

Delicious Bunch of Refreshments in Ayurveda

Neela.C.SudiMD (AYU)^{1}, Mahadevi H Mali, MD (AYU), YIC²*

¹Prof and HOD, Dept of Rasashastra and Bhaishajya Kalpana, ²Prof and HOD, Dept of Swasthavritta and Yoga,
Shri Vijaya Mahantesh Ayurveda Medical College and research center,
ILKAL -587125, Dist: Bagalkot, Tq: Hunagund.

***Corresponding Author**

Email Id: neelasudi@gmail.com; dr.mahadevimali@gmail.com

ABSTRACT

As per Acharya, Ahara itself is health and is considered as best Medicine. Ahara is classified in to different categories for easy understanding and proper utilization. Among these, Acharya's have classified Ahara as Bhakshya. Now a day's new generation demands fast food - snacks etc, but our Acharya's have already told in their Samhita's in those days only. So, in this article we have selected some of the refreshments like Sevika (Syaavige), Pulka, Lapsika, Roti, Bhaati, Kachori, Kadi, Gujjiya (Karigadabu), Ghevar, Saskuli (Chakkuli), Ghritapoorā (Karchikayi), Besan laddu, kundalini (jalebi), which are trending in present era.

Key Words: Kritanna, Samita, Roti, Modaka, Pulka, Bhaati, Kachouri, Gujiya (Karigadabu), Ghritapoorā (Karchikayi), Refreshments.

INTRODUCTION

In present life style, new generation people are craving for fast foods which are prepared along with additives, so they are unhealthy in nature and lead to life style disorders. So, in this regard we have collected some Ayurvedic refreshments, which are told by our Acharya's. These are termed as Bhakshya (eatables / snacks) in our classical texts, which are healthy to consume.

General rules/Terminology of Food Preparations

समवायिनिहेतौयेमुनिभिर्गणितागुणाः।कार्येऽपितेऽखिलाज्ञेयाःपरिभाषेतिभाषिताः॥ १॥

क्वचित्संस्कारभेदेनगुणभेदोभवेद्यतः।भक्तंलघुपुराणस्यशालेस्तच्चिपिटोगुरुः॥ २॥

क्वचिद्योगप्रभावेणगुणान्तरमपेक्षते।कदन्नंगुरुसर्पिश्चतद्युक्तंसुपचंभवेत्॥ ३॥(BP)

As per the rule of Samavāya (an inseparable bond between a drug and its properties), whatever properties are described for drugs and foods (like rice, wheat etc.) they are applicable to their preparations also. This rule is prescribed by seers for common application. But variations are observed depending upon the factors like mode of preparation. As an example, old rice boiled in water is light to digest whereas fried and flattened rice is difficult to digest.

Here, the mode of preparation brought in the difference in properties. At times, combination too, brings in changes. To quote, stored food is difficult to digest and if we add ghee to it, it digests easily (BP).

सेविका(Sevika-Vermicelli) (Syaavige)

समितावर्तिकाःकृत्वासुसूक्ष्मायवसन्निभाः।शुष्काक्षीरेणसंसाध्याभोज्याघृतसिताऽन्विताः॥ १९॥
सेविकातर्पणीबल्यागुर्वीपित्तानिलापहा।ग्राहिणीसन्धिकृद्गुच्यातांखादेन्नातिमात्रया॥ २०॥

When soaked wheat flour is made into elongated, slender portions of the size of barley and dried that is known as Sevikā (vermicelli). This vermicelli is to be boiled in milk and is to be taken in after adding ghee and sugar. This preparation is nutritious, heavy to digest, reduces Pitta and Vata, absorbent, and heals the fractures. That should not be consumed in larger quantities (BP).

Sevikā Modaka (Sevu undi)

घृताढ्ययासमितयाकृत्वासूत्राणितानितु।
निपुणोभर्जयेदाज्येखण्डपाकेनयोजयेत्॥युक्तेनमोदकान्कुर्यात्तेगुणैर्मण्डकायथा॥ १२६॥

Samitā mixed with abundant ghee and moistened is made into thread like forms. (Vermicelli). These are fried in ghee and put in concentrated syrup and made into balls. They are similar to Manthaka in properties (BP).

