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## Part-2

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## **23. Paka**

<b>Name of the Recipe</b>	23.1 Agastya Phala Paka (Flamingo bill/Swamp pea stew)				
<b>Reference</b>	Pakadarpanam, 1/ 287-294				
<b>Category</b>	Lidha (Lickable)				
<b>Ingredients</b>	S. No	Name of the Ingredients	Common name/Botanical Name	Part Used	Ratio
	1.	Agastya	Humming bird Tree/ <i>Sesbania Grandiflora</i> L.	Tender Fruit	1 part
	2.	Jala	Water	-	Q.S.
	3.	Narikela Dugdha	Coconut Milk	Endosperm	Q.S.
	4.	Tila	Sesame / <i>Sesamum Indicum</i> L.	Seed	Q.S.
	5.	Narikela	Coconut/ <i>Cocos nucifera</i> L.	Endosperm	Q.S.
	6.	Kshiravaṭaka	Milk based preparation		Q.S.
	7.	Kushmanda vataka	Ash Gourd/ <i>Benincasa hispida</i> (Thunb) Cogn.	Fruit	Q.S.
	8.	Ghrita	Clarified butter	-	Q.S.
	9.	Hingu	Asfoetida/ <i>Ferula asafoetida</i> Regel.	Oleo resin gum	Q.S.
	10.	Parpata	Indian fumitory/ <i>Fumaria parviflora</i> Lam.	Whole plant	Q.S.
11.	*Sugandhit dravya	Aromatic Ingredients	-	-	
<b>Method of preparation</b>	Take tender fruit of Agastya. Cut the fruits into finger like pieces (1 – 2 inches). Take in a stainless steel vessel ,add required quantity of water and lavana and cook until the fruit becomes soft. Once properly cooked, add milk to the vessel. Then add a paste of Tila and Narikela, Kshiravataka (a milk based preparation), Kushmanda vataka (fried in hingu and ghrita). There after add powdered Parpata, when it is properly cooked, make it fragrant with aromatic substances.				
<b>Properties</b>	Tikta (bitter), katu (pungent), kashaya (astringent), madhura (sweet in taste), ushna (hot in potency), ruchikaraka (imparts taste)				
<b>Benefits (Pathya)</b>	Beneficial as Vatahara (alleviates vata dosha), Kapha-Pitta karaka (Aggravates kapha and pitta dosha), Agnideepaka (stimulates digestive fire), Shulanashaka ( pain reliever)				
<b>Precautions</b>	-				
<b>Special precautions</b>	-				

<b>Others</b>	-
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\* Sugandhit dravya (Aromatic Ingredients) :- Karpura (Camphor/*Cinnamomum camphora* L.), Kasturi (Musk)

<b>Name of the Recipe</b>	23.2 Shigru Phala Paka (Drumstick Stew)				
<b>Reference</b>	Pakadarpanam, 1/ 285-286				
<b>Category</b>	Lidha (lickable)				
<b>Ingredients</b>	S. No.	Name of the Ingredients	Common name/Botanical Name	Part Used	Ratio
	1.	Shigru	Drumstick tree/ <i>Moringa oleifera</i> Lam	Tender Fruit	1 part
	2.	Ghrita	Clarified butter	-	Q.S.
	3.	Narikela Dugdha	Coconut Milk	-	Q.S.
	4.	Sarshapa	Mustard/ <i>Brassica campestris</i> L.	Seed	Q.S.
	5.	Maricha	Black pepper/ <i>Piper nigrum</i> L.	Fruit	Q.S.
	6.	Narikela	Coconut/ <i>Cocos nucifera</i> L.	Endosperm	Q.S.
	7.	Tila	Sesame / <i>Sesamum Indicum</i> L.	Seed	Q.S.
	8.	Hingu	Asfoetida/ <i>Ferula asafoetida</i> Regel.	Oleo resin Gum	Q.S.
	9.	Masha	Black gram/ <i>Phaseolus mungo</i> L. non Rosc. & auct.	Seed	Q.S.
	10.	Parpata	Indian fumitory/ <i>Fumaria parviflora</i> Lam.	Whole plant	Q.S.
<b>Method of preparation</b>	Cut tender Shigru Phala into small pieces and fry in ghrita until they turn light brown. In a stainless steel vessel, add milk and a paste prepared from Sarshapa, Maricha, Narikela and Tila. Filter the mixture and boil it to prepare a decoction. Once the decoction is ready, immerse the fried Shigru fruits in it. Temper the preparation with ghrita and hingu. Then add Masha Vataka (fried lentil dumplings made from black gram) and small pieces of Parpata. Stir the mixture well.				
<b>Properties</b>	Tikta (bitter), katu (pungent), kashaya (astringent) ushna (hot in potency)				
<b>Benefits (Pathya)</b>	Deepana (increases digestive fire), Vata-pittahara (Alleviates vata and pitta dosha), Vrishya (Aphrodisiac), Varnya (improves skin lustre), Pramehahara (Alleviates increased frequency and turbidity of urine), Chakshushya (Beneficial to eyes or vision), Kaphahara (Alleviates kapha dosha).				
<b>Precautions</b>	-				

<b>Special precautions</b>	-
<b>Others</b>	-

<b>Name of the Recipe</b>	23.3 Annapaka (Buttermilk Rice)				
<b>Reference</b>	Pakadarpanam, 1/ 57-62				
<b>Category</b>	Ashita (Eatables)				
<b>Ingredients</b>	S. No.	Name of the Ingredients	Common name/Botanical Name	Part Used	Ratio
	1.	Tandula	Rice/ <i>Oryza Sativa</i> L.	Seed	1part
	2.	Jala	Water	-	3part
	3.	Takra	Buttermilk	-	Q.S.
	4.	Dugdha	Milk	-	Q.S.
<b>Method of preparation</b>	Wash the rice with lukewarm water. Take washed rice in a stainless steel vessel and add three times water. Put the stainless steel vessel on the fire. As the rice begins to cook and the middle part of rice is still slightly firm, add Takra, Dugdha or water as required. Stir it frequently with a ladle. Once cooked, remove the stainless steel vessel from the fire and place it on hot charcoal (Angara). Allow it to cook slowly until the rice becomes soft.				
<b>Properties</b>	Madhura (sweet in taste), amla (sour), sheeta (cold in potency), Deepana (increases digestive fire), pachana (helps in digestion)				
<b>Benefits (Pathya)</b>	Ayu arogyavardhaka (Promotes longevity and health)				
<b>Precautions</b>	-				
<b>Special precautions</b>	-				
<b>Others</b>	-				

<b>Name of the Recipe</b>	23.4 Kulatthadinam Vishishta Paka (Fried Horse gram balls)				
<b>Reference</b>	Pakadarpanam, 1/ 190-199				
<b>Category</b>	Ashita (Eatables)				
<b>Ingredients</b>	S. No	Name of the Ingredients	Common name/Botanical Name	Part Used	Ratio
	1.	Kulatha or any other *Shami dhanya	Horse gram / Dolichos biflorus L.	Seed	1 part
	2.	Karpura	Camphor / <i>Cinnamomum camphora</i> (L.) Nees & Eberm.	Sub. extract	Q.S.
	3.	Saindhava lavana	Rock salt	-	Q.S.
	4.	Ardra	Ginger/ <i>Zingiber officinale</i> Roxb	Rhizome	Q.S.
	5.	Kushmanda	Ash gourd/ <i>Benincasa hispida</i> (Thunb) Cogn.	Fruit	Q.S.
	6.	Ghrita	Clarified butter	-	Q.S.
	7.	Sugandhit dravya	Aromatic substance	-	Q.S.
	8.	Hingu	Asfoetida/ <i>Ferula asafoetida</i> Regel.	Oleo resin Gum	Q.S.
	9.	Lashuna	Garlic/ <i>Allium sativum</i> L.		
<b>Method of preparation</b>	Dehusk the parched Shimbi dhanya and grind it into a paste. Add a paste of Saindhava, Lashuna and Ardra.Mix properly and make small balls of this mixture. Fry the balls along with Kusmanda Vataka in ghrita, tempered with hingu. Add Aromatic substance to make it fragrant.				
<b>Properties</b>	Katu (pungent), madhura (sweet in taste), ushna (hot in potency), ruksha (dry)				
<b>Benefits (Pathya)</b>	Vatashamaka (Pacifies vata dosha), Pittashamaka (Pacifies pitta dosha).				
<b>Precautions</b>					
<b>Special precautions</b>	-				
<b>Others</b>	-				

\*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.

<b>Name of the Recipe</b>	23.5 Panasa Mishta Paka (Jackfruit pudding)				
<b>Reference</b>	Pakadarpanam, 1/ 251-254				
<b>Category</b>	Ashita (Eatables)				
<b>Ingredients</b>	S. No.	Name of the Ingredients	Common name/Botanical Name	Part Used	Ratio
	1.	Panasa	Jackfruit/ <i>Artocarpus integrifolia</i> L. f.	Ripe Fruit	1 part
	2.	Maricha	Black pepper/ <i>Piper nigrum</i> L.	Fruit	Q.S.
	3.	Dugdha	Milk		Q.S.
	4.	Narikela	Coconut/ <i>Cocos nucifera</i> L.	Endosperm	Q.S.
	5.	Sharkara	Normal Sugar		Q.S.
	6.	Jiraka	Cumin / <i>Cuminum cyminum</i> L.	Fruit	Q.S.
<b>Method of preparation</b>	Cut the ripe Panasa into small pieces. Fry the pieces in Ghrita until lightly golden. Mix the powdered Maricha and Jiraka. Add Dugdha, grated Narikela and Sharkara. Mix well , continue to cook, keeping over medium heat until it becomes semisolid in consistency.				
<b>Properties</b>	Tikta (bitter), katu (pungent), kashaya (astringent), ushna (hot in potency), mutrala (Diuretic), sara (Laxative).				
<b>Benefits (Pathya)</b>	Raktajavyadhihara (Alleviates the diseases caused due to rakta dosha), Pittajarogahara (Alleviates the diseases due to pitta dosha)				
<b>Precautions</b>	-				
<b>Special precautions</b>	-				
<b>Others</b>	-				

<b>Name of the Recipe</b>	23.6 Nishpava Phalapaka (Flat bean stew)				
<b>Reference</b>	Pakadarpanam, 1/ 255-261				
<b>Category</b>	Ashita (Eatables)				
<b>Ingredients</b>	S. No	Name of the Ingredients	Common name/Botanical Name	Part Used	Ratio
	1.	Nishpava	Flat Beans / <i>Dolichos lablab</i> L.	Tender seeds	1 part
	2.	Narikela	Coconut/ <i>Cocos nucifera</i> L.	Endosperm	Q.S.
	3.	Vataka/ Kohadavada	Lentil dumpling	-	Q.S.
	4.	Tila	Sesame / <i>Sesamum Indicum</i> L.	Seed	Q.S.
	5.	Maricha	Black pepper/ <i>Piper nigrum</i> L.	Fruit	Q.S.
	6.	Sarshap	Mustard/ <i>Brassica campestris</i> L.	Seed	Q.S.
	7.	Hingu	Asfoetida/ <i>Ferula asafoetida</i> Regel.	Oleo resin Gum	Q.S.
	8.	Karpura	Camphor/ <i>Cinnamomum camphora</i> (L.) Nees & Eberm.	Sub. extract	Q.S.
<b>Method of preparation</b>	Peel off the outer layer of Nishpava and collect the seeds. Cook seeds in a stainless steel vessel. Add required quantity of coconut milk, Vataka (Kohadavada – a type of fried lentil preparation or dumpling) to the cooked seeds. Prepare paste of Tila, Maricha, Sarshapa, Hingu (fried in ghee) and add to the preparation. Once properly cooked, remove from the fire, make it fragrant with Karpura etc.				
<b>Properties</b>	Snigdha (unctuous), Tikta (bitter), katu (pungent), kashaya (astringent), ushna (hot in potency).				
<b>Benefits (Pathya)</b>	Hridya (good for heart), Vrishya (Aphrodisiac), Kaphahara (Alleviates kapha dosha), Vata-pitta vardhaka (Aggravates vata and pitta dosha)				
<b>Precautions</b>	-				
<b>Special precautions</b>	-				
<b>Others</b>	-				

<b>Name of the Recipe</b>	23.7 Alsandi Phalapaka (Cow pea stew)				
<b>Reference</b>	Pakadarpanam, 1/262				
<b>Category</b>	Ashita (Eatables)				
<b>Ingredients</b>	S. No	Name of the Ingredients	Common name/Botanical Name	Part Used	Ratio
	1.	Alsandi	Cowpea/ <i>Vigna unguiculata</i>	Fruit	1 part
	2.	Narikela	Coconut/ <i>Cocos nucifera</i> L.	Endosperm	Q.S.
	3.	Vataka/ Kohadavada	Lentil dumpling	-	Q.S.
	4.	Tila	Sesame/ <i>Sesamum indicum</i> L.	Seed	Q.S.
	5.	Maricha	Black pepper/ <i>Piper nigrum</i> L.	Fruit	Q.S.
	6.	Sarshap	Mustard/ <i>Brassica campestris</i> L.	Seed	Q.S.
	7.	Hingu	Asfoetida/ <i>Ferula asafoetida</i> Regel.	Oleo resin Gum	Q.S.
	8.	Karpura	Camphor/ <i>Cinnamomum camphora</i> (L.) Nees & Eberm.	Sub. extract	Q.S.
<b>Method of preparation</b>	Peel off the outer layer of Alsandi and collect the seeds. Cook seeds in a stainless steel vessel. Add required quantity of coconut milk, Vataka (Kohadavada – a type of fried lentil preparation or dumpling) to the cooked seeds. Prepare paste of Tila, Maricha, Sarshapa, Hingu (fried in ghee) and add to the preparation. Once properly cooked, remove from the fire, make it fragrant with Karpura etc.				
<b>Properties</b>	Tikta (bitter), katu (pungent), kashaya (astringent), ushna (hot in potency), guru (heavy to digest), vishtambhi (obstructing/constipating)				
<b>Benefits (Pathya)</b>	Hridya (good for heart), Ruchikara (imparts taste)				
<b>Precautions</b>	-				
<b>Special precautions</b>	-				
<b>Others</b>	-				

<b>Name of the Recipe</b>	23.8 Raktakshudra Brihati Phala Paka (Solanum indicum berry stew )				
<b>Reference</b>	Pakadarpanam, 1/267-273				
<b>Category</b>	Ashita ( Eatables)				
<b>Ingredients</b>	S. No.	Name of the Ingredients	Common Name/Botanical Name	Part Used	Ratio
	1.	Rakta kshudrabrihati	Indian night shade/ <i>Solanum indicum L.</i>	Fruit	1 part
	2.	Jala	Water	-	Q.S.
	3.	Shunthi	Dry Ginger/ <i>Zingiber officinale Rosc.</i>	Rhizome	Q.S.
	4.	Maricha	Black pepper/ <i>Piper nigrum L.</i>	Fruit	Q.S.
	5.	Pippali	Long Pepper / <i>Piper longum L.</i>	Fruit	Q.S.
	6.	Jiraka	Cumin / <i>Cuminum cyminum L.</i>	Fruit	Q.S.
	7.	Methika	Fenugreek/ <i>Trigone lla foenum graecum L.</i>	Seed	Q.S.
	8.	Kumbhi	Ceylon oak / <i>Careya arborea</i>	-	Q.S.
	9.	Kustumbari	Coriander/ <i>Coriand rum sativum L.</i>	Seeds	Q.S.
	10.	Bijora Nimbu	Fingered Citron / <i>Citrus medica L.</i>	Fruit	Q.S.
	11.	Ghrita	Clarified butter	-	Q.S.
	12.	Hingu	Asfoetida/ <i>Ferula asafoetida Regel.</i>	Oleo resin gum	Q.S.
	13.	Amlika	Tamarind/ <i>Tamarin dus indica L.</i>	Fruit	Q.S.
<b>Method of preparation</b>	Take Rakta Kshudra Brihati fruits, remove the seeds and grind them. Add required quantity of water, boil it until properly cooked. Once properly cooked, filter the mixture into another stainless steel vessel. add tamarind water, with Shunthi, Maricha, Pippali, Jiraka, Methika, Kumbhi, Kustumbari and Bijora Nimbu in it. After mixing all the ingredients, temper the preparation with ghrita and hingu and finally,				

	make it fragrant with aromatic substances.
<b>Properties</b>	Tikta (bitter), katu (pungent), kashaya (astringent), ushna (hot in potency), ruchikara (imparts taste)
<b>Benefits (Pathya)</b>	Pittaghna (alleviates pitta dosha), Agnimandhya (Low digestive fire MalaBhedaka (purgative), Pathya (wholesome), Vatahara (Alleviates vata dosha), Beneficial in Gulma (abdominal lump), Shotha (Inflammation), Jwara (fever), Shwasa (Asthma), Kasa (cough), Arsh (Piles)
<b>Precautions</b>	-
<b>Special precautions</b>	-
<b>Others</b>	-

