

AUTISM

PATHYA

AHARA				
Fruits	Vegetables	Legumes	Nuts	
Pineapple Avocados Dates Bananas (Soluble fiber)	Spinach Broccoli Cauliflower Cabbage Turnips Asparagus Carrot Red bell peppers Pumkin Ashgourd, Onions.	Garbanzo beans Chickpeas Greengram Peas.	Hazel nuts Pine nuts Chia Seeds Ground Flax seeds Walnut Roasted pumpkin seeds	
Proteins				
Meat : Rabbit Chicken Fishes : Tuna Salmon Mackerel Yogurt (Prebiotics)	Others : Ensure absolute gluten free and casein free diet. Amount of food should be strictly as per appetite not per the nutritive value.			
Apathya : Ahara				
Fruits :	Vegetables	Diary	Grains	Nuts
Strawberries Pears Peaches Cherries	Tomatoes Potatoes Egg plant	All animal Milk Cheese Ice cream	Wheat Barley Oats Semalina Ragi	Pea Nuts

PATHYA

VIHARA

Practice of Yoga	Psychotherapy
	Behaviour Therapy