

## A Heartful Wish



### Neeta Dalal

I am pleased to present to you the book, 'Mangal Matrutva'. The new generation of today is uninformed about pregnancy and childbirth, and in the absence of seniors and a nuclear family, there is a concern of how to manage this period. This book aims to address all of these concerns in a simple and easy manner.

I would like to express my gratitude to my husband, Hiten Pravinchandra Dalal, for his unwavering support and cooperation during the writing of this book. I hope that this book will be a helpful resource for all those in need of guidance during pregnancy and childbirth.

# Mangal Matrutva



Neeta Dalal



## POST PREGNANCY KIT



# DADI'S SECRET

ESSENCE OF PLANTS



## Neeta Dalal

- Founder

Mrs. Neeta Dalal is a Dadi of 3 grandkids the along with Dr. Anju Chetia (B.A.M.S) (A,M) brought together a 40 days post pregnancy kit. it is a the herbal solution for "POST PARTUM", mood swings for anxiety faced by change in the body of new mother.

It is vital to have a Post Pregnancy Kit.

We've source and prepared traditional recipes that have been passed down from our ancestors. These recipes are convenient, easy to prepare, and save time. Plus, they're a healthy option for new babies and their mothers.



GLUTEN FREE

100% ORGANIC

NO PRESERVATIVES  
NO ARTIFICIAL COLORS

Book your order before 7 days

Contact : 8879874457

022 - 26243535

[www.dadisecret.com](http://www.dadisecret.com)



Made with  
*Love*

## POST-PREGNANCY KIT

### The First 40 Days

GLUTEN FREE  
100% ORGANIC  
NO PRESERVATIVES  
NO ARTIFICIAL COLORS

- 800 g. Raab Premix
- 800 g. Mukhwas
- 100 g. Haldi Premix Powder
- 3 pcs Suva + Gud Laddu
- 40 potlis Vavding & Vakumbha
- 40 pcs Hirabol Tablets
- 40 pcs Satavari Tablets
- 40 pcs Dashmul Kadha Tablets
- 250 g. Grated Coconut

Make to Order

Book your order before 7 days

GET ONE BOOK FREE OF "MANGAL MATRUTVA"

FOR ORDER ☎ 88798 74457  
022 - 26243535

# **Mangal Matrutva**

Second Edition : Year 2023

Price : Rs. 100/-

Courtesy : Mangal Seva Foundation

## **Editor**

### **Neeta Dalal**

Pravinchandra Dalal Trust Office, 101, Navkar Plaza  
101, Navkar Plaza Vile Parle (West), 6, Bajaj Road  
Mumbai - 400 056

Tel.no. : - 022 26243535

Mob. :- +91 88708 74457

## **Concept & Design**

Chitra Corporation  
Vile Parle (West), Mumbai  
Mob : 9819269936

## **Dr..Anju Chetia**

M.D.( A.M)

B.A.M.S ( Mumbai)

C.C.H, C.G.O ( Mumbai)

YCB, Level -3 ,

Govt. Certified Yoga Teacher & Evaluator



- Ayurveda & Panchkarma Consultant last two plus decades at Lotus Hospital, Juhu.
- Practicing & Teaching Ayurveda at Barcelona, Spain for last 15 Years.
- Special Skills- Agnikarma & Marma therapy.
- Product making in Ayurveda Cosmetology.

## **Dadis Secret by Neeta Dalal**

Dadis Secret by Neeta Dalal is one such treasure which comprises of all such herbs that work on ayurveda principles & which is a lineage that has been followed in her family till today through her ancestors to her daughter in laws It is presented in one single kit making it very easy to use once the Pregnant woman procures this post her delivery. It is indeed a great boon for the entire family as it will help a Mother along with her new-born to restore complete Swasthya during this Critical period of 40 days.

I am very happy to promote & recommend this One In All-Dadi's Secret Kit to all my pregnant patients for their Post-Natal Care.



## By Dr. Anuj Chetia

### POST- NATAL CARE ( SUTIKA PARICHARYA)

Postnatal care ensures proper nutrition for the woman to regain strength after pregnancy. The woman becomes weak due to labor and nourishing the fetus.

Her body tissues (dhatu) lose structural as well as functional integrity.

Labor pain and expulsion of uterine contents cause physical and psychological instability.

Proper diet and lifestyle regimen during the postnatal period replenishes the tissue elements (dhatu) in the body. It helps to return to the pre-pregnant state gradually as said in our Authentic Ayurveda texts.

Specific diet and lifestyle is advised to restore equilibrium during this period of six weeks.

Vata dosha and agni (digestive capacity) are the two key factors considered for postnatal management.

Vata dosha is aggravated in the pelvic region by the creation of empty space after the expulsion of the fetus from the uterus.

Management of vata dosha is done to prevent any possible complications and ensure smooth recovery from distorted anatomy and physiology in the female body.

The digestion capacity (agni) is deranged due to physiological changes during pregnancy.

Therefore, protection and stimulation of digestive capacity by diet and herbs having (deepana and pachana) effect is recommended.

These herbs promote lactation through which the new born baby is nourished with optimum health

The nourishment therapy (brimhana) and rejuvenation therapy (Rasayana) can be useful only after proper management of vata dosha and agni.

Dr. Anju Chetia

Senior Ayurveda Consultant & Head of Panchakarma Department,  
Lotus Ayurvedic Centre, Lotus Hospital Trust, Juhu, Mumbai.

