F. No. RCD-05007/1/2020-Regulatory-FSSAI [Comp No. 375]
Food Safety and Standards Authority of India
(A Statutory Authority established under the Food Safety & Standards Act, 2006)
(Regulatory Compliance Division)
FDA Bhawan, Kotla Road, New Delhi-110 002

दिनांक, 01 सितम्बर, 2025

आदेश/**ORDER**

विषय: FoSCoS के अंतर्गत 'आयुर्वेद आहार' के लाइसेंस/पंजीकरण के लिए नए व्यवसाय का प्रकार की शुरूआत के संबंध में।

Subject: Introduction of new Kind of Business (KoB) for 'Ayurveda Aahara' under FoSCoS for license/registration– reg.

FSSAI on 5th May, 2022 notified standards for Ayurveda Aahara under the Food Safety and Standards (Ayurveda Aahara) Regulations, 2022. Subsequently, list of Ayurveda Aahara falling under Category A have also been uploaded on FSSAI website vide order dated 25th July, 2025 (copy enclosed). However, there was no provision available under FoSCoS for issuance of license/registration for Ayurveda Aahara. Therefore, it has been decided to introduce a new **Kind of Business (KoB) in FoSCoS for 'Ayurveda Aahara'** with the following specifications:

(a) KoB Name: Ayurveda Aahara [under Group name – Manufacturer]

(b) Definition: "Ayurveda Aahara" means a food prepared in accordance with the recipes or ingredients or processes as per method described in the authoritative books of Ayurveda listed under 'Schedule A' of these regulations including products which have other botanical ingredients in accordance with the concept of Ayurveda Aahara but does not include Ayurvedic drugs or proprietary Ayurvedic medicines and medicinal products, cosmetics, narcotic or psychotropic substances, herbs listed under Schedule E-I of Drug and Cosmetics Act, 1940 and the Drug and Cosmetics Rules, 1945, metals based Ayurvedic drugs or medicines, bhasma or pishti and any other ingredients notified by the Authority from time to time.

(c) Eligibility: Central License

(d) Annual Fee: Rs. 7500+GST.

(e) Food Category (FC):

Food Category Name	**Food Sub Category Name**	**Category specific mandatory documents, if any [i.e approval letter related to product/claim]**
102 - Ayurveda Aahara	102.1 - Ayurveda Aahara Category A	(i) Product: Food Business Operator has the option to select product from the standardized list. No additional document required. (ii) Claim: Approval letter issued from FSSAI (HQ) in case of claims related to Disease Risk Reduction.
	102.2 - Ayurveda Aahara Category B	(i) Product: Approval letter issued from FSSAI (HQ)

		(ii) Claim: Approval letter issued from FSSAI (HQ) in case of claims related to Health benefit and/or Disease Risk Reduction.
	102.3 - Ayurveda Aahara Category B1	(i) Product: Approval letter issued from FSSAI (HQ) (ii) Claim: Approval letter issued from FSSAI (HQ) in case of claims related to Health benefit and/or Disease Risk Reduction.
	102.4 - Ayurveda Aahara Category B2	(i) Product: Approval letter issued from FSSAI (HQ) (ii) Claim: Approval letter issued from FSSAI (HQ) in case of claims related to Health benefit and/or Disease Risk Reduction.

(f) Inspection checklist: Same as applicable for the 'General manufacturer' category (Link: https://fssai.gov.in/cms/inspection-matrices.php)

(g) Documents required licensing: 10 documents as per FSSAI order dated 19.03.2021 (similar to general manufacturing) along with other applicable and state specific documents, if any, as per aforesaid order.

2. **All other KoBs under Trade/Retail; Exporter - Manufacturer and 100 % Export Oriented units:** FC 102 opened for Registration/State license/Central License based on existing applicable criteria.

3. **This has come into effect from 01st September, 2025.**

(डॉ. सत्येन कुमार पंडा)
कार्यकारी निदेशक (नियामक अनुपालन)

Encl: As above

To:

1. All Food Business Operators, Associations, Food Safety Mitra and other stakeholders.
2. Commissioners of Food Safety of all States/UTs
3. Directors of all Regionals Offices, FSSAI
4. CTO, FSSAI - with a request for uploading on the FSSAI website

Copy for information to:

1. PPS to Chairperson, FSSAI
2. PS to CEO, FSSAI.
3. All Divisional Heads, FSSAI.

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 (16thvarga), 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)

<table>
<tr><td>Name of the Recipe</td><td colspan="5">01.1 Alikamatsya/Alikamaccha (Black Gram Fritters)</td></tr>
<tr><td>Reference</td><td colspan="5">Bhavaprakash Nighantu, 12/66-67; Bhojana Kutuhala Siddhannaprakarana (Bhakshyavishesha), p.71</td></tr>
<tr><td>Category</td><td colspan="5">Khadita (Hard eatables)</td></tr>
<tr><td rowspan="5">Ingredients</td><td>Sl.No.</td><td>Name of the Ingredients</td><td>Common name/Botanical Name</td><td>Part Used</td><td>Ratio</td></tr>
<tr><td>1.</td><td>Masha</td><td>Black gram/Phaseolus mungo L.</td><td>Seed</td><td>1 part</td></tr>
<tr><td>2.</td><td>Nagavalli</td><td>Betel leaves/Piper betle L.</td><td>Leaves</td><td>Q.S.</td></tr>
<tr><td>3.</td><td>Tila Taila</td><td>Sesamum oil</td><td>-</td><td>Q.S.</td></tr>
<tr><td>4.</td><td>Jala</td><td>Water</td><td>-</td><td>Q.S.</td></tr>
<tr><td>Method of preparation</td><td colspan="5">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).</td></tr>
<tr><td>Properties</td><td colspan="5">Brimhana (nourishes the body), guru (heavy to digest), ushna (hot in potency)</td></tr>
<tr><td>Benefits (Pathya)</td><td colspan="5">-</td></tr>
<tr><td>Precautions</td><td colspan="5">Pittajavyadhi (diseases due to pitta vitiation)</td></tr>
<tr><td>Special precautions</td><td colspan="5">-</td></tr>
<tr><td>Others</td><td colspan="5">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).</td></tr>
</table>

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	-				

<table>
<tr><td>Name of the Recipe</td><td colspan="5">03.3 Takra (Processed Buttermilk)</td></tr>
<tr><td>Reference</td><td colspan="5">Bhavaprakash Nighantu,12/162-163</td></tr>
<tr><td>Category</td><td colspan="5">Pana (Drinkable)</td></tr>
<tr><td rowspan="7">Ingredients</td><td>Sl.No.</td><td>Name of the Ingredients</td><td>Common name/Botanical Name</td><td>Part Used</td><td>Ratio</td></tr>
<tr><td>1.</td><td>Jala</td><td>Water</td><td>-</td><td>4 parts</td></tr>
<tr><td>2.</td><td>Dadhi</td><td>Curd</td><td>-</td><td>1 part</td></tr>
<tr><td>3.</td><td>Hingu</td><td>Asfoetida/Ferula asafoetida Regel.</td><td>Oleoresin gum</td><td>Q.S.</td></tr>
<tr><td>4.</td><td>Jiraka</td><td>Cumin /Cuminum cyminum L.</td><td>Fruit</td><td>Q.S.</td></tr>
<tr><td>5.</td><td>Saindhava Lavana</td><td>Rock salt</td><td>-</td><td>Q.S.</td></tr>
<tr><td>6.</td><td>Rajika</td><td>Indian mustard/Brassica juncea L.</td><td>Seed</td><td>Q.S.</td></tr>
<tr><td>Method of preparation</td><td colspan="5">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.</td></tr>
<tr><td>Properties</td><td colspan="5">Deepana (increases digestive fire), pachana (easy to digest), ruchikaraka (imparts taste), triptikaraka (satiating)</td></tr>
<tr><td>Benefits (Pathya)</td><td colspan="5">It could be beneficial in Udara roga (abdominal enlargement)</td></tr>
<tr><td>Precautions</td><td colspan="5">-</td></tr>
<tr><td>Special precautions</td><td colspan="5">-</td></tr>
<tr><td>Others</td><td colspan="5">-</td></tr>
</table>

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	-				

<table>
<tr><td>Name of the Recipe</td><td colspan="5">03.5 Agnivardhaka Takra (Appetizing Buttermilk)</td></tr>
<tr><td>Reference</td><td colspan="5">Ruchivadhu Gala Ratnamala, Shloka-97</td></tr>
<tr><td>Category</td><td colspan="5">Pana (drinkable)</td></tr>
<tr><td rowspan="6">Ingredients</td><td>Sl.No.</td><td>Name of the Ingredients</td><td>Common name/Botanical Name</td><td>Part Used</td><td>Ratio</td></tr>
<tr><td>1.</td><td>Takra</td><td>Buttermilk</td><td>-</td><td>1 part</td></tr>
<tr><td>2.</td><td>Saindhava lavana</td><td>Rock salt</td><td>-</td><td>Q.S.</td></tr>
<tr><td>3.</td><td>Jiraka</td><td>Cumin /Cuminum cyminum L.</td><td>Fruit</td><td>Q.S.</td></tr>
<tr><td>4.</td><td>Ardraka</td><td>Ginger/Zingiber officinale Rosc.</td><td>Rhizome</td><td>Q.S.</td></tr>
<tr><td>5.</td><td>Ela</td><td>Cardamom/Elettaria cardamomum Maton.</td><td>Seed</td><td>Q.S.</td></tr>
<tr><td>Method of preparation</td><td colspan="5">Grind Saindhava lavana, Jiraka and Ardraka well; then mix them into Takra. Sprinkle Ela powder and mix well.</td></tr>
<tr><td>Properties</td><td colspan="5">Katu (pungent), tikta (bitter), amla (sour), ushna (hot in potency), laghu (light for digestion)</td></tr>
<tr><td>Benefits (Pathya)</td><td colspan="5">It could be beneficial in Aruchi (tastelessness), Agnimandhya (low digestive fire)</td></tr>
<tr><td>Precautions</td><td colspan="5">-</td></tr>
<tr><td>Special precautions</td><td colspan="5">-</td></tr>
<tr><td>Others</td><td colspan="5">-</td></tr>
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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	-				

