

FEVER

Wholesome Diet (Pathya): Eatable

Grains -Red rice, 1year old Rice, Popped/ Puffed rice, Paddy Dr.Chawla
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Vegetables - Bitter gourd, Tender drumstick(moringa, shobanjana) Snake gourd(tarr), leaves, Tender Radish leaves, Giloy (Tinospora cordifolia) leaves,



Moringa

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Cholai (Amaranthus polygamus), Spinach Ivy gourd(kundru), Parwar(pointed gourd),pumpkin(petha), Round bottle gourd(ghiya kaddu), Bottle gourd(loki), ghiya tori(Luffa/angled cucumber), round gourd(tinda),boiled carrot(gajar)



Cholai

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Legumes -Soup of Green gram(hari moong), Lentils, Chick pea(safed chana), Horse gram(Kulthi Dal) or Kidney beans(rajma)

Meat- Soup of Chicken

Fruits - Sweet lime, Pomegranate, Grapes, Grapefruit, Small Papaya



Grapefruit



Sweet lime

Milk & Milk products-Cow milk & Ghee, Goat milk & ghee, Thin & processed Buffalo milk (it should be used in only JIRNA- JWARA i.e. fever older than 1 week)

Water - SHADANGODAKA (famous ayurvedic infusion of 6 herbs), Luke warm water, MUSTA - PARPATAKA PHANTA (famous ayurvedic medicine), Boiled water, infusion of coriander seeds, Tulasi (Holy basil) & Dry ginger

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Tubers-Fasting is always preferred in fevers. Boiled Tapioca(Sabudana) in water with Fresh ginger, coriander leaves black pepper helps to retain the energy.



Sabudana

Honey - Madhusharkara (Naturally formed honey sugar)

Unwholesome Diet (Apathya): Non-eatable

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Grains - Wheat, Great millet(Jawar), Spike millet(bajra), Corn(makaai)

Legumes-Avoid all.

Vegetables – Brinjal(Bengan), Lady's finger(Bhinndi), Red pumpkin(Lal kaddu), Ambadi (Indian hemp), Kohlrabi (Gath gobi/Navalkol / Alcol), Arum(Arbi). leaves, omum leaves(ajwain).

Meat - Avoid eating flesh.

Fruits - all fresh fruits.

Milk & milk products -Avoid all.

Water - Excessive water consumption, Cold water for drinking & Alcohols.

In loss of apatite - avoid meals

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JIRNA-JWARA (fever older than 1 week) -

- Avoid fasting.
- DHATAVAGNIMANDYA (Digestion on cellular level) is major factor to look upon in JIRNA- JWARA hence avoid dry, hot spicy food, hot water. Avoid juicy fruits
- Day sleep (Before lunch) is beneficial in this type of fever
- Avoid Coitus, sunbath, wakeful nights, exercise& exertion.








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For Taking Consultation with our Experts you can book appointment with us at +91-730-77-92-522, +91-730-76-79-706 or can mail your reports at deevyaayurveda@gmail.com or can visit us at www.ayurvedahaircare.in

Our Products

1		CLEAN OIL	Eliminates dandruff, Reduces Itching
2		ROBIN LIV 99 SYRUP	Increases appetite and protects Liver
3		ROBIN COUGH SYRUP	For dry and Productive Cough
4		RISHI PATCH OIL	Prevents Alopecia and maintains healthy hair growth
5		HY CURE	Treats anxiety, Stress, Tension and Sleep disturbances
6		ARTHOGESIC OIL	Muscular pains, Stiffness, Joint pains, Sprains
7		DIAB BAN	Controls diabetes and its symptoms in combination to hypoglycemic
8		HAIR GROW	Prevents hair fall and maintains existing hair Length
9		SUNETRAM	Makes eyes fresh and Relaxed, Improves vision
10		ROBIN HERBAL FACE PACK	Treats Pimples, Makes Skin Farer and Glowing Naturally
11		ROBIN HERBAL TONIC	Tonic for general weakness of body and lethargy

12		ROBIN HERBAL SHAMPOO	Herbal Hair wash which arrests hair fall, makes hair smooth & shiny Naturally
13		AL CURE	Anti Allergic and Immunity Booster
14		ARTHOGESIC	Treats Joint Pains, Stiffness
15		CAL-CURE	For management of Urinary Tract Infections and Kidney Stones
16		HAIR CARE	Prevents hair fall and maintains existing hair Length
17		FIT WOMEN Spray	Vaginal wash for treating Leucorrhoea & Maintaining Hygiene
18		KAMAGNYA CAP.	Treats Loss of Libido, Pre-Mature Ejaculation, General weakness, Oligozoospermia & infertility issues
19		LIPI CURE	Dyslipidemia, Obesity and Joint pains

20		FIT WOMEN CAP.	Leucorrhoea, DUB, Metorrhoea
21		G NIL	For Treatment of Gout and Raised Uric Acid
22		PILES 3	Treats Hemorrhoids, Piles
23		ROBIN TONIC	Treats weakness of body and promotes hair growth
24		THROAT CARE	Reduces Cough, ThroatIrritation, Hoarsness of voice
25		GILOY	Immunity booster, Reduces hyperuricemia
26		SHATAVARI	For improving Feminine issues and Sexual wellness
27		ANERGEX PLUS	General weakness, Diabetic Weakness
28		FRESH MORNING	Chronic constipation, Flatus, Gaseous Distension
29		TWACHYA HERBAL CREAM	Improves Complexion and makes skin glowing and smooth. Treats Rosacea, Improves Cracked Heels and Dryness of skin.

30		Hair Gainer OIL	Prevents Hair Falling and increases length of existing hair
31		TEMPRINA SYRUP	Treats fever and post fever weakness
32		ROBOSYME SYRUP	Improves Digestion and abdominal pain
33		Stevia Drops	Natural Sweetener, Controls Blood Sugar and Obesity
34		GOKSHRU TRIBULUS	Enhances Natural Testosterone, Increase Energy & Endurance, Boost Male Performance