एफएसएसएआई fssai

भारतीय खाद्य सुरक्षा एवं मानक प्राधिकरण

Food Safety and Standards Authority of India

(स्वास्थ्य एवं परिवार कल्याण मंत्रालय)

(Ministry of Health and Family Welfare)

विज्ञान एवं मानक विभाग

Science and Standards Division

एफ डी ए भवन, कोटला रोड, नई दिल्ली-११०००२

FDA Bhawan, Kotla Road, New Delhi - 110002

ईमेल/Email : ayurveda-aahara@fssai.gov.in

दिनांक/Dated 25 जुलाई/July 2025

आदेश

Order

विषय: खाद्य सुरक्षा और मानक (*आयुर्वेद आहार*) विनियम, २०२२ के अंतर्गत शामिल *आयुर्वेद आहार* के संबंध में

Subject: *Ayurveda Aahara* covered under Food Safety and Standards (*Ayurveda Aahara*) Regulations, 2022 – reg

खाद्य सुरक्षा एवं मानक (*आयुर्वेद आहार*) विनियम, २०२२ की अनुसूची 'ख' के अंतर्गत टिप्पण १ का संदर्भ लेते हुए, जो यह निर्दिष्ट करता है कि *खाद्य प्राधिकरण समय-समय पर श्रेणी 'क' में सम्मिलित आयुर्वेद आहार की सूची दे सकती है।*

This is in reference to the Note (1) under Schedule B of the Food Safety and Standards (*Ayurveda Aahara*) Regulations, 2022 which specifies that *the Food Authority may provide a list of Ayurveda Aahara covered under category A from time to time.*

२. इस संबंध में, आयुष मंत्रालय के परामर्श से, एफएसएसएआई, खाद्य सुरक्षा एवं मानक (*आयुर्वेद आहार*) विनियम, २०२२ के अंतर्गत श्रेणी 'क' के अंतर्गत आने वाले *आयुर्वेद आहार* (**प्रति संलग्न**) खाद्य व्यवसाय संचालकों (एफबीओ) की *आयुर्वेद आहार* के उत्पादन एवं सुविधा हेतु प्रस्तुत कर रहा है।

2. In this regard, in consultation with Ministry of Ayush,FSSAI is hereby providing *Ayurveda Aahara* covered under category A under the Food Safety and Standards (*Ayurveda Aahara*) Regulations, 2022 (**copy enclosed**) for facilitating Food Business Operators (FBOs) for manufacturing of *Ayurveda Aahara*.

३. तथा, प्रवर्ग 'क' के अंतर्गत आने वाले परंतु सूची में न उल्लिखित *आयुर्वेद आहार* उत्पादों की स्थिति में खाद्य कारोबारी उन्हें सूची में शामिल करने के लिए खाद्य प्राधिकरण को अनुसूची 'क' में सम्मिलित ग्रंथों से आधिकारिक संगत पाठ प्रस्तुत करते हुए अनुरोध कर सकते है। अतः समय-समय पर होने वाले किसी भी परिवर्तन की सूचना अलग से खाद्य प्राधिकरण द्वारा दी जाएगी। यदि कोई प्रश्न/टिप्पण हों, तो उन्हें **ayurveda-aahara@fssai.gov.in** पर ईमेल करें।

3. Further, in case of *Ayurveda Aahara* products falling under category A, but not mentioned in the list, Food Business Operator shall request the Food Authority for inclusion by submitting relevant literature from Authoritative text listed under Schedule A books. Thus, any changes happening from time to time will be notified separately. Any queries/concern may be forwarded to the email: ayurveda-aahara@fssai.gov.in.

४. यह सक्षम प्राधिकारी के अनुमोदन से निर्गत है।

4. This issues with the approval of the Competent Authority

Digitally signed by
Alka Rao
Date: 25-07-2025
14:03:17

(डॉ. अलका राव)
(Dr. Alka Rao)
सलाहकार (विज्ञान एवं मानक और विनियम)
Advisor (Science & Standards & Regulation)

उपरोक्तानुसार संलग्न
Encl. as above

Index

Sl. No.	Aahara Kalpana	Name of Recipes and References			Page No.
01	Alikamatsya	01.1	Alikamatsya/Alikamaccha (Black Gram Fritters)	Bhavaprakash Nighantu 12/66-67; Bhojana Kutuhala Siddhannaprakarana (Bhakshyavishesha), p.71	1-2
02	Angarakarkati	02.1	Angarakarkati [Wheat Balls (Baked)]	Bhavaprakash Nighantu, 12/33-34; Bhojana Kutuhala Siddhannaprakarana (Bhakshyavishesha), p.81; Kshema Kutuhala, 10th Utsava	3-4
03	Dadhi/Takra (curd based preparations)	03.1	Dadhi Guda (Jaggery Curd)	Abhinava Chintamani, 21/5	5-27
		03.2	Jiraka Dadhi (Cumin- Flavoured Curd)	Siddha Bheshaja Manimala 4/17, Atisara Chikitsita	
		03.3	Takra (Processed Buttermilk)	Bhavaprakash Nighantu,12/162-163	
		03.4	Takrayoga (Barley Buttermilk)	Brihat Nighantu Ratnakar, Volume-5, Chapter-1, Ajirnadhikara, p.40	
		03.5	Agnivardhaka Takra (Appetizing Buttermilk)	Ruchivadhu Gala Ratnamala, Shloka-97	
		03.6	Rochaka Takra (Tangy Buttermilk)	Ruchivadhu Gala Ratnamala, Shloka-98	
		03.7	Dweshahara Takra (Appetising Spicy Buttermilk)	Ruchivadhu Gala Ratnamala, Shloka-99	
		03.8	Divya Takra (Camphor Ginger Buttermilk)	Ruchivadhu Gala Ratnamala, Shloka-100	
		03.9	Piyusha Takra (Spicy Buttermilk)	Ruchivadhu Gala Ratnamala, Shloka-101	
		03.10	Temana Takra (Flavoured Buttermilk)	Pakadarpanam, 1/ 142-150	

		03.11	Khala Takra (Herb Infused Buttermilk)	Pakadarpanam, 1/151-152	
		03.12	Trikatu Takra (Trikatu Buttermilk)	Pakadarpanam, 1/153-154	
		03.13	Vyoshadi Takra (Honey based Trikatu Buttermilk)	Charaka Chikitsasthana, 12/27	
		03.14	Triushnadi Takra (Sizzling Buttermilk)	Charaka Chikitsasthana, 13/102	
		03.15	Sharkaradi Takra (Liquorice Buttermilk)	Charaka Chikitsasthana, 13/103	
		03.16	Yavanyadi Takra (Carom Buttermilk)	Charaka Chikitsasthana, 13/103	
		03.17	Madvadi Takra (Seasoned Buttermilk)	Charaka Chikitsasthana, 13/105	
		03.18	Hapushadi Takra (Juniper Buttermilk)	Charaka Chikitsasthana, 13/103	
		03.19	Yavani Nagaradya Takra (Ginger Carom Spiced Buttermilk)	Charaka Chikitsasthana, 14/99	
		03.20	Virasika (Buttermilk Soup)	Kashyapa Kalpasthana Vishesh Kalpadhyaya, 8/ 105-106; Kashyapa Khilasthana, 4/35	
		03.21	Rochaka (Pomegranate Soup)	Kashyapa Khilasthana, 4/ 36	
04	Dali /Soopa	04.1	Dali/Soopa (Lentil Soup)	Bhavaprakash Nighantu, 12/7-8; Kaiyadeva Nighantu, 5/90-91	28-32
		04.2	Mudga Soopa (Green Gram Soup)	Bhojana Kutuhala, Siddhanna Prakarana, p.61, Pakadarpanam, 1/ 132-137	
		04.3	Masha Soopa (Black Gram Soup)	Bhojana Kutuhala Soopaprakaran p.60; Asthanga Samgraha Sutrasthana, 7/49	
		04.4	Kulattha Soopa (Horse Gram Soup)	Pakadarpanam, 1/121-126	

05	Gulkand	05.1	Gulkand (Rose petal Jam)	Siddha Bheshaja Manimala, 2/148	33-34
06	Hamsini	06.1	Hamsini (Processed Sweetened Milk)	Kshema Kutuhala, 12/35	35-36
07	Hima	07.1	Dhanyaka Hima (Coriander Cool Infusion)	Sharngadhara Samhita (Madhyam Khanda), 4/7	37-38
08	Indarika (Idli)	08.1	Indarika (Steamed Rice Cake)	Ayurveda Mahodadhi, Pakvannavarga (16th varga), Shloka- 11	39-40
09	Jali	09.1	Jali (Spicy Raw Mango Drink)	Bhavaprakash Nighantu,12/160-161	41-42
10	Kwathita (Kadhi)	10.1	Kwathika/ Kwathita (Spicy Buttermilk Curry-1)	Bhojana Kutuhala, Siddhannaprakarana (Bhakshyavishesha), p.72; Bhavaprakash Nighantu,12/69	43-47
		10.2	Kadhi (Spicy Buttermilk Curry-2)	Ayurveda Mahodadhi,Vyanjanavarga (20th Varga), Shloka 6-9	
11	Karpuranalika (Karpura Crispy Sticks)	11.1	Karpuranalika (Karpura Crispy Sticks)	Bhojana Kutuhala, Siddhannaprakarana (Bhakshyavishesha), p.75; Bhavaprakash Nighantu, 12/117-118	48-49
12	Kashaya (Herbal tea)	12.1	Lajadi Kashaya (Parched Rice Tea)	Vaidya Chintamani Volume-2, Dahaprakaranam, p.432	50-51
13	Krishara (Khichdi)	13.1	Krishara (Khichdi)	Bhavaprakash Nighantu, 12/9; Bhojana Kutuhala Siddhannaprakarana, p.56	52-53
14	Ksheera	14.1	Golaka Dugdha (Condensed Milk without Sugar)	Ruchivadhu Gala Ratnamala, Shloka-21	54-62
		14.2	Ksheerasara (Sweetened Condensed Milk)	Ruchivadhu Gala Ratnamala, Shloka-20	
		14.3	Narikela Ksheerika (Milky Coconut Delight)	Kshema Kutuhala, 12/7-8	

		14.4	Yava Ksheera (Barley Milk)	Charaka Chikitsasthana, 11/19	
		14.5	Dugdha Kupika (Stuffed Fried Cottage Cheese Dumplings)	Bhavaprakash Nighantu, 12/132-135	
		14.6	Sugandhit Ksheera (Aroma infused milk)	Pakadarpanam, 10/11-21/ p.109-110	
		14.7	Ksheerapaka (Mystic Milk Quartet)	Pakadarpanam, 10/3-9	
15	Kulmasha	15.1	Kulmasha (Barley Savory Discs)	Kaiyadeva Nighantu, 5/161-163 p.426	63-64
16	Lapsika (Sweet Porridge)	16.1	Lapsika (Sweet Porridge)	Bhavaprakash Nighantu, 12/28	65-66
17	Manda	17.1	Manda (Cooked Rice Water)	Kaiyadeva Nighantu, 5/47-50, p.409	67-74
		17.2	Mudgadi Manda (Cooked Green Gram Rice Water)	Gada Nigraha, Part 2, Kayachikitsa Khanda, 5/34-36, p.248; Shodhala Nighantu, Shloka-959-960, p.408	
		17.3	Vatya Manda (Cooked Barley Water)	Sharngadhara Samhita (Madhyam Khanda), 2/175, p.162	
		17.4	Laja Manda (Cooked Parched Rice Water)	Sharngadhara Samhita, (Madhyam Khanda), 2/176; Sushruta Sutrasthana, 46/342	
		17.5	Mudgayavadi Manda (Cooked Multigrain Rice Water)	Kashyapa Kalpasthana, Bhojankalpadhyaya, Shloka-73-74	
		17.6	Mudga Ardrakadi Manda (Ginger Flavoured Green Gram hot water)	Kashyapa Kalpasthana, Visheshkalpadhyaya, Shloka-100	
		17.7	Mudga Manda (Spicy Green Gram Water)	Kashyapa Kalpasthana, Bhojankalpadhyaya, Shloka-70	

18	Mantha	18.1	Yavsaktu Mantha (Barley Drink)	Madanpala Nighantu, 11/99-100; Sharngadhara Samhita (Madhyam. Khanda), 3/12; Shodhala Nighantu Guna Sangraha, Kritannavarga, 23/1025; Sushruta Sutrasthana 46/ 385-387	75-82
		18.2	Kharjuradi Mantha (Energy drink)	Sharngadhara Samhita (Madhyam Khanda), 3/10, Yoga Ratnakara Panatyaya Chikitsa, Shloka-47; Gada Nigraha, Part-2, Kayachikitsa Khanda, 17/27	
		18.3	Masuradi Mantha (Lentil Drink)	Sharngadhara Samhita (Madhyam Khand), 3/11	
		18.4	Godadhi Mantha (Processed Curd based Drink)	Yoga Ratnakara Panatyaya Chikitsa, Shloka-48	
		18.5	Panchasara Mantha (Fruit Fusion Drink)	Asthanga Samgraha, Chikitsasthana, 3/18-19; Asthanga Hridaya, Chikitsasthana, 2/14-15	
		18.6	Godhuma Mantha (Wheat Based Drink)	Charaka Chikitsasthana,15/226	
		18.7	Dadimadi Mantha (Amla Pomegranate Drink)	Asthanga Hridaya Chikitsasthana, 2/15	
19	Mashendri	19.1	Mashendri (Spiced Black Gram Fritters)	Ruchivadhu Gala Ratnamala Shloka, 23	83 -84
20	Modaka (Laddu/sweet balls)	20.1	Sevika Modaka (Sweet Vermicelli Balls)	Bhavaprakash Nighantu, 12/126	85 - 101
		20.2	Mudga Modaka (Sweet Green Gram Balls)	Bhavaprakash Nighantu, 12/128	

		20.3	Vesana Modaka (Sweet Gram Flour Balls)	Bhavaprakash Nighantu, 12/131; Bhojana Kutuhalam Sidhannaprakarana (Bakshya Vishesha), p.79	
		20.4	Swalpasurana Modaka (Sweetened Ginger pepper Balls)	Chakradatta, 5/ 46-47	
		20.5	Sindhutthadi Modaka (Sweet and Spicy Balls)	Chakradatta, 6/13	
		20.6	Methika Modaka (Sweet Fenugreek Balls)	Abhinava Chintamani, 64/92-95	
		20.7	Churma Modaka (Sweet Crushed Wheat Balls)	Bhojana Kutuhala, Siddhannaprakrana (Bhakshyavishesha), p.81.	
		20.8	Dravaka Modaka (Milky Wheat Balls)	Bhojana Kutuhala, Siddhannaprakarana (Bhakshyavishesha), p.81	
		20.9	Samita Modaka (Processed Wheat Balls)	Bhojana Kutuhala, Siddhannaprakarana (Bhakshyavishesha), p.81	
		20.10	Tila Modaka (Sweet Sesame Balls)	Bhojana Kutuhala Siddhannaprakran (Bhakshyavishesha), p.87	
		20.11	Chitta Modaka (Camphor Sweet Vermicelli Balls)	Kshema Kutuhala, 10/21-23	
		20.12	Dadhi Laddu (Curd based Rice Balls)	Kshema Kutuhala, 10/16	
		20.13	Godhuma Churna Laddu (Sweet Wheat Flour Balls)	Kshema Kutuhala, 10/19	
		20.14	Masha Laddu/Mudga Laddu (Sweet Lentil Balls)	Kshema Kutuhala, 10/29	
		20.15	Shaluka Ladduka (Sweet Lotus Root Balls)	Kshema Kutuhala, 10/44	

21	Murabba	21.1	Amalaki Murabba (Gooseberry Fruit Preserve)	Ayurveda Sara Samgraha, Avaleha-Paka Prakaran, p.532; Rasa Tantrasara Evum Siddha Prayoga Samgraha, part 1, p.405	102-103
22	Panaka	22.1	Amlikaphala Panaka (Spicy Tamarind Drink)	Bhojana Kutuhala Panaka prakaran, p.231; Bhavaprakash Nighantu, 11/153-154	104-118
		22.2	Amra Prapanaka (Spicy Raw Mango Drink)	Bhavaprakash Nighantu,12/151; Siddha Bheshaja Manimala, Jwaraprakarana, Chaturtha Guchha p.153	
		22.3	Nimbukaphala Panaka (Lemonade)	Bhavaprakash Nighantu, 12/155- 156; Yoga Ratnakara Arochaka Chikitsa, Shloka-17	
		22.4	Dhanyaka Panaka (Coriander Drink)	Bhavaprakash Nighantu, 12/157	
		22.5	Drakshadi Panaka (Tangy Trio Refresher)	Chakradatta, 18/15	
		22.6	Amra Panaka (Fermented Raw Mango Digestive Drink)	Ruchivadhu Gala Ratnamala, Shloka-93	
		22.7	Dhatri Panaka (Amla- Raisin Rejuvenator)	Bhaishajya Ratnavali, Chhardirogadhikara, 19/17, Yoga Ratnakara Chhardi Chikitsa, Shloka-34	
		22.8	Chandana Panaka (Sandalwood Drink)	Yoga Ratnakara Chhardi Chikitsa, Shloka-20	
		22.9	Dadimadi Panaka (Pomegranate Date Drink)	Asthanga Samgraha Chikitsasthana, 9/12	
		22.10	Ushiradi Panaka (Vetiver Sweet Drink)	Kashyapa Kalpasthana, Madatyaya Chikitsa, Shloka-42	
		22.11	Mridvikadi Panaka (Aromatic Raisin Refresher)	Kashyapa Samhita,Khilasthana, 11/116-117	

		22.12	Parushaka Kola Panaka (Phalsa-Melon Drink)	Sushruta Sutrasthana, 46 /395	
		22.13	Mridvika Panaka (Raisin Drink)	Sushruta Sutrasthana, 46/396	
		22.14	Kshudramalakadi Panaka (Amarus Date Drink)	Vaidya Chintamani Volume-2, Madatyayarogaprakarana	

Alikamatsya/Alikamaccha

(Black Gram Fritters)

Name of the Recipe	**01.1 Alikamatsya/Alikamaccha (Black Gram Fritters)**				
Reference	Bhavaprakash Nighantu, 12/66-67; Bhojana Kutuhala Siddhannaprakarana (Bhakshyavishesha), p.71				
Category	Khadita (Hard eatables)				
Ingredients	Sl.No.	Name of the Ingredients	Common name/Botanical Name	Part Used	Ratio
	1.	Masha	Black gram/*Phaseolus mungo* L.	Seed	1 part
	2.	Nagavalli	Betel leaves/*Piper betle* L.	Leaves	Q.S.
	3.	Tila Taila	Sesamum oil	-	Q.S.
	4.	Jala	Water	-	Q.S.
Method of preparation	Mix Masha flour with sufficient quantity of water, knead well and prepare dough. Divide the dough into small portions (10-20g). Take a large leaf of Nagavalli and place a small portion of dough (10-20g) Cover it with another leaf and wrap it. Similarly wrap the remaining portion. Fill a stainless steel pot with water and cover its mouth with a cloth. Place the wrapped dough on top of the cloth. Cover it with a lid, Set the pot over Mridu agni (low heat) to cook the dough gently with steam. Once the dough is fully cooked, remove it, cut it into pieces, and fry the pieces in oil until it turns golden colour . Alikamatsya can be consumed as such or by dipping in kwathitha (kadhi).				
Properties	Brimhana (nourishes the body), guru (heavy to digest), ushna (hot in potency)				
Benefits (Pathya)	-				
Precautions	Pittajavyadhi (diseases due to pitta vitiation)				
Special precautions	-				
Others	The steamed and fried Alikamatsya and the one which is soaked in Kwathita (kadhi) are said to have the properties of brimhana (nourishes the body tissue), rochana (impart taste), vrishya (aphrodisiac), balya (strength promotor), relieves vataroga and kosthashuddhikara (cleanses G.I. Tract). The shushka or dried Alikamatsya is pittavardhaka (slightly aggravates pitta dosha) and could be useful in Ardita vata (Facial Paralysis) and Hanustambha (Lock jaw).				