<table>
<tr><td>Name of the Recipe</td><td colspan="5">03.7 Dweshahara Takra (Appetizing Spicy Buttermilk)</td></tr>
<tr><td>Reference</td><td colspan="5">Ruchivadhu Gala Ratnamala, Shloka-99</td></tr>
<tr><td>Category</td><td colspan="5">Pana (Drinkable)</td></tr>
<tr><td rowspan="7">Ingredients</td><td>Sl.No.</td><td>Name of the Ingredients</td><td>Common name/Botanical Name</td><td>Part Used</td><td>Ratio</td></tr>
<tr><td>1.</td><td>Dadhi</td><td>Curd</td><td>-</td><td>1 part</td></tr>
<tr><td>2.</td><td>Jala</td><td>Water</td><td>-</td><td>¼ part</td></tr>
<tr><td>3.</td><td>Saindhava Lavana</td><td>Rock salt</td><td>-</td><td>Q.S.</td></tr>
<tr><td>4.</td><td>Ela</td><td>Cardamom/Elettaria cardamomum Maton.</td><td>Seed</td><td>Q.S.</td></tr>
<tr><td>5.</td><td>Shunthi</td><td>Dry Ginger/ Zingiber officinale Rosc.</td><td>Rhizome</td><td>Q.S.</td></tr>
<tr><td>6.</td><td>Nimbu</td><td>Lemon/Citrus limon (L.) Burm. f.</td><td>Fruit</td><td>Q.S.</td></tr>
<tr><td>Method of preparation</td><td colspan="5">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.</td></tr>
<tr><td>Properties</td><td colspan="5">Katu (pungent), tikta (bitter), amla (sour), ushna (hot in potency), laghu (light for digestion)</td></tr>
<tr><td>Benefits (Pathya)</td><td colspan="5">It could be beneficial in Aruchi (tastelessness), Agnimandhya (low digestive fire)</td></tr>
<tr><td>Precautions</td><td colspan="5">-</td></tr>
<tr><td>Special precautions</td><td colspan="5">-</td></tr>
<tr><td>Others</td><td colspan="5">-</td></tr>
</table>

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	-				

<table>
<tr><td>Name of the Recipe</td><td colspan="6">03.16 Yavanyadi Takra (Carom Buttermilk)</td></tr>
<tr><td>Reference</td><td colspan="6">Charaka Chikitsasthana13/103</td></tr>
<tr><td>Category</td><td colspan="6">Pana (Drinkable)</td></tr>
<tr><td rowspan="8">Ingredients</td><td>Sl. No.</td><td colspan="2">Name of the Ingredients</td><td>Common name/Botanical Name</td><td>Part Used</td><td>Ratio</td></tr>
<tr><td>1.</td><td colspan="2">Takra</td><td>Butter milk</td><td>-</td><td>1 part</td></tr>
<tr><td rowspan="3">2.</td><td rowspan="3">Trikatu</td><td>Pippali</td><td>Long pepper/Piper longum L.</td><td>Fruit</td><td>Q.S.</td></tr>
<tr><td>Maricha</td><td>Black Pepper/Piper nigrum L.</td><td>Fruit</td><td>Q.S.</td></tr>
<tr><td>Shunthi</td><td>Dry ginger/ Zingiber officinale L.</td><td>Rhizome</td><td>Q.S.</td></tr>
<tr><td>3.</td><td colspan="2">Saindhava Lavana</td><td>Rock salt</td><td>-</td><td>Q.S.</td></tr>
<tr><td>4.</td><td colspan="2">Ajaji</td><td>Cumin /Cuminum cyminum L.</td><td>Fruit</td><td>Q.S.</td></tr>
<tr><td>5.</td><td colspan="2">Yavani</td><td>Carom /Trachyspermum ammi (L.) Sprague</td><td>Fruit</td><td>Q.S.</td></tr>
<tr><td>Method of preparation</td><td colspan="6">Grind all ingredients into fine powder and mix thoroughly with Takra.</td></tr>
<tr><td>Properties</td><td colspan="6">Ushna (hot in potency), katu (pungent), amla (sour), ruksha (dry), laghu (light for digestion)</td></tr>
<tr><td>Benefits (Pathya)</td><td colspan="6">It could be beneficial in Kaphodara (abdominal enlargement due to kapha dosha)</td></tr>
<tr><td>Precautions</td><td colspan="6">-</td></tr>
<tr><td>Special precautions</td><td colspan="6">-</td></tr>
<tr><td>Others</td><td colspan="6">-</td></tr>
</table>

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

<table>
<tr><td>Name of the Recipe</td><td colspan="5">04.1 Dali/Soopa (Lentil Soup)</td></tr>
<tr><td>Reference</td><td colspan="5">Bhavaprakash Nighantu12/7-8;
Kaiyadeva Nighantu, 5/90-91</td></tr>
<tr><td>Category</td><td colspan="5">Pana (Drinkables)</td></tr>
<tr><td rowspan="6">Ingredients</td><td>Sl.No.</td><td>Name of the Ingredients</td><td>Common name/Botanical Name</td><td>Part Used</td><td>Ratio</td></tr>
<tr><td>1.</td><td>Dala*</td><td>Lentils</td><td>Seeds</td><td>1 part</td></tr>
<tr><td>2.</td><td>Saindhava Lavana</td><td>Rock Salt</td><td>-</td><td>Q.S.</td></tr>
<tr><td>3.</td><td>Ardraka</td><td>Ginger /Zingiber officinale Rosc.</td><td>Rhizome</td><td>Q.S.</td></tr>
<tr><td>4.</td><td>Hingu</td><td>Asfoetida/ Ferula asfoetida Regel.</td><td>Oleoresin gum</td><td>Q.S.</td></tr>
<tr><td>5.</td><td>Jala</td><td>Water</td><td>-</td><td>Q.S.</td></tr>
<tr><td>Method of preparation</td><td colspan="5">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.</td></tr>
<tr><td>Properties</td><td colspan="5">Vishtambhaka (constipating), ruksha (dry), sheeta (cold in potency), laghu (light for digestion).</td></tr>
<tr><td>Benefits (Pathya)</td><td colspan="5">-</td></tr>
<tr><td>Precautions</td><td colspan="5">-</td></tr>
<tr><td>Special precautions</td><td colspan="5">-</td></tr>
<tr><td>Others</td><td colspan="5">-</td></tr>
</table>

*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	-				

<table>
<tr><td>Name of the Recipe</td><td colspan="5">04.3 Masha Soopa (Black Gram Soup)</td></tr>
<tr><td>Reference</td><td colspan="5">Bhojana Kutuhala Soopaprakaran p.60;
Ashtanga Samgraha Sutrasthana, 7/49</td></tr>
<tr><td>Category</td><td colspan="5">Pana (Drinkable)</td></tr>
<tr><td rowspan="7">Ingredients</td><td>Sl.No.</td><td>Name of the Ingredients</td><td>Common name/Botanical Name</td><td>Part Used</td><td>Ratio</td></tr>
<tr><td>1.</td><td>Masha</td><td>Black gram/Phaseolus mungo L.</td><td>Seed</td><td>1 part</td></tr>
<tr><td>2.</td><td>Hingu</td><td>Asfoetida/ Ferula asfoetida Regel.</td><td>Oleo resin gum</td><td>Q.S.</td></tr>
<tr><td>3.</td><td>Ardraka</td><td>Ginger /Zingiber officinale Rosc.</td><td>Rhizome</td><td>Q.S.</td></tr>
<tr><td>4.</td><td>Lavana</td><td>Salt</td><td>-</td><td>Q.S.</td></tr>
<tr><td>5.</td><td>Jala</td><td>Water</td><td>-</td><td>Q.S.</td></tr>
<tr><td>Method of preparation</td><td colspan="5">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.</td></tr>
<tr><td>Properties</td><td colspan="5">Masha Soopa is known to produce excessive amounts of faeces.</td></tr>
<tr><td>Benefits (Pathya)</td><td colspan="5">-</td></tr>
<tr><td>Precautions</td><td colspan="5">-</td></tr>
<tr><td>Special precautions</td><td colspan="5">-</td></tr>
<tr><td>Others</td><td colspan="5">-</td></tr>
</table>

<table>
<tr><td>Name of the Recipe</td><td colspan="5">04.4 Kulattha Soopa (Horse Gram Soup)</td></tr>
<tr><td>Reference</td><td colspan="5">Pakadarpanam, 1/ 121-126</td></tr>
<tr><td>Category</td><td colspan="5">Pana (Drinkable)</td></tr>
<tr><td>Ingredients</td><td>Sl.No.</td><td>Name of the Ingredients</td><td>Common name/Botanical Name</td><td>Part Used</td><td>Ratio</td></tr>
<tr><td></td><td>1.</td><td>Kulattha</td><td>Horse gram/Dolichos biflorus L.</td><td>Seed</td><td>1/5 part</td></tr>
<tr><td></td><td>2.</td><td>Masha</td><td>Black gram/Phaseolus mungo L.</td><td>Seed</td><td>1/5 part</td></tr>
<tr><td></td><td>3.</td><td>Nishpava</td><td>Hyacinth bean/Dolichos lablab L.</td><td>Seed</td><td>1/5 part</td></tr>
<tr><td></td><td>4.</td><td>Tuvari (Arhara)</td><td>Pigeon pea/ Cajanus cajan (L.) Millsp.</td><td>Seed</td><td>1/5 part</td></tr>
<tr><td></td><td>5.</td><td>Chanaka</td><td>Chick pea/Cicer arietinum L.</td><td>Seed</td><td>1/5 part</td></tr>
<tr><td></td><td>6.</td><td>Haridra</td><td>Turmeric /Curcuma longa L.</td><td>Rhizome</td><td>Q.S.</td></tr>
<tr><td></td><td>7.</td><td>Hingu</td><td>Asfoetida/ Ferula asfoetida Regel.</td><td>Oleoresin gum</td><td>Q.S.</td></tr>
<tr><td></td><td>8.</td><td>Karpura</td><td>Camphor/Cinnamomum camphora (L.) J.Presl</td><td>Sub. extract</td><td>Q.S.</td></tr>
<tr><td></td><td>9.</td><td>Saindhava Lavana</td><td>Rock salt</td><td>-</td><td>Q.S.</td></tr>
<tr><td></td><td>10.</td><td>Jala</td><td>Water</td><td>-</td><td>Q.S.</td></tr>
<tr><td></td><td>11.</td><td>Sugandhita pushpa</td><td>Aromatic flowers</td><td>-</td><td>Q.S.</td></tr>
<tr><td>Method of preparation</td><td colspan="5">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.</td></tr>
<tr><td>Properties</td><td colspan="5">Ushna, (hot in potency) tikta (bitter), katu (pungent), ruksha (dry),</td></tr>
<tr><td>Benefits (Pathya)</td><td colspan="5">Beneficial in Aruchi (alleviates tastelessness), Pittashamaka (pacifies pitta dosha)</td></tr>
<tr><td>Precautions</td><td colspan="5">-</td></tr>
<tr><td>Special precautions</td><td colspan="5">-</td></tr>
<tr><td>Others</td><td colspan="5">-</td></tr>
</table>

