



Curated for Goldenage

41 Day Detox Diet

Satvik Diet

A Simple Guide to Pure and Balanced Eating

1. Introduction

The satvik diet is a traditional way of eating rooted in Indian philosophy, yoga, and Ayurveda. The word “**satvik**” comes from *sattva*, meaning purity, harmony, and clarity.

A satvik diet is not only about food. It is a way of supporting:

- A calm mind
- A light body
- Stable energy
- Clear thinking

Different traditions interpret it differently, but the core idea remains the same: **eat natural, simple, and minimally processed foods.**

2. Philosophy of Satvik Eating

Satvik food is believed to influence both body and mind. According to yogic thought, food carries qualities:

- **Satvik** – light, pure, balancing
- **Rajasic** – stimulating, overly energizing
- **Tamasic** – heavy, dull, and sluggish

The satvik diet focuses on increasing clarity and reducing mental and physical heaviness.

3. Core Principles

A satvik diet generally follows these principles:

3.1 Natural Foods

Food should come close to its natural state.

3.2 Freshness

Freshly prepared or freshly harvested foods are preferred.

3.3 Simplicity

Meals are simple, with minimal ingredients.

3.4 Light Digestion

Foods should be easy for the body to digest without strain.

3.5 Non-Stimulating Nature

Foods that overstimulate the nervous system are avoided.

4. Foods Included in a Satvik Diet

4.1 Fruits

Fresh, ripe fruits form an important part of satvik eating:

- Banana

- Apple
- Mango
- Papaya
- Grapes
- Watermelon
- Pomegranate

Fruits are valued for their natural sweetness and ease of digestion.

4.2 Vegetables

Raw or lightly cooked vegetables are commonly used:

- Cucumber
- Carrot
- Beetroot
- Spinach
- Bottle gourd
- Pumpkin
- Lettuce and leafy greens

In stricter versions, only raw vegetables are consumed.

4.3 Nuts and Seeds

Consumed in small quantities, preferably raw or soaked:

- Almonds
- Walnuts
- Pumpkin seeds
- Sunflower seeds
- Flax seeds

4.4 Natural Dairy (Traditional View)

In classical satvik traditions:

- Milk
- Ghee
- Fresh curd

are included, though modern interpretations often exclude dairy.

4.5 Herbs and Mild Spices

Used for digestion and flavor:

- Ginger
- Turmeric
- Cumin
- Coriander
- Mint

4.6 Natural Hydration

- Water

- Coconut water
- Fresh fruit juices

5. Foods Generally Avoided

A satvik diet avoids foods considered heavy, stimulating, or processed:

- Meat, fish, and eggs
- Alcohol and intoxicants
- Onion and garlic (in traditional yogic systems)
- Deep-fried foods
- Packaged and processed foods
- Excessively spicy foods

6. Satvik Diet in Modern Practice

In modern lifestyles, the satvik diet is often adapted. Some people include cooked grains and dairy, while others follow a raw-food variation.

Stricter systems, such as those inspired by B. V. Chauhan's natural diet approach, focus on:

- Raw fruits
- Raw vegetables
- Coconut
- Nuts and seeds
- Minimal combinations

7. Benefits Commonly Associated

People following a satvik diet often report:

- Lightness in the body
- Improved digestion
- Mental calmness
- Better focus and awareness
- Reduced heaviness after meals

These effects are largely linked to the simplicity and reduced processing of food.

8. Conclusion

The satvik diet is less about restriction and more about **refinement**. It encourages eating closer to nature and reducing complexity in both food and lifestyle.

At its core, it is a system designed to support:

clarity of mind, balance in the body, and simplicity in living.



Intermittent Fasting

16:8 Window

Intermittent fasting is a daily eating pattern based on **time restriction**. The 16:8 method divides each 24-hour day into:

- **16 hours of fasting** (no calories)
 - **8 hours of eating**
- During fasting, the body remains in a non-eating state. During the eating window, all meals are consumed.

Common 16:8 time windows

Option 1 (early):

- Eating: 8:00 AM – 4:00 PM
- Fasting: 4:00 PM – 8:00 AM

Option 2 (standard):

- Eating: 12:00 PM – 8:00 PM
- Fasting: 8:00 PM – 12:00 PM

Option 3 (late):



Enema

Enema is a process of introducing liquid into the rectum to help empty the lower bowel. It is sometimes used for constipation relief or bowel cleansing. It should be done gently and not too frequently.

