

Discharge Summary

Ayurtheeram
(ayurveda village)



AYURTHEERAM

ISOLA DI COCCO AYURVEDIC BEACH RESORT

POOVAR TRIVANDRUM, KERALA, INDIA

HEALTH TIPS FOR YOU

REGISTRATION NO: IDC 1214/15

DATE: 12-07-2015

NAME: Pitta Vata

MALE

AGE: 46

Wake up early:

To enjoy the benefits of healthy life make sure you rise up before dawn, say at around 4.30-5.00 am. This is the most fresh and pure time of the day. Grasp this freshness that is present in the air, so that you spend your rest of the day with positive vibes and energy.

Include Ayurveda Eating:

If you want to stay 'disease-free' then have a close look at what you eat. Emphasize more on fresh, seasonal, organic fruits and vegetables. Stay away from oily-junk food, as far as possible. If you include ayurveda eating in your diet, then your body will start developing energy and help to clear toxics.

Start your day with sweetness:

Start your day with "honey water" using a teaspoonful of good quality honey in half a pint of still water. This is the best step, to kill all toxics from your body. Besides, it also possesses various bacteria-killing properties.

Walk for better life:

Go for a morning walk or just walk to take a break from a very stressful day at work. Walking is one of the best forms of exercise. It provides mental, physical and emotional peace without straining your body.

Make a schedule:

Construct a schedule of all the things that you will be doing throughout the day and stick to it. Sticking to a planned schedule will help to avoid disturbance and will create a mental, physical and emotional balance in your body.

Eliminate your toxins:

As soon as you get up, try to clear your bodily toxins in the form of urine or poop. If you delay your excretion process, then indirectly you will be poisoning yourself which can further create chronic problems later in life. So maintain a schedule to get rid of dirt from your body.

Oil massage:

Try oil massage every morning to safeguard yourself from wrinkles and other aging damage. Oil massage in the morning will prevent drying out of the tissues and nurtures your mind and body. Besides, it also gives a healthy looking complexion to your skin

Exercise is essential:

Include exercises like cycling, yoga or any other aerobic exercise in your daily regime. A good 30 minutes of exercise will help to keep disease away, maintain your weight and will enhance your body's blood circulation.

Meditate:

Just disconnect yourself from the outer world by taking a break. Just sit down and close your eyes for few minutes. This technique will help to give you inner peace and you will feel healed after the session.

"Let food be thy medicine, and let thy medicine be food" -Hippocrates

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RECIPES FOR YOU

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GINGER TEA

Ginger is Mother Nature's protective cloak, shielding us from sickness on winter days. This tea is very spicy—if it tastes too strong, dilutes it with more hot water and honey.

Traditional advice is not to drink more than 2 cups of ginger tea a day unless you are using it as a treatment for a bad chest cold.

- 12 thin slices fresh ginger, pounded with mortar or rolling pin
- 1 Tbs. honey

1. Put ginger and 3 cups water in small saucepan, and bring to a boil. Reduce heat to medium-low, and simmer 20 to 25 minutes.

2. Strain out ginger slices and discard or reserve for another use. Stir in honey, and serve hot. Tea can be reheated, if necessary.

Nothing beats cold in the winter like a piping hot cup of ginger tea. With its high levels of Vitamin C, magnesium and other minerals, ginger root is extremely beneficial for health.

GINGER WATER

Ginger water is most often considered as a treatment for digestive discomfort, ginger may hold the key to numerous health benefits.

The main ingredients for making GINGER WATER are

- 2 cups water
- 1/4 cup chopped fresh ginger

Combine water and ginger in a medium saucepan over high heat; bring to a boil. Reduce heat to low, and simmer 15 minutes. Strain out ginger slices and use

KACHIMORU/MORU KACHİYATHU

Moru Kachiyathu is seasoned buttermilk curry that is served as an accompaniment to rice.

Ingredients

- Buttermilk (moru) - ½ ltr/ 500 ml (room temperature)
- Small onion - 4-5
- Ginger - 2 tsp, chopped
- Green chili - 3-4
- Red chili - 2
- Turmeric powder - ¼ - ½ tsp
- Mustard - ¼ tsp
- Fenugreek - a pinch
- Curry leaves
- Salt
- Oil

Instructions

1. Heat oil in a pan & splutter mustard & fenugreek seeds. Add red chili, small onion, ginger, green chili, curry leaves. Fry it for 1-2 minutes. Add turmeric powder & salt. Mix well.
2. Add buttermilk and stir. Stir continuously until the steam comes through the spatula. Dont let it boil. It will take around 5-7 minutes. After removing from gas, stir for a few more minutes.

RASAM

- soak tamarind in warm water for 20-30 mins.
- later squeeze the soaked tamarind to a pulp. strain and keep aside. in the below pic, the tamarind pulp is not strained.
- in a dry grinder or coffee grinder, ground cumin seeds, black pepper and garlic to a semi fine consistency.
- heat oil and temper with mustard, asafoetida, dry red chilies and curry leaves.
- add the chopped tomatoes. saute till the tomatoes soften.
- then add the semi coarsely ground cumin seeds, black pepper and garlic and turmeric powder.
- stir and add the strained tamarind pulp along with water and salt.
- let the rasam come to a gentle boil.
- switch off the flame and add chopped coriander leaves.
- stir and serve the rasam hot with steamed rice or as an appetizer.

GREEN BEAN SOUP

This is a healthy soup that blends the unique flavor of green beans and the mild sweetness of coconut and milk. For making this soup you will need:

- 1 cup green beans
- 2 cups water
- 3 cups milk- skimmed or low fat
- 2 cups cane sugar (available in health-food stores)
- 2 tablespoons desiccated coconut
- 2 teaspoons fennel seeds
- 6 cloves cardamom

Wash and soak the beans overnight. Combine all the ingredients in a large vessel, and boil over a low flame till the milk reduces to half the quantity, and the beans are squishy.

MINT LASSI

Mint Lassi is made with yogurt as the main ingredient. For a mint lassi you will need:

- Half a cup chopped mint leaves
- Half a cup chopped cilantro
- 4 cups yogurt or buttermilk
- 2 cups water
- 1 teaspoon salt
- Crushed ice if desired

Beat up all the ingredients in a blender. Garnish with some saffron and serve. Makes 4 tall glasses.

TURMERIC RICE

Basmati is the rice of choice, but jasmine rice is quite good too. Turmeric is considered a natural antibiotic in India, and balances the sweet taste of rice well. The ingredients are:

- 2 cups rice
- 4 cups water
- A pinch of turmeric

Wash the rice well. Mix it with water and turmeric and bring to a boil. Then let it simmer till the water is absorbed.

COCONUT CHUTNEY

The main ingredients for making coconut chutney are:

- 1 cup desiccated coconut
- Three-quarters of a cup peanuts
- 1 tomato diced into pieces
- 1 teaspoon salt
- 2-4 green chilies as per your taste
- 1 tablespoon buttermilk or yogurt
- Half a cup of water
- 1 teaspoon black mustard seeds

In a vessel, heat oil, and add mustard seeds. When they start popping remove from stove. Put all the other ingredients into a blender. Blend to a paste, adding more water if necessary. Pour contents of blender into the vessel containing mustard seeds and mix well.

- 2 thin slices fresh ginger, pounded with mortar or rolling pin
- 1 Tbs. honey

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- **When diet is wrong medicine is of no use. When diet is correct medicine is of no need.**

Combine water and ginger in a medium saucepan over high heat, bring to a boil. Reduce heat to low, and simmer 15 minutes. Strain out ginger slices and use