Tel# 9869449151

Email: chetiaanju@gmail.com

**Vavding &  
Vakumbha.**  
(Nutritious herb)  
40 Potlis.

**Grated Coconut**  
250 g.  
( For Lactation  
Nutritional &  
Healthy Diet)

**Hirabol Tablet**  
(Nutritious herb)  
40 Pcs.  
Once a day in  
the Morning.

**Raab Premix**  
(Nutritious herb)  
800 g.  
(Twice a day)

**Suva + Gud laddu -**  
3 pcs  
(Consume for three  
days Immediately  
after child birth.)

**Mukhwas**  
(Digestive herbs)  
800 g.



**Haldi pre-mix  
powder**  
(For immunity)  
100 g.  
(Every day )  
early in  
the morning.

**Book your order before 7 days**  
**Contact : 8879874457**

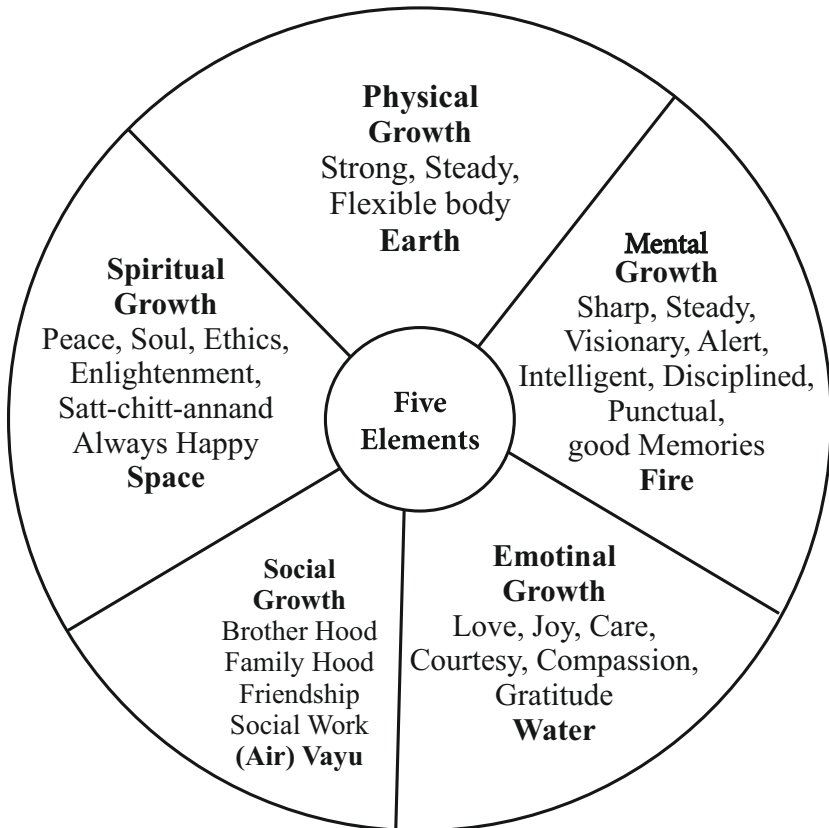
**Dashmul  
Kadha Tablets.**  
(Hormonal balance)  
40 pcs  
once a day.

**Shatavari Tablets.**  
40 pcs  
(For Lactation)

# Index

	Page No.
1. Important information for parents	01
-----	
2. Prenatal - Antenatal - Postnatal : Care, Diet & Exercise	05
-----	
3. Child Care - Diet	16
-----	
4. Child Care - Breastfeeding & Food	18
-----	
5. Child Care - Illness	20
-----	
6. Special Recipes during Pregnancy	21
-----	
7. 10 Mantras For Parent Hood	29
-----	

# 360° growth of child





# 1. Important Information for Parents

One who lives in the womb of Mother(ඹ) for nine(෦෫) months is called “Human - Manav(ඹ෦෦෫)”!

Humans are social animals. There are 5 types for its full development so that it is fully developed.

Level	Quality	Panchamahabhuta
<b>Physical</b>	Strong, Steady, Flexible body	<b>Earth</b>
<b>Mental</b>	Sharp, Steady, Visionary, Alert, Intelligent, Disciplined, Punctual, good Memories	<b>Fire</b>
<b>Emotional</b>	Love, Joy, Care, Courtesy, Compassion, Gratitude	<b>Water</b>
<b>Social</b>	Brother Hood Family Hood Friendship Social Work	<b>(Air) Vayu</b>
<b>Spiritual</b>	Peace, Soul, Ethics, Enlightenment, Satt-chitt-annand Always Happy	<b>Space</b>

Thus, the Panchamahabhutas are involved in our life as our body is made up of these Panchamahabhutas. The body is strong (Earth element), the mind is goal-oriented (Fire Element), I enjoy everything with love (water), and I embrace all (Vayu) to be reunited with the Panchamahabhutas. I am Sat Chit Ananda. (salvation).

## **1) Physical (Earth)**

Warm the body for 30 minutes daily. Warming up means doing physical exertion to the point of sweating. You can do yoga, dance, gym and housework, whatever you prefer. “Always keep in mind that your body will become like the earth. It must be heated like the earth!” Keep this value in the upbringing of the child.

## **2) Mental (Fire)**

Playing games like chess and Monopoly, solving puzzles, reading, and practicing logical thinking and visualization can help improve cognitive function. Maintaining a clear goal and using mantras can help maintain focus. It’s important to aim high in life, approach tasks with a sense of detachment, and encourage children to do good deeds.

Set ambitious goals and approach tasks with humility, without getting caught up in personal ego. Encourage children to act with integrity and do good in the world.

## **3) Emotional Growth (Water)**

Music, dance, art, physical touch, hugs, and food all have emotional and sensory connections. While it’s important to enjoy these experiences, it’s also important to approach them with respect for oneself and others. Teaching children to balance pleasure with restraint and discretion will help them fully appreciate these experiences.

## **4) Social Growth (Vayu)**

Social growth means acceptance of things and all people around us.

Our moral duty is to maintain courteous relations with all our relatives, friends, and neighbors. A child's social development takes place in the family. If a child is brought up in a joint family, he/she automatically develops well. Both sharing and caring qualities are nicely combined in it.

The biggest knowledge hub in the world is the family. A child learns everything in the family. Always adopts and enjoys the family culture.

Schools also play an important role in a child's development. In school, he/she acquires knowledge from a teacher, makes friends, and learns sports. In adapting to understand the world and maintaining social relationships, he/she can build his future well with the virtues learned in childhood.

It is necessary to take care that the feeling of discrimination and hatred does not enter his mind. Keep it away from these five 'c's.'

1. Competition
2. Comparison
3. Criticism
4. Control
5. Complain

## **5) Spiritual Growth (Space)**

Teach your child the values of selflessness, humility, simplicity, moderation, compassion, and gratitude. Encourage them to worship and connect with a higher power to develop these values. To maintain a peaceful and positive mindset, make prayer a regular habit for your child from a young age. As parents, it is important to cultivate a spirit of gratitude, dedication and compassion in your child.

By instilling these values and practices in a child, they will ultimately develop a well-rounded and balanced mindset, leading to a more fulfilling and successful life.

## When a child is born,

25% - Brings own accumulated karma. They come with their own Sanskar.

25% - Obtained from Genes of parents.

25% - Learn from nature and surroundings.

25% - Will learn through his own hard work.

Nurture the young sapling that enters your life, and help it grow into a strong, self-sufficient tree. Cultivate independence and self-reliance in your child through the cultivation of good manners and habits.

## A short story

### *Kelvani (Bringing up)*

A skilled blacksmith ventures to the marketplace with a simple piece of iron, worth only 200 rupees.

With expert craftsmanship, he transformed the iron into a horse-shoe and returned to the market, where its value now exceeds to 1000 rupees.

Determined to make the most of his abilities, the blacksmith continues to work diligently, using his talents to create intricate watch forks. When he takes these masterpieces to the market, they are valued at a staggering 2,00,000 rupees.

This tale serves as a reminder that just as the blacksmith's hard work and expertise elevated the value of the iron, true bringing up and dedicated effort can elevate a child into becoming a valuable asset.