Angarakarkati

[Bati/ Wheat Balls (Baked)]

Name of the Recipe	02.1 Angarakarkati [Wheat Balls (Baked)]				
Reference	Bhavaprakash Nighantu,12/33-34; Bhojana Kutuhala Siddhannaprakarana (Bhakshyavishesha), p.81; Kshema Kutuhala, 10th Utsava				
Category	Khadita (Hard eatables)				
Ingredients	Sl.No.	Name of the Ingredients	Common name/Botanical Name	Part Used	Ratio
	1.	Samita	Fine Wheat flour/*Triticum aestivum* L.	Seed	1 part
	2.	Jala	water		Q.S.
Method of preparation	Mix Samita with water and knead it well. Then shape it into Vataka (lemon size balls) and cook it directly on burning coal (pre heated).				
Properties	It is said to have Brimhana (nourishes the body), shukrala (increases semen), laghu (light for digestion), deepana (increases digestive fire), kaphakara (increases kapha dosha), balya (strength promoter) properties				
Benefits (Pathya)	It could be beneficial in Pinasa (rhinitis), Kasa (cough), Shwasa (asthma).				
Precautions	It is not recommended in the condition such as diabetes, obesity. Consume with caution in Santarpanjanya vikara (disease caused by excessive nourishment of body tissue)				
Special precautions	-				
Others	-				

Dadhi/Takra

(Curd based Preparations)

Name of the Recipe	**03.1 Dadhi Guda (Jaggery Curd)**				
Reference	Abhinava Chintamani, 21/5				
Category	Lidha (Lickable)				
Ingredients	Sl.No.	Name of the Ingredients	Common name/Botanical Name	Part Used	Ratio
	1.	Dadhi	Curd	-	1 part
	2.	Guda	Jaggery	-	Q.S.
Method of preparation	Take dadhi in a bowl. Add required quantity of powdered/finely grated jaggery into it and mix together.				
Properties	Brimhana (nourishes the body)				
Benefits (Pathya)	-				
Precautions	It should be avoided at night				
Special precautions	-				
Others	Anupana – Guduchi swarasa				

Name of the Recipe	**03.2 Jiraka Dadhi (Cumin- Flavoured Curd)**				
Reference	Siddha Bheshaja Manimala, Atisara Chikitsa, 4/17				
Category	Lidha (Lickable)				
Ingredients	Sl.No.	Name of the Ingredients	Common name/Botanical Name	Part Used	Ratio
	1.	Dadhi	Curd	-	1 part
	2.	Krishna jiraka	Black cumin/*Carum bulbocastanum* Senel.	Fruit	Q.S.
	3.	Shweta jiraka	Cumin /*Cuminum cyminum* L.	Fruit	Q.S.
	4.	Maricha	Black pepper/*Piper nigrum L.*	Fruit	Q.S.
	5.	Chitraka	Leadwort/*Plumbago zeylanica* L.	Root	Q.S.
Method of preparation	Take dadhi in a bowl. Powder the ingredients no 2-5 finely and add to dadhi and mix well.				
Properties	Ushna (hot in potency), deepana (stimulates digestive fire), pachana (easy to digest), tikta (bitter), katu (pungent), ruksha (dry)				
Benefits (Pathya)	It could be beneficial in Atisara (diarrhoea)				
Precautions	It should be avoided at night				
Special precautions	-				
Others	-				

Name of the Recipe	**03.3 Takra (Processed Buttermilk)**				
Reference	Bhavaprakash Nighantu,12/162-163				
Category	Pana (Drinkable)				
Ingredients	Sl.No.	Name of the Ingredients	Common name/Botanical Name	Part Used	Ratio
	1.	Jala	Water	-	4 parts
	2.	Dadhi	Curd	-	1 part
	3.	Hingu	*Asfoetida/Ferula asafoetida* Regel.	Oleoresin gum	Q.S.
	4.	Jiraka	Cumin /*Cuminum cyminum* L.	Fruit	Q.S.
	5.	Saindhava Lavana	Rock salt	-	Q.S.
	6.	Rajika	Indian mustard/*Brassica juncea* L.	Seed	Q.S.
Method of preparation	Take one part of Dadhi prepared from Mahisha Dugdha. Mix it with four part of clean water and filter it. Take required amount of fried Hingu, Jiraka, Lavana and Rajika, grind them to make fine powder. Mix everything thoroughly or churn it to prepare Takra.				
Properties	Deepana (increases digestive fire), pachana (easy to digest), ruchikaraka (imparts taste), triptikaraka (satiating)				
Benefits (Pathya)	It could be beneficial in Udara roga (abdominal enlargement)				
Precautions	-				
Special precautions	-				
Others	-				

Name of the Recipe	**03.4 Takrayoga (Barley Buttermilk)**				
Reference	Brihat Nighantu Ratnakar, Volume-5, Chapter-1, Ajirnadhikara, p.40				
Category	Pana (Drinkable)				
Ingredients	Sl.No.	Name of the Ingredients	Common name/Botanical Name	Part Used	Ratio
	1.	Takra	Buttermilk	-	1 part
	2.	Yava	Barley/*Hordeum vulgare* L.	Seed	Q.S.
	3.	Yavakshara	Barley/*Hordeum vulgare* L.	Water soluble ash of whole plant	Q.S.
Method of preparation	Add Yava flour into Takra, mix well till it is smooth with out any lumps.boil it keeping over low heat until flour is cooked properly. Serve it by sprinkling with Yavakshara.				
Properties	Laghu (light for digestion), ruksha (dry), katu (pungent)				
Benefits (Pathya)	It could be beneficial in Visuchika (cholera)				
Precautions	-				
Special precautions	-				
Others	-				

Name of the Recipe	**03.5 Agnivardhaka Takra (Appetizing Buttermilk)**				
Reference	Ruchivadhu Gala Ratnamala, Shloka-97				
Category	Pana (drinkable)				
Ingredients	Sl.No.	Name of the Ingredients	Common name/Botanical Name	Part Used	Ratio
	1.	Takra	Buttermilk	-	1 part
	2.	Saindhava lavana	Rock salt	-	Q.S.
	3.	Jiraka	Cumin /*Cuminum cyminum* L.	Fruit	Q.S.
	4.	Ardraka	Ginger/*Zingiber officinale* Rosc.	Rhizome	Q.S.
	5.	Ela	Cardamom/*Elettaria cardamomum* Maton.	Seed	Q.S.
Method of preparation	Grind Saindhava lavana, Jiraka and Ardraka well; then mix them into Takra. Sprinkle Ela powder and mix well.				
Properties	Katu (pungent), tikta (bitter), amla (sour), ushna (hot in potency), laghu (light for digestion)				
Benefits (Pathya)	It could be beneficial in Aruchi (tastelessness), Agnimandhya (low digestive fire)				
Precautions	-				
Special precautions	-				
Others	**-**				

\

Name of the Recipe	**03.6 Rochaka Takra (Tangy Buttermilk)**				
Reference	Ruchivadhu Gala Ratnamala, Shloka-98				
Category	Pana (Drinkable)				
Ingredients	Sl.No.	Name of the Ingredients	Common name/Botanical Name	Part Used	Ratio
	1.	Takra	Buttermilk	-	1 part
	2.	Saindhava Lavana	Rock salt	-	Q.S.
	3.	Hingu	Asfoetida /*Ferula asafoetida* Regel.	Oleoresin gum	Q.S.
Method of preparation	Mix the stale buttermilk with Saindhava lavana and filter it with a clean cloth or sieve. Sprinkle it with fried Hingu powder.				
Properties	Katu (pungent), tikta (bitter), amla (sour), ushna (hot in potency), laghu (light for digestion)				
Benefits (Pathya)	It could be beneficial in Aruchi (tastelessness), Agnimandhya (low digestive fire)				
Precautions	-				
Special precautions	-				
Others	-				

Name of the Recipe	**03.7 Dweshahara Takra (Appetizing Spicy Buttermilk)**				
Reference	Ruchivadhu Gala Ratnamala, Shloka-99				
Category	Pana (Drinkable)				
Ingredients	Sl.No.	Name of the Ingredients	Common name/Botanical Name	Part Used	Ratio
	1.	Dadhi	Curd	-	1 part
	2.	Jala	Water	-	¼ part
	3.	Saindhava Lavana	Rock salt	-	Q.S.
	4.	Ela	Cardamom/*Elettaria cardamomum* Maton.	Seed	Q.S.
	5.	Shunthi	Dry Ginger/ *Zingiber officinale* Rosc.	Rhizome	Q.S.
	6.	Nimbu	Lemon/*Citrus limon* (L.) Burm. f.	Fruit	Q.S.
Method of preparation	Grind Ela, Shunthi and Saindhava lavana into fine powder. Add Nimbu Swarasa to the powder and mix well. Add this mixture to required amount of Dadhi and churn it well. Then add one fourth water and churn it again.				
Properties	Katu (pungent), tikta (bitter), amla (sour), ushna (hot in potency), laghu (light for digestion)				
Benefits (Pathya)	It could be beneficial in Aruchi (tastelessness), Agnimandhya (low digestive fire)				
Precautions	-				
Special precautions	-				
Others	**-**				

Name of the Recipe	**03.8 Divya Takra (Camphor Ginger Buttermilk)**				
Reference	Ruchivadhu Gala Ratnamala, Shloka-100				
Category	Pana (Drinkable)				
Ingredients	Sl.No.	Name of the Ingredients	Common name/Botanical Name	Part Used	Ratio
	1.	Takra	Buttermilk	-	1 part
	2.	Karpura	Camphora/*Cinnamomum camphora* (L.) J.Presl	Sub. extract	Q.S.
	3.	Ardraka	Ginger/*Zingiber officinale Rosc.*	Rhizome	Q.S.
Method of preparation	Prepare curd from well boiled milk and then prepare Takra from it. Add chopped/crushed Ardraka and Karpura to the prepared Takra and store it in earthen pot.				
Properties	Katu (pungent), amla (sour), ushna (hot in potency), laghu (light for digestion)				
Benefits (Pathya)	It could be beneficial in Aruchi (tastelessness), Agnimandhya (low digestive fire)				
Precautions	-				
Special precautions	-				
Others	-				

Name of the Recipe	**03.9 Piyusha Takra (Spicy Buttermilk)**				
Reference	Ruchivadhu Gala Ratnamala, Shloka-101				
Category	Pana (drinkable)				
Ingredients	Sl.No.	Name of the Ingredients	Common name/Botanical Name	Part Used	Ratio
	1.	Takra	Buttermilk	-	1 part
	2.	Saindhava Lavana	Rock salt	-	Q.S.
	3.	Ardraka	Ginger/*Zingiber officinale* Rosc.	Rhizome	Q.S.
	4.	Hingu	Asfoetida/*Ferula asafoetida* Regel.	Oleoresin gum	Q.S.
	5.	Karpura	Camphor/*Cinnamomum camphora* (L.) J.Presl	Sub. extract	Q.S.
Method of preparation	Prepare Takra from the curd of well boiled milk. Add Saindhava lavana, chopped/crushed Ardraka, Karpura and Hingu to it and mix thoroughly.				
Properties	Katu (pungent), amla (sour), ushna (hot in potency), laghu (light for digestion)				
Benefits (Pathya)	It could be beneficial in Aruchi (tastelessness), Agnimandhya (low digestive fire)				
Precautions	-				
Special precautions	-				
Others	-				

Name of the Recipe	03.10 Temana Takra (Flavoured Buttermilk)				
Reference	Pakadarpanam, 1/ 142-150				
Category	Pana (Drinkable)				
Ingredients	Sl.No.	Name of the Ingredients	Common name/Botanical Name	Part Used	Ratio
	1.	Takra	Butter Milk	-	1 part
	2.	Tila taila	Sesamum oil	-	Q.S.
	3.	Lashuna	Garlic /*Allium sativum* L.	Bulb	Q.S.
	4.	Ardraka	Ginger/*Zingiber officinale* Rosc.	Rhizome	Q.S.
	5.	Katphala	Himalayan bay berry/*Myrica esculenta* Buch-Ham, Ex. D.Don.	Fruit	Q.S.
	6.	Dhanyaka	Coriander/*Coriandrum sativum* L	Fruit	Q.S.
	7.	Shunthi	Dry ginger/ *Zingiber officinale* Rosc.	Rhizome	Q.S.
	8.	Saindhava Lavana	Rock Salt	-	Q.S.
	9.	Jambiri nimbu	Rough lemon/*Citrus acida* Roxb.	Fresh leaves	Q.S.
	10.	Hingu	Asfoetida / *Ferula asafoetida* Regel	Oleoresin gum	Q.S.
	11.	Maricha	Black Pepper/*Piper nigrum* L.	Fruit	Q.S.
	12.	Matulunga	Sweet lemon/*Citrus medica* L.	Fresh fruit	Q.S.
	13.	Karpura	Camphor/*Cinnamomum camphora* (L.) J.Presl	Sub. extract	Q.S.
	14.	Kasturi/Kankola	Musk (*Moschus moschiferus*)/Tailed pepper (*Piper cubeba* L.)	Glandular secretion	Q.S.
	15.	Ketaki	Thatch screw pine/*Pandanus tectorius* soland.	Flower	Q.S.

Method of preparation	Mix Tila Taila with the well-churned Takra. Add Ketaki flower for fragrance. Once the fragrance is infused into the takra, remove the flowers from Takra, mix with chopped/crushed Lashuna and Ardraka. Subsequently, blend the mixture with leaves of Katphala, Dhanyaka, Shunthi, Saindhava, and Jambiri Nimbu in required quantities. Stir the mixture well after adding Hingu and Maricha. Place the prepared Takra on low heat, mix using a ladle and finally, cover its mouth and cook it again. When completely prepared, add the leaves of Matulunga, Karpura, Kasturi and Ketaki flower.
Properties	Ushna (hot in potency), tikta (bitter), katu (pungent), ruksha (dry), tikshna (penetrating), Laghu (light for digestion)
Benefits (Pathya)	It could be beneficial as Vata-kaphahara (useful in reducing vata and kapha related problems)
Precautions	-
Special precautions	-
Others	-

Name of the Recipe	03.11 Khala Takra (Herbs Infused Buttermilk)				
Reference	Pakadarpanam 1/151-152				
Category	Pana (drinkable)				
Ingredients	Sl.No.	Name of the Ingredients	Common name/Botanical Name	Part Used	Ratio
	1.	Takra	Butter Milk	-	1 part
	2.	Punarnava	Hogweed/*Boerhavia diffusa* L.	Whole plant	Q.S.
	3.	Chitraka	Leadwort/*Plumbago zeylanica* L.	Root	Q.S.
	4.	Ajaji	Cumin /*Cuminum cyminum* L.	Fruit	Q.S.
	5.	Karpura	Camphor/*Cinnamomum camphora* (L.) J.Presl	Sub. extract	Q.S.
Method of preparation	Grind Punarnava, Chitraka and Ajaji into fine powder, and mix thoroughly with Takra and make it fragrant with karpura.				
Properties	Ushna (hot in potency), tikta (bitter), katu (pungent), ruksha (dry), tikshna (penetrating)				
Benefits (Pathya)	It could be beneficial as Vatakaphahara (useful in reducing vata and kapha related problem), Gulmahara (useful in relieving abdominal lump), Agnivardhaka (stimulates digestive fire)				
Precautions	-				
Special precautions	-				
Others	-				

Name of the Recipe	03.12 Trikatu Takra (Trikatu Buttermilk)				
Reference	Pakadarpanam, 1/153-154				
Category	Pana (Drinkable)				
Ingredients	Sl.No.	Name of the Ingredients	Common name/Botanical Name	Part Used	Ratio
	1.	Takra	Buttermilk	-	1 part
	2.	Shunthi	Dry ginger/*Zingiber officinale* L.	Rhizome	Q.S.
	3.	Maricha	Black Pepper/*Piper nigrum* L.	Fruit	Q.S.
	4.	Pippali	Long pepper/*Piper longum* L.	Fruit	Q.S.
	5.	Ajamoda	Wild Celery /*Trachyspermum roxburghianum* (DC.) Craib	Fruit	Q.S.
	6.	Sugandhit pushpa*	Aromatic Flowers	-	Q.S.
Method of preparation	Grind Shunthi, Maricha, Pippali and Ajmoda into fine powder and mix thoroughly with Takra and make it fragrant by adding aromatic flowers.				
Properties	Ushna (hot in potency), tikta (bitter), katu (pungent), ruksha (dry), tikshna (penetrating)				
Benefits (Pathya)	It could be beneficial in Udara roga (abdominal enlargement), Agnivardhaka (stimulates digestive fire)				
Precautions	-				
Special precautions	-				
Others	-				

* **Sugandhit pushpa -** ketaki (*Pandanus tectorius*), Jati (*Jasminum officinale*) etc.

