



#### DELHI & NCR

- Central Clinic : A-51, South Extension Part-1, New Delhi-110049. Ph.: 011-41646562, 41647156. Fax: 41647157.
- Sarojini Nagar : 84, Sarojini Nagar Market, New Delhi-110023. Ph.: 011-24671921. Telefax: 26111923.
- Janakpuri : 202, Mahatta Tower, 54 B-Bk, Community Centre, Janakpuri, New Delhi-110058. Ph.: 011-25541848, 25541739, 41588846. Telefax : 25542069.
- Pitampura : FU-4, Opp. QU Block, DDA Market, Near Income Tax Colony, Pitampura, New Delhi-110088. Ph.: 011-27342580, 85 Telefax: 27342587.
- Hargobind Enclave : 127, Hargobind Enclave, Vikas Marg, Extn.-II, Delhi -110 092. Ph.: 011- 22377773, 22360062, 63. Telefax: 22377791.
- Panchsheel Enclave : C-12, 2nd Floor, Panchsheel Enclave, (near Chirag Delhi flyover), New Delhi. Ph. 011-26496663, 64, 65, 41748090
- Patel Nagar : 1/5, 1st Floor, Main Road, West Patel Nagar, Delhi. Ph.: 011-45084390, 25886523, 24
- Noida : C-46, Sector-20, Noida (U.P.)-201301. Ph.: 0120-3291598, 2532283, 2532224. Fax: 2532228.
- Gurgaon : Office No. 116, Grand Mall, M.G. Road, Gurgaon (Haryana). Ph.: 0124-2565194, 2565195, 4018204.
- Faridabad : Crown Plaza, 2nd floor, situated at 29 KM stone, sector-15A, Faridabad (Haryana). Ph. : 0129-41089660, 61 Helpline: 41646564.

#### AHMEDABAD

- Ellisbridge : 202, Shaswat Building, 2nd floor, Opp. Gujarat College, Ellisbridge, Ahmedabad. Ph.: 079-26441893, 94, 95, 32925926, 40047893. Telefax: 26560805.
- Kankaria : 1st Floor, Health Village, Heera Panna, 10 Acre Mall, Kankaria Road, Ahmedabad - 380 022 Ph.: 079-30221006, 30221007 Helpline: 079-26441894

#### BANGALORE

- Jaya Nagar : No. 278/A (Municipal NO. 83/1), 9th Main Road, 4th Block, Jayanagar, Bangalore-560011. Ph.: 080-26633905, 906, 41537378. Telefax: 26633908.
- Indira Nagar : 483, 13<sup>th</sup> Cross Road, Indira Nagar, 2<sup>nd</sup> stage, Bangalore-560038. Ph.: 080-25201255, 56, 41537376. Telefax: 25201259.
- Rajaji Nagar : 652 / 21 / 3, Dr. Raj Kumar Road, Near Navarang Circle 'D' Block, 2nd Stage, Rajaji Nagar, Bangalore - 560010 Ph. : 080- 23422824, 26, 41537380. Telefax : 23422825.
- Koramangala : A/5- M.I.G., KHB Colony, OFF 80 Feet Road, 5th Block, Koramangala, Bangalore-560095 Ph. 080-25532666, 25533666, 41537377. Telefax : 25534666. Helpline : 080-25533666/4666

#### HYDERABAD

- Jubilee Hills : H. No. 293/82/A/36, Ward No. 8, Block No.2, Road No. 5, Jubilee Hills, Hyderabad 500 033. (A.P.). Ph.: 040-65157682, 23543687, 32918281. Telefax: 23543620.
- Himayat Nagar : 3-6-517/4/5, Street No. 6, Sai Dutta Arcade, Himayat Nagar, Hyderabad-500029. Ph. : 040-27670848. Telefax: 27670847. Helpline: 040-23543620.

