

PANDU ROG (ANEMIA)

Wholesome diet (eatable)

Dr.Chawla

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Grains - Red rice, wheat, barley, great millet(jwar)



Legumes - green gram, lentil, green pea(matar), Chavali(Cow pea)



Vegetables - Bottle gourd(loki), Snake gourd, Cabbage, Round gourd



(Tinda), Parwar, Indian dill leaves

Meat- Soup of Shingada fish, Fish or Goat

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Fruits - Amla (Indian gooseberry), grapes, figs, sweet lime, Chiku, Pomegranate, banana, Grapefruit, White pumpkin, Mango, Apple.

Milk & milk Products - Cow milk, Ghee, Fresh butter& buttermilk, Buffalo milk, ghee, fresh butter & buttermilk.

Water - Cow urine, LAJA - MANDA (Infusion of parched rice), palatably hot water.

Tubers - Water chest nut, lotus tuber, fresh ginger, garlic, onion & radish

Honey - Haritaki honey, Jamun honey

Other - sesame oil, saffron, dates

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Unwholesome diet (non eatable)

Grains - corn



Legumes - Horse gram(channa dal), black gram

Vegetables - fenugreek, drumstick leaves, bitter gourd, Ambadi (Indian hemp)

Meat - Lamb, pork, buffalo, Beef.

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Fruits - Pineapple, Jack fruit , Elephant apple, Ambadi (Indian hemp) fruit, Kamarakh (Averrhoa carambola), tomato, tamarind

Milk & milk products - Lamb & camel milk

Water - Stale water, Frizzed water

Tubers- Tapioca(sabudana), Sweet potato, Arum (arbi)

Honey - MADHU SHARKARA (natural Sugar of honey)



Other - Hot spices, Deep fried food, Pistachio, Cashew, Walnut , Chili, Cinnamon tamal, Pickles, Papad, betel nut, excessive salt, Excessive sour food, alcohols, exercise

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Management of specific conditions

1. Ghee fried 1 table spoon Water chest nut flour + dates 3 are to be taken every day early morning, followed by a glass full of cow's milk. This increases the blood.

2. Infusion of black raisins in a cup full of water, Sugarcane juice, white pumpkin juice, bottle gourd juice, Amla (Indian gooseberry) juice are the things to be used with meals instead of drinking water.

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3. The person with palpitation & giddiness should take bottle gourd juice 60ml & cumin seeds 1/2 tea spoon, twice a day. For severe constipation in PANDUROG, dried Amla (Indian gooseberry) powder 10gm + Infusion of Black raisins is to be taken every night before going to bed.

4. Note -PANDUROG is a dangerous disease. One must take proper consultation & treatment

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, Throat Irritation, Hoarseness 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