



Ayurvedic Soul Consultation Sheet

Name: Shreya Sarkar

Age: 34

Weight: 62

Height: 5:2

Ayurvedic Body Type: Pitta

Reason for consultation: Hormone- Endometriosis/ fibroid

Diagnosis:

Pitta Imbalance

Kapha- Fibroid/ Endometriosis

Thyroid- 25 mg, 37.5. Currently Thyroid hormone- 50 mg.

Subclinical thyroid.

Rosacea-

PCOD- 12 years

Heat

Prone to acidity

Bowel- Irregular, constipated. During periods 2-3 times bowel movement. Does not pass motion everyday

Tongue- little white layer

Sharp Hunger pangs

Sleep- 7-8 hours

Family history- Mother had cyst in her ovaries. Mother has thyroid. Hysterectomy was done for mother

Appetite- Good

Sleep- 9-10 hours

Stress level- feels stressful and anxious

Miscarriage in 2016. Clinical depression was diagnosed and took Antipsychotic medicines.

Nature of work- IT

Previously had irregular hours

Medicines – Progesterone consumed

Periods- Lot of pain, nausea, flow for 2 days..2-3 pads in a day

Before Progesterone, there was normal flow. (5-6 pads and continue for 4-5 days)

Ayurvedic medication- Kachnar guguulu, Amla pittary vati, Amrit tables, shatavari (given by previous Ayurvedic Doctor)

Allopathy- Thyroid hormone therapy med- 50 mg
Progesterone hormone pills taken in recent past

Blood work: Vitamin D is low. Rest all in normal range

Diet Advise:

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.

- 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.
- Pitta balancing food:
 - Grains: Hand pounded Rice, Jowar, Amaranth and Channa sattu
 - Legumes- Green moong sprouted, green chilka moong, yellow moong, chickpeas.
 - Oil- Ghee and cold pressed sunflower oil
 - Meat- Chicken or egg white occasionally (Grass fed and organic)
 - Vegetables- Pumpkin, Okra, Gourds, squash, beans, carrots, beetroot
 - Fruits- Papaya, melons, pomegranate, pear, banana
 - Coconut water
 - Drink sandalwood soaked water
 - Drink coriander and fennel seed soaked water
- Avoid excess use of ginger, garlic, peppers and chilies
- Have warm cooked food only
- Avoid dairy completely

- PMS Relief-
 - kesar mixed with honey to be taken 3 days prior period due date till 7th day.
 - Raisin, kesar and fennel soaked warm water in the morning.
 - Drink warm water 3 liters
 - Try avoiding constipation
 - 1st-14th day of period- Raw and soaked flaxseed and pumpkin seeds
 - 15th-30 days (last day prior to period)- Raw and soaked sesame seeds and sunflower seeds
 - Avoid nightsahdes like potatoes, brinjal, peppers and tomatoes
 - Kanji- Barley kanji, rice kanji and beetroot or carrot kanji to be added regularly.

❖ **Meal plan suggestion:**

- Morning: coriander or fennel with kesar and raisin soaked water/ soaked Almonds
 - Breakfast: green moong, oats, poha
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 - Mid Meal- 1 whole fruit/ coconut water
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 - Lunch: Rice dal veggies/ joawar or amaranth rotis+ veggies+ lentils/ chicken
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 - Evening snack-makhana, hummus with sourdough, muri bhel
 - Dinner: millets/dal rice/daliya/khidri (light meals)
- For any further details please feel free to contact us:

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