SAMITA(Wheat Flour): white variety of wheat is to be washed properly and dried. Then, that wheat is to be grounded in a machine and sieved and that portion is called samita (BP).

समिता Samita (Wheat flour)

गोधूमाधवलाधौताःकुट्टिताःशोषितास्ततः।प्रोक्षितायन्त्रनिष्पिष्टाश्चालिताःसमिताःस्मृताः॥ २१॥

White variety of wheat is to be washed properly and dried. Then, that wheat is to be grounded in a machine and sieved and that portion is called Samitā. (Shu)

सेविका (Sevika-Vermicelli)

समितावर्तिकाःकृत्वासुसूक्ष्मायवसन्निभाः।शुष्काक्षीरेणसंसाध्याभोज्याघृतसिताऽन्विताः॥ १९॥
सेविकातर्पणीबल्यागुर्वीपित्तानिलापहा।ग्राहिणीसन्धिकृद्गुच्यातांखादेन्नातिमात्रया॥ २०॥

When soaked wheat flour is made into elongated, slender portions of the size of a barley and dried that is known as Sevikā (vermicelli). This vermicelli is to be boiled in milk and is to be taken in after adding ghee and sugar.

This preparation is nutritious, heavy to digest, reduces Pitta and Vata, absorbent, and heals the fractures. That should not be consumed in larger quantities. (Shu)

मण्डका (Mandakā)

वारिणाकोमलांकृत्वासमितांसाधुमर्दयेत्।हस्तचालनयातस्यालोर्त्रीसम्यक्प्रसारयेत्॥ २२॥
अधोमुखघटस्तैतद्विस्तृतं प्रक्षिपेद्बहिः।मृदुनावह्निनासाध्यःसिद्धोमण्डकउच्यते॥ २३॥

दुग्धेनसाज्यखण्डेनमण्डकंभक्षयेन्नरः।अथवासिद्धमांसेनसतक्रवटकेनवा॥ २४॥
मण्डकोवृंहणोवृष्योबल्योरुचिकरोभृशम्।पाकेऽपिमधुरोग्राहीलघुर्दोषत्रयापहः॥ २५॥

Samitā is to be made into a soft bolus by sprinkling water and repeatedly beaten with hands and made into cakes with the help of hands. Then it should be baked on an open pan or on a piece of earthen vessel on a low flame. Then it is called Mandaka.

Mandakā can be consumed along with ghee and milk with sugar. it can be eaten with prepared meat or butter milk. Mandaka is nourishing, aphrodisiac, strengthening, very much. Palatable. Sweet in post digestive effect, absorbent, light to digest and alleviates all the three Dosas (BP).

मण्डक (Mandaka)

स्युर्मण्डकामण्डलिनःकपैरादिषुपाचिताः॥ १६४॥

महान्तोविस्तृतासूक्ष्माःलघवोलंबुकाश्चते(KN)

मण्डक- Soft bolus should be baked on a pan is called as Mandaka. It becomes big size, light, thin and it spreads(KN).

अनुष्णामंडकाःपथ्याःशीतलाःगुरवोमताः॥ १६६॥

Properties: Anushnasheeta, Pathya and Guru(KN).

पोलिका (Polika) (Pulka Roti)

कुर्यात्समितयाऽतीवतन्वीपर्पटिकाततः॥ २६॥

स्वेदयेत्तप्तकेतांतुपोलिकांजगदुर्बुधाः।तांखादेल्लप्सिकायुक्तांतस्यमण्डकवद्गुणाः॥ २७॥

By using Samitā, very thin muffins are to be made and baked on a pan. Then it is known as Polikā, and it should be eaten with lapsikā. Its properties are similar to Mandakā(BP).

पूपलिका

किञ्चित्स्थूलाभवेयुश्चतेभ्यःपूपलिकाःस्मृताः॥ १६५॥

पूपलिका-Roti when it becomes thick, then it is called as poopalika.

