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## Instructions for Patients

- 1- Homeopathy is safe medicine, which doesn't have any side-effects.
- 2- It is perfectly safe for all including, infants, small kids, pregnant women, old people etc.
- 3- Medicines are to be kept under the tongue and not to be swallowed, not to be touched by hand, use the bottle cap or a piece of paper.
- 4- Four tablets are to be taken in one dose unless instructed otherwise. If you miss the dose timings, take twice the number of tablets in the next repetition of the same medicine.
- 5- Make sure the mouth is clean before taking the medicines.
- 6- Make a gap of 2 to 5 minutes between light snacks / breakfast / water / milk / Juice / Soup etc. and the medicines. A gap of 30 minutes should be observed with heavy meals like Lunch / Dinner etc.
- 7- Use of **Tea / Coffee** and strong stimulants is to be avoided during the course of medicines.
- 8- Avoid use of **raw** Onion / Garlic / Ginger / Asafetida strictly, **cooked** may be taken casually.
- 9- Smoking and **Tobacco** in other forms is to be avoided.
- 10-Patients of Hypertension, Diabetes, Cardiac ailments and other ailments which require regular medication can continue their medications along with these medicines, a gap of 20 minutes is recommended.
- 11-During the course of treatment if your local physician recommends some medicines for some other ailments, those medicines can also be continued along with these medicines with a gap of 20 minutes.
- 12-Do not take the regular medicines on the day the **morning single dose medicine** is taken. You may start the regular medicines from the next day until you reach the next single dose.
- 13-**Medicated toothpastes / massage oils / medicated soaps / ointments** are to be avoided.
- 14-Diseases develop due to unnatural habits, hence regular exercise, healthy diet and regular physical activity is recommended along with a healthy pattern of thinking. Avoiding stress and anxiety. Living premises should be well ventilated and hygienic.

# आहार संबंधी निर्देश

नोट :- निम्नवर्णित निर्देश सभी को ध्यान में रखकर बनाए गए हैं, इसमें जो भी चीजें मरीज़ को पहले से मना की गई हों, कृपया उनका सेवन न करें।

- ☞ सुबह उठकर कुनकुने पानी का सेवन कर, निवृत्त होने जाएँ।
- ☞ काजू 50 ग्राम व बादाम 50 ग्राम, मिक्सी में पीसकर पाउडर बनाकर, फ्रिज में रखें, रोज सुबह गरम दूध में 2 चम्मच डालकर लें।
- ☞ मिक्स वेजीटेबल सूप :- कुकर में आवश्यकतानुसार पानी लेकर थोड़ी-थोड़ी सीजनल सब्जियाँ डालें (जैसे :- लौकी, गिलकी, पालक, गाजर, टमाटर, फूलगोभी, पत्तागोभी, बालौर, फली, फ्रेन्चबीन्स, मूँगदाल, चनादाल, तुवरदाल, उड़ददाल (20-20 दाने), काबुली/काले चने के (10 दाने)/राजमा (15 दाने आदि।) जो भी उपलब्ध हों एवं मरीज़ को पहले से मना न की गई हो। इन वस्तुओं को उबाल कर दो सीटी ले लें, बाद में रई में मथकर बारीक छान लें। नीचे पानी में कोई भी रेशा न आए। उस पानी को कढ़ाई में एक चम्मच घी में, लोंग और जीरे का बघार लगा लें, ठंडा होने पर फ्रिज में रखें, सुबह और दोपहर 1-1 गिलास, गर्म करके लें, इच्छा एवं स्वादानुसार उसमें नमक/कालीमिर्च/लाल मिर्च, नींबू, क्रीम, काला नमक/शक्कर आदि डालकर सेवन करें।
- ☞ अखरोट, डार्क चॉकलेट, पॉपकॉर्न आदि का भी सेवन कर सकते हैं।
- ☞ सलाद/गाजर/टमाटर/खीरा/ककड़ी/शलगम (चुकन्दर) आदि, एवं अंकुरित चीजों का भोजन के साथ प्रचुर मात्रा में सेवन करें।
- ☞ शाम चार बजे अनार का रस 1 गिलास, या 2, 3 अनार फल के दाने निकालकर सेवन करें। इसके जगह कभी शाम को गाजर का जूस/या पपीते का शेक/या सेव का रस/या चीकू शेक/या चुकंदर का रस/तरबूज का रस/ज्वारे का रस, ऐलो वेरा का जूस, स्वादानुसार सेवन करें। (उपरोक्त को डाइबिटीज के मरीज ध्यान से लें)।
- ☞ शाम को 1 गिलास दूध में 2 अंजीर, आधा छुआरा (खारक), 5 मुनक्का (बड़ी दाख) अच्छा उबालकर पौन गिलास कर लें। ठंडा होने पर रात को सोते समय दूध पीने के पहले अंजीर, मुनक्का व छुआरा खा लें, दूध पीने के पश्चात् अंजीर के बारीक बीजों का भी बचे हुए दूध के साथ ज़रूर सेवन करें।



## DIET RELATED INSTRUCTIONS

**Note:** Following directives have been framed keeping everyone in mind. Patients of specific diseases should avoid Items which have been contraindicated for them.

