

Niranjan Mohanty

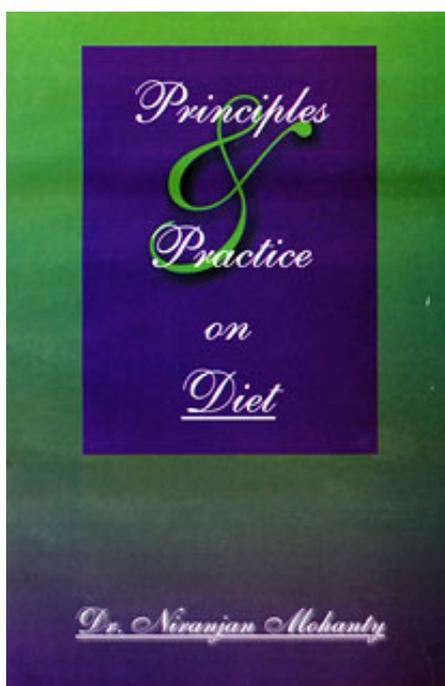
Principles and Practice on Diet

Leseprobe

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von [Niranjan Mohanty](#)

Herausgeber: IBPP



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Narayana Verlag GmbH, Blumenplatz 2, D-79400 Kandern
Tel. +49 7626 9749 700
Email info@narayana-verlag.de
<http://www.narayana-verlag.de>



	holic drinks eggs juicy fruit.
Calcarea flour	Cold food
Calcarea phos.	Coffee cold drinks frozen foods fruits, cold food cold water.
Calcarea sulph.	Milk
Camphor	Tobacco
Cann ind.	Liquors
Cantharis	Coffee, cold drink.
Carboan	Bread, butter, cold drinks, fat fish, milk.
Carbo veg.	Beans, peas, BUTTER, cabbage, Coffee, cold drink, FAT, shell fish frozen food, fruit milk, pastry, PORK salad salt liquors, WINE meat sour foods.
Card an	Bread
Card sul	Beer
Coulophyllum	Coffee
Causticum	Bread, butter, coffee starchy food fat meat, fresh meat, pork sourfoods vinegar.
Chammilla	COFFEE, milk sweets, narcotics
Chelidonium	NARCOTICS beer, cold drinks milk fat.
Chol	Beer
China	Beans peas, beer bread, butter cabbage MILK, FRUIT, fat sourfoods, tea, liquid foods meat
China ars.	Eggs, fish, fruit

Cicuta vir.	Milk
Cimicifuga	Liquors
Cina	Pepper
Cistus can.	Coffee, fruit
Clematis	Bread
Coccus cast.	Beer
Cocculus	Coffee, cold drink liquid foods
Coffee	Bread, tea, NARCOTICS
Colchicum	Butter, coffee, egg, fat, meat par
Colcocynt	Beer, cheese, cold drinks FRUIT liquid foods
Conium mac.	Milk wine
Crocus sat.	Cold drinks
Croth.	Bread, liquid food
Croton tig.	Beer, bread, fruit milk
Cuprum	Beans peas cabbage meat, MILK green vegetables.
Cyclamen	Butter, coffee FAT, PORK
Digitalis	Cold drinks
Dioscorea	Tea
Drosera	Butter, fat salt, sour foods vin- egar
Dulcamara	Cold drinks frozen foods
Euphrasia	Beer, butter fat
Ferrum	Beer, butter, cold drinks, eggs, FAT, fruit, meat, sourfoods, tea, vinegar hot food liquid foods.