Best timing

- Morning is preferred (after waking up)
- Or when you have at least 30–60 minutes of privacy
- Avoid immediately after heavy meals

Recommended posture

You can use one of these:

1. Left-side lying (most common)

- Lie on your left side
- Right knee slightly bent toward chest

2. Knee-chest position

- Knees on floor
- Chest slightly lowered forward
- Buttocks raised

Left-side position is usually easier for beginners.

Basic procedure (step-by-step)

1. Prepare a clean enema kit or bulb
2. Use lukewarm plain water (not hot, not cold)
3. Lubricate the nozzle tip lightly
4. Lie in position (left side preferred)
5. Gently insert nozzle into the rectum
6. Slowly release liquid into the bowel
7. Try to hold it for 2–5 minutes (if comfortable)
8. Go to toilet and release naturally

9. Rest afterward

Duration

- Entire process usually takes 10–20 minutes

Important precautions

- Do not force insertion
- Stop if there is pain or dizziness
- Do not overuse (can disturb natural bowel function)
- Do not use daily unless medically advised
- Always use clean equipment



Smoothie recipes

1) Coconut Detox Smoothie

Ingredients

- Fresh coconut
- Coconut water
- Optional: small ginger piece or coriander

Method

Blend lightly and drink immediately.

2) Coconut Green Detox Smoothie

Ingredients

- Fresh coconut
- Coconut water
- Spinach or coriander
- Optional mint

Method

Light blend only, keep it thin.

3) Watermelon Mono Smoothie

Ingredients

- Watermelon only

Method

Method

Blend or consume as juice.

4) Papaya Smoothie**Ingredients**

- Papaya
- Water or coconut water
- Optional: small grated coconut

Method

Blend lightly and drink fresh.

5) Cucumber Mint Smoothie**Ingredients**

- Cucumber
- Coconut water
- Mint leaves

Method

Blend and consume immediately.

6) Sorakaya (Bottle Gourd) Smoothie**Ingredients**

- Sorakaya (bottle gourd)

- Coconut water
- Optional mint or ginger

Important

Only use if it is not bitter.

Method

Blend and drink fresh.

7) Ash Gourd Detox Smoothie**Ingredients**

- Ash gourd
- Coconut water or plain water
- Optional mint

Method

Blend and consume immediately.

General rules for all smoothies

- 2–4 ingredients maximum
- No sugar, dairy, or powders
- Drink immediately after blending
- Keep texture light, not thick
- Always check bottle gourd/ash gourd for bitterness



Salad bowls

1) Core Structure of a Satvik Bowl

Every bowl should ideally follow this structure:

- **Vegetables (base layer)**
- **Fruits (sweet/juicy element)**
- **Nuts or seeds (fat + satiety)**
- **Fresh herbs (flavor + freshness)**

Optional but important in your system:

- **Fresh coconut as the main fat source**

2) Vegetables (foundation layer)

Choose 2–4 types max per bowl:

Common options

- Cucumber (base vegetable)
- Carrot
- Tomato
- Beetroot
- Lettuce or spinach
- Capsicum

Guidelines

- Keep vegetables **dominant in quantity**
- Prefer watery and easy-to-digest ones
- Avoid overmixing too many types

3) Fruits (natural sweetness layer)

Use **1–2 fruits per bowl (not more)**:

Good satvik fruits

- Apple
- Papaya
- Pomegranate
- Banana
- Watermelon (best eaten alone or minimally mixed)

Guidelines

- Prefer **sweet + mild fruits**
- Avoid too many sour + sweet combinations together
- Use fruits to balance vegetables, not overpower them

4) Nuts & Seeds (energy + grounding layer)

Use **small amounts only (1–2 types max)**:

Options

- Almonds (soaked, peeled preferred)
- Walnuts
- Pumpkin seeds
- Sunflower seeds

Guidelines

- Soak nuts when possible for better digestion
- Do not overuse (they are dense)
- Combine with coconut for better balance

5) Fresh Coconut (key satvik fat)

- **Fresh coconut** is your primary satvik fat source

Use it as:

- Base fat element in almost every bowl
- Grated or sliced

Why it matters:

- Replaces oil-based dressings
- Adds richness and satisfaction naturally

6) Herbs (flavor without dressing)

Use freely but lightly:

- Coriander
- Mint
- Curry leaves (finely chopped)

Guidelines:

- Add at the end
- Do not dominate the bowl
- Use for aroma and freshness only

7) Color Rule (important for balance)

A good satvik bowl should include **multiple natural colors**:

- Green → cucumber, spinach
- Orange → carrot, papaya
- Red → tomato, watermelon, pomegranate
- White → coconut
- Brown → nuts

Goal:

A bowl should look naturally **multi-colored and alive**, not monotone.