Gulkand

<table>
<tr><td>Name of the Recipe</td><td colspan="5">05.1 Gulkand (Rose petal Jam)</td></tr>
<tr><td>Reference</td><td colspan="5">Siddha Bheshaja Manimala, 2/148</td></tr>
<tr><td>Category</td><td colspan="5">Ashita (Eatables)</td></tr>
<tr><td rowspan="4">Ingredients</td><td>Sl.No.</td><td>Name of the Ingredients</td><td>Common name/Botanical Name</td><td>Part Used</td><td>Ratio</td></tr>
<tr><td>1.</td><td>Sharkara</td><td>Normal Sugar</td><td>-</td><td>3 parts</td></tr>
<tr><td>2.</td><td>Gulab</td><td>Rose/Rosa centifolia L.</td><td>Flower</td><td>1 part</td></tr>
<tr><td>3.</td><td>Ela</td><td>Cardamom/Elletaria cardamomum Maton.</td><td>Seed</td><td>Q.S.</td></tr>
<tr><td>Method of preparation</td><td colspan="5">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.</td></tr>
<tr><td>Properties</td><td colspan="5">Sheeta (cold in potency), snigdha (unctuous), madhura (sweet), balya (strength promotor), pittashamaka (pacifies pitta dosha), dahashamaka (relieves burning sensation).</td></tr>
<tr><td>Benefits (Pathya)</td><td colspan="5">It could be beneficial in Pitta (vitiation of pitta), Daha (burning sensation) conditions</td></tr>
<tr><td>Precautions</td><td colspan="5">It is not recommended in the condition such as diabetes.</td></tr>
<tr><td>Special precautions</td><td colspan="5">-</td></tr>
<tr><td>Others</td><td colspan="5">-</td></tr>
</table>

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 (16th varga), 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)

<table>
<tr><td>Name of the Recipe</td><td colspan="5">11.1 Karpuranalika (Karpura Crispy Sticks)</td></tr>
<tr><td>Reference</td><td colspan="5">BhojanaKutuhala, Siddhannaprakarana (Bhakshyavishesha), p.75; Bhavaprakash Nighantu, Kritanna varga, 12/117-118</td></tr>
<tr><td>Category</td><td colspan="5">Ashita (Eatables)</td></tr>
<tr><td rowspan="9">Ingredients</td><td>Sl.No.</td><td>Name of the Ingredients</td><td>Common name/Botanical Name</td><td>Part Used</td><td>Ratio</td></tr>
<tr><td>1.</td><td>Godhuma/Samita</td><td>Fine Wheat flour/Triticum aestivum L.</td><td>Seed</td><td>1 part</td></tr>
<tr><td>2.</td><td>Lavanga</td><td>Clove/Syzygium aromaticum (L.) Merr. & L.M.Perry</td><td>Flower bud</td><td>Q.S.</td></tr>
<tr><td>3.</td><td>Karpura</td><td>Camphor/Cinnamomum camphora (L.) J.Presl</td><td>Sub. extract</td><td>Q.S.</td></tr>
<tr><td>4.</td><td>Maricha</td><td>Black Pepper/Piper nigrum L.</td><td>Fruit</td><td>Q.S.</td></tr>
<tr><td>5.</td><td>Ghrita</td><td>Clarified butter</td><td>-</td><td>Q.S.</td></tr>
<tr><td>6.</td><td>Jala</td><td>Water</td><td>-</td><td>Q.S.</td></tr>
<tr><td>7.</td><td>Sita</td><td>Sugar</td><td>-</td><td>Q.S.</td></tr>
<tr><td>Method of preparation</td><td colspan="5">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.</td></tr>
<tr><td>Properties</td><td colspan="5">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</td></tr>
<tr><td>Benefits (Pathya)</td><td colspan="5">-</td></tr>
<tr><td>Precautions</td><td colspan="5">-</td></tr>
<tr><td>Special precautions</td><td colspan="5">-</td></tr>
<tr><td>Others</td><td colspan="5">-</td></tr>
</table>

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 $1/8^{th}$.

<table>
<tr><td>Name of the Recipe</td><td colspan="5">12.1 Lajadi Kashaya (Parched Rice Tea)</td></tr>
<tr><td>Reference</td><td colspan="5">Vaidya Chintamani Volume-2, Daha Prakaranam, p.432</td></tr>
<tr><td>Category</td><td colspan="5">Pana (Drinkable)</td></tr>
<tr><td rowspan="7">Ingredients</td><td>Sl.No.</td><td>Name of the Ingredients</td><td>Common name/Botanical Name</td><td>Part Used</td><td>Ratio</td></tr>
<tr><td>1.</td><td>Jala</td><td>Water</td><td>-</td><td>16 parts</td></tr>
<tr><td>2.</td><td>Laja</td><td>Oryza sativa L.</td><td>Parched seeds</td><td>1/4 part</td></tr>
<tr><td>3.</td><td>Hribera</td><td>Juniper/Juniperus communis L.</td><td>Fruit</td><td>1/4 part</td></tr>
<tr><td>4.</td><td>Chandana</td><td>Sandal wood/Santalum album L.</td><td>Heart wood</td><td>1/4 part</td></tr>
<tr><td>5.</td><td>Ushira</td><td>Khas Khas grass/Vetiveria zizaniodes (L.) Nash.</td><td>Root</td><td>1/4 part</td></tr>
<tr><td>6.</td><td>Sharkara</td><td>Normal Sugar</td><td>-</td><td>Q.S.</td></tr>
<tr><td>Method of preparation</td><td colspan="5">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.</td></tr>
<tr><td>Properties</td><td colspan="5">Sheeta (cold in potency), madhura (sweet), laghu (light for digestion)</td></tr>
<tr><td>Benefits (Pathya)</td><td colspan="5">It could be beneficial in Daha (burning sensation), Pitta Jwara (fever due to pitta dosha)</td></tr>
<tr><td>Precautions</td><td colspan="5">-</td></tr>
<tr><td>Special precautions</td><td colspan="5">-</td></tr>
<tr><td>Others</td><td colspan="5">Anupana – Sharkara (sugar)</td></tr>
</table>

Krishra

(Khichdi)

<table>
<tr><td>Name of the Recipe</td><td colspan="5">13.1 Krishara (Khichdi)</td></tr>
<tr><td>Reference</td><td colspan="5">Bhavaprakash Nighantu, 12/9;
Bhojana Kutuhala Siddhannaprakarana, p.56.</td></tr>
<tr><td>Category</td><td colspan="5">Ashita (Eatables)</td></tr>
<tr><td rowspan="9">Ingredients</td><td>Sl.No.</td><td>Name of the Ingredients</td><td>Common name/Botanical Name</td><td>Part Used</td><td>Ratio</td></tr>
<tr><td>1.</td><td>Jala</td><td>Water</td><td>-</td><td>3 parts</td></tr>
<tr><td>2.</td><td>Dala*</td><td>Lentils</td><td>Seed</td><td>1 part</td></tr>
<tr><td>3.</td><td>Tandula</td><td>Rice/Oryza sativa L.</td><td>Seed</td><td>½ part</td></tr>
<tr><td>4.</td><td>Ardraka</td><td>Ginger /Zingiber officinale Rosc.</td><td>Rhizome</td><td>Q.S.</td></tr>
<tr><td>5.</td><td>Hingu</td><td>Asfoetida/ Ferula asfoetida Regel.</td><td>Oleoresin gum</td><td>Q.S.</td></tr>
<tr><td>6.</td><td>Saindhava Lavana</td><td>Rock Salt</td><td>-</td><td>Q.S.</td></tr>
<tr><td>7.</td><td>Ghrita</td><td>Clarified butter</td><td>-</td><td>Q.S.</td></tr>
<tr><td>8.</td><td>Haridra</td><td>Turmeric /Curcuma longa L.</td><td>Rhizome</td><td>Q.S.</td></tr>
<tr><td>Method of preparation</td><td colspan="5">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.</td></tr>
<tr><td>Properties</td><td colspan="5">Balya (strength promotor), vatashamaka (pacifies vata dosha)</td></tr>
<tr><td>Benefits (Pathya)</td><td colspan="5">It could be beneficial in Daurbalya (weakness)</td></tr>
<tr><td>Precautions</td><td colspan="5">-</td></tr>
<tr><td>Special precautions</td><td colspan="5">-</td></tr>
<tr><td>Others</td><td colspan="5">-</td></tr>
</table>

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	-				

<table>
<tr><td>Name of the Recipe</td><td colspan="5">14.3 Narikela Ksheerika (Milky Coconut Delight)</td></tr>
<tr><td>Reference</td><td colspan="5">Kshema Kutuhala, 12/ 7-8</td></tr>
<tr><td>Category</td><td colspan="5">Ashita (Eatable)</td></tr>
<tr><td rowspan="3">Ingredients</td><td>Sl.No.</td><td>Name of the Ingredients</td><td>Common name/Botanical Name</td><td>Part Used</td><td>Ratio</td></tr>
<tr><td>1.</td><td>Godugdha</td><td>Cow Milk</td><td>-</td><td>1 part</td></tr>
<tr><td>2.</td><td>Narikela</td><td>Coconut/Cocos nucifera L.</td><td>Endosperm</td><td>Q.S.</td></tr>
<tr><td>Method of preparation</td><td colspan="5">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.</td></tr>
<tr><td>Properties</td><td colspan="5">Madhura (sweet), sheeta (cold in potency), snigdha (unctuous)</td></tr>
<tr><td>Benefits (Pathya)</td><td colspan="5">It could be beneficial as Vrishya (aphrodisiac), Pittavatashamaka (alleviates pitta and vata dosha)</td></tr>
<tr><td>Precautions</td><td colspan="5">-</td></tr>
<tr><td>Special precautions</td><td colspan="5">-</td></tr>
<tr><td>Others</td><td colspan="5">-</td></tr>
</table>

