

## **TEEN AAHAAR MANTRA**

**Print Protocol**

**HOMOEOMANTHAN**

**TEEN AAHAR MANTRA**

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WEBSITE:

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

[www.drsanjaychaube.in](http://www.drsanjaychaube.in)

**PATIENT NAME:**

**Date**

**CASE NO:**

Age

Sex: M/F/O

Weight: \_\_\_\_\_ Kg

Height: \_\_\_\_\_ cm

K/C/O

Target:

### **General Instructions**

These instructions are for general people who are not in heavy physical work, not suffering from any diseases, non - pregnant females, not children. All such individuals should consult a Homoeopathic doctor to know the addition or deletion in the protocol instructions along with addition of Homoeopathic medicines for rectification of deviated body process

Pillars of Health

A) SLEEP

B) EXERCISE

C) FOOD

D) THOUGHT PROCESS

Let's explore it more.

**A) SLEEP:**

**a) TIMINGS:**

- Sleep before 12 at night and wake up before 7 am

- Wait for at least 45 minutes after having your dinner before going to sleep

**b) DURATION:** On average 7 hours of sleep daily at one stretch in the night

**B) EXERCISE:****a) WALKING / JOGGING / RUNNING :**

- . Running: 30 minutes or
- . Jogging / Walking: 45 to 60 minutes

**b) YOGA:**

Yoga should be done in sequence of

- . AASANA: .....Stretching, followed by
- . PRANAYAMA: ...Breathing exercises, then
- . MEDITATION.

**c) Exercise should be carried out in sequence of**

- . WALKING followed by
- . YOGA (Aasana, Pranayama, Meditation).

**d) Exercise should be done**

- . After 7 hours sleep previous night.

**e) All the above exercises should be done outdoors before 9 am (yoga can be done indoors if required)**

**Follow any one plan from types 1,2,3.****1. YOGA only, every day 60 minutes**

- . Aasana: ..... 25 minutes.
- . Pranayama: ... 5 minutes.
- . Meditation: ... 30 to 45 minutes.

**2. Walking and Yoga, (W / Y) alternate days**

- . Walking: 45 Minutes
  - : Distance to be covered in 45 minutes.
  - : Male: 5 kms, Female: 4 kms.
- . YOGA: 60 minutes, next day, in a sequence of
  - : Aasana: ..... 25 minutes.
  - : Pranayama: ... 5 minutes.
  - : Meditation: ... 30 minutes.

**3. Walking + Yoga (W + Y) same day**

- . Walking: 30 minutes
- . Yoga: 30 minutes.
  - : Aasana. ....15min.
  - : pranayama. .... 5min.
  - : Meditation. .... 10 min.

**C) FOOD (TEEN AAHAR MANTRA)**

Intake of caloric food only 3 times a day as follows

**1) Breakfast****2) Lunch****3) Dinner**

Let explore in detail

### **1) BREAKFAST:**

- a) General Plan (3+2+1+1): In a week
  - . 3 days fruit. (Only one fruit at a time.)
  - . 2 days any Indian breakfast.
  - . 1 day milk + poha.
  - . 1 day raw salad.
- b) Timings: before 10 am and within 2 hours after waking in morning.
- c) No buffet like breakfast only one item at a time.
- d) Quantity 25% of Lunch.

### **2) LUNCH:**

General plan:

- . Full meal: Chapati, Bhaaji [curry], Daal, Rice
- . Have lunch at an interval of 4 hours after
- . Quantity 100 % .

### **3) Dinner:**

- a) Flush out time (3+3+2=8 minutes), before dinner (to relax muscles and wash out CO<sub>2</sub>)
  - . Shavaasan 3 min.
  - . Pranayama 3 min.
  - . Meditation 2 min.
- b) General plan:
  - . Chapati and Bhaaji only.
- c) Timings: 8 hours after Lunch.
- d) Quantity 50 % of Lunch.

### **D) Thought Process**

- a) Do not brood on the past or ponder about the future, remain in the present.
- b) Emotions are the result of your perception of your surroundings, no situation in itself is good or bad until you perceive it and process it as good or bad.
- c) Nature (GOD) had given us the physical body but our thought process influences the function of this body and can shift it to a diseased state from health.

Working of all above 4 pillars of Teen Aahaar Mantra is based on all or none phenomena i.e., even if 1 pillar is inadequate, the others become less effective.

### **FASTING**

This is optional but is highly recommended. The best approach to fasting that will best suit your body will be decided by your doctor

Teen Aahaar Mantra had introduced various types of fasting which is as follows:

- 1) Liquid diet (less solute diet)
- 2) Vision (less eye stimulation)
- 3) Hearing (less ear stimulation)
- 4) Speech (less tongue stimulation)

Additional details, scientific reasonings, etc. on the 4 pillars and fasting are provided on the website TEENAAHAARMANTRA.COM, Explanation section and also in you tub channel

#### **DO'S AND DON'Ts**

- 1) SALT: Only in Bhaaji and Daal, avoid in Plain Rice and Chapati.
- 2) SUGAR: Avoid eating white sugar every day, can eat once a week.
- 3) GHEE: Desi ghee 1 spoon in Daal every day (after consulting your doctor).
- 4) PACKAGED FOOD: As far as possible no packaged food like biscuits, diet biscuits, packaged dry food, etc.
- 5) CHAPATI: flour made up of Wheat + naachni, soyabean, makai, jowar can be use for better health
- 6) Never have uncooked food (salad, fruits, etc.) and cooked food together.
- 7) Clear your bowels before EXERCISE or YOGA.
- 8) If hungry, drink only water between breakfast –lunch and between lunch - dinner. Drink 2 to 3 liters of water per day, as advice by your doctor
- 9) Never go for exercise in the morning on an empty stomach, have 2 dates.
- 10) DIET has been designed in such a way that it will take care of your daily body requirements of WATER, VITAMINS, MINERALS, PROTEIN, and ENERGY.

#### **USEFULNESS AND PHILOSOPHY OF ABOVE PLAN**

Following TEEN AAHAAR MANTRA leads to the development of PATIENCE and PUNCTUALITY in life that will help the body in the following ways

- 1) Body will know when it must sleep, wake up, will get food, exercise etc. This will help maintain the biological clock, circadian cycle, and wake –sleep cycle rhythm.
  - a) This will decrease chaos in the body.
  - b) Hormone secretion and nervous control will be well maintained because of balanced circadian and other cycles and rhythms of the body.
- 2) It helps you to be in Least conflict with nature.
- 3) Well controlled body weight helps minimize or avoid many diseases like Infertility, many auto immune diseases, PCOD, PCOS, Menopausal syndrome, Insomnia, Digestive problems, Obesity, IBS, Constipation, Sleep Disorder, Indigestion, Acidity, High Blood Pressure, Diabetes along with many other Hormone imbalance related diseases.

#### **NOTE.**

Everyone's body and lifestyle are different. Above is a general protocol. Contact your doctor to find out the protocol which will suit you the best.

Also know the 5 minutes exercise to be done during working hours to avoid or minimize current or future occupational disease

**TO UNDERSTAND ADDITIONAL BENEFITS OF THE ABOVE PROTOCOL, VISIT THE WEBSITE  
WWW.TEENAAHAARMANTRA.COM or watch our you tube channel OR CALL DR SANJAY G. CHAUBE  
ON 8356938355**