

Piles Diet Chart



Understating about Piles

Piles, also known as hemorrhoids, are swollen tissues in the anal area. They can be internal, located inside the anus, or external, found on the outside edge.

Classification:

- **Grade I:** Small inflammations inside the anus, not visible.

- **Grade II:** Larger than Grade I, may protrude during bowel movements but return on their own.
- **Grade III:** Prolapsed hemorrhoids that protrude outside the anus but can be pushed back in.
- **Grade IV:** Large hemorrhoids that cannot be pushed back in and require treatment.

External piles appear as small lumps outside the anus, causing itching and pain. If a blood clot forms, immediate medical attention is necessary to prevent complications.

Things to Avoid	Things to Addon
<ul style="list-style-type: none"> ● Avoid spicy, hot curries. ● Avoid regular use of laxatives. ● Avoid too much coffee and alcohol ● Don't sit in toilet for long periods and don't strain for stools. ● Avoid prolonged sitting at work. Get up and move around periodically. 	<ul style="list-style-type: none"> ● Drink lots of fluids to avoid constipation ● Exercise regularly. In pregnancy, exercise under appropriate guidance and supervision. ● Lose weight, if overweight. ● Don't end up with heavy meals.

Diet Chart

Sunday

Breakfast (8:00-8:30AM)	Vegetable <u>Oats</u> Upma 1 cup+ 1/2 cup <u>low fat milk</u> .
Mid-Meal (11:00-11:30AM)	pane Yoghurt with raw vegetables / grilled vegetables -1 cup
Lunch (2:00-2:30PM)	1/2 cup rice + 2 medium chappati+1/2 cup Kidney beans curry+ Snake guard subji 1/2 cup+ 1/2 cup Buttermilk
Evening (4:00-4:30PM)	3 biscuits (Nutrchoice or Digestiva or Oatmeal.)
Dinner (8:00-8:30PM)	4 Idli + Sambar 1/2 cup/ 1 table spoon Green chutney/ Tomato Chutney

Monday

Breakfast (8:00-8:30AM)	4 Idli + Sambar 1/2 cup/ 1 table spoon Green chutney/ Tomato Chutney
Mid-Meal (11:00-11:30AM)	green gram sprouts 1 cup
Lunch (2:00-2:30PM)	3 Roti+1/2 cup salad +1/2 cup chicken curry(150 g chicken)+ 1/2 cup cabbage subji+ 1/2 cup Butter milk

Evening (4:00-4:30PM)	1 Portion fruit(Options: Pears, small Banana, Apple,Prunes, Raspberries,Avacados, Blackberries, Orenge, Apricot, Blueberries.)
Dinner (8:00-8:30PM)	2 Roti / chappati.+ Tomato subji 1/2 cup.

Tuesday

Breakfast (8:00-8:30AM)	2 Slice brown bread.+1 slice low fat cheese + 1/2 cup low fat milk.
Mid-Meal (11:00-11:30AM)	1 Portion fruit(Options: Pears, small Banana, Apple,Prunes, Raspberries,Avacados, Blackberries, Orenge, Apricot, Blueberries.)
Lunch (2:00-2:30PM)	Veg pulav rice 1 cup+ 1/2 cup Soya Chunk curry+ 1/2 cup Low fat curd.
Evening (4:00-4:30PM)	3 wheat rusk.
Dinner (8:00-8:30PM)	Brocken wheat upma 1 cup+ 1/2 cup green beans subji

Wednesday

Breakfast (8:00-8:30AM)	Mix veg Poha 1 cup+ 1/2 cup low fat milk.
Mid-Meal (11:00-11:30AM)	1 Portion fruit(Options: Pears, small Banana, Apple,Prunes, Raspberries,Avacados, Blackberries, Orenge, Apricot, Blueberries.)

Lunch (2:00-2:30PM)	3 Chappati+ 1/2 cup cluster beans subji+small cup low fat curd
Evening (4:00-4:30PM)	1 cup boiled channa.
Dinner (8:00-8:30PM)	2 Roti / chappathi+Ridge guard subji 1/2 cup.

Thursday

Breakfast (8:00-8:30AM)	Utappam 2+ 1 tbs green chutney.
Mid-Meal (11:00-11:30AM)	1 cup lentil soup
Lunch (2:00-2:30PM)	1.5 cup rice+ Soya chunk curry 1/2 cup+ Ladies finger subji 1/2 cup+ 1/2 cup Buttermilk.
Evening (4:00-4:30PM)	1 Portion fruit(Options: Pears, small Banana, Apple, Prunes, Raspberries, Avacados, Blackberries, Orenge, Apricot, Blueberries.)
Dinner (8:00-8:30PM)	Broken wheat upma 1 cup+ 1/2 cup green beans subji

Friday

Breakfast (8:00-8:30AM)	Chappati 3 + 1/2 cup Potato green peas curry.
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Mid-Meal (11:00-11:30AM)	1 cup lentil soup
Lunch (2:00-2:30PM)	1.5 cup rice+ 1/2 cup Dhal(properly cooked)+ Palak subji 1/2 cup+ 1/2 cup Buttermilk.
Evening (4:00-4:30PM)	1 Portion fruit(Options: Pears, small Banana, Apple,Prunes, Raspberries,Avacados, Blackberries, Orenge, Apricot, Blueberries.)
Dinner (8:00-8:30PM)	2 Roti / chappati.+ Tomato subji 1/2 cup.

Saturday

Breakfast (8:00-8:30AM)	Methi Parata 2+ 1 tbs green chutney.
Mid-Meal (11:00-11:30AM)	1 Portion fruit(Options: Pears, small Banana, Apple,Prunes, Raspberries,Avacados, Blackberries, Orenge, Apricot, Blueberries.)
Lunch (2:00-2:30PM)	1.5 cup rice+ chicken curry(150 gm chicken+ 1 cup cucumber salad.
Evening (4:00-4:30PM)	Brown rice flakes poha 1 cup.
Dinner (8:00-8:30PM)	Wheat dosa 3 + 1/2 cup Bitter guard subji.

WORKOUT

- 10 min walk (Morning and Evening)
- Anulom Vilom pranayama
- Meditation
- Leg raise
- Butterfly pose

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