8) No Dressing Rule (strict satvik standard)

Avoid completely:

- Oil-based dressings
- Vinegar or synthetic sauces
- Store-bought salad dressings
- Sugar or honey mixes
- Packaged spice blends

Instead:

Flavor comes from:

- Fruit sweetness
- Coconut richness
- Herb freshness
- Natural textures

9) Mixing Rules (very important)

- Limit to **5–7 total ingredients per bowl**
- Avoid overmixing many fruits + vegetables
- Keep watermelon mostly separate or minimally

- minimally mixed
- Always eat fresh, not stored

“Natural color, simple combination, and clean digestion without external dressing.”

10) Ideal Satvik Bowl Formula

A simple repeatable structure:

- 50% vegetables
- 20–30% fruits
- 10–15% coconut
- Small handful nuts/seeds
- Herbs on top

11) Simple Example Pattern

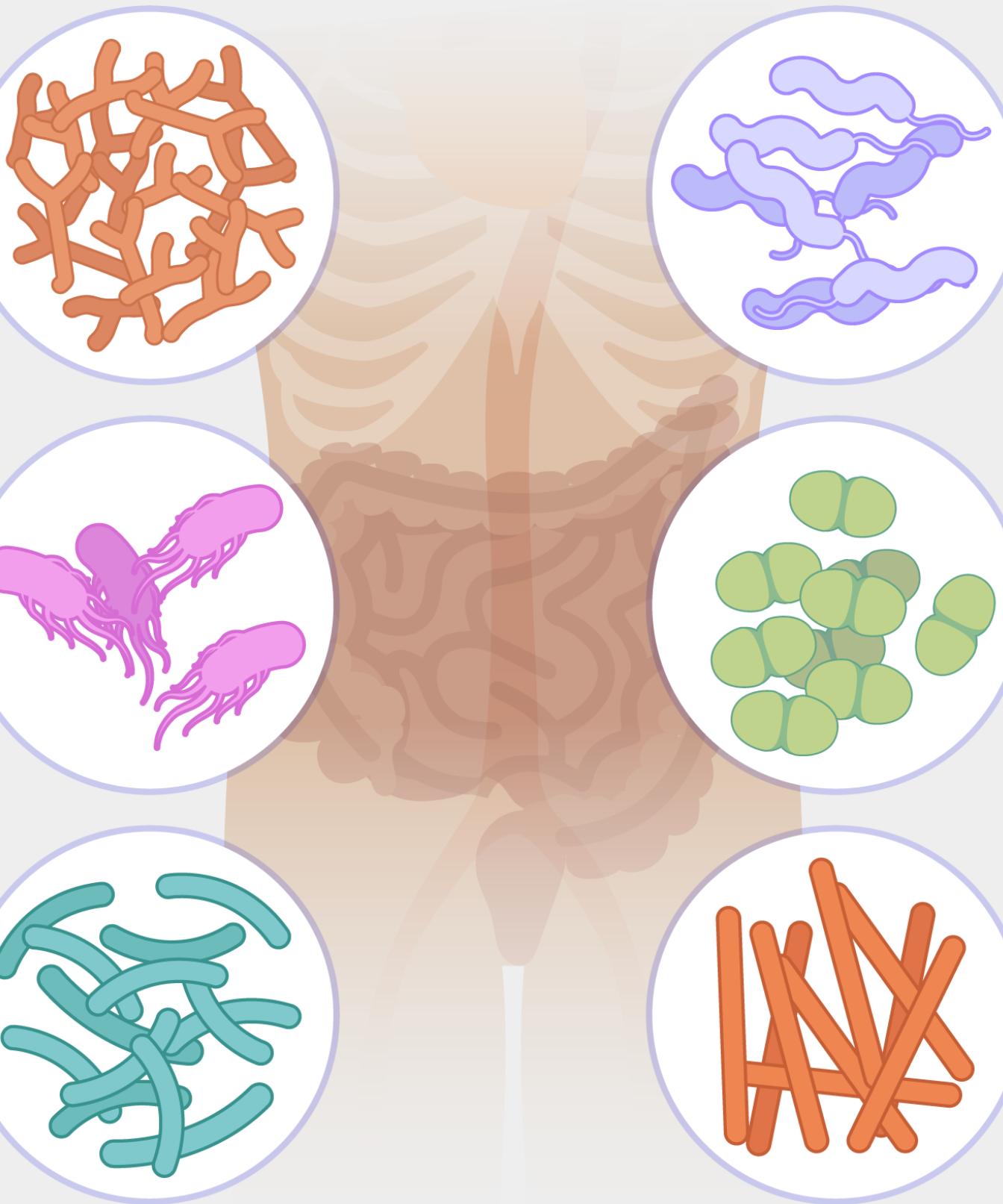
A balanced bowl looks like:

