

DO's & DON'Ts

1. People should refrain from taking spicy foods such as garlic, ginger, cinnamon, cloves, poppy seeds, cardamom as well as assafoetida etc., which have great medicinal value even when not under homoeopathic treatment.
2. Likewise they should not take coffee and tea which have medicinal value. Instead they can take plain milk.
3. They should avoid substances of narcotic nature such as cocaine, nicotine and should not smoke in any form as well as should not consume alcoholic beverages in any form. In case of addiction they must be reduced week by week in a systematic schedule as per the directions of physician.
4. Pickles which usually contain mustard and red chilly powder such as mango, lemon, tomato, sorrel leaves etc., should be evaded. Chutneys made of blackgram, greengram or groundnut etc., and vegetable chutneys like ivy or little gourd, ridge gourd, cucumber, brinjal, lady's fingers prepared for usage within 24 hours whichever are in agreement to their general dietary instructions.
5. Sugar of milk powder should only be used instead of regular tooth powders or pastes for cleaning teeth.
6. People who are under treatment in general and particularly who suffer from skin troubles ought to use chick-pea or green gram flour mixed with small parts of rice flour only, if necessary, instead of soaps and shampoos which contain chemicals and liquid paraffin. No need of mixing turmeric, cinnamon etc.,. At the same time people with skin complaints must avoid eating brinjal, drum sticks, sorrel leaves, pumpkin etc.,.
7. As said before iodized salt, sunflower oil which have medicinal qualities should not be taken along with regular food even those who are not undergoing homoeopathic treatment. They can be replaced with normal salt, groundnut, gingelly or palm oil.
8. Water containing chlorine and other minerals as well as ozonized water damage the intestinal walls. So it is better to use boiled water to prevent such damage.
9. Those who have cold catching tendency, cough, asthma must avoid vegetables like bottle, ridge gourd, cucumber, sour fruits like mosambi, grapes, sour dishes of tomato, lemon, tamarind, sorrel leaves as well as butter milk or curd, cold drinks, ice creams and coconut products. These people can comfortably take ivy or little gourd, lady's fingers, beans, lentils, cabbage, cauliflower and leafy vegetables like amaranthus, spinach and malabar spinach in the form of fried curries. They can also take brinjal, drum sticks, pumpkin, beetroot, carrot, potato, colocasia, raddish, yam etc.,. if not advised to avoid otherwise.
10. People who suffer from rheumatic and joint complaints should not take pulses (such as red, green, bengal gram etc.,), root vegetables (potato, colocasia, raddish, beet root etc.,) and curd. It is better to reduce them by those who suffer from hypothyroidism and digestive troubles.
11. Diabetics must avoid sweets, fat rich foods and roots. They will be largely benefitted if rice can be replaced with finger or pearl millet, yellow jowar and wheat by taking separately and sticking to those whichever is palatable and suits them better.
12. If there occurs fever, one should completely stay on liquids like rice or barley water as well as dilute milk without solids in any form until fever is completely resolved. Simultaneously they should avoid fanning in any form and cold conditions in order to allow sweating which is very much vital in reducing fever.

13. Non vegetarian can be taken, if not advised against, without spices by adding small quantities of pepper and salt to the boiled dish. They can also be taken along with vegetarian curries like amaranthus or brinjal etc.,. Fish can be taken as soup if not advised against for cold catching tendencies.