<b>Name of the Recipe</b>	23.9 Udumbar Phala Paka (Spiced fig)				
<b>Reference</b>	Pakadarpanam, 1/297-298				
<b>Category</b>	Ashita (Eatables)				
<b>Ingredients</b>	S. No.	Name of the Ingredients	Common name/Botanical Name	Part Used	Ratio
	1.	Udumbara	Indian fig/ <i>Ficus glomerata</i> L.	Fruit	1 part
	2.	Spices		-	Q.S.
<b>Method of preparation</b>	Collect the fruits of Udumbara, separate their foot stalks and cook them with appropriate spices.				
<b>Properties</b>	Tikta (bitter), kashaya (astringent), madhura (sweet in taste), katu (pungent), laghu (light for digestion)				
<b>Benefits (Pathya)</b>	Agnideepaka (Stimulates digestive fire), Vata kapha nashaka (alleviates vata and kapha dosha), Beneficial in Jwara (Fever), Atisara (Diarrhoea), Daha (Burning)				
<b>Precautions</b>	-				
<b>Special precautions</b>	-				
<b>Others</b>	-				

<b>Name of the Recipe</b>	23.10 Pakwakushmanda Phala Paka ( Spicy fried Ash gourd )				
<b>Reference</b>	Pakadarpanam, 1/ 301-308				
<b>Category</b>	Ashita (Eatables)				
<b>Ingredients</b>	S. No.	Name of the Ingredients	Common name/Botanical Name	Part Used	Ratio
	1.	Kusmanda	Ash gourd/ <i>Benincasa hispida</i> (Thunb) Cogn.	Fruit	1 part
	2.	Samudra Lavana	Sea salt	-	Q.S.
	3.	Dadhi	Curd	-	Q.S.
	4.	Amlika	Tamarind/ <i>Tamarindus indica</i> L.	Fruit	Q.S.
	5.	Masha	Black gram/ <i>Phaseolus mungo</i> L. non Rosc. & auct.	Seed	Q.S.
	6.	Ghrita	Clarified butter	-	Q.S.
	7.	Methika	Fenugreek/ <i>Trigonella foenum graecum</i> L.	Seed	Q.S.
	8.	Jiraka	Cumin / <i>Cuminum cyminum</i> L.	Fruit	Q.S.
	9.	Sarshapa	Mustard/ <i>Brassica campestris</i> L.	Seed	Q.S.
	10.	Palandu	Onion/ <i>Allium cepa</i> L.	Bulb	Q.S.
	11.	Kaitarya	Curry leaves/ <i>Murraya koenigii</i> (L.) Spreng.	Leaves	Q.S.
	12.	Dhanyaka	Coriander/ <i>Coriandrum sativum</i> L.	Leaves	Q.S.
	13.	Karpura	Camphor/ <i>Cinnamomum camphora</i> (L.) Nees & Eberm.	Sub. extract	Q.S.
<b>Method of preparation</b>	Cut the Kusmanda fruit into square-shaped pieces and remove the seeds and fibers thoroughly. Wash the pieces well in clean water. Sprinkle Sea salt and place it in a stainless steel vessel over low heat to steam. Meanwhile, prepare a paste using Dadhi, Amlika and powdered Masha. Once the Kusmanda pieces are steamed, coat them evenly with this paste. Fry the coated pieces in Ghrita until they turn into golden or saffron color. Thereafter sprinkle the mixture of				

	powdered seeds of Methika, Jeeraka, Sarshapa, tila and Masha. Cook until the mixture is fully prepared. Temper with finely chopped Onion, Kaitarya leaves and coriander leaves.
<b>Properties</b>	Madhura (sweet in taste), sheeta (cold in potency)
<b>Benefits (Pathya)</b>	Sarvadoshahara (Alleviates all three doshas), Virya vardhaka (increases semen production), Daha-Trishna-Bhayanashaka (Alleviates burning, Thirst, Fear)
<b>Precautions</b>	-
<b>Special precautions</b>	-
<b>Others</b>	-

<b>Name of the Recipe</b>	23.11 Nishpava kushmanda Phala Paka (Stir fried Flat bean ash gourd )				
<b>Reference</b>	Pakadarpanam, 1/ 309				
<b>Category</b>	Ashita (Eatables)				
<b>Ingredients</b>	S. No.	Name of the Ingredients	Common name/Botanical Name	Part Used	Ratio
	1.	Nishpava	Hyacinth Bean / <i>Dolichos lublub</i> L.	Seed	1 part
	2.	Kushmanda	Ash gourd/ <i>Benincasa hispida</i>	Fruit	1 part
	3.	Samudra Lavana	Sea Salt	-	Q.S.
	4.	Dadhi	Curd	-	Q.S.
	5.	Amlika	Tamarind/ <i>Tamarindus indica</i> L.	Fruit	Q.S.
	6.	Masha	Black gram/ <i>Phaseolus mungo</i> L. non Rosc. & auct.	Seed	Q.S.
	7.	Ghrita	Clarified butter	-	Q.S.
	8.	Methika	Fenugreek/ <i>Trigonella foenum graecum</i> L.	Seed	Q.S.
	9.	Jiraka	Cumin / <i>Cuminum cyminum</i> L.	Fruit	Q.S.
	10.	Sarshapa	Mustard/ <i>Brassica campestris</i> L.	Seed	Q.S.
	11.	Palandu	Onion/ <i>Allium cepa</i> L.	Bulb	Q.S.
	12.	Kaitarya	Curry leaves/ <i>Murraya koenigii</i> (L.).Spreng.	Leaf	Q.S.
	13.	Dhanyaka	Coriander/ <i>Coriandrum sativum</i> L.	Leaf	Q.S.
	14.	Karpura	Camphor/ <i>Cinnamomum camphora</i> (L.) Nees & Eberm.	Sub. extract	Q.S.
<b>Method of preparation</b>	Cut the Kusmanda fruit with Nispava into square-shaped pieces and remove the seeds and fibers thoroughly. Wash the pieces well in clean water. Sprinkle Sea salt and place it in a stainless steel vessel over low heat to steam. Meanwhile, prepare a paste using Dadhi, Amlika and powdered Masha. Once the Kusmanda pieces are steamed, coat them evenly with this paste. Fry the coated pieces in				

	Ghrita until they turn a golden or saffron color. Thereafter sprinkle the mixture of powdered seeds of Methika, Jeeraka, Sarshapa, tila and Masha. Cook until the mixture is fully prepared. Temper with finely chopped Onion, Kaitarya leaves and coriander leaves. Finally, add Karpura to make it fragrant.
<b>Properties</b>	Madhura (sweet in taste), guru (heavy to digest) , ushna (hot in potency), snigdha (unctuous)
<b>Benefits (Pathya)</b>	Viryavardhaka (increases semen production), Ojavardhaka (Enhances the essence of seven fundamental structural components), balavardhaka (strength promoter), Deepana (increases digestive fire), Brihmana (Nourishes the body tissues)
<b>Precautions</b>	-
<b>Special precautions</b>	-
<b>Others</b>	-

<b>Name of the Recipe</b>	23.12 Tumbi Phala Paka (Stir fried Bottle gourd )				
<b>Reference</b>	Pakadarpanam, 1/ 310				
<b>Category</b>	Ashita (Eatables)				
<b>Ingredients</b>	S. No.	Name of the Ingredients	Common name/Botanical Name	Part Used	Ratio
	1.	Tumbi	Bottle Gourd <i>Lagenaria siceraria</i> (Mol.) Standl.	Tender Fruit	1 part
	2.	Samudra Lavana	Sea Salt	-	Q.S.
	3.	Dadhi	Curd	-	Q.S.
	4.	Amlika	Tamarind/ <i>Tamarindus indica</i> L.	Fruit	Q.S.
	5.	Masha	Black gram/ <i>Phaseolus mungo</i> L. non Rosc. & auct.	Seed	Q.S.
	6.	Ghrita	Clarified butter	-	Q.S.
	7.	Methika	Fenugreek/ <i>Trigonella foenum graecum</i> L.	Seed	Q.S.
	8.	Jiraka	Cumin <i>Cuminum cyminum</i> L.	Fruit	Q.S.
	9.	Sarshapa	Mustard/ <i>Brassica campestris</i> L.	Seed	Q.S.
	10.	Palandu	Onion/ <i>Allium cepa</i> L.	Bulb	Q.S.
	11.	Kaitarya	Curry leaves/ <i>Murraya koenigii</i> (L.) Spreng.	Leaf	Q.S.
	12.	Dhanyaka	Coriander/ <i>Coriandrum sativum</i> L.	Leaf	Q.S.
	13.	Karpura	Camphor/ <i>Cinnamomum camphora</i> (L.) Nees & Eberm.	Sub. extract	Q.S.
<b>Method of preparation</b>	Cut the Tumbi phala into square-shaped pieces and remove the seeds and fibers thoroughly. Wash the pieces well in clean water. Sprinkle Sea salt and place it in a stainless steel vessel over low heat to steam. Meanwhile, prepare a paste using Dadhi, Amlika and powdered				

	Masha. Once the Kusmanda pieces are steamed, coat them evenly with this paste. Fry the coated pieces in Ghrita until they turn a golden or saffron color. Thereafter sprinkle the mixture of powdered seeds of Methika, Jeeraka, Sarshapa, tila and Masha. Cook until the mixture is fully prepared. Temper with finely chopped Onion, Kaitarya leaves and coriander leaves. Finally, add Karpura to make it fragrant.
<b>Properties</b>	Madhura (sweet in taste), guru (heavy to digest), sheeta (cold in potency)
<b>Benefits (Pathya)</b>	Vatanashaka (Alleviates vata dosha)
<b>Precautions</b>	-
<b>Special precautions</b>	-
<b>Others</b>	-

<b>Name of the Recipe</b>	23.13 Suranakanda Paka (Stir fried Yam)				
<b>Reference</b>	Pakadarpanam, 1/ 312-318				
<b>Category</b>	Ashita (Eatables)				
<b>SS</b>	S. No.	Name of the Ingredients	Common name/Botanical Name	Part Used	Ratio
	1.	Surana	Elephant foot yam/ <i>Amorphophallus campanulatus</i> (Rosc.) Blume.	Corm	1 part
	2.	Samudra lavana	Sea salt	-	Q.S.
	3.	Amlika	Tamarind/ <i>Tamarindus indica</i> L.	Fruit	Q.S.
	4.	Shunthi	Dry ginger/ <i>Zingiber officinale</i> Roxb	Rhizome	Q.S.
	5.	Pippali	Long Pepper / <i>Piper longum</i> L.	Fruit	Q.S.
	6.	Maricha	Black pepper/ <i>Piper nigrum</i> L.	Fruit	Q.S.
	7.	Methika	Fenugreek/ <i>Trigonella foenum graecum</i> L.	Seed	Q.S.
	8.	Jiraka	Cumin / <i>Cuminum cyminum</i> L.	Fruit	Q.S.
	9.	Kaitarya	Curry leaves/ <i>Murraya koenigii</i> (L.).Spreng.	Leaf	Q.S.
	10.	Dhanyaka	Coriander/ <i>Coriandrum sativum</i> L.	Leaf	Q.S.
	11.	Ghrita	Clarified butter		Q.S.
	12.	Hingu	Asfoetida/ <i>Ferula asafoetida</i> Regel.	Oleo resin gum	Q.S.
	13.	Karpura	Camphor/ <i>Cinnamomum camphora</i> (L.) Nees & Eberm.	Sub. extract	Q.S.
14.	Jala	Water	-	Q.S.	
<b>Method of preparation</b>	Peel the rhizome of Surana and cut it into pieces. Add required quantity of water along with Lavana and Amlika to the cut surana pieces. Boil it keeping over medium heat, once properly cooked, filter into another stainless steel vessel. Sprinkle the cooked Surana with the powders of Shunthi , Pippali, Maricha, Methika and Jeeraka along with the leaves of Kaitarya and Dhanyaka and mix thoroughly. Fry the mixture in Ghrita along with Hingu and make them fragrant with Karpura.				
<b>Properties</b>	Kashaya (astringent), katu (pungent), laghu (light for digestion),				

	ushna (hot in potency), ruksha (dry)
<b>Benefits (Pathya)</b>	Pathya (Wholesome/ideal or most suitable for good health), Krimihara (Antihelminthic), Arshoghna (Piles), Balya (Strength promoting), Deepana (increases digestive fire), Twakrogahara (Beneficial in Skin disease)
<b>Precautions</b>	-
<b>Special precautions</b>	-
<b>Others</b>	-

<b>Name of the Recipe</b>	23.14 Kumuda-Utpala Kanda Paka (Stir fried Water lily rhizome)				
<b>Reference</b>	Pakadarpanam, 1/321				
<b>Category</b>	Ashita (Eatables)				
<b>Ingredients</b>	S. No.	Name of the Ingredients	Common name/Botanical Name	Part Used	Ratio
	1.	Kumuda	White water lily/ <i>Nymphaea alba</i> L.	Rhizome	1 part
	2.	Utpala	Indian Blue Water Lily / <i>Nymphaea stellata</i> Willd.	Rhizome	1 part
	3.	Samudra lavana	Sea Salt	-	Q.S.
	4.	Amlika	Tamarind/ <i>Tamarindus indica</i> L.	Fruit	Q.S.
	5.	Shunthi	Dry ginger/ <i>Zingiber officinale</i> Roxb	Rhizome	Q.S.
	6.	Pippali	Long Pepper / <i>Piper longum</i> L.	Fruit	Q.S.
	7.	Maricha	Black pepper/ <i>Piper nigrum</i> L.	Fruit	Q.S.
	8.	Methika	Fenugreek/ <i>Trigonella foenum graecum</i> L.	Seed	Q.S.
	9.	Jiraka	Cumin / <i>Cuminum cyminum</i> L.	Fruit	Q.S.
	10.	Kaitarya	Curry leaves/ <i>Murraya koenigii</i> (L.).Spreng.	Leaf	Q.S.
	11.	Dhanyaka	Coriander/ <i>Coriandrum sativum</i> L.	Leaf	Q.S.
	12.	Ghrita	Clarified butter	-	Q.S.
	13.	Hingu	Asfoetida/ <i>Ferula asafoetida</i> Regel.	Oleo resin gum	Q.S.
	14.	Karpura	Camphor/ <i>Cinnamomum camphora</i> (L.) Nees & Eberm.	Sub. extract	Q.S.
	15.	Jala	Water	-	Q.S.
<b>Method of preparation</b>	Peel the rhizome of Kumud utpala and cut it into pieces. Add required quantity of water along with Lavana and Amlika to the cut rhizomes.. Boil it keeping over medium heat, once properly cooked, filter into another stainless steel vessel. Sprinkle the cooked Kumuda Utpala with the powders of Shunthi , Pippali, Maricha, Methika and Jeeraka along with the leaves of Kaitarya and Dhanyaka and mix				

	thoroughly. Fry the mixture in Ghrita along with Hingu and make them fragrant with Karpura.
<b>Properties</b>	Katu (pungent), madhura (sweet in taste), laghu (light for digestion), ushna (hot in potency), ruksha (dry)
<b>Benefits (Pathya)</b>	Pittashamaka (Pacifies pitta dosha), Beneficial in Prameha (Increased frequency and turbidity of urine), Daha (Burning), Kamala (Jaundice)
<b>Precautions</b>	-
<b>Special precautions</b>	-
<b>Others</b>	-