- Cucumber + carrot + tomato
- Papaya or apple
- Fresh coconut
- 5–6 soaked almonds
- Coriander

Final idea

A satvik salad bowl is not about complexity—it is about:

Good vs. bad bacteria



Probiotics

Probiotics — Simple Explanation

Probiotics are live microorganisms (mainly beneficial bacteria) that support the natural balance of microbes in your gut. They are often found in **fermented foods**.

Think of them as:

“Helpful bacteria that support digestion and gut balance.”

Purpose of probiotics

Probiotics are mainly used for:

1. Gut balance

They help maintain a healthy mix of bacteria in the intestines.

2. Digestion support

They can help break down food more efficiently.

3. Bowel regularity

They may support smoother and more consistent bowel movements.

4. Microbiome support

They help maintain the natural ecosystem of the gut.

When probiotics should NOT be used / or should be reduced

Probiotics are not something to continuously overload. They should be paused or reduced when:

- You feel bloating or gas from fermented foods
- You have an active infection or severe gut irritation (temporary pause often advised)
- You are already eating a very high-fiber raw diet and feel overstimulated
- The fermented food has gone **over-fermented or spoiled**

Key rule (important)

Probiotics are beneficial in moderation, not in excess.

The gut does not need constant “loading”—it needs balance.



Beetroot carrot Kanji

Beetroot carrot kanji is a traditional Indian probiotic drink made by natural fermentation of vegetables in water with spices. It becomes slightly sour and tangy over a few days.

Ingredients

- 1 medium beetroot (peeled and cut into sticks)
- 2 medium carrots (cut into sticks)
- 1 litre clean water
- 1–2 teaspoons mustard seeds (coarsely ground)
- ½ teaspoon salt (optional, traditional use varies)
- Optional: pinch of black salt or red chili powder (for stronger flavor)

Equipment

- Clean glass jar or ceramic container
- Cloth or loose lid for covering

Procedure

1. Preparation

- Wash vegetables thoroughly

- Cut beetroot and carrot into thin sticks

2. Mixing

- Add vegetables to a clean jar
- Add water
- Add crushed mustard seeds and salt

3. Fermentation setup

- Cover the jar with a cloth or loose lid (do not seal airtight)
- Keep in sunlight or warm place

4. Fermentation time

- Leave for **2–4 days** depending on temperature
- Stir once daily using a clean spoon

How to know it is ready

- Slight sour smell develops
- Water turns pink/red
- Taste becomes tangy but not spoiled

Consumption

- Drink 100–200 ml at a time
- Can be consumed once or twice daily
- Best taken during or after meals

Storage

- Once ready, store in a cool place or refrigerator
- Use within 4–5 days

Important precautions

- Do not over-ferment (becomes too sour or unpleasant)
- Use clean utensils to avoid contamination
- Avoid if it smells rotten or shows mold
- Start with small quantities if new to fermented foods

Final notes

- **Readiness matters** — mental willingness makes it easier to follow.
- **Effort is required** — planning and consistency are necessary.
- **Support helps** — following with others improves adherence.
- **Adaptation takes time** — the body adjusts gradually, so patience is important.
- **Creativity helps sustainability** — small variations prevent monotony.
- **Individual adjustment is needed** — not one version fits everyone.
- **Awareness is more important than perfection** — focus on how the body responds
- **First week: Begin with ease, not perfection.**
- As understanding improves and the body adapts, the practice can become **more structured and strict** if desired.