Being a mother is the ultimate expression of femininity. The terms “Ma,” “Mummy,” and “Mata” all express the completeness that motherhood brings to a woman. It is believed that when God could not be everywhere, he created mothers to fill that role.

A woman becomes fully realized when she becomes a mother, giving birth to a child. This is why it is said that it is through motherhood that a woman truly becomes a mother.

## **2. Prenatal - Antenatal - Postnatal : Care, Diet & Exercise**

### ***1) What should a pregnant woman take care of before the delivery?***

Approximately six to eight weeks into her pregnancy, a woman may discover that she is expecting. To ensure optimal health for both mother and child, it is recommended to establish a routine of going to bed early at night, and rising early in the morning to engage in activities such as pranayama (breathing exercises), walking, and light exercise. This helps to keep the mother energized and promotes healthy development for the child.

1. Eat one almond, one dry date and one date every morning. Eat a bowl of fox nuts, makhana or lotus seeds and oats daily. You can take lemon syrup or lemon juice. Have a habit of eating moong for breakfast every day. (Find recipes in the later chapters).
2. In the afternoon, have a meal of dal, rice, vegetables, roti, salad, buttermilk and some jaggery. Green vegetables, leafy vegetables, dudhi, tindora, Galka, potato, bitter gourd, okra, carrot, spinach, fenugreek, and rice can be used. Carrot, cucumber, tomato, and beet(boiled) can be taken as a salad.

3. Coriander, mint, fresh dill, ginger, green chillies, lemon, and cumin seeds can be used for a delicious chutney. Increase consumption of ghee as much as possible. Eat fresh food daily like apples, Grapes, Pomegranates, Oranges, Mosambi, Figs, Amla etc.
4. Have dinner at around 7 PM. Khichdi, Rotolo, Bhaji, Vegetable Paratha etc., can be taken in the dinner.
5. Mamra, fox nuts, makhana/lotus seeds, and bread toast can be taken for afternoon breakfast.
6. Hot sprouts can be eaten in the morning.
7. Drink one teaspoon of turmeric in warm milk (fresh) every morning. If you want, mix curd, honey, ghee, and sugar in milk and make Panchamrut. Pipramul or almond powder can also be taken with warm milk.

## ***2) What should a pregnant woman not eat? What to take care of?***

1. Do not eat pineapple or papaya. Do not eat over ripe mangoes, as they are heavy to digest.
2. As far as possible, pulses such as Rajma, Chola, Chole, Val, Udad etc., should be eaten less.
3. Eat a little less, but eat frequently. Don't eat things that are cold and kept in the fridge. Don't eat items made of maida.
4. Pregnant women should not smoke, remain awake and wander unnecessarily. Even if you are not in a good mood or the day has not gone well, do not be sad by keeping that instance in your mind. Try to lighten the mood.

5. Pregnant women should not take aloe vera. Do not take substances that are difficult to digest. Fermented substances are difficult to digest and increase bile. As cheese and cottage cheese(Paneer) is hard to digest, avoid it.
6. People who eat meat, during pregnancy should not eat meat. A pregnant woman's diet should be hot and pure. Do not eat too much sweet food. All food should be eaten in limit.
7. A pregnant woman should never stop the flow of nature calls and excreta and should not wear very tight clothes, too.

### ***3) What should a pregnant woman eat every month?***

1. Drink milk (turmeric, almond, or pipramul) daily during pregnancy.
2. Drink coconut water for the first five months of pregnancy, then discontinue.
3. From the fifth month, Eat ladoos made of jeeru, sugar, almonds, and ghee for 30 days.
4. From the 7th month, have a fenugreek(Methi) ladoos. (Recipe is given in the following chapters).
5. Drink milk with one teaspoon of ghee from the ninth month.
6. After that, take saffron milk every morning and evening.

#### ***4) What should a pregnant woman do for stretch marks?***

Gently massage the abdomen to avoid stretch marks; massage with Kankumadha oil or Balanced Rose Beauty oil. If this oil is not available, medicated oil can also be used.

While there is a child in the womb, talk with him/her with a cheerful mind. Do yoga and exercise as per the doctor's advice. Every pregnant woman has different problems. To overcome it, follow your diet, exercise, and medication as directed by your doctor.

#### ***5) What care should be taken during delivery?***

Symptoms of labor can vary from person to person. Typically, signs of labor begin to appear around 10-15 days. After the end of the ninth month of pregnancy. A person may feel weak and unwell, and may not have an appetite. Other common symptoms of labor include pain in the waist, pelvis and back, as well as a discharge of fluid from the vagina, which can be either watery or sticky.

When a baby is in the womb, the fluid surrounding it is known as amniotic fluid. If the levels of this fluid decrease, it can make delivery more difficult. The onset of labor pain typically begins at an interval of 10-12 minutes. When pain becomes unbearable, direct the pain downwards.

The first stage of labor, which is the longest, can take anywhere from 10-12 hours. To help alleviate pain and discomfort during labor, a laboring woman can be given fluids such as fruit juice, water with sugar and salt, rice porridge, or soup. It is important to avoid solid foods during labor, and instead focus on drinking fluids.



One reason for consuming a food called Shiro before going to the hospital is to provide energy and strength during labor. During labor, a person may experience pain and may find it helpful to throw objects, such as bricks, in the room. After the amniotic sac breaks, the amniotic fluid is released through the vagina. It is important to leave any jewelry or other items at home, as they can be a safety hazard during delivery.

Once the baby is born, the muscles of the uterus will start to contract to expel the placenta. This process typically takes 15-20 minutes. To prevent bleeding and to help the uterus contract, pressure will be applied to the abdomen. A belt may be tied around the stomach to prevent pitta-vayu from occurring in the womb. If the delivery is a cesarean, the belt should not be worn.

## ***6) What should pregnant women do?***

During pregnancy, it is recommended for a pregnant woman to lie on her back with her legs bent and her knees tied together to prevent air from entering the vagina. It is also suggested to keep both arms straight to prevent any discomfort or pain on the upper side of the body, specifically the breast to avoid tumour.

## ***7) What should be eaten after delivery?***

After giving birth, it is recommended to give a mixture of one teaspoon of suva and jaggery in a glass of water, boiled for a while, to be taken three times (morning, evening and next day). Additionally, consume 5-6 fenugreek seeds and jaggery that have been boiled. This is done to reduce the heat in the womb.

To provide energy, a woman can be given warm wheat flour Shiro, rab or rava syrup. For the newborn, it is suggested to give 2-3 drops of honey, although some hospitals may not permit it. It is important to consult with elderly or experienced people regarding postpartum care as there are different ways of doing it.

## ***8) How to breastfeed the baby and what care to be taken?***

When breastfeeding, it is suggested to first feed the baby from the right breast and then from the left, as the right side is believed to influence the Surya Nadi. It is important to keep the breast clean while breastfeeding by using clean clothes.

