

KRISHNA NIRAHARA SAMYAMA -GUIDELINES AND PROTOCOLS

KRISHNA NIRAHARA SAMYAMA (KNS) : Participants of KNS will observe the following conditions as part of the guidelines and protocol of Samyama

- **7 major Milk products are accepted for consumption during KNS**
- **All Milk products should be from organic nonviolent farm sources**
- **Allergic to Milk and Milk products must avoid KNS**

1.Milk :

- **Milk must be plain , fresh , it can be full fat, low fat , skim milk**
- **Milk should not be long life milk nor favored or salted or sweetened**
- **Recommend non violent farm source , from Gaumatha (Cow milk) only, preferably Desi Cows**
- **No Milk from non cow origin or vegan source shall be consumed**
- **Milk can be consumed boiled and cooled**

2.Butter:

- **Butter must be unsalted ,un processed and as raw as possible**
- **No vegetable butter and no non cow source acceptable for KNS**
- **No additives like sugar, jaggery , flavors are acceptable**

3.Cream:

• Cream from Cow Milk , fresh unprocessed , unsweetened ,unflavored only acceptable

for KNS 4.Ghee:

- **Ghee from Cow Milk only –from nonviolent source is critical .**
- **Don't over heat ghee**

• An healthy active person can have up to 4 table spoons of melted ghee, more than this is asper your body capacity.

5.Butter Milk:

- **Butter milk from fresh cow milk , unsalted, unsweetened, unflavored acceptable for KNS**
- **Don't add coriander leaves or garnish, no flavorings**

6.Plain Yoghurt or Curd :

- **Plain Yoghurt or Curd from cow milk without external culture or flavorings and sugar nor Vegan sources**
- **Must be free from Gelatin**

7.Paneer / Cottage Cheese:

- **Only unprocessed version of Paneer – Cottage cheese acceptable for KNS**
- **Paneer/Cottage cheese can be cooked / sautéed dry or grilled with out oil**

**** All 7 categories must not be mixed and consumed**

**** After sunset no solid must be consumed**
Disclaimer for KNS: Participants with Heart conditions, Diabetes , Hypertension, should avoid KNS, Participants with PCO must have medical advise for KNS.

Legal Disclaimer: "These statements have not been evaluated by the U.S. Food and Drug Administration, the Food Safety and Standards Authority of India, nor any other equivalent government health agency. These statements and any related dietary or health related guidance are not intended to diagnose, treat, cure

or prevent any disease. Please consult your physician before implementing any new diet, exercise and dietary supplement programs, especially if you have pre-existing medical conditions or are taking prescribed medications. These statements are for educational purposes only and are not meant to replace the advice of your physician or healthcare provider.
Results are not guaranteed and individual results may vary."