

ARSHA-PILES

Wholesome Diet (Pathya) Dr.Chawla

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Grains - Rice, Wheat, Barley, Great millet, Sour growls of grains

Vegetables - Ghentuli / Punarnava (Spreading Hog-wood Brinjal, Parvar, Spinach, Indian sorrel, Round gourd (Tinda), Lady's finger, Snake gourd, Indian dill, Bottle gourd

Legumes - Horse gram, Green gram, Amti (Growl of pigeon pea with Tadka)



toor dal- pigeon pea

Meat - Goat, Sparrow



Fruits - Lime, Elephant apple(chaltar), Amla, Figs, Small yellow banana, Grapes, Guava, Mahalunga (A type of lemon), Pomegranate, Coconut

Milk & Milk products - Camel milk & Ghee, Fresh Butter made of cow & Buffalo milk, Butter milk

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Water - Medicated water with Omum(ajwain), Licorice(mulathi)



, Boiled water

Tubers - Elephant foot (Suran), Steamed potato, Turmeric, Fresh ginger, Garlic

Other - Dry ginger, Raisins, Almond

Unwholesome Diet (Apathya) Dr.Chawla

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Grains - Corn, Ragi



Vegetables - Red pumpkin, Bitter gourd, Fenugreek(methi dana), Ambadi leaves (Indian hemp) Arum,

Legumes - Black gram(urad dal), Green pea, Kidney beans(rajma), Dry pea(sookha matar), and Cow pea(rongi/lobia)

Meat - Fish, Egret(bagula), Duck, Swan, Animals & Birds from Marshy places, aqueous animals, Roasted flesh

Fruits - Raw Bilva (Stone apple), Raw banana, Ripped mango, Jamun (Eugenia jambolina), Pineapple, Water melon, Ziziphus(ber), Ambadi (Hibiscus cannabinus), Kamarakh (Averrhoa carambola)

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Milk & Milk products-Curd

Water - Excess consumption of water

Tubers - Lotus root, Sweet potato, Fried or deep fried food, Tapioca(sabudana)



Other-Oil cake of sesame(til) , peanuts etc, Ground nut, Pickles,fried or Roasted Papad (Crispy Thin cake made of flour with Spices)

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