Name of the Recipe	**03.13 Vyoshadi Takra (Honey based Trikatu Buttermilk)**				
Reference	Charaka Chikitsasthana,12/27				
Category	Pana (Drinkable)				
Ingredients	Sl.No.	Name of the Ingredients	Common name/Botanical Name	Part Used	Ratio
	1.	Takra	Butter milk	-	1 part
	2.	Maricha	Black Pepper/*Piper nigrum* L.	Fruit	Q.S.
	3.	Shunthi	Dry ginger/*Zingiber officinale* L.	Rhizome	Q.S.
	4.	Pippali	Long pepper/*Piper longum* L.	Fruit	Q.S.
	5.	Sauvarchal Lavana	Black Salt	-	Q.S.
	6.	Madhu	Honey	-	Q.S.
Method of preparation	Grind Shunthi Maricha, Pippali, Sauvarchal lavana into fine powder and mix thoroughly with Takra and add Madhu.				
Properties	Amla (sour), tikta (bitter), katu (pungent), ushna (hot in potency), laghu (light for digestion)				
Benefits (Pathya)	It could be beneficial in Gurubhinnavarcha (heavy and disintegrating faeces), Shotha (inflammation)				
Precautions	-				
Special precautions	-				
Others	-				

Name of the Recipe	**03.14 Triushnadi Takra (Sizzling Buttermilk)**				
Reference	Charaka Chikitsasthana,13/102				
Category	Pana (Drinkable)				
Ingredients	Sl.No.	Name of the Ingredients	Common name/Botanical Name	Part Used	Ratio
	1.	Takra	Butter milk	-	1 part
	2.	Pippali	Long pepper/*Piper longum* L.	Fruit	Q.S.
	3.	Shunthi	Dry Ginger/*Zingiber officinale* L.	Rhizome	Q.S.
	4.	Maricha	Black Pepper/*Piper nigrum* L.	Fruit	Q.S.
	5.	Yavakshara	Barley/*Hordeum vulgare* L.	Water soluble ash of whole plant	Q.S.
	6.	Saindhava lavana	Rock salt	-	Q.S.
Method of preparation	Grind all ingredients into fine powder and mix thoroughly with Takra.				
Properties	Ushna (hot in potency), tikta (bitter), katu (pungent), Amla (sour), ruksha (dry), laghu (light for digestion)				
Benefits (Pathya)	It could be beneficial in Nichayoudara (abdominal enlargement due to involment of all three doshas of body)				
Precautions	-				
Special precautions	-				
Others	-				

Name of the Recipe	**03.15 Sharkaradi Takra (Liquorice Buttermilk)**				
Reference	Charaka Chikitsasthana13/103				
Category	Pana (Drinkable)				
Ingredients	Sl.No.	Name of the Ingredients	Common name/Botanical Name	Part Used	Ratio
	1.	Takra	Butter milk	-	1 part
	2.	Sharkara	Normal Sugar	-	Q.S.
	3.	Yashtimadhu	Liquorice/*Glycyrrhiza glabra* L.	Root	Q.S.
Method of preparation	Grind Yashtimadhu and Sharkara into fine powder and mix thoroughly with Takra.				
Properties	Madhura (sweet), amla (sour), ruksha (dry), laghu (light for digestion)				
Benefits (Pathya)	It could be beneficial in Pittodararoga (abdominal enlargement due to pitta dosha)				
Precautions	-				
Special precautions	-				
Others	-				

Name of the Recipe	**03.16 Yavanyadi Takra (Carom Buttermilk)**				
Reference	Charaka Chikitsasthana13/103				
Category	Pana (Drinkable)				
Ingredients	Sl. No.	Name of the Ingredients	Common name/Botanical Name	Part Used	Ratio
	1.	Takra	Butter milk	-	1 part
	2.	Trikatu Pippali	Long pepper/*Piper longum* L.	Fruit	Q.S.
		Maricha	Black Pepper/*Piper nigrum* L.	Fruit	Q.S.
		Shunthi	Dry ginger/ *Zingiber officinale* L.	Rhizome	Q.S.
	3.	Saindhava Lavana	Rock salt	-	Q.S.
	4.	Ajaji	Cumin /*Cuminum cyminum* L.	Fruit	Q.S.
	5.	Yavani	Carom /*Trachyspermum ammi* (L.) Sprague	Fruit	Q.S.
Method of preparation	Grind all ingredients into fine powder and mix thoroughly with Takra.				
Properties	Ushna (hot in potency), katu (pungent), amla (sour), ruksha (dry), laghu (light for digestion)				
Benefits (Pathya)	It could be beneficial in Kaphodara (abdominal enlargement due to kapha dosha)				
Precautions	-				
Special precautions	-				
Others	-				

Name of the Recipe	**03.17 Madvadi Takra (Seasoned Buttermilk)**				
Reference	Charaka Chikitsasthana,13/105				
Category	Pana (Drinkable)				
Ingredients	Sl.No.	Name of the Ingredients	Common name/Botanical Name	Part Used	Ratio
	1.	Takra	Butter milk	-	1 part
	2.	Madhu	Honey	-	Q.S.
	3.	Tila taila	*Sesamum* oil	-	Q.S.
	4.	Vacha	Sweet Flag /*Acorus calamus* L.	Rhizome	Q.S.
	5.	Shunthi	Dry ginger/*Zingiber officinale* L.	Rhizome	Q.S.
	6.	Satavha	Fennel/ *Foeniculum vulgare* Mill.	Fruit	Q.S.
	7.	Kustha	Costus/*Saussurea lappa* CB. Clarke.	Root	Q.S.
	8.	Saindhava Lavana	Rock salt	-	Q.S.
Method of preparation	Grind all ingredients into fine powder and mix thoroughly with Takra.				
Properties	Ushna (hot in potency), katu (pungent), amla (sour), madhura (sweet), ruksha (dry), laghu (light for digestion)				
Benefits (Pathya)	It could be beneficial in Plihodara (spleenomegaly)				
Precautions	-				
Special precautions	-				
Others	-				

Name of the Recipe	**03.18 Hapushadi Takra (Juniper Buttermilk)**				
Reference	Charaka Chikitsasthana,13/103				
Category	Pana (Drinkable)				
Ingredients	Sl.No.	Name of the Ingredients	Common name/Botanical Name	Part Used	Ratio
	1.	Takra	Butter milk	-	1 part
	2.	Hapusha	Juniper /*Juniperus communis* L.	Fruit	Q.S.
	3.	Yavani	Carom /*Trachyspermum ammi* (L.) Sprague	Fruit	Q.S.
	4.	Ajaji	Cumin /*Cuminum cyminum* L.	Fruit	Q.S.
	5.	Saindhava Lavana	Rock salt	-	Q.S.
Method of preparation	Grind all ingredients into fine powder and mix thoroughly with Takra.				
Properties	Ushna (hot in potency), katu (pungent), amla (sour), ruksha (dry), laghu (light for digestion)				
Benefits (Pathya)	It could be beneficial in Baddhodara (obstructed abdominal enlargement)				
Precautions	-				
Special precautions	-				
Others	-				

Name of the Recipe	**03.19 Yavani Nagaradya Takra (Ginger Carom Spiced Buttermilk)**				
Reference	Charaka Chikitsasthana,14/99				
Category	Pana (drinkable)				
Ingredients	Sl.No.	Name of the Ingredients	Common name/Botanical Name	Part Used	Ratio
	1.	Takra	Butter milk	-	1 part
	2.	Yavani	Carom /*Trachyspermum ammi* L.	Fruit	Q.S.
	3.	Nagara	Dry ginger/*Zingiber officinalis* Rosc.	Rhizome	Q.S.
	4.	Patha	Velvet leaf tree/*Cissampelos pareira* L.	Root	Q.S.
	5.	Dadima	Pomegranate/*Punica granatum* L.	Seed	Q.S.
	6.	Guda	Jaggery	-	Q.S.
	7.	Saindhava Lavana	Rock salt	-	Q.S.
Method of preparation	Grind all ingredients into fine powder and mix thoroughly with Takra.				
Properties	Ushna (hot in potency), amla (sour), madhura (sweet), tikta (bitter), ruksha (dry), laghu (light for digestion)				
Benefits (Pathya)	It could be beneficial in Arsha (piles), Vatavarchanuloman (normal course of movement of flatus and faeces)				
Precautions	-				
Special precautions	-				
Others	-				

Name of the Recipe	03.20 Virasika (Buttermilk Soup)				
Reference	Kashyapa Kalpasthana Visheshkalpadhyaya, 8/ 105-106; Kashyapa Khilasthana, 4/35				
Category	Pana (Drinkable)				
Ingredients	Sl.No.	Name of the Ingredients	Common name/Botanical Name	Part Used	Ratio
	1.	Takra	Butter milk	-	1 part
	2.	Dadima	Pomegranate/*Punica granatum* L.	Seed	Q.S.
	3.	Mudga	Green gram/*Phaseolus radiatus* L.	Seed	Q.S.
Method of preparation	Boil Mugda and Dadima in required quantity of Takra, keeping over medium heat until properly cooked.				
Properties	Amla (sour), ruksha (dry), ushna (hot in potency), grahi (absorbtive action)				
Benefits (Pathya)	It could be beneficial in Sannipatika Jwara (fever due to tridosha predominance)				
Precautions	-				
Special precautions	-				
Others	-				

Name of the Recipe	03.21 Rochaka (Pomegranate Soup)				
Reference	Kashyapa Khilasthana, 4/ 36				
Category	Pana (Drinkable)				
Ingredients	Sl.No.	Name of the Ingredients	Common name/Botanical Name	Part Used	Ratio
	1.	Udashvita	Butter milk	-	1 part
	2.	Dadima	Pomegranate/*Punica granatum* L.	Seed	Q.S.
Method of preparation	Boil Dadima in required quantity of Udashvita (Churn the curd by adding ½ part of water), keeping over medium heat until properly cooked.				
Properties	Amla (sour), ushna (hot in potency), grahi (absorbtive action), laghu (light for digestion)				
Benefits (Pathya)	-				
Precautions	-				
Special precautions	-				
Others	-				

Dali /Soopa

Name of the Recipe	04.1 Dali/Soopa (Lentil Soup)				
Reference	Bhavaprakash Nighantu12/7-8; Kaiyadeva Nighantu, 5/90-91				
Category	Pana (Drinkables)				
Ingredients	Sl.No.	Name of the Ingredients	Common name/Botanical Name	Part Used	Ratio
	1.	Dala*	Lentils	Seeds	1 part
	2.	Saindhava Lavana	Rock Salt	-	Q.S.
	3.	Ardraka	Ginger /*Zingiber officinale* Rosc.	Rhizome	Q.S.
	4.	Hingu	Asfoetida/ *Ferula asfoetida* Regel.	Oleoresin gum	Q.S.
	5.	Jala	Water	-	Q.S.
Method of preparation	Boil the Lentils in required quantity of water, keeping over medium heat until lentils are properly cooked and then add powdered Saindhava Lavana, chopped/crushed Ardraka and Hingu to prepare Dali.				
Properties	Vishtambhaka (constipating), ruksha (dry), sheeta (cold in potency), laghu (light for digestion).				
Benefits (Pathya)	-				
Precautions	-				
Special precautions	-				
Others	-				

*Dala - Shami Dhanya: Mudga (*Phaseolus radiatus* L.), Masha (*Phaseolus mungo* L.), Kulattha (*Dolichos biflorus* L.), Makustha (*Phaseolus aconitifolius* Jacq.), Chanaka (*Cicer arietinum* L.), Tila (*Sesamum indicum* L.) etc.

Name of the Recipe	**04.2 Mudga Soopa (Green Gram Soup)**				
Reference	Bhojana Kutuhala, Siddhannaprakarana, p.61, Pakadarpanam, 1/132-137				
Category	Pana (Drinkables)				
Ingredients	Sl.No.	Name of the Ingredients	Common name/Botanical Name	Part Used	Ratio
	1.	Mudga	Green gram/*Phaseolus radiatus* L.	Seed	1 part
	2.	Jala	Water	-	Q.S.
	3.	Saindhava Lavana	Rock salt	-	Q.S.
	4.	Hingu	Asfoetida/ *Ferula asfoetida* Regel.	Oleoresin gum	Q.S.
	5.	Karpura	Camphor/*Cinnamomum camphora* (L.) J.Presl	Sub. extract	Q.S.
	6.	Haridra	Turmeric /*Curcuma longa* L.	Rhizome	Q.S.
Method of preparation	Cook the Mudga Dala with required quantity of water keeping over medium heat until it is fully cooked. Add powdered Saindhava lavana, Haridra and Hingu. To make the Soopa fragrant, add Karpura before serving.				
Properties	Laghu (light for digestion)				
Benefits (Pathya)	-				
Precautions	-				
Special precautions	-				
Others	-				

Name of the Recipe	**04.3 Masha Soopa (Black Gram Soup)**				
Reference	Bhojana Kutuhala Soopaprakaran p.60; Ashtanga Samgraha Sutrasthana, 7/49				
Category	Pana (Drinkable)				
Ingredients	Sl.No.	Name of the Ingredients	Common name/Botanical Name	Part Used	Ratio
	1.	Masha	Black gram/*Phaseolus mungo* L.	Seed	1 part
	2.	Hingu	Asfoetida/ *Ferula asfoetida* Regel.	Oleo resin gum	Q.S.
	3.	Ardraka	Ginger /*Zingiber officinale* Rosc.	Rhizome	Q.S.
	4.	Lavana	Salt	-	Q.S.
	5.	Jala	Water	-	Q.S.
Method of preparation	Cook the Masha dala with required quantity of water keeping over medium heat until it is fully cooked. Add powdered Saindhava lavana, chopped/crushed Ardraka and Hingu to the prepared Soopa.				
Properties	Masha Soopa is known to produce excessive amounts of faeces.				
Benefits (Pathya)	-				
Precautions	-				
Special precautions	-				
Others	-				

Name of the Recipe	04.4 Kulattha Soopa (Horse Gram Soup)				
Reference	Pakadarpanam, 1/ 121-126				
Category	Pana (Drinkable)				
Ingredients	Sl.No.	Name of the Ingredients	Common name/Botanical Name	Part Used	Ratio
	1.	Kulattha	Horse gram/*Dolichos biflorus* L.	Seed	1/5 part
	2.	Masha	Black gram/*Phaseolus mungo* L.	Seed	1/5 part
	3.	Nishpava	Hyacinth bean/*Dolichos lablab* L.	Seed	1/5 part
	4.	Tuvari (Arhara)	Pigeon pea/ *Cajanus cajan* (L.) Millsp.	Seed	1/5 part
	5.	Chanaka	Chick pea/*Cicer arietinum* L.	Seed	1/5 part
	6.	Haridra	Turmeric /*Curcuma longa* L.	Rhizome	Q.S.
	7.	Hingu	Asfoetida/ *Ferula asfoetida* Regel.	Oleoresin gum	Q.S.
	8.	Karpura	Camphor/*Cinnamomum camphora* (L.) J.Presl	Sub. extract	Q.S.
	9.	Saindhava Lavana	Rock salt	-	Q.S.
	10.	Jala	Water	-	Q.S.
	11.	Sugandhita pushpa	Aromatic flowers	-	Q.S.
Method of preparation	Dehusk Kulattha, Masha, Nishpava, Tuvari (Arhara) and Chanaka. Cook them with a sufficient amount of water keeping over medium heat until they are fully cooked. Add required quantity of powdered Lavana, Haridra and Hingu to the cooked lentils. Finally, flavour it with Karpura and various fragrant flowers.				
Properties	Ushna, (hot in potency) tikta (bitter), katu (pungent), ruksha (dry),				
Benefits (Pathya)	Beneficial in Aruchi (alleviates tastelessness), Pittashamaka (pacifies pitta dosha)				
Precautions	-				
Special precautions	-				
Others	-				

Gulkand

Name of the Recipe	**05.1 Gulkand (Rose petal Jam)**				
Reference	Siddha Bheshaja Manimala, 2/148				
Category	Ashita (Eatables)				
Ingredients	Sl.No.	Name of the Ingredients	Common name/Botanical Name	Part Used	Ratio
	1.	Sharkara	Normal Sugar	-	3 parts
	2.	Gulab	Rose/*Rosa centifolia* L.	Flower	1 part
	3.	Ela	Cardamom/*Elletaria cardamomum* Maton.	Seed	Q.S.
Method of preparation	Crush the petals of Rose. Spread a layer of rose petals in a dry glass jar. Now spread a layer of sugar over the rose petals evenly.Then again spread a layer of petals over the sugar layer. Repeat till all the petals are over. Close the jar with a lid and keep it in the sunlight for 1 year. Mix the Gulkand every other day using a clean spoon. Add powdered Ela to the Prepared Gulkand and mix thoroughly.				
Properties	Sheeta (cold in potency), snigdha (unctuous), madhura (sweet), balya (strength promotor), pittashamaka (pacifies pitta dosha), dahashamaka (relieves burning sensation).				
Benefits (Pathya)	It could be beneficial in Pitta (vitiation of pitta), Daha (burning sensation) conditions				
Precautions	It is not recommended in the condition such as diabetes.				
Special precautions	-				
Others	-				

