

YOGA WITH PRAKHAR

Ayurvedic Weight Loss (Sthoulya/Medoroga) Diet & Wellness Plan

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Namaste! Ayurveda mein vajan badhne ko 'Sthoulya' ya 'Medoroga' kaha jata hai, jo mukhya roop se **Kapha Dosha** ke prakop aur **Agni (Digestive Fire)** ke mand hone se hota hai. Jab hamari Agni kamzor hoti hai, toh sharir mein 'Ama' (toxins) bante hain, jo Meda Dhatu (fat tissue) ke flow ko block kar dete hain. Yeh diet plan sharir ki Agni ko teez karne, Ama ko bahar nikalne aur Tejas-Vayu ko balance karke natural weight loss mein madad karega.

1. PRAKRITI KE ANUSAAR WEIGHT LOSS STRATEGY (TRIDOSHA GUIDE)

Har vyakti ki body type (Prakriti) alag hoti hai. Vajan ghatane ke liye aapko apni dominant Prakriti ke hisab se diet aur lifestyle follow karni chahiye:

VATA PRAKRITI

Symptoms: Irregular digestion, bloating, anxiety, dry skin, fluctuating weight.

Strategy: Light lekin warm aur cooked food khayein. Fasting mat karein. Warm soups aur herbal teas lein. Raw salads zyada na khayein.

PITTA PRAKRITI

Symptoms: Strong appetite, acidity, anger, excessive sweating, inflammation.

Strategy: Teekha (spicy) aur fried kam karein. Bitters (karela, leafy greens) aur cooling herbs (Amla, Aloe Vera) lein. Excessive hot spices se bachein.

KAPHA PRAKRITI

Symptoms: Slow metabolism, lethargy, fluid retention, easy weight gain.

Strategy: Katu (pungent), Tikta (bitter) aur Kashaya (astringent) dravya lein. Heavy, oily, meetha aur dairy complete avoid karein. Dry fasting/intermittent fasting helpful hai.

2. COMPLETE DAILY AYURVEDIC DIET PLAN (ROUTINES)

Yeh diet plan Kapha-hara aur Agni-deepana principles par aadharit hai. Isko apni hunger aur Prakriti ke anusaar thoda adjust kar sakte hain.

TIME / ROUTINE	DIET / AAHAR	AYURVEDIC RATIONALE & TIPS
Early Morning (6:00 AM - 6:30 AM)	1 glass Gunguna paani + 1 tsp Honey + 1/2 Nimbu (Lemon) + 1 pinch Trikatu powder. Ya Methi-Ajwain soaked water.	Ushnodaka (warm water) aur Honey fat deposits ko cut karta hai. Trikatu Agni ko ignite karta hai. Note: Honey ko kabhi ubalna nahi hai!
Breakfast (8:00 AM - 8:30 AM)	Moong Dal Chilla / Oats Upma / Dalia veg poha / Vegetable Soup. 1 cup Herbal Tea (Dalchini + Adrak + Tulsi).	Light, easy to digest breakfast. Wheat/Roti ki jagah Millets (Jowar, Ragi, Bajra) ya Moong dal use karein. Sugar aur milk tea bilkul avoid karein.
Mid-Morning (11:00 AM)	1 Fruit (Amla, Apple, Papaya, ya Pomegranate) OR 1 glass Fresh Takra (Buttermilk) with Bhuna Jeera & Black Salt.	Takra (Chhash) Kaphahara aur Agni vardhak hoti hai. Yeh digestion ko improve karti hai bina fat badhaye.
Lunch (1:00 PM - 2:00 PM)	1-2 Jowar/Bajra Roti + 1 bowl Moong Dal / Lauki / Parwal / Karela Sabzi + Green Salad (Cucumber, Beetroot with lemon).	Lunch din ka sabse heavy meal hona chahiye kyunki is waqt Pitta/Agni sabse strong hoti hai. Refined flour (Maida) aur Rice avoid karein.
Evening Snack (5:00 PM)	Roasted Makhana / Roasted Chana / Green Tea / Cinnamon Tea.	Mild snacking. Processed biscuits ya fried snacks strictly avoid karein.
Dinner (7:00 PM - 7:30 PM)	Vegetable Soup / Mix Veg Khichdi (Moong Dal + Jowar/Dalia) / Steamed veggies. Very light meal.	Dinner hamesha sunset ke aas-paas ya 8 PM se pehle karein. Raat ko digestion slow hota hai, heavy food Ama banata hai.
Bedtime (9:30 PM)	1/2 tsp Triphala Churna with warm water.	Triphala mild laxative hai, bowel movements clear karta hai aur Srotas (body channels) ko detoxify karta hai.

