



## Diet rules in Ayurveda: -

There is no disease that cannot be cured by diet, but many times you know what to eat but have no idea when and how much to eat. Food should be taken at the right time in the right quantity and in a regular manner so that the food eaten will nourish you.



### **Rule 1:**

Make four parts of your stomach. Two parts of it should be kept for solid food, one part should be kept for water and the remaining part should be kept empty for air circulation, so that the fire is properly lit, and the food is properly digested. Only if food is properly digested, its nutrients will benefit the body and health will be maintained.

### **Rule 2:**

Squeeze a lemon in half to a glass of hot water and drink it right after waking up in the morning. Lemon juice works directly on our digestive system and reduces digestive complaints like chronic pitta, as well as constipation.

### **Rule 3:**

Drink a glass of water half an hour before meals and a sip of water in between meals. So, the food is properly digested.

### **Rule 4:**

No fruit should be taken immediately before or after meals. Doing this frequently causes nausea, or heartburn, and the nutrients in the fruit are not properly absorbed. Because the digestion times of both are different.

**Rule 5:**

Do not eat too hastily or too slowly. It has an adverse effect on the digestive system.

**Rule 6:**

Do not sleep immediately after lunch. If this is done repeatedly, it leads to obesity and digestion.

**Rule 7:**

Lunch should be a little less than morning meal, but dinner should be small and should be taken before sunset. Eating too late at night slows down the digestion process and leads to various symptoms.

**Rule 8:**

Food is freshly prepared. The refrigerator should not be cold. Also, water and ice in the fridge increases body heat.

**[For More Reading CLICK HERE](#)**