



8.1.3 Protoeols for Diet Regime and Lifestyle modifications –

Lifestyle modification involves healthy eating, physical-mental soundness and altering long-term habits. Examples of Lifestyle modification are numerous and include, apart from what we eat and drink, physical activity, weight reduction, smoking, and stress.

Thus keeping these effects in due diligence, each and every patients prior to undergoing Panchakarma are advised with Dietary & Lifestyle modifications (Pathya & Apathya) necessary to be carried out during the procedure as well as after the procedure.

Various Protocol as per the requirement of the patient in pertinence to his health are provided viz.

- Diet Regime
- Lifestyle Regime (Daily Chores)
- Stress Management & Psychological related advice.
- Yoga & Exercise



Jeshmukh

PRINCIPAL

Chhatrapati Shahu Maharaj Shikshan Sanstha's
Ayurved Mahavidyalaya & Rugnalaya,
Kanchanwadi, Aurangabad.