

Need another word that means the same as “regimen”? Find 30 synonyms and 30 related words for “regimen” in this overview.

Table Of Contents:

- [Regimen as a Noun](#)
- [Definitions of "Regimen" as a noun](#)
- [Synonyms of "Regimen" as a noun \(30 Words\)](#)
- [Usage Examples of "Regimen" as a noun](#)
- [Associations of "Regimen" \(30 Words\)](#)

The synonyms of “Regimen” are: regime, plan, plan of action, course of action, method of working, mo, line of action, process, procedure, practice, approach, technique, style, manner, way, means, mode of behaviour, mode of conduct, methodology, system, policy, strategy, programme, formula, series, sequence, schedule, arrangement, scheme, code

Regimen as a Noun

Definitions of "Regimen" as a noun

According to the [Oxford Dictionary of English](#), “regimen” as a noun can have the following definitions:

- *A system of government.*
- *(medicine) a systematic plan for therapy (often including diet).*
- *A prescribed course of medical treatment, diet, or exercise for the promotion or restoration of health.*
- *A systematic plan for therapy (often including diet).*

Synonyms of "Regimen" as a noun (30 Words)

approach	The event of one object coming closer to another. <i>The nearest approach to genius.</i>
arrangement	An organized structure for arranging or classifying. <i>He changed the arrangement of the topics.</i>

code	A phrase or concept used to represent another in an indirect way. <i>A strict dress code.</i>
course of action	General line of orientation.
formula	A formulation. <i>A legal formula.</i>
line of action	Something (as a cord or rope) that is long and thin and flexible.
manner	How something is done or how it happens. <i>What manner of man are you.</i>
means	Thing or person that acts to produce a particular effect or achieve an end. <i>Resolving disputes by peaceful means.</i>
method of working	An acting technique introduced by Stanislavsky in which the actor recalls emotions or reactions from his or her own life and uses them to identify with the character being portrayed.
methodology	The branch of philosophy that analyzes the principles and procedures of inquiry in a particular discipline. <i>A methodology for investigating the concept of focal points.</i>
mo	A polyvalent metallic element that resembles chromium and tungsten in its properties; used to strengthen and harden steel. <i>In a mo.</i>
mode of behaviour	The most frequent value of a random variable.
mode of conduct	The most frequent value of a random variable.
plan	A drawing or diagram made by projection on a horizontal plane especially one showing the layout of a building or one floor of a building. <i>They drew up a six step plan.</i>
plan of action	Scale drawing of a structure.
policy	A line of argument rationalizing the course of action of a government. <i>They debated the policy or impolicy of the proposed legislation.</i>
practice	Translating an idea into action. <i>It must have taken a lot of practice to become so fluent.</i>
procedure	A set sequence of steps, part of larger computer program. <i>The procedure is carried out under general anaesthetic.</i>
process	A mental process that you are not directly aware of. <i>Process inks.</i>
programme	An integrated course of academic studies. <i>The British nuclear power programme.</i>

regime	A coordinated programme for the promotion or restoration of health a regimen. <i>A tax regime.</i>
schedule	(with reference to the British system of income tax) any of the forms (named 'A', 'B', etc.) issued for completion and relating to the various classes into which taxable income is divided. <i>We have drawn up an engineering schedule.</i>
scheme	A particular ordered system or arrangement. <i>The whole scheme is plunged into darkness bar the light in Victor s house.</i>
sequence	A repetition of a phrase or melody at a higher or lower pitch. <i>The doctor saw a sequence of patients.</i>
series	A number of events, objects, or people of a similar or related kind coming one after another. <i>A series III SWB Land Rover.</i>
strategy	The branch of military science dealing with military command and the planning and conduct of a war. <i>He was a genius when it came to military strategy.</i>
style	In an invertebrate a small slender pointed appendage a stylet. <i>For a glamorous style hair was brushed out after setting.</i>
system	A procedure or process for obtaining an objective. <i>They have to operate under a system they oppose.</i>
technique	Skill or ability in a particular field. <i>He has excellent technique.</i>
way	A general category of things used in the expression in the way of. <i>The national vote split three ways.</i>

Usage Examples of "Regimen" as a noun

- *A regimen of one or two injections per day.*

Associations of "Regimen" (30 Words)

calorie	The energy needed to raise the temperature of 1 kilogram of water through 1 C equal to one thousand small calories and often used to measure the energy value of foods.
commissariat	A stock or supply of foods.

consumption	A wasting disease, especially pulmonary tuberculosis. <i>His confidential speech was not meant for public consumption.</i>
diet	Put a person or animal on a special diet. <i>A vegetarian diet.</i>
dietary	A regulated daily food allowance. <i>Dietary restrictions.</i>
dietitian	A specialist in the study of nutrition.
digest	A substance or mixture obtained by digestion. <i>Leonora digested this piece of news with mixed feelings.</i>
exercise	Do physical exercise. <i>She exercised her dogs before breakfast.</i>
fat	A fatty substance made from animal or plant products used in cooking. <i>A fat rope.</i>
feed	Feed into supply. <i>You were still in the wings feeding Micky his lines.</i>
fitness	Fitness to traverse the seas. <i>They had to prove their fitness for the position.</i>
healthy	Promoting health; healthful. <i>Clean healthy air.</i>
ingest	Take (food, drink, or another substance) into the body by swallowing or absorbing it. <i>Lead will poison anyone if enough is ingested.</i>
ingestion	The process of taking food, drink, or another substance into the body by swallowing or absorbing it. <i>The quiet ingestion of information.</i>
intake	The process of taking food into the body through the mouth (as by eating). <i>The first intake of women was in 1915.</i>
nourish	Give nourishment to. <i>A clay base nourished with plant detritus.</i>
nourishment	A source of materials to nourish the body. <i>The nourishment of our bodies and of our minds.</i>
nutrient	A substance that provides nourishment essential for the maintenance of life and for growth. <i>Fish is a source of many important nutrients including protein vitamins and minerals.</i>

<u>nutrition</u>	The branch of science that deals with nutrients and nutrition particularly in humans. <i>A guide to good nutrition.</i>
nutritional	Relating to the process of providing or obtaining the food necessary for health and growth. <i>Nutritional deficiencies in the diet.</i>
<u>nutritious</u>	Efficient as food; nourishing. <i>Home cooked burgers make a nutritious meal.</i>
nutritive	Providing nourishment; nutritious. <i>The food was low in nutritive value.</i>
provender	A stock or supply of foods. <i>To raise the prices of provender for cattle importation has been severely curtailed.</i>
supplement	Serve as a supplement to. <i>Multivitamin supplements.</i>
<u>sustenance</u>	The maintaining of someone or something in life or existence. <i>They were in want of sustenance.</i>
veg	Relax to the point of complete inertia. <i>They were vegging out in front of the TV.</i>
victuals	A stock or supply of foods.
vitamin	A pill containing a specified amount of a particular vitamin or vitamins taken as a dietary supplement. <i>I woke up this morning and took a vitamin.</i>
<u>wholesome</u>	Conducive to or characteristic of physical or moral well-being. <i>Good wholesome fun.</i>
wholesomeness	The quality of being beneficial and generally good for you.