<b>Name of the Recipe</b>	23.15 Mulakakanda Paka (Stir fried Radish )				
<b>Reference</b>	Pakadarpanam, 1/ 322				
<b>Category</b>	Ashita (Eatables)				
<b>Ingredients</b>	S. No.	Name of the Ingredients	Common name/Botanical Name	Part Used	Ratio
	1.	Mulaka	Radish/ <i>Raphanus sativus</i> L.	Tender Rhizome	1 part
	2.	Samudra Lavana	Sea Salt	-	Q.S.
	3.	Amlika	Tamarind/ <i>Tamarindus indica</i> L.	Fruit	Q.S.
	4.	Shunthi	Dry ginger/ <i>Zingiber officinale</i> Roxb	Rhizome	Q.S.
	5.	Pippali	Long Pepper / <i>Piper longum</i> L.	Fruit	Q.S.
	6.	Maricha	Black pepper/ <i>Piper nigrum</i> L.	Fruit	Q.S.
	7.	Methika	Fenugreek/ <i>Trigonella foenum graecum</i> L.	Seed	Q.S.
	8.	Jiraka	Cumin / <i>Cuminum cyminum</i> L.	Fruit	Q.S.
	9.	Kaitarya	Curry leaves/ <i>Murraya koenigii</i> (L.).Spreng.	Leaf	Q.S.
	10.	Dhanyaka	Coriander/ <i>Coriandrum sativum</i> L.	Leaf	Q.S.
	11.	Ghrita	Clarified butter	-	Q.S.
	12.	Hingu	Asfoetida/ <i>Ferula asafoetida</i> Regel.	Oleo resin Gum	Q.S.
	13.	Karpura	Camphor/ <i>Cinnamomum camphora</i> (L.) Nees & Eberm.	Sub. extract	Q.S.
	14.	Jala	Water	-	Q.S.
<b>Method of preparation</b>	Peel the rhizome of Mulaka and cut it into pieces. Add required quantity of water along with Lavana and Amlika to the cut Mulaka pieces. Boil it keeping over medium heat, once properly cooked, filter into another stainless steel vessel. Sprinkle the cooked Mulaka with the powders of Shunthi , Pippali, Maricha, Methika and Jeeraka along with the leaves of Kaitarya and Dhanyaka and mix thoroughly. Fry the mixture in Ghrita along with Hingu and make them fragrant with Karpura.				
<b>Properties</b>	Katu (pungent), laghu (light for digestion), ushna (hot in potency),				

	ruksha (dry)
<b>Benefits (Pathya)</b>	Deepana (increases digestive fire), Pratishtyaya (Beneficial in Coryza), Kasa (Beneficial in Cough)
<b>Precautions</b>	-
<b>Special precautions</b>	-
<b>Others</b>	-

<b>Name of the Recipe</b>	23.16 Tikta Patola Phala Paka (Stir fried Pointed gourd )				
<b>Reference</b>	Pakadarpanam, 1/ 367-368				
<b>Category</b>	Ashita (Eatables)				
<b>Ingredients</b>	S. No.	Name of the Ingredients	Common name/Botanical Name	Part Used	Ratio
	1.	Patola	Pointed Gourd/ <i>Trichosanthes dioica</i> Rosc. (H)	Fruit	1 part
	2.	Nimbu	Lemon/ <i>Citrus limon</i> (Linn) Burm. F	Fruit	Q.S.
	3.	Saindhava Lavana	Rock Salt	-	Q.S.
	4.	Sugandhit dravya	Aromatic Ingredients	-	Q.S.
	5.	*Spices		-	Q.S.
<b>Method of preparation</b>	Cook the Tikta patola fruit with Nimbu Juice to removes its natural bitterness. Once properly cooked, filter it into another vessel, add required quantity of salt and powdered spices, and make it fragrant with aromatic ingredients.				
<b>Properties</b>	Tikta (bitter), laghu (light for digestion), ruksha (dry)				
<b>Benefits (Pathya)</b>	Vatarogahara (Alleviates vata disease), Kapharogahara (Alleviates kapha disease), Jwara (Fever), Agnimandhya (Low digestive fire)				
<b>Precautions</b>	-				
<b>Special precautions</b>	-				
<b>Others</b>	-				

\*Spices :- Shunthi (Dry ginger/*Zingiber officinale* Roxb), Pippali (Long Pepper /*Piper longum* L.), Maricha (Black pepper/*Piper nigrum* L.), Methika (Fenugreek/*Trigonella foenum graecum* L.) and Jeeraka (Cumin /*Cuminum cyminum* L.)

<b>Name of the Recipe</b>	23.17 Karavalli Phala Paka (Stuffed Bitter gourd)				
<b>Reference</b>	Pakadarpanam, 1/395-408,1/409-421, 1/422-429				
<b>Category</b>	Ashita (Eatables)				
<b>Ingredients</b>	S. No.	Name of the Ingredients	Common name/Botanical Name	Part Used	Ratio
	1.	Karavalli	Bitter gourd/ <i>Momordia charantia</i>	Fruit	1 part
	2.	Kanji	Fermented sour gruel	-	Q.S.
	3.	Ghrita	Clarified butter	-	Q.S.
	4.	Dugdha	Milk	-	Q.S.
	5.	Narikela	Coconut/ <i>Cocos nucifera</i> L.	Endosperm	Q.S.
	6.	Lashuna	Garlic/ <i>Allium sativum</i> L.	Bulb	Q.S.
	7.	Ardraka	Ginger/ <i>Zingiber officinale</i> Rosc.	Rhizome	Q.S.
	8.	Maricha	Black pepper/ <i>Piper nigrum</i> L.	Fruit	Q.S.
	9.	Dhanyaka	Coriander/ <i>Coriandrum sativum</i> L.	Leaf	Q.S.
	10.	Saindhava Lavana	Salt	-	Q.S.
	11.	Karpura	Camphor/ <i>Cinnamomum camphora</i> (L.) Nees & Eberm.	Sub. extract	Q.S.
	12.	Spices		-	Q.S.
<b>Method of preparation</b>	<p>Collect the tender, fresh, and semi-ripe fruit of Karavalli. Remove the stem ends and place it in a stainless steel vessel, immerse in Kanji (sour water) to reduce bitterness. Transfer them to another stainless steel vessel and cook them in saline water to enhance palatability. Once softened, fry the karvalli lightly in ghee. Cut the upper small portion into coin-shaped slices. Safely keep the sliced pieces aside. Cut and remove the seeds of karvalli, Finely chop the removed portion of it. Then add milk, soured small ball-sized chunks or bari, grated Narikel, Lashuna, and crushed Ardraka. Mix the powder of Maricha, Dhanyaka, Spices, Lavana, Karpura etc. along with Ghrita. Prepare into a paste form. Carefully stuff the prepared paste back into the hollowed karvalli. Seal each with a previously sliced pieces. Tie with thread to secure the stuffing. Immerse and cook the stuffed gourds in hot ghee until done.</p>				

<b>Properties</b>	Katu (pungent), tikta (bitter), laghu (light for digestion), ushna (hot in potency), snigdha (unctuous)
<b>Benefits (Pathya)</b>	Kaphahara (Alleviates kapha dosha), Vatahara (Alleviates vata dosha), Sarvarogahara (Mitigates all the diseases), Beneficial in Jwara (Fever), Agnimandhya (Low digestive fire)
<b>Precautions</b>	-
<b>Special precautions</b>	-
<b>Others</b>	-

<b>Name of the Recipe</b>	23.18 Bimbiphala Paka (Stir fried Ivy gourd )				
<b>Reference</b>	Pakadarpanam, 1/436-440				
<b>Category</b>	Ashita (Eatables)				
<b>Ingredients</b>	S. No.	Name of the Ingredients	Common name/Botanical Name	Part Used	Ratio
	1.	Bimbi	Ivy gourd / <i>Coccinia indica</i> W& A	Fruit	1 part
	2.	Ghrita	Clarified butter	-	Q.S.
	3.	Hingu	Asfoetida/ <i>Ferula asafoetida</i> Regel.	Oleo resin Gum	Q.S.
	4.	Karpura	Camphor/ <i>Cinnamomum camphora</i> (L.) Nees & Eberm.	Sub. extract	Q.S.
	5.	Jala	Water	-	Q.S.
<b>Method of preparation</b>	Peel the fruit of Bimbi phala and place it in a stainless steel vessel along with water. Boil until it becomes soft. Drain the excess water and set the boiled gourd aside. Heat ghee in a pan and add a pinch of hingu then add the boiled Bimbi phala and fry gently until lightly golden. Afterthat make it fragrant with Karpura.				
<b>Properties</b>	Katu (pungent), tikta (bitter), laghu (light for digestion), ushna (hot in potency), Ruksha (dry)				
<b>Benefits (Pathya)</b>	Vrishya (Aphrodisiac), Chakshushya (Enhances vision), Vatahara (Alleviates vata dosha), Pittahara (Alleviates pitta dosha), Mutrakriccha (Difficulty in urination), Shukravardhaka (Aphrodisiac), Beneficial in Kamala (Jaundice), Raktapitta (bleeding disorders), Rajyakshma (Tuberculosis), Shwasa-Trishna-Kasa (Asthma, Thirst, Cough)				
<b>Precautions</b>	-				
<b>Special precautions</b>	-				
<b>Others</b>	-				

<b>Name of the Recipe</b>	23.19 Kalinga Phala Paka (Stir fried Water melon )					
<b>Reference</b>	Pakadarpanam, 1/ 442-445					
<b>Category</b>	Ashita (Eatables)					
<b>Ingredients</b>	S. No.	Name of the Ingredients		Common name/Botanical Name	Part Used	Ratio
	1.	Kalinga		Watermelon/ <i>Citrullus vulgaris</i>	Fruit	1 part
	2.	Maricha		Black pepper/ <i>Piper nigrum</i> L.	Fruit	Q.S.
	3.	Dhanyaka		Coriander/ <i>Coriandrum sativa</i> L.	Fruit	Q.S.
	4.	Chaturjata	Twak	Cinnamon/ <i>Cinnamomum zeylanica</i>	bark	Q.S.
			Ela	Cardamom/ <i>Elettaria Cardamomum</i> Maton.	Fruit	Q.S.
			Tejpatra	Indian bay leaf / <i>Cinnamomum tamala</i> Nees & Eberm.	Leaf	Q.S.
			Nagkesara	Ceylon Ironwood/ <i>Mesua ferrea</i> L.	Stamen	Q.S.
	5.	Ghrita		Clarified butter	-	Q.S.
	6.	Hingu		Asfoetida/ <i>Ferula asafoetida</i> Regel.	Oleo resin Gum	Q.S.
7.	Karpura		Camphor/ <i>Cinnamomum camphora</i> (L.) Nees & Eberm.	Sub. extract	Q.S.	
8.	Jala		Water	-	Q.S.	
<b>Method of preparation</b>	Wash Kalinga phala thoroughly, cut it into pieces. Boil it in water until it becomes soft. Drain the excess water and and sprinkle Maricha, Dhanyaka, Chaturjata powder. Then Heat ghee in a pan and Add a pinch of Hingu then Add the boiled Kalinga Phala and fry the seasoned pieces of Kalinga gently until lightly golden. Afterthat make it fragrant with Karpura.					
<b>Properties</b>	Katu (pungent), tikta (bitter), laghu (light for digestion), ushna (hot in potency), ruksha (dry), grahi (Absorbent and astringent activity), ruchikaraka (Imparts taste)					
<b>Benefits (Pathya)</b>	Hridya (good for heart), Kaphadoshahara (Alleviates kapha dosha), Deepana (increases digestive fire)					
<b>Precautions</b>	-					
<b>Special precautions</b>	-					
<b>Others</b>	-					

<b>Name of the Recipe</b>	23.20 Kuberaksha Parna Paka (Stir fried Crested Fever Nut leaves )				
<b>Reference</b>	Pakadarpanam, 1/ 446-449				
<b>Category</b>	Ashita (Eatables)				
<b>Ingredients</b>	S. No.	Name of the Ingredients	Common name/Botanical Name	Part Used	Ratio
	1.	Kuberaksha	Crested Fever Nut <i>Caesalpinia crista</i>	Leaf	1 part
	2.	Guduchi	Indian Tinospora <i>Tinospora cordifolia</i> (Willd.) Miers.	Stem	Q.S.
	3.	Tanduliyaka	Prickly Amaranth <i>Amaranthus spinosus</i> L.	Leaf	Q.S.
	4.	Hingu	Asfoetida/ <i>Ferula asafoetida</i> Regel.	Oleo resin gum	Q.S.
	5.	Ghrita	Ghee	-	Q.S.
	6.	Sharkara	Normal Sugar	-	Q.S.
	7.	Spices		-	Q.S.
	8.	Jala	Water	-	Q.S.
<b>Method of preparation</b>	Take the soft leaves of Kuberaksha. Boil in required quantity of water along with powder of Guduchi to remove the bitterness. Alternatively, Tanduliyaka or sugar may be used for the same purpose. After the bitterness is removed, mix the leaves with powdered spices and keep aside.. Heat ghee in a pan,add a pinch of hingu then add the Kuberaksha leaves and fry gently until lightly golden.				
<b>Properties</b>	Katu (pungent), tikta (bitter), laghu (light for digestion), ushna (hot in potency), ruksha (dry)				
<b>Benefits (Pathya)</b>	Krimihara (Antihelmintic), Deepana (increases digestive fire), Vatahara (Alleviates vata dosha), Pathya (Wholesome/Ideal or most suitable for good health), Gulma (Abdominal lump), Shulahara (Analgesic).				
<b>Precautions</b>	-				
<b>Special precautions</b>	-				
<b>Others</b>	-				

<b>Name of the Recipe</b>	23.21 Punarnava Patra Paka (Stir fried Spreading Hogweed )				
<b>Reference</b>	Pakadarpanam, 1/450-452				
<b>Category</b>	Ashita (Eatables)				
<b>Ingredients</b>	S. No.	Name of the Ingredients	Common name/Botanical Name	Part Used	Ratio
	1.	Punarnava	Spreading Hogweed / <i>Boerhavia diffusa</i> L.	Leaves	1 part
	2.	Karvalli	Bitter Gourd/ <i>Momordia charantia</i> Roxb.	Leaves	1 part
	3.	Shunthi	Dry ginger/ <i>Zingiber officinale</i> Rosc.	Rhizome	Q.S.
	4.	Saindhava Lavana	Rock Salt	-	Q.S.
	5.	Ghrita	Clarified butter	-	Q.S.
	6.	Jala	Water	-	Q.S.
<b>Method of preparation</b>	Collect the fresh leaves of Punarnava. Boil in required quantity of water along with Karavalli leaves and the powder of Shunthi to remove bitterness. After the bitterness is removed, mix the leaves with powdered spices and salt keep aside. Heat ghee in a pan, then add the Punarnava leaves and fry gently until lightly golden.				
<b>Properties</b>	Katu (pungent), tikta (bitter), laghu (light for digestion), ushna (hot in potency)				
<b>Benefits (Pathya)</b>	Deepana (increases digestive fire), Pachana (helps in digestion), pathya (wholesome), beneficial in Pandu (Anaemia), Kshaya (phthisis)				
<b>Precautions</b>	-				
<b>Special precautions</b>	-				
<b>Others</b>	-				

<b>Name of the Recipe</b>	23.22 Kumaridala Paka (Stir fried Aloe vera)				
<b>Reference</b>	Pakadarpanam, 1/ 457-461				
<b>Category</b>	Ashita (Eatables)				
<b>Ingredients</b>	S. No	Name of the Ingredients	Common name/Botanical Name	Part Used	Ratio
	1.	Ghrita Kumari	Aloe vera / <i>Aloe barbadensis</i> Mill	Leaf	1 part
	2.	Taal /Taad	Palm leaves	Leaf	Q.S.
	3.	Ghrita	Clarified butter	-	Q.S.
	4.	Saindhava Lavana	Rock Salt	-	Q.S.
	5.	Karpura	Camphor/ <i>Cinnamomum camphora</i> (L.) Nees & Eberm.	Sub. extract	Q.S.
<b>Method of preparation</b>	Clean Ghrita kumari leaves and then place them in a stainless steel vessel and cook them with Taad patra/wet palm leaves in order to remove its bitterness. After filtering the juice, mix it with Lavana and fry it in Ghrita until it becomes saffron-colored and thick consistency. Then add spices to it, mix well and cut it into pieces, then make it fragrant with karpura.				
<b>Properties</b>	Katu (pungent), tikta (bitter), laghu (light for digestion), sheeta (cold in potency), snigdha (unctuous)				
<b>Benefits (Pathya)</b>	Rasayana (Rejuvenator), Ruchikaraka (imparts taste), Balya (Strength promotor), Dhatuvarddhaka (promotes tissue growth)				
<b>Precautions</b>	-				
<b>Special precautions</b>	-				
<b>Others</b>	-				

