



Super Admin
BAMS, MD(AM)

Date : Mar 24, 2023

Patient ID : p90

Patient Name : Rahul

Age : 44

Mobile Number : 9087907534

Gender : Male

Medical History : Digestive Disorder

R_X

Drug Name	Strength	Frequency	Instruction
mdd5	1 Tab	Twice in a day	After meal
scd23	1 Tab	Twice in a day	After meal
asd120	1 Tab	Twice in a day	After meal
asdqwd12	1 Tab	Twice in a day	After meal

LIFE STYLE AND DIETARY TIPS

.Take Healthy Balanced Diet

.Water intake should be appropriate, at least 7 Glasses of Water a Day

.Take Proper Sleep (6-8 hours)

.**Avoid Skipping Meals and also Over Cooked Food.**

.Yoga and Meditation is Recommended.

.**Stop Alcohol, Tobacco etc.**

.**Avoid Non – Veg and Curd at Night.**

.Walk 100 Steps Half an Hour after Dinner.

.**Avoid Screen, TV, Mobile while Eating.**

.Chew Food Properly.

.**Avoid Milk and Carbonated Drinks with Meal.**

.**Avoid to Sleep during Daytime.**

DIET CHART -

Grain

.Brown Bread, Oat Meal, Brown Rice, Cereals, Whole Grains

Fruits

.Watermelon, Banana, Muskegon, Papaya, Figs, Apple, Pear, Guava, Mango

Avoid

.High Citrus Fruits

Oranges, Grape Fruits, Cranberries, Lemon, All Sour Fruits

Vegetables

.Asparagus, Green Beans, Cauliflower, Pumpkin, All Gourds like Bottle Gourd, Ridge Gourd (Ghiya or Torai),

Ash Gourd, Cabbage, Broccoli

Avoid

.Garlic, Onion, Capsicum, Arbi

Lentils

.Yellow Lentil, Green Lentil, Pink Lentil, Soya Beans

Avoid

.Black Gram, Kidney Beans, Chickpeas.

Spices

.Fennel (Saunf), Coriander (Dhaniya), Mint (Pudina)

Avoid

**.Red Chilly, Green Chilly, Black Pepper, Caffeine, Fast Food, Carbonated Drinks, Alcohol, High Fat Foods,
Spicy Food, Hot Drinks, Smoking, Tomato Sauce.**