If the baby gets tired or sleepy, gently pat it. Use a pillow to elevate the legs and lift the baby, avoiding bending down while carrying the baby. This is to prevent stretching of the breast. After feeding, wipe the baby's lips with a soft cloth and hold the baby with its head above the shoulder to aid digestion and burping.

## ***9) What should a pregnant woman drink? Why?***

zandu and sandu balant kadha for a child, with a numbering of 1-2-3-4.

First ten days – Take number 1  
(in the morning or after lunch)

11 to 20 days - Take number 2

20 to 30 days – Take number 3

30 to 40 days – Take number 4

The reason for this liquid is that the contraction of the uterus becomes equal, and the gas-bile is released. (Now it is available in capsule format too).

## ***10) Why are pregnant women kept in a separate room?***

Keep the pregnant woman in a room just like the 14-day quarantine in Covid was followed by us . They are supposed to eat there. There are scientific reasons behind her clothes and children's

clothes being washed separately by servants. Labour can make women feel weak. Her immunity decreases. If the people of the house come from outside with germs, it affects the mother and the child. On the 17th day, the mother and child should come in contact with people after washing their heads. After 1 month and 10 days, let her go to the kitchen after washing her head again.

Sutaka of birth and death takes 10 nights for a Brahmin, 12 nights for a Kshatriya, 15 nights for a Vaishya and 1 month for a Shudra. From the 16th day, we can do puja.

### ***11) What should a pregnant woman eat? Why?***

To maintain overall health during pregnancy, it is recommended to eat a mouth freshener regularly, swallow a small piece of Hirabola (similar to betel nut) every morning, to avoid back pain. Taking a pill made of ginger, pepper root and jaggery every morning for 40 days can also be beneficial. Drinking a wheat-based porridge called Raab, eating one piece of prepared katlu/cake in the morning and in the evening, drinking milk in the morning and evening, and adding pipramul powder to milk at night can help to improve the overall health of the pregnant woman. It is also recommended to eat sattvic nutritious food, which is food that promotes overall well-being.

### ***12) Massage should be done with which oil? Why?***

While some doctors may not recommend baby massage, as the bones of the baby are still soft, it is believed to have benefits for the baby's growth and development. Similarly, some doctors may not advice to put eyeliner on babies, however, many people believe that it is beneficial. A postpartum massage is considered essential for the mother as it can help her body recover after giving birth, as it can help her uterus and other organs to get back to their normal functioning.

## ***Massage Oils:-***

After pregnancy, it is suggested to use oils like coconut oil, sesame oil, mustard oil, almond oil, or olive oil to massage the body. These oils can be heated with Gandhara vajra before use. When washing the hair of the pregnant woman, it is recommended to immediately dry it with warm clothes and to apply Vaja or soonth (dried ginger powder paste) to the scalp after oiling the hair. This is believed to have benefits for the mother's overall well-being.

### ***13) Why should hot fomentation be done?***

If a woman has given birth via cesarean section, it is not recommended to use hot compresses. After 20 days, it may be beneficial to use hot water or hot sand compresses on the waist to help the uterus shrink and prevent it from becoming filled with air. For women who have had a vaginal delivery, it is suggested to drink tea and have breakfast and use sand fomentation in the morning. The use of an iron bed with a thin blanket, and charcoal is also suggested for fomentation. After bathing, sit on the bed, burn charcoal in the bottom of the utensil and put garlic cloves and ajwain in it, and smoke it along the way to the vagina to help the uterus shrink and prevent it from becoming filled with air.

### ***14) What kind of water should a post pregnant woman drink?***

It is recommended to drink boiled water for 40 days after giving birth. A "Cloth bag" can be made using vavding, vakumbha, dill seeds, ajwain and dhana and given to the mother to use. This "cloth bag" should be replaced every two days and a total of 20 should be prepared. The cloth bag should be kept in water during the boiling process.

### ***15) How to take a bath?***

After pregnancy, it is suggested to take hot water baths with bitter neem leaves and nilgiris. a woolen ball can be placed in the ears and a scarf can be worn on the head to protect from outside air. the abdominal bandage should be removed while bathing and reapplied afterwards, to provide support to the distended abdomen and aid in recovery. it is not recommended to continue using the bandage after 40days.

### ***16) What not to eat by post pregnant women?***

It is suggested to avoid consuming pulses that are hard to digest like peas, grams for the first 40 days after giving birth. After that, it is okay to consume a small amount, however, it is not recommended to eat sour curd, lassi, mango pickle, pineapple, tamarind, cold water from the refrigerator, ice cream, pav bhaji, and pani puri during this time.

### ***17) What should a post pregnant woman eat?***

It is suggested to have a variety of foods for breakfast such as chhotra moong dal, dhokla, bhadka, paneer paratha, makhana masalawala, wheat bajra thepla, wheat bajra puri, muthiya ravano upma, ravana dhokla etc. It is also recommended to consume rab, shiro, almond-pistachio-saffron mixed milk, katlu etc. Daily. To add a boost to the diet, you can temper/vaghar green garlic with little ghee, add salt in measure and take it in the morning and evening meal every day.

If the mother does not like garlic, it can be made into chutney by adding coriander. If care is taken for the first one and a half months, the baby will be able to latch on easily. Chopped turmeric, carrots, capsicum, tindora, and raw papaya in a little oil after adding mustard seeds, asafoetida, and turmeric can be

tempered/vaghar for both times but sprinkled with salt at the time for lunch and dinner, it will be very fresh and enjoyable to eat.

It is important to drink plenty of water to help remove toxins from the mother and baby's body through urine. Drinking moong water and mixed vegetable soup (1 bowl) can also help. It is suggested to gradually increase the intake of healthy items every month to make breast milk more nutritious. In the first 3 months, it is recommended to consume more millet, in the fourth month, eating a piece of dry coconut frequently can be beneficial. In the fifth and sixth month, a small bowl of salty groundnut can be consumed as it also yields nutritious milk. As the baby grows on mother's milk, it is important for the mother to eat katlu daily. For cesarean section, it is recommended to increase the consumption of suran as it is good for healing. Suran can be boiled in a non-stick pan and made a little crispy by adding cumin and sanchal powder. Plain buttermilk can be given after 12-15 days of pregnancy.

It is important to note that if the breasts are full and the baby is asleep, a breast pump can be used to extract the milk into a bottle, which can then be stored in the fridge and used later. It is recommended to use medium heated water while pumping to prevent lumpiness in the breasts. Additionally, it is beneficial for the baby to sleep with wrap around as it helps them sleep better.

The recipe for rab, katlu, shiro, addadna ladu, raw gum ladu, sunth piprimul pill, rava kheer etc. Can be found in later chapters.

