

Healthy Diet for Healthy Ageing *with Ayurveda*

Ayurveda system of medicine recommends a balanced diet for elderly by ensuring appropriate nutrition for body-mind system and suitable for digestion of food to support clarity, assist with healthy weight management and support restful sleep, by focusing on these principals:

Balancing Vata (energy of air and ether)

Employing Rasayana

(employing anti-aging strategies, herbs, and therapies)

Enhancing Ojas (strength and vitality)

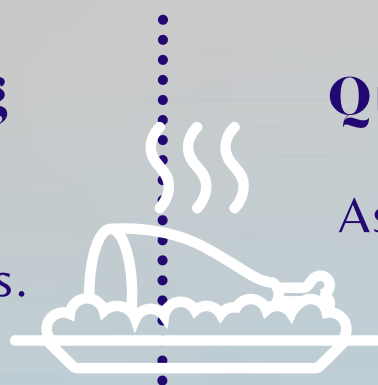


Method of Dieting

A diet comprises of individual need or illness.

Quantity of Food

As per the strength of own digestion.



Timing for Food Intake

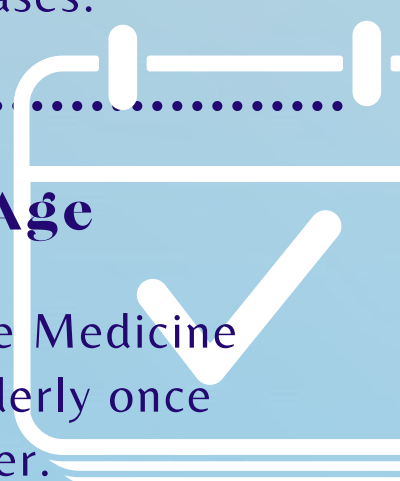
Partaking meal only after complete digestion of previous meal promotes long life.

Eating twice in a day enhances the strength, while eating more brings diseases.



Fasting is the Best Diet in Old Age

Langhana, or Moderate Fasting is the Supreme Medicine as per Ayurveda. It should be observed by elderly once weekly to maintain their digestive power.



Water intake



Drinking sips of water in between meal leads to proportionate body. Water is also nourishing and strengthening if it is taken after digestion of food.

This infographic was made in collaboration with Faculty Dr. Yogesh Shinde, and Dean Dr. Sujata Kadam under the Supervision of Director Dr. Tanuja Nesari from All India Institute Of Ayurveda (AIIA), New Delhi, An Autonomous Organization Under Ministry Of Ayush, Govt. Of India

For more information, please visit our website.



Ayurveda Recommends...

“Fresh, Light, Liquid, Warm, Less, Unctuous and Pleasant Food” is the Key for Health in Old Age



Hitahar (Wholesome / Healthy Diet)

Consuming food that are conducive to health regularly for the maintenance of health, e.g rice, gooseberry, milk, cow ghee.

Mitahar (Food in Moderation)

Also known as controlled diet, whereby a person consumes food that fills only half of the stomach.



Satvik Diet

Foods that promotes vigour and longevity and are natural, emphasizing on seasonal foods, nuts, seeds, oils, ripe vegetables, legumes, whole grains.



It is recommended for elderly to chew small pieces of Ardraka (Ginger) well mixed with little bit of Lavana (Salt) or Jaggery prior meal to promote digestive juices, increases appetite, and cleans up the tongue and throat.



Food should balance between Sweet, Sour, Salty, Pungent, Bitter and Astringent. A predominance of sweet taste with a little of sour and salty taste is advisable for elderly.

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