

YOGA WITH PRAKHAR

Ayurvedic Weight Gain & Brimhana (Nourishing) Diet Plan

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Pranam! Ayurveda mein vajan badhane (weight gain) ki process ko '**Brimhana Chikitsa**' (Nourishing Therapy) kaha jata hai. Dubalpan (Underweight / Karshya) mukhya roop se **Vata Dosha ke badhe hone, Agni ki irregular state (Vishamagni)**, aur saptadhatu (mukhya roop se Rasa, Mamsa, aur Meda Dhatu) ke poshan ki kami ke karan hota hai. Sirf calorie dump karne se vajan nahi badhta; iske liye digestive fire (*Agni*) ko stable karke tissues ko deep nourishment dena zaroori hai. Yeh guide sabhi body types (Vata, Pitta, Kapha) aur age groups ke liye complete weight gain plan pradan karti hai.

1. UNDERSTANDING WEIGHT GAIN ACCORDING TO TRIDOSHA (BODY TYPES)

Vajan badhane ki strategy vyakti ke Prakriti (body type) ke anusaar alag hoti hai:

VATA BODY TYPE (Naturally Thin / Lean)

Characteristics: Fast metabolism, dry skin, anxious mind, irregular appetite, difficulty gaining muscle or fat.

Focus: Heavy, warm, sweet (*Madhura*), oily (*Snigdha*) foods. Desi Ghee, nuts, root vegetables, and restorative grounding herbs (Ashwagandha, Shatavari).

PITTA BODY TYPE (Moderate / High Metabolism)

Characteristics: Strong appetite (*Tikshnagni*), sharp features, gets easily irritated if meals are delayed, warm body temperature.

Focus: Cooling, nourishing, sweet, and bitter foods. Milk, rice, dates, coconut, Shatavari, and cooling sweet fruits to build healthy muscle tissue (*Mamsa Dhatu*).

KAPHA BODY TYPE (Slow Metabolism / Rare Underweight)

Characteristics: Sturdy frame, slow digestion (*Mandagni*), gains weight easily but rare cases remain thin due to stress or disease.

Focus: Warm, light yet nourishing foods with spices (Ginger, Cinnamon) to boost Agni before heavy meals. Ashwagandha and Bala for clean muscle mass.

2. COMPREHENSIVE AYURVEDIC WEIGHT GAIN DIET PLAN (BRIMHANA AAHAR)

Yeh daily diet plan high caloric density, healthy fats (A2 Ghee), natural sugars, aur high-quality proteins (*Mamsa vardhak*) par based hai.

TIME / ROUTINE	DIET / AAHAR OPTIONS	DOSHA CUSTOMIZATION & RATIONALE
Early Morning (6:30 AM - 7:00 AM)	4 Soaked Almonds + 2 Walnuts + 2 Black Raisins (Munakka) soaked overnight. • <i>Vata/Pitta</i> : 1 glass warm milk with 1 pinch Cinnamon. • <i>Kapha</i> : Warm water with 1/2 tsp honey and lemon.	Soaked dry fruits provide instant bio-available energy and healthy fats (*Snigdha Guna*) to kickstart anabolic tissue building.
Breakfast (8:00 AM - 8:30 AM)	Heavy & Nourishing Breakfast: • Broken Wheat (Dalia) or Oats cooked in full cream milk with Ghee, Dates, and Cashews. • OR 2 Stuffed Paneer Parathas with 1 cup curd or fresh butter (*Makhan*).	Morning is when digestive strength is optimal. Milk and Ghee together act as prime *Brimhana* (tissue builders).
Mid-Morning (11:00 AM)	Fresh Sweet Fruits / Energy Drink: • Ripe Banana / Mango / Chikoo / Custard Apple (Sitaphal) shake with dates and almonds. • OR 1 glass fresh coconut water with malai.	Sweet and heavy fruits (*Madhura Rasa*) nourish Rasa and Mamsa Dhatus directly without burdening digestion.
Lunch (1:00 PM - 2:00 PM)	• 2-3 Wheat Chapattis applied with Desi Ghee. • 1 bowl thick Moong Dal / Toor Dal loaded with Ghee and cumin tempering. • Cooked root vegetables (Sweet Potato, Yam/ Suran, Potatoes) and Paneer/Tofu sabzi.	Root vegetables are heavy and earthy (*Prithvi mahabhuta dominant*), which naturally promotes weight and muscle mass gain.

TIME / ROUTINE	DIET / AAHAR OPTIONS	DOSHA CUSTOMIZATION & RATIONALE
Evening Snack (5:00 PM)	- Roasted Makhana (Foxnuts) fried in Cow Ghee with jaggery (*Gud*). - OR 2 Banana-Almond Ladoos or Khoya sweets.	Prevents evening energy slump and maintains a continuous positive caloric balance for muscle hypertrophy.
Dinner (7:30 PM - 8:00 PM)	- Rice Kheer (Payasam) OR Khichdi cooked with Rice, Moong Dal, vegetables, and 2 spoons Ghee. - Paneer Tikka or boiled sweet potatoes.	Easily digestible warm dinner ensures restful sleep while allowing nutrients to repair and build tissues overnight.
Bedtime (9:30 PM)	1 glass warm A2 Cow Milk + 1 tsp Ashwagandha Churna OR Shatavari Churna + 1 tsp Cow Ghee + crushed saffron (Kesar).	Milk combined with Ashwagandha and Ghee acts as the ultimate *Rasayana* for deep tissue regeneration (*Shukra & Mamsa Dhatu*).

