

CGH EARTH  
AYURVEDA

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KALARI RASAYANA

## AYURVEDA PRACTICES FOR MENTAL AND PHYSICAL WELLBEING

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*From Kalari Rasayana, CGH Earth Ayurveda*

### AYURVEDIC GUIDELINES FOR HEALTHY EATING HABITS:

- **Eat on time, 3 times a day. If you are not hungry, eat a light meal. Keep a 4-6 hours gap between main meals:**  
In between the main meals, if you feel hungry, you can have a small quantity of nuts, fruits or fruit/vegetable juices. Only if you are hungry.  
This will ensure that your metabolism works in an efficient way and provides the correct nourishment to your body.  
During these unprecedented times, please do not make any drastic changes to your eating pattern. Please follow the sanitisation process given by your health authorities for handling and consumption of raw fruits, vegetables and nuts. One should strictly avoid mixing raw and cooked food together in a meal.
- **Use fresh / organic turmeric powder and black pepper to spice up your cooking**
- **Dried ginger powder and black pepper is recommended instead of red chilli powder and chillies**
- **Incorporate rice porridge in your meal planning**  
Kanji from South India, or Khichdi, a comfort food for most Indians made from rice and lentils.
- **Drink 1 glass of lime juice mixed with room temperature water**  
Avoid cold water or ice cubes. You can sweeten it with organic jaggery or honey instead of sugar.
- **Drink golden milk**  
Add a pinch of organic turmeric powder in warm (not hot) milk at bedtime which can be sweetened with organic honey.

- **Avoid cold, frozen, half cooked & deep-fried foods as much as is possible**
- **Avoid food prepared with maida – refined or all-purpose flour**  
Avoid white bread, buns, rusk, parottas, bakery items and other varieties of refined flour.
- **Eat 1-2 Indian gooseberries (amla) every day**  
Avoid eating raw food during infection in the body. During these unprecedented times, please follow the sanitisation processes given by your health authorities for fruits.
- **Drinking Ayurvedic herbal tea during the day is recommended**

Tea can be made with one of the following spices or herbs:

- Dry toasted coriander seeds
- Crushed dry ginger
- Cinnamon
- Liquorice stick
- Tulsi leaves

### ***Method***

For 1 litre of water, take 10 to 15 tulsi leaves, or 5 to 6 slices of crushed ginger (10 gms), or 10 gms of dry cinnamon stick, or coriander seeds.

Boil water with one of these ingredients. Take 1 ½ litres of water and reduce it to 1 litre. Strain the water and store the herbal drink in a thermos. Drink ½ glass every hour.

A great combination for herbal tea is a few freshly picked tulsi leaves with ½ inch crushed ginger and ½ inch liquorice stick.



**To learn more, please write to us at [kalarirasayana@cghearth.com](mailto:kalarirasayana@cghearth.com)**