#### KOLKATA

- Shakespears Sarani : 31, Shakespears Sarani, 2<sup>nd</sup> Floor, Kolkata - 700 017. Ph. : 033-22890451, 52, 53. Telefax : 22890454. Helpline: 033-22890451

#### MUMBAI

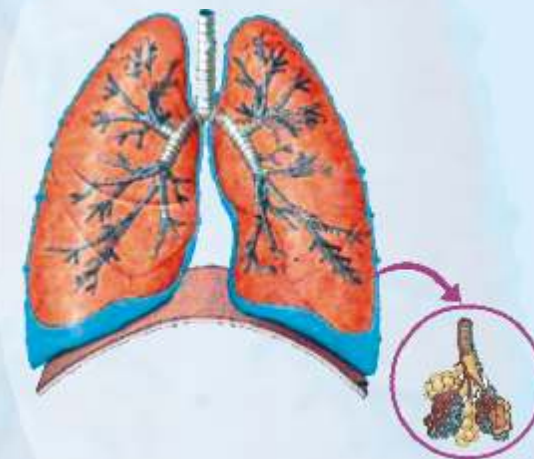
- Andheri (West) : 2 D, Second Floor, Citi Mall, Link Road, Andheri (W), Mumbai. Ph.: 022-22938320, 26359220, 21.
- Andheri (East) : Office No.4, 1st Floor, Swarup Chamber, Plot No.: CTS No.175, Sahar Pipe Line, Sahar, Andheri (E), Mumbai - 400099. Ph. : 022-28391149, 28252191.
- Khar (West) : Villa Hyacintha, Plot No.655, 20th Khar, Dhanda Road, Khar (W), Mumbai . Ph: 022-32944530, 26492916, 17, 26008556.
- Mulund (West) : 625, Corporate Office Building, Nirmal Lifestyle, Opp. Nirmal Nagar, 6th floor, LBS Marg, Mulund (West), Mumbai - 400080. Ph. : 022- 25628224, 25, 26. Helpline: 25628040.

Visit us at - [www.bakson.net](http://www.bakson.net) • email: [cure@bakson.net](mailto:cure@bakson.net)

Dr. Bakshi's Health Guide

# RESPIRATORY SYSTEM

*An overview with health tips*



## Dr. S.P.S. Bakshi speaks.....



The technological and scientific advancements have made life more easy and comfortable; but it has also added more stress. Man seems to be loosing out on quality of life due to the ravages of disease and an ever demanding work routine. Science may have found new and better answers for these ailments but what is required is increased resistance to fight disease so as to evolve a healthier community and produce stronger generations.

Down the years homoeopathy has emerged as the most promising science which not only annihilates the symptoms but also builds up the immunity of body.

We at Bakson are constantly working towards homoeopathy through our Clinics so as to heal the sick in the most safe and effective manner.

Wishing everyone a healthy and happy life !

With warm regards,

Dr. S.P.S. Bakshi  
C.M.D., BAKSON

## Bakson's Homoeopathic Clinics

Homoeopathy is fast becoming the first line of treatment for the simple reason that it is highly effective and has no side effects.

A pioneer in making the benefits of homoeopathy reach the masses in its true form, Bakson has emerged as a leading health centre. Bakson derives its strength from the foundation principles of Dr. K.S. Bakshi and the experienced leadership of Dr. S.P.S. Bakshi (President of Central Council of Homoeopathy).

Bakson's Homoeopathic Clinics form the world's 1st homoeopathic chain for treating allergic manifestations in - Skin, Respiratory, Gastro intestinal and Musculo-skeletal systems. The clinics provide homoeopathic care based on scientific homoeopathic prescriptions, and personal supervision of qualified Homoeopaths.

All doctors in these centres are trained by Dr. S.P.S. Bakshi.

### A Super Specialty Clinic for:

**Skin :** Alopecia (Hair fall), Acne, Dandruff, Eczema, Dark patchy skin, Psoriasis, Urticaria.

**Respiratory System :** Allergic Rhinitis (Hay fever), Laryngitis, Nasal polyp, Pharyngitis, Recurring Cough/Cold, Tonsillitis, Adenoiditis, Sinusitis, Wheezing.