पोलिकामधुरागुर्वीरोचनीबलकारिणी।

श्लेष्मलावृद्धिजननीपित्तरक्तप्रदायिनी॥ १६८॥

पोलिका (पूपलिका): Madhura, Guru, Ruchikaraka, increases strength, Kaphavardhaka, increases memory, increases pitta and rakta vardhaka. (KN)

लप्सिका (Lapsikā) (Lassi):

समितांसर्पिषाभृष्टांशर्करांपयसिक्षिपेत्।

तस्मिन्धनीकृतेन्यस्येल्लवङ्गमरिचादिकम्।सिद्धेषालप्सिकाख्यातागुणानस्यावदाम्यहम्॥२८॥

लप्सिकाबृहणीवृष्याबल्यापित्तानिलापहा।स्निग्धाश्लेष्मकरीगुर्वीरोचनीतर्पणीपरम्॥२९॥

Samitā is to be fried in ghee and boiled in water with water. When its solidifies, Lavanga, Marica etc. may be added and that preparation is Lapsikā. Lapsikā is nourishing, aphrodisiac, strengthening, pacifies Pitta and Vāta, demulcent, enhances Kapha, heavy to digest, palatable and very much nutritious. (BP)

लप्सिका (Lapsikā) (Lassi)

क्षीरणमृदुसंपिष्यसंयाववेष्टयेत्तथा।

विस्तार्यघृतदुग्धादौकट्वापक्कातुलप्सिका॥१६०॥

लप्सिका Bhrihana, Vrushya, Kafhakrit, Pittala and Guru.

लप्सिका-प्रथम संयावकी तरह दुग्ध में मैदा को अत्यन्त मुलायम सानकर धी दूध आदि में फैलाकर पकावे जब गाढ़ा हो जाय तो कटुद्रव्य (मरिचआदि) डालकर उतार ले। यह लप्सिका कहलाती है।

Properties: लप्सी: Dhatu vardhaka, Shukra janaka, Kafhakaraka, Pittavardhaka and Guru.(KN).

Rōṭikā

शुष्कगोधूमचूर्णेनकिञ्चित्भृष्टाञ्चपोलिकाम्॥३०॥

तप्तकेस्वेदयेत्कृत्वाभूर्यङ्गारेऽपितांपचेत्।सिद्धेषारोटिकाप्रोक्तागुणानस्याःप्रचक्ष्महे॥३१॥

रोटिकाबलकृद्बृह्याबृहणीधातुवर्द्धनी।वातघ्नीकफकृद्बुर्वीदीप्तानीनांप्रपूजिता॥३२॥

Dried wheat is to be grounded into fine flour and made thin muffins by adding water and adding dry flour when necessary. This muffin should be baked on a dry fan and again on burning coal. This is known as Rotika. Rotika is strengthening, palatable, nourishing, promotes times, reduces Vata. increases Kapha, heavy to digest and revered by those having good digestive capacity(BP).

यवरोटिका (Yavarotika)

यवजारोटिकारुच्यामधुराविशदालघुः।मलशुक्रानिलकरीबल्याहन्तिकफामयान्॥३५॥

Roti made of Barley is tasty, sweet in taste, clearing, light to digest, forms bulk in the intestines, (because of its high fibre content), enhances semen and Vāta doṣa, strengthens the body and cures kapha diseases (BP).

अहगारकर्कटी(Angarakarkati) - (Bhaati)

शुष्कगोधूमचूर्णन्तुसाम्बुगातंविमर्दयेत्।विधायवटकाकारनिधूमेऽग्नीशनैःपचेत्॥ ३३॥
अंगारकर्कटीहोषाराहणीशुक्लालघुः।दीपनीकफाल्यापीनसपासकासजित्॥ ३४॥

Dried wheat flour is to be strongly beaten by adding small quantity of water and made into round thick cakes. These cakes are to be baked on smokeless coal slowly. This preparation is known as Angära karkati. This is quite nourishing, promotes semen, light to digest, appetizer, promotes kapha, strengthening and cures chronic cold, dyspnoea and cough (BP).