3. KEY AYURVEDIC MEDICINES FOR WEIGHT LOSS (AUSHADHI)

Aushadhi ka sevan kisi qualified Vaidya ke nirdesh mein karein. Ye aushadhiyan Meda Dhatu ko kam karti hain aur Agni ko badhati hain:

MEDICINE NAME	DOSAGE (KHORAK)	BEST TIME / ANUPAN	ACTION & BENEFITS
Medohar Guggulu	2 Tablets twice a day	After meals with warm water	Meda Dhatu (Fat) ko scrape (Lekhana) karta hai. Lipid profile ko balance karta hai.
Triphala Guggulu	2 Tablets twice a day	After meals with warm water	Vata-Kapha hara, inflammation kam karta hai aur constipation relief deta hai.
Vrikshamla (Garcinia)	1-2 Capsules twice daily	30 mins before meals	Appetite control karta hai, fat formation ko block karta hai aur metabolism fast karta hai.
Trikatu Churna (Sunthi+Maricha+Pippali)	1/2 tsp twice a day	Before meals with honey/ warm water	Deepana-Pachana effect. Mandagni ko theek karta hai aur Ama ko pachaata hai.
Arogyavardhini Vati	1-2 Tablets twice a day	After meals with warm water	Liver function improve karti hai, fat metabolism ko correct karti hai.
Varunadi Kwath	15-20 ml with equal water	Empty stomach morning & evening	Water retention, bloating aur Kapha accumulation ko reduce karta hai.

4. AGE-WISE DIET & LIFESTYLE CONSIDERATIONS

Vajan ghatane ka tareeka umar ke hisab se badalta hai taaki body ko zaruri nutrition milta rahe:

- #### 1. Children & Teenagers (Age 10 - 19 Years) - Growth Phase

 - **Focus:** Strict crash dieting bilkul na karein. Growth ke liye nutrition zaruri hai.
 - **Diet:** Junk food, cold drinks, chocolates aur bakery items band karein. Ghar ka bana Desi khana, nuts, doodh, fruits aur millets dein.
 - **Activity:** Outdoor sports, Cycling, Surya Namaskar aur Swimming kam se kam 1 ghanta roz karein.
- #### 2. Young Adults & Working Professionals (Age 20 - 45 Years) - Active Phase

 - **Focus:** Stress management, portion control, aur sedentary lifestyle ko break karna.
 - **Diet:** High-protein, high-fiber, low-carb diet. Intermittent fasting (14:10 ya 16:8) follow kar sakte hain. Screen time pe khana avoid karein.
 - **Activity:** Kapalbhati, Bhastrika Pranayama, Yogasana (Trikonasana, Bhujangasana, Paschimottanasana) aur brisk walking.
- #### 3. Middle Age & Senior Citizens (Age 46+ Years) - Vata Predominant Phase

 - **Focus:** Joint health preserve karna aur metabolic rate maintain rakhna. Fast weight loss na karein.
 - **Diet:** Warm, light, easily digestible food. Cold salads aur heavy raw grains avoided. Soup, khichdi, warm milk with turmeric (night).
 - **Activity:** Gentle Yoga, Sukshma Vyayama, Anulom-Vilom Pranayama aur 30 mins gentle morning walk. Joint overload na karein.

5. PATHYA & APATHYA (DO'S AND DON'TS FOR WEIGHT LOSS)

PATHYA (KYA KHAYEIN / KYA KAREIN)	APATHYA (KYA NA KHAYEIN / KYA NA KAREIN)
• Purana Jowar, Bajra, Ragi, Barley (Jau), Moong Dal. • Lauki, Parwal, Karela, Torai, Leafy Greens. • Gunguna paani (Ushnodaka) poore din piyein. • Khana chaba-chaba kar aur shanti se khayein. • Koshish karein ki dinner 7:30 PM tak ho jaye. • Din mein active rahein, regular Yoga/Exercise karein.	• Diva-swapna (Din mein soona) - Yeh Kapha aur Fat badhata hai. • Meetha (Sugar), Maida, Fried items, Packaged foods. • Paneer, Butter, Cheese, aur heavy Dairy products. • Kharboodha, Banana, Mango (High calories/sweet fruits). • Khane ke turant baad thanda paani (Chilled water) peena. • Late night dinner aur khana khate hi so jana.

Important Medical Disclaimer: Yeh diet plan aur aushadhi jankari *Yoga with Prakhar* ke dwara aam jagrukta (general awareness) aur educational purpose ke liye tayar ki gayi hai. Kisi bhi aushadhi (medicine) ka sevan shuru karne se pehle apni sharirik prakriti aur existing medical conditions (jaise Thyroid, Diabetes, PCOD, BP) ke anusaar ek certified Ayurveda Vaidya se परामर्श (consultation) zaroor lein.