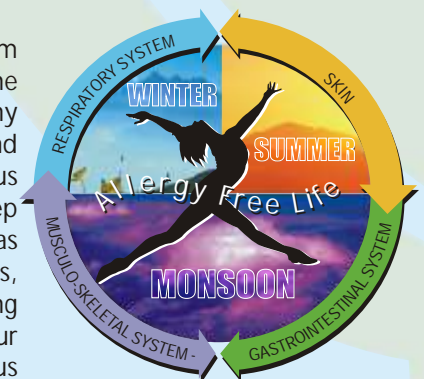
**Gastrointestinal System :** Stomatitis, Constipation, Diarrhoea, Flatulence, Hyper-acidity, Indigestion, Irritable Bowel Syndrome.

**Musculo-skeletal System :** Arthritis, Backache, Migraine, Myalgia (Muscle pain), Sciatica, Spondylosis, Gout, Slip Disc, Cramps.

### Allergy

Most of us think of health as "freedom from disease." But good health - apart from the absence of disease encompasses a harmony between the essential functions of body, mind and soul. Nature has given us tremendous capacity to live in good health. But as we keep deviating from Nature's laws (principles) and as we are constantly exposed to various allergens, the body's defense mechanisms keep getting weaker day by day. This often predisposes our body to disease and it tends to acquire various physical or mental illnesses.

Allergy (Greek: allos, other + ergon, work = altered reaction) is an abnormal and



individual hypersensitivity to substances that are ordinarily harmless and which results in various types of reactions. Pollens, for example, are generally harmless, yet many people are acutely sensitive or allergic to their presence.

With our vast experience of studying allergic patients it can be firmly concluded that every person on the street is a 'Walking Pathological Laboratory' suffering from allergies in one form or the other.

Broadly speaking allergies may appear to be of two kinds:

EXOGENIC (OF EXTERNAL ORIGIN) AND ENDOGENIC (OF INTERNAL ORIGIN)

Exogenic allergy is caused by various external allergens like industrial wastes, chemicals, insecticides, pesticides etc. These allergens are actually just a tip of the iceberg. Our highly polluted environment compels us to inhale and ingest various chemicals that are potential allergens. Allergens, therefore appear to be unavoidable: We can't really avoid dust, wheat or sun. Even human mother's milk has been proven to contain various pesticides that are well recognised as allergens.

Eventually, all allergens seem to cause gradual changes in the genetic make up and subsequently the allergy becomes Endogenic. The body tissues get 'sensitized' to various allergens and this leads to hypersensitivity reactions. These 'sensitized' response characteristics are passed on to the succeeding generations.

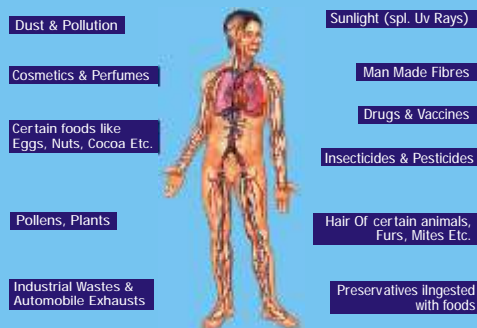
Substances that provoke an allergic reaction are called Allergens. The 'list' of allergens can be best described by the dictum that "Everything under the Sun including the Sun itself can act as a potential allergen". This makes our body a virtual 'battle field' with different allergens attacking from various directions leading to various allergic manifestations.

The fundamental cause of all allergies, therefore, is endogenic and in most cases it runs in the family tree of the patient.

Often allergy remains dormant in the patient's body system until a situation arises when the patient's immune system is at low guard and his resistance is highly compromised. 'Physical stress states' such as surgery, infections, serious diseases, pregnancy, old age etc. are some of the conditions where the body is predisposed to attacks by allergens.



#### Man & His Environment



Many children suffer from repeated attacks of cough & cold which might gradually disappear as adulthood approaches. But the respiratory problems flare up once again - often in form of Allergic rhinitis, Asthma or in the form of Eczema when body's resistance is low or it comes in contact with the relevant allergens. Recurrent pain in legs experienced by children (known as growing pains) is a sign of Arthritis in later age. Women who have recently delivered (particularly Caesarian delivery) or have had Hysterectomy, suddenly develop symptoms of one or the other allergic disorders which were hitherto lying dormant.