अङ्गारकर्कटी (Angarakarkati) (Bhaati)

सेवांगारेषुसंपकाविज्ञेयांगारकर्कटी।

अंगारकर्कटी-When cakes are to be baked on smokeless coals slowly.

This preparation is known as Angära karkati.

अंगारकर्कटीवह्निदीपनीवातला

बल्याचस्नेहसंयुक्ताघनाघनगुणात्मिका॥ १६६॥

गुरुभिर्दुर्जराज्ञेयावातश्लेष्मकरागुरुः।

अंगारकर्कटी- Increases digestive fire, increases vata, and laghu.

Along with sneha dravya it is balakaraka, on the basis of big size and small size it is Guru, if baking time is more then it will be heavy to digest, vata kaphavardhaka, and become guru.

अंगारमंडको

अंगारमंडकोहृद्योदीपनोरुचिकारकः।

त्रिदोषघ्नो लघुहीज्वरिणांशस्यतेपरम्॥ १६७॥

अंगारमण्डक- Hruddhya, Agnideepaka, Ruchikaraka, Tridosha shamaka, Laghu, Grahi, Best for Fever.

यवपूपलिकाः

यवपूपलिकाहृद्यामधुराविशदालघुः॥ १७०॥

मलंवातंबलंशुक्रं कुर्याद्दहन्तिकफामयान्।

कासंमेहं कण्ठरोगंश्वासपीनसमेदसी॥ १७१॥

यवपूपलिका- Hruddhya, Madhura, Vishada, Laghu, Mala Vata, Bala Shukra Vriddhi, and irradiates the diseases related to kaphaja roga. Irradicates Kasa, Prameha, Kantharoga, Swasa, Pinasa, Medorogas (KN).

पूरिका- (Purika), (Kachouri)

माषाणांपिष्टिकांपूर्याल्लवणार्द्रकहिङ्गुभिः।तयापिष्टिकयापूर्णासमिताकृतपोलिका॥४८॥
ततस्तैलेनपक्वासापूरिकाकथिताबुधैः।रुच्यास्वाद्दीगुरुःस्निग्धाबल्यापित्तास्त्रदूषिका॥४९॥
चक्षुस्तेजोहरीचोष्णापाकेवातविनाशिनी।तथैवघृतपक्काऽपिचक्षुष्यारक्तपित्तहत्॥५॥

Black gram dough or Pistikā is kept inside a cake made of Samitā along with salt, ginger and asafoetida, covered and made into a cake again *i.e.* made like a Polikā and cooked in oil is known as Pūrikā (Kacouri)(BP).

Pūrikā promotes taste, palatable, heavy to digest, demulcent, tonic and vitiates pitta and Rakta. It removes the brightness of eyes, hot after digestion and removes Vāta dosa.

If the same is fried in ghee, it is beneficial to vision and controls haemorrhages(BP).

KADI (KWATHITA):

स्थाल्यांघृतेवातैलेवाहरिद्रांहिङ्गुभर्जयेत्।
अवलेहनसंयुक्तंतकंतत्रैवनिक्षिपेत्।एषासिद्धासमरिचाक्वथिताकथिताबुधैः॥७१॥
क्वथितापाचनीरुच्यालघ्वीवह्निप्रदीपिनी।कफानिलविबन्धघ्नीकिञ्चित्पित्तप्रकोपणी॥७२॥

Turmeric powder and asafoetida are fried in oil or ghee in a deep pan and butter milk, mixed with bengal gram powder is poured in it and boiled along with a dash of black pepper. This preparation is known as kwathita, which is digestant delicious, light to digest and appetizer. It pacifies Kapha, Vāta and constipation but slightly aggravates Pitta(BP).