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	-				

<table>
<tr><td>Name of the Recipe</td><td colspan="5">14.5 Dugdha Kupika (Stuffed Fried Cottage Cheese Dumplings)</td></tr>
<tr><td>Reference</td><td colspan="5">Bhavaprakash Nighantu,12/132-135</td></tr>
<tr><td>Category</td><td colspan="5">Ashita (eatable)</td></tr>
<tr><td rowspan="6">Ingredients</td><td>Sl.No.</td><td>Name of the Ingredients</td><td>Common name/Botanical Name</td><td>Part Used</td><td>Ratio</td></tr>
<tr><td>1.</td><td>Godugdha</td><td>Cow milk</td><td>-</td><td>1 part</td></tr>
<tr><td>2.</td><td>Ghrita</td><td>Clarified butter</td><td>-</td><td>Q.S.</td></tr>
<tr><td>3.</td><td>Sharkara</td><td>Normal Sugar</td><td>-</td><td>Q.S.</td></tr>
<tr><td>4.</td><td>Tandula</td><td>Rice/Oryza sativa L.</td><td>Seed</td><td>Q.S.</td></tr>
<tr><td>5.</td><td>Karpura</td><td>Camphor/Cinnamomum camphora (L.) J.Presl</td><td>Sub. extract</td><td>Q.S.</td></tr>
<tr><td>Method of preparation</td><td colspan="5">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.</td></tr>
<tr><td>Properties</td><td colspan="5">Sheeta (cold in potency), guru (heavy to digest)</td></tr>
<tr><td>Benefits (Pathya)</td><td colspan="5">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)</td></tr>
<tr><td>Precautions</td><td colspan="5">It is not recommended in the condition such as diabetes</td></tr>
<tr><td>Special precautions</td><td colspan="5">-</td></tr>
<tr><td>Others</td><td colspan="5">-</td></tr>
</table>

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

<table>
<tr><td>Name of the Recipe</td><td colspan="5">15.1 Kulmasha (Barley Savory Discs)</td></tr>
<tr><td>Reference</td><td colspan="5">Kaiyadeva Nighantu, 5/161-163, p.426</td></tr>
<tr><td>Category</td><td colspan="5">Ashita (Eatables)</td></tr>
<tr><td rowspan="5">Ingredients</td><td>Sl.No.</td><td>Name of the Ingredients</td><td>Common name/Botanical Name</td><td>Part Used</td><td>Ratio</td></tr>
<tr><td>1.</td><td>Yava</td><td>Barley/Hordeum vulgare L.</td><td>Seed</td><td>1 part</td></tr>
<tr><td>2.</td><td>Ushna Jala</td><td>Hot water</td><td>-</td><td>Q.S.</td></tr>
<tr><td>3.</td><td>Saindhava Lavana</td><td>Rock Salt</td><td>-</td><td>Q.S.</td></tr>
<tr><td>4.</td><td>Sarshapa Taila</td><td>Mustard/Brassica campestris L.</td><td>-</td><td>Q.S.</td></tr>
<tr><td>Method of preparation</td><td colspan="5">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.</td></tr>
<tr><td>Properties</td><td colspan="5">Guru (heavy to digest), ruksha (dry), vatavardhaka (aggravates vata dosha, malbhedka (penetrating).</td></tr>
<tr><td>Benefits (Pathya)</td><td colspan="5">It could be beneficial in Malabadhata (constipation)</td></tr>
<tr><td>Precautions</td><td colspan="5">-</td></tr>
<tr><td>Special precautions</td><td colspan="5">-</td></tr>
<tr><td>Others</td><td colspan="5">-</td></tr>
</table>

Lapsika

(Sweet Porridge)

<table>
<tr><td>Name of the Recipe</td><td colspan="5">16.1 Lapsika (Sweet Porridge)</td></tr>
<tr><td>Reference</td><td colspan="5">Bhavaprakash Nighantu, 12/28</td></tr>
<tr><td>Category</td><td colspan="5">Lidha (Lickable)</td></tr>
<tr><td rowspan="8">Ingredients</td><td>Sl.No.</td><td>Name of the Ingredients</td><td>Common name/Botanical Name</td><td>Part Used</td><td>Ratio</td></tr>
<tr><td>1.</td><td>Samita</td><td>Fine Wheat flour/Triticum aestivum L.</td><td>Seed</td><td>1 part</td></tr>
<tr><td>2.</td><td>Ghrita</td><td>Clarified butter</td><td>-</td><td>Q.S.</td></tr>
<tr><td>3.</td><td>Jala</td><td>Water</td><td>-</td><td>Q.S.</td></tr>
<tr><td>4.</td><td>Sharkara</td><td>Normal Sugar</td><td>-</td><td>Q.S.</td></tr>
<tr><td>5.</td><td>Saindhava Lavana</td><td>Rock Salt</td><td>-</td><td>Q.S.</td></tr>
<tr><td>6.</td><td>Maricha</td><td>Black Pepper/Piper nigrum L.</td><td>Fruit</td><td>Q.S.</td></tr>
<tr><td>Method of preparation</td><td colspan="5">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.</td></tr>
<tr><td>Properties</td><td colspan="5">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)</td></tr>
<tr><td>Benefits (Pathya)</td><td colspan="5">-</td></tr>
<tr><td>Precautions</td><td colspan="5">It is not recommended in diabetes</td></tr>
<tr><td>Special precautions</td><td colspan="5">-</td></tr>
<tr><td>Others</td><td colspan="5">-</td></tr>
</table>

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	-				

<table>
<tr><td>Name of the Recipe</td><td colspan="5">17.2 Mudgadi Manda (Cooked Green Gram Rice Water)</td></tr>
<tr><td>Reference</td><td colspan="5">Gada Nigraha, Part 2, Kayachikitsa khanda, 5/34-36, p. 248; Shodhala Nighantu, Shloka- 959-960, p.408</td></tr>
<tr><td>Category</td><td colspan="5">Pana (Drinkables)</td></tr>
<tr><td rowspan="9">Ingredients</td><td>Sl.No.</td><td>Name of the Ingredients</td><td>Common name/Botanical Name</td><td>Part Used</td><td>Ratio</td></tr>
<tr><td>1.</td><td>Jala</td><td>Water</td><td>-</td><td>12 parts</td></tr>
<tr><td>2.</td><td>Tandula</td><td>Rice/Oryza sativa L.</td><td>Seed</td><td>2 parts</td></tr>
<tr><td>3.</td><td>Takra</td><td>Buttermilk</td><td>-</td><td>2 parts</td></tr>
<tr><td>4.</td><td>Mudga</td><td>Green gram/Phaseolus radiatus L.</td><td>Seed</td><td>1 part</td></tr>
<tr><td>5.</td><td>Dhanyaka</td><td>Coriander/Coriandrum sativum L.</td><td>Fruit</td><td>Q.S.</td></tr>
<tr><td>6.</td><td>Saindhava Lavana</td><td>Rock Salt</td><td>-</td><td>Q.S.</td></tr>
<tr><td>7.</td><td>Hingu</td><td>Asfoetida/ Ferula asfoetida Regel.</td><td>Oleo resin Gum</td><td>Q.S.</td></tr>
<tr><td>8.</td><td>Taila</td><td>Oil</td><td>-</td><td>Q.S.</td></tr>
<tr><td>Method of preparation</td><td colspan="5">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 .</td></tr>
<tr><td>Properties</td><td colspan="5">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).</td></tr>
<tr><td>Benefits (Pathya)</td><td colspan="5">It could be beneficial in Vishamagni (impaired digestive fire), Mandagni (low digestive fire), Jwara (fever)</td></tr>
<tr><td>Precautions</td><td colspan="5">-</td></tr>
<tr><td>Special precautions</td><td colspan="5">-</td></tr>
<tr><td>Others</td><td colspan="5">-</td></tr>
</table>

<table>
<tr><td>Name of the Recipe</td><td colspan="5">17.3 Vatya Manda (Cooked Barley Water)</td></tr>
<tr><td>Reference</td><td colspan="5">Sharngadhara Samhita, (Madhyam Khanda) 2/175, p.162</td></tr>
<tr><td>Category</td><td colspan="5">Pana (Drinkable)</td></tr>
<tr><td rowspan="3">Ingredients</td><td>Sl.No.</td><td>Name of the Ingredients</td><td>Common name/Botanical Name</td><td>Part Used</td><td>Ratio</td></tr>
<tr><td>1.</td><td>Jala</td><td>Water</td><td>-</td><td>14 parts</td></tr>
<tr><td>2.</td><td>Yava</td><td>Barley/Hordeum vulgare L.</td><td>Seed</td><td>1 part</td></tr>
<tr><td>Method of preparation</td><td colspan="5">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.</td></tr>
<tr><td>Properties</td><td colspan="5">Kapha Pittanashaka (alleviates kapha and pitta dosha), sheeta (cold in potency), madhura (sweet)</td></tr>
<tr><td>Benefits (Pathya)</td><td colspan="5">It could be beneficial as Kanthya (substance promoting health and functioning of the throat), Raktapittaprasadaka (clears the blood and bile)</td></tr>
<tr><td>Precautions</td><td colspan="5">-</td></tr>
<tr><td>Special precautions</td><td colspan="5">-</td></tr>
<tr><td>Others</td><td colspan="5">-</td></tr>
</table>