<b>Name of the Recipe</b>	23.23 Vata Patra Paka (Stir fried ficus leaves)				
<b>Reference</b>	Pakadarpanam, 1/476-477				
<b>Category</b>	Ashita (Eatables)				
<b>Ingredients</b>	S. No.	Name of the Ingredients	Common name/Botanical Name	Part Used	Ratio
	1.	Vata patra	Banyan Tree/ <i>Ficus benghalensis</i>	Leaf	1 part
	2.	Amlika	Tamarind/ <i>Tamarindus indica</i> L.	Leaf	Q.S.
	3.	Spices		-	Q.S.
	4.	Ghrita	Clarified butter	-	Q.S.
<b>Method of preparation</b>	Cook the leaves of Vata in the sour juice of tamarind leaves. Once softened, chop the leaves into small pieces and cook them thoroughly. Mix with appropriate spices, then fry the mixture in ghrita.				
<b>Properties</b>	Amla (sour), katu (pungent), laghu (light for digestion), ushna (hot in potency)				
<b>Benefits (Pathya)</b>	Vranahara (Wound healer), Sarvadoshahara (Alleviates all doshas), Deepana (increases digestive fire), Pachana (helps in digestion), Udarashula (Beneficial in Abdominal pain), kapha pittahara (alleviates kapha and pitta dosha)				
<b>Precautions</b>	-				
<b>Special precautions</b>	-				
<b>Others</b>	-				

<b>Name of the Recipe</b>	23.24 Shalmali Pushpa Parna Paka (Stir fried Shalmali )				
<b>Reference</b>	Pakadarpanam, 1/ 480				
<b>Category</b>	Ashita (Eatables)				
<b>Ingredients</b>	S. No.	Name of the Ingredients	Common name/Botanical Name	Part Used	Ratio
	1.	Shalmali	Red Silk cotton tree/ <i>Bombax ceiba</i> L.	Leaves & Flower	1 Part
	2.	Jambu	Black plum/ <i>Syzygium cuminii</i> (L.) Skeels	Fruit	Q.S.
	3.	Sugandhit dravya	Aromatic Ingredients	-	Q.S.
	4.	Spices		-	Q.S.
<b>Method of preparation</b>	Cook the flower and leaves of Shalmali along with a paste of Jambu. Mix it with spices, and fry it in Ghrita.				
<b>Properties</b>	Kashaya (astringent), tikta (bitter), laghu (light for digestion), sheeta (cold in potency), ruksha (dry)				
<b>Benefits (Pathya)</b>	-				
<b>Precautions</b>	-				
<b>Special precautions</b>	-				
<b>Others</b>	-				

<b>Name of the Recipe</b>	23.25 Ghrita Annapaka (Ghee rice)				
<b>Reference</b>	Pakadarpanam, 7/1-7, 8-12				
<b>Category</b>	Ashita (Eatables)				
<b>Ingredients</b>	S. No.	Name of the Ingredients	Common name/Botanical Name	Part Used	Ratio
	1.	Rajashali	Oryza species	Seed	1 part
	2.	Saindhava lavana	Rock Salt	-	Q.S.
	3.	Parpata	Indian fumitory/ <i>Fumaria parviflora</i> Lam.	Whole plant	Q.S.
	4.	Ghrita	Clarified butter	-	Q.S.
	5.	Lashuna	Garlic/ <i>Allium sativum</i> L.	Bulb	Q.S.
	6.	Ardraka	Ginger/ <i>Zingiber officinale</i> Rosc.	Rhizome	Q.S.
	7.	Methika	Fenugreek/ <i>Trigonella foenum graecum</i> L.	Seed	Q.S.
	8.	Jiraka	Cumin / <i>Cuminum cyminum</i> L.	Fruit	Q.S.
	9.	Dhanyaka	Coriander/ <i>Coriandrum sativum</i> L.	Leaf	Q.S.
	10.	Kaitarya	Curry leaves/ <i>Murraya koenigii</i> (L.).Spreng.	Leaf	Q.S.
	11.	Ketaki	Thatch screw pine/ <i>Pandanus tectorius</i> soland.	Flower	Q.S.
	12.	Bijapura	Fingered Citron / <i>Citrus medica</i> L.	Leaf	Q.S.
	13.	Kasturi/kankola	Musk/ Tailed Pepper( <i>Piper cubeba</i> )	-	Q.S.
	14.	Karpura	Camphor/ <i>Cinnamomum camphora</i> (L.) Nees & Eberm.	Sub. extract	Q.S.
	15.	Jala	Water	-	Q.S.
<b>Method of preparation</b>	Cook Rajshali in required quantity of water. Strain it and keep aside. Add required quantity of Saindhava Lavana, Ghrita, Papad (Parpatāk), along with pieces of Lashuna and Ardraka. Then, add the powder of Methika and Jiraka and mix thoroughly. Finally, add Dhanyaka, Kaitarya, Ketaki Pushpa and Bijapura leaves to impart				

	fragrance. Mix the rice with a pinch of musk and Karpura.
<b>Properties</b>	Laghu (light for digestion), katu (pungent), tikta (bitter), ruksha (dry)
<b>Benefits (Pathya)</b>	Ruchikara (imparts taste), Pittahara (Alleviates pitta dosha), Chakshushya (Enhances the vision)
<b>Precautions</b>	-
<b>Special precautions</b>	-
<b>Others</b>	-

<b>Name of the Recipe</b>	23.26 Chinchā phala rasa yukta shālī Annapaka (Tamarind rice)				
<b>Reference</b>	Pakadarpanam, 7/ 12-15				
<b>Category</b>	Ashita (Eatables)				
<b>Ingredients</b>	S. No.	Name of the Ingredients	Common name/Botanical Name	Part Used	Ratio
	1.	Amlīka	Tamarind/ <i>Tamarindus indica</i> L.	Fruit	1 part
	2.	Tandula	Rice/ <i>Oryza sativa</i> L..	Seed	1 part
	3.	Hingu	Asfoetida/ <i>Ferula asafoetida</i> Regel.	Oleo resin gum	Q.S.
	4.	Lashuna	Garlic/ <i>Allium sativum</i> L.	Bulb	Q.S.
	5.	Ardraka	Ginger/ <i>Zingiber officinale</i> Rosc.	Rhizome	Q.S.
	6.	Pippalī	Long Pepper / <i>Piper longum</i> L.	Fruit	Q.S.
	7.	Sugandhit dravya	Aromatic Ingredients	-	Q.S.
8.	Jala	Water	-	Q.S.	
<b>Method of preparation</b>	Cook Tandula in required quantity of water. Strain it and keep aside. Prepare the juice from ripe tamarind. Mix this tamarind juice and fried Hingu with the cooked rice. Then add Pippalī, pieces of Lashuna and crushed Ardraka. Enhance the fragrance by mixing it with aromatic ingredients.				
<b>Properties</b>	Laghu (light for digestion), amla (sour), katu (pungent), tikta (bitter), laghu (light for digestion), ruksha (dry)				
<b>Benefits (Pathya)</b>	Pittavardhaka (Aggravates pitta dosha), Ruchikara (imparts taste), Shulahara (Analgesic)				
<b>Precautions</b>	-				
<b>Special precautions</b>	-				
<b>Others</b>	-				

<b>Name of the Recipe</b>	23.27 Kaitarya kalka yukta shali Annapaka (Spicy curry leaves rice)				
<b>Reference</b>	Pakadarpanam, 7/ 16-17				
<b>Category</b>	Ashita (Eatables)				
<b>Ingredients</b>	S. No.	Name of the Ingredients	Common name/Botanical Name	Part Used	Ratio
	1.	Tandula	Rice/ <i>Oryza sativa</i> L.	Seed	1 part
	2.	Kaitarya	Curry leaves/ <i>Murraya koenigii</i> (L.) Spreng.	Leaves	Q.S.
	3.	Hingu	Asfoetida/ <i>Ferula asafoetida</i> Regel.	Oleo resin Gum	Q.S.
	4.	Taila	Oil		Q.S.
	5.	Karpura	Camphor/ <i>Cinnamomum camphora</i> (L.) Nees & Eberm.	Sub. extract	Q.S.
	6.	Jala	Water	-	Q.S.
<b>Method of preparation</b>	Cook Tandula in required quantity of water. Strain it and keep aside. Then mix the paste of Kaitarya. Add fried Hingu and make it fragrant with Karpura.				
<b>Properties</b>	Laghu (light for digestion), katu (pungent), tikta (bitter), laghu (light for digestion), snigdha (unctuous)				
<b>Benefits (Pathya)</b>	Stanyaprada (Galactagogue), Krimihara (Antihelmintic), Kaphadoshahara (Alleviates kapha dosha)				
<b>Precautions</b>	-				
<b>Special precautions</b>	-				
<b>Others</b>	-				

<b>Name of the Recipe</b>	23.28 Sarshapa kalka yukta shali Annapaka (Mustard seed rice)				
<b>Reference</b>	Pakadarpanam, 7/18-19				
<b>Category</b>	Ashita (Eatables)				
<b>Ingredients</b>	S. No.	Name of the Ingredients	Common name/Botanical Name	Part Used	Ratio
	1.	Tandula	Rice/ <i>Oryza sativa</i> L.	Seed	1 part
	2.	Sarshapa	Mustard/ <i>Brassica campestris</i> L.	Seed	Q.S.
	3.	Jambiri nimbu	Lemon/ <i>Citrus lemon</i> (L.) Burm.f.	Fruit	Q.S.
	4.	Hingu	Asfoetida/ <i>Ferula asafoetida</i> Regel.	Oleo resin gum	Q.S.
	5.	Jiraka	Cumin / <i>Cuminum cyminum</i> L.	Fruit	Q.S.
	6.	Taila	Oil	-	Q.S.
	7.	Sugandhit dravya	Aromatic Ingredients	-	Q.S.
	8.	Jala	Water	-	Q.S.
<b>Method of preparation</b>	Cook Tandula in required quantity of water. Strain it and keep aside. Then mix it with a paste of Sarshap seeds, then add Nimbu juice, and an adequate quantity of fried Hingu and Jiraka. To enhance its fragrance, add a small pinch of Karpura.				
<b>Properties</b>	Laghu (light for digestion), madhura (sweet in taste), katu (pungent), tikta (bitter), laghu (light for digestion), ruksha (dry)				
<b>Benefits (Pathya)</b>	Beneficial in Chhardi (Vomiting)				
<b>Precautions</b>	-				
<b>Special precautions</b>	-				
<b>Others</b>	-				

<b>Name of the Recipe</b>	23.29 Dadhi Yukta Shali Annapaka (Curd rice)				
<b>Reference</b>	Pakadarpanam, 7/21-25				
<b>Category</b>	Ashita (Eatables)				
<b>Ingredients</b>	S. No	Name of the Ingredients	Common name/Botanical Name	Part Used	Ratio
	1.	Tandula	Rice/ <i>Oryza sativa</i> L.	Seed	1 part
	2.	Dadhi	Curd	-	1 part
	3.	Amra	Mango/ <i>Mangifera indica</i> L.	Fruit	Q.S.
	4.	Sheeta Maricha /kankola	Tailed pepper/ <i>Piper cubeba</i>	Fruit	Q.S.
	5.	Lashuna	Garlic/ <i>Allium sativum</i> L.	Bulb	Q.S.
	6.	Lavanga	Clove/ <i>Syzygium aromaticum</i> (L.) Merr M.Perry	Flower bud	Q.S.
	7.	Jiraka	Cumin / <i>Cuminum cyminum</i> L.	Fruit	Q.S.
	8.	Shunthi	Dry Ginger/ <i>Zingiber officinale</i> Rosc.	Rhizome	Q.S.
	9.	Ardraka	Ginger/ <i>Zingiber officinale</i> Rosc.	Rhizome	Q.S.
	10.	Kaitarya	Curry leaves/ <i>Murraya koenigii</i> (L.).Spreng.	Leaf	Q.S.
	11.	Dhanyaka	Coriander/ <i>Coriandrum sativum</i> L.	Fruit	Q.S.
	12.	Ela	Cardamom/ <i>Elettaria Cardamomum</i> Maton.	Fruit	Q.S.
	13.	Bijapura	Fingered Citron / <i>Citrus medica</i> L.	Leaf	Q.S.
	14.	Ketaki	Thatch screw pine/ <i>Pandanus tectorius</i> soland.	Flower	Q.S.
	15.	Karpura	Camphor/ <i>Cinnamomum camphora</i> (L.) Nees & Eberm.	Sub. extract	Q.S.
	16.	Jala	Water	-	Q.S.
<b>Method of preparation</b>	Cook Tandula in required quantity of water. Strain it and keep aside. and add Dadhi to it and mix well. After that, add Amra, Lashuna, and Shunthi. In a separate bowl, mix crushed Ardraka, Kaitarya and Dhanyaka thoroughly, then add this mixture to the rice. To enhance				

	the fragrance, add Ela powder, Bijapura leaves, Ketaki leaves and a small pinch of karpura.
<b>Properties</b>	Laghu (light for digestion), madhura (sweet in taste), katu (pungent), tikta (bitter), laghu (light for digestion), ruksha (dry)
<b>Benefits (Pathya)</b>	Beneficial in Jadya (Removes frigidity), Agnimandya (loss of appetite)
<b>Precautions</b>	-
<b>Special precautions</b>	-
<b>Others</b>	-

## **24. Peya**

Common preparation method of Peya kalpana—

Take all the herbs in specified quantity, coarsely powder them and mix together. Boil the herbal powder in 16 parts of water until 8 parts of water/decoction remains. Strain the decoction through a cotton cloth into a vessel. Add rice to the decoction in a ratio of 1:14. Cook over medium heat until the rice is properly cooked/softened. Collect the cooked rice along with the supernatant water in a separate vessel.

<b>Name of the Recipe</b>	24.01 Peya (Rice gruel)				
<b>Reference</b>	Kaideva Nighantu, 5/44-45; Shodhala Nighantu 961-962.				
<b>Category</b>	Pana (Drinkables)				
<b>Ingredients</b>	S. No.	Name of the Ingredients	Common name/Botanical Name	Part Used	Ratio
	1.	Jala	Water	-	14 parts
	2.	Tandula	Rice/ <i>Oryza sativa</i> L.	Seed	1 part
<b>Method of preparation</b>	Wash and drain required quantity of rice. Add 14 times water to rice and cook over medium heat until the rice is properly cooked/softened. Collect the cooked rice along with the supernatant water in a separate vessel.				
<b>Properties</b>	Laghu (light for digestion), glani pipasa kshudha nashaka (alleviates guilt, thirst, appetite), agnideepaka (stimulates digestive fire), pachaka (easy to digest), vatanulomaka (helping easy movement /expulsion of vata), swedanulomaka (induces sweating).				
<b>Benefits (Pathya)</b>	It could be Beneficial in Atisara (Diarrhoea), Daurbalya (Weakness), Udararoga (Disease of abdomen), Jwara (Fever)				
<b>Precautions</b>	-				
<b>Special precautions</b>	-				
<b>Others</b>	-				

<b>Name of the Recipe</b>	24.02 Mridvikadi Peya (Raisin flavoured rice gruel)				
<b>Reference</b>	Chakradutta 1/25; Abhinava chintamani, 5/178				
<b>Category</b>	Pana (Drinkables)				
<b>Ingredients</b>	S. No.	Name of the Ingredients	Common name/Botanical Name	Part Used	Ratio
	1.	Jala	Water	-	16 parts
	2.	Tandula	Rice/ <i>Oryza sativa</i> L.	Seed	1/14 part of decoction
	3.	Mridvika	Raisins/ <i>Vitis vinifera</i> L.	Fruit	1/5 part
	4.	Pippalmula	Long Pepper / <i>Piper longum</i> L.	Root	1/5 part
	5.	Chavya	Javanese long pepper/ <i>Piper retrofractum</i> Vahl.	Stem	1/5 part
	6.	Chitraka	Leadwort/ <i>Plumbago zeylanica</i> L.	Root	1/5 part
	7.	Shunthi	Dry ginger/ <i>Zingiber officinale</i> Rosc.	Rhizome	1/5 part
<b>Method of preparation</b>	Take all the herbs in specified quantity, coarsely powder them and mix together. Boil them in 16 parts of water until 8 parts of water/decoction remains. Strain the decoction through a cotton cloth into a vessel. Add rice to the decoction in a ratio of 1:14. Cook over medium heat until the rice is properly cooked/softened. Collect the cooked rice along with the supernatant water in a separate vessel.				
<b>Properties</b>	Katu (pungent), tikta (bitter in taste), ushna (hot in potency), Deepana (increases digestive fire), pachana (helps in digestion)				
<b>Benefits (Pathya)</b>	It could be beneficial in Jwarotpanna Koshthabaddhata (Constipation due to fever).				
<b>Precautions</b>	-				
<b>Special precautions</b>	-				
<b>Others</b>	-				

