

VATARKATA- GOUT

Wholesome Diet(Pathya)-

Eatable

Grains- old rice (chawal), barley(jau), wheat(gehu), rock sugar(Mishri)

Vegetables- Gulvel (giloy), Snake Gourd(Tarr), spinach(palak), Round gourd(Tinnda), Bitter gourd(karela), Artiplex(pahadi palak), Purana petha(Ash gourd).

Ash Gourd



Snake Gourd



Legumes- Soup of Green gram(hari moong) or lentils or pigeon pea(toor dal) or chick pea(safed chana dal).



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Meat- Goat, Chicken, Parrot

Fruits- Grapes, Black resins(kaali kishmish), Amla Indian Gooseberry

Milk and Milk Products- Cow and Buffalo Milk, Ghee, Fresh butter of cow(without salt), goat.

Water- Medicated water with camphor, with cumin(jeera) seeds and coriander seeds(dhaniya), Rose water, Medicated water with parched rice(murmura/ bhuna chawal).



Tubers- Turmeric, Ginger.

Parched Rice

Unwholesome Diet (Apathya)- Noneatable

Grains- Corn

Vegetable- Leafy vegetables, Red pumpkin(Kaddu)

Legumes- Horse gram(channe ki daal), Black gram(urad/mah dal), Green pea(hare matar), Black pea, All variety of beans.

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Meat- Fish, Pork, Dried Fish, Dried Flesh

Fruits- Pineapple(ananaas), Orange.

Milk and Milk Products- curd, Sour taste Buttermilk.

Water- Hot water





Tubers- Garlic, Radish, Tapioca(sabudana)

Honey- jungle honey










Other- Fermented or Aerated drinks, Lassi (sweet), Sour foods like- Tamarind(Imli), Excessive salt intake, Chilly, Hot spices, Fried Food, cat nap, excess exposure to sun, sea foods, incompatible foods like milk and salt, milk and sour food item, curd, raddish, fermented foods, heavy to digest foods, Preservative containing packed foods.




**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 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