## *18) When to exercise during pregnancy?*

during pregnancy, the weight of the pregnant woman typically increases by 10 to 12 kg and decreases by 6-7 kg during delivery. it is not recommended to immediately start doing gym exercises or aerobics to lose weight.

after three months of delivery, exercises such as parvatsana, naukasana, shalabhasana, suryanamaskar, chakrasana etc. can be started, provided they are suitable for the individual's body.

it's important to do what the body likes. menstruation usually starts after about 3 months, but it can vary and start earlier or later.

it is not suggested to take a contraceptive pill or medicine to avoid getting pregnant again as it has the potential side effects. if you are considering having a second child, it's recommended to keep a gap of two to three years between the two deliveries.

**imp:** it's important to note that the effects of the food items mentioned here may vary for each person. everyone has different deficiencies in their body such as vata, pitta, and cough, and if you have any underlying health conditions, it's best to consult with a doctor before consuming them. not everyone will like or tolerate the same foods, so if someone does not like the taste of milk or does not feel it is sweet, it's suggested not to consume it. it's important to adapt the diet to your body, the climate where you live, as well as any chronic diseases you may have, such as diabetes or high blood pressure.

### 3. Child Care - Diet

after the baby's umbilical cord is cut, it is important to keep it clean and dry by bandaging it with a thin muslin cloth. the umbilical cord will fall off on its own after a few days. the doctor advises to only give the baby breast milk and not to give water. initially, the baby may only be able to eat small amounts frequently, and if they fall asleep while breastfeeding, the baby can be patted a little and then resume breastfeeding. it is also recommended to have positive thoughts while breastfeeding, and to avoid negative thoughts, as breastmilk is considered to be nourishing and beneficial for the baby's health. if the mother's milk builds up in the breast, it is important to gently press it to prevent clogging of the breast veins. if a mother is experiencing discomfort or a fever, a breast pump can be used to press milk for the baby. the baby should be breastfed calmly and with a peaceful mindset.

when breastfeeding, it is recommended to sit in a squat with the baby's head elevated to prevent the weight of the breast from resting on their nose. before breastfeeding, clean the breast and nipple with soap and water. start by breastfeeding from the right breast for 5-5 minutes, then switch to the left breast. the time can be gradually increased as the baby becomes more comfortable. a normal baby's stomach is typically full after 10-15 minutes of breastfeeding, while it may take a weak or premature baby 30-35 minutes to finish a feeding. to control the flow of milk, hold the breast with two fingers and move it up and down while the baby is feeding. keep the baby straight on the chest to avoid putting pressure on their stomach and gently pat their back to help them burp.

after a baby finishes breastfeeding, it is normal for some milk to come out of their mouth later. it is best to have a maid bathe the baby, but if not, you can do it yourself. for the first twenty



days after the baby is born, they should only be gently sponged during their bath, then they can be massaged and bathed. while massaging, apply some oil to the scalp and gently pat it. put two or three drops of oil in the baby's navel and ears. start massaging from the soles of their feet, then work your way up their back. gently massage oil around the navel in a circular motion, being careful not to apply too much pressure. use lukewarm water for the bath and avoid using soap, as the baby's skin is very delicate. instead, you can add a little turmeric & milk cream to chickpea flour and knead it to use as a gentle cleanser. be careful not to get water in the baby's nose or eyes. take special care not to be in cold wind while massaging or bathing. after the bath, dry the baby with a soft towel, and if necessary, use a steamer to dry them, but be careful not to suffocate the baby. this will help keep the baby's body from not getting infected by viruses. the baby's clothes should be made of soft and breathable cotton.

it is important to ensure that the baby's bedding, including the mattress and sheets, are made of cotton and avoid using synthetic materials like nylon or polyester. if possible, iron the baby's clothes with a hot iron to kill germs and prevent infections. the doctor may advise against the use of kajal for the baby. to make the baby comfortable, use earmuffs while they sleep and try to keep their head facing east. use a small pillow with the head between one and support around the ears, and place a long pillow on the side to prevent the head from tilting to one side. in the beginning, the baby will need 20-22 hours of sleep and may wake up to pee and then fall back asleep. as the baby gets older, the amount of sleep they need will decrease. avoid placing the baby under a fan while they sleep and use a mosquito net to keep mosquitoes and flies away. proper, continuous, and quiet sleep is important for the baby's digestion and physical, mental, and intellectual development. it is recommended to place the baby in a separate bed next to the mother so that they feel safe.

on the sixth day after a child is born, a tradition called

chhathi is observed in the evening. during this tradition, the child's horoscope is written. to perform this tradition, place a white paper on a tray and put a betel leaf and one betel nut on it. take a piece of cloth that has been dipped in turmeric and dried on the stove and put cash on it. then put some ink from a pen on the paper. dip a cotton string in ghee and light it, and cover the child's feet with a cloth. do not show the lamp to the child. leave the paper on the tray overnight.

#### **4. Child Care-Breastfeeding & Food**

A baby should be exclusively on breastmilk for the first six months of their life. After six months, the child can be introduced to other foods such as fruit juice, dal water, thin rice-moong khichdi, or rice porridge. These foods should be pureed and smooth, with no lumps. Initially, give the baby milk after feeding them pureed food. The food should be thin, and easy to digest. Start with simple food such as Nachni or Rava Kheer. After ten to fifteen days, you can introduce rice porridge or dal water, with a little salt and ghee added to it. The food should be bland and not too hot or cold. Hard to digest fruits like apples should be boiled and strained through a sieve. Start with two to three tablespoons. You can also make pureed soup by boiling milk, spinach, carrot, etc. and grinding it. Add a little salt, sugar, and ghee to it.

After the baby reaches 1 year old, they can be introduced to more solid foods while gradually reducing their fluid intake. Soft foods such as khichdi, dal water-rice, boiled apple pulp, ripe papaya etc., can be given. Roti can be crushed and mixed with dal water. For a 2-year-old child who is teething and may not have difficulty chewing, you can give them dal-rice, 2-3 pieces of ghee chapati roti and vegetables. Every child is different in terms of their ability to take food and digest it, so it is important to consult a doctor and follow their advice. As the child starts eating more solid food, their milk intake may decrease, but it is still important

to give them milk three times a day until they are 5 years old.

A child above two years old should be encouraged to eat a well-balanced diet consisting of dal, rice, vegetables, and roti. It is important for the child to learn to sit and eat at one place, rather than running around while eating. The mother should not chase the child with food, but rather encourage them to sit and eat. Dinner should be served between 7:00 and 7:30 PM. Light and easy-to-digest food such as khichdi, soup, and rice can be given. You can also give seasonal fruits. The way of cooking may vary in different homes, so it is important to ensure the food is easy to digest accordingly.

