

YOGA WITH PRAKHAR

Ayurvedic Autoimmune Disease Management & Holistic Care Plan

SENIOR AYURVEDA CONSULTANT: PRAKHAR GARG

Pranam! Ayurveda mein Autoimmune disorders ko mukhya roop se **Agni Mandya (Weak Digestive Fire)**, **Ama (Metabolic Endotoxins)** ki utpatti, aur ****Strotorodha (Blocked Body Channels)**** ke roop mein dekha jata hai. Jab hamari digestive fire kamzor hoti hai, toh khana theek se pachta nahi hai aur 'Ama' ban jata hai. Yeh Ama jab immune system ke sath milkar alag-alag tissues (Dhatus) par attack karta hai, tab Rheumatoid Arthritis, Lupus (SLE), Hashimoto's Thyroiditis, Psoriasis, aur IBD jaise autoimmune diseases paida hote hain. Ilaj ka mukhya uddeshya Ama ko pachana, Agni ko deep karna, aur immune system ko modulate karna hai.

1. AUTOIMMUNE MANIFESTATIONS ACCORDING TO TRIDOSHA

Autoimmune conditions mein alag-alag Dosha aur Dhatus affect hote hain:

VATA AUTOIMMUNE (Degenerative & Painful)

Examples: Rheumatoid Arthritis (joint pain/deformity), Fibromyalgia, Sjögren's Syndrome.

Focus: Vata-shamana diet, warm unctuous foods, healthy fats (Ghee), Abhyanga, and deep nourishing herbs (Ashwagandha, Guggulu).

PITTA AUTOIMMUNE (Inflammatory & Blood Disorders)

Examples: Lupus (SLE), Inflammatory Bowel Disease (Crohn's/Colitis), Psoriasis, Type 1 Diabetes.

Focus: Cooling, anti-inflammatory, blood-purifying (*Rakta Shodhak*) diet. Aloe Vera, Guduchi, Manjistha, and avoiding spicy/acidic foods.

KAPHA AUTOIMMUNE (Congestive & Glandular)

Examples: Hashimoto's Thyroiditis, Multiple Sclerosis, Type 2 related Autoimmunity.

Focus: Light, dry, warming (*Ushna*), and *Ama*-reducing diet. Trikatu, Kanchanar, and active detoxification protocols.

2. COMPREHENSIVE AYURVEDIC AUTOIMMUNE DIET PLAN (ALL TYPES)

Yeh healing diet gut lining (leaky gut) ko heal karne, systemic inflammation reduce karne, aur immune system ko calm karne ke liye design ki gayi hai.

TIME / ROUTINE	DIET / AAHAR OPTIONS	DOSHA CUSTOMIZATION & RATIONALE
Early Morning (6:00 AM - 6:30 AM)	1 glass Luke-warm Water. • <i>Pitta/Inflammatory:</i> Warm water + 15 ml Fresh Amla + Aloe Vera Juice. • <i>Vata/Joint Pain:</i> Warm water + 1/2 tsp Haldi + 1/2 tsp Ginger juice. • <i>Kapha/Congestive:</i> Warm water + 1 pinch Trikatu + few drops lemon.	Flushes gut toxins (*Ama*), reduces morning joint stiffness, and balances digestive fire (*Agni*) before breakfast.
Breakfast (8:00 AM - 8:30 AM)	Warm, easy-to-digest, gluten-free meals: • Vegetable Dalia / Quinoa Upma / Moong Dal Chilla / Stewed Apples with Cinnamon. • 1 cup Herbal Anti-Inflammatory Tea (Ginger + Mulethi + Tulsi).	Gluten and dairy are major triggers for leaky gut in autoimmune conditions. Easily digestible grains prevent immune flare-ups.
Mid-Morning (11:00 AM)	Fresh low-sugar antioxidant fruits: Pomegranate (Anar), Papaya, Green Apple, or Coconut Water. • <i>Plus:</i> 4 Soaked Almonds + 2 Walnuts (Omega-3 for joint & tissue lubrication).	Provides clean micronutrients and healthy fats to support cellular membrane repair without burdening digestion.
Lunch (1:00 PM - 2:00 PM)	1-2 Millet Rotis (Jowar/Bajra) OR Brown/Red Rice. • 1 bowl Yellow Moong Dal / Masoor Dal seasoned with Ghee, Cumin, & Turmeric.	Lunch is eaten when digestive fire (*Pitta*) is peak. Ghee acts as a carrier (*Yogavahi*) for medicinal herbs into deep tissues.

TIME / ROUTINE	DIET / AAHAR OPTIONS	DOSHA CUSTOMIZATION & RATIONALE
	• Cooked Green Sabzi (Bottle Gourd, Ridge Gourd, Pumpkin, Spinach) with 1 tsp A2 Cow Ghee.	
Evening Snack (5:00 PM)	Roasted Makhana (Foxnuts) in Cow Ghee OR Vegetable Soup OR Coriander-Cumin-Fennel Tea (CCF Tea).	Keeps blood sugar stable and provides gentle cellular nourishment without creating heavy digestive toxins (*Ama*).
Dinner (7:00 PM - 7:30 PM)	Very Light & Digestible Dinner: Moong Dal Khichdi cooked with Hing, Jeera, and Turmeric OR Bottle Gourd Soup. Strictly finish dinner by 7:30 PM.	Autoimmune patients have weak nocturnal metabolism. Early light dinner prevents *Ama* accumulation and night inflammation.
Bedtime (9:30 PM)	• <i>Vata / Joint pain</i>: Warm A2 Cow Milk + 1/2 tsp Haldi + 1/2 tsp Cow Ghee. • <i>Pitta / Inflammatory</i>: Warm water + 1 tsp Triphala Churna.	Triphala cleanses colon overnight, reducing gut-mediated immune triggers. Haldi-Ghee milk relieves tissue pain and promotes deep sleep.