Hamsini

(Processed Sweetened Milk)

Name of the Recipe	**06.1 Hamsini (Processed Sweetened Milk)**				
Reference	Kshema Kutuhala, 12/ 35				
Category	Pana (Drinkable)				
Ingredients	Sl.No.	Name of the Ingredients	Common name/Botanical Name	Part Used	Ratio
	1.	Dugdha	Milk	-	1 part
	2.	Dadhi	Curd	-	1 part
	3.	Ela	Cardamom/*Elletaria cardamomum* Maton.	Seed	Q.S.
	4.	Maricha	Black Pepper/*Piper nigrum* L.	Fruit	Q.S.
	5.	Sharkara	Normal Sugar	-	Q.S.
Method of preparation	Mix pure cow milk with curd and strain it. Then, add powdered Sharkara, Ela and Maricha to the curd and mix well.				
Properties	Madhura (sweet), sheeta (cold in potency), snigdha (unctuous)				
Benefits (Pathya)	It could be beneficial as kapha-pittahara (alleviating kapha and pitta dosha), Agnivardhaka (stimulates digestive fire)				
Precautions	It is not recommended in diabetes				
Special precautions	-				
Others	-				

Hima

(Cold Infusion)

Name of the Recipe	**07.1 Dhanyaka Hima (Coriander Cool Infusion)**				
Reference	Sharngadhara Samhita (Madhyam Khand), 4/7				
Category	Pana (Drinkable)				
Ingredients	Sl.No.	Name of the Ingredients	Common name/Botanical Name	Part Used	Ratio
	1.	Jala	Water	-	6 parts
	2.	Dhanyaka	Coriander/*Coriandrum sativum* L.	Fruit	1 part
Method of preparation	Coarsely powder Dhanyaka and soak it overnight in six times of water. Next morning, macerate and filter it.				
Properties	Kashaya (astringent), tikta (bitter), madhura (sweet), tridoshahara (pacifies all three doshas), mutrala (diuretic), dahashamaka (pacifies burning).				
Benefits (Pathya)	It could be beneficial in the condition of Antardaha (internal burning), Trishna (thirst), Srotovishodhana (cleaning of channels)				
Precautions	-				
Special precautions	-				
Others	Anupana – Sharkara, Time of consumption- Morning				

Indarika

(Idli)

Name of the Recipe	**8.1 Indarika (Steamed Rice Cake)**				
Reference	Ayurveda Mahodadhi, Pakvannavarga (16thvarga), Shloka-11				
Category	Ashita (Eatables)				
Ingredients	Sl.No.	Name of the Ingredients	Common name/Botanical Name	Part Used	Ratio
	1.	Tandula	Rice/*Oryza sativa* L.	Seed	2 parts
	2.	Masha	Black gram/*Phaseolus mungo* L.	Seed	1 part
	3.	Saindhava Lavana	Rock salt	-	Q.S.
	4.	Jala	water	-	Q.S.
Method of preparation	Take flour of Masha and Tandula in required quantity, add sufficient quantity of water and mix thoroughly to prepare a smooth batter (nor too thick or thin) and keep overnight. Next morning, add required quantity of Saindhava lavana to the fermented batter and mix well. Take batter in an idly maker or steamer and subject to steaming until it is properly cooked.				
Properties	It could be useful as ruchya (imparts taste), vrishya (aphrodisiac), balya (strength promotor). It is guru (heavy in digestion) and abhishyandi (block the body channels)				
Benefits (Pathya)	-				
Precautions	-				
Special precautions	-				
Others	-				

Jali

(Spicy Raw Mango Drink)

Name of the Recipe	**9.1 Jali (Spicy Raw Mango Drink)**				
Reference	Bhavaprakash Nighantu, 12/160-161				
Category	Pana (Drinkables)				
Ingredients	Sl.No.	Name of the Ingredients	Common name/Botanical Name	Part Used	Ratio
	1.	Amra	Mango/*Mangifera indica* L.	Unripe Fruit	1 part
	2.	Rajika	Indian Mustard /*Brassica juncea* (L.) Czern. & Coss.	Seed	Q.S.
	3.	Saindhava Lavana	Rock salt	-	Q.S.
	4.	Hingu	Asfoetida/ *Ferula asfoetida* Regel.	Oleoresin gum	Q.S.
	5.	Jala	Water	-	Q.S.
Method of preparation	Prepare paste of the raw Amraphala. Then, mix with required quantity of water, macerate, filter and add the powder of Rajika, Lavana and fried Hingu.				
Properties	Ruchikaraka (impart taste), kanthya (Substance promoting health and functioning of the throat), deepana (increases digestive fire)				
Benefits (Pathya)	-				
Precautions	-				
Special precautions	-				
Others	-				

Kwathita

(Kadhi)

Name of the Recipe	10.1 Kwathika/ Kwathita (Spicy Buttermilk Curry -1)				
Reference	Bhojana Kutuhala, Siddhannaprakarana (Bhakshyavishesha), p.72; Bhavaprakash Nighantu,12/69				
Category	Pana (Drinkable)				
Ingredients	Sl.No.	Name of the Ingredients	Common name/Botanical Name	Part Used	Ratio
	1.	Haridra	Turmeric /*Curcuma longa* L.	Rhizome	1 part
	2.	Hingu	Asfoetida/ *Ferula asfoetida* Regel.	Oleo resin gum	1 part
	3.	Maricha	Black Pepper/*Piper nigrum* L.	Fruit	1 part
	4.	Ardraka	Ginger /*Zingiber officinale* Rosc.	Rhizome	1 part
	5.	Chavya	Javanese long pepper/*Piper retrofractum* Vahl.	Root	1 part
	6.	Chitraka	Leadwort/*Plumbago zeylanica* L.	Root	1 part
	7.	Pippali	Long pepper/*Piper longum* L.	Fruit	1 part
	8.	Pippalimula	Long pepper/*Piper longum* L.	Root	1 part
	9.	Dhanyaka	Coriander/*Coriandrum sativum* L.	Fruit	1 part
	10.	Ajaji	Cumin /*Cuminum cyminum* L.	Fruit	1 part
	11.	Saindhava Lavana	Rock salt	-	1 part
	12.	Dadima	Pomegranate/*Punica granatum* L.	Seed	1 part
	13.	Haritaki	Chebulic myrobalan/ *Terminalia chebula* Retz	Pericarp	1 part
	14.	Amalaki	Gooseberry/*Emblica officinalis* Gaertn.	Pericarp	1 part
	15.	Takra	Buttermilk	-	Q.S.

	16.	Taila/Ghrita	Oil/ Clarified butter	-	Q.S.
	17.	Avlehan (Vesana)	Chick pea/*Cicer arietinum* L.	-	Q.S.
Method of preparation	Heat Taila or Ghee in a frying pan. Once hot, add Haridra and Hingu, and lightly fry them. In a separate bowl, mix Takra (buttermilk) with Avlehan (gram flour or besan) and Maricha, and then add this mixture to the pan. Meanwhile, prepare a paste using equal quantities of Ardraka, Chavya, Chitraka, Pippali, Pippalimula, Dhanyaka, Ajaji, Saindhava , Jiraka , Dadima, Haritaki, Amalaki, and Hingu. Once the paste is ready, add it to the buttermilk mixture in the pan and boil the preparation thoroughly keeping on low heat until the Avlehan (gram flour or besan) is properly cooked.				
Properties	Vata kaphahara (alleviates vata and kapha), laghu (light for digestion)				
Benefits (Pathya)	It could be beneficial in Aamatisara (diarrhoea due to un-metabolized food), vatagulma (colicky pain), Kasa (cough) shwasa (dyspnoea), Agnimandhya (low digestive fire)				
Precautions	-				
Special precautions	-				
Others	-				

Name of the Recipe	**10.2 Kadhi (Spicy Buttermilk Curry -2)**				
Reference	Ayurveda Mahodadhi, Vyanjanavarga (20thvarga), Shloka-6 - 9				
Category	Pana (Drinkable)				
Ingredients	Sl.No.	Name of the Ingredients	Common name/Botanical Name	Part Used	Ratio
	1.	Maricha	Black Pepper/*Piper nigrum* L.	Fruit	1 part
	2.	Yavani	Carom /*Trachyspermumammi* (L.) Sprague	Fruit	1 part
	3.	Shunthi	Dry ginger/*Zingiber officinale* L.	Rhizome	1 part
	4.	Chavya	Javanese Long Pepper/*Piper retrofractum* Vahl.	Root	1 part
	5.	Chitraka	Leadwort/*Plumbago zeylanica* L.	Root	1 part
	6.	Pippali	Long pepper/*Piper longum* L.	Fruit	1 part
	7.	Pippalimula	Long pepper/*Piper longum* L.	Root	1 part
	8.	Dhanyaka	Coriander/*Coriandrum sativum* L.	Fruit	1 part
	9.	Ajaji	Cumin /*Cuminum cyminum* L.	Fruit	1 part
	10.	Saindhava Lavana	Rock salt	-	1 part
	11.	Sauvarchal lavana	Black salt	-	1 part
	12.	Dadima	Pomegranate/*Punica granatum* L.	Seed	1 part
	13.	Haritaki	*Chebulic myrobalan/ Terminalia chebula* Retz	Pericarp	1 part
	14.	Amalaki	Gooseberry/*Emblica officinalis* Gaertn.	Pericarp	1 part
	15.	Takra	Butter milk	-	Q.S.

	16.	Vesana (Chanaka flour)	Chick pea/*Cicer arieticum* L.	-	Q.S.
Method of preparation	Take all the ingredients in equal quantities and grind them into a fine powder. Mix this powdered mixture with Takra (buttermilk) that has been blended with Vesana (gram flour). In a separate pan, heat Ghrita or Taila and fry Haridra and Hingu. Then add the prepared Takra mixture to the pan and cook thoroughly keeping on low heat until the Avlehan (gram flour or besan) is properly cooked.				
Properties	Vata kapha shamaka (pacifies vata and kapha dosha), ruchikaraka (imparts taste), udarashulanashaka (alleviates abdominal pain)				
Benefits (Pathya)	-				
Precautions	-				
Special precautions	-				
Others	-				

Karpuranalika

(Karpura Crispy Sticks)

Name of the Recipe	11.1 Karpuranalika (Karpura Crispy Sticks)				
Reference	BhojanaKutuhala, Siddhannaprakarana (Bhakshyavishesha), p.75; Bhavaprakash Nighantu, Kritanna varga, 12/117-118				
Category	Ashita (Eatables)				
Ingredients	Sl.No.	Name of the Ingredients	Common name/Botanical Name	Part Used	Ratio
	1.	Godhuma/Samita	Fine Wheat flour/*Triticum aestivum* L.	Seed	1 part
	2.	Lavanga	Clove/*Syzygium aromaticum* (L.) Merr. & L.M.Perry	Flower bud	Q.S.
	3.	Karpura	Camphor/*Cinnamomum camphora* (L.) J.Presl	Sub. extract	Q.S.
	4.	Maricha	Black Pepper/*Piper nigrum* L.	Fruit	Q.S.
	5.	Ghrita	Clarified butter	-	Q.S.
	6.	Jala	Water	-	Q.S.
	7.	Sita	Sugar	-	Q.S.
Method of preparation	Add adequate quantity of water and Ghrita to the Samita and knead it into a smooth dough. Shape the dough into small, elongated,tubular forms (3-5cm). For preparation of filling, powder the ingredients like Lavanga, Maricha, Karpura and Sharkara and mix together. Carefully stuff the mixture inside the tubes (Nalika). Seal both ends securely by gently pressing the both edges and deep-fry the filled tubes in Ghrita until they become golden and crisp.				
Properties	It could be useful as vrishya (aphrodisiac), balakaraka (strength promotor), madhura (sweet), vatapittahara (alleviates vata and pitta), aruchihara (imparts taste) It is guru (heavy in digestion) and recommended for those with a strong digestive fire				
Benefits (Pathya)	-				
Precautions	-				
Special precautions	-				
Others	-				

Kashaya

(Herbal tea)

Common preparation method of kashayakalpana

Clean, dry and coarsely powder (Yavakuta) the ingredients as per formula. Mix well all the ingredients and add 16 times of water. Boil it over mild heat until the total quantity of water is reduced to $1/8^{th}$.

Name of the Recipe	**12.1 Lajadi Kashaya (Parched Rice Tea)**				
Reference	Vaidya Chintamani Volume-2, Daha Prakaranam, p.432				
Category	Pana (Drinkable)				
Ingredients	Sl.No.	Name of the Ingredients	Common name/Botanical Name	Part Used	Ratio
	1.	Jala	Water	-	16 parts
	2.	Laja	*Oryza sativa* L.	Parched seeds	1/4 part
	3.	Hribera	Juniper/*Juniperus communis* L.	Fruit	1/4 part
	4.	Chandana	Sandal wood/*Santalum album* L.	Heart wood	1/4 part
	5.	Ushira	Khas Khas grass/*Vetiveria zizaniodes* (L.) Nash.	Root	1/4 part
	6.	Sharkara	Normal Sugar	-	Q.S.
Method of preparation	Clean and dry all the ingredients thoroughly, then coarsely powder them (Yavakuta).Mix the powdered ingredients uniformly and add 16 times of water. Boil it over low heat until the total quantity of water is reduced to 1/8th of the original quantity.				
Properties	Sheeta (cold in potency), madhura (sweet), laghu (light for digestion)				
Benefits (Pathya)	It could be beneficial in Daha (burning sensation), Pitta Jwara (fever due to pitta dosha)				
Precautions	-				
Special precautions	-				
Others	Anupana – Sharkara (sugar)				

Krishra

(Khichdi)

Name of the Recipe	**13.1 Krishara (Khichdi)**				
Reference	Bhavaprakash Nighantu, 12/9; Bhojana Kutuhala Siddhannaprakarana, p.56.				
Category	Ashita (Eatables)				
Ingredients	Sl.No.	Name of the Ingredients	Common name/Botanical Name	Part Used	Ratio
	1.	Jala	Water	-	3 parts
	2.	Dala*	Lentils	Seed	1 part
	3.	Tandula	Rice/*Oryza sativa* L.	Seed	½ part
	4.	Ardraka	Ginger /*Zingiber officinale* Rosc.	Rhizome	Q.S.
	5.	Hingu	Asfoetida/ *Ferula asfoetida* Regel.	Oleoresin gum	Q.S.
	6.	Saindhava Lavana	Rock Salt	-	Q.S.
	7.	Ghrita	Clarified butter	-	Q.S.
	8.	Haridra	Turmeric /*Curcuma longa* L.	Rhizome	Q.S.
Method of preparation	Soak Tandula and Dala in an adequate amount of water for at least 30 minutes. Once soaked, drain the water completely and dry roast both ingredients for 4 to 5 minutes. In a separate vessel, heat Ghrita and add Hingu and Ardraka paste, then add Lavana, Haridra, roasted Tandula and Dala along with the required quantity of water. Cook the mixture over medium heat until the Tandula and Dala are soft and fully cooked.				
Properties	Balya (strength promotor), vatashamaka (pacifies vata dosha)				
Benefits (Pathya)	It could be beneficial in Daurbalya (weakness)				
Precautions	-				
Special precautions	-				
Others	-				

Ksheera

Name of the Recipe	**14.1 Golaka Dugdha (Condensed Milk without Sugar)**				
Reference	Ruchivadhu Gala Ratnamala, Shloka-21				
Category	Lidha (Lickable)				
Ingredients	Sl.No.	Name of the Ingredients	Common name/Botanical Name	Part Used	Ratio
	1.	Godugdha	Cow Milk	-	1 part
Method of preparation	Take filtered cow milk (through a sieve or cloth) in a new earthen pot. Boil the milk on low heat and then cool the milk.Repeat the process for 7 times until the whole milk thickens and form a specific spherical, firm shape.				
Properties	Madhura (sweet), sheeta (cold in potency), snigdha (unctous), guru (heavy to digest)				
Benefits (Pathya)	It could be beneficial in Daurbalya (weakness)				
Precautions	-				
Special precautions	-				
Others	-				

Name of the Recipe	**14.2 Ksheerasara (Sweetened Condensed Milk)**				
Reference	Ruchivadhu Gala Ratnamala, Shloka-20				
Category	Lidha (Lickable)				
Ingredients	Sl.No.	Name of the Ingredients	Common name/Botanical Name	Part Used	Ratio
	1.	Godugdha	Cow Milk	-	1 part
	2.	Khanda	Sugar	-	Q.S.
	3.	Maricha	Black Pepper/*Piper nigrum* L.	Fruit	Q.S.
	4.	Ela	Cardamom/*Elettaria cardamomum Maton.*	Seed	Q.S.
Method of preparation	Boil Godugdha over low heat until it reaches a thicker consistency. Mix it with required quantity of powdered Khanda, Maricha and Ela				
Properties	Katu (pungent), tikta (bitter), madhura (sweet), ruksha (dry)				
Benefits (Pathya)	-				
Precautions	-				
Special precautions	-				
Others	-				

Name of the Recipe	14.3 Narikela Ksheerika (Milky Coconut Delight)				
Reference	Kshema Kutuhala, 12/ 7-8				
Category	Ashita (Eatable)				
Ingredients	Sl.No.	Name of the Ingredients	Common name/Botanical Name	Part Used	Ratio
	1.	Godugdha	Cow Milk	-	1 part
	2.	Narikela	Coconut/*Cocos nucifera* L.	Endosperm	Q.S.
Method of preparation	Cook the grated or finely chopped fleshy portion of Narikela in Dugdha until the milk reduces and reaches a thick consistency. Once done, spread the mixture evenly and allow it to cool slightly, then cut it into small pieces.				
Properties	Madhura (sweet), sheeta (cold in potency), snigdha (unctuous)				
Benefits (Pathya)	It could be beneficial as Vrishya (aphrodisiac), Pittavatashamaka (alleviates pitta and vata dosha)				
Precautions	-				
Special precautions	-				
Others	-				

