keep company or being in a hurry. Eat slowly, enjoying each bite, chew carefully and try not to participate in heated discussions at the table. Concentrate on food and its quantity.

2:00-4:00pm - Take a short break after lunch. It is not advisable to sleep during the daytime, it is much better for you to do stretching asanas and go for a walk to get rested and refreshed. Rhythmic music would help you to get focused and active.

4:00-4:30pm - Have a cup of herbal tea. In case you don't feel hungry, avoid eating snacks.

5:00-7:00pm - Draw conclusions of the working day, finish all your tasks.

7:00-8:00pm - Have dinner with family or friends in a relaxed atmosphere. Add constitutionally suitable spices to support digestion.

8:00-10:00pm - Take a walk or listen to music, a warm shower or a bath before bedtime would improve sleep.

10:00pm - Go to sleep.

NOTE: all recommendations are made for a 12-hour day and 12-hour night, dawn is around 6:00am and dusk is around 6:00pm.