<b>Name of the Recipe</b>	24.03 HriberadiPeya (Hribera flavoured rice gruel)				
<b>Reference</b>	Chakradutta, 3/ 61				
<b>Category</b>	Pana (Drinkables)				
<b>Ingredients</b>	S. No.	Name of the Ingredients	Common name/Botanical Name	Part Used	Ratio
	1.	Ajadugdha	Goat milk	-	16 parts
	2.	Jala	Water	-	
	3.	Tandula	Rice/ <i>Oryza sativa</i> L.	Seed	1/14 part of decoction
	4.	Hribera	Juniper/ <i>Juniperus communis</i> L.	Fruit	1/4 Part
	5.	Utapala	Indian blue water lily/ <i>Nymphaea stellata</i> Willd.	Flower	1/4 Part
	6.	Shunthi	Dry ginger/ <i>Zingiber officinale</i> Roxb	Rhizome	1/4 Part
	7.	Prishniparni	Painted uraria/ <i>Uraria picta</i> Desv.	Whole plant	1/4 Part
<b>Method of preparation</b>	Take all the herbs in specified quantity, coarsely powder them and mix together. Boil the coarse powder in 16 parts of diluted Goat's milk until 8 parts of milk remains. Strain it through a cotton cloth into a vessel. Add rice to the decoction in a ratio of 1:14. Cook over medium heat until the rice is properly cooked/softened. Collect the cooked rice along with the supernatant water in a separate vessel.				
<b>Properties</b>	Sangrahi (Absorptive action)				
<b>Benefits (Pathya)</b>	It could be beneficial in Raktatisara (Bloody diarrhoea)				
<b>Precautions</b>	-				
<b>Special precautions</b>	-				
<b>Others</b>					

<b>Name of the Recipe</b>	24.04 KapitthadiPeya (Wood apple flavoured rice gruel)				
<b>Reference</b>	Yogaratanakar, Atisara Chikitsa-51				
<b>Category</b>	Pana (Drinkables)				
<b>Ingredients</b>	S. No.	Name of the Ingredients	Common name/Botanical Name	Part Used	Ratio
	1.	Tandula	Rice/ <i>Oryza sativa</i> L.	Seed	1/14 part of decoction
	2.	Kapittha	Wood apple/ <i>Feronia limonia</i> L.	Fruit	1/4 Part
	3.	Bilwa	Indian Bael / <i>Aegle marmelos Correa ex Rosc.</i>	Fruit	1/4 Part
	4.	Changeri	Creeping woodsorrel / <i>Oxalis corniculata</i> L.	Whole plant	1/4 Part
	5.	Takra	Buttermilk	-	16 parts
	6.	Dadima	Pomegranate/ <i>Punica granatum</i> L.	Seed	1/4 Part
<b>Method of preparation</b>	Take all the herbs in specified quantity, coarsely powder them and mix together. Boil the herbal paste in 16 parts of Takra until 8 parts remains. Strain it through a cotton cloth into a vessel. Add rice to the decoction in a ratio of 1:14. Cook over medium heat until the rice is properly cooked/softened. Collect the cooked rice along with the supernatant water in a separate vessel.				
<b>Properties</b>	Amla (sour), tikta (bitter), kashaya (astringent), ushna (hot in potency), ruksha (dry), grahi (absorbent and astringent activity) (absorbent and astringent activity), pachaka (easy to digest)				
<b>Benefits (Pathya)</b>	It could be beneficial in Vatajatisara (Diarrhoea caused by vata)				
<b>Precautions</b>	-				
<b>Special precautions</b>	-				
<b>Others</b>	-				

<b>Name of the Recipe</b>	24.05 Panchamuladi Peya (Panchamula flavoured rice gruel)					
<b>Reference</b>	Yogaratanakar, Atisara Chikitsa -52; Abhinava chintamani, 5/179					
<b>Category</b>	Pana (Drinkables)					
<b>Ingredients</b>	S. No.	Name of the Ingredients		Common name/Botanical Name	Part Used	Ratio
	1.	Jala		Water	-	16 parts
	2.	Tandula		Rice/ <i>Oryza sativa</i> L.	Seed	1/14 part of decoction
	3.	Panchamula	Pippali	Long Pepper / <i>Piper longum</i> L.	Fruit	1/6 part
			Pippalimula	Long Pepper / <i>Piper longum</i> L.	Root	
			Chavya	Javanese long pepper/ <i>Piper retrofractum</i> Vahl.	Stem	
			Chitraka	Leadwort/ <i>Plumbago zeylanica</i> L.	Root	
			Shunthi	Dry ginger/ <i>Zingiber officinale</i> Roxb	Rhizome	
	4.	Balamula		Country mallow / <i>Sida cordifolia</i> L.	Root	1/6 part
	5.	Shunthi		Dry ginger/ <i>Zingiber officinale</i> Rosc.	Rhizome	1/6 part
6.	Dhanyaka		Coriander/ <i>Coriandrum sativum</i> L.	Fruit	1/6 part	
7.	Utpala		Indian blue water lily/ <i>Nymphaea stellata</i> Willd.	Flower	1/6 part	
8.	Bilwa		Indian bael/ <i>Aegle marmelos</i> Correa ex Rosc.	Fruit	1/6 part	
<b>Method of preparation</b>	Take all the herbs in specified quantity, coarsely powder them and mix together. Boil the herbal powder in 16 parts of water until 8 parts of water remains. Strain the decoction through a cotton cloth into a vessel. Add rice to the decoction in a ratio of 1:14. Cook					

	over medium heat until the rice is properly cooked/softened. Collect the cooked rice along with the supernatant water in a separate vessel.
<b>Properties</b>	Madhura (sweet in taste), tikta (bitter), katu (pungent), ushna (hot in potency), ruksha (dry)
<b>Benefits (Pathya)</b>	It could be beneficial in Vatajatisara (Diarrhoea caused by vata dosha)
<b>Precautions</b>	-
<b>Special precautions</b>	-
<b>Others</b>	-

<b>Name of the Recipe</b>	24.06 Chhaga Peya (Goat milk based rice gruel)				
<b>Reference</b>	Abhinava chintamani, 16/10				
<b>Category</b>	Pana (Drinkables)				
<b>Ingredients</b>	S. No	Name of the Ingredients	Common name/Botanical Name	Part Used	Ratio
	1.	Jala	Water	-	16 parts
	2.	Chhaga paya	Goat milk	-	
	3.	Tandula	Rice/ <i>Oryza sativa</i> L.	Seed	1/14 part of decoction
	4.	Shunthi	Dry ginger/ <i>Zingiber officinale</i> Rosc.	Rhizome	1 part
	5.	Matulunga	Fingered Citron/ <i>Citrus medica</i> L.	Fruit	Q.S.
	6.	Madhu	Honey	-	Q.S.
	7.	Sauvarchala Lavana	Black salt	-	Q.S.
<b>Method of preparation</b>	Prepare coarse powder of Shunthi. Boil the powder in 16 parts of water and goat milk until 8 part remains. Strain the decoction through a cotton cloth into a vessel. Add rice to the decoction in a ratio of 1:14. Cook over medium heat until the rice is properly cooked/softened. Collect the cooked rice along with the supernatant water in a separate vessel. Once cool add required quantity of Matulunga juice, honey and powdered Sauvarchala and mix well.				
<b>Properties</b>	Amla (sour), ushna (hot in potency), katu (pungent)				
<b>Benefits (Pathya)</b>	It could be beneficial in Hikka (Hiccup)				
<b>Precautions</b>	-				
<b>Special precautions</b>	-				
<b>Others</b>	-				

<b>Name of the Recipe</b>	24.07 Panchakola Peya (Panchakola flavoured rice gruel)					
<b>Reference</b>	Abhinava chintamani, 62 /47; Ashtanga.Hridaya Sharirasthana, 1/97, 2/11					
<b>Category</b>	Pana (Drinkables)					
<b>Ingredients</b>	S. No.	Name of the Ingredients		Common name/Botanical Name	Part Used	Ratio
	1.	Jala		Water	-	16 parts
	2.	Pancha kola	Pippali	Long pepper/ <i>Piper longum</i> L.	Fruit	1 part
			Pippalimula	Long pepper/ <i>Piper longum</i> L..	Root	
			Chavya	Javanese long pepper/ <i>Piper retrofractum</i> Vahl.	Stem	
			Chitraka	Leadwort/ <i>Plumbago zeylanica</i> L.	Root	
			Nagara	Dry ginger/ <i>Zingiber officinalis</i> Rosc.	Rhizome	
	3.	Tandula		Rice/ <i>Oryza sativa</i> L.	Seed	1/14 part of decoction
<b>Method of preparation</b>	Take all the herbs in specified quantity, coarsely powder them and mix together. Boil the herbal powder in 16 parts of water until 8 parts of water remains. Strain the decoction through a cotton cloth into a vessel. Add rice to the decoction in a ratio of 1:14. Cook over medium heat until the rice is properly cooked/softened. Collect the cooked rice along with the supernatant water in a separate vessel.					
<b>Properties</b>	Katu (pungent), laghu(light for digestion), tikshna (penetrating), ruksha (dry)					
<b>Benefits (Pathya)</b>	It could be beneficial in Kasa (Cough), Ajirna (Indigestion)					
<b>Precautions</b>	-					
<b>Special precautions</b>	-					
<b>Others</b>	-					

<b>Name of the Recipe</b>	24.08 PrishniparnyadiPeya (Prishniparni flavoured rice gruel)				
<b>reference</b>	Bhaishajya Ratnavali, Jwaratisaradhikara 6 /5; Ashtanga Sangraha Chikitsasthana, 1/33; Charaka Chikitsasthana,3/183				
<b>Category</b>	Pana (Drinkables)				
<b>Ingredients</b>	S. No.	Name of the Ingredients	Common name/Botanical Name	Part Used	Ratio
	1.	Prishniparni	Painted uraria / <i>Uraria picta</i> Desv.	Whole plant	1 part
	2.	Bilva	Indian bael/ <i>Aegle marmelos</i> Correa ex Rosc.	Fruit	1 part
	3.	Bala	Country mallow / <i>Sida cordifolia</i> L.	Root	1 part
	4.	Shunthi	Dry ginger/ <i>Zingiber officinale</i> Roxb	Rhizome	1 part
	5.	Utpala	Indian blue water lily/ <i>Nymphaea stellata</i> Willd.	Flower	1 part
	6.	Dhanyaka	Coriander/ <i>Coriandr um sativum</i> L.	Fruit	1 part
	7.	Tandula	Rice/ <i>Oryza sativa</i> L.	Seed	5 parts
	8.	Jala	Water	-	75 parts
	9.	Dadima	Pomegranate/ <i>Punica granatum</i> L.	Seed	Q.S.
<b>Method of preparation</b>	Take all the ingredients in a quantity, coarsely powder them and mix together. Boil the herbal powder in required quantity of water until the mixture is reduced to half. After filtering, prepare Peya using the common method, and add dadimabeej powder for a sour taste.				
<b>Properties/Health benefits</b>	Tikta (bitter), kashaya (astringent), ruksha (dry)				
<b>Benefits (Pathya)</b>	It could be beneficial in Jwaratisara (Diarrhoea with fever)				
<b>Precautions</b>	-				
<b>Special precautions</b>	-				
<b>Others</b>	-				

<b>Name of the Recipe</b>	24.09 ShalparniyadiPeya (Shaliparni flavoured rice gruel)					
<b>reference</b>	Bhaishajya Ratnavali, raktapittadhikara, 13/ 20.					
<b>Category</b>	Pana (Drinkables)					
<b>Ingredients</b>	S. No	Name of the Ingredients		Common name/Botanical Name	Part Used	Ratio
	1.	Laghupanchmulla	Gokshura	Cowhage/ <i>Tribulus terrestris</i> L.	Whole plant	1 part
			Kantakari	Yellow Berried Night Shade/ <i>Solanum Surattense</i> Burm.f.	Whole plant	
			Brihati	Indian nightshade/ <i>Solanum indicum</i> L.	Whole plant	
			Shalparni	Butterfly pea/ <i>Desmodium gangeticum</i> DC.	Whole plant	
			Prishniparni	Painted uraria/ <i>Uraria picta</i> Desv.	Whole plant	
2.	Jala		Water	-	16 parts	
3.	Tandula		Rice/ <i>Oryza sativa</i> L.	Seed	1/14 part of decoction	
<b>Method of preparation</b>	Take all the herbs in specified quantity coarsely powder them and mix together. Boil the herbal powder in 16 parts of water until 8 parts of water remains. Strain the decoction through a cotton cloth into a vessel. Add rice to the decoction in a ratio of 1:14. Cook over medium heat until the rice is properly cooked/softened. Collect the cooked rice along with the supernatant water in a separate vessel.					
<b>Properties/Health benefits</b>	Tikta (bitter), kashaya (astringent), ushna (hot in potency), laghu (light for digestion)					
<b>Benefits (Pathya)</b>	It could be beneficial in Adhogata Raktapitta (Bleeding disorders).					
<b>Precautions</b>	-					
<b>Special precautions</b>	-					
<b>Others</b>	-					

<b>Name of the Recipe</b>	24.10 Kamalotpaladi Peya (Lotus flavoured rice gruel)				
<b>Reference</b>	Ashtanga SangrahaChikitsasthana,.3/20				
<b>Category</b>	Pana (Drinkables)				
<b>Ingredients</b>	S. No.	Name of the Ingredients	Common name/Botanical Name	Part Used	Ratio
	1.	Kamala	Sacred Lotus/ <i>Nelumbo nucifera</i> Gaertn.	Rhizome	¼ part
	2.	Kamala kesara	Sacred Lotus/ <i>Nelumbo nucifera</i> Gaertn.	Stamen	¼ part
	3.	Prishniparni	Painted uraria / <i>Uraria picta</i> Desv.	Whole plant	¼ part
	4.	Priyangu	Large-Leaf Beauty Berry/ <i>Callicarpa macrophylla</i> Vahl	Inflorescence	¼ part
	5.	Tandula	Rice/ <i>Oryza sativa</i> L.	Seed	1/14 part of decoction
	6.	Jala	Water	-	16 parts
<b>Method of preparation</b>	Take all the herbs in specified quantity coarsely powder them and mix together. Boil the herbal powder in 16 parts of water until 8 parts of water remains. Strain the decoction through a cotton cloth into a vessel. Add rice to the decoction in a ratio of 1:14. Cook over medium heat until the rice is properly cooked/softened. Collect the cooked rice along with the supernatant water in a separate vessel.				
<b>Properties</b>	Madhura (sweet in taste), katu (pungent), sheeta (cold in potency), raktapittashamaka (pacifies rakta and pitta dosha)				
<b>Benefits (Pathya)</b>	It could be beneficial in Mutrakriccha (Dysuria), Amlapitta (Acidity), Shulanashaka (Analgesic).				
<b>Precautions</b>	-				
<b>Special precautions</b>	-				
<b>Others</b>	-				

<b>Name of the Recipe</b>	24.11 Usheeradi Peya (Usheera flavoured rice gruel)				
<b>Reference</b>	Ashtanga SangrahaChikitsasthana, 3/20				
<b>Category</b>	Pana (Drinkables)				
<b>Ingredients</b>	S. No.	Name of the Ingredients	Common name/Botanical Name	Part Used	Ratio
	1.	Usheera	Vetiver/ <i>Vetiveria zizaniodes</i> (L.) Nash.	Root	¼ part
	2.	Lodhra	Lodhtree/ <i>Symplocos racemosa</i> Rosc.	Stem bark	¼ part
	3.	Shringavera	Ginger/ <i>Zingiber officinale</i> Rosc.	Rhizome	¼ part
	4.	Chandana	Indian sandalwood/ <i>Santalum album</i> L.	Heart wood	¼ part
	5.	Tandula	Rice/ <i>Oryza sativa</i> L.	Seed	1/14 part of decoction
	6.	Jala	Water	-	16 parts
<b>Method of preparation</b>	Take all the herbs in specified quantity coarsely powder them and mix together. Boil the herbal powder in 16parts of water until 8 parts of water remains. Strain the decoction through a cotton cloth into a vessel. Add rice to the decoction in a ratio of 1:14. Cook over medium heat until the rice is properly cooked/softened. Collect the cooked rice along with the supernatant water in a separate vessel.				
<b>Properties</b>	Tikta (bitter), kashaya (astringent), sheeta (cold in potency), ruksha (dry), laghu (light for digestion).				
<b>Benefits (Pathya)</b>	It could be beneficial in Shweta pradara (Leucorrhoea), Kushta (Skin disease), Amlapitta (Acidity)				
<b>Precautions</b>	-				
<b>Special precautions</b>	-				
<b>Others</b>	-				

