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HPR ID : 47-5007-0016-5602
Health Facility Reg. No. : IN0310006890

Diet & Lifestyle Plan for Bulky Uterus & Chronic Pelvic Pain (Post-Multiparity)

✨ Nutritional Focus:

✔ **Anti-inflammatory Foods** – Reduce inflammation and pelvic pain.
✔ **Iron & Vitamin C** – Prevent anemia due to post-pregnancy blood loss.
✔ **Calcium & Vitamin D** – Strengthen bones and prevent osteoporosis.
✔ **Fiber-Rich Foods** – Support digestion and hormonal balance.
✔ **Hydration** – Reduce bloating and water retention.

✨ Diet Chart

Early Morning (6:30–7:00 AM)

- **Option 1:** Warm jeera (cumin) water + soaked almonds & walnuts.
- **Option 2:** Methi (fenugreek) water + 1 teaspoon flaxseeds.
- **Option 3:** Warm lemon water + ajwain (carom seed) water.

Breakfast (8:00–8:30 AM)

- **Option 1:** Besan cheela with mint chutney + a glass of buttermilk.
- **Option 2:** Methi parantha with curd + soaked black raisins.
- **Option 3:** Dalia (broken wheat) with nuts + herbal tea.

Mid-Morning Snack (10:30–11:00 AM)

- **Option 1:** Coconut water + fruit salad (pomegranate, apple, guava).
- **Option 2:** Roasted makhana with jaggery.

- **Option 3:** Handful of pumpkin & sunflower seeds.

Lunch (1:00–1:30 PM)

- **Option 1:** Roti with palak paneer, dal, and raita.
- **Option 2:** Bajra roti with sarson ka saag and buttermilk.
- **Option 3:** Chana dal khichdi with ghee and cucumber raita.

Evening Snack (4:30–5:00 PM)

- **Option 1:** Moong dal soup or vegetable soup.
- **Option 2:** Roasted chana and nuts.
- **Option 3:** Sweet potato chaat with lemon and black salt.

Dinner (7:30–8:00 PM)

- **Option 1:** Quinoa khichdi with ghee + steamed vegetables.
- **Option 2:** Light dal and lauki sabzi with a multigrain roti.
- **Option 3:** Paneer tikka with sautéd vegetables.

Before Bed (9:30–10:00 PM)

- **Option 1:** Warm haldi (turmeric) milk with a pinch of black pepper.
- **Option 2:** Herbal tea with ajwain and ginger.
- **Option 3:** 1 tsp flaxseeds and sesame seeds with lukewarm water.

✨ Supplements (Consult Doctor Before Use)

✔ **Calcium & Vitamin D** – To prevent osteoporosis.
✔ **Iron & Folic Acid** – If anemic.
✔ **Omega-3 Fatty Acids** – Reduce inflammation and pain.
✔ **Magnesium** – Helps in muscle relaxation and pain relief.
✔ **Probiotics (Curd/Buttermilk)** – Improves gut health and digestion.

✨ Exercise & Yoga Program

Walking & Cardio (Daily)

✔ 30-40 minutes of brisk walking.
✔ Light aerobic exercises like stationary cycling or swimming.

Yoga for Pelvic Pain & Uterus Health

✔ **Butterfly Pose (Baddha Konasana)** – Improves blood circulation.
✔ **Child's Pose (Balasana)** – Relieves pelvic pressure.
✔ **Pelvic Tilts** – Strengthens pelvic muscles.
✔ **Cat-Cow Pose** – Reduces back pain and supports the uterus.
✔ **Deep Breathing (Pranayama)** – Helps reduce stress and inflammation.

Strength Training (2–3 times a week)

✔ Light resistance exercises for core and pelvic muscles.
✔ Avoid heavy lifting and intense workouts that put pressure on the abdomen.

✨ Dos & Don'ts

✔✔ Dos:

✔ Eat **anti-inflammatory foods** (ginger, turmeric, garlic).
✔ Stay **hydrated** (8-10 glasses of water daily).
✔ Include **fiber-rich foods** (fruits, vegetables, whole grains).
✔ Maintain **a regular sleep schedule** (7-8 hours per night).
✔ Use **heat therapy** (warm compress for pelvic pain relief).

✖ Don'ts:

✖ Avoid **junk food, fried food, and processed foods**.
✖ **Reduce caffeine intake** (tea/coffee should be limited to one cup per day).
✖ Avoid **excess sugar and refined carbs**.
✖ **Do not ignore pain or heavy bleeding** – Seek medical advice if severe.
✖ Avoid **alcohol and smoking** – They worsen hormonal imbalance.

✨ Additional Lifestyle Tips

✔ **Stress Management:** Include meditation, music therapy, or journaling.
✔ **Maintain a Healthy Weight:** Excess weight can worsen symptoms.
✔ **Avoid Standing for Long Periods:** If required, take breaks in between.
✔ **Use Herbal Remedies:** Ajwain water, jeera water, and aloe vera juice may help with bloating and digestion.
✔ **Track Menstrual Cycle:** Helps understand any abnormal changes.