सम्पावः (Sampāva) (GUJIYA) (Karigadabu)

पर्पट्यःसाज्यसमितानिर्मिताघृतभर्जिताः।कुट्टिताश्चालिताःशुद्धशर्कराभिर्विमर्दिताः॥११२॥
तत्रचूर्णाक्षिपेदेलालवङ्गमरिचानिचानारिकेरंसकपूर्णंचारबीजान्यनेकधा॥११३॥

घृताक्तसमितापुष्टरोटिकारचिताततः।तस्यान्तःपूर्णतस्याःकुर्यान्मुद्रांदृढांसुधीः॥११४॥
सर्पिषिप्रचुरेतान्तुसुपचेनिपुणोजनः।प्रकारज्ञैःप्रकारोऽयंसम्पावइतिकीर्तितः॥११५॥

मण्ठकेनसमोज्ञेयःसम्पावोऽपिगुणैर्जनैः॥११६॥

Small cakes of Samitā are fried in ghee, powdered, sieved and grounded with plain sugar, in which, cardamoms, cloves and black pepper are added. Grated coconut, camphor and kernel of Buchanania lanzan are also mixed.

Then a wide round cake of Samitā is made and the above said powder is kept in it and packed well. Then this stuffed cake is fried well in ghee, which is known as Sampāva. Properties of Sampāva are similar to Manthaka(BP).

घृतपूर (घेवर) (Ghevar)

मदितासमिताक्षीरेनारिकेलसितादिभिः।

अवगाह्यघृतेपक्कोघृतपूरो'ज्यमुत्तमः॥१५१॥

Maida mixed with milk, adding coconut, sugar *etc*, boiled in ghee, it is Ghrutapura.

घृतपूराः' प्राणकराःसद्योहृद्याःकफप्रदाः

वातपित्तहरावृष्यागुरवोवृष्यागुरवोमांसरक्तलाः॥१५२॥

संबृहणाःस्वादुरसाःक्षतक्षयनिवारणाः।

घृतपूराः Sadhya pranakara, Hrudhya, Kaphavardhaka, Vatapittahara, Sukrajanaka, Guru, Mamsa yevam Rakta utpannakara, Samvahana, Madhura and irradiates Kshata kshaya. (KN).

Ghrtapura (Ghevar)

तेषांप्राणकराहृद्याघृतपूराःकफावहाः॥३९३॥

वातपित्तहरावृष्यागुरवोरक्तमांसलाः।

Out of these, ghrtapūras' are life giving, cardiogenic and increase kapha, pacify, vāta and pitta, are spermatogenic, heavy and increase blood and muscular tissue (Shu).

वेसन (Vesana Laddu)

दालयश्चणकानांतुनिस्तुषायन्त्रपेषिताः।तच्चूर्णवेसनंप्रोक्तंत्रशास्त्रविशारदैः॥७३॥

वटिकावेसनस्यापिकथितायांनिमज्जिता।रुच्याविष्टम्भजननीबल्यापुष्टिकरीस्मृता॥७४॥

Dehusked splits of Bengal gram are powdered (made into flour) in a machine and that fine powder is known as Vesana. Vatikā made of Vesana, soaked in kwathita are delicious, form bulk (remain undigested), strengthening and nourishing (BP).

वेसनमोदका (Vesana Modaka)

एतेनैवप्रकारेणकार्यवेसनमोदकाः॥१३१॥

तेबल्यालघवःशीताःकिञ्चिद्वातकरास्तथा।विष्टम्भिनोज्वरनाश्रुपित्तरक्तकफापहाः॥१३२॥

In the same method as above, Modaka (round balls) can be prepared with Vesana (flour of bengal gram) also, which are strengthening, light to digest, cooling, slightly aggravate Vāta, remain undigested (form bulk), relieve fever and pacify aggravated Pitta, Rakta and Kapha. (Cha)

कुण्डलिनी (Kundalini)-JALEBI

नूतनघटमानीयतस्यान्तःकुशलोजनः।प्रस्थापरिमाणेनदधाऽम्लेनप्रलेपयेत्॥१३७॥

द्विप्रस्थांसमितांतत्रदध्यम्लंप्रस्थसम्मितम्।घृतमर्द्धशरावञ्चघोलयित्वाघटेक्षिपेत्॥१३८॥
आतपेस्थापयेत्तावद्यावद्यातितदम्लताम्।ततस्तत्प्रक्षिपेत्पात्रेसच्छिद्रेभाजनेतुतत्॥१३९॥
परिभ्राम्यपरिभ्राम्यसुसन्तमेघृतेक्षिपेत्।पुनःपुनस्तदावृत्याविदध्यान्मण्डलाकृतिम्॥१४०॥
तोसपाकाप्रताधीचासितापालेसनुनथे।कर्पूरादिसुगन्धेचस्नापयित्वोचरेततः॥१४१॥
एषाकुण्डलिनीनाम्मापुषिकातिवलप्रया।धानुतनिकरीवृष्यारुच्याचेन्द्रियतर्पणी॥१४॥