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	-				

<table>
<tr><td>Name of the Recipe</td><td colspan="5">17.5 Mudgayavadi Manda (Cooked Multigrain Rice Water)</td></tr>
<tr><td>Reference</td><td colspan="5">Kashyapa Kalpasthana, Bhojankalpadhyaya, Shloka 73-74</td></tr>
<tr><td>Category</td><td colspan="5">Pana (Drinkable)</td></tr>
<tr><td rowspan="6">Ingredients</td><td>Sl.No.</td><td>Name of the Ingredients</td><td>Common name/Botanical Name</td><td>Part Used</td><td>Ratio</td></tr>
<tr><td>1.</td><td>Jala</td><td>Water</td><td>-</td><td>14 parts</td></tr>
<tr><td>2.</td><td>Tandula</td><td>Rice/Oryza sativa L.</td><td>Seed</td><td>¼ part</td></tr>
<tr><td>3.</td><td>Mudga</td><td>Green gram/Phaseolus radiatus L.</td><td>Seed</td><td>¼ part</td></tr>
<tr><td>4.</td><td>Yava</td><td>Barley/Hordeum vulgare L.</td><td>Seed</td><td>¼ part</td></tr>
<tr><td>5.</td><td>Laja</td><td>Oryza sativa L.</td><td>Parched seed</td><td>¼ part</td></tr>
<tr><td>Method of preparation</td><td colspan="5">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.</td></tr>
<tr><td>Properties</td><td colspan="5">-</td></tr>
<tr><td>Benefits (Pathya)</td><td colspan="5">It could be beneficial in attaining Bala (strength), Prakrutistha Indriya (normalcy of all indriyas).</td></tr>
<tr><td>Precautions</td><td colspan="5">-</td></tr>
<tr><td>Special precautions</td><td colspan="5">-</td></tr>
<tr><td>Others</td><td colspan="5">-</td></tr>
</table>

<table>
<tr><td>Name of the Recipe</td><td colspan="5">17.6 Mudga Ardrakadi Manda (Ginger Flavoured Green Gram Hot Water)</td></tr>
<tr><td>Reference</td><td colspan="5">Kashyapa Kalpasthana, Visheshkalpadhyaya, Shloka-100</td></tr>
<tr><td>Category</td><td colspan="5">Pana (Drinkable)</td></tr>
<tr><td>Ingredients</td><td>Sl.No.</td><td>Name of the Ingredients</td><td>Common name/Botanical Name</td><td>Part Used</td><td>Ratio</td></tr>
<tr><td></td><td>1.</td><td>Jala</td><td>Water</td><td>-</td><td>14 parts</td></tr>
<tr><td></td><td>2.</td><td>Mudga</td><td>Green gram/Phaseolus radiatus L.</td><td>Seed</td><td>1 part</td></tr>
<tr><td></td><td>3.</td><td>Ardraka</td><td>Ginger /Zingiber officinale Rosc.</td><td>Rhizome</td><td>Q.S.</td></tr>
<tr><td></td><td>4.</td><td>Maricha</td><td>Black Pepper/Piper nigrum L.</td><td>Fruit</td><td>Q.S.</td></tr>
<tr><td></td><td>5.</td><td>Sauvarchala Lavana</td><td>Black salt</td><td>-</td><td>Q.S.</td></tr>
<tr><td></td><td>6.</td><td>Saindhava Lavana</td><td>Rock salt</td><td>-</td><td>Q.S.</td></tr>
<tr><td>Method of preparation</td><td colspan="5">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.</td></tr>
<tr><td>Properties</td><td colspan="5">-</td></tr>
<tr><td>Benefits (Pathya)</td><td colspan="5">It could be beneficial in Sannipatika jwara (fever due to all three doshas), Kaphadhikya (increased kapha dosha)</td></tr>
<tr><td>Precautions</td><td colspan="5">-</td></tr>
<tr><td>Special precautions</td><td colspan="5">-</td></tr>
<tr><td>Others</td><td colspan="5">-</td></tr>
</table>

<table>
<tr><td>Name of the Recipe</td><td colspan="5">17.7 Mudga Manda (Spicy Green Gram Water)</td></tr>
<tr><td>Reference</td><td colspan="5">Kashyapa Kalpasthana, Bhojankalpadhyaya Shloka-70</td></tr>
<tr><td>Category</td><td colspan="5">Pana (Drinkable)</td></tr>
<tr><td>Ingredients</td><td>Sl.No.</td><td>Name of the Ingredients</td><td>Common name/Botanical Name</td><td>Part Used</td><td>Ratio</td></tr>
<tr><td></td><td>1.</td><td>Jala</td><td>Water</td><td>-</td><td>14 parts</td></tr>
<tr><td></td><td>2.</td><td>Mudga</td><td>Green gram/Phaseolus radiatus L.</td><td>Seed</td><td>1part</td></tr>
<tr><td></td><td>3.</td><td>Saindhava Lavana</td><td>Rock salt</td><td>-</td><td>Q.S.</td></tr>
<tr><td></td><td>4.</td><td>Shunthi</td><td>Dry ginger/Zingiber officinale L.</td><td>Rhizome</td><td>Q.S.</td></tr>
<tr><td></td><td>5.</td><td>Maricha</td><td>Black Pepper/Piper nigrum L.</td><td>Fruit</td><td>Q.S.</td></tr>
<tr><td></td><td>6.</td><td>Pippali</td><td>Long pepper/Piper longum L.</td><td>Fruit</td><td>Q.S.</td></tr>
<tr><td>Method of preparation</td><td colspan="5">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.</td></tr>
<tr><td>Properties</td><td colspan="5">Tikta (bitter), katu (pungent), ushna (hot in potency), ruksha (dry), kaphashamaka (pacifies kapha dosha)</td></tr>
<tr><td>Benefits (Pathya)</td><td colspan="5">-</td></tr>
<tr><td>Precautions</td><td colspan="5">-</td></tr>
<tr><td>Special precautions</td><td colspan="5">-</td></tr>
<tr><td>Others</td><td colspan="5">-</td></tr>
</table>

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.

<table>
<tr><td>Name of the Recipe</td><td colspan="5">18.1 Yavsaktu Mantha (Barley Drink)</td></tr>
<tr><td>Reference</td><td colspan="5">Madanpala Nighantu,11/99-100;
Sharngadhara Samhita (Madhyam Khanda), 3/12;
Shodhala Nighantu, Guna sangrahakritanna varga, 23/1025;
Sushruta Sutrasthana, 46/385-387</td></tr>
<tr><td>Category</td><td colspan="5">Pana (Drinkable)</td></tr>
<tr><td rowspan="4">Ingredients</td><td>Sl.No.</td><td>Name of the Ingredients</td><td>Common name/Botanical Name</td><td>Part Used</td><td>Ratio</td></tr>
<tr><td>1.</td><td>Jala</td><td>Water</td><td>-</td><td>4 parts</td></tr>
<tr><td>2.</td><td>Yava</td><td>Barley/Hordeum vulgare L.</td><td>Seed</td><td>1 part</td></tr>
<tr><td>3.</td><td>Ghrita</td><td>Clarified butter</td><td>-</td><td>Q.S.</td></tr>
<tr><td>Method of preparation</td><td colspan="5">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.</td></tr>
<tr><td>Properties</td><td colspan="5">Laghu (light for digestion), ruksha (dry), sheeta (cold in potency), madhura (sweet), bala karaka (strength promoting)</td></tr>
<tr><td>Benefits (Pathya)</td><td colspan="5">It could be beneficial in Trishna (thirst), Kshaya (phthisis), Chhardi (emesis), Kushtha (skin disease), Daha (burning sensation), Shrama (fatigue)</td></tr>
<tr><td>Precautions</td><td colspan="5">-</td></tr>
<tr><td>Special precautions</td><td colspan="5">-</td></tr>
<tr><td>Others</td><td colspan="5">-</td></tr>
</table>

<table>
<tr><td>Name of the Recipe</td><td colspan="5">18.2 Kharjuradi Mantha (Energy Drink)</td></tr>
<tr><td>Reference</td><td colspan="5">Sharngadhara Samhita (Madhyam Khand), 3/10;
Yoga Ratnakara, Panatyaya Chikitsa, Shloka-47;
Gada Nigraha, Part-2, Kayachikitsa Khanda 17/27</td></tr>
<tr><td>Category</td><td colspan="5">Pana (Drinkable)</td></tr>
<tr><td rowspan="8">Ingredients</td><td>Sl.No.</td><td>Name of the Ingredients</td><td>Common name/Botanical Name</td><td>Part Used</td><td>Ratio</td></tr>
<tr><td>1.</td><td>Jala</td><td>Water</td><td>-</td><td>4 parts</td></tr>
<tr><td>2.</td><td>Kharjura</td><td>Dates/Phoenix dactylifera L.</td><td>Fruit</td><td>1/6 Part</td></tr>
<tr><td>3.</td><td>Dadima</td><td>Pomegranate/Punica granatum L..</td><td>Fruit</td><td>1/6 Part</td></tr>
<tr><td>4.</td><td>Draksha</td><td>Raisins/Vitis vinifera L.</td><td>Fruit</td><td>1/6 Part</td></tr>
<tr><td>5.</td><td>Amlika</td><td>Tamarind/Tamarindus indica L.</td><td>Fruit</td><td>1/6 Part</td></tr>
<tr><td>6.</td><td>Amalaki</td><td>Gooseberry/Emblica officinalis Gaertn.</td><td>Pericarp</td><td>1/6 Part</td></tr>
<tr><td>7.</td><td>Parushaka</td><td>Sherbet Berry /Grewia asiatica L.</td><td>Fruit</td><td>1/6 Part</td></tr>
<tr><td>Method of preparation</td><td colspan="5">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.</td></tr>
<tr><td>Properties</td><td colspan="5">Guru (heavy to digest), madhura (sweet), amla (sour), anulomaka (normal course of movement of flatus and faeces), snigdha (unctuous), balya (strength promotor)</td></tr>
<tr><td>Benefits (Pathya)</td><td colspan="5">It could be beneficial in Madyavikara (alcoholism)</td></tr>
<tr><td>Precautions</td><td colspan="5">-</td></tr>
<tr><td>Special precautions</td><td colspan="5">-</td></tr>
<tr><td>Others</td><td colspan="5">-</td></tr>
</table>