<b>Name of the Recipe</b>	24.12 Hriberadi Peya (Hribera flavoured rice gruel)				
<b>Reference</b>	Ashtanga SangrahaChikitsasthana, 3/21				
<b>Category</b>	Pana (Drinkables)				
<b>Ingredients</b>	S. No.	Name of the Ingredients	Common name/Botanical Name	Part Used	Ratio
	1.	Hribera	Juniper/ <i>Juniperus communis</i> L.	Fruit	¼ part
	2.	Dhataki	Fire Heat Bush/ <i>WoodfordiaFruticosa</i> (L.) Kurz	Flower	¼ part
	3.	Bilva	Indian bael/ <i>Aegle marmelos</i> Correa ex Rosc.	Stem bark	¼ part
	4.	Duralabha	Dessert fagonia/ <i>Fagonia cretica</i> L.	Root	¼ part
	5.	Tandula	Rice/ <i>Oryza sativa</i> L.	Seed	1/14 part of decoction
	6.	Jala	Water	-	16 parts
<b>Method of preparation</b>	Take all the herbs in specified quantity,coarsely powder them and mix together. Boil the herbal powder in 16 parts of water until 8 parts of water remains. Strain the decoction through a cotton cloth into a vessel. Add rice to the decoction in a ratio of 1:14. Cook over medium heat until the rice is properly cooked/softened. Collect the cooked rice along with the supernatant water in a separate vessel.				
<b>Properties</b>	Tikta (bitter), kashaya (astringent), grahi (absorbent and astringent activity)				
<b>Benefits (Pathya)</b>	-				
<b>Precautions</b>	-				
<b>Special precautions</b>	-				
<b>Others</b>	-				

<b>Name of the Recipe</b>	24.13 Bhunimbadi Peya (Green chiretta flavoured rice gruel)				
<b>Reference</b>	Ashtanga Sangraha Chikitsasthana, 3/22				
<b>Category</b>	Pana (Drinkables)				
<b>Ingredients</b>	S. No.	Name of the Ingredients	Common name/Botanical Name	Part Used	Ratio
	1.	Bhunimba	Green chiretta/ <i>Andrographis paniculata</i>	Leaf	1/5 part
	2.	Usheera	<i>Vetiver/Vetiveria Zizanioides</i> (L.) Nash.	Root	1/5 part
	3.	Jalada	Nutgrass/ <i>Cyperus rotundus</i> L.	Rhizome	1/5 part
	4.	Chandan ambu	Indian sandalwood/ <i>Santalum album</i> L.	Heart wood	1/5 part
	5.	Priyangu	Large-Leaf Beauty Berry/ <i>Callicarpa macrophylla</i> Vahl	infloroscence	1/5 part
	6.	Tandula	Rice/ <i>Oryza sativa</i> L.	Seed	1/14 part of decoction
	7.	Jala	Water	-	16 parts
<b>Method of preparation</b>	Take all the herbs in specific quantity, coarsely powder them and mix together. Boil the herbal powder in 16 parts of water until 8 parts of water remains. Strain the decoction through a cotton cloth into a vessel. Add rice to the decoction in a ratio of 1:14. Cook over medium heat until the rice is properly cooked/ softened. Collect the cooked rice along with the supernatant water in a separate vessel.				
<b>Properties</b>	Tikta (bitter), madhura (sweet in taste), katu (pungent), sheeta (cold in potency)				
<b>Benefits (Pathya)</b>	-				
<b>Precautions</b>	-				
<b>Special precautions</b>	-				
<b>Others</b>	-				

<b>Name of the Recipe</b>	24.14 Shaliparnimudga Peya ( Shaliparni and green gram gruel)				
<b>Reference</b>	Ashtanga SangrahaChikitsasthana, 3/22				
<b>Category</b>	Pana (Drinkables)				
<b>Ingredients</b>	S. No.	Name of the Ingredients	Common name/Botanical Name	Part Used	Ratio
	1.	Shalparni	Butterfly pea/ <i>Desmodium gangeticum</i> DC.	Whole plant	½ part
	2.	Mudga	Green gram/ <i>Phaseolus radiatus</i> L.	Seed	½ part
	3.	Tandula	Rice/ <i>Oryza sativa</i> L.	Seed	1/14 part of decoction
	4.	Jala	Water	-	16 parts
<b>Method of preparation</b>	Take shaliparni in specified quantity,coarsely powder and boil it in 16parts of water until 8 parts of water remains. Strain the decoction through a cotton cloth into a vessel. Add rice and green gram to the decoction. Cook over medium heat until the rice is properly cooked/softened. Collect the cooked rice along with the supernatant water in a separate vessel.				
<b>Properties</b>	Madhura (sweet in taste), tikta (bitter), Deepana (increases digestive fire), pachana (helps in digestion), sheeta (cold in potency)				
<b>Benefits (Pathya)</b>	Balya (Tonic), Shulahara (Analgesic), beneficial in Sthaulya (Obesity)				
<b>Precautions</b>	-				
<b>Special precautions</b>	-				
<b>Others</b>	-				

<b>Name of the Recipe</b>	24.15 Prishniparnimasura Peya (Prishniparni and red lentil gruel)				
<b>Reference</b>	Ashtanga SangrahaChikitsasthana, 3/22				
<b>Category</b>	Pana (Drinkables)				
<b>Ingredients</b>	S. No.	Name of the Ingredients	Common name/Botanical Name	Part Used	Ratio
	1.	Prishaniparni	Painted uraria / <i>Uraria picta</i> Desv.	Whole plant	½ part
	2.	Masura	Red lentil/ <i>Lens culinaris</i> Medic	Seed	½ part
	3.	Tandula	Rice/ <i>Oryza sativa</i> L.	Seed	1/14 part of decoction
	4.	Jala	Water	-	16 parts
<b>Method of preparation</b>	Take Prishniparni in specified quantity, coarsely powder and boil in 16 parts of water until 8 parts of water remains. Strain the decoction through a cotton cloth into a vessel. Add rice and red lentil to the decoction. Cook over medium heat until the rice is properly cooked/softened. Collect the cooked rice along with the supernatant water in a separate vessel.				
<b>Properties</b>	Madhura (sweet in taste), tikta (bitter), ushna (hot in potency).				
<b>Benefits (Pathya)</b>	It could be beneficial in Shotha (Inflammation), Atisara (Diarrhea)				
<b>Precautions</b>	-				
<b>Special precautions</b>	-				
<b>Others</b>	-				

<b>Name of the Recipe</b>	24.16 Tilwakadi Peya (Tilwaka flavoured rice gruel)				
<b>Reference</b>	Ashtanga SangrahaChikitsasthana, 5/135				
<b>Category</b>	Pana (Drinkables)				
<b>Ingredients</b>	S. No.	Name of the Ingredients	Common name/Botanical Name	Part Used	Ratio
	1.	Tilwaka	Lodh tree/ <i>Symplocos racemosa</i> Rosc.	Stem bark	1 part
	2.	Ghrita	Clarified butter	-	Q.S.
	3.	Sharkara	Normal Sugar	-	Q.S.
	4.	Tandula	Rice/ <i>Oryza sativa</i> L.	Seed	1/14 part of decoction
	5.	Jala	Water	-	16 parts
<b>Method of preparation</b>	Roast the paste of Tilavaka leaves in ghrita, add 16 times water and boil the decoction until 8 times water remains.Add required				

	quantity of rice to this decoction, cook in medium heat until the rice is properly cooked/softened. Add sugar to the gruel and mix well.
<b>Properties</b>	Madhura (sweet in taste), pittaghna (mitigates pitta dosha)
<b>Benefits (Pathya)</b>	It could be beneficial in Chhardi (Vomiting), Trishna (Thirst), Kasa (Cough), Atisara (Diarrhoea)
<b>Precautions</b>	Diabetes
<b>Special precautions</b>	-
<b>Others</b>	-

<b>Name of the Recipe</b>	24.17 Balaprishniparni Peya (Balaprishniparni flavoured rice gruel)				
<b>Reference</b>	Ashtanga SangrahaChikitsasthana, 10/42				
<b>Category</b>	Pana (Drinkables)				
<b>Ingredients</b>	S. No.	Name of the Ingredients	Common name/Botanical Name	Part Used	Ratio
	1.	Bala	Country mallow <i>Sida cordifolia</i> L.	Root	½ part
	2.	Prishniparni	Painted uraria <i>Uraria picta</i> Desv.	Whole plant	½ part
	3.	Tandula	Rice/ <i>Oryza sativa</i> L.	Seed	1/14 part of decoction
	4.	Jala	<i>water</i>	-	16 parts
<b>Method of preparation</b>	Take all the herbs in specified quantity,coarsely powder them and mix together. Boil the herbal powder in 16parts of water until 8 parts of water remains. Strain the decoction through a cotton cloth into a vessel. Add rice to the decoction in a ratio of 1:14. Cook over medium heat until the rice is properly cooked/softened. Collect the cooked rice along with the supernatant water in a separate vessel.				
<b>Properties</b>	Madhura (sweet in taste), balya (strength promotor), tridosahara (alleviates all three doshas)				
<b>Benefits (Pathya)</b>	It could be beneficial in Raktajarsha (Bleeding piles)				
<b>Precautions</b>	-				
<b>Special precautions</b>	-				
<b>Others</b>	-				

<b>Name of the Recipe</b>	24.18 BilwahriberadiPeya (Bilwa hribera flavoured rice gruel)				
<b>Reference</b>	Ashtanga Sangraha Chikitsasthana, 10/42				
<b>Category</b>	Pana (Drinkables)				
<b>Ingredients</b>	S. No.	Name of the Ingredients	Common name/Botanical Name	Part Used	Ratio
	1.	Bilva	Indian bael/ <i>Aegle marmelos</i> Correa ex Roxb	Stem bark	1/3 part
	2.	Hribera	Juniper/ <i>Juniperus communis</i> L.	Fruit	1/3 part
	3.	Nagara	Dry ginger/ <i>Zingiber officinalis</i> Rosc.	Rhizome	1/3 part
	4.	Tandula	Rice/ <i>Oryza sativa</i> L.	Seed	1/14 part of decoction
	5.	Jala	Water	-	16 parts
<b>Method of preparation</b>	Take all the herbs in specified quantity,coarsely powder them and mix together. Boil the herbal powder in 16parts of water until 8 parts of water remains. Strain the decoction through a cotton cloth into a vessel. Add rice to the decoction in a ratio of 1:14. Cook over medium heat until the rice is properly cooked/softened. Collect the cooked rice along with the supernatant water in a separate vessel.				
<b>Properties</b>	Tikta (bitter), ruksha (dry), grahi (absorbent and astringent activity)				
<b>Benefits (Pathya)</b>	It could be beneficial in Raktajarsha (Bleeding piles)				
<b>Precautions</b>	-				
<b>Special precautions</b>	-				
<b>Others</b>	Anupana – Navneet				

<b>Name of the Recipe</b>	24.19 Shatyadi Peya (Shati flavoured rice gruel)					
<b>Reference</b>	Ashtanga Sangraha Chikitsasthana, 19/8					
<b>Category</b>	Pana (Drinkables)					
<b>Ingredients</b>	S. No	Name of the Ingredients	Common name/Botanical Name	Part Used	Ratio	
	1.	Shati	Spiked ginger lily/ <i>Hedychium spicatum</i>	Rhizome	1/9 part	
	2.	Pushkarmula	Orris root/ <i>Inula racemosa</i> Hook. f.	Root	1/9 part	
	3.	Chitraka	Leadwort/ <i>Plumbago zeylanica</i> L.	Root	1/9 part	
	4.	Ajaji	Cumin / <i>Cuminum cyminum</i> L.	Fruit	1/9 part	
	5.	Karvi	Black caraway/ <i>Carum carvi</i> L.	Fruit	1/9 part	
	6.	Vrikshamla	Kokum Butter Tree/ <i>Garcinia indica choicy</i>	Fruit	1/9 part	
	7.	Yavakshara	Barley/ <i>Hordeum vulgare</i> L.	Whole plant	Q.S.	
	8.	Jeevanti	Cork Swallow-Wort/ <i>Leptadenia reticulata</i>	-	1/9 part	
	9.	Bilva	Indian bael/ <i>Aegle marmelos</i> Correa ex Rosc.	Stem bark	1/9 part	
	10.	Dashmula	Shalparni	Butterfly pea/ <i>Desmodium gangeticum</i> DC.	Whole plant	1/9 part
			Prishniparni	Painted uraria / <i>Uraria picta</i> Desv.	Whole plant	
			Brihati	Indian nightshade/ <i>Solanum indicum</i> L.	Whole plant	
			Kantakari	Yellow Berried Night Shade/ <i>Solanum Surattense</i> Burm.f.	Whole plant	
			Gokshura	Cowhage/ <i>Tribulus terrestris</i> L.	Whole plant	
			Bilva	Indian bael/ <i>Aegle marmelos</i> Correa ex Rosc.	Stem bark	
			Shyonaka	Indian trumpet	Stem	

			tree/ <i>Oroxylum indicum</i> Vent.	bark	
		Patala	Rose trumpet tree/ <i>Stereospermum</i> <i>suaveolens</i> DC	Stem bark	
		Gambhari	White Teak/ <i>Gmelina</i> <i>arborea</i> Roxb	Stem bark	
		Agnimantha	Wind killer tree/ <i>Clerodendrum</i> <i>phlomidis</i> L.	Stem bark	
	11.	Ghrita	Clarified butter	-	Q.S.
	12.	Taila	Oil	-	Q.S.
	13.	Tandula	Rice/ <i>Oryza sativa</i> L.	Seed	1/14 part of decoction
	14.	Jala	Water	-	16 parts
<b>Method of preparation</b>	Take all the herbs in specified quantity, coarsely powder them and mix together. Boil the herbal powder in 16 parts of water until 8 parts of water remains. Strain the decoction through a cotton cloth into a vessel. Add rice to the decoction in a ratio of 1:14. Cook over medium heat until the rice is properly cooked/softened. Collect the cooked rice along with the supernatant water in a separate vessel. process it with ghrita, taila and a small amount of Lavana.				
<b>Properties</b>	Katu (pungent), madhura (sweet in taste), ushna (hot in potency), vatashamaka (pacifies vata dosha)				
<b>Benefits (Pathya)</b>	It could be beneficial in Shotha (Oedema)				
<b>Precautions</b>	-				
<b>Special precautions</b>	-				
<b>Others</b>	-				

<b>Name of the Recipe</b>	24.20 BrihatpanchamulaPeya (Brihat panchmulaflavoured rice gruel)					
<b>Reference</b>	Ashtanga Sangraha Chikitsasthana, 1/35					
<b>Category</b>	Pana (Drinkables)					
<b>Ingredients</b>	S. No	Name of the Ingredients		Common name/Botanical Name	Part Used	Ratio
	1.	Brihata panch mula	Bilva	Indian bael /Aegle marmelos Correa ex Roxb	Stem bark	½ part
			Agnimanth	Windkiller tree/ <i>Clerodendrum phlomidis</i> L.	Stem bark	
			Shyonaka	Indian trumpet tree/ <i>Oroxylum indicum</i> Vent.	Stem bark	
			Patala	Rose Trumpet Tree/ <i>Stereospermum suaveolens</i> DC	Stem bark	
			Gambhari	White Teak/ <i>Gmelina arborea</i> Roxb	Stem bark	
2.	Yava		Barley/ <i>Hordeum vulgare</i> L.	Whole plant	½ part	
3.	Tandula		Rice/ <i>Oryza sativa</i> L..	Seed	1/14 part of decoction	
4.	Jala		Water	-	16 parts	
<b>Method of preparation</b>	Take all the herbs in specified quantity,coarsely powder them and mix together. Boil the herbal powder in 16parts of water until 8 parts of water remains. Strain the decoction through a cotton cloth into a vessel. Add rice to the decoction in a ratio of 1:14. Cook over medium heat until the rice is properly cooked/softened. Collect the cooked rice along with the supernatant water in a separate vessel.					
<b>Properties</b>	Tikta (bitter), ruksha (dry), sheeta (cold in potency)					
<b>Benefits (Pathya)</b>	In patient of Jwara having predominance of Kapha					
<b>Precautions</b>	-					
<b>Special precautions</b>	-					
<b>Others</b>	-					

