

Additional file 2

LIFESTYLE GUIDELINES

Activities of Daily Living (ADL) are customized according to the specific Ayurveda principles of daily regimen, seasonal regimen and the codes and conduct, which can be adopted in the modern lifestyle.

1. Disciplined observance of routines like sleep-wake cycle, brushing, toileting, yoga/exercising, bathing and dining for maintaining a healthy biological clock.
2. Wash hands, feet, ears, mouth and face before each meal with normal water.
3. Yoga Practices should be done involving all members of the family.
4. Ensure exposure to sunlight between 8 am and 9 am
5. Regular bath with warm water over body and normal water on head should be made mandatory. Water should be streamed continuously over head for 20 minutes followed by drying and application of Rāsnadi choorna (powdered poly-herbal mixture) on vertex.
6. Parents should ensure a minimum of 1.5 hours interval between dinner and sleep.
7. Parents should make sure that the child gets 8 hours of night-sleep. Day-sleep should be strictly avoided lest the child is exhausted or during hot season.
8. Child's participation in almost all activities at home should be ensured and always be pleasant with the child.

DIET MODIFICATIONS

Ayurveda advocates certain rules and regulations for wholesome diet and maintaining healthy feeding practices

1. Ayurveda details unique concepts of harmful combinations/preparations and incompatibilities of food items (virudha) which are least explored as per Evidence-based Medicine. Parents are made aware of such incompatibilities in their diet and are advised to avoid those without hampering the nutritional values.
2. The parents are taught to feed the child with adequate food as per appetite and digestive capacity instead of advising them a time bound feeding schedule.
3. A vegetarian diet is advised for the whole family during the trial period. Diet of the child should be strictly gluten and casein free, avoiding too much spicy and fried foods.
4. The food should be warm and freshly cooked, fed in a calm environment.
5. Whole family should be dined together.
6. Advisable Food items will be given as a separate list, considering the cultural acceptability and availability.