Small Satvik Routine (Simple Daily Structure)

This is a basic routine combining **16:8 intermittent fasting + satvik habits + your smoothie/salad structure.**

Morning (Fasting phase)

- Wake up and drink plain water
- Light movement or walk (optional)
- No food during this period

Break-fast (12:00 PM – 1:00 PM)

- One **detox smoothie** (rotate daily)
Examples: ash gourd / coconut / papaya / cucumber

Mid-period (optional)

- Water or coconut water
- Light rest or normal activity

Evening meal (5:00 PM – 7:00 PM)

- One **satvik salad bowl**
(vegetables + fruit + coconut + small amount of nuts)

After eating window (8:00 PM onward)

- Stop eating (start fasting)
- Only water if needed

Weekly rhythm idea

- Smoothie variations in morning
- Salad variations in evening
- Keep ingredients simple and rotating

Core principle

- Eat simple
- Keep timing fixed
- Let the body adapt gradually

Initial Side Effects of Satvik / 16:8 Style Diet (and How to Manage Them)

When shifting to a satvik, raw, or time-restricted eating pattern, the body goes through an **adaptation phase**. This is normal and temporary for most people.

1. Hunger waves

What happens:

Strong hunger during fasting hours, especially in the first 3–7 days.

How to manage:

- Drink water regularly
- Keep busy during fasting hours
- Maintain consistent eating times (don't "break early" randomly)

2. Low energy or fatigue

What happens:

Feeling weak or slow in the first week.

How to manage:

- Reduce physical intensity temporarily
- Ensure enough calories during eating window
- Allow 1–2 weeks for adaptation

3. Headache or irritability

What happens:

Common during early fasting transition.

How to manage:

- Hydrate well
- Avoid sudden caffeine withdrawal if you use it
- Rest more during first few days

4. Digestive changes

What happens:

- Gas
- Bloating
- Increased or reduced bowel movements

How to manage:

- Keep meals simple
- Avoid mixing too many ingredients
- Introduce raw foods gradually

5. Cravings for old foods

What happens:

Mental urge for previous eating habits.

How to manage:

- Do not abruptly over-restrict
- Use gradual transition
- Stay consistent rather than reactive

6. Feeling cold or lightheaded

What happens:

More noticeable in low-calorie or raw-focused diets.

How to manage:

- Ensure enough intake in eating window
- Do not under-eat
- Reduce fasting intensity if needed

7. Mental restlessness

What happens:

Difficulty focusing or feeling unsettled initially.

How to manage:

- Light walking or routine activity helps
- Maintain regular sleep schedule
- Give time for adaptation (usually improves in 1–2 weeks)

Key understanding

Most initial effects are **temporary adaptation responses**, not permanent problems.

Simple rule

- First few days: adjustment phase
- 1–2 weeks: adaptation begins
- After that: stability improves if consistency is maintained

A satvik / 16:8 style diet can be followed by many people, but it is **not equally suitable for everyone in the same strict form**.

Who can generally do it

1. Healthy adults

- People with no major medical conditions
- Those wanting routine, discipline, or light eating patterns

2. People looking for lifestyle reset

- Those trying to simplify eating habits
- People reducing processed or heavy foods
- Individuals exploring mindful eating

3. Moderately active individuals

- Office workers, students, light-to-moderate activity levels
- Can usually adapt well to time-restricted eating

Who should be cautious

1. Underweight individuals

- May struggle with calorie intake in limited eating windows
- Risk of further weight loss

2. High physical demand groups

- Athletes, heavy labor workers
- May need more frequent energy intake

3. People with medical conditions

Especially:

Especially:

- Diabetes or blood sugar issues
- Thyroid disorders (depending on severity)
- Gastrointestinal diseases

(Needs medical supervision before fasting changes)

Who should avoid or modify it

1. Children and teenagers

- Still in growth phase
- Need regular nutrition throughout the day

2. Pregnant or breastfeeding women

- Higher nutritional and energy requirements

3. Elderly or weak individuals

- May not tolerate fasting well without adjustments

Key principle

The suitability depends more on **individual body needs than on the diet itself.**

GUIDELINES FOR A SATVIC DIET & LIFESTYLE

ATTENT FASTING
(16:8)



CHEW
SLOWLY



DIGESTION
HAPPENS IN
THE MOUTH

32
TIMES
SUGGESTED

FOODS WITH PRANA
(FRESH FOODS ONLY)



FOODS WITH PRANA
(FRESH FOODS ONLY)

NO PROCESS
(COOKED/ROASTED)



BY ALKALINE



NE WATER OR
THIE RECIPES

VIT C IS A MUST
AMLA, LEMON,
ORANGE



ALKALINE WATER OR
SMOOTHIE RECIPES

BEGIN SLOWLY,
MAKE IT STRICT
AS YOU GO



GET SUPPORT,
ASK QUESTIONS,
SEEK ANSWERS



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PLANT-BASED P
TO REBUILD T