Name of the Recipe	**14.4 Yava Ksheera (Barley Milk)**				
Reference	Charaka Chikitsasthana,11/19				
Category	Pana (Drinkable)				
Ingredients	Sl.No.	Name of the Ingredients	Common name/Botanical Name	Part Used	Ratio
	1.	Godugdha	Cow Milk	-	1part
	2.	Yava	Barley/*Hordeum vulgare* L.	Seed	Q.S.
	3.	Goghrita	Clarified butter	-	Q.S.
Method of preparation	Boil Yava flour in Godugdha until properly cooked and add Ghrita to it.				
Properties	Madhura (sweet), snigdha (unctous), guru (heavy to digest)				
Benefits (Pathya)	It could be beneficial in Jwara (fever), Daha (burning sensation)				
Precautions	-				
Special precautions	-				
Others	-				

Name of the Recipe	14.5 Dugdha Kupika (Stuffed Fried Cottage Cheese Dumplings)				
Reference	Bhavaprakash Nighantu,12/132-135				
Category	Ashita (eatable)				
Ingredients	Sl.No.	Name of the Ingredients	Common name/Botanical Name	Part Used	Ratio
	1.	Godugdha	Cow milk	-	1 part
	2.	Ghrita	Clarified butter	-	Q.S.
	3.	Sharkara	Normal Sugar	-	Q.S.
	4.	Tandula	Rice/*Oryza sativa* L.	Seed	Q.S.
	5.	Karpura	Camphor/*Cinnamomum camphora* (L.) J.Presl	Sub. extract	Q.S.
Method of preparation	Prepare Chena (cottage cheese) by curdling warm milk. Add rice flour to the Chena and knead the mixture into a smooth dough. Shape the dough into 3 – 4 inch balls and deep-fry them in Ghrita until it turns golden brown. Remove the fried balls from Ghrita and allow them to cool slightly. Make a small cavity in the center of each ball, fill it with fresh Chena, and seal the opening with a portion of the dough. Fry the filled balls once again in Ghrita until evenly cooked. Finally, remove from the ghee and soak them in sugar syrup (1 – 2 thread consistency) infused with Karpura for added aroma and flavor.				
Properties	Sheeta (cold in potency), guru (heavy to digest)				
Benefits (Pathya)	It could be beneficial in Aruchi (tastelessness), Daurbalya (weakness), tripti karaka (satiating), pushtikaraka (nourishes the body) drishti karaka (enhances vision), Karshya (emaciation), Vrishya (aphrodisiac), Shukrakshaya (deficiency of semen)				
Precautions	It is not recommended in the condition such as diabetes				
Special precautions	-				
Others	-				

Name of the Recipe	**14.6 Sugandhit Ksheera (Aroma Infused Milk)**				
Reference	Pakadarpanam, 10/11-21, p.109-110				
Category	Lidha (Lickable)				
Ingredients	Sl.No.	Name of the Ingredients	Common name/Botanical Name	Part Used	Ratio
	1.	Mahishi Ksheera	Buffalo Milk	-	1 part
	2.	Ketaki	Thatch screw pine/*Pandanus tectorius* Soland.	Flower	Q.S.
	3.	Madhu	Honey	-	Q.S.
	4.	Ardraka	Ginger /*Zingiber officinale* Rosc.	Rhizome	Q.S.
	5.	Sharkara	Normal Sugar	-	Q.S.
	6.	Kadali	Banana/*Musa paradisiaca* L.	Fruit	Q.S.
	7.	Ghrita	Clarified butter	-	Q.S.
	8.	Amra phala	Mango/*Mangifera indica* L.	Fruit	Q.S.
	9.	Jati	Jasmine/*Jasminum officinale* L.	Flower	Q.S.
	10.	Dadima	Pomegranate/*Punica granatum* L.	Flower	Q.S.
	11.	Punnaga	Ball tree/*Calophyllum inophyllum* L.	Flower	Q.S.
	12.	Tandula	Rice/*Oryza sativa* L.	Seed	Q.S.
	13.	Khajura	Dates/*Phoenix Dactylifera* L.	Fruit	Q.S.

Method of preparation	Take Ksheera in a vessel and heat it gently over a low heat while continuously stirring with a ladle. This initial stage is considered the first type of Ksheerapaka. When the milk is further reduced to half or one-third of its original quantity, it is termed Lehya. After reduction to one-sixth of its original quantity, it is known as Ghatika, and when reduced to one-eighth, it is referred to as Sharkara. Each of these four preparations should be collected separately in individual vessels. Specific fruits and flowers are to be added to each type as follows: • **Ksheerapaka (first type):** Add small pieces of Ardraka along with aromatic flowers such as Jati and others. • **Lehya (second type):** Incorporate Kharjura and flowers of Punnaga. • **Ghatika (third type):** Add Amraphala, Ghṛita, Madhu, flowers of Dadima and cooked rice. • **Sharkara (fourth type):** Add Kadaliphala, Sharkara, flowers of Punnaga, Karpura and Kasturi Before serving, all floral components should be carefully removed from the milk preparations to enhance palatability.
Properties	Madhura (sweet), guru (heavy to digest) , sheeta (cold in potency)
Benefits (Pathya)	It could be beneficial as Sarvadoshahara (alleviates all the three doshas).
Precautions	It is not recommended in diabetes
Special precautions	-
Others	Anupana - Normal water/ luke warm water

Name of the Recipe	14.7 Ksheerapaka (Mystic milk Quartet)				
Reference	Pakadarpanam, 10/ 3-9				
Category	Pana (drinkable)				
Ingredients	Sl.No.	Name of the Ingredients	Common name/Botanical Name	Part Used	Ratio
	1.	Mahishi Ksheera	Buffalo Milk	-	1 part
	2.	Sugandhita pushpa*	Aromatic Flowers	Flower	Q.S.
	3.	Jala	Water	-	Q.S.
	4.	Sharkara	Normal Sugar	-	Q.S.
Method of preparation	Take clean water in a vessel and add aromatic flowers to it. Keep it for some time so that the fragrance of the flowers infuses into the water. Once the water becomes pleasantly aromatic, discard the flowers. Add an equal quantity of Mahishi Ksheera to the fragrant water and cook the mixture over low heat, stirring continuously with a ladle. Continue cooking until the water completely evaporates. Once this stage is reached, cover the vessel with a lid and place it over a charcoal fire to allow further slow cooking or infusion.				
Properties	Madhura (sweet), guru (heavy to digest) ,sheeta (cold in potency), snigdha (unctuous)				
Benefits (Pathya)	It could be beneficial as Vrishya (aphrodisiac), Pittadoshahara (alleviates pitta dosha), Balavarddhaka (strength promotor), Shramahara (removes fatigue), Buddhi-indriyabalya (promotes intellect and nourish all senses)				
Precautions	It is not recommended in diabetes				
Special precautions	-				
Others	-				

***Sugandhit pushpa -** ketaki (*Pandanus tectorius*), Jati (*Jasminum officinale*) etc.

Kulmasha

Name of the Recipe	**15.1 Kulmasha (Barley Savory Discs)**				
Reference	Kaiyadeva Nighantu, 5/161-163, p.426				
Category	Ashita (Eatables)				
Ingredients	Sl.No.	Name of the Ingredients	Common name/Botanical Name	Part Used	Ratio
	1.	Yava	Barley/*Hordeum vulgare* L.	Seed	1 part
	2.	Ushna Jala	Hot water	-	Q.S.
	3.	Saindhava Lavana	Rock Salt	-	Q.S.
	4.	Sarshapa Taila	Mustard/*Brassica campestris* L.	-	Q.S.
Method of preparation	Take Yava flour and mix it with the required amount of Saindhava Lavana and Sarshapa Taila. Gradually add sufficient hot water and knead well to form a smooth dough. Shape the dough into small, round discs (2-3 inches) and steam them until fully cooked. Once done, remove from heat. Kulmasha can be prepared using Mudga or Masha in place of Yava.				
Properties	Guru (heavy to digest), ruksha (dry), vatavardhaka (aggravates vata dosha, malbhedka (penetrating).				
Benefits (Pathya)	It could be beneficial in Malabadhata (constipation)				
Precautions	-				
Special precautions	-				
Others	-				

Lapsika

(Sweet Porridge)

Name of the Recipe	**16.1 Lapsika (Sweet Porridge)**				
Reference	Bhavaprakash Nighantu, 12/28				
Category	Lidha (Lickable)				
Ingredients	Sl.No.	Name of the Ingredients	Common name/Botanical Name	Part Used	Ratio
	1.	Samita	Fine Wheat flour/*Triticum aestivum* L.	Seed	1 part
	2.	Ghrita	Clarified butter	-	Q.S.
	3.	Jala	Water	-	Q.S.
	4.	Sharkara	Normal Sugar	-	Q.S.
	5.	Saindhava Lavana	Rock Salt	-	Q.S.
	6.	Maricha	Black Pepper/*Piper nigrum* L.	Fruit	Q.S.
Method of preparation	Fry Samita flour in required quantity of Ghrita. Add Sharkara to fried Samita and mix well. Add sufficient quantity of water to it, keeping over low heat and cook until it becomes semisolid. Add Saindhava Lavana and Maricha to it, mix well and remove from heat.				
Properties	Brimhana (nourishes the body tissues), balya (strength promotor), vata pitta nashaka (alleviates vata and pitta dosha), snigdha (unctuous), kapha kara (aggravates kapha dosha), guru (heavy to digest), rochani (imparts taste), tarpani (nourishes)				
Benefits (Pathya)	-				
Precautions	It is not recommended in diabetes				
Special precautions	-				
Others	-				

Manda

Name of the Recipe	17.1 Manda (Cooked Rice Water)				
Reference	Kaiyadeva Nighantu, 5/47-50, p.409				
Category	Pana (Drinkable)				
Ingredients	Sl.No.	Name of the Ingredients	Common name/Botanical Name	Part Used	Ratio
	1.	Jala	Water	-	14 parts
	2.	Tandula	Rice/*Oryza sativa* L.	Seed	1 part
Method of preparation	Cook Tandula in 14 times of water, boil it over low heat, until Tandula is properly cooked or softened. strain and collect the supernatant liquid into a separate vessel.				
Properties	Agnivardhaka (stimulates digestive fire), laghu (light for digestion), vatanulomaka (normal course of movement of flatus), grahi (absorbtive action), pachaka (easy to digest), dhatusamyaka (maintains equilibrium of body), swedakaraka (induces perspiration), shramanashaka (relieves fatigue) and trishnanashaka (alleviates thirst)				
Benefits (Pathya)	It could be beneficial in Atisara (diarrhoea), Jwara (fever), Ashmari (urolithiasis)				
Precautions	-				
Special precautions	-				
Others	-				

Name of the Recipe	17.2 Mudgadi Manda (Cooked Green Gram Rice Water)				
Reference	Gada Nigraha, Part 2, Kayachikitsa khanda, 5/34-36, p. 248; Shodhala Nighantu, Shloka- 959-960, p.408				
Category	Pana (Drinkables)				
Ingredients	Sl.No.	Name of the Ingredients	Common name/Botanical Name	Part Used	Ratio
	1.	Jala	Water	-	12 parts
	2.	Tandula	Rice/*Oryza sativa* L.	Seed	2 parts
	3.	Takra	Buttermilk	-	2 parts
	4.	Mudga	Green gram/*Phaseolus radiatus* L.	Seed	1 part
	5.	Dhanyaka	Coriander/*Coriandrum sativum* L.	Fruit	Q.S.
	6.	Saindhava Lavana	Rock Salt	-	Q.S.
	7.	Hingu	Asfoetida/ *Ferula asfoetida* Regel.	Oleo resin Gum	Q.S.
	8.	Taila	Oil	-	Q.S.
Method of preparation	Take Tandula and Mudga in required quantity in a vessel, add required quantity of water and takra to it. Boil it over low heat, until the Tandula and Mudga is properly cooked or softened. Strain and collect the supernatant liquid into a separate vessel and add powdered Saindhava, Dhanyaka and Hingu .				
Properties	It helps to maintain Samagni (normal digestive fire) . It is agnivardhaka (stimulates digestive fire), bastishodhaka (cleanses the urinary bladder), raktavardhaka (increase the amount of blood), jwarahara (eliminates fever), kaphapittashamaka (pacifies kapha pitta dosha), vatashamaka (pacifies vata dosha).				
Benefits (Pathya)	It could be beneficial in Vishamagni (impaired digestive fire), Mandagni (low digestive fire), Jwara (fever)				
Precautions	-				
Special precautions	-				
Others	-				

Name of the Recipe	**17.3 Vatya Manda (Cooked Barley Water)**				
Reference	Sharngadhara Samhita, (Madhyam Khanda) 2/175, p.162				
Category	Pana (Drinkable)				
Ingredients	Sl.No.	Name of the Ingredients	Common name/Botanical Name	Part Used	Ratio
	1.	Jala	Water	-	14 parts
	2.	Yava	Barley/*Hordeum vulgare* L.	Seed	1 part
Method of preparation	Take Yava, add 14 times of water, boil it over low heat, until Yava is properly cooked or softened. Strain and collect the supernatant liquid into a separate vessel.				
Properties	Kapha Pittanashaka (alleviates kapha and pitta dosha), sheeta (cold in potency), madhura (sweet)				
Benefits (Pathya)	It could be beneficial as Kanthya (substance promoting health and functioning of the throat), Raktapittaprasadaka (clears the blood and bile)				
Precautions	-				
Special precautions	-				
Others	-				

Name of the Recipe	17.4 Laja Manda (Cooked Parched Rice Water)				
Reference	Sharngadhara Samhita, (Madhyam Khanda) 2/176, Sushruta Sutrasthana 46/342.				
Category	Pana (Drinkable)				
Ingredients	Sl.No.	Name of the Ingredients	Common name/Botanical Name	Part Used	Ratio
	1.	Jala	Water	-	14 parts
	2.	Laja	*Oryza sativa* L.	Parched seed	1 part
Method of preparation	Take Laja, add 14 times of water, and boil it over low heat, until Laja is properly cooked or softened. Strain and collect the supernatant liquid into a separate vessel.				
Properties	Laghu (light for digestion), kaphapittanashaka (alleviates kapha and pitta dosha), grahi (absorbtive action).				
Benefits (Pathya)	It could be beneficial in Trishna (thirst), Jwara (fever)				
Precautions	-				
Special precautions	-				
Others	-				

Name of the Recipe	17.5 Mudgayavadi Manda (Cooked Multigrain Rice Water)				
Reference	Kashyapa Kalpasthana, Bhojankalpadhyaya, Shloka 73-74				
Category	Pana (Drinkable)				
Ingredients	Sl.No.	Name of the Ingredients	Common name/Botanical Name	Part Used	Ratio
	1.	Jala	Water	-	14 parts
	2.	Tandula	Rice/*Oryza sativa* L.	Seed	¼ part
	3.	Mudga	Green gram/*Phaseolus radiatus* L.	Seed	¼ part
	4.	Yava	Barley/*Hordeum vulgare* L.	Seed	¼ part
	5.	Laja	*Oryza sativa* L.	Parched seed	¼ part
Method of preparation	Take Tandula, Mudga, Yava and Laja in required quantity, add 14 times of water, boil it over low heat, until rice etc are properly cooked or softened. Strain and collect the supernatant liquid into a separate vessel.				
Properties	-				
Benefits (Pathya)	It could be beneficial in attaining Bala (strength), Prakrutistha Indriya (normalcy of all indriyas).				
Precautions	-				
Special precautions	-				
Others	-				

Name of the Recipe	**17.6 Mudga Ardrakadi Manda (Ginger Flavoured Green Gram Hot Water)**				
Reference	Kashyapa Kalpasthana, Visheshkalpadhyaya, Shloka-100				
Category	Pana (Drinkable)				
Ingredients	Sl.No.	Name of the Ingredients	Common name/Botanical Name	Part Used	Ratio
	1.	Jala	Water	-	14 parts
	2.	Mudga	Green gram/*Phaseolus radiatus* L.	Seed	1 part
	3.	Ardraka	Ginger /*Zingiber officinale* Rosc.	Rhizome	Q.S.
	4.	Maricha	Black Pepper/*Piper nigrum* L.	Fruit	Q.S.
	5.	Sauvarchala Lavana	Black salt	-	Q.S.
	6.	Saindhava Lavana	Rock salt	-	Q.S.
Method of preparation	Take Mudga, add 14 times of water, and boil it over low heat, until Mudga is properly cooked or softened. Strain and collect the supernatant liquid into a separate vessel and add required quantity of crushed Ardraka, powdered Maricha, Sauvarchala lavana and Saindhava lavana.				
Properties	-				
Benefits (Pathya)	It could be beneficial in Sannipatika jwara (fever due to all three doshas), Kaphadhikya (increased kapha dosha)				
Precautions	-				
Special precautions	-				
Others	-				

Name of the Recipe	**17.7 Mudga Manda (Spicy Green Gram Water)**				
Reference	Kashyapa Kalpasthana, Bhojankalpadhyaya Shloka-70				
Category	Pana (Drinkable)				
Ingredients	Sl.No.	Name of the Ingredients	Common name/Botanical Name	Part Used	Ratio
	1.	Jala	Water	-	14 parts
	2.	Mudga	Green gram/*Phaseolus radiatus* L.	Seed	1part
	3.	Saindhava Lavana	Rock salt	-	Q.S.
	4.	Shunthi	Dry ginger/*Zingiber officinale* L.	Rhizome	Q.S.
	5.	Maricha	Black Pepper/*Piper nigrum* L.	Fruit	Q.S.
	6.	Pippali	Long pepper/*Piper longum* L.	Fruit	Q.S.
Method of preparation	Take Mudga, add 14 times of water, boil it over low heat, until mudga is properly cooked or softened. Strain and collect the supernatant liquid into a separate vessel and add required quantity of powdered Shunthi, Maricha, Pippali and Saindhava lavana.				
Properties	Tikta (bitter), katu (pungent), ushna (hot in potency), ruksha (dry), kaphashamaka (pacifies kapha dosha)				
Benefits (Pathya)	-				
Precautions	-				
Special precautions	-				
Others	-				

Mantha

(Cereal/Fruit based drink)

Common preparation method of Mantha-
Grind all the ingredients into a paste and soak them in four times the amount of water for 2-3 hours. Subsequently, churn the mixture thoroughly and filter it.

