Supplementary Table 1: Dietary and Lifestyle Recommendations

Category	Details
Food items to avoid	Refined/processed food items, dairy products, non-vegetarian food items, caffeinated drinks, pickles, high-potassium fruits (coconut water, banana, kiwi, muskmelon, etc.) **No food after 7:00 PM.**
Suggested Ayurveda diet	**Grains / Cereals -** ***Yava*** (Barley), ***Puraṇa Sali*** (Aged red rice) Millets- Foxtail, Barnyard, Little, Kodo, Browntop **Pulses / Legumes -** ***Mudga*** (Green gram), ***Kulattha*** (Horse gram) **Vegetables-** ***Patola*** (Ridge gourd), ***Shigru*** (Drumstick tree) – leaves, pods **Food Preparations -*Mudga Yusha*** (Green gram soup) **Spices/Condiments/Herbs -** ***Rasona*** (Garlic), ***Haridra*** (Turmeric), ***Ardraka*** (Fresh ginger), ***Ela (***green cardamom), ***Saindhava Lavaṇa*** (Rock salt) **Hydration-**infused water with *Suṇṭhi* and *Saunf* is recommended to be sipped in small amounts only when feeling thirsty, and total fluid intake is limited to 1.5 L/day.