After a baby is born, it is a traditional practice to give them a ritual lick called “Suvarnaprashan” until they are six months old. To make “Suvarnaprashan”, put two to three drops of honey on a gold biscuit and rub it until it becomes a smooth paste. Nowadays, “Suvarnaprashan” is readily available in the market. Once the baby is one and a half months old, gripe water can be given to them. To make the gripe water, mix a pinch of turmeric, kharek, and crushed almonds with some water and give it to the baby. The amount of gripe water can be gradually increased as the child grows.

“Somwa<sup>34</sup>” can be given to the child as a supplement. Some children are given “Balagoli” soaked in milk in the evening. To make “Balagoli” milk, grind big Harde, Kankashio, almonds, turmeric, nutmeg, and kharek, and mix it in the baby’s milk. The remedies and tips written in this book are based on personal experience, but each child may react differently to them, so it is important to consult a pediatrician before giving any remedies. When lifting a toddler, support their head and neck with one hand to prevent them from bending to one side. A baby typically learns to roll over around 3 months, looks in the direction of sounds and tries to grasp objects around 4 months, starts to crawl around 5 months, and learns to walk on their knees around 8 months. Around 10th or 11th months, they can hold and walk

while standing.

Many babies start teething when they are around 7-8 months old. During this time, they may put objects in their mouth to relieve discomfort in their gums. You can give the baby a teether to chew on. Avoid giving toys that hurt them. Offer the baby a plastic teether or a piece of carrot to chew on. Every morning, wash the baby's mouth with fresh water and gently massage their gums with your fingers. As the child gets older, around 4-5 years old, they will learn to brush their teeth on their own. A one-and-a-half-year-old child will soon learn to feed themselves and develop their fine motor skills. To enhance cognitive development, reciting good Bhajans or Shlokas while the child is sleeping can be beneficial. Children also enjoy listening to nursery rhymes and short poems and songs.

It is important to establish effective communication with a young child from the start. A child's mind is like a blank slate, and they absorb everything they hear, so it is important to communicate with them in a calm and gentle manner. Avoid shouting or speaking to them in a harsh tone. When a child asks a question, respond to them in a clear and informative way. Do not disregard their curiosity as it helps in their intellectual development.

## **5. Child Care - Illness**

It is common for young children to experience difficulty with their first steps, especially during cold winter months or when they are prone to colds or waterborne illnesses during the monsoon or summer seasons. When a newborn or a child between the ages of one and two has stomach aches, it may be helpful to apply a little warm water mixed with asafoetida around their navel. Aloe vera can also be applied around the navel but the baby should not touch it. To prevent the baby from getting

gas, the mother should eat foods like Ajma and take suva powder after meals.

At first, a child may experience thin diarrhea 7-8 times a day, but it will gradually become more consistent. If the child has diarrhea, gently apply castor oil to their stomach. You can give a half spoon of haritaki powder to an older child or 5-6 pinch of haritaki powder to a younger child. To prevent dehydration, you can add a pinch of salt and sugar to a cup of boiled water and give the child 4 spoonfuls to drink. You can also give crushed nutmeg to the child.

If a child vomits after drinking milk but does not lose weight or appear uncomfortable, then it is natural. To help the child sleep, you can apply some oil to their head. To relieve cold and cough symptoms, apply oil to the child's chest and back. You can also heat up nagarvel leaves and place them on the child's chest or back, after putting a thin piece of cloth on the baby. An "Ajama Potli" which is a pouch filled with herbs can also be heated and placed on the chest or back for relief.

## **6. Special recipes during Pregnancy**

### ***1) Rab:***

- 1 teaspoon of Gunder (candied gum can also be used), 2 teaspoons of ghee,
- 4 roasted almonds (ground almonds can be used), 1/4 teaspoon dry ginger (soonth),
- 1/4 tsp pipramul, jaggery and coconut powder as per taste.

### ***Method:***

In a pan, heat ghee on low heat and fry the glue in it. Then add 1.5 cups of hot water, ginger and pipramul. Add jaggery and bring it to a boil. Once the mixture has reduced to 1 cup of water, add kopra and almonds. Some people also prefer to first boil jaggery in water before adding it to the mixture.

### ***2) Pipramul dry ginger (soonth) pill:***

- 50 grams of pipramul powder
- 50 grams of dry ginger (soonth)
- 50 grams of ground almonds
- 50 g jaggery (finely chopped)
- 4 to 5 spoons of ghee

### ***Method:***

Mix everything and make a pill and have it on empty stomach. (If ghee is less, more can be added).

### ***3) Suva & Vavding Vakumbha water:***

It is recommended to give pregnant women boiled water. boil vakumbha in water, and let it sit wrapped in a cloth, after that pregnant woman can drink it. three days after giving birth, give the mother a drink made by boiling 1 teaspoon of suva with jaggery, ghee, and 1 teaspoon of ghee in 1 cup of water. it is important not to drink cold water during delivery.

#### **4) Mukhwas:**

- fennel – 3 bowls
- sesame seeds - 1 bowl
- suva - 1 bowl
- carom seeds - 1 bowl
- black salt
- a little turmeric
- dry copra (2 bowls grated)
- linseed - 1 bowl
- sliced almonds - 1/2 cup

#### ***Method:***

Mix fennel, sesamum, ajma, suva, etc. in water with salt and turmeric. Leave to dry for 4-5 hours. Then roast on low heat. Roast copra lightly, and roast linseed. Then mix everything together and add sliced almonds, and store in an airtight container. Pay special attention to the pregnant woman's diet, she can eat whenever she wants during the day for easy digestion. Dry copra helps to improve milk production. Those who are not producing enough milk can take Shatavari in milk, or take Shatavari tablets.

### **5) Oats and Makhana Ladoo:**

- Makhana powder 50 (fifty) grams
- Oats powder 100 grams
- Cow ghee 50 grams
- Almonds 100 grams
- Pistachios 100 grams
- Walnut powder 100 grams
- Dried copra (crushed) 100 gms (slightly roasted)
- A little poppy seed powder, soonth and pipramul powder (2 teaspoons)
- Saffron, cardamom powder (little)
- Fried gum 100 grams
- Roasted white sesame seeds 50 grams

#### ***Method:***

In a pan, heat 1½ cup of chopped jaggery and 1½ cup of ghee. Add 2 cups of mixed spices and stir until the mixture is well mixed and fragrant, then make laddoo.

### **6) Instant Rab:**

- Ghee, ajmo, wheat flour,
- Gum, dry ginger (soonth), pipramul,
- Cardamom, saffron, nutmeg,
- Javantri, batrisu, almond,
- Powder melon seeds (Optional)



### *Method:*

in a pan, heat ghee and roast wheat flour until it turns pink. then add glue and fry it. add dry ginger(soonth, pipramul, cardamom, saffron, nutmeg, javantri, almonds, batrisu, melon seeds and continue to roast and grind until it becomes a powder. once the powder has cooled, store it in a container. daily, add 1 teaspoon of the flour in a glass of warm jaggery water, bring it to a boil and drink it.