Some of the commonest allergic diseases alternate in a patient's life. A patient suffering from Eczema in childhood may suffer from Bronchial Asthma in adult hood. Usually there would be a history of Hay Fever, Urticaria, Eczema, Asthma, Arthritis etc. in the family.

For more than five decades late Dr. K.S. Bakshi followed by his son Dr. S.P.S. Bakshi have treated millions of cases of Allergy.

Following case histories (recorded at Dr. Bakshi's Clinic) make an interesting reading in so far as they elucidate the concept of Allergy and its genetic propagation.

Case No.	Name, Age & Card No.	Present Complaints	Past History	Family History
1.	Baby A. Khanna Aged - 2 years Card No.: 1802/97	<ul style="list-style-type: none"> <li>• Pain in abdomen since childhood.</li> <li>• Repeated cough &amp; cold for the past 3 months. Cold after every 15 days with nasal blockage.</li> <li>• Pain in legs for the past 3 months.</li> <li>• Small white patches on left thigh from last few days</li> </ul>	Skin rashes, 3 months back.	<ul style="list-style-type: none"> <li>• Maternal Grand Mother has joint pains &amp; constipation.</li> <li>• Maternal Grand Father has Psoriasis (A skin disease).</li> <li>• Father has persistent sore throat.</li> <li>• Mother has chronic constipation</li> </ul>
2.	Ms. N. Kedia Aged - 18 years Card No.: 576/99	<ul style="list-style-type: none"> <li>• Bodyache &amp; recurrent backache since childhood.</li> <li>• Repeated stomach upset with flatulence for the past 1½ years. Stools unsatisfactory.</li> <li>• Easy tanning of skin especially over cheeks for the past 6 months.</li> <li>• Burning with small eruptions on the affected area.</li> <li>• Tendency to ring worm infection for the past few months.</li> </ul>	Had Sinusitis since childhood & took some treatment for that but stomach symptoms appeared after complete recovery from Sinusitis	<ul style="list-style-type: none"> <li>• Mother has bodyache &amp; Ulcerative colitis.</li> </ul>

Case No.	Name, Age & Card No.	Present Complaints	Past History	Family History
3.	Ms. S.N.V.N. Aged - 26 years Card No.: 1726/97	<ul style="list-style-type: none"> <li>Asthma of 13-14 years duration. Attack every week for the past 2 months.</li> <li>Recurrent cough with phlegm &amp; sneezing for the past 2 years. Cold appears once every month.</li> </ul>	No Symptoms	<ul style="list-style-type: none"> <li>Father has constipation.</li> <li>Mausi has Migraine.</li> <li>Brother has Asthma.</li> </ul>
4.	Ms. L. Dewan Aged - 61 years Card No.: 421/98	<ul style="list-style-type: none"> <li>Pain in joints for the past 25 years. Stiffness &amp; swelling appear in affected joints especially in winters.</li> <li>Tendency for rashes for the past 11 years especially in summers with itching.</li> <li>Asthma for the past 10 years.</li> <li>Constipation of 7 Years standing.</li> </ul>	No Symptoms	<ul style="list-style-type: none"> <li>Father had skin rashes.</li> <li>Mother was suffering from Arthritis.</li> </ul>

These case histories substantiate the endogenous origin of allergy. They also show how allergy affects the person of all age groups & involves one system after the other, unless body's immunity is reinforced. So while one person in a family may have allergic manifestations in the form of recurrent cough & cold another may demonstrate a tendency to have allergic rashes in the summers or Arthritis during winters. The same allergy may manifest itself as Eczema or some form of gastric disorders.

This can be further explained with the help of this family, which was under our treatment: The first and second generation had a history of Arthritis. The 3rd generation did not suffer from Arthritis till the age of 50 years but suffered from other allergic symptoms all along. The 4th generation lady did not have any problem but when pregnancy diminished her body's resistance - she developed pains all over her body. The 5th generation baby girl, however, experienced muscle pains right at the tender age of 5 years!