Name of the Recipe	**18.1 Yavsaktu Mantha (Barley Drink)**				
Reference	Madanpala Nighantu,11/99-100; Sharngadhara Samhita (Madhyam Khanda), 3/12; Shodhala Nighantu, Guna sangrahakritanna varga, 23/1025; Sushruta Sutrasthana, 46/385-387				
Category	Pana (Drinkable)				
Ingredients	Sl.No.	Name of the Ingredients	Common name/Botanical Name	Part Used	Ratio
	1.	Jala	Water	-	4 parts
	2.	Yava	Barley/*Hordeum vulgare* L.	Seed	1 part
	3.	Ghrita	Clarified butter	-	Q.S.
Method of preparation	Roast and grind Yava into fine powder to prepare Saktu, add required quantity of Ghrita, mix throroughly and add four times of water. Subsequently, churn the mixture and filter it.				
Properties	Laghu (light for digestion), ruksha (dry), sheeta (cold in potency), madhura (sweet), bala karaka (strength promoting)				
Benefits (Pathya)	It could be beneficial in Trishna (thirst), Kshaya (phthisis), Chhardi (emesis), Kushtha (skin disease), Daha (burning sensation), Shrama (fatigue)				
Precautions	-				
Special precautions	-				
Others	-				

Name of the Recipe	**18.2 Kharjuradi Mantha (Energy Drink)**				
Reference	Sharngadhara Samhita (Madhyam Khand), 3/10; Yoga Ratnakara, Panatyaya Chikitsa, Shloka-47; Gada Nigraha, Part-2, Kayachikitsa Khanda 17/27				
Category	Pana (Drinkable)				
Ingredients	Sl.No.	Name of the Ingredients	Common name/Botanical Name	Part Used	Ratio
	1.	Jala	Water	-	4 parts
	2.	Kharjura	Dates/*Phoenix dactylifera* L.	Fruit	1/6 Part
	3.	Dadima	Pomegranate/*Punica granatum* L..	Fruit	1/6 Part
	4.	Draksha	Raisins/*Vitis vinifera* L.	Fruit	1/6 Part
	5.	Amlika	Tamarind/*Tamarindus indica* L.	Fruit	1/6 Part
	6.	Amalaki	Gooseberry/*Emblica officinalis* Gaertn.	Pericarp	1/6 Part
	7.	Parushaka	Sherbet Berry /*Grewia asiatica* L.	Fruit	1/6 Part
Method of preparation	Grind all the ingredients into a paste and add four times water and soak for 2-3 hours. Subsequently, churn the mixture and filter it.				
Properties	Guru (heavy to digest), madhura (sweet), amla (sour), anulomaka (normal course of movement of flatus and faeces), snigdha (unctuous), balya (strength promotor)				
Benefits (Pathya)	It could be beneficial in Madyavikara (alcoholism)				
Precautions	-				
Special precautions	-				
Others	-				

Name of the Recipe	18.3 Masuradi Mantha (Lentil Drink)				
Reference	Sharngadhara Samhita (Madhyam Khanda), 3/11				
Category	Pana (Drinkable)				
Ingredients	Sl.No.	Name of the Ingredients	Common name/Botanical Name	Part Used	Ratio
	1.	Jala	Water	-	4 parts
	2.	Masura	Lentil/*Lens culinaris* Medic	Seed	1 part
	3.	Madhu	Honey	-	Q.S.
	4.	Dadima	Pomegranate/*Punica granatum* L.	Seed	Q.S.
Method of preparation	Grind cooked Masura and Dadima into a paste and add four times water Subsequently, churn the mixture, filter it and add required quantity of Madhu.				
Properties	Ruksha (dry), tikta (bitter), amla (sour), purishsangrahaniya (Making the faeces more solid) , deepana (increases digestive fire), pachaka (easy to digest), ruchikara (impart taste)				
Benefits (Pathya)	It could be beneficial in Tridoshaja Chhardi (emesis due to all doshas)				
Precautions	-				
Special precautions	-				
Others	-				

Name of the Recipe	18.4 Godadhi Mantha (Processed Curd based Drink)				
Reference	Yoga Ratnakara, Panatyaya Chikitsa, Shloka-48				
Category	Pana (Drinkable)				
Ingredients	Sl.No.	Name of the Ingredients	Common name/Botanical Name	Part Used	Ratio
	1.	Jala	Water	-	4 parts
	2.	Godadhi	Curd	-	1 part
	3.	Taila	Oil	-	Q.S.
	4.	Karpura	*Camphor/Cinnamomum camphora* (L.) J.Presl	Sub. extract	Q.S.
Method of preparation	Take Godadhi and add four times of water and churn the mixture well. Subsequently add required quantities of Taila and powdered Karpura and mix well.				
Properties	Tikta (bitter), katu (pungent), snigdha (unctuous)				
Benefits (Pathya)	It could be beneficial in Panatyaya (alcohol intoxication)				
Precautions	-				
Special precautions	-				
Others	-				

Name of the Recipe	**18.5 Panchasara Mantha (Fruit Fusion Drink)**				
Reference	Asthanga Samgraha, Chikitsasthana, 3/18-19; Asthanga Hridaya, Chikitsasthana, 2/14-15				
Category	Pana (Drinkable)				
Ingredients	Sl.No.	Name of the Ingredients	Common name/Botanical Name	Part Used	Ratio
	1.	Jala	Water	-	4 parts
	2.	Kharjura	Dates/*Phoenix dactylifera* L.	Fruit	1/3 part
	3.	Mridvika	Raisins/*Vitis vinifera* L.	Fruit	1/3 part
	4.	Parushaka	Sherbet Berry /*Grewia asiatica* L.	Fruit	1/3 part
	5.	Madhu	Honey	-	Q.S.
	6.	Sita	Sugar candy	-	Q.S.
Method of preparation	Grind Kharjura, Mridvika and Parushaka into a paste, add four times water and soak for 2-3 hours. Subsequently, churn the mixture thoroughly, filter it, and add required quantity of Madhu and Sita.				
Properties	Madhura (sweet), sheeta (cold in potency), balya (strength promotor), pachana (easy to digest)				
Benefits (Pathya)	It could be beneficial in Daha (burning sensation in body), Daurbalya (weakness)				
Precautions	It is not recommended in diabetes				
Special precautions	-				
Others	In case of Mandagni and Amlabhilasha, Dadima and Amalaki shall be added to the recipe. Anupana - Ghrita and Laja				

Name of the Recipe	18.6 Godhuma Mantha (Wheat based Drink)				
Reference	Charaka Chikitsasthana, 15/226				
Category	Pana (Drinkable)				
Ingredients	Sl.No.	Name of the Ingredients	Common name/Botanical Name	Part Used	Ratio
	1.	Jala	Water	-	4 parts
	2.	Godhuma	Wheat/*Triticum aestivum* L.	Seed	1 part
	3.	Sharkara	Normal Sugar	-	Q.S.
	4.	Ghrita	Clarified butter	-	Q.S.
Method of preparation	Grind Godhuma into fine powder and fry in Ghrita. Add four times water, churn the mixture thoroughly and filter it then add Sharkara.				
Properties	Madhura (sweet), sheeta (cold in potency), snigdha (unctuous)				
Benefits (Pathya)	It could be beneficial in Atyagni (increased digestive fire)				
Precautions	It is not recommended in diabetes				
Special precautions	-				
Others	-				

Name of the Recipe	18.7 Dadimadi Mantha (Amla Pomegranate Drink)				
Reference	Ashtanga Hridaya, ChikitsaSthana, 2/15				
Category	Pana (drinkable)				
Ingredients	Sl.No.	Name of the Ingredients	Common name/Botanical Name	Part Used	Ratio
	1.	Jala	Water	-	4 parts
	2.	Dadima	Pomegranate/*Punica granatum* L.	Seed	½ part
	3.	Amalaki	Gooseberry/*Emblica officinalis* Gaertn.	Pericarp	½ part
Method of preparation	Grind Dadima and Amalaki into a paste, add four times water and soak for 2-3 hours. Subsequently, churn the mixture thoroughly and filter it.				
Properties	Amla (sour), ushna (hot in potency), ruchivardhaka (imparts taste), pachana (easy to digest), kaphavatashamaka (pacifies kapha and vata dosha)				
Benefits (Pathya)	It could be beneficial in Jatharagnimandhya (low digestive fire), Raktapitta (bleeding disorders)				
Precautions	-				
Special precautions	-				
Others	-				

Mashendri

(Spiced Black Gram Fritters)

Name of the Recipe	**19.1 Mashendri (Spiced Black Gram Fritters)**				
Reference	Ruchivadhu Gala Ratnamala, Shloka-23				
Category	Ashita (Eatables)				
Ingredients	Sl.No.	Name of the Ingredients	Common name/Botanical Name	Part Used	Ratio
	1.	Masha	Black gram/*Phaseolus mungo* L.	Seed	1 part
	2.	Hingu	Asfoetida/ *Ferula asfoetida* Regel.	Oleo resin Gum	Q.S.
	3.	Ardraka	Ginger /*Zingiber officinale* Rosc.	Rhizome	Q.S.
	4.	Jiraka	Cumin /*Cuminum cyminum* L.	Fruit	Q.S.
	5.	Jala	Water	-	Q.S.
	6.	Taila	Oil	-	Q.S.
Method of preparation	Take Masha flour and add required quantity of powdered Hingu , Jiraka, and Ardraka paste. Mix the ingredients thoroughly. Gradually add required amount of water and prepare a smooth dough. Prepare small and uniform balls (2 inches) from dough and deep-fry them in an adequate quantity of Taila until balls becomes golden and crispy.				
Properties	Katu (pungent), amla (sour), ushna (hot in potency)				
Benefits (Pathya)	It could be beneficial in Aruchi (tastelessness), Daurbalya (weakness)				
Precautions	-				
Special precautions	-				
Others	-				

Modaka

(Laddu/Sweet Balls)

Name of the Recipe	20.1 Sevika Modaka (Sweet Vermicelli Balls)				
Reference	Bhavaprakash Nighantu,12/126				
Category	Ashita (Eatables)				
Ingredients	Sl.No.	Name of the Ingredients	Common name/Botanical Name	Part Used	Ratio
	1.	Samita	Fine Wheat flour/*Triticum aestivum* L.	Seed	1 part
	2.	Ghrita	Clarified butter	-	Q.S.
	3.	Sharkara	Normal Sugar	-	Q.S.
Method of preparation	Add Ghrita to Samita and mix thoroughly to prepare a smooth dough. Shape the dough into fine threads resembling vermicelli. Deep-fry the strands in Ghrita until crispy and golden. Once fried, immerse them in sugar syrup (one thread consistency) for proper absorption. Once soaked, remove the strands from sugar syrup and prepare small balls/ Modaka as desired.				
Properties	Snigdha (unctuous), madhura (sweet), guru (heavy to digest)				
Benefits (Pathya)	It could be beneficial in Aruchi (tastelessness), Daurbalya (weakness), Karshya (emaciation), Shukrakshaya (deficiency of semen).				
Precautions	It is not recommended in diabetes				
Special precautions	-				
Others	-				

Name of the Recipe	20.2 Mudga Modaka (Sweet Green Gram Balls)				
Reference	Bhavaprakash Nighantu,12/128				
Category	Ashita (Eatables)				
Ingredients	Sl.No.	Name of the Ingredients	Common name/Botanical Name	Part Used	Ratio
	1.	Mudga	Green gram/*Phaseolus radiatus* L.	Seed	1 part
	2.	Ghrita	Clarified butter	-	Q.S.
	3.	Sharkara	Normal Sugar	-	Q.S.
	4.	Jala	water	-	Q.S.
Method of preparation	Take Mudga (green gram) flour, add required quantity of water and prepare a smooth flowing batter. Heat Ghrita in a wide-mouthed iron pan. Pour the batter through a perforated ladle or sieve, allowing it to fall drop by drop into the hot Ghrita. Fry until the droplets are well-cooked and golden. Remove them from the ghee and immerse in Sitapaka (sugar syrup-one thread consistency) for adequate absorption. Once soaked, take them out and prepare small balls (Modaka).				
Properties	Laghu (light for digestion), grahi (absorbtive action), tridoshanashaka (alleviates all three doshas), madhura (sweet), sheetala (cold in potency), ruchi karaka (impart taste), chakshushya (enhances vision), balya (strength promotor), tarpana (saturating)				
Benefits (Pathya)	It could be beneficial in Jwara (fever), Aruchi (tastelessness), Daurbalya (weakness), Netra roga (eye diseases)				
Precautions	It is not recommended in diabetes				
Special precautions	-				
Others	-				

Name of the Recipe	20.3 Vesana Modaka (Sweet Gram Flour Balls)				
Reference	Bhavaprakash Nighantu, 12/131; Bhojana Kutuhalam, Sidhannaprakarana, Bhakshya Vishesha p.79				
Category	Ashita (Eatables)				
Ingredients	Sl.No.	Name of the Ingredients	Common name/Botanical Name	Part Used	Ratio
	1.	Vesana /Chanaka	Chick pea/ *Cicer arietinum* L.	Seed	1 part
	5.	Ghrita	Clarified butter	-	Q.S.
	6.	Sharkara	Normal Sugar	-	Q.S.
	7.	Jala	Water	-	Q.S.
Method of preparation	Take Vesana (gram flour) flour, add required quantity of water and prepare a smooth flowing batter. Heat Ghrita in a wide-mouthed iron pan. Pour the batter through a perforated ladle or sieve, allowing it to fall drop by drop into the hot Ghrita. Fry the droplets until they are well-cooked and golden. Remove them from the ghee and immerse in Sitapaka (sugar syrup- one thread consistency) for adequate soaking. After sufficient absorption, take them out and prepare small balls (Modaka).				
Properties	Balya (strength promotor), laghu (light for digestion), sheeta (cold in potency), vata karaka (aggravates vata dosha), kapha nashaka (alleviates kapha dosha)				
Benefits (Pathya)	It could be beneficial in Jwara (fever), Pitta raktavikara (bleeding disorder)				
Precautions	-				
Special precautions	-				
Others	-				

Name of the Recipe	20.4 Swalpasurana Modaka (Sweetened Ginger pepper Balls)				
Reference	Chakradatta, 5/ 46-47				
Category	Ashita (Eatables)				
Ingredients	Sl.No.	Name of the Ingredients	Common name/Botanical Name	Part Used	Ratio
	1.	Guda	Jaggery	-	15 parts
	2.	Surana	Elephant Foot Yam/*Amorphophallus campanulatus* Blume	Corm	8 parts
	3.	Chitraka	Leadwort/*Plumbago zeylanica* L.	Root	4 parts
	4.	Shunthi	Dry ginger/ *Zingiber officinale* L.	Rhizome	2 parts
	5.	Maricha	Black Pepper/*Piper nigrum* L.	Fruit	1 part
Method of preparation	Take required quantity of boiled and mashed Surana. Add required quantiy of powdered Maricha, Shunti, Chitraka and Guda to the mashed yam. Mix them thoroughly, and prepare small balls (Modaka).				
Properties	Jatharagni deepaka (stimulates digestive fire)				
Benefits (Pathya)	It could be beneficial in Udara shoola (abdomen pain), Gulma (abdominal lump), all types of Arsha (piles), Shleepada (filariasis).				
Precautions	-				
Special precautions	-				
Others	-				

Name of the Recipe	20.5 Sindhutthadi Modaka (Sweet and Spicy Balls)				
Reference	Chakradatta, 6/13				
Category	Ashita (Eatables)				
Ingredients	Sl.No.	Name of the Ingredients	Common name/Botanical Name	Part Used	Ratio
	1.	Guda	Jaggery	-	9 parts
	2.	Saindhava lavana	Rock salt	-	1 part
	3.	Hingu	Asfoetida/ *Ferula asfoetida* Regel.	Oleo resin Gum	1 part
	4.	Haritaki	*Chebulic myrobalan/ Terminalia chebula* Retz	Pericarp	1 part
	5.	Vibhitaki	Belliric myrobalan /*Terminalia bellirica* L.	Pericarp	1 part
	6.	Amalaki	Gooseberry/*Emblica officinalis* Gaertn.	Pericarp	1 part
	7.	Yavani	Carom /*Trachyspermumammi* (L.) Sprague	Fruit	1 part
	8.	Shunthi	Dry ginger/ *Zingiber officinale* L.	Rhizome	1 part
	9.	Pippali	Long pepper/*Piper longum* L.	Fruit	1 part
	10.	Maricha	Black Pepper/*Piper nigrum* L.	Fruit	1 part
Method of preparation	Take all the ingredients in the specified quantity, powder and mix them thoroughly, and prepare small balls (Modaka).				
Properties	Jatharagni deepaka (stimulates digestive fire)				
Benefits (Pathya)	It could be beneficial in Agnimandhya (low digestive fire)				
Precautions	-				
Special precautions	-				
Others	-				

Name of the Recipe	20.6 Methika Modaka (Sweet Fenugreek Balls)					
Reference	Abhinava Chintamani, 64/92-95					
Category	Ashita (Eatables)					
Ingredients	Sl.No.	Name of the Ingredients		Common name/Botanical Name	Part Used	Ratio
	1.	Methika		Fenugreek/*Trigonella foenum* graecum L.	Seed	11 parts
	2.	Jiraka		Cumin /*Cuminum cyminum* L.	Fruit	1 part
	3.	Mustaka		Nutgrass/*Cyperus rotundus* L.	Rhizome	1 part
	4.	Yavani		Carom /*Trachyspermum ammi* (L.) Sprague	Fruit	1 part
	5.	Dhanyaka		Coriander/*Coriandrum sativum* L.	Fruit	1 part
	6.	Jatiphala		Nutmeg/ *Myristica fragrans* Houtt	Fruit	1 part
	7.	Shringi		Zebrawood/*Pistacia integerrima* Stewart ex Brandis	Gall	1 part
	8.	Katphala		Himalayan bayberry/*Myrica esculenta* Buch-Ham.	Fruit	1 part
	9.	Pushkarmula		Orris root/*Inula racemosa* Hook. f.	Root	1 part
	10.	Talisa		Himalayan silver fir/*Abies webbiana* Lindl.	Leaves	1 part
	11.	Trikatu	Shunthi	Dry ginger/ *Zingiber officinale* L.	Rhizome	1/3 part