3. KEY AYURVEDIC MEDICINES FOR AUTOIMMUNE RELIEF (IMMUNO-MODULATORS)

Classical Ayurvedic formulations for immune modulation (*Rasayana*), deep toxin clearance (*Ama Pachana*), and tissue regeneration:

MEDICINE NAME	DOSAGE (KHORAK)	BEST TIME / ANUPAN	CLINICAL ACTION & BENEFITS
Amritarishta / Guduchi Ghan Vati	15-20 ml Kwath OR 2 Tabs twice daily	After meals with warm water	Supreme immunomodulator (*Rasayana*). Reduces chronic systemic inflammation, balances all three doshas, and purifies blood.
Yograj Guggulu / Maha-Yograj Guggulu	1-2 Tablets twice daily	After meals with warm water	Gold-standard for autoimmune joint conditions (RA). Clears deep-seated toxins from joints and reduces painful swelling.
Mahamanjithadi Kwath	15-20 ml with equal water twice daily	After meals	Premier blood purifier (*Rakta Shodhak*). Highly effective in skin autoimmune conditions like Psoriasis, Lupus rashes, and eczema.
Kaishore Guggulu	1-2 Tablets twice daily	After meals with warm water	Powerful anti-inflammatory and gout/arthritis regulator. Eliminates metabolic waste from blood and tissues.
Ashwagandha Churna / Tablets	1 tsp OR 1 Tab twice daily	With warm milk or water at bedtime	Adaptogen herb. Calms overactive immune responses, reduces cortisol/stress, and rebuilds deep tissue strength (*Brimhana*).
Punarnavadi Mandoor	1-2 Tablets twice daily	After meals with warm water	Reduces systemic fluid retention, edema, and inflammation in autoimmune kidney and joint disorders.
Triphala Churna	1 tsp at bedtime	With warm water	Cleanses the gastrointestinal tract, heals gut lining, and prevents leaky gut syndrome which triggers autoimmune flares.

4. AUTOIMMUNE CARE GUIDELINES ACROSS DIFFERENT AGE GROUPS

1. Children & Teenagers (Juvenile Arthritis / Early Onset Autoimmune)

- **Primary Concerns:** Growth retardation, joint pain, skin rashes, emotional stress, school disruption.
- **Management:** Gentle Rasayanas like Amla, Giloy (Amritarishta), and Brahmi. Ensure high-quality proteins (Moong dal, paneer if tolerated) and pure Ghee for healthy growth. Avoid processed snacks, refined sugar, and artificial coloring entirely.
- **Lifestyle:** Encouraging gentle playful activity without joint strain, positive mental environment.

2. Young Adults & Working Professionals (Age 20 - 45 Years) - High Stress Triggers

- **Primary Concerns:** Work-related stress, severe flare-ups during deadlines, chronic fatigue, managing career with chronic illness.
- **Management:** Strict stress management is paramount because cortisol imbalance triggers immune attacks. Regular use of Ashwagandha, Guduchi, and strict adherence to anti-inflammatory gluten-free diet.
- **Lifestyle:** Daily Pranayama (Anulom Vilom, Bhramari), adequate 8-hour sleep, avoiding night shifts and erratic eating.

3. Elderly Citizens (Age 46+ Years) - Chronic Degenerative Autoimmunity

- **Primary Concerns:** Advanced joint deformity, severe morning stiffness, systemic weakness, multi-organ involvement.
- **Management:** Focus on pain relief, tissue preservation, and vitality. Yograj Guggulu, Ashwagandha, Dashmoolarishta, and external warm oil massage (*Abhyanga*) with Mahanarayan Taila.
- **Lifestyle:** Gentle joint rotations (*Sukshma Vyayama*), warm supportive clothing, avoiding cold damp environments.

5. PATHYA & APATHYA (DO'S AND DON'TS FOR AUTOIMMUNE HEALTH)

PATHYA (KYA KHAYEIN / KYA KAREIN)	APATHYA (KYA NA KHAYEIN / KYA NA KAREIN)
• Warm, freshly cooked, light-to-digest meals with A2 Cow Ghee. • Old grains (Jowar, Bajra, Barley, Red/Brown rice), Moong dal. • Ginger, Turmeric, Cumin, Coriander, Garlic in moderation. • Drinking warm water throughout the day to flush *Ama*. • Daily Pranayama, stress management, and sound sleep. • Regular bowel cleansing (*Anulomana*).	• Gluten (Wheat, Maida) and Dairy (in many cases of leaky gut/ congestion). • Processed foods, refined sugar, artificial sweeteners, and preservatives. • Nightshades (Tomato, Potato, Eggplant/Brinjal, Bell peppers) - *often trigger joint inflammation*. • Cold, frozen, stale, or raw/uncooked salads. • Daytime sleeping (*Diva-swapna*) and chronic mental stress/ anger. • Suppression of natural bodily urges (*Vegadharana*).

Important Medical Disclaimer: Yeh document *Yoga with Prakhar* ke dwara educational aur awareness purpose ke liye banaya gaya hai. Autoimmune diseases complex hoti hain. Apni ongoing conventional immunosuppressant medicines ko bina specialist doctor ki salah ke sudden stop na karein. Certified Ayurvedic Vaidya ke supervision mein hi integrative therapy start karein.