<b>Name of the Recipe</b>	24.21 Chavyadi Peya (Chavya Flavoured rice gruel)				
<b>Reference</b>	Ashtanga Sangraha Chikitsasthana, 1/36				
<b>Category</b>	Pana (Drinkables)				
<b>Ingredients</b>	S. No.	Name of the Ingredients	Common name/Botanical Name	Part Used	Ratio
	1.	Chavya	Javanese long pepper/ <i>Piper retrofractum</i> Vahl.	Stem	1/5 part
	2.	Amalaki	Gooseberry/ <i>Embllica officinalis</i> Gaertn.	Fruit	1/5 part
	3.	Pippalimula	Long Pepper / <i>Piper longum</i> L..	Root	1/5 part
	4.	Draksha	Raisins/ <i>Vitis vinifera</i> L.	Fruit	1/5 part
	5.	Nagara	Dry ginger/ <i>Zingiber officinalis</i> Rosc.	Rhizome	1/5 part
	6.	Tandula	Rice/ <i>Oryza sativa</i> L.	Seed	1/14 part of decoction
	7.	Jala	Water	-	16 parts
<b>Method of preparation</b>	Take all the herbs in specified quantity,coarsely powder them and mix together. Boil the herbal powder in 16parts of water until 8 parts of water remains. Strain the decoction through a cotton cloth into a vessel. Add rice to the decoction in a ratio of 1:14. Cook over medium heat until the rice is properly cooked/softened. Collect the cooked rice along with the supernatant water in a separate vessel.				
<b>Properties</b>	Katu (pungent), ushna (hot in potency), grahi (absorbent and astringent activity),				
<b>Benefits (Pathya)</b>	Shulahara (relieves pain), beneficial in Vibaddhakoshtha (constipation)				
<b>Precautions</b>	-				
<b>Special precautions</b>	-				
<b>Others</b>	-				

<b>Name of the Recipe</b>	24.22 AmalakadiPeya (Amalaki flavoured rice gruel)				
<b>Reference</b>	Ashtanga Sangraha Chikitsasthana, 1/38				
<b>Category</b>	Pana (Drinkables)				
<b>Ingredients</b>	S. No.	Name of the Ingredients	Common name/Botanical Name	Part Used	Ratio
	1.	Amalaki	Gooseberry/ <i>Emblica officinalis</i> Gaertn.	Fruit	½ part
	2.	Shunthi	Dry ginger/ <i>Zingiber officinale</i> Roxb	Rhizome	½ part
	3.	Sita	Sugar	-	Q.S.
	4.	Tandula	Rice/ <i>Oryza sativa</i> L.	Seed	1/14 part of decoction
	5.	Jala	Water	-	16 parts
<b>Method of preparation</b>	Take all the herbs in specified quantity,coarsely powder them and mix together. Boil the herbal powder in 16 parts of water until 8 parts of water remains. Strain the decoction through a cotton cloth into a vessel. Add rice to the decoction in a ratio of 1:14. Cook over medium heat until the rice is properly cooked/softened. Collect the cooked rice along with the supernatant water in a separate vessel.				
<b>Properties</b>	Snigdha (unctuous), katu (pungent), ushna (hot in potency), grahi (absorbent and astringent activity), pittaghna (mitigates pitta dosha)				
<b>Benefits (Pathya)</b>	It could be beneficial in Jwara (fever)				
<b>Precautions</b>	-				
<b>Special precautions</b>	-				
<b>Others</b>	-				

<b>Name of the Recipe</b>	24.23Badaradi Peya (Badara flavoured rice gruel)				
<b>Reference</b>	Ashtanga Sangraha Chikitsasthana, 1/38				
<b>Category</b>	Pana (Drinkables)				
<b>Ingredients</b>	S. No.	Name of the Ingredients	Common name/Botanical Name	Part Used	Ratio
	1.	Badara	Indian jujube/ <i>Zyzyphus mauritiana</i> Lam.	Fruit	1/5 part
	2.	Mridvika	Raisin/ <i>Vitis vinifera</i> L.	Fruit	1/5 part
	3.	Sariva	Country Sarasaparilla/ <i>Hemidesmus indicus</i> (L.) R.Br.	Root	1/5 part
	4.	Nagaramotha	Nut Grass/ <i>Cyperus rotundus</i> L.	Rhizome	1/5 part
	5.	Chandana	Indian Sandal wood / <i>Santalum album</i> L.	Heart wood	1/5 part
	6.	Madhu	Honey		Q.S.
	7.	Tandula	Rice/ <i>Oryza sativa</i> L.	Seed	1/14 part of decoction
	8.	Jala	Water	-	16 parts
	9.	Sita	Sugar candy		Q.S.
<b>Method of preparation</b>	Take all the herbs in specified quantity,coarsely powder them and mix together. Boil the herbal powder in 16 parts of water until 8 parts of water remains. Strain the decoction through a cotton cloth into a vessel. Add rice to the decoction in a ratio of 1:14. Cook over medium heat until the rice is properly cooked/softened. Collect the cooked rice along with the supernatant water in a separate vessel.				
<b>Properties</b>	Katu (pungent), tikta (bitter), ruksha (dry), sheeta (cold in potency)				
<b>Benefits (Pathya)</b>	It could be beneficial in Jwara (Fever), Trishna (Thirst), Chhardi (Vomiting), Daha (Burning)				
<b>Precautions</b>	-				
<b>Special precautions</b>	-				
<b>Others</b>	-				

<b>Name of the Recipe</b>	24.24 Madhukadi Peya (Madhuka flavoured rice gruel)				
<b>Reference</b>	Ashtanga Sangraha Uttarsthana, 44/39				
<b>Category</b>	Pana (Drinkables)				
<b>Ingredients</b>	S. No	Name of the Ingredients	Common name/Botanical Name	Part Used	Ratio
	1.	Madhuka	<i>Glycyrrhiza glabra</i> L.	Stem & root	1/12 part
	2.	Pippali	Long Pepper / <i>Piper longum</i> L.	Fruit	1/12 part
	3.	Pippali mula	Long Pepper / <i>Piper longum</i> L.	Fruit	1/12 part
	4.	Musta			1/12 part
	5.	Shunthi	Dry ginger/ <i>Zingiber officinale</i> Roxb	Rhizome	1/12 part
	6.	Indrayava	<i>Tellicherry bark.</i> <i>/Holarrhenaanti dysenterica</i> wall.	Seed	1/12 part
	7.	Saindhava lavana	Rock salt	-	1/12 part
	8.	Patha	Velvet Leaf/ <i>Cissampelos pareira</i> L.	Stem bark	1/12 part
	9.	Ajamoda	Wild Celery/ <i>Trachyspermum roxburghianum</i> (DC.) Craib	Fruit	1/12 part
	10.	Sarshapa	Mustard/ <i>Brassica campestris</i> L.	Seed	1/12 part
	11.	Devdaru	Himalayan Cedar/ <i>Cedrus deodara</i> (Rosc.) Loud	Heart wood	1/12 part
	12.	Laghu panch mula	Shalaparni	Butterfly Pea/ <i>Desmodium gangeticum</i> DC.	Whole plant
			Prishniparni	Painted uraria/ <i>Uraria</i>	Whole plant

			<i>picta</i> Desv.		
		Kantakari	Yellow Berried Night Shade/ <i>Solanum Surattense</i> Burm .f.	Whole plant	
		Brihati	Indian nightshade/ <i>Solanum indicum</i> L.	Whole plant	
		Gokshura	Cowhage/ <i>Tribulus terrestris</i> L.	Whole plant	
	13.	Ghrita	Clarified butter		Q.S.
	14.	Tandula	Rice/ <i>Oryza sativa</i> L.	Seed	1/14 part of decoction
	15.	Jala	Water	-	16 parts
<b>Method of preparation</b>	Take all the herbs in specified quantity, coarsely powder them and mix together. Boil the herbal powder in 16 parts of water until 8 parts of water remains. Strain the decoction through a cotton cloth into a vessel. Add rice to the decoction in a ratio of 1:14. Cook over medium heat until the rice is properly cooked/softened. Collect the cooked rice along with the supernatant water in a separate vessel. and Mix Ghrita in it.				
<b>Properties</b>	Tikta (bitter), katu (pungent), ushna (hot in potency)				
<b>Benefits (Pathya)</b>	-				
<b>Precautions</b>	-				
<b>Special precautions</b>	-				
<b>Others</b>	-				

<b>Name of the Recipe</b>	24.25 Bala shaliparnyadi Peya (Bala shaliparni flavoured rice gruel)				
<b>Reference</b>	Ashtanga Hridaya Chikitsasthana, 9/13				
<b>Category</b>	Pana (Drinkables)				
<b>Ingredients</b>	S. No.	Name of the Ingredients	Common name/Botanical Name	Part Used	Ratio
	1.	Shalparni	Butterfly pea/ <i>Desmodium gangeticum</i> DC.	Whole plant	1/5 part
	2.	Bala	Country mallow / <i>Sida cordifolia</i> L..	root	1/5 part
	3.	Bilwa	Indian bael/ <i>Aegle marmelos</i> Correa ex Roxb	Stem bark	1/5 part
	4.	Prishniparni	Painted uraria / <i>Uraria picta</i> Desv.	Whole plant	1/5 part
	5.	Dadima	Pomegranate/ <i>Punica granatum</i> L.	Seed	1/5 part
	6.	Tandula	Rice/ <i>Oryza sativa</i> L.	Seed	1/14 part of decoction
	7.	Jala	Water	-	16 parts
<b>Method of preparation</b>	Take all the herbs in specified quantity,coarsely powder them and mix together. Boil the herbal powder in 16 parts of water until 8 parts of water remains. Strain the decoction through a cotton cloth into a vessel. Add rice to the decoction in a ratio of 1:14. Cook over medium heat until the rice is properly cooked/softened. Collect the cooked rice along with the supernatant water in a separate vessel.				
<b>Properties</b>	Madhura (sweet in taste), tikta (bitter), ushna (hot in potency), grahi (absorbent and astringent activity)				
<b>Benefits (Pathya)</b>	It could be beneficial in Kapha pittaja atisara (Diarrhoea due to Kapha pitta dosha)				
<b>Precautions</b>	-				
<b>Special precautions</b>	-				
<b>Others</b>	-				

<b>Name of the Recipe</b>	24.26 Haritakyadi Peya (Haritaki flavoured rice gruel)				
<b>Reference</b>	Ashtanga Hridaya Chikitsasthana, 9/14				
<b>Category</b>	Pana (Drinkables)				
<b>Ingredients</b>	S. No.	Name of the Ingredients	Common name/Botanical Name	Part Used	Ratio
	1.	Haritaki	Chebolic Myrobalan/ <i>Terminalia chebula</i> Retz.	Fruit	1/3 part
	2.	Pippalimula	Long Pepper / <i>Piper longum</i> L.	Root	1/3 part
	3.	Bilwa	Indian bael/ <i>Aegle marmelos</i> Correa ex Roxb	Fruit	1/3 part
	4.	Tandula	Rice/ <i>Oryza sativa</i> L..	Seed	1/14 part of decoction
	5.	Jala	Water	-	16 parts
<b>Method of preparation</b>	Take all the herbs in specified quantity,coarsely powder them and mix together. Boil the herbal powder in 16parts of water until 8 parts of water remains. Strain the decoction through a cotton cloth into a vessel. Add rice to the decoction in a ratio of 1:14. Cook over medium heat until the rice is properly cooked/softened. Collect the cooked rice along with the supernatant water in a separate vessel.				
<b>Properties</b>	Tikta (bitter), kashaya (astringent), ushna (hot in potency), vatashamaka (pacifies vata dosha), vata dosha anulomana (downward movement of flatus)				
<b>Benefits (Pathya)</b>	-				
<b>Precautions</b>	-				
<b>Special precautions</b>	-				
<b>Others</b>	-				

<b>Name of the Recipe</b>	24.27 Dadimadi Peya (Pomegranate flavoured rice gruel)				
<b>Reference</b>	Kashyap kalpasthana., Bhojankalpadhyaya, 7/ 53				
<b>Category</b>	Pana (Drinkables)				
<b>Ingredients</b>	S. No.	Name of the Ingredients	Common name/Botanical Name	Part Used	Ratio
	1.	Dadima	Pomegranate/ <i>Punica granatum</i> L.	Seed	1/3 part
	2.	Takra	Butter milk	-	16 parts
	3.	Chukra	Vinegar		Q.S.
	4.	Ardraka	Ginger/ <i>Zingiber officinale</i> Rosc.	Rhizome	1/3 part
	5.	Saindhava lavana	Rock salt	-	Q.S.
	6.	Maricha	Black pepper/ <i>Piper nigrum</i> L.	Fruit	1/3 part
	7.	Tandula	Rice/ <i>Oryza sativa</i> L.	Seed	1/14 part of decoction
<b>Method of preparation</b>	Take all the herbs in specified quantity,coarsely powder them and mix together. Boil the herbal powder in 16 parts of water until 8 parts of water remains. Strain the decoction through a cotton cloth into a vessel. Add rice to the decoction in a ratio of 1:14. Cook over medium heat until the rice is properly cooked/softened. Collect the cooked rice along with the supernatant water in a separate vessel.				
<b>Properties</b>	Amla (sour), katu (pungent), ushna (hot in potency), ruksha (dry), grahi (absorbent and astringent activity), krimighna (anthelmintic)				
<b>Benefits (Pathya)</b>	Trishnanashaka (Thirst)				
<b>Precautions</b>	-				
<b>Special precautions</b>	-				
<b>Others</b>	-				

<b>Name of the Recipe</b>	24.28 Ksheera Peya (Milk based rice gruel)				
<b>Reference</b>	Kashyapa Kalpasthana., bhojankalpadhyaya, 7/54				
<b>Category</b>	Pana (Drinkables)				
<b>Ingredients</b>	S. No.	Name of the Ingredients	Common name/Botanical Name	Part Used	Ratio
	1.	Ghrita	Clarified butter	-	Q.S.
	2.	Ksheerodaka	Milkwater	-	16 parts
	3.	Sharkara	Normal Sugar	-	Q.S.
	4.	Tandula	Rice/ <i>Oryza sativa</i> L..	Seed	1/14 part of decoction
<b>Method of preparation</b>	Cook rice in required quantity of milk and water over medium heat until the rice is properly cooked/softened. Collect the cooked rice along with the supernatant water in a separate vessel. and Mix Ghrita in it.				
<b>Properties</b>	Madhura (sweet in taste), guru (heavy to digest), snigdha (unctuous), pitta shamaka (pacifies pitta dosha)				
<b>Benefits (Pathya)</b>	It could be beneficial in dominance of pitta dosha, Jwar (Fever), Atisara (Diarrhoea), Shrama (Tiredness), moha (Unconsciousness), Kasa (Cough), Hikka (Hiccup) and Trishna (Thirst).				
<b>Precautions</b>	-				
<b>Special precautions</b>	-				
<b>Others</b>	-				

<b>Name of the Recipe</b>	24.29 Shwadamshtadi Peya (Gokshura flavoured rice gruel)				
<b>Reference</b>	Charaka Chikitsasthana, 3/182				
<b>Category</b>	Pana (Drinkables)				
<b>Ingredients</b>	S. No.	Name of the Ingredients	Common name/Botanical Name	Part Used	Ratio
	1.	Raktashali	Red rice/ <i>Oryza punctata</i>	Seed	1/14 part of decoction
	2.	Shwadamshttra	Cowhage/ <i>Tribulus terrestris</i> L.	Whole plant	½ part
	3.	Kantkari	Yellow Berried Night Shade/ <i>Solanum Surattense</i> Burm.f.	Whole plant	½ part
	4.	Jala	Water	-	16 parts
<b>Method of preparation</b>	Take all the herbs in specified quantity,coarsely powder them and mix together. Boil the herbal powder in 16parts of water until 8 parts of water remains. Strain the decoction through a cotton cloth into a vessel. Add rice to the decoction in a ratio of 1:14. Cook over medium heat until the rice is properly cooked/softened. Collect the cooked rice along with the supernatant water in a separate vessel.				
<b>Properties</b>	Katu (pungent), tikta (bitter), madhura (sweet in taste), ruksha (dry), laghu (light for digestion)				
<b>Benefits (Pathya)</b>	It could be beneficial in Parshva, Basti, Shiroruja (pain in intercostals region, urinary bladder, and head)				
<b>Precautions</b>	-				
<b>Special precautions</b>	-				
<b>Others</b>	-				