			Maricha	Black Pepper/*Piper nigrum* L.	Fruit	1/3 part
			Pippali	Long pepper/*Piper longum* L.	Fruit	1/3 part
	12.	Chaturjata	Twak	Cinnamon/*Cinnamomum zeylanicum* Blume	Stem bark	¼ part
			Ela	Cardamom/*Elettaria cardamomum* Maton.	Seed	¼ part
			Patra	Indian bay leaf/*Cinnamomum tamala* (Buch.-Ham.) T.Nees & C.H.Eberm.	Leaves	¼ part
			Nagakesara	Cobra saffron/*Messua ferrea* L.	Stamen	¼ part
	13.	Saindhava Lavana		Rock Salt	-	Q.S.
	14.	Vida Lavana		Black salt	-	Q.S.
	15.	Guda		Jaggery	-	Q.S.
	16.	Madhu		Honey	-	Q.S.
	17.	Ghrita		Clarified butter	-	Q.S.
Method of preparation	Take all the ingredients in the specified quantity, powder and mix them thoroughly.Add required quantity of Guda, Madhu and Ghrita to the mixture and prepare small balls (Modaka) of it.					
Properties	Vipul varna prabha (enhances complexion), swarya (improves voice), Medhya (promotes intellect), agnivardhaka (stimulates digestive fire).					
Benefits (Pathya)	It could be beneficial in Jeerna jwara (chronic fever)					
Precautions	It is not recommended in diabetes					
Special precautions	-					
Others	-					

Name of the Recipe	20.7 Churma Modaka (Sweet Crushed Wheat Balls)				
Reference	Bhojana Kutuhala, Siddhannaprakrana (Bhakshyavishesha), p.81.				
Category	Ashita (Eatables)				
Ingredients	Sl.No.	Name of the Ingredients	Common name/Botanical Name	Part Used	Ratio
	1.	Samita	Fine Wheat flour/*Triticum aestivum* L.	Seed	1 part
	2.	Karpura	Camphor/*Cinnamomum camphora* (L.) J.Presl	Sub. extract	Q.S.
	3.	Ghrita	Clarified butter	-	Q.S.
	4.	Sharkara	Normal Sugar	-	Q.S.
Method of preparation	Mix Ghrita with Samita and prepare Angarakarkati. Once prepared, powder it finely and add an adequate quantity of Ghrita, Sharkara and Karpura. Mix all the ingredients thoroughly to form a uniform mixture, then prepare small balls (Modaka).				
Properties	-				
Benefits (Pathya)	-				
Precautions	It is not recommended in diabetes				
Special precautions	-				
Others	-				

Name of the Recipe	**20.8 Dravaka Modaka (Milky Wheat Balls)**				
Reference	Bhojana Kutuhala, Siddhannaprakarana (Bhakshyavishesha) p.81				
Category	Ashita (Eatables)				
Ingredients	Sl.No.	Name of the Ingredients	Common name/Botanical Name	Part Used	Ratio
	1.	Samita	Fine Wheat flour/*Triticum aestivum* L.	Seed	1 part
	2.	Sharkara	Normal Sugar	-	1 part
	3.	Ghrita	Clarified butter	-	Q.S.
	4.	Dugdha	Milk	-	Q.S.
Method of preparation	Take Samita, add required amount of Dugdha and Ghrita, mix together to prepare thin batter. Cook the batter over low heat, once half-cooked, add the required amount of ghrita and continue cooking until it reaches thicker consistency. Remove from fire, place the mixture in a cool place and add an equal amount of sugar, mix thoroughly, and prepare small balls (Modaka).				
Properties	Pittashamaka (alleviates pitta), ruchikara (imparts taste) and vrishya (aphrodisiac)				
Benefits (Pathya)	-				
Precautions	It is not recommended in diabetes				
Special precautions	-				
Others	-				

Name of the Recipe	**20.9 Samita Modaka (Processed Wheat Balls)**				
Reference	Bhojana Kutuhala, Siddhannaprakarana, (Bhakshyavishesha), p.81				
Category	Ashita (Eatables)				
Ingredients	Sl.No.	Name of the Ingredients	Common name/Botanical Name	Part Used	Ratio
	1.	Samita	Fine Wheat flour/*Triticum aestivum* L.	Seed	1part
	2.	Ghrita	Clarified butter	-	1/2part
	3.	Khanda	Sugar	-	1/3 part
	4.	Lavanga	Clove/*Syzygium aromaticum* (L.) Merr. & L.M.Perry	Flower bud	Q.S.
	5.	Maricha	Black Pepper/*Piper nigrum* L.	Fruit	Q.S.
	6.	Ela	Cardamom/*Elettaria cardamomum* Maton.	Seed	Q.S.
Method of preparation	Fry Samita in Ghrita until it changes color and allow it to cool. Add required quantity of Khanda, along with powder of Ela, Lavanga and Maricha. Mix thoroughly, and prepare small balls (Modaka).				
Properties	Pittashamaka (alleviates pitta), ruchikara (imparts taste) and vrishya (aphrodisiac)				
Benefits (Pathya)	-				
Precautions	-				
Special precautions	-				
Others	-				

Name of the Recipe	**20.10 Tila Modaka (Sweet Sesame Balls)**				
Reference	Bhojana Kutuhala, Siddhannaprakran (Bhakshyavishesha), p.87.				
Category	Khadita (Hard eatables)				
Ingredients	Sl.No.	Name of the Ingredients	Common name/Botanical Name	Part Used	Ratio
	1.	Tila	Sesamum /*Sesamum indicum* L.	Seed	1 part
	2.	Guda	Jaggery	-	Q.S.
Method of preparation	Fry Tila, add sufficient quantity of Guda, mix thoroughly, and prepare small balls (Modaka).				
Properties	Ruchikara (imparts taste), balya (strength promoter), vatahara (alleviates vata dosha)				
Benefits (Pathya)	-				
Precautions	It is not recommended in diabetes				
Special precautions	-				
Others	-				

Name of the Recipe	**20.11 Chitta Modaka (Camphor Sweet Vermicelli Balls)**				
Reference	Kshema Kutuhala, 10/21-23				
Category	Ashita (Eatables)				
Ingredients	Sl.No.	Name of the Ingredients	Common name/Botanical Name	Part Used	Ratio
	1.	Godhuma	Wheat/*Triticum aestivum* L.	Seed	1 part
	2.	Sharkara	Normal Sugar	-	Q.S.
	3.	Ghrita	Clarified butter	-	Q.S.
	4.	Karpura	*Camphor/Cinnamomum camphora* (L.) J.Presl	Sub. extract	Q.S.
Method of preparation	Add Ghrita to Godhuma Churna and mix well to prepare a dough. Shape the dough into fine threads or vermicelli-like strands. Fry these strands in Ghrita until golden, then immerse them in sugar syrup (one thread consistency). After soaking, remove them from the syrup, add Karpura, and prepare small balls or Modaka.				
Properties	Madhura (sweet), snigdha (unctuous), sheeta (cold in potency), guru (heavy to digest), balavardhaka (strength promoter), vatapittahara (alleviates vata and pitta dosha), shukravardhaka (increases semen).				
Benefits (Pathya)	-				
Precautions	It is not recommended in diabetes				
Special precautions	-				
Others	-				

Name of the Recipe	**20.12 Dadhi Laddu (Curd based Rice Balls)**				
Reference	Kshema Kutuhala, 10/16				
Category	Ashita (Eatables)				
Ingredients	Sl.No.	Name of the Ingredients	Common name/ Botanical Name	Part Used	Ratio
	1.	Tandula	Rice/*Oryza sativa* L.	Seed	1 part
	2.	Dadhi	Curd	-	Q.S.
	3.	Sharkara	Normal Sugar	-	Q.S.
	4.	Ghrita	Clarified butter	-	Q.S.
Method of preparation	Mix Tandula flour with Dadhi, knead well, prepare a dough and shape it into vermicelli, fry them in Ghrita and dip in sugar syrup (1-2 thread consistency).Thereafter, remove them from sugar syrup and prepare small balls or Modaka.				
Properties	Madhura (sweet), sheeta (cold in potency), snigdha (unctuous), guru (heavy to digest), Medhya (improves intellect), Vatapittashamaka (alleviates pitta and vata), Hridya (good for heart).				
Benefits (Pathya)	It could be beneficial in and Daha (burning sensation).				
Precautions	It is not recommended in diabetes				
Special precautions	-				
Others	-				

Name of the Recipe	**20.13 Godhuma Churna Laddu (Sweet Wheat Flour Balls)**				
Reference	Kshema Kutuhala, 10/19				
Category	Ashita (Eatables)				
Ingredients	Sl.No.	Name of the Ingredients	Common name/ Botanical Name	Part Used	Ratio
	1.	Godhuma	Wheat/*Triticum aestivum* L.	Seed	1 part
	2.	Ghrita	Clarified butter	-	Q.S.
	3.	Sharkara	Normal Sugar	-	Q.S.
	4.	Jala	Water	-	Q.S.
Method of preparation	Knead Godhuma with required quantity of Ghrita and water, prepare a dough and shape it into vermicelli or small balls, fry them in Ghrita and dip in sugar syrup.Thereafter, remove them from sugar syrup (1-2 thread consistency) and prepare small balls or Modaka.				
Properties	Madhura (sweet), guru (heavy to digest), snigdha (unctuous), sheeta (cold in potency)				
Benefits (Pathya)	-				
Precautions	It is not recommended in diabetes				
Special precautions	-				
Others	-				

Name of the Recipe	20.14 Masha Laddu/Mudga Laddu (Sweet Lentil Balls)				
Reference	Kshema Kutuhala,10/29				
Category	Ashita (Eatables)				
Ingredients	Sl.No.	Name of the Ingredients	Common name/ Botanical Name	Part Used	Ratio
	1.	Masha/Mudga	Black gram/*Phaseolus mungo* L. / Green gram/*Phaseolus radiatus* L.	Seed	1 part
	2.	Sharkara	Normal Sugar	-	Q.S.
	3.	Ghrita	Clarified butter	-	Q.S.
	4.	Jala	Water	-	Q.S.
Method of preparation	Take flour of either Masha or Mudga. Knead with required quantity of Ghrita and water, prepare a dough and shape it into vermicelli, fry them in Ghrita and dip in sugar syrup (1-2 thread consistency).There after remove them from sugar syrup and prepare small balls or Modaka.				
Properties	Snigdha (unctuous), ushna (hot in potency), guru (heavy to digest), balavardhaka (imparts strength), vrishya (aphrodisiac).				
Benefits (Pathya)	-				
Precautions	It is not recommended in diabetes				
Special precautions	-				
Others	-				

Name of the Recipe	20.15 Shaluka Ladduka (Sweet Lotus Root Balls)				
Reference	Kshema Kutuhala, 10/44				
Category	Ashita (Eatables)				
Ingredients	Sl.No.	Name of the Ingredients	Common name/ Botanical Name	Part Used	Ratio
	1.	Shaluka	Lotus/*Nelumbo nucifera* Gaertn.	Roots	1 part
	2.	Ghrita	Clarified butter	-	Q.S.
	3.	Sharkara	Normal Sugar	-	Q.S.
Method of preparation	Peel off and boil the Shaluka then grind it and make a paste. Convert the paste into the form of vermicelli, and fry it in Ghrita. Dip in sugar syrup (1-2 thread consistency).Thereafter, remove them from sugar syrup and prepare small balls or Modaka.				
Properties	Madhura (sweet), guru (heavy to digest), Kaphapitta shamaka (pacifies kapha and pitta dosha)				
Benefits (Pathya)	-				
Precautions	It is not recommended in diabetes				
Special precautions	-				
Others	-				

Murabba

Name of the Recipe	21.1 Amalaki Murabba (Gooseberry Fruit Preserve)				
Reference	Ayurveda Sara Samgraha, Avaleha-Paka Prakaran, p.532; Rasa Tantrasara Evum Siddha Prayoga Samgraha, part 1, p.405				
Category	Khadita (Hard eatables)				
Ingredients	Sl.No.	Name of the Ingredients	Common name/ Botanical Name	Part Used	Ratio
	1.	Sharkara	Normal Sugar	-	2 parts
	2.	Amalaki	Gooseberry/*Emblica officinalis* Gaertn.	Fresh fruit	1 part
	3.	Churnodaka	Lime water	-	Q.S.
Method of preparation	Collect fresh Amalaki fruits, clean them, prick them with a fork, and immerse in Churnodaka (dissolve 250 mg of burnt lime in 60 ml of water) . Change the Churnodaka every day. After few days, take out the Amalaki from Churnodaka and wash them with water. Subsequently, boil the Amalaki in sugar syrup (one thread consistency) and let them soak in the syrup for a few days.				
Properties	Pittashamaka (pacifies pitta dosha), bala vardhaka (strength promotor)				
Benefits (Pathya)	It could be beneficial in Daha (burning sensation), Shirahshula (headache), Pittaprakopa (aggravated pittacondition), Baddha-koshtha (constipation), Arsha (piles), Rakta-vikara (bleeding disorder), Twak-roga (skin diseases), Prameha (increased frequency and turbidity of urine), Virya-vikara (semen related disorders)				
Precautions	It is not recommended in diabetes				
Special precautions	-				
Others	-				

Panaka (Drink)

Name of the Recipe	22.1 Amlikaphala Panaka (Spicy Tamarind Drink)				
Reference	Bhojana Kutuhala, Panakaprakarana, p.231; Bhavaprakash Nighantu, 12/153-154				
Category	Pana (Drinkable)				
Ingredients	Sl.No.	Name of the Ingredients	Common name/ Botanical Name	Part Used	Ratio
	1.	Jala	Water	-	16 parts
	2.	Amlika	Tamarind/*Tamarindus indica* L.	Fruit	1 part
	3.	Sharkara	Normal Sugar	-	1 part
	4.	Maricha	Black Pepper/*Piper nigrum* L.	Fruit	Q.S.
	5.	Lavanga	Clove/*Syzygium aromaticum* (L.) Merr. & L.M.Perry	Flower bud	Q.S.
	6.	Karpura	Camphor/*Cinnamomum camphora* (L.) J.Presl	Sub. extract	Q.S.
Method of preparation	Soak Amlika in hot water for about 10 minutes. Squeeze out the pulp and strain the mixture through a sieve. Add required quantity of water and sugar and stir until it fully dissolves. Add powdered Maricha, Lavanga and Karpura and mix well.				
Properties	Vatanashaka (alleviates vata dosha), pitta kapha janaka (Slightly aggravates pitta and kapha dosha), ruchikaraka (imparts taste) and agnivardhaka (Stimulates digestive fire).				
Benefits (Pathya)	It could be beneficial in Agnimandhya (low digestive fire), Aruchi (tastelessness)				
Precautions	It is not recommended in diabetes				
Special precautions	-				
Others	-				

Name of the Recipe	22.2 Amra Prapanaka (Spicy Raw Mango Drink)				
Reference	Bhavaprakash Nighantu, 12/151; Siddha Bheshaja Manimala, Jwaraprakarana, Chaturtha Guchha, p.153.				
Category	Pana (Drinkable)				
Ingredients	Sl.No.	Name of the Ingredients	Common name/Botanical Name	Part Used	Ratio
	1.	Jala	Water	-	16 parts
	2.	Amra	Mango/*Mangifera indica* L.	Unripe Fruit	1 part
	3.	Sharkara	Normal Sugar	-	Q.S.
	4.	Karpura	Camphor/*Cinnamomum camphora* (L.) J.Presl	Sub. extract	Q.S.
	5.	Maricha	Black Pepper/*Piper nigrum* L.	Fruit	Q.S.
Method of preparation	Boil unripe Amra in water and extract the juice by squeezing it. Then add the required quantity of Sharkara and cold water. Add powdered Maricha and Karpura to the panaka. Mix thoroughly.				
Properties	Ruchi kara (impart taste), balya (strength promotor), indriyatarpanam (nourishes all the senses)				
Benefits (Pathya)	It could be beneficial in Aruchi (tastelessness), Daurbalya (weakness), Karshya (emaciation)				
Precautions	-				
Special precautions	-				
Others	-				

Name of the Recipe	**22.3 Nimbukaphala Panaka (Lemonade)**				
Reference	Bhavaprakash Nighantu, 12/155-156; Yoga Ratnakara, Arochaka Chikitsa, Shloka-17				
Category	Pana (Drinkable)				
Ingredients	Sl. No.	Name of the Ingredients	Common name/Botanical Name	Part Used	Ratio
	1.	Jala	Water	-	6 parts
	2.	Nimbu	Lemon/*Citrus limon* L. Burm. F	Fruit	1 part
	3.	Sharkara	Normal Sugar	-	Q.S.
	4.	Lavanga	Clove/*Syzygium aromaticum* (L.) Merr. & L.M.Perry	Flower bud	Q.S.
	5.	Maricha (black pepper)	Black Pepper/*Piper nigrum* L.	Fruit	Q.S.
Method of preparation	Prepare lemon juice and add required quantity of water and Sharkara. Add powdered Maricha and Lavanga to it as per need and mix thoroughly.				
Properties	Vata nashaka (alleviates vata dosha), deepana (increases digestive fire), rochaka (imparts taste), pachaka (easy to digest)				
Benefits (Pathya)	It could be beneficial in Aruchi (tastelessness)				
Precautions	-				
Special precautions	-				
Others	-				