Experts in cookery have to bring a new earthen vessel and have to apply in its inner part half-a-prastha or sour curd. Then two Prastha (sixteen hundred Samiti one Prastha of eight hundred) sour curd is filled along with half a Sarava (wo hundred ml) of ghee. This mixture is to be kept in sun light/heat till it becomes sour. Then, that mixture is to be taken into a small vessel having a hole beneath and allowed to drop in a circular form, in well boiled ghee. When completely fried, it can be soaked in dilute syrup of sugar, which is fragrancd with Karpura and other aromatic substances and taken out.

This preparation is known as Kundalini which provides nutrition, brightness and strength to the body. It enhances body tissues, an aphrodisiac, palatable and provides optimum satisfaction to the taste organ *i.e.* tongue (BP).

Śaṣkuli(Nippattu, Chakkuli):

समितायाघृताक्तायालोप्त्रीकृत्वाचवेल्लयेत्।आज्येतांभर्जयेत्सिद्धाशष्कुलीफेनिकागुणा॥१२५॥

Samitā mixed with ghee and moistened is beaten and flattened to thin cakes. They are fried in oil and are known as Saskuli(BP).

शष्कुली (Nippattu, Chakkuli)

शालूकमध्यसंयुक्तैःशालिकोद्रवतण्डलैः।

सुपिष्टैस्तिलसंयुक्तैस्तैलभृष्टातुशष्कुली॥१७६॥

शकुलीकफपित्तास्रबलविष्टंभदागुरुः।

शष्कुली (अनरसा)-चावलयाकोदोकेपिसानमेंतिलतथाकमलकन्दमिलाकरतेलमेंहीपकाकरशष्कुलीबनतीहै।

शष्कुलीकफपित्त, रक्त, बलवर्धकतथाविष्टंभीएवंगुरुहै।(KN)

समितायाघृताक्ताया

लोप्त्रीकृत्वाचवेल्लयेत्।आज्येतांभर्जयेत्सिद्धाशष्कुलीफेनिकागुणा॥१२५॥

Samitā mixed with ghee and moistened is beaten and flattened to thin cakes. They are fried in oil and are known as Saskuli. Properties of Saskuli are similar to Phenikā (BP).

DISCUSSION

Ayurveda suggests healthier eatables in different combination. A combination of Bhakshya in Bhrihatrayee ensures wide range of healthier choices according to our taste, need, pleasing to mind. Now a day, a market food preparation contains preservative agents, color agents,

ajamota, sweetner, *etc*, but they are not healthy. For healthier life we should take healthy food as per Samhitas.

REFERENCES

- 1) Shushruta Samhita of Shushruta, Part – 1, Editor G.D.Singhal, Edition: 2nd, 2007, Chapter 46, Page: 465 - 466, Chaukambha Sanskrit Pratisthan, Delhi,INDIA.
- 2) Charaka Samhita of Agnivesha, by Kashinath Shastri, Part – 1, Edition: reprint 2007, chapter 28, Page: 216 - 217, Choukambha Sanskrit, Sanstana, Varanasi, INDIA.
- 3) Bhavaprakasha, Editor: Bhishagratna Shree Bhrahmashankar Shashtri, Part:1st, Poorvardha, Edition:8th, Kritanna Varga, 12th chapter, page no -493 - 501,Choukambha Sanskrit Bhavan, Varanasi, INDIA.
- 4) Kaiyadeva Nighantu, Pathyapathya Vibhodaka, Edited and Translated by Prof. Priyavrata Sharma, 2nd Edition, 2006, 4thChapter,Page :352 – 372,Chaukambha Orientalia, VARANASI, INDIA.