

Protocols Developed for Lifestyle Modification Year - 2024

Life style modification includes three primary components – Aahar, Vihar and Sadvritta. The main challenge of treatment is to help patients maintain healthy behavior changes in the long term. Early to rise and early to bed is a key of health & wealth daily regimen activity was designed for health promotion through Ayurved:

- Person having Complaints like Stress, Overweight, heaviness, Irregular bowel habits were taken for program.
- Waking up at 05:30 am to 06:30 am, Brushing & freshening, Sukhoshna Jala Sevan accordingly followed by Pranayaam and Yogasanas, then morning walk up to 7.30 am. Then Abhyang is recommended along with medicated oil & Snana is done with Sukhoshna jala or Kashay.
- Daily two time meals are recommended along with salads and fruits. Mainly jawar roti, Green gram Dal, fried rice with Cummins, buttermilk are advised.
- Breakfast, fast food, bakery product are not allowed.
- Pomegranate, sweet lemon, orange, grapes, figs, papaya are advised to take in between rice flaks.
- Evening ground exercises or walking is followed by dinner up to 7.30pm.
- Television, Reading daily routines & house hold works, should be wind up till 10:00 pm. Good sleep along with prayer should start at 10.00 pm after Paadabhyang.
- To keep mind at peace & harmony through Sadvritta like who always balanced towards all being, forgives, speaks truth & who follows words of Apta does not develop any disease.


This protocol is advised for 176 numbers of peoples in 2024 to follow routinely and weekly dramatic changes are seen in their features.

- Outcomes are –
 1. Desire for intake of food
 2. Proper & easy digestion of the ingested food.
 3. Evacuation of natural urges properly.
 4. Feeling of lightness in the body.
 5. Proper gaining of strength.
 6. Pleasant mind and agni function becomes normal.


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