## Clinical manifestations of allergy

SKIN		RESPIRATORY		DIGESTIVE		MUSCULO-SKELETAL	
Acne	Eczema	Adenoiditis	Sore Throat	Constipation	Indigestion	Arthritis	Sciatica
Alopecia	Dark Patchy Skin	Sneezing	Nasal Polyp	Diarrhoea	Stomatitis	Backache	Slip disc
(loss of hair)	Psoriasis	Breathlessness	Sinusitis	Flatulence	Irritable Bowel	Cramps	Spondylosis
Dandruff	Urticaria	Wheezing	Tonsillitis	Hyperacidity	Syndrome	Migraine	Gout
		Cough & Cold				Myalgia	

Most of the symptoms of allergy are elicited in the form of inflammation and itch. Inflammation, denoted by suffix 'itis'. e.g. in Arthritis, Spondylitis, Tonsillitis, Pharyngitis, Rhinitis, Gastritis etc. is manifested as pain, swelling, redness, rise in temperature and loss of function of the affected organ.

Constant exposure to the allergens is like adding fuel to the fire. Keeping the

patient away from the suspected allergen helps when an external allergen seems to elicit the condition. But this is not always possible. Most of the times it is not even possible to identify the causative allergen.

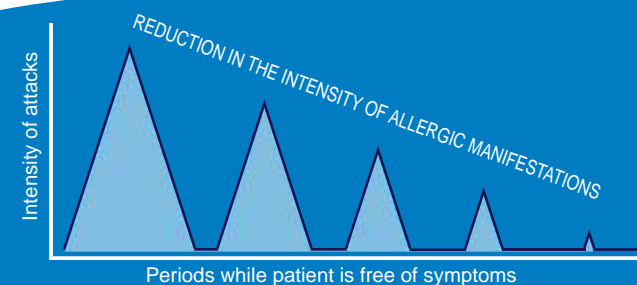
The most practical approach in such situations is TO INCREASE THE BODY'S RESISTANCE so that even though there is a constant exposure to these allergens - the intensity, frequency and duration of the allergic manifestations are gradually but markedly reduced, often to an almost negligible level.

Homoeopathy is universally trusted not to suppress the condition. Rather, it improves the constitution of the person without any harmful side effects.

To see the evidence of this claim two siblings suffering from recurrent attacks of cough and cold may be treated separately - one with Homoeopathy and the other with Allopathic treatment. Invariably it will be observed that the one under Homoeopathic treatment shows a marked reduction in the frequency, intensity and duration of the attacks, whereas the one under Allopathic treatment shows the symptoms of suppression manifested as repeated attacks that often lead to Bronchial Asthma.

'Prevention is better than cure' is an established philosophy. Individuals having strong family history of allergic symptoms can do much better in later years of their lives by taking preventive homoeopathic medication.

Bakson's Homoeopathic clinics offer specific and comprehensive Homoeopathic treatment for allergic disorders. Our products are based on well-established Homoeopathic ingredients - proven for overcoming the distress caused by allergy and subsequent inflammation. They act by a dual action - 1. By alleviating all the five symptoms of inflammation - thereby greatly reducing the discomfort, and more importantly 2. By increasing the body resistance so that the repeated exposure to causative factors elicits markedly reduced intensity, frequency and duration of allergic manifestations. Eventually, with continued therapy, the symptoms tend to wane off completely.



Above graph depicts how Bakson's Homoeopathy helps in lowering the intensity of symptoms (smaller subsequent peaks), in decreasing the duration of the episodes (area under the peaks) and in increasing the time gap between subsequent episodes (horizontal portions of the curve). Eventually the patient acquires enough resistance to remain symptom free despite repeated exposure to the same allergens

# Clinical Manifestations of Allergy

## Respiratory System

Respiratory system is one of the major system responsible for clinical manifestations of Allergy. Breathing is an essential part of life in which the respiratory system plays a very important role. Diseases affecting the respiratory tract are all too common, especially in damp, cold and drastically varying climates. The respiratory tract consists of a branching network of air passages starting with the nose, into the lungs and ending up in the tiny air sacs. This branching network of air passages is readily susceptible to inflammation because its large surface area is constantly exposed to the generally polluted air that we breathe.

