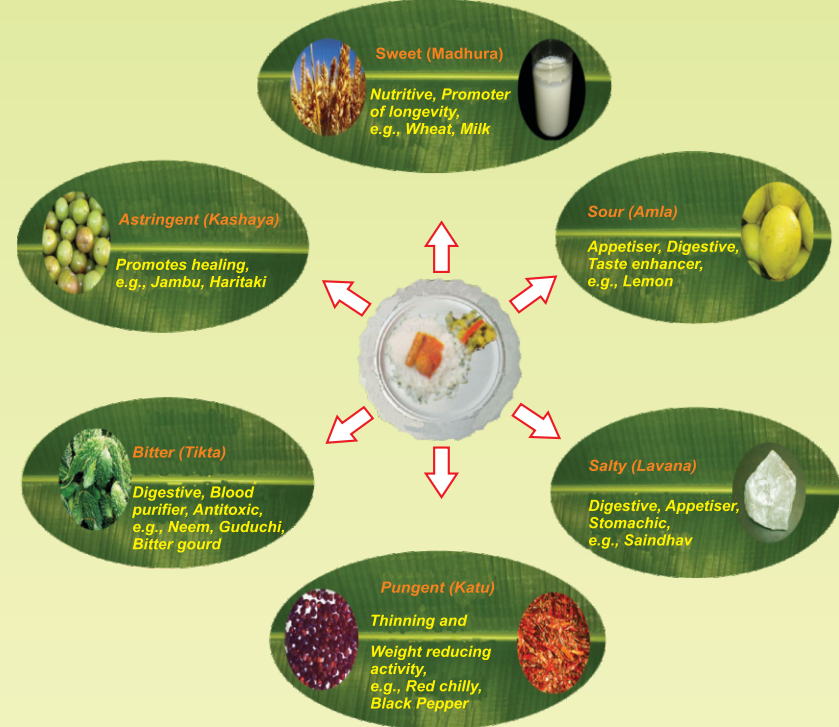




# IMPORTANCE OF FOOD

अन्नाद् भवन्ति भूतानि!!

Wholesome food provides life to living organisms



Further information can be obtained from :

Director General  
Central Council for Research in Ayurvedic Sciences  
No. 61-65, Institutional Area, Opp. 'D'-Block, Janakpuri, New Delhi-110058  
Telephone : +91-11-28525520/28524457, Fax : +91-11-28520748  
E-mail : dg-ccras@nic.in  
Website : www.ccraas.nic.in  
www.indianmedicine.nic.in

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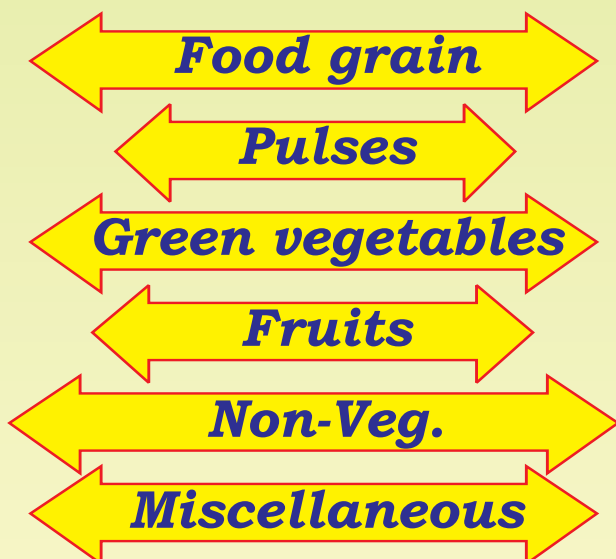
CENTRAL COUNCIL FOR RESEARCH IN AYURVEDIC SCIENCES  
Ministry of AYUSH  
(Ayurveda, Yoga & Naturopathy, Unani, Siddha and Homoeopathy)  
Government of India



## Pathya Ahar (Wholesome Diet)

Advised for regular consumption. The wholesome diet promotes health, brings happiness & balances bodily humour.

- Red rice, Millet, Wheat etc.
- Green gram Chanak, Wheat Coriander, Brinjal, Grapes, Mango, Dates etc.
- Egg, Fish etc.
- Sugar, Cowmilk, Rock salt, Sesame oil, Jeera, Haldi etc.



## Apathya Ahar (Unwholesome Diet)

Regular consumption of the unwholesome diet is not beneficial to the body.

- Barley
- Blackgram
- Rape seed plant
- Jack fruit
- Beef, Fat of buffalo
- Safflower,
- Saline salt, Treacle



Incompatible Diet on account of Combination, Preparation etc.

Honey + Ghee in equal quantity  
Fish + Milk



Use of Honey after heating  
Milk + Citrus fruits and other sour substances  
Kakmachī + Honey