

PCOD - POLY CYSTIC OVARIAN DISEASE

PATHYA

AHARA		VIHARA
Grains		Langhana (Fasting)
Yava		
Berries		
Avocado		
Dark grapes		Pranayama & Medications
Pippali	<u>Vegetables</u>	Yogas
Hingu	Shigru	Sooryanamaskar
Fennel seeds	Palak	Bhujamgasan
Sesame Seeds		Salabasan
Cinnamom	Beans	Danurasan
Garlic		Seershasan
Buttermilk	Lentils	Vajrasan
Laja	<u>Salads</u>	Sarvagasan
Haridra	Walnuts	Malsyasan
Fish (Occasionally)	Pistachios	Padmasan
Green tea	Almonds	Badrasan
Egg white	Coconut	Badrakonasan
Coffee, Spinach, Milk and milk products (but diabetes to be checked)		

APATHYA : Avoid starch, sugar, Pasta, cakes, Candies

AHARA	VIHARA
Creams, Curd	Stress
Sugar white, Sugary drinks, Sugary foods	Avoid Day sleep
Maida, Pasta	Atishrama
Bread , baked items	Ratri Jagarana
Non Veg foods - chicken, Beef, Egg, Pork, processed meat, Starchy Vegetables - potato, corn, peas, cabbage, Cauliflower, Broccoli.	Vegudharana
Sushka mamsa	
Cold water, Junk food, Fried items, Sweets	
Viruddha Anna	