

20 Days Schedule in observing Dietary and Controlled Medicinal activities

Methods of taking tablets:

- Day 1 to 20 : Hot water drinking only
- 12 tablets Morning -1 and Night-1 after food for 6 days
- Day 1 to 6 :- No Bathing (Cloth dipped in hot water AND Clean it)
- Day 7 to 20 : Hot water bathing

✘ THINGS TO BE TOTALLY DISCARDED IN DAILY FOOD ✘

Salt / Tamarind/ All kind of oil

Sugar/ Chicken/ Meat/ Fish/ Egg

Tobacco / Alcohol drinks./ Cigarette

Tea / Coffee / All kinds of Aerated beverages.

All Kind of Green and Starch food:

Tomato, Bottle Gourd, Bitter Gourd, Ginger, Brinjal, Green chilies, Ribble Gourd and All kind of pickles



Things To be Added / Taken in Daily Food

Liquid Foods: Ragi Porridge / Milk Mixed Rice Porridge / Barly Porridge / Boiled Milk With Black Jaggery

Coffee: Black Jaggery with Milk, Drink Prepared with Dry Ginger

Fruits: Banana / Apple Without Sour / Pomegranate / Dry Dates

FOODS TO BE TAKEN

Idli / Boiled rice / Sambar Rice (Mix Moong Dhal, Dry Chillies, Onions), Ragi Porridge with black Jaggery / Dry Chapathi, Carrot / Beet Root/ Ladies Finger/ Onion / Dry Chillies / Moong Dhal/ Sabre Bean

ATTENTION TO PATIENTS DURING THE PERIOD OF TAKING MEDICINES

- Avoid Outside / Long distance Travel
- Avoid Outside Food and Drinking water
- When you are affected by Fever, Cold, Cough, Diarrhea, Vomiting and Headache, Stop taking any kind of Allopathy drugs. You must take only siddha herbal medicines recommended by us.
- Avoid doing any work hard

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