## **7) Bhadku:**

- 250 grams of millet
- 100 grams of rice
- 300 grams of moong

### *Method:*

grind all these ingredients together. heat ghee in a pan and add it to create a thick mixture. add ajma, hing, and neem and roast it like upma. then add hot water, turmeric (a small amount), salt, chilli and ginger. it tastes good with curd and is easy to digest.

## **8) Khajur Paak:**

- Black Dates (seedless)

### *Method:*

Chop almonds, pistachios, cashews, fig pieces etc., and heat them. Heat some poppy seeds. Saute the dates in ghee. When it becomes soft, add dry fruits and mix. Place plastic or tissue paper on the tray and roll it. Dip the roll in poppy seeds, put it in butter paper, tissue paper, or plastic, and put it in the fridge for two hours.

## **9) Katlu (First method):**

- 1 cup wheat flour (slightly crunchy)
- One and a half cups of ghee
- Half a bowl of glue
- 1½ to 1¼ cup chopped jaggery
- 1 bowl of grated dry coconut
- 1 bowl of cashews – crushed almonds mix
- ¼ bowl of Kaatlu Powder (Masala)

### **Method:**

Heat ghee in a pan, and roast flour on low heat. Once it is baked, add the glue and stir. The glue will seep in. Then put jaggery in it, add all the spices, mix it well, and spread it on a plate. When it is a little hot, cut it with a knife. After it cools completely, cut it into pieces and store it in a container.

## **10) Katlu (second method):**

- 3 bowls wheat flour (including one coarse bowl of flour)
- 3 bowls jaggery (¼ bowl sugar)
- About 1 to 1.5 kg of ghee
- 50 grams of pipramul powder
- 50 grams of dry ginger powder(soonth)
- 150-200 grams of glue
- 50 grams of Katla masala
- 100 grams of almonds - (chop a little - sprinkle on top) grind the rest.

- 2 cups dry coconut (grated)
- Cardamom powder - 2 tbsp
- 25 grams of suva, 25 grams of poppy

***Method:***

In a pan, heat the ghee and fry gum until it is golden brown. remove it from the pan and crush it with a bowl. in the same pan, fry wheat flour on low heat until it turns pink and fragrant. if it seems less, add ghee. then, add sugar and fried gum and continue to stir. turn off the heat and keep stirring. after that, add crushed almonds, dry ginger(soonth), pipramul, suva, katla masala, finely chopped jaggery, and sugar and stir well. and let it cool, then sprinkle with almond and poppy seeds.

***There is another way to do this.***

In a pan, heat ghee and add jaggery and sugar. Stir until it becomes soft, then add the spices and flour. Spread the mixture on a plate and add sliced almonds and poppy seeds. Allow it to cool on the plate for a while before cutting it with a knife. Do not wait until it cools completely. Once it is cool, remove the pieces and store them in a container. Give one piece at a time to a pregnant woman.

**11) (Shatavari) milk:**

- Shatavari Powder – 1/2 tsp
- Cow's milk – 1 glass
- Khadi sakar – 1/2 tsp

Boil asparagus powder-sugar-cardamom in milk and drink it hot. This is only if the women cannot breastfeed sufficiently.

## 12) *Recipi of Roti*

- Five types of flour-sesame-salt

250 gms of millet

250 gms of sorghum

250 gms of soybeans

250 gms of wheat flour

250 gms of Nachni flour

Make coriander-lemon-mint-and cabbage juice. Strain it Drink it  
Make roti from the remains of the vegetables. Crush

### *List to keep ready at home for delivery*

Dry Coconut	Ghoda vaj (dhana)	Asafoetida
Suva	Sesame oil	Balant kadha
Ajamo	Coconut oil	Vavding
Poppy	Almond oil	Vakumbha
Glue (Gunder)	Cow ghee	Nutmeg
Pipramul	Garlic	Saffron
Ginger powder	Garlic cloves	Cinnamon-cloves
Mamro Almonds	Jaggery	Cardamom
Hirabol	Granular sugar	Asparagus
Ricinus (Erdandiyu)	Rock Salt	Bronze bowl

## ***What to prepare for labor and baby?***

Three nighties or three midis (front open) for maternity, feeding bra, undergarments, scarf, ear plugs, comb, brush, soap, napkin, towel, and diaper. Hospital admission receipt.

For baby oil massage : 6 pieces of baby wrap (muslin)

Smooth Napkins (6)	Baby wipes	Cushions (to be placed on the side) Cradle
Nappy ties	Newborn Pampers	
Nappy liner	Baby soap	

Taking all types of Osdia maintains the health of the baby and the mother. This Osdia is available in Ayurvedic stores.

## **7. 10 MANTRAS FOR PARENT HOOD**

**Alpa Apoorva**

### ***1) Mind Set:***

As newlyweds prepare to start a family, it is crucial to consider not just the physical aspect of becoming parents but also the emotional and mental readiness. It is essential to be united in mind, body, and emotion, as well as to have a stable financial situation. By approaching the journey of parenthood with a positive mindset and good energy, the experience can be more enjoyable and successful. It is also important to envision the desired mindset and energy for the child.

## **2) *Spirituality:***

Preparing for parenthood involves not only physical and financial readiness but also emotional and mental preparation. It is important for newlyweds to have a united mindset and positive energy as they welcome the new addition to their family. It is essential to remember that bringing a child into the world is a spiritual journey and should be approached with a sense of reverence and responsibility. The mental preparation for the child should include the thought of having a healthy child, regardless of gender. The parent's thoughts, actions, and attitude during pregnancy play a crucial role in the overall well-being of the child.

## **3) *Evoke:***

Preparing for parenthood with a positive mindset, focusing on emotional and spiritual well-being, and seeking guidance from a higher power can lead to a peaceful and blessed pregnancy. Practicing daily meditation can help keep the mind calm and focused while preparing for the arrival of a new child.

## **4) *Mental Stability:***

Preparing the mind and emotions for parenthood is crucial. By maintaining a calm and positive mindset, invoking spiritual guidance, and engaging in practices such as meditation and reading spiritual texts, parents can create a harmonious environment for the child in the womb. It is also important to control emotions and avoid negative thoughts as they can affect the child's development. Listening to Garbha Sanskar music and reading religious texts such as Ramayana and Srimad Bhagwat can also help to create a positive and peaceful environment for the child in the womb.

## ***5) Mental Strengthening:***

When a woman becomes pregnant, it is important for her family and loved ones to understand that her emotions and mood may change due to hormonal changes in her body. It is important for her to maintain a positive attitude and not to overthink negative situations. It is crucial for her to control her emotions and cultivate mental preparedness, as an unstable mind and uncontrolled emotions can lead to the release of stress hormones, which can negatively impact the mental and intellectual development of the child. It is the mother's responsibility to strengthen her mind and control her emotions.

