

# Healthy Diet for Healthy Ageing *with Siddha*

'Siddha Karyakarpam', is a unique method developed by the Siddha system to support the well-being of the elderly, aiming to promote longevity, slow down the aging process, and maintain good mental health among elderly.



## YOGA KARPAM

(activities and procedures)

## MOOLIGAI KARPAM

(diet and herbs)

The main aim of the Mooligai Karpam is to prescribe healthy diet for the elderly by taking into consideration of the following concepts:

Appropriate selection of food for the elderly

A well-balanced diet based on the proportionate presentation of six tastes sweet, sour, salt, bitter, pungent and astringent

Abiding to food regimens

Specific usage of medicinal plants and food substances in order to provide general health and prevention of diseases

Proper preparation of food

A balanced combination of food to maintain the equilibrium

The above content is an excerpt from Siddha medical texts and relevant food trends in Malaysia. This infographic was made in collaboration with Dr. G. Senthilvel, Central Council for Research In Siddha.

For more information, please visit our website.

# SIDDHA FOOD ADVICE

**"FOOD IS MEDICINE AND MEDICINE IS FOOD"**

- core principle of Siddha medicine



## SIDDHA SUPERFOODS

Cardamom, turmeric, cumin seeds, dry ginger, asafoetida, fenugreek, garlic and pepper are known as the 'Siddha Superfoods'. They are routinely found in traditional south India recipes.



## RICE AND MILLET VARIETIES

Rice provide carbohydrate while millets are gluten-free and rich in fibre content, minerals, and vitamins. Each millet has specific functional properties and has higher protein, fibre, and other mineral contents.



## HARDY, HALF-HARDY, AND TENDER VEGETABLES

Hard vegetables (broccoli), half-hardy vegetables (cauliflower) and tender vegetables (cucumber) are rich in vitamins and minerals. Incorporating these vegetables into your diet can potentially promote cardiovascular health, support overall well-being, contribute to a healthy digestive system, and assist in maintaining a balanced appetite.

# SIDDHA FOOD ADVICE



## LENTILS AND LEGUMES

·Facilitates better digestion, supports cardiovascular function, and promotes healthy body weight. The husk of lentils contains a high amount of dietary fibre, important for elderly to maintain their body strength and health.



## UN-COOKED RAW FOODS

·Consuming a diet primarily composed of uncooked raw foods can lead to heightened energy levels, improved complexion, and increased overall well-being. Examples of raw foods are raw fruits and vegetables, dried fruits, soaked and sprouted beans, raw nuts, nut milks, coconut milks, cold pressed olive oil and green food powder.



## FRUITS, OIL AND MILK

Fruits provide a rich supply of vital nutrients such as vitamin C, essential minerals, and dietary fiber.

It is also essential to use vegetable oils wisely, with sesame oil often regarded as the top choice for cooking. Avoiding the reheating and reutilization of oil is recommended.

While milk is commonly consumed, it should be used in moderation. Goat's milk and donkey's milk are suggested as potentially beneficial options for the elderly from a therapeutic standpoint.