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	-				

<table>
<tr><td>Name of the Recipe</td><td colspan="5">18.5 Panchasara Mantha (Fruit Fusion Drink)</td></tr>
<tr><td>Reference</td><td colspan="5">Asthanga Samgraha, Chikitsasthana, 3/18-19;
Asthanga Hridaya, Chikitsasthana, 2/14-15</td></tr>
<tr><td>Category</td><td colspan="5">Pana (Drinkable)</td></tr>
<tr><td rowspan="8">Ingredients</td><td>Sl.No.</td><td>Name of the Ingredients</td><td>Common name/Botanical Name</td><td>Part Used</td><td>Ratio</td></tr>
<tr><td>1.</td><td>Jala</td><td>Water</td><td>-</td><td>4 parts</td></tr>
<tr><td>2.</td><td>Kharjura</td><td>Dates/Phoenix dactylifera L.</td><td>Fruit</td><td>1/3 part</td></tr>
<tr><td>3.</td><td>Mridvika</td><td>Raisins/Vitis vinifera L.</td><td>Fruit</td><td>1/3 part</td></tr>
<tr><td>4.</td><td>Parushaka</td><td>Sherbet Berry /Grewia asiatica L.</td><td>Fruit</td><td>1/3 part</td></tr>
<tr><td>5.</td><td>Madhu</td><td>Honey</td><td>-</td><td>Q.S.</td></tr>
<tr><td>6.</td><td>Sita</td><td>Sugar candy</td><td>-</td><td>Q.S.</td></tr>
<tr><td>Method of preparation</td><td colspan="5">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.</td></tr>
<tr><td>Properties</td><td colspan="5">Madhura (sweet), sheeta (cold in potency), balya (strength promotor), pachana (easy to digest)</td></tr>
<tr><td>Benefits (Pathya)</td><td colspan="5">It could be beneficial in Daha (burning sensation in body), Daurbalya (weakness)</td></tr>
<tr><td>Precautions</td><td colspan="5">It is not recommended in diabetes</td></tr>
<tr><td>Special precautions</td><td colspan="5">-</td></tr>
<tr><td>Others</td><td colspan="5">In case of Mandagni and Amlabhilasha, Dadima and Amalaki shall be added to the recipe.
Anupana - Ghrita and Laja</td></tr>
</table>

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)

<table>
<tr><td>Name of the Recipe</td><td colspan="5">19.1 Mashendri (Spiced Black Gram Fritters)</td></tr>
<tr><td>Reference</td><td colspan="5">Ruchivadhu Gala Ratnamala, Shloka-23</td></tr>
<tr><td>Category</td><td colspan="5">Ashita (Eatables)</td></tr>
<tr><td rowspan="8">Ingredients</td><td>Sl.No.</td><td>Name of the Ingredients</td><td>Common name/Botanical Name</td><td>Part Used</td><td>Ratio</td></tr>
<tr><td>1.</td><td>Masha</td><td>Black gram/Phaseolus mungo L.</td><td>Seed</td><td>1 part</td></tr>
<tr><td>2.</td><td>Hingu</td><td>Asfoetida/ Ferula asfoetida Regel.</td><td>Oleo resin Gum</td><td>Q.S.</td></tr>
<tr><td>3.</td><td>Ardraka</td><td>Ginger /Zingiber officinale Rosc.</td><td>Rhizome</td><td>Q.S.</td></tr>
<tr><td>4.</td><td>Jiraka</td><td>Cumin /Cuminum cyminum L.</td><td>Fruit</td><td>Q.S.</td></tr>
<tr><td>5.</td><td>Jala</td><td>Water</td><td>-</td><td>Q.S.</td></tr>
<tr><td>6.</td><td>Taila</td><td>Oil</td><td>-</td><td>Q.S.</td></tr>
<tr><td>Method of preparation</td><td colspan="5">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.</td></tr>
<tr><td>Properties</td><td colspan="5">Katu (pungent), amla (sour), ushna (hot in potency)</td></tr>
<tr><td>Benefits (Pathya)</td><td colspan="5">It could be beneficial in Aruchi (tastelessness), Daurbalya (weakness)</td></tr>
<tr><td>Precautions</td><td colspan="5">-</td></tr>
<tr><td>Special precautions</td><td colspan="5">-</td></tr>
<tr><td>Others</td><td colspan="5">-</td></tr>
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Modaka

(Laddu/Sweet Balls)

<table>
<tr><td>Name of the Recipe</td><td colspan="5">20.1 Sevika Modaka (Sweet Vermicelli Balls)</td></tr>
<tr><td>Reference</td><td colspan="5">Bhavaprakash Nighantu,12/126</td></tr>
<tr><td>Category</td><td colspan="5">Ashita (Eatables)</td></tr>
<tr><td rowspan="4">Ingredients</td><td>Sl.No.</td><td>Name of the Ingredients</td><td>Common name/Botanical Name</td><td>Part Used</td><td>Ratio</td></tr>
<tr><td>1.</td><td>Samita</td><td>Fine Wheat flour/Triticum aestivum L.</td><td>Seed</td><td>1 part</td></tr>
<tr><td>2.</td><td>Ghrita</td><td>Clarified butter</td><td>-</td><td>Q.S.</td></tr>
<tr><td>3.</td><td>Sharkara</td><td>Normal Sugar</td><td>-</td><td>Q.S.</td></tr>
<tr><td>Method of preparation</td><td colspan="5">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.</td></tr>
<tr><td>Properties</td><td colspan="5">Snigdha (unctuous), madhura (sweet), guru (heavy to digest)</td></tr>
<tr><td>Benefits (Pathya)</td><td colspan="5">It could be beneficial in Aruchi (tastelessness), Daurbalya (weakness), Karshya (emaciation), Shukrakshaya (deficiency of semen).</td></tr>
<tr><td>Precautions</td><td colspan="5">It is not recommended in diabetes</td></tr>
<tr><td>Special precautions</td><td colspan="5">-</td></tr>
<tr><td>Others</td><td colspan="5">-</td></tr>
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<table>
<tr><td>Name of the Recipe</td><td colspan="5">20.2 Mudga Modaka (Sweet Green Gram Balls)</td></tr>
<tr><td>Reference</td><td colspan="5">Bhavaprakash Nighantu,12/128</td></tr>
<tr><td>Category</td><td colspan="5">Ashita (Eatables)</td></tr>
<tr><td rowspan="6">Ingredients</td><td>Sl.No.</td><td>Name of the Ingredients</td><td>Common name/Botanical Name</td><td>Part Used</td><td>Ratio</td></tr>
<tr><td>1.</td><td>Mudga</td><td>Green gram/Phaseolus radiatus L.</td><td>Seed</td><td>1 part</td></tr>
<tr><td>2.</td><td>Ghrita</td><td>Clarified butter</td><td>-</td><td>Q.S.</td></tr>
<tr><td>3.</td><td>Sharkara</td><td>Normal Sugar</td><td>-</td><td>Q.S.</td></tr>
<tr><td>4.</td><td>Jala</td><td>water</td><td>-</td><td>Q.S.</td></tr>
<tr><td colspan="5"></td></tr>
<tr><td>Method of preparation</td><td colspan="5">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).</td></tr>
<tr><td>Properties</td><td colspan="5">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)</td></tr>
<tr><td>Benefits (Pathya)</td><td colspan="5">It could be beneficial in Jwara (fever), Aruchi (tastelessness), Daurbalya (weakness), Netra roga (eye diseases)</td></tr>
<tr><td>Precautions</td><td colspan="5">It is not recommended in diabetes</td></tr>
<tr><td>Special precautions</td><td colspan="5">-</td></tr>
<tr><td>Others</td><td colspan="5">-</td></tr>
</table>

<table>
<tr><td>Name of the Recipe</td><td colspan="5">20.3 Vesana Modaka (Sweet Gram Flour Balls)</td></tr>
<tr><td>Reference</td><td colspan="5">Bhavaprakash Nighantu, 12/131; Bhojana Kutuhalam, Sidhannaprakarana, Bhakshya Vishesha p.79</td></tr>
<tr><td>Category</td><td colspan="5">Ashita (Eatables)</td></tr>
<tr><td rowspan="6">Ingredients</td><td>Sl.No.</td><td>Name of the Ingredients</td><td>Common name/Botanical Name</td><td>Part Used</td><td>Ratio</td></tr>
<tr><td>1.</td><td>Vesana /Chanaka</td><td>Chick pea/ Cicer arietinum L.</td><td>Seed</td><td>1 part</td></tr>
<tr><td>5.</td><td>Ghrita</td><td>Clarified butter</td><td>-</td><td>Q.S.</td></tr>
<tr><td>6.</td><td>Sharkara</td><td>Normal Sugar</td><td>-</td><td>Q.S.</td></tr>
<tr><td>7.</td><td>Jala</td><td>Water</td><td>-</td><td>Q.S.</td></tr>
<tr><td>Method of preparation</td><td colspan="5">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).</td></tr>
<tr><td>Properties</td><td colspan="5">Balya (strength promotor), laghu (light for digestion), sheeta (cold in potency), vata karaka (aggravates vata dosha), kapha nashaka (alleviates kapha dosha)</td></tr>
<tr><td>Benefits (Pathya)</td><td colspan="5">It could be beneficial in Jwara (fever), Pitta raktavikara (bleeding disorder)</td></tr>
<tr><td>Precautions</td><td colspan="5">-</td></tr>
<tr><td>Special precautions</td><td colspan="5">-</td></tr>
<tr><td>Others</td><td colspan="5">-</td></tr>
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<table>
<tr><td>Name of the Recipe</td><td colspan="5">20.4 Swalpasurana Modaka (Sweetened Ginger pepper Balls)</td></tr>
<tr><td>Reference</td><td colspan="5">Chakradatta, 5/ 46-47</td></tr>
<tr><td>Category</td><td colspan="5">Ashita (Eatables)</td></tr>
<tr><td rowspan="6">Ingredients</td><td>Sl.No.</td><td>Name of the Ingredients</td><td>Common name/Botanical Name</td><td>Part Used</td><td>Ratio</td></tr>
<tr><td>1.</td><td>Guda</td><td>Jaggery</td><td>-</td><td>15 parts</td></tr>
<tr><td>2.</td><td>Surana</td><td>Elephant Foot Yam/Amorphophallus campanulatus Blume</td><td>Corm</td><td>8 parts</td></tr>
<tr><td>3.</td><td>Chitraka</td><td>Leadwort/Plumbago zeylanica L.</td><td>Root</td><td>4 parts</td></tr>
<tr><td>4.</td><td>Shunthi</td><td>Dry ginger/ Zingiber officinale L.</td><td>Rhizome</td><td>2 parts</td></tr>
<tr><td>5.</td><td>Maricha</td><td>Black Pepper/Piper nigrum L.</td><td>Fruit</td><td>1 part</td></tr>
<tr><td>Method of preparation</td><td colspan="5">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).</td></tr>
<tr><td>Properties</td><td colspan="5">Jatharagni deepaka (stimulates digestive fire)</td></tr>
<tr><td>Benefits (Pathya)</td><td colspan="5">It could be beneficial in Udara shoola (abdomen pain), Gulma (abdominal lump), all types of Arsha (piles), Shleepada (filariasis).</td></tr>
<tr><td>Precautions</td><td colspan="5">-</td></tr>
<tr><td>Special precautions</td><td colspan="5">-</td></tr>
<tr><td>Others</td><td colspan="5">-</td></tr>
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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 /*Trachyspermummammi* (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	-				

