

Chikungunya / Arthritis

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GUIDELINE BY SANJAY G.M.

- Take Sunlight 20 minutes at 8.00am or 5.30pm. Walk 20 minutes blurry walk
- After stool passing take 1-2 spoon cow original ghee
- Do Pranayama or deep breathing 20 minutes. Do PT exercises 20 minutes

- **Take Breakfast as below :-**

1. 2 Eggs OR
2. Red Chickpea-1 bowl OR
3. Lentils-1 bowl OR
4. Avocado OR
5. Broccoli OR
6. Stale chapatti + Honey OR
7. Boil sweet potato

+ Overnight soaked Chia Seeds, 5 Almonds, 2 Walnuts

- **Take Lunch & Dinner as follows :-**

1. Bhakri (Finger Millet, Jowar millet, Pearl millet)
2. 2 times Fish a week
3. 2 times Green Leafy
4. 2 times seasonal vegetable
5. 1 time legumes

+ Salad – Raw Fenugreek leaves, Daikon radish, Onion, etc.

- In dinner 1 bowl brown rice

- **At 4.00-5.00pm :- Seasonal fruits**

- **Keep in daily diet :-** white sesame seeds, Raisin, Fennel seeds, Dates

- **Keep in diet once a week -** Eat chewing sugarcane, Jaggery & dry coconut, carrot juice, Urid dal -1 bowl, papaya, banana, mango termaric kadha, flax seeds, apricot.

- Eat occasionally crab

- **Medicine :-**

1. Kutki (Picrorhiza Kurroa), Ashwagandha, Chandraprabha – 2 tables / 2 times a day / Cold – hot shake in joints pain.
2. No meal after 7.00pm- 16 hours fasting a week (with water)
3. Body massage – 1 times / month.

- **Restricted food :-**

Milk, Curd, Tamarind, Freeze food, stale food, chocolate
Packed foods, White rice, wheat
Sauces, cakes, refined wheat flour items, biscuits, artificial sweets.

NOTE :- All guideline is on my personal research or study from many author which convince me.
Follow guideline under doctor's observation.