DIETETIC MANAGEMENT FOR VARIOUS DISEASES

DISEASES OF THE DIGESTIVE SYSTEM

P E P T I C U L C E R

PRINCIPLES :

- (1) Adequate calories for the persons according to his age, sex and occupation are to be prescribed,
- (2) Protein:- Adequate supply of protein is about 1.2g/Kg. body weight (Milk proteins are best for the purpose)
Meat extracts are to be avoided as it stimulate gastric secretion)
- (3) Fat: Fat like butter, cream and olive oil are helpful in thin patient fried foods are not advised.
- (4) Vegetables :- Raw vegetables, coarse cooked vegetables are to be avoided.
- (5) Vitamin 'C' : Diet containing vitamin 'C' is claimed to be helpful.
- (6) Restrictions:- Exclusion of condiments and spices promotes rapid relieve in symptoms.
 - Coffee is to be restricted.
 - Citrus foods are to be excluded during acute stage.
 - Alcohol is to be avoided during acute stage
 - Pickles, chutney, papad, vinegar is to be avoided.
 - Betel nuts and tobacco chewing is avoided.
 - Very hot and cold food or drink are avoided.
- (7) Frequency of meal: Frequent feed at 2-3 hour interval should be advised in order to neutralise the gastric juice.
- (8) Bland diet:- Liberal bland diet has proved to be highly effected in treatment of peptic ulcers.

(9) Drugs contraindicated : Aspirin, cortisone and Butaxolidine.

(10) Rest and relaxation :

- Patient should rest for an hour after lunch.
- Officer files and business worries should not come home.
- Weak end rest is essential
- Emotional stress should be avoided

(11) Patient should be taught to bear with ulcer.

(12) Sufficient water should be allowed

PRACTICES :

PEPTIC ULCER

DIET 1

IN HAEMATEMESIS AND MELAENA-A SUB ACUTE - PYLORIC OBSTRUCTION

OR

DURING PAIN OF PEPTIC ULCER

Mixed Diet

Vegetarian diet

On rising

1 glass milk /horlicks/complan

8A.M.

Orange juice, 3/4 cup with milk and sugar

10A.M.

Eggs, 2 half boiled or Cream or butter, 1
poached, bread or chappatis. tablespoon with bread or
chappatis.

12 Noon

Minced meat

Cheese

4) Carbohydrates :

Adequate amount of fluids are given to ensure passage of 1500 ml of urine.

6) Restriction :

Alcohol, condiments and spices are strictly prohibited.

ACUTE RENAL FAILURE**PRINCIPLES :****1) Calories :**

A minimum of 600-1000 calories is necessary mostly from carbohydrates and fat.

2) Protein :

If blood urea nitrogen is rising and the patient is in conservative treatment protein should be stopped. If the patient is on peritoneal dialysis or haemodialysis then a daily intake of 40g protein is desirable

3) Fats :

Fat should be given liberally.

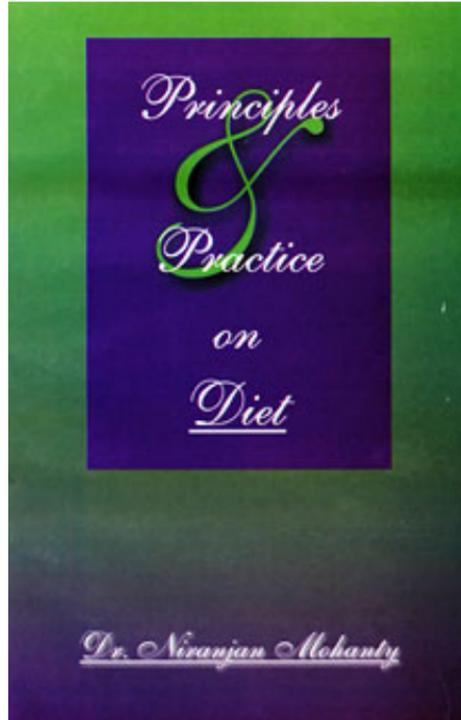
4) Carbohydrates:

Daily 100 g of-carbohydrate is essential to minimize the tissue protein breakdown.

Above can be obtained from 2 liters of 5 percent intravenous glucose 7700 ml of 15% glucose or dextrimaltose (nasal feeding) 7700 ml of 15% of fructose solution (orally).

5) Fluid :

Total fluid permitted is 500 ml total losses through urine and gastrointestinal tract.



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98 Seiten, kart.
erschienen 2003



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