3. KEY AYURVEDIC MEDICINES FOR WEIGHT GAIN (BRIMHANA AUSHADHI)

Classical Ayurvedic formulations designed to strengthen digestion (*Agni*), improve nutrient absorption, and build muscle mass:

MEDICINE NAME	DOSAGE (KHORAK)	BEST TIME / ANUPAN	CLINICAL ACTION & BENEFITS
Ashwagandha Churna / Granules	1 tsp twice daily	With warm milk after meals	Premier anabolic herb. Builds muscle mass (*Mamsa dhatu*), reduces cortisol/stress, and increases physical stamina.
Shatavari Churna	1 tsp twice daily	With warm milk or honey	Cools Pitta, nourishes bodily fluids (*Rasa dhatu*), and promotes healthy weight gain, especially for lean body frames.
Bala Churna / Mahabala Taila	1/2 to 1 tsp twice daily	With warm milk	Literally means "Strength". Enhances muscular strength, cellular vitality, and structural body weight.
Draksharishta / Ashwagandharishta	15-20 ml with equal water twice daily	After meals	Self-generated herbal tonic that improves appetite, enhances nutrient assimilation, and cures chronic fatigue.
Chyawanprash Awaleha	1-2 teaspoonfuls twice daily	Morning on empty stomach or before milk	Classic multi-herb Rasayana. Rejuvenates all seven body tissues (*Sapta Dhatus*) and boosts overall immunity and mass.
Vidariandhakadi Kashayam / Vidari Churna	15 ml kwath OR 1 tsp churna	Twice daily with warm water or milk	Known for its profound *Brimhana* (nourishing) properties. Rebuilds emaciated body tissues and adds healthy weight.
Kshirpak Vidhi Preparations	Milk boiled with roots (Ashwagandha/Bala)	Once daily	Ayurvedic milk decoction method that maximizes the absorption of fat-soluble and water-soluble herbal nutrients.

4. WEIGHT GAIN GUIDELINES ACROSS DIFFERENT AGE GROUPS

1. Growing Children & Teenagers (Age 6 - 18 Years) - Stunted Growth & Underweight Primary Concerns: Poor weight gain, picky eating habits, lack of stamina during sports, weak bone development. Management: Focus on nutrient-dense natural foods (Milk, Ghee, Paneer, Bananas, Nuts). Use Chyawanprash and Shatavari granules in milk. Avoid junk food that gives empty calories without tissue nutrition. Lifestyle: Outdoor games, swimming, adequate 9-10 hours sleep for growth hormone secretion.
2. Young Adults & Fitness Enthusiasts (Age 19 - 40 Years) - Muscle Building & Lean Body Recovery Primary Concerns: Hardgainer body type, inability to build muscle mass despite eating, fast metabolism.

- **Management:** High-protein and high-fat caloric surplus. Ashwagandha and Bala for workout recovery. Adequate consumption of Moong dal, Paneer, Ghee, and soaked dry fruits.
- **Lifestyle:** Progressive resistance training (Weightlifting/Yoga push-ups), proper rest days, avoiding smoking and late nights.

3. Elderly & Convalescing Adults (Age 41+ Years) - Post-Illness Wasting & Dhatu Kshaya

- **Primary Concerns:** Muscle wasting after chronic illness, weakness, low appetite (*Mandagni*), joint dryness.
- **Management:** Easy-to-digest nourishing soups, Moong dal khichdi with extra Ghee, Ashwagandharishta, and Dashmoolarishta to restore tissue strength safely.
- **Lifestyle:** Gentle walking, oil massage (*Abhyanga*), stress-free environment.

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

PATHYA (KYA KHAYEIN / KYA KAREIN)	APATHYA (KYA NA KHAYEIN / KYA NA KAREIN)
• Sweet, heavy, unctuous (*Snigdha*) and nourishing foods with Ghee. • Full-cream milk, paneer, dates, almonds, walnuts, bananas, mangoes. • Root vegetables (Sweet potato, Yam) and whole wheat/rice. • Adequate sleep (7-8 hours at night) and daytime rest if needed. • Regular oil massage (*Abhyanga*) to nourish skin and muscle tissues. • Peaceful, stress-free dining environment.	• Excessive pungent, bitter, or astringent foods that aggravate Vata. • Stale, dry, cold, or packed junk food (*Rooksha aahar*). • Excessive caffeine, smoking, and alcohol (which dry up bodily tissues). • Late-night sleeping, irregular meal timings, and over-exercising. • Suppression of natural urges (*Vegadharana*) and chronic mental anxiety.

Important Medical Disclaimer: Yeh document *Yoga with Prakhar* dwara educational aur health awareness purpose ke liye banaya gaya hai. Agar underweight hone ka karan koi underlying medical condition (jaise Thyroid hyper-activity ya Malabsorption) hai, toh pehle qualified Ayurvedic doctor ya physician se checkup zaroor karwayein.