<table>
<tr><td>Name of the Recipe</td><td colspan="5">20.8 Dravaka Modaka (Milky Wheat Balls)</td></tr>
<tr><td>Reference</td><td colspan="5">Bhojana Kutuhala, Siddhannaprakarana (Bhakshyavishesha) p.81</td></tr>
<tr><td>Category</td><td colspan="5">Ashita (Eatables)</td></tr>
<tr><td rowspan="6">Ingredients</td><td>Sl.No.</td><td>Name of the Ingredients</td><td>Common name/Botanical Name</td><td>Part Used</td><td>Ratio</td></tr>
<tr><td>1.</td><td>Samita</td><td>Fine Wheat flour/Triticum aestivum L.</td><td>Seed</td><td>1 part</td></tr>
<tr><td>2.</td><td>Sharkara</td><td>Normal Sugar</td><td>-</td><td>1 part</td></tr>
<tr><td>3.</td><td>Ghrita</td><td>Clarified butter</td><td>-</td><td>Q.S.</td></tr>
<tr><td>4.</td><td>Dugdha</td><td>Milk</td><td>-</td><td>Q.S.</td></tr>
<tr><td>Method of preparation</td><td colspan="5">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).</td></tr>
<tr><td>Properties</td><td colspan="5">Pittashamaka (alleviates pitta), ruchikara (imparts taste) and vrishya (aphrodisiac)</td></tr>
<tr><td>Benefits (Pathya)</td><td colspan="5">-</td></tr>
<tr><td>Precautions</td><td colspan="5">It is not recommended in diabetes</td></tr>
<tr><td>Special precautions</td><td colspan="5">-</td></tr>
<tr><td>Others</td><td colspan="5">-</td></tr>
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<table>
<tr><td>Name of the Recipe</td><td colspan="5">20.9 Samita Modaka (Processed Wheat Balls)</td></tr>
<tr><td>Reference</td><td colspan="5">Bhojana Kutuhala, Siddhannaprakarana, (Bhakshyavishesha), p.81</td></tr>
<tr><td>Category</td><td colspan="5">Ashita (Eatables)</td></tr>
<tr><td rowspan="8">Ingredients</td><td>Sl.No.</td><td>Name of the Ingredients</td><td>Common name/Botanical Name</td><td>Part Used</td><td>Ratio</td></tr>
<tr><td>1.</td><td>Samita</td><td>Fine Wheat flour/Triticum aestivum L.</td><td>Seed</td><td>1part</td></tr>
<tr><td>2.</td><td>Ghrita</td><td>Clarified butter</td><td>-</td><td>1/2part</td></tr>
<tr><td>3.</td><td>Khanda</td><td>Sugar</td><td>-</td><td>1/3 part</td></tr>
<tr><td>4.</td><td>Lavanga</td><td>Clove/Syzygium aromaticum (L.) Merr. & L.M.Perry</td><td>Flower bud</td><td>Q.S.</td></tr>
<tr><td>5.</td><td>Maricha</td><td>Black Pepper/Piper nigrum L.</td><td>Fruit</td><td>Q.S.</td></tr>
<tr><td>6.</td><td>Ela</td><td>Cardamom/Elettaria cardamomum Maton.</td><td>Seed</td><td>Q.S.</td></tr>
<tr><td colspan="5"></td></tr>
<tr><td>Method of preparation</td><td colspan="5">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).</td></tr>
<tr><td>Properties</td><td colspan="5">Pittashamaka (alleviates pitta), ruchikara (imparts taste) and vrishya (aphrodisiac)</td></tr>
<tr><td>Benefits (Pathya)</td><td colspan="5">-</td></tr>
<tr><td>Precautions</td><td colspan="5">-</td></tr>
<tr><td>Special precautions</td><td colspan="5">-</td></tr>
<tr><td>Others</td><td colspan="5">-</td></tr>
</table>

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	-				

<table>
<tr><td>Name of the Recipe</td><td colspan="5">20.15 Shaluka Ladduka (Sweet Lotus Root Balls)</td></tr>
<tr><td>Reference</td><td colspan="5">Kshema Kutuhala, 10/44</td></tr>
<tr><td>Category</td><td colspan="5">Ashita (Eatables)</td></tr>
<tr><td rowspan="4">Ingredients</td><td>Sl.No.</td><td>Name of the Ingredients</td><td>Common name/ Botanical Name</td><td>Part Used</td><td>Ratio</td></tr>
<tr><td>1.</td><td>Shaluka</td><td>Lotus/Nelumbo nucifera Gaertn.</td><td>Roots</td><td>1 part</td></tr>
<tr><td>2.</td><td>Ghrita</td><td>Clarified butter</td><td>-</td><td>Q.S.</td></tr>
<tr><td>3.</td><td>Sharkara</td><td>Normal Sugar</td><td>-</td><td>Q.S.</td></tr>
<tr><td>Method of preparation</td><td colspan="5">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.</td></tr>
<tr><td>Properties</td><td colspan="5">Madhura (sweet), guru (heavy to digest), Kaphapitta shamaka (pacifies kapha and pitta dosha)</td></tr>
<tr><td>Benefits (Pathya)</td><td colspan="5">-</td></tr>
<tr><td>Precautions</td><td colspan="5">It is not recommended in diabetes</td></tr>
<tr><td>Special precautions</td><td colspan="5">-</td></tr>
<tr><td>Others</td><td colspan="5">-</td></tr>
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Murabba

<table>
<tr><td>Name of the Recipe</td><td colspan="5">21.1 Amalaki Murabba (Gooseberry Fruit Preserve)</td></tr>
<tr><td>Reference</td><td colspan="5">Ayurveda Sara Samgraha, Avaleha-Paka Prakaran, p.532;
Rasa Tantrasara Evum Siddha Prayoga Samgraha, part 1, p.405</td></tr>
<tr><td>Category</td><td colspan="5">Khadita (Hard eatables)</td></tr>
<tr><td rowspan="4">Ingredients</td><td>Sl.No.</td><td>Name of the Ingredients</td><td>Common name/ Botanical Name</td><td>Part Used</td><td>Ratio</td></tr>
<tr><td>1.</td><td>Sharkara</td><td>Normal Sugar</td><td>-</td><td>2 parts</td></tr>
<tr><td>2.</td><td>Amalaki</td><td>Gooseberry/Emblica officinalis Gaertn.</td><td>Fresh fruit</td><td>1 part</td></tr>
<tr><td>3.</td><td>Churnodaka</td><td>Lime water</td><td>-</td><td>Q.S.</td></tr>
<tr><td>Method of preparation</td><td colspan="5">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.</td></tr>
<tr><td>Properties</td><td colspan="5">Pittashamaka (pacifies pitta dosha), bala vardhaka (strength promotor)</td></tr>
<tr><td>Benefits (Pathya)</td><td colspan="5">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)</td></tr>
<tr><td>Precautions</td><td colspan="5">It is not recommended in diabetes</td></tr>
<tr><td>Special precautions</td><td colspan="5">-</td></tr>
<tr><td>Others</td><td colspan="5">-</td></tr>
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Panaka (Drink)

<table>
<tr><td>Name of the Recipe</td><td colspan="5">22.1 Amlikaphala Panaka (Spicy Tamarind Drink)</td></tr>
<tr><td>Reference</td><td colspan="5">Bhojana Kutuhala, Panakaprakarana, p.231;
Bhavaprakash Nighantu, 12/153-154</td></tr>
<tr><td>Category</td><td colspan="5">Pana (Drinkable)</td></tr>
<tr><td rowspan="7">Ingredients</td><td>Sl.No.</td><td>Name of the Ingredients</td><td>Common name/ Botanical Name</td><td>Part Used</td><td>Ratio</td></tr>
<tr><td>1.</td><td>Jala</td><td>Water</td><td>-</td><td>16 parts</td></tr>
<tr><td>2.</td><td>Amlika</td><td>Tamarind/Tamarindus indica L.</td><td>Fruit</td><td>1 part</td></tr>
<tr><td>3.</td><td>Sharkara</td><td>Normal Sugar</td><td>-</td><td>1 part</td></tr>
<tr><td>4.</td><td>Maricha</td><td>Black Pepper/Piper nigrum L.</td><td>Fruit</td><td>Q.S.</td></tr>
<tr><td>5.</td><td>Lavanga</td><td>Clove/Syzygium aromaticum (L.) Merr. & L.M.Perry</td><td>Flower bud</td><td>Q.S.</td></tr>
<tr><td>6.</td><td>Karpura</td><td>Camphor/Cinnamomum camphora (L.) J.Presl</td><td>Sub. extract</td><td>Q.S.</td></tr>
<tr><td>Method of preparation</td><td colspan="5">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.</td></tr>
<tr><td>Properties</td><td colspan="5">Vatanashaka (alleviates vata dosha), pitta kapha janaka (Slightly aggravates pitta and kapha dosha), ruchikaraka (imparts taste) and agnivardhaka (Stimulates digestive fire).</td></tr>
<tr><td>Benefits (Pathya)</td><td colspan="5">It could be beneficial in Agnimandhya (low digestive fire), Aruchi (tastelessness)</td></tr>
<tr><td>Precautions</td><td colspan="5">It is not recommended in diabetes</td></tr>
<tr><td>Special precautions</td><td colspan="5">-</td></tr>
<tr><td>Others</td><td colspan="5">-</td></tr>
</table>

