

KIDNEY STONES

PATHYA AHARA

FRUITS		
Apple, Banana, Berries, Guava, Strawberries, Watermelon, Grape, Pappaya		
Vegetables		
Cucumber, cabbage, Cauliflower, Onions, Garlic, Red Pepper, Broccoli, Lettuce, Carrots, Green peas, Ash gaurd.		
Pulses	Diary	Beverages
Mudga (green gram)	Low fat yogurt	Green tea
Kulatha (Horse gram)	Milk	Ginger tea
Grains	Protein	
Yava (Barley)	Chicken	
Purana Shali	Mutton	
Brown rice	Rabbit	

APATHYA AHARA

FRUITS		
Dates, Black berry, Tamarind		
VEGETABLES		PULSES
Potatoes, Yam, Beetroot, Tomatoes		Germinated grams
Drum Sticks		
Nuts	Beverages	Protein
Cashew nuts	Aerated drinks	Red meat
Peanuts	Tea, Coffee, Alcohol	Eggs, Sea food
Others :		Sardains, Pork liver kidney
Shushkahara (Dry Food)		
Pishtaanna (Grain flour)		
Lavana Ahara (Salty food)		
PATHYA VIHARA		
Proper exercise		
Yogas like : Dhanurasana, Pawanamukthasana, pranayama, uttana padasana, matsyasana, Vajrasana		
Apathya Vihara : All Green leafy vegetables		
Vegaudeerana, Mutravegauarodha, Getting exposed to heat for a longer duration. Diwaswapna (day sleep), Low water consumption, At adhwa (excess walking) Ati Vyavaya		