### RECURRENT ATTACKS OF COUGH AND COLD

Usually we find that within a year after a child is born, he/she develops recurrent attacks of cough and cold which if not treated properly and timely increases in frequency and intensity. Also after in take of strong medicines, diseased condition gets suppressed and complicates further.

#### Allergic Rhinitis :

(Recurrent attacks of sneezing/Hay Fever). It occurs continuously or intermittently throughout the year, due to exposure to more or less every present allergen. It is marked by:

- Recurrent attacks of sneezing
- Nasal irritation with profuse discharge
- Itching of eyes, palate and pharynx

Keeping the patient away from allergen gives temporary relief. Although the commonly used anti-allergic medicines do provide some relief from the symptoms of hay fever, they do have side effects such as drowsiness etc. which can hinder one's daily routine. They also do not prevent or build up resistance to subsequent attacks of hay fever. Further, when taken continuously, the body stops responding to smaller doses, and in order that the medicine works, the dose is to be increased with a concomitant increase of the side effects.

Taking all these drawbacks into account, Bakson's homoeopathy provides relief from hay fever without any side effects.

### TONSILLITIS

Tonsils play a very important role in the body's defence against allergic diseases. They are situated at the base of the mouth at the junction of opening of pharynx and oesophagus. The collection of these lymphoid tissues are of three types.

- Pharyngeal tonsil / adenoids
- Palatine tonsils
- Lingual tonsils



Both TONSILS AND ADENOIDS serve to fight and prevent micro-organisms from entering in the chest through the throat.

The signs and symptoms of Acute Tonsillitis are:

- Tendency to repeated attacks of cough and cold e.g. once in 10-15 days. These attacks may be accompanied with high fever. Pain in the throat which sometimes extends to the ear.
- Unpleasant smell and taste of mouth.
- Hoarseness.
- Snoring and breathing through mouth.
- Deafness.



### CHRONIC TONSILLITIS

Due to repeated attacks of acute Tonsillitis, the tonsils which are like two guards fighting and preventing the diseases from spreading, over a period of time become enlarged and unhealthy leading to a condition called CHRONIC TONSILLITIS.

The Signs and Symptoms of Chronic Tonsillitis are:

- Recurrent cough.
- Difficult speech and swallowing.
- Enlarged cervical lymph nodes.
- Poor health and growth.
- Lack of usual vigour.
- Increased susceptibility to other respiratory infections e.g. SINUSITIS, BRONCHITIS, BRONCHIAL ASTHMA etc.
- Development of changes in temperament such as tantrums and bouts of crying for little reason.

How homoeopathic treatment - helps in curing Tonsillitis.

- By reducing the size of the tonsils thus converting enlarged, unhealthy tonsils to healthy ones.
- By increasing the resistance (immunity) to repeated infections / exposure to allergens.
- By reducing the intensity and frequency of recurrent attacks of cough and cold.

Thus, it is an erroneous idea that the surgical removal of tonsils decreases the individual's susceptibility to catch infections. Experience shows that such a drastic measures increase the susceptibility and the allergic patients suffer from allergy all the more especially in diseases like Sinusitis, Allergic Rhinitis and Bronchial Asthma

### SINUSITIS

Sinusitis is inflammation of one or more of the paranasal sinuses commonly due to upper respiratory tract infection and exposure to various substances/allergens e.g. dust, pollen, pollution etc. As the mucous membrane of the sinus becomes inflamed and swollen, the openings that



lead from each sinus into the nasal passages become partially or wholly blocked. The mucus that accumulates in the sealed off sinus causes pressure on the sinus walls resulting in discomfort, fever, pain and difficulty in breathing. The common symptoms of Sinusitis are headache usually located near the sinus most involved and nasal discharge. This may be accompanied by feeling of weakness and discomfort.

### BRONCHIAL ASTHMA

Bronchial asthma is a reversible obstruction of the airways. Changes in the immune defence system and in the control of the diameter of the airways are probably responsible for attacks of wheezing. Asthmatic attacks are characterized by narrowing of the large and small airways due to spasm of the muscles of the bronchial tubes, oedema and inflammation in the inner lining of the airways and the production of mucus.



