

Name- Yashodha Singh  
Age-32  
Female  
Height- 5 feet 6 inch  
Weight- has gained weight but have not checked

PCOS- Early 20's  
Irregular periods  
Taking Contraceptive Pill for last 8 years

Chronic Depression  
Age 16 it was detected but symptoms started to show at the age of 11-12 years.  
Took Anti Depressants for 5-6 years and then stopped  
Anxiety meds are on and gets panic attacks  
Doctor assessed adrenal stress and burn out recently

Sinus- antihistamine taken regularly

High BP during covid. No antibiotics or steroid were administered.

Routine: 8 am wake up, no breakfast, lunch, mostly WFH, no workouts, dinner, sleep around 12-1 am.

Appetite is erratic

Digestion is not consistent; feels bloated all the time, IBS symptoms – constipation and diarrhea

Ayurvedic body type- Pitta Kapha

Do's	Don't
Eat warm cooked food	Avoid cold raw food, except seasonal fruit
Aswagandha can be taken at night with warm almond milk	Avoid refrigerated water
Brahmi grith in the morning empty stomach	Avoid dairy completely if possible
Add millets in your diet	Avoid processed food, canned food, chips, or heavy salted food and cold drinks
Liquorice & tulsi tea in the morning	Avoid Potatoes, sour food and tomatoes

Chamomile jasmine tea for anxiety

Avoid refined flour and refined oil

Diet plan:

Morning- Start with brahmi Grith + Turmeric or Licorice & Holy basil tea with ghee + Soaked almonds.

Breakfast- warm oats/ 1 besan cheela or crepe/ avocado with sourdough toast

Mid Meal-1 whole seasonal fruit

Lunch- Hand pounded brown rice with vegetables/ Warm lentil or beans salad/ Jowar (Sorghum) flour chapatis with vegetables/Millet or whole wheat pasta with vegetables/Vegetable Quinoa

Evening- Tea/coffee with 4 soaked walnut and mixed seeds

Dinner- Soup with beans or lentils/ tofu with veggies/ Millets/Quinoa

Amaranth flour	Ghee	Oats
Rice, Brown	Basil	Quinoa
Horse Gram	Bay leave	Soya Benas
Castor Oil	Black Pepper	Tur Dal
Flaxseeds	Caraway	Green Mung Beans
Pumpkin seeds	Cardamom	Coconut Oil
Sesame seeds	Cinnamon	Sesame Oil
Chia seeds	Clove	Ghee
Bishopweed	Corriander seeds	Cumin
Anise	Cumin	Saffron
Clove	Fennel	Asparagus
Cumin	Garlic	Carrots
Fennel	Fenugreek	Coconut
Ginger. Dry	Ginger. Dry	Jackfruit
Ginger, Fresh	Ginger, Fresh	Lemon
Asafoetida	Asafoetida	Onion
Poppy Seeds	Mustard Seeds	Olives

Amaranth Leaves	Turmeric	Sweet Potato
Bottle Gourd	Fenugreek Leaves	Avocado
Corriander leaves	Green Mustard leaves	Apricots
Cucumber	Honey	Banana
Drum sticks	Brinjal	Cherries
Fennel leaves		Dates
Green Beans		Figs
Lemon		Green Grapes
Ridge gourd		Black Grapes
Mint		Mango
Onion		Water melon
Round Gourd		Sugarcane
cooked Spinach		Almonds
Squash		Cashew
Grapefruit		Hazelnut
Kiwi		Peanuts
kidney beans		Pistachios
Pinto Beans		Walnuts
Cranberries		Jaggery
Pomegranate		Pumpkin
Soaked Prunes		Riped Sweet Pineapple
Nutmeg		Pomegranate

Ruhi Rajput  
Dip, Health Nutrition & Diet, ICI Australia  
Cert. Ayurvedic Dietetics & Nutrition  
Kairali Ayurvedic Center, New Delhi

