

## URINARY PROBLEMS

(Scanty urination, excessive urination, Renal Dysfunctions etc)

### Wholesome Diet (Pathya)

Dr.Chawla

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**Grains**-Old red rice, Wheat, Barley

**Vegetables**-Tandulaja (Amaranthus blitum), Amaranthus (Red & Green), Snake gourd, Radish, Ghol (Green leafy vegetable)



**Legumes**-Green gram, Horse gram

**Meat**-Goat, Chicken

**Fruits**-White pumpkin, Cucumber, Grapes, Coconut, Dates Water melon

**Milk & Milk products**-Cow's Milk, Curd, Buttermilk, Fresh butter,&Ghee

**Water**-Cold water, Medicated water

**Tubers**-Ginger, Raw fresh turmeric, Banana tuber, Radish

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**Other** - Cow urine, Coriander seeds & fresh leaves, Cumin, Cardamom, Amla, Sugarcane, Sandal wood,



Durva (Bahamagrass), Hole basil seeds, Ahaliva (Garden cress), Licorice, Lemon grass, Jiggery, Dry ginger, Tea, coco powder

### Unwholesome Diet (Apathya)

**Grains**-Corn, Ragi, Dry grains

**Vegetables** -Drumstick, Tomato, Red pumpkin, Smooth gourd, Fenugreek, Ambadi (Indian hemp, Hibiscus cannabinus),Indian sorrel

**Legumes**- Kidney beans, Black gram

**Meat**-Fish, Pork, Lamb



**Fruits**- Raw elephant fruit, Fresh apricot, Peach (Indian hemp, Hibiscus cannabinus)

, Kamarakh (Averrhoa carambola), Ambadi

**Milk &Milk products** -Elephant milk, Cheese

**Water-** Stale water, Very hot water

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**Tubers** - Garlic, Arum, Carrot, Tapioca

**Honey-**Madhusharkara (Naturally obtained sugar from honey)




**Other-**Alcohol, Incompatible food, Irregular food intake, Tambul (A type of after mint called Mukhashuddhi in Sanskrit made in betel leaf), Salt, Fried food, Asafetida, Mustard, Sesame, Hot spicy food









**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](mailto:deevyaayurveda@gmail.com) or can visit us at [www.ayurvedahaircare.in](http://www.ayurvedahaircare.in)  
[https://youtu.be/Yn\\_WgMsK\\_uQ](https://youtu.be/Yn_WgMsK_uQ)**


### 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
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