## ***6) Rituals:***

During pregnancy, it is important for the mother to maintain a positive and nurturing mindset towards the child. This includes not having preconceived notions about the gender of the child and instead, embracing and loving the child unconditionally. It is also important for the mother to be aware of her emotions and strive to control them, as they can have an impact on the child's development both mentally and emotionally. Additionally, it is important for the mother to understand that the child may carry certain traits or tendencies from their past life, and it is important to accept and nurture these aspects of the child.

## ***7) Self-centered:***

As a mother-to-be, it is important to have a centered and loving mindset towards the family. Recognizing and working on personal weaknesses can help build a strong emotional connection with the child, even while they are still in the womb. It is important to include the father in the bonding process and to create a welcoming environment for the child with the support and excitement of grandparents, aunts, uncles and other family members. The child in the womb can sense the love and specialness surrounding them. It is essential for the mother to develop an emotional bond with the child and to prepare for the child's arrival with a positive mindset.

## **8) *State of mind:***

During the first 12 weeks of pregnancy, it is crucial for the mother to maintain a positive state of mind and provide a nutritious diet for the developing child. Negative thoughts and a lack of essential vitamins can negatively impact the child's mental development. Instead of suppressing emotions, it is important to understand them, adopt new thinking and approaches, and strive for mental peace. Even if the environment at home or work differs from your thoughts, it is important to maintain positivity, find ways to remove oneself from negative situations and live peacefully. The nine months of pregnancy are an opportunity for mental preparation, and it is essential to focus on welcoming a healthy and well-developed baby.

## **9) *Labor Pain:***

Modern mothers stay informed and in contact with their obstetrician, regularly scheduling check-ups, sonograms, and incorporating exercise into their routine. Practicing pranayama and yoga techniques, such as breathing exercises, can help alleviate labor pains. Today's mothers are actively involved in the delivery process, both mentally and physically, working closely with their healthcare provider.

## **10) *As a Parent, duty:***

In today's society, both parents play an active role in raising their child. They share responsibilities and make decisions together, ensuring that the child receives physical, emotional, and financial support. With a collaborative approach, both parents are better equipped to support the child's development and growth. This modern approach to parenting allows for a more holistic approach to raising a child and benefits not only the child but also the parents.



# CONTENTS OF DADI'S SECRET KIT

## RAAB PREMIX ( 800 g.)



### HOW TO USE



BOIL 1 GLASS ( 250 ML )  
OF WATER



ADD 1 TEA SPOON ( 10 MG )  
OF RAAB PREMIX



BOIL FOR 4 TO 5 MINUTES



TWICE A DAY



**DADI'S SECRET**  
ESSENCE OF PLANTS

GLUTEN FREE

**100% ORGANIC**

NO PRESERVATIVES  
NO ARTIFICIAL COLORS  
FOR ORDER ☎ 88798 74457



### BENEFITS

RESTORES DIGESTIVE FIRE

APPETISER

INDUCE GOOD SLEEP

IMPROVES STAMINA

REJUVENATIVE

## VAVDING & VAKUMBHA ( 40 potlis.)



### HOW TO USE



TAKE 1 BIG VESSEL &  
3 LITERS OF WATER



PUT 1 POTLI IN IT AND  
SOAK OVERNIGHT



NEXT MORNING BOIL  
IT FOR 10 MINUTES



CONSUME THIS WARM WATER  
THROUGH OUT THE DAT



**DADI'S SECRET**  
ESSENCE OF PLANTS

GLUTEN FREE

**100% ORGANIC**

NO PRESERVATIVES  
NO ARTIFICIAL COLORS  
FOR ORDER ☎ 88798 74457



### BENEFITS

ERADICATES WORMS

RESTORE DIGESTIVE  
FIRE

DETOXIFIES THE GUT

## MUKHVAS ( 800 g.)



### HOW TO USE



MOUTH FRESHNER  
4 TIMES A DAY



**DADI'S SECRET**  
ESSENCE OF PLANTS

GLUTEN FREE

**100% ORGANIC**

NO PRESERVATIVES  
NO ARTIFICIAL COLORS  
FOR ORDER ☎ 88798 74457



### BENEFITS

CARMINATIVE

IMPROVES METABOLISM

# CONTENTS OF DADI'S SECRET KIT

## GRATED COCONUT (250 g.)



### HOW TO USE

SAUTE SPOON COCONUT IN  
1 SPOON OF GHEE

PUT 1 SPOON OF JAGGERY

MIX WELL & HAVE ANY  
TIME A DAY



GLUTEN FREE  
**100% ORGANIC**  
NO PRESERVATIVES  
NO ARTIFICIAL COLORS  
FOR ORDER ☎ 88798 74457



### BENEFITS

FOR LACTATION

NUTRITIONAL & HEALTHY DIET



### HOW TO USE

TAKE 1 SMALL SPOON OF  
HALDI POWDER

MIX IT WITH WARM 1 CUP OF  
HOT WATER OR HOT MILK

TAKE IT AT MORNING



GLUTEN FREE  
**100% ORGANIC**  
NO PRESERVATIVES  
NO ARTIFICIAL COLORS  
FOR ORDER ☎ 88798 74457



### BENEFITS

IMPROVES SKIN COMPLEXION

STRENGTHEN RESPIRATORY

IMMUNITY BOOSTER

### SATAVARI TABLETS (40 pcs)



#### HOW TO USE



ONCE A DAY AFTER  
DINNER



SHOULD HAVE WITH  
WARM WATER



#### BENEFITS

FOR LACTATION &  
WOMAN TOTAL  
HEALTH



#### HOW TO USE



TAKE IMMEDIATELY  
AFTER DELIVERY FOR  
FIRST 3 DAYS



BOIL 1 GLASS OF WATER &  
PUT 1 GOLI OF SUVA GUD.  
BOIL IT FOR 5 MINS



STRAIN IT AND  
DRINK IT WARM



EVERYDAY 1 GLASS.  
(ANY TIME IN THE DAY)



#### BENEFITS

DETOXIFIES THE GUT



#### HOW TO USE



ONCE A DAY AFTER  
MEAL WITH WATER



#### BENEFITS

IMPROVE  
METABOLISM  
REDUCES THE VATA



#### HOW TO USE



EVERYDAY 1 TABLET  
IN THE MORNING  
AFTER BREAKFAST



#### BENEFITS

ALLEVIATES  
BODY PAIN



GLUTEN FREE  
**100% ORGANIC**  
NO PRESERVATIVES  
NO ARTIFICIAL COLORS  
FOR ORDER ☎ 88798 74457