Thus Asthma is a hypersensitive response of the body to certain allergens, which is characterised by relapses and remissions. Histamine and other substances released on coming in contact with allergens such as pollens, mites, fur, cosmetics, drugs etc. result in spasmodic constriction of bronchi and collection of secretions inside the bronchial tree.

Asthma may begin at any age but more frequently it begins in early adult life. A family history of Asthma or some other manifestation of allergy is traceable in the life history of the patient or of his/her blood relations.

In majority of the cases endogenous allergy is the basic cause of Bronchial Asthma; other exciting factors are psychological disturbance, exogenous allergens such as inhalants and ingestants which cause bronchial irritation and infection.

A damp foggy climate tends to aggravate the asthmatic condition and correspondingly a dry warm climate relieves a fair number of cases. Starchy food, citrus fruits, cold drinks, condiments and pickles aggravate the condition.

Asthma may often go unnoticed though there is little difficulty in identifying the child with a history of wide spread Eczema and a family history of other allergic disorders, who suffers from recurrent wheezing. Asthma is most likely, the diagnosis when typical bouts of wheezing start in childhood or early adulthood

Individuals suffering from Asthma differ greatly in the frequency and degree of their symptoms. Some have only an occasional attack that is mild in degree and of brief duration, and otherwise are entirely free of symptoms. Others have mild coughing and wheezing most of the time, punctuated by severe attacks following exposure to known allergens, infections or certain stress conditions.

The attack usually begins in the early hours of the morning. There may be some warning signs like restlessness, mental depression, sneezing or cough and sense of suffocation as the dyspnoea increases; the patient is compelled to sit up in bed panting. Sometimes the paroxysm continues for several hours or days - 'Status

Asthmaticus'. The outcome is a typical picture of asthma characterised by:

- Cough, Irritable unproductive
- Breathlessness and wheezing
- Other associated symptoms include fever, general weakness and pressure in chest.
- Cyanosis or pallor, with increased pulse may be present.

More than 50% of Asthmatics have family history of allergy or Asthma with associated symptoms of skin. At Bakson we treat the disease holistically with no side effects.

## Diet & Nutrition

Dietary guidelines for patients suffering from Respiratory Ailments

Following should be strictly avoided

### COLD & AERATED DRINKS

Fruity, Maaza, Limca, Coke, Fanta, Sprite, Pepsi etc.  
Fruit Juices (Citrus Fruits) e.g. Orange, Mousambhi.  
Chilled water, Ice cream, Curd (dahi), Butter milk (lassi).  
(Fresh sweet curd at room temperature can be taken.)

### SOUR FOOD

Tomato Soup, Vinegar (Sirka), Pickles (Achaar), Water Balls (Gole Gappa).  
Sambhar, Rasam, Sauce/Ketchup.

### FRUITS

Orange(Santra), Lemon(Nimbu), Pomegranate(Anar), Grapes(Angur),  
Pineapple(Ananas), Water Melon (Tarbooz), Mangoes (Aam).

*Following should be avoided if they worsen the symptoms*

### FRUITS

Banana (Kela), Guava(Amrud)

### VEGETABLES

Colocasia(Arabi), Potato(Aaloo), Beans, Sweet Potato(Shakarkand),  
Spinach(Saag),  
Tapioca, Radish(Muli), Tomato(Raw), Cucumber (Kheera) , Lady's finger  
(Bhindi).

### STARCHY FOOD

Rice, Noodles, Kadhi, Sweet Corn Soup, Urad Daal.  
(Rice is permissible for those whose staple diet is rice).

### OILY & HEAVY FOOD

Fried Food, Samosa, Sweets(Mithai), Pastries, Ham, Pakora, Puri, Omelette,  
Dry Fruits, Chocolates, Chips/Wafers,  
Parantha, Vada, Kheer, Halva.

Irregular meals and off-time unnecessary snacks should be avoided.

*Note: Avoid sudden exposure to cold wind, dust, rain & smoke.*