<table>
<tr><td>Name of the Recipe</td><td colspan="5">22.2 Amra Prapanaka (Spicy Raw Mango Drink)</td></tr>
<tr><td>Reference</td><td colspan="5">Bhavaprakash Nighantu, 12/151;
Siddha Bheshaja Manimala, Jwaraprakarana, Chaturtha Guchha, p.153.</td></tr>
<tr><td>Category</td><td colspan="5">Pana (Drinkable)</td></tr>
<tr><td rowspan="6">Ingredients</td><td>Sl.No.</td><td>Name of the Ingredients</td><td>Common name/Botanical Name</td><td>Part Used</td><td>Ratio</td></tr>
<tr><td>1.</td><td>Jala</td><td>Water</td><td>-</td><td>16 parts</td></tr>
<tr><td>2.</td><td>Amra</td><td>Mango/Mangifera indica L.</td><td>Unripe Fruit</td><td>1 part</td></tr>
<tr><td>3.</td><td>Sharkara</td><td>Normal Sugar</td><td>-</td><td>Q.S.</td></tr>
<tr><td>4.</td><td>Karpura</td><td>Camphor/Cinnamomum camphora (L.) J.Presl</td><td>Sub. extract</td><td>Q.S.</td></tr>
<tr><td>5.</td><td>Maricha</td><td>Black Pepper/Piper nigrum L.</td><td>Fruit</td><td>Q.S.</td></tr>
<tr><td>Method of preparation</td><td colspan="5">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.</td></tr>
<tr><td>Properties</td><td colspan="5">Ruchi kara (impart taste), balya (strength promotor), indriyatarpanam (nourishes all the senses)</td></tr>
<tr><td>Benefits (Pathya)</td><td colspan="5">It could be beneficial in Aruchi (tastelessness), Daurbalya (weakness), Karshya (emaciation)</td></tr>
<tr><td>Precautions</td><td colspan="5">-</td></tr>
<tr><td>Special precautions</td><td colspan="5">-</td></tr>
<tr><td>Others</td><td colspan="5">-</td></tr>
</table>

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

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	-				

<table>
<tr><td>Name of the Recipe</td><td colspan="5">22.6 Amra Panaka (Fermented Raw Mango Digestive Drink)</td></tr>
<tr><td>Reference</td><td colspan="5">Ruchivadhu Gala Ratnamala, Shloka-93</td></tr>
<tr><td>Category</td><td colspan="5">Pana (Drinkable)</td></tr>
<tr><td rowspan="6">Ingredients</td><td>Sl. No.</td><td>Name of the Ingredients</td><td>Common name/Botanical Name</td><td>Part Used</td><td>Ratio</td></tr>
<tr><td>1.</td><td>Jala</td><td>Water</td><td>-</td><td>16 parts</td></tr>
<tr><td>2.</td><td>Amra</td><td>Mango/Mangifera indica L.</td><td>Unripe fruit</td><td>1 part</td></tr>
<tr><td>3.</td><td>Saindhava lavana</td><td>Rock salt</td><td>-</td><td>Q.S.</td></tr>
<tr><td>4.</td><td>Jiraka</td><td>Cumin /Cuminum cyminum L.</td><td>Fruit</td><td>Q.S.</td></tr>
<tr><td>5.</td><td>Shunthi</td><td>Dry ginger/ Zingiber officinale Roxb</td><td>Rhizome</td><td>Q.S.</td></tr>
<tr><td>Method of preparation</td><td colspan="5">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.</td></tr>
<tr><td>Properties</td><td colspan="5">Katu (pungent), tikta (bitter), amla (sour), ushna (hot in potency), laghu (light for digestion)</td></tr>
<tr><td>Benefits (Pathya)</td><td colspan="5">It could be beneficial in Aruchi (tastelessness), Agnimandhya (low digestive fire)</td></tr>
<tr><td>Precautions</td><td colspan="5">-</td></tr>
<tr><td>Special precautions</td><td colspan="5">-</td></tr>
<tr><td>Others</td><td colspan="5">-</td></tr>
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<table>
<tr><td>Name of the Recipe</td><td colspan="5">22.7 Dhatri Panaka (Amla Raisin Rejuvenator)</td></tr>
<tr><td>Reference</td><td colspan="5">Bhaishajya Ratnavali, Chhardirogadhikara, 19/17;
Yoga Ratnakara Chhardi Chikitsa, Shloka-34</td></tr>
<tr><td>Category</td><td colspan="5">Pana (Drinkable)</td></tr>
<tr><td rowspan="6">Ingredients</td><td>Sl. No.</td><td>Name of the Ingredients</td><td>Common name/ Botanical Name</td><td>Part Used</td><td>Ratio</td></tr>
<tr><td>1.</td><td>Jala</td><td>Water</td><td>-</td><td>4 parts</td></tr>
<tr><td>2.</td><td>Amalaki</td><td>Gooseberry/Emblica officinalis Gaertn.</td><td>Pericarp</td><td>1/2 part</td></tr>
<tr><td>3.</td><td>Mridvika</td><td>Raisins/Vitis vinifera L.</td><td>Fruit</td><td>1/2 part</td></tr>
<tr><td>4.</td><td>Sharkara</td><td>Normal Sugar</td><td>-</td><td>Q.S.</td></tr>
<tr><td>5.</td><td>Madhu</td><td>Honey</td><td>-</td><td>Q.S.</td></tr>
<tr><td>Method of preparation</td><td colspan="5">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.</td></tr>
<tr><td>Properties</td><td colspan="5">Prinaka (satiating and nourishing), guru (heavy to digest), mutrala (diuretic), hridya (good for heart)</td></tr>
<tr><td>Benefits (Pathya)</td><td colspan="5">It could be beneficial in Shrama (fatigue), Kshudha (hunger) and Klama (mental fatigue). Trishna (thirst), Murchha (unconciousness) and Daha (burning sensation).</td></tr>
<tr><td>Precautions</td><td colspan="5">-</td></tr>
<tr><td>Special precautions</td><td colspan="5">-</td></tr>
<tr><td>Others</td><td colspan="5">-</td></tr>
</table>

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	-				

<table>
<tr><td>Name of the Recipe</td><td colspan="5">22.10 Ushiradi Panaka (Vetiver Sweet Drink)</td></tr>
<tr><td>Reference</td><td colspan="5">Kashyapa Kalpasthana, Madatyaya Chikitsa, Shloka-42</td></tr>
<tr><td>Category</td><td colspan="5">Pana (Drinkable)</td></tr>
<tr><td rowspan="6">Ingredients</td><td>Sl. No.</td><td>Name of the Ingredients</td><td>Common name/ Botanical Name</td><td>Part Used</td><td>Ratio</td></tr>
<tr><td>1.</td><td>Jala</td><td>Water</td><td>-</td><td>16 parts</td></tr>
<tr><td>2.</td><td>Ushira</td><td>Khas Khas grass /Vetiverea zizanioides (L.) Nash</td><td>Root</td><td>1/3 part</td></tr>
<tr><td>3.</td><td>Tintidika</td><td>Tamarind/Tamarindus indica L.</td><td>Fruit</td><td>1/3 part</td></tr>
<tr><td>4.</td><td>Dadima</td><td>Pomegranate/Punica granatum L.</td><td>Seed</td><td>1/3 part</td></tr>
<tr><td>5.</td><td>Madhu</td><td>Honey</td><td>-</td><td>Q.S.</td></tr>
<tr><td>Method of preparation</td><td colspan="5">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.</td></tr>
<tr><td>Properties</td><td colspan="5">Amla (sour), madhura (sweet), ruksha (dry), laghu (light for digest), triptikaraka (satiating)</td></tr>
<tr><td>Benefits (Pathya)</td><td colspan="5">It could be beneficial in Paittika Madatyaya (alcohol intoxication due to pitta dosha)</td></tr>
<tr><td>Precautions</td><td colspan="5">-</td></tr>
<tr><td>Special precautions</td><td colspan="5">-</td></tr>
<tr><td>Others</td><td colspan="5">-</td></tr>
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<table>
<tr><td>Name of the Recipe</td><td colspan="5">22.11 Mridvikadi Panaka (Aromatic Raisin Refresher)</td></tr>
<tr><td>Reference</td><td colspan="5">Kashyapa Samhita, Khilasthana, 11/116-117</td></tr>
<tr><td>Category</td><td colspan="5">Pana (Drinkable)</td></tr>
<tr><td rowspan="10">Ingredients</td><td>Sl. No.</td><td>Name of the Ingredients</td><td>Common name/ Botanical Name</td><td>Part Used</td><td>Ratio</td></tr>
<tr><td>1.</td><td>Jala</td><td>Water</td><td>-</td><td>16 parts</td></tr>
<tr><td>2.</td><td>Mridvika</td><td>Raisins/Vitis vinifera L.</td><td>Fruit</td><td>1 part</td></tr>
<tr><td>3.</td><td>Nagkesara</td><td>Cobra saffron/ Mesua ferrea L.</td><td>Stamen</td><td>Q.S.</td></tr>
<tr><td>4.</td><td>Maricha</td><td>Black Pepper/Piper nigrum L.</td><td>Fruit</td><td>Q.S.</td></tr>
<tr><td>5.</td><td>Tejpatra</td><td>Indian bay leaf /Cinnamomum tamala</td><td>Leaves</td><td>Q.S.</td></tr>
<tr><td>6.</td><td>Ela</td><td>Cardamom/Elettaria cardamom Maton.</td><td>Seed</td><td>Q.S.</td></tr>
<tr><td>7.</td><td>Chavya</td><td>Javanese long pepper/Piper retrofractum Vahl.</td><td>Roots</td><td>Q.S.</td></tr>
<tr><td>8.</td><td>Sharkara</td><td>Normal Sugar</td><td>-</td><td>Q.S.</td></tr>
<tr><td>Method of preparation</td><td colspan="5">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.</td></tr>
<tr><td>Properties</td><td colspan="5">Kashaya (astringent), katu (pungent), ushna (hot in potency), ruksha (dry)</td></tr>
<tr><td>Benefits (Pathya)</td><td colspan="5">It could be beneficial in Paittika Jwara (fever due to pitta dosha)</td></tr>
<tr><td>Precautions</td><td colspan="5">-</td></tr>
<tr><td>Special precautions</td><td colspan="5">-</td></tr>
<tr><td>Others</td><td colspan="5">-</td></tr>
</table>

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 $1/8^{th}$ 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.

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