- Take a glass of **lukewarm water** in the morning before going to the closet.
- Powder 50 grams **Almonds** and 50 grams **Cashews** by grinding in mixer. Keep the powder refrigerated. Take 2 teaspoonful's every morning with a cup of hot milk.

- **Mixed vegetable Soup:** Take sufficient quantity of water in a pressure cooker and add small quantity of seasonal vegetables ( such as Bottle Gourd, Sponge Gourd / Luffa, Spinach, carrot, tomato, cauliflower, cabbage, Balor, French beans, Green Gram split and skinned (moong dal), bengal gram spilt and skinned (chana dal), Pigeon pea split and skinned, toor dal, urad dal-20 grains of each, Kabuli / black chana-10 grains each, Rajma-15 grains, etc. Whichever are available and have not been advised to the patient. Boil them for 2 whistles; churn them in churner and filter. There should be no fibre in the filtered water. Now season the water thus prepared in a pan with spoonful ghee, clove and cumin seed. Keep it in refrigerator after it cools down. Take one glass in the morning and noon, making it lukewarm. You may add salt/Pepper, lemon, cream, rock-salt/sugar or as per your taste.
- Walnut, dark chocolate, popcorn etc are also recommended.
- Take salad/carrot/tomato/cucumber/beet root etc. And sprouted items in good quantity.
- At 4 O'clock in the afternoon take a glassful of pomegrate juice or seeds of 2, 3 pomegrate. As an alternative on evenings you can take carrot juice/watermelon juice/ papaya shake/ barley juice/ alovera juice depending on your liking. (Diabetic persons should be careful in taking these).
- In the evening boil 2 figs, half date palm and 5 raisin in a glass of milk; till it becomes 3/4<sup>th</sup> glass. Before going to bed in the night drink the milk. After drinking tiny seeds of fig should also be consumed in remaining milk.

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**Some Translations for your convenience**

- English Names -	- Indian / Hindi Names -
Ash Gourd	Petha
Aubergines	Baingan
Banana (raw)	Kela
Beetroot	Chukander
Bitter Gourd	Karela
Bottle Gourd	Lauki
Brinjal	Baingan
Broad Beans	Papdi / Vaal
Cabbage	Pattagobi
Capsicum	Simla Mirch
Carrot	Gajar
Cauliflower	Phoolgobi
Chilli (green)	Harimirch
Chilli (dry red)	Sukhi Lalmirch
Cluster Beans	Gavar
Coconut	Nariyal
Colocasia leaves	Patrel / Patra
Colocasia roots	Arbi
Coriander leaves	Hara Dhania
Corn	Makai
Cucumber	Kheera / Kakdi
Curry leaves	Kadi patta

Dill	Suva bhaji / Soye
Drumstick	Shingh phali
Eggplant	Baingan
French Beans	Fansi
Fenugreek leaves	Methi patta
Garlic	Lahsun
Gherkins	Thendli
Ginger	Adrak
Gooseberry	Amla
Green Bell Pepper	Simla Mirch
Green Mustard	Sarson ka saag
Green Peas	Matar
Green Onion	Hara Pyaz
Jackfruit (raw)	Kathal
Knolkol	Gathgobi
Lady Finger	Bhindi
Lemon	Nimbu
Lettuce leaves	Salad patta
Lotus Stem	Kamal Kakdi
Maize	Bhutta
Mango (raw)	Kaccha Aam / Keri
Mint	Pudina
Mushroom	Khumb / Guchhi
Okra	Bhindi
Onion	Pyaz
Plantain (raw)	Kela
Plantain flower	Kele ka phool
Plantain pith	Kele ka guda
Potato	Aloo / Batata
Pumpkin	Kaddu
Purple Yam	Surti Kand
Radish	Mooli
Ridge Gourd	Tori / Thurai
Snake Gourd	Chichinda / Padval
Spinach	Palak
Sweet Potato	Shakarkand / Ratalu
Tomato	Tamatar
Turnip	Shalgam
Yam	Sooran

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**Some More Translations in different Languages**

<u>ENGLISH</u>	<u>HINDI</u>	<u>TAMIL</u>	<u>TELUGU</u>	<u>KANNADA</u>	<u>MARATHI</u>	<u>KONKANI</u>	<u>Names in Regional Languages</u>
amaranth leaves	chauli, chaulai		thotakura	harive soppu	chawli	thambde bhajji, tambdi bhaji (for red amaranth leaves)	
ash gourd, white pumpkin, winter melon	petha	poosanikai	boodida gumadikaya	bood kumbalakai	safed bhopla	kuvale	
aubergine, brinjal, eggplant	baingan	kathirikkai	vankaya	badanekayi	vangi	vaingan	begun (bengali), ringan (gujarati), vankaya (telgu)
baby corn							
beetroot	chukandar						
bottle gourd, opo squash, white gourd	lauki, ghia	surikai	sorakaya, aanapakaya	halu kumbal kai	dudhi	dhave dudhi, gharduddi	sorakaya (in telugu), (ghia, ghiya in punjabi)
bitter gourd, bitter melon	karela	pavakkai	kakarakaya	hagal kayi	karlya	karathe	kakarakaya (telugu), kal ara (oriya), karola (bengali)
cabbage	patta gobhi, paat gobhi	muttai kosu	kosu gadda	ele kosu	kobi		band gobi (in punjabi)
carrot	gajar		gajaru	gajjari	gajar		

