

What to Do? What Not to Do?

Day	What not to Eat?	Effects
Sunday	Non-veg., alcoholic drinks, honey, onion, garlic, ginger, wood apple, margosa (neem), bottle guard, etc.	Causes to gastric and body ache diseases.
Monday	All types of beans, green leave and bottle guard	
Tuesday	Green leave, coconut + palm	
Wednesday	Pumpkin and Brinjal	
Thursday	Non-veg., Onion, Garlic, Bitters, and curd, bottle guard, water pumpkin in night	
Friday	Bottle guard and green leave in night	
Saturday	All types of beans and neem/bitters.	

Day	What not to Eat?	Effects
Pratipada	Pumpkin / Water pumpkin	Causes Gastric
Dwitiya	Brinjal	Skin infection
Tritiya	Potal	Skin infection
Chaturthi	Radish	Bilious
Panchami	Wood apple	Bilious
Shasthi	Neem / Bitter guard	Blood Poison
Saptami	Palm	Blood bilious
Ashtami	Coconut in night	Indigestion
Navami	Bottle guard	Rheumatism
Dashami	Green leave	Gastric
Ekadashi	All kinds of beans and Non-veg.	Age less
Dwadashi	Green leave	Constipation
Trayodashi	Brinjal	Skin infection
Chaturdashi	White Gram	Gastric
Purnami/Amavasya	Non-veg., onion, garlic and alcoholic drink	Many diseases

What not to Eat?	Effects
Sugar candy + Non-veg.	Brain disease
Milk + Salt and Non-veg.	Weakness and Brain disease and Bilious
Heat Honey	
Banana + curd	
Ghee + Honey of equal amount	
Freeze Food at night	
Milk, sugar candy, and white-gram with meat	loss of sight
Do not boil Brinjal in Rice	Causes Poison

How to Eat?	Effects
Eating in a Gold Plate	Increases knowledge, intellectual, longevity, Wealth & prosperity
Eating in a Silver Plate	Become Advisor, Wealthy, etc.
Eating in a Copper plate	Increase prettiness
Eating in a Brass plate	Purity of Soul
Eating in a Aluminum	Psychic disorder and un-consciousness
Eating in a Steel/ Iron	Un-steadiness, Gastric and Psychic disorder
Eating in a Banana leaf	Increases longevity
Eating Milk or Ghee with Rice in a Steel plate	Decreases intellect
Drinking coconut water in Bell Metal pot	Poison
Non-veg. in a Copper plate	Poison