Name of the Recipe	**22.4 Dhanyaka Panaka (Coriander Drink)**				
Reference	Bhavaprakash Nighantu, 12/157				
Category	Pana (Drinkable)				
Ingredients	Sl. No.	Name of the Ingredients	Common name/Botanical Name	Part Used	Ratio
	1.	Jala	Water	-	16 parts
	2.	Dhanyaka	Coriander/*Coriandrum sativum* L.	Leaves	1 part
	3.	Sharkara	Normal Sugar	-	Q.S.
	4.	Karpura	Camphor/*Cinnamomum camphora* (L.) J.Presl	Sub. extract	Q.S.
Method of preparation	Grind Dhanyaka leaves to fine paste, and strain it through cloth to obtain juice. Add required quantity of sugar and water to Dhanyaka juice. Add powdered Karpura and mix thoroughly.				
Properties	Laghu (light for digestion), ruksha (dry), pitta nashaka (alleviates pitta dosha)				
Benefits (Pathya)	-				
Precautions	-				
Special precautions	-				
Others	-				

Name of the Recipe	**22.5 Drakshadi Panaka (Tangy Trio Refresher)**				
Reference	Chakradatta, 18/15				
Category	Pana (Drinkable)				
Ingredients	Sl. No.	Name of the Ingredients	Common name/Botanical Name	Part Used	Ratio
	1.	Jala	Water	-	16 parts
	2.	Draksha	Raisins/*Vitis vinifera* L.	Fruit	1/3part
	3.	Kapittha	Wood apple/*Feronia limonia* L.	Fruit	1/3part
	4.	Dadima	Pomegranate/*Punica granatum* L.	Seed	1/3 part
	5.	Madhu	Honey	-	Q.S.
	6.	Sharkara	Normal Sugar	-	Q.S.
Method of preparation	Grind Draksha, Kapittha and Dadima to fine paste. Add required quantity of sugar and water to it and mix thoroughly then strain it through a sieve. Add required quantity of Madhu and mix well.				
Properties	Amla (sour), madhura (sweet), sheeta (cold in potency)				
Benefits (Pathya)	It could be beneficial in Pana vibhrama (alcohol intoxication)				
Precautions	-				
Special precautions	-				
Others	-				

Name of the Recipe	22.6 Amra Panaka (Fermented Raw Mango Digestive Drink)				
Reference	Ruchivadhu Gala Ratnamala, Shloka-93				
Category	Pana (Drinkable)				
Ingredients	Sl. No.	Name of the Ingredients	Common name/Botanical Name	Part Used	Ratio
	1.	Jala	Water	-	16 parts
	2.	Amra	Mango/*Mangifera indica* L.	Unripe fruit	1 part
	3.	Saindhava lavana	Rock salt	-	Q.S.
	4.	Jiraka	Cumin /*Cuminum cyminum* L.	Fruit	Q.S.
	5.	Shunthi	Dry ginger/ *Zingiber officinale* Roxb	Rhizome	Q.S.
Method of preparation	Cut unripe Amra into small pieces and mix them with required quantity of water. After two days, filter it through a clean cloth or sieve. Add powdered Saindhava lavana, Jiraka, and Shunthi to this water and mix thoroughly.				
Properties	Katu (pungent), tikta (bitter), amla (sour), ushna (hot in potency), laghu (light for digestion)				
Benefits (Pathya)	It could be beneficial in Aruchi (tastelessness), Agnimandhya (low digestive fire)				
Precautions	-				
Special precautions	-				
Others	-				

Name of the Recipe	22.7 Dhatri Panaka (Amla Raisin Rejuvenator)				
Reference	Bhaishajya Ratnavali, Chhardirogadhikara, 19/17; Yoga Ratnakara Chhardi Chikitsa, Shloka-34				
Category	Pana (Drinkable)				
Ingredients	Sl. No.	Name of the Ingredients	Common name/ Botanical Name	Part Used	Ratio
	1.	Jala	Water	-	4 parts
	2.	Amalaki	Gooseberry/*Emblica officinalis* Gaertn.	Pericarp	1/2 part
	3.	Mridvika	*Raisins/Vitis vinifera* L.	Fruit	1/2 part
	4.	Sharkara	Normal Sugar	-	Q.S.
	5.	Madhu	Honey	-	Q.S.
Method of preparation	Grind Mridvika and Amalaki to fine paste. Add required quantity of water to it and mix thoroughly, filter it through a clean cloth or sieve. Add required quantity of Sharkara and Madhu to this water and mix thoroughly.				
Properties	Prinaka (satiating and nourishing), guru (heavy to digest), mutrala (diuretic), hridya (good for heart)				
Benefits (Pathya)	It could be beneficial in Shrama (fatigue), Kshudha (hunger) and Klama (mental fatigue). Trishna (thirst), Murchha (unconciousness) and Daha (burning sensation).				
Precautions	-				
Special precautions	-				
Others	-				

Name of the Recipe	22.8 Chandana Panaka (Sandalwood Drink)				
Reference	Yoga Ratnakara,Chhardi Chikitsa, Shloka-20				
Category	Pana (Drinkable)				
Ingredients	Sl. No.	Name of the Ingredients	Common name/ Botanical Name	Part Used	Ratio
	1.	Jala	Water	-	16 parts
	2.	Chandana	Sandal wood/*Santalum album* L.	Heart wood	1/2part
	3.	Amalaki	Gooseberry/*Emblica officinalis* Gaertn.	Pericarp	1/2 part
	4.	Madhu	Honey	-	Q.S.
Method of preparation	Grind Chandana and Amalaki to fine paste. Add required quantity of water, mix thoroughly and filter it through a clean cloth or sieve. Add required quantity of Madhu to this water and mix thoroughly.				
Properties	-				
Benefits (Pathya)	It could be beneficial in Pittaja Chhardi (vomiting due to pitta vitiation)				
Precautions	-				
Special precautions	-				
Others	-				

Name of the Recipe	**22.9 Dadimadi Panaka (Pomegranate Date Drink)**				
Reference	Asthanga Samgraha, Chikitsasthana, 9/12				
Category	Pana (Drinkable)				
Ingredients	Sl.No.	Name of the Ingredients	Common name/ Botanical Name	Part Used	Ratio
	1.	Jala	Water	-	16 parts
	2.	Dadima	Pomegranate/*Punica granatum* L.	Seed	1/4 part
	3.	Kharjura	Dates/*Phoenix dactylifera* L.	Fruit	1/4 part
	4.	Draksha	Raisins/*Vitis vinifera* L.	Fruit	1/4 part
	5.	Parushaka	Indian Sherbet Berry/ *Grewia asiatica* L.	Fruit	1/4 part
	6.	Sita	Sugar	-	Q.S.
Method of preparation	Grind Dadima, Kharjura, Draksha and Parushaka to fine paste. Add required quantity of water , mix thoroughly and filter it through a clean cloth or sieve. Add required quantity of sugar and mix thoroughly.				
Properties	Amla (sour), tarpaniya (nourishing)				
Benefits (Pathya)	It could be beneficial in Madatyaya (alcohol intoxication)				
Precautions	-				
Special precautions	-				
Others	-				

Name of the Recipe	22.10 Ushiradi Panaka (Vetiver Sweet Drink)				
Reference	Kashyapa Kalpasthana, Madatyaya Chikitsa, Shloka-42				
Category	Pana (Drinkable)				
Ingredients	Sl. No.	Name of the Ingredients	Common name/ Botanical Name	Part Used	Ratio
	1.	Jala	Water	-	16 parts
	2.	Ushira	Khas Khas grass /*Vetiverea zizanioides* (L.) Nash	Root	1/3 part
	3.	Tintidika	Tamarind/*Tamarindus indica* L.	Fruit	1/3 part
	4.	Dadima	Pomegranate/*Punica granatum* L.	Seed	1/3 part
	5.	Madhu	Honey	-	Q.S.
Method of preparation	Grind Ushira, Tintidika and Dadima to fine paste. Add required quantity of water, mix thoroughly and filter it. Add required quantity of Madhu and mix well.				
Properties	Amla (sour), madhura (sweet), ruksha (dry), laghu (light for digest), triptikaraka (satiating)				
Benefits (Pathya)	It could be beneficial in Paittika Madatyaya (alcohol intoxication due to pitta dosha)				
Precautions	-				
Special precautions	-				
Others	-				

Name of the Recipe	22.11 Mridvikadi Panaka (Aromatic Raisin Refresher)				
Reference	Kashyapa Samhita, Khilasthana, 11/116-117				
Category	Pana (Drinkable)				
Ingredients	Sl. No.	Name of the Ingredients	Common name/ Botanical Name	Part Used	Ratio
	1.	Jala	Water	-	16 parts
	2.	Mridvika	Raisins/*Vitis vinifera* L.	Fruit	1 part
	3.	Nagkesara	Cobra saffron/ *Mesua ferrea* L.	Stamen	Q.S.
	4.	Maricha	Black Pepper/*Piper nigrum* L.	Fruit	Q.S.
	5.	Tejpatra	Indian bay leaf /*Cinnamomum tamala*	Leaves	Q.S.
	6.	Ela	*Cardamom/Elettaria cardamom* Maton.	Seed	Q.S.
	7.	Chavya	Javanese long pepper/*Piper retrofractum* Vahl.	Roots	Q.S.
	8.	Sharkara	Normal Sugar	-	Q.S.
Method of preparation	Grind Mridvika to a fine paste. Mix with required quantity of water. filter it through a clean cloth or sieve. Add fine powder of Nagkesara, Maricha, Tejpatra, Ela, Chavya and Sharkara to the water, mix thoroughly and filter it.				
Properties	Kashaya (astringent), katu (pungent), ushna (hot in potency), ruksha (dry)				
Benefits (Pathya)	It could be beneficial in Paittika Jwara (fever due to pitta dosha)				
Precautions	-				
Special precautions	-				
Others	-				

Name of the Recipe	**22.12 Parushaka Kola Panaka (Phalsa Melon Drink)**				
Reference	Sushruta Sutrasthana 46 /395				
Category	Pana (Drinkable)				
Ingredients	Sl. No.	Name of the Ingredients	Common name/ Botanical Name	Part Used	Ratio
	1.	Jala	Water	-	16 parts
	2.	Parushaka	Indian Sherbet Berry /*Grewia asiatica* L.	Fruit	½ part
	3.	Kola	Indian plum/*Zyzyphus jujuba* Lam	Fruit	½ part
Method of preparation	Grind Parushaka and Kola to fine paste. Add required quantity of water, Mix thoroughly and filter it.				
Properties	Madhura (sweet), kashaya (astringent), laghu (light for digestion), snigdha (unctuous), hridhya (good for heart)				
Benefits (Pathya)	-				
Precautions	-				
Special precautions	-				
Others	-				

Name of the Recipe	**22.13 Mridvika Panaka (Raisin Drink)**				
Reference	Sushruta Sutrasthana, 46/396				
Category	Pana (Drinkable)				
Ingredients	Sl. No.	Name of the Ingredients	Common name/ Botanical Name	Part Used	Ratio
	1.	Jala	Water	-	16 parts
	2.	Mridvika	Raisins/*Vitis vinifera* L.	Fruit	1 part
Method of preparation	Grind Mridvika to fine paste. Add required quantity of water, mix thoroughly and filter it.				
Properties	Madhura (sweet), snigdha (unctuous), pittaghna (mitigates pitta dosha)				
Benefits (Pathya)	It could be beneficial in Shrama (fatigue), Murchha (unconciousness), Daha (burning sensation) and Trishna (thirst).				
Precautions	-				
Special precautions	-				
Others	-				

Name of the Recipe	22.14 Kshudramalakadi Panaka (Amarus Date Drink)				
Reference	Vaidya Chintamani, Volume-2, Madatyayarogaprakaran				
Category	Pita (Drinkable) Juice				
Ingredients	Sl. No.	Name of the Ingredients	Common name/ Botanical Name	Part Used	Ratio
	1.	Jala	Water	-	16 parts
	2.	Bhumi amalaki	Country gooseberry/*Phyllanthus amarus* L.	Whole plant	1/3 part
	3.	Kharjura	Dates/*Phoenix dactylifera* L.	Fruit	1/3 part
	4.	Parushaka	Indian Sherbet Berry /*Grewia asiatica* L.	Fruit	1/3 part
	5.	Sharkara	Normal Sugar	-	Q.S.
Method of preparation	Grind Bhumyamalaki, Kharjura, Parushaka to a fine paste. Mix with required quantity of water, filter it through a clean cloth or sieve. Add Sharkara to the cold water, mix thoroughly and filter it.				
Properties	Tikta (bitter), madhura (sweet), sheeta (cold in potency), snigdha (unctuous)				
Benefits (Pathya)	It could be beneficial in Pittaja Madatyaya (alcohol intoxication due to pitta dosha)				
Precautions	-				
Special precautions	-				
Others	-				

Disclaimer:

1. For the items appearing in the recipes of Compendium in the quantity of Q.S. (Quantity sufficient) may be taken as 1/8th of normal therapeutic dose or less than that as deemed fit for preparation.

2. The selection of oils in Ayurveda Aahar should be based on regional dietary practices and individual preferences. For example, coconut oil is commonly used in south india, while mustard oil is preferred in certain northern regions. The choice of oil should align with local culinary traditions and individual health considerations.

BIBLIOGRAPHY

1. Abhinava Chintamani — Central Council for Research in Ayurvedic Sciences, New Delhi, First edition , 1999
2. Ashtanga Hridaya — Vagbhata, Ed. by Brahmanand Tripathi, Chaukhambha Sanskrit Pratisthan Delhi,2022
3. Ashtanga Sangraha — Vagbhata, Ed. by Kaviraj Atrideva Gupta, Chaukhambha Krishna Das Academy Varanasi, 2022
4. Ayurveda Mahodadhi — Ed. by Aacharya Balkrishna, Divya Prakashan Patanjali Yogapeeth, Haridwar, 2018
5. Ayurveda Sarasangraha — Shri Baidyanath Ayurveda Bhawan Pvt.Ltd., Nagpur, 2014
6. Bhaishajya Ratnavali — Govindadas Sen, Ed. by Siddhinandan Mishra, Chaukhambha Surbharati Prakashan, Varanasi,2024
7. Bhavaprakash Nighantu — Bhavamishra, Ed. by G.S Pandey, Chaukhambha Bharati Academy, Varanasi, 2010
8. Bhojanakutuhalam — Raghunath Suri, Ed. by Aacharya Balkrishna, Divya Prakashan, Patanjali Yogapeeth, Haridwar, 2018
9. Brihat Nighantu Ratnakara — Comm. by Shri Dattaram Shri Krishna Lal Mathur, Khemraj Shri Krishnadas Prakashan, Mumbai, 2020.
10. Chakradatta — Chakrapani, Ed. by Shrimati Shailja Shrivastava, Chaukhambha Orientalia, Varanasi, 2021
11. Charaka Samhita — Agnivesha, Ed. Vd. Harish Chandra Singh Kushwaha, Chaukhambha Orientalia, Varanasi, 2022.
12. Gadanigraha — Shodhala, Ed. by Indra Deva Tripathi, Chaukhambha Sanskrit Sansthan, Varanasi, 2022.
13. Kaiyadeva Nighantu — Ed. by Aacharya Priyavrata Sharma, Chaukhambha Orientalia, Varanasi, 2006
14. Kashyapa Samhita — Kashyapa, Ed. by Pandit Hemraja Sharma, Shri Satyapala Bhishagacharya, Chaukhambha Sanskrit Sansthan Varanasi,2024
15. Kshemakutuhalam — Kshema Sharma, Ed. by Prof. Dr. Gyanendra Pandey, Chaukhambha Krishnadas Academy, Varanasi, 2020
16. Madanapala Nighantu — Shri Nripa Madanapala, Ed. by Dr. Indradev Tripathi, Chaukhambha Orientalia, Varanasi, Reprinted 2010
17. Pakadarpanam — Maharaja Nala, Ed. by Pt.Vamacharana Bhattacharya, Dr.Indradev Tripathi, Chaukhambha Sanskrit Bhawan,Varanasi, 2019

18. Rasatantrasara evam Siddhaprayoga Sangraha	Thakur Nathusingh Ji, Krishna Gopal Ayurveda Bhawan, Kaleda, Rajasthan, 2023
19. Ruchivadhu gala ratnamala	Parapranav, Ed. by Aacharya Balkrishna, Divya Prakashan Patanjali Yogapeeth, Haridwar, 2018
20. Sahasrayoga	Ed. by Dr. Ramnivas Sharma, Dr. Surendra Sharma, Chaukhambha Sanskrit Pratisthan Delhi, 2021
21. Sharngdhara Samhita	Sharngadhara, Ed. by Shrimati Shailja Shrivastava, Chaukhambha Orientalia, Varanasi, 2023.
22. Shodala Nighantu	Acharya Sodhala, Ed. by Prof Dr. Gyanendra Pandey, Chaukhambha Krishna Das Academy Varanasi, 2019
23. Siddha Bheshaja Manimala	Krishnaram Bhatt, Ed. by Sri R. Kaladhar Bhatt, Chaukhambha Krishna Das Academy Varanasi, 2019
24. Siddhayoga Sangraha	Vd. Yadav Ji Trikram Ji Acharya, Shri Vaidya Nath Ayurveda Bhawan Pvt. Ltd., Nagpur, 2023
25. Sushrut Samhita	Sushruta, Ed. by Dr. Keval Krishna Thakral, Chaukhambha Oritentalia, Varanasi, 2014
26. Vaidya Chintamani	Vallabacharya, Ed. by Dr Ramnivas Sharma, Chaukhambha Sanskrit Pratisthan , Delhi. 2023
27. Vaidya Jeevanam	Lolambaraja, Ed. by Dr. Surendra Prasad Mishra, Chaukhambha Orientalia, Varanasi ,2017
28. Vrindamadhava	Ed. by Dr. Premvati Tiwari, Dr. Asha Kumari, Chaukhambha Vishvabharati Varanasi, 2007
29. Yoga Ratnakara	Ed. by Dr. Indra Deva Tripathi, Krishna Das Academy Varanasi, 2013