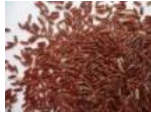


Vata vyadhi- Vata Diseases

Wholesome Diet (Pathya)- Eatable diet Dr.Chawla

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Grains- wheat, red rice

Vegetables- snake gourd(tarr), bottle gourd(loki), lady finger(bhindi), fresh tender brinjals(bengan)



snake gourd



hari moong

Legumes- Green gram(hari moong) , horse gram(kala channa), black gram(urad/mah dal), pigeon pea(toor dal)



horse gram

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Meat- Goat, Chicken, Fish

Fruits- Pomegranate(anaar), Mango(aam), Phalsa, Grapes(angoor), Mahalunga(galgal), Orange, Tamarind, Lime

Milk And Milk products- Cows milk, Buffalo milk, Ghee, Fresh Butter, Kava/khoyaa(A preparation from milk to prepare sweets), curd(as per advice of doctor)

Water- Boiled water, Luke warm water, Kanji

Tubers- Ginger(adrak), Garlic(lahsun), Turmeric(haldi), Onion(payaaz), Carrot(gajjar), Tender radish(mooli)



Other- Sesame oil (Til oil), Castor oil (Errand), Cow urine, Sugar candy (mishri), Animal fat and marrow (khrode/long bones soup), Rum, Coconut water, Mustard Oil (sarso oil), Fenugreek (methi) seeds.

Unwholesome Diet (Apathya)- Non Eatable



Grains- Ragi, Barley (jau)

Vegetables- Leafy vegetables, Vegetables with thick seeds, bitter gourd(karela).

Legumes- Cow pea(roundgi), kidney beans(rajma), green pea(mattar), black pea(channa dal), chick pea(white chana).

Meat- dry meat, dried meat, dried fish

Fruits- Jamun

Water- Frizzed water (fridge k pani), River water



Tubers- Sweet potato (shakargandhi), Tapioca(sabudana) , Potato, Lotus root (kamal kakdi), Arum (arbi)

Honey- All types of honey

Other- Spicy food, astringent foods like betel nut(paan), roasted soil(multani mitti), salty food, stale water, fasting, irregular food intake, parched rice(murmura/ bhuna chawal)

MUDRA : Vayu Mudra






PRANAYAM : Anulom Vilom , Kapalbhati

**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
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 ofLibido, 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, 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

