

Diet Chart for Piles હુરસ-મસા માટે આહાર ચાર્ટ

7-day Gujarati meal plan · target $\approx$ 30 g fibre + 8-10 glasses of fluid daily · each day below gives 33-41 g

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7-DAY MEAL PLAN

Day	Early morning	Breakfast	Lunch	Evening	Dinner	Fibre
1	Warm water + 3 soaked anjeer (અંજીર)	Vegetable upma with carrot & peas + 1 guava (જામફળ)	2 bajra rotla + methi sabzi + whole moong dal + kachumber + chaas	Roasted chana, 1 mutthi	Vegetable khichdi with peas + chaas	41 g
2	Warm water with lemon	Poha with peas & peanuts + 1 katori papaya (પપૈયું)	2 wheat rotli + bhindi sabzi + masoor dal + salad	Sprouts bhel with lemon	1 jowar rotlo + cabbage-peas sabzi + curd	33 g
3	Warm water + 4 soaked prunes / anjeer	Oats porridge with apple pieces (સફરજી)	Brown rice + rajma (રાજમા) + salad + chaas	Boiled corn or roasted chana	2 bajra rotla + palak sabzi + curd	39 g
4	Warm water + 3 soaked anjeer	2 methi thepla + curd + 1 orange (સિંતર)	2 wheat rotli + guvar sabzi + chana dal + salad	1 chikoo or 1 pear (ચીકુ)	Vegetable dalia + chaas	35 g
5	Warm water + 1 tbsp soaked flaxseed (અભરણી)	2 moong dal chilla + mint chutney + 1 banana	2 jowar rotla + cabbage-carrot sabzi + whole moong dal + salad	1 guava with black salt	Vegetable soup + 1 rotli + light sabzi	39 g
6	Warm water + 3 soaked anjeer	3 dhokla (ઢોકલા) + dal + 1 katori papaya	Brown rice + kabuli chana sabzi + kachumber + chaas	1 pear	1 bajra rotlo + dudhi-chana dal sabzi + curd	41 g
7	Warm water + 1 tbsp soaked chia / flaxseed	Vegetable poha + 1 guava	2 wheat rotli + bhindi-tinda sabzi + masoor dal + salad	Sprouts bhel or roasted chana	Mixed vegetable khichdi + chaas + 2 dates	36 g

Still hard? 1 tsp–1 tbsp isabgol (ईसबगुल) ($\approx 1.7\text{--}5\text{ g}$ husk) in a full glass of water or chaas, 2 hours after dinner — never dry. Build up to this plan over 2–3 weeks, adding about 5 g of fibre every 3–4 days, to avoid gas and bloating.

✓ **Eat freely** ખુલ્લા મને ખાઓ

- Bajra & jowar rotla (બાજરી, જુવાર) — 4-5 g fibre each
- Whole moong, masoor, chana dal (મગ, મસૂર, ચણા)
- Rajma, kabuli chana (રાજમા, કાબુલી ચણા) — highest fibre
- Guava, papaya, pear, chikoo, apple with skin (જામકુળ, પપૈયું)
- Bhindi, guvar, cabbage, palak, methi, peas (ભીંડા, ગુવાર)
- Soaked anjeer, dates, prunes (અંજીર, બજૂર)
- Isabgol at bedtime, always with a full glass of water
- 8-10 glasses of water, chaas, lemon or coconut water

× Cut down or avoid ઓછું કરો કે ટાળો

- Fried farsan — gathiya, sev, fafda, bhajiya (ગાંઠિયા, ફાફડા)
- Maida — puri, white bread, biscuits, cake, pizza base
- Large portions of polished white rice (0.6 g fibre per katori)
- Daily stimulant laxatives / senna churnas
- Excess tea, coffee and alcohol
- Aerated drinks and packaged juices
- Excess pickle, papad, salty processed food (અથાણું, પાપડ)
- Late heavy dinners and skipped meals

Not on this list: chillies and masala. Trials show spice does not worsen piles — fried food does.

Bleeding, a lump, or pain that is not settling? Book an examination — do not keep adjusting the menu.

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MY WEEK — TICK EACH DAY YOU HIT THE TARGET મારું અઠવાડિયું · bring this to your follow-up

[illegible]

DIETARY FIBRE PER HOUSEHOLD SERVING — daily target ≈ 30 g

Rajma, 1 katori cooked	9.0 g	Kabuli chana, 1 katori	6.1 g	Green peas, 1 katori	5.7 g
Guava, 1 medium	5.4 g	Bajra rotlo, 1	5.2 g	Whole moong, 1 katori	4.9 g
Apple with skin, 1	4.3 g	Oats, 40 g dry	4.2 g	Chikoo, 1 medium	4.2 g
Jowar rotlo, 1	4.1 g	Wheat rotli, 1	3.7 g	Isabgol, 1 tbsp	4.0 g
Masoor dal, 1 katori	3.2 g	Bhindi, 1 katori	3.2 g	Papaya, 1 katori	2.6 g
Banana, 1 medium	2.6 g	Cabbage, 1 katori	2.5 g	Anjeer, 3 soaked	2.4 g
Brown rice, 1 katori	2.4 g	Palak, 1 katori	2.2 g	Carrot, 1 medium	2.0 g
Sprouted moong, 1 katori	1.8 g	Dudhi sabzi, 1 katori	0.8 g	White rice, 1 katori	0.6 g
Chaas / coconut water	0 g				

Dudhi and tinda are gentle and hydrating but give under 1 g of fibre per katori — pair them with dal. Sprouting adds water, so raw sprouts give 1.8 g, not the 16 g quoted for dry moong. Source: Indian Food Composition Tables 2017 (ICMR-NIN) and USDA FoodData Central.

DIET AFTER PILES SURGERY

DAY 1-2 Liquids & very soft - Dal water, clear soup, thin khichdi - Chaas, coconut water, lemon water - Curd, soft banana, papaya - Start the prescribed stool softener from day 1	DAY 3-7 Soft solids - Soft rotli, well-cooked dudhi / lauki - Moong dal, khichdi, curd rice - Papaya, banana, soaked anjeer 2-2.5 litres of fluid daily	WEEK 2-4 Back to a full thali - Bajra / jowar rotla, salads, guava - Dal or beans at both main meals - Walk 20-30 minutes daily - Masala and normal cooking are fine	WEEK 4 ONWARDS Lifelong maintenance ≈30 g fibre + 8-10 glasses daily - Keep the 2-minute toilet rule - This is what prevents recurrence
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Habits that matter as much as the food ઓરાક જોટલી જ મહત્વની ટેવો

- Two minutes on the toilet, then get up.** If nothing happens, come back later.
- No phone in the toilet.** This is why two minutes becomes fifteen.
- Never strain.** Straining is what damages the anal cushions.
- Do not postpone the urge** — a delayed motion is a harder motion.
- Use a footstool** so your knees sit above your hips.
- Walk 20-30 minutes every day.**

⚠ See a doctor — this may not be piles આ માત્ર હુરસ ન પણ હોય

- Bleeding with unexplained weight loss or persistent tiredness
- A change in bowel habit lasting more than 4-6 weeks
- Blood mixed into the stool, or dark / black stool
- New rectal bleeding at age 45 or above
- Low haemoglobin or iron-deficiency anaemia
- Family history of colorectal cancer or polyps
- Bleeding that continues despite correct piles treatment
- A lump that does not go back in, or severe constant pain

Book an appointment Sterling Hospitals, Race Course Road, Natubhai Circle, Vadodara 390021

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