[Clinic name]
[Doctor name, qualification] · [Address] · [Phone]

Pathya–Apathya (Diet and Lifestyle) Chart

Patient: _____ OPD No.: _____ Date: _____

Diagnosis: _____ Follow-up on: _____

Food group	✓ Pathya — take	✗ Apathya — avoid
Grains (Dhanya)		
Pulses (Shimbi)		
Vegetables (Shaka)		
Fruits (Phala)		
Milk and dairy (Gorasa)		
Oils and ghee (Sneha)		
Drinks (Paniya)		
Spices (Masala)		

Meal timings

Morning:

Lunch:

Evening:

Dinner:

Vihara (sleep, exercise, routine)

Free template from the AyurHealthPlus blog. The doctor fills it for each patient.