			gadda				
capsicum, green bell pepper	shimla mirch	kudai milagai	bunga mirapakay	donne menasinakai	dhobli mirchi, bhopli mirchi	donne mirsang	
cauliflower	phool gobi		gobi puvvu	hu kosu	flower		phulkobi (oriya)
cluster beans	guar ki phali	kothavara ngai	goru chikkudu		gawar	mitke saang	
coconut	nariyal	thengai	kobbari kaya	tengina kai	naral	naarlu	
coriander/ cilantro leaves	dhania patta	kothamalli thalai	kothimeera	kottambari soppu	kothmir	kothambari pallo	
corn	makai, bhutta	makka cholam	mokkajonna	govin jol	makka	jonnalo	challi (in punjabi)
cucumber	kheera	vellarikkai	kaakdi	savte kai	kakdi	tavshen	kaakdi ( in gujarati)
curry leaves	kadi patta	karuveppil ai	karivaepaku	karibevu soppu	kadi patta	phanna pallo	
dill	suwa, sav aa	sataguppi	sadhapa vithulu /sathapushp a vithulu	sabbasige soppu	shepu	sheppi bhajji	soa (punjabi)
drumsticks	sahjan ki phalli	murungaik kai	mullakkada	nuggekai	shevgyachya shenga	mashinga sango	
fenugreek leaves	methi	vendhaya m keerai	menthikura	menthe soppu	methi	methi pallo	
french beans, green beans	faras bean, sem			tingal avre kai	farasbi	tingal avro	
garlic	lahsun	poondu	vellulli	bellulli	lasun	losonu	
fresh ginger	adrak	inji	allam	shunti	ala	alle	adu (gujarati), allam (telugu), aada (assamese,

							bengali)
green chilli	hari mirch	pacchai milagai	pachi mirapakaya	HasiMenasu	hirvi mirchi	tarne mirsang	
jackfruit	kathal	pala pazham	panasa	halsina hannu	fanas	fanas	fanas (gujarati), c hakka pazham (malayalam)
lime, lemon	nimbu	elumichai pazham	nimmakaya	nimbekai	limbu	limbuvo	
malabar spinach	poi saag		bachhali kura		mayalu	valchi bhaji	pui shaak (bengali)
mushroom	kukkurmutta, khumb, guchhi	kaalaan	puttagodugulu	anabi		alambo	kaalan
mustard leaves	sarson ka saag	kadugu keerai	aava kura	sasive soppu			
onion	pyaaz	vengayam	ullipaya	neerulli	kanda	piyavu, kando	
okra, lady finger	bhindi	vendakkai	bendakaya	bendekai	bhendi	bhend	
flat green beans, hyacinth beans	sem ki phali, papdi		chikudkaya				surti papdi or valor papdi (gujarati)
peas	matar, mutter	pattani	pachi batani	batani	hirve vatane	vatano	
mint leaves	pudina patta	puthina	pudian	pudina	pudina	marga pallo	
pumpkin	kaddu	parangikai	gummadikaya	kumbalkai (sarekai)	bhopla		
potato	aloo	urulaikilangu	bangaladumpa	batate	batata	batato	alu
radish, daikon	mooli	mullangi	mullangi	moolangi	mula	moolangi	
radish pods	moongra, mogri						moongre (in punjabi)

raw plaintain, unripe raw banana	kacha kela	balekai, valaikkai	aratikaya	balekai	kachche kele	harve kele	
red chili	lal mirch	vara milagai	pandu mirapakaya	kempu menasinakai	lal mirchi	thambde (red) mirsang	
snake gourd	parora (chichinda)		potlakay	paddul kai	padwal	paddul	
spinach	palak	pasala keerai	palakura	palak, basale	palak	palak, vali	
sweet potato	shakarkandi	sakaravalli kilangu	chilakadadumpa	genasu	ratale	kanang	ratalu
tomato	tamatar	thakkali	rama mulaga kaya	kembhoota			
taro roots or colocasia	arbi	seppenkilangu	chamadumpa		alu		
ivy gourd or gherkins	tindora		dondakaya	tondekai	tendli	tendle	kundru (oriya)
turnip	shalgam, shalzam	nookol	knool khol	navalkhol	salgam	kon	
elephant yam	sooran, suran, jimikand	senai kizhangu	kanda	suvarna gedde, panjar gadde	suran	surnu	
potato	aloo, alu	urulaikishangu, urulaikizhalungu	bangaaladumpa		batata	batato	batata or bateta in gujarati

Thanks.