



Ayurvedic Soul Consultation Sheet

Name: Amaara Singh

Age: 12

Weight: 44

Height: 5:3

Ayurvedic Body Type:

Reason for consultation: Vitiligo

Diagnosis:

Pitta – Bhrajak Pitta

Vitiligo started when she was 5 years old and has gradually progressing over the years.

Homeopathy medicine is presently taken.

Periods not yet

Allopathy was also taken

Family history- Father's side blood relation.

Bowel – constipated

Appetite- Good

Sleep- 9-10 hours

Active kids

Medicines currently consuming-

Blood work:

Do's	Don'ts
Water intake- 2-2.5 litres Wholesome light meals- green moong whole wheat, seasonal vegetables only 1 tsp Ghee with rock salt post lunch Fruits to be eaten first half of the day Add cooling food in diet like coconut water, fennel, coriander, melons, sugarcane Add grains like jowar, amaranth and	Avoid fish and egg. Can be eaten sometime. Preferably eggwhites Excess use of garlic. Refined flour strictly to be avoided Black lentils to be avoided Sour food- to be strictly avoided Oily and Spicy food to be restricted Food that generally leads to acidosis to

unprocessed rice. Chicken bone broth to be added Fermented food like kanjis, buttermilk, dosa, idli, Kombucha, non oily and less salty pickles, kimchi, miso etc Sprouted grains to be eaten Only cold pressed oil and ghee to be used for cooking	be avoided like apple, kerela, junk etc.
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Avoid wrong combination of food

1. Dairy with fish
2. Dairy with Salt
3. Dairy and grains
4. Dairy and Fruits
5. Grains and fruits
6. Mixing two three fruits together
7. Mixing anything with water melon
8. Combination of 2 -3 proteins together. For example chicken and egg, beans and eggs, dairy with meat.

Tips:

For constipation- Regular consumption of soaked raisins and figs. Fiber rich fruits like pear, papaya etc. Vegetables should be included in all three main meals. Omega 3 rich food like walnut, ghee, flaxseed, cashews to be added regularly.

❖ Meal plan suggestion:

- Morning: Soaked nuts and raisins
- Breakfast: poha, idli, dosha, uttampam, eggwhites, sourdough bread toast
- Mid Meal- 1 whole fruit/ coconut water/ buttermilk
- Lunch: Rice dal veggies/ joawar or amaranth rotis+ veggies+ lentils/ chicken
- Evening snack- suji uttampam, cheelas, eggwhites, makhana, hummus with sourdough
- Dinner: millets/dal rice/daliya/khidri (light meals)

- For any further details please feel free to contact us:

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Ayurvedic Soul