<b>Name of the Recipe</b>	24.30 Pippali amalaki yava Peya (Pippali amalaki flavoured rice gruel)				
<b>Reference</b>	Charaka Chikitsasthana, 3/184				
<b>Category</b>	Pana (Drinkables)				
<b>Ingredients</b>	S. No.	Name of the Ingredients	Common name/Botanical Name	Part Used	Ratio
	1.	Yava	Barley/ <i>Hordeum vulgare</i> L.	Fruit	1/3 part
	2.	Pippali	Long Pepper / <i>Piper longum</i> L.	Fruit	1/3 part
	3.	Amalaki	Gooseberry/ <i>Emblica officinalis</i> Gaertn.	Fruit	1/3 part
	4.	Ghrita	Clarified butter	-	Q.S.
	5.	Tandula	Rice/ <i>Oryza sativa</i> L.	Seed	1/14 part of decoction
	6.	Jala	Water		16 parts
<b>Method of preparation</b>	Take all the herbs in specified quantity, coarsely powder them and mix together. Boil the herbal powder in 16 parts of water until 8 parts of water remains. Strain the decoction through a cotton cloth into a vessel. Add rice to the decoction in a ratio of 1:14. Cook over medium heat until the rice is properly cooked/softened. Collect the cooked rice along with the supernatant water in a separate vessel. and Mix Ghrita in it.				
<b>Properties</b>	Katu (pungent), tikta (bitter), ushna (hot in potency), ruksha (dry), laghu (light for digestion)				
<b>Benefits (Pathya)</b>	It could be beneficial in Vibandha (Constipation), Doshanulomana (Help easy expulsion of doshas)				
<b>Precautions</b>	-				
<b>Special precautions</b>	-				
<b>Others</b>	-				

<b>Name of the Recipe</b>	24.31 Mridvika Amlakadi Peya (Raisin and gooseberry flavoured rice gruel)				
<b>Reference</b>	Charaka Chikitsasthana, 3/186				
<b>Category</b>	Pana (Drinkables)				
<b>Ingredients</b>	S. No.	Name of the Ingredients	Common name/Botanical Name	Part Used	Ratio
	1.	Mridvika	Raisins/ <i>Vitis vinifera</i> L.	Fruit	1/5 part
	2.	Pippalimula	Long Pepper / <i>Piper longum</i> L.	Root	1/5 part
	3.	Chavya	Javanese long pepper/ <i>Piper retrofractum</i> Vahl.	Stem	1/5 part
	4.	Amalaki	Gooseberry/ <i>Emblica officinalis</i> Gaertn.	Fruit	1/5 part
	5.	Nagara	Dry ginger/ <i>Zingiber officinalis</i> Rosc.	Rhizome	1/5 part
	6.	Tandula	Rice/ <i>Oryza sativa</i> L..	Seed	1/14 part of decoction
	7.	Jala	Water	-	16 parts
<b>Method of preparation</b>	Take all the herbs in specified quantity, coarsely powder them and mix together. Boil the herbal powder in 16 parts of water until 8 parts of water remains. Strain the decoction through a cotton cloth into a vessel. Add rice to the decoction in a ratio of 1:14. Cook over medium heat until the rice is properly cooked/softened. Collect the cooked rice along with the supernatant water in a separate vessel.				
<b>Properties</b>	Madhura (sweet in taste), katu (pungent), tikta (bitter), ushna (hot in potency), ruksha (dry), laghu (light for digestion)				
<b>Benefits (Pathya)</b>	It could be beneficial in Koshtavibandha Ruja (Constipation with pain)				
<b>Precautions</b>	-				
<b>Special precautions</b>	-				
<b>Others</b>	-				

<b>Name of the Recipe</b>	24.32 Baladi Peya (Bala based rice gruel)				
<b>Reference</b>	Charaka Chikitsasthana, 3/187				
<b>Category</b>	Pana (Drinkables)				
<b>Ingredients</b>	S. No.	Name of the Ingredients	Common name/Botanical Name	Part Used	Ratio
	1.	Bala	Country mallow / <i>Sida cordifolia</i> L.	Root	1/6 part
	2.	Vrikshamalaki	Kokum Butter Tree/ <i>Garcinia indica</i> choicy	Fruit	1/6 part
	3.	Kola	Indian plum / <i>Zyzyphusmaurtiana</i> Lam	Fruit pulp	1/6 part
	4.	Prishniparni	Painted uraria/ <i>Uraria picta</i> Desv.	Whole plant	1/6 part
	5.	Kantkari	Yellow Berried Night Shade/ <i>Solanum Surattense</i> Burm.f.	Whole plant	1/6 part
	6.	Bilwa	Indian bael/ <i>Aegle marmelos</i> Correa ex Roxb	Fruit	1/6 part
	7.	Tandula	Rice/ <i>Oryza sativa</i> L.	Seed	1/14 part of decoction
	8.	Jala	Water	-	16 parts
<b>Method of preparation</b>	Take all the herbs in specified quantity,coarsely powder them and mix together. Boil the herbal powder in 16parts of water until 8 parts of water remains. Strain the decoction through a cotton cloth into a vessel. Add rice to the decoction in a ratio of 1:14. Cook over medium heat until the rice is properly cooked/softened. Collect the cooked rice along with the supernatant water in a separate vessel.				
<b>Properties</b>	Amla (sour), tikta (bitter), ushna (hot in potency), ruksha (dry), laghu (light for digestion)				
<b>Benefits (Pathya)</b>	It could be beneficial in Fissure				
<b>Precautions</b>	-				
<b>Special precautions</b>	-				
<b>Others</b>	Bilwa churna shall be added to the preparation				

<b>Name of the Recipe</b>	24.33 Nagaramalaki Peya (Ginger and gooseberry flavoured rice gruel)				
<b>Reference</b>	Charaka Chikitsasthana, 3/187				
<b>Category</b>	Pana (Drinkables)				
<b>Ingredients</b>	S. No.	Name of the Ingredients	Common name/Botanical Name	Part Used	Ratio
	1.	Nagara	Dry ginger/ <i>Zingiber officinalis</i> Rosc..	Rhizome	½ part
	2.	Amalaki	Gooseberry/ <i>Emblica officinalis</i> Gaertn.	Fruit	½ part
	3.	Sharkara	Normal Sugar	-	Q.S.
	4.	Ghrita	Clarified butter	-	Q.S.
	5.	Tandula	Rice/ <i>Oryza sativa</i> L..	Seed	1/14 part of decoction
	6.	Jala	Water	-	16 parts
<b>Method of preparation</b>	Take all the herbs in quantity, coarsely powder them and mix together. Boil the herbal powder in 16 parts of water until 8 parts of water remains. Strain the decoction through a cotton cloth into a vessel. Add rice to the decoction in a ratio of 1:14. Cook over medium heat until the rice is properly cooked/softened. Collect the cooked rice along with the supernatant water in a separate vessel.				
<b>Properties</b>	Madhura (sweet in taste), tikta (bitter), ushna (hot in potency), ruksha (dry), laghu (light for digestion)				
<b>Benefits (Pathya)</b>	It could be beneficial in patients of Jwara (fever) with complaints like Asweda, Anidra, Trishna (loss of taste, insomnia and thirst)				
<b>Precautions</b>	-				
<b>Special precautions</b>	-				
<b>Others</b>	Peya may be tempered with ghrita and sweetened with Sharkara				

<b>Name of the Recipe</b>	24.34 Chandanadi Peya (Chandana flavoured rice gruel)				
<b>Reference</b>	Charaka Chikitsasthana, 4/45				
<b>Category</b>	Pana (Drinkables)				
<b>Ingredients</b>	S. No.	Name of the Ingredients	Common name/Botanical Name	Part Used	Ratio
	1.	Chandana	Indian Sandalwood/ <i>Santalum album</i> L.	Heart wood	¼ part
	2.	Usheer	Vetiver/ <i>Vetiveria Zizanioides</i> (L.) Nash.	Root	¼ part
	3.	Lodhra	Lodh tree/ <i>Symplocos racemosa</i> Rosc.	Stem bark	¼ part
	4.	Nagara	Dry ginger/ <i>Zingiber officinalis</i> Rosc.	Rhizome	¼ part
	5.	Madhu	Honey	-	Q.S.
	6.	Sharkara	Normal Sugar	-	Q.S.
	7.	Tandula	Rice/ <i>Oryza sativa</i> L.	Seed	1/14 part of decoction
	8.	Jala	Water	-	16 parts
<b>Method of preparation</b>	Take all the herbs in specified quantity, coarsely powder them and mix together. Boil the herbal powder in 16 parts of water until 8 parts of water remains. Strain the decoction through a cotton cloth into a vessel. Add rice to the decoction in a ratio of 1:14. Cook over medium heat until the rice is properly cooked/softened. Collect the cooked rice along with the supernatant water in a separate vessel.				
<b>Properties</b>	Madhura (sweet in taste), katu (pungent), tikta (bitter), sheeta (cold in potency), ruksha (dry), laghu (light for digestion)				
<b>Benefits (Pathya)</b>	It could be beneficial in Raktapitta (Bleeding disorder)				
<b>Precautions</b>	-				
<b>Special precautions</b>	-				
<b>Others</b>	-				

<b>Name of the Recipe</b>	24.35 Kiratatiktadi Peya (Kiratatikta flavoured rice gruel)				
<b>Reference</b>	Charaka Chikitsasthana, 4/45				
<b>Category</b>	Pana (Drinkables)				
<b>Ingredients</b>	S. No.	Name of the Ingredients	Common name/Botanical Name	Part Used	Ratio
	1.	Kiratatikta	Indian Gentian/ <i>Swertia chirata</i> Buch.-Ham	Whole plant	1/3 part
	2.	Usheer	Vetiver/ <i>Vetiveria Zizanioides</i> (L.) Nash.	Root	1/3 part
	3.	Musta	Nutgrass/ <i>Cyperus rotundus</i> L.	Rhizome	1/3 part
	4.	Madhu	Honey	-	Q.S.
	5.	Sharkara	Normal Sugar	-	Q.S.
	6.	Tandula	Rice/ <i>Oryza sativa</i> L..	Seed	1/14 part of decoction
	7.	Jala	Water	-	16 parts
<b>Method of preparation</b>	Take all the herbs in specified quantity,coarsely powder them and mix together. Boil the herbal powder in 16 parts of water until 8 parts of water remains. Strain the decoction through a cotton cloth into a vessel. Add rice to the decoction in a ratio of 1:14. Cook over medium heat until the rice is properly cooked/softened. Collect the cooked rice along with the supernatant water in a separate vessel. and Mix Madhu and Sharkara in it.				
<b>Properties</b>	Madhura (sweet in taste), katu (pungent), tikta (bitter), sheeta (cold in potency), ruksha (dry), laghu (light for digestion)				
<b>Benefits (Pathya)</b>	It could be beneficial in Raktapitta (Bleeding disorder)				
<b>Precautions</b>	-				
<b>Special precautions</b>	-				
<b>Others</b>	-				

<b>Name of the Recipe</b>	24.36 Kakolyadi Peya (Kakoli flavoured rice gruel)				
<b>Reference</b>	Ashtanga Hridaya Sharirasthana, 2/5				
<b>Category</b>	Pana (Drinkable)				
<b>Ingredients</b>	S. No.	Name of the Ingredients	Common name/Botanical Name	Part Used	Ratio
	1.	Rakta shali	Rice/ <i>Oryza sativa</i> L.	Seed	1/6 part
	2.	Kakoli	White Himalayan Lily/ <i>Lilium polyphyllum</i> D.Don	Rhizome	1/6 part
	3.	Bala	Country mallow / <i>Sida cordifolia</i> L.	Root	1/6 part
	4.	Atibala	Indianmallow/ <i>Abutilon indicum</i> L.	root	1/6 part
	5.	Madhuka	Indian butter tree/ <i>Madhuca indica</i> J.F.Gmel	Flower	1/6 part
	6.	Ikshu rasa	Sugarcane/ <i>Saccharum officinarum</i> L.	Stem	1/6 part
	7.	Jala	Water	-	16 parts
8.	Tandula	Rice/ <i>Oryza sativa</i> L.	Seed	1/14 part of decoction	
<b>Method of preparation</b>	Take all the herbs in specified quantity,coarsely powder them and mix together. Boil the herbal powder in 16parts of water until 8 parts of water remains. Strain the decoction through a cotton cloth into a vessel. Add rice to the decoction in a ratio of 1:14. Cook over medium heat until the rice is properly cooked/softened. Collect the cooked rice along with the supernatant water in a separate vessel.				
<b>Properties</b>	Madhura (sweet in taste), sheeta (cold in potency), snigdha (unctuous), rakta pitta shamaka (pacifies rakta and pitta dosha)				
<b>Benefits (Pathya)</b>	It could be beneficial in Garbhini Rakta darshana (spotting in pregnancy)				
<b>Precautions</b>	-				
<b>Special precautions</b>	-				
<b>Others</b>	Anupana - Madhu, sharkara and Dugdha,Jangalamamsarasa				

<b>Name of the Recipe</b>	24.37 Prishniparnyadi Peya (Prishniparni flavoured rice gruel)				
<b>Reference</b>	Ashtanga Hridaya Chikitsasthana, 1/28				
<b>Category</b>	Pana (drinkable)				
<b>Ingredients</b>	S. No.	Name of the Ingredients	Common name/Botanical Name	Part Used	Ratio
	1.	Prishniparni	Painted uraria / <i>Uraria picta</i> Desv.	Whole plant	1/7 part
	2.	Bala	Country mallow / <i>Sida cordifolia</i> L.	root	1/7 part
	3.	Bilva	Indian bael / <i>Aegle marmelos</i> Correa ex Rosc.	Unripe fruit pulp	1/7 part
	4.	Shunthi	Dry ginger/ <i>Zingiber officinale</i> Roxb	Rhizome	1/7 part
	5.	Utpala	Indian blue water lily/ <i>Nymphaea stellata</i> Willd.	Rhizome	1/7 part
	6.	Dhanyaka	Coriander/ <i>Coriandrum sativum</i> L.	Leaves	1/7 part
	7.	Dadima	Pomegranate/ <i>Punica granatum</i> L.	Seed	1/7 part
	8.	Laja	Parched rice	-	1/14 part of decoction
9.	Jala	Water	-	16 parts	
<b>Method of preparation</b>	Take all the herbs in specified quantity,coarsely powder them and mix together. Boil the herbal powder in 16parts of water until 8 parts of water remains. Strain the decoction through a cotton cloth into a vessel. Add rice to the decoction in a ratio of 1:14. Cook over medium heat until the rice is properly cooked/softened. Collect the cooked rice along with the supernatant water in a separate vessel.. Add Dadimabeeja powder for a sour taste.				
<b>Properties</b>	Madhura (sweet in taste), tikta (bitter), katu (pungent), ushna (hot in potency), grahi (absorbent and astringent activity), Deepana (increases digestive fire), pachana (helps in digestion)				
<b>Benefits (Pathya)</b>	It could be beneficial in Jwaratisara (Fever with diarrhoea)				
<b>Precautions</b>	-				
<b>Special precautions</b>	-				
<b>Others</b>	-				

<b>Name of the Recipe</b>	24.38 Laghupanchamuladi Peya (Laghu panchamulaflavoured rice gruel)				
<b>Reference</b>	Ashtanga Hridaya Chikitsasthana, 1/29				
<b>Category</b>	Pana (drinkable)				
<b>Ingredients</b>	S. No.	Name of the Ingredients	Common name/Botanical Name	Part Used	Ratio
	1.	Shalaparni	Butterfly pea/ <i>Desmodium gangeticum</i> DC.	Whole plant	1/5 part
	2.	Prishniparni	Painted uraria / <i>Uraria picta</i> Desv.	Whole plant	1/5 part
	3.	Kantakari	Yellow Berried Night Shade/ <i>Solanum Surattense</i> Burm.f.	Whole plant	1/5 part
	4.	Brihati	Indian nightshade/ <i>Solanum indicum</i> L.	Whole plant	1/5 part
	5.	Gokshura	Cowhage/ <i>Tribulus terrestris</i> L.	Whole plant	1/5 part
	6.	Laja	Parched Rice	-	1/14 part of decoction
	7.	Jala	Water	-	16 parts
<b>Method of preparation</b>	Take all the herbs in specified quantity, coarsely powder them and mix together. Boil the herbal powder in 16 parts of water until 8 parts of water remains. Strain the decoction through a cotton cloth into a vessel. Add rice to the decoction in a ratio of 1:14. Cook over medium heat until the rice is properly cooked/softened. Collect the cooked rice along with the supernatant water in a separate vessel.				
<b>Properties</b>	Madhura (sweet in taste), tikta (bitter), ushna (hot in potency), vatakapashamaka (pacifies vata and kapha dosha)				
<b>Benefits (Pathya)</b>	It could be beneficial in Hikka (Hiccup), Shwasa (Asthma), Kasa (Cough)				
<b>Precautions</b>	-				
<b>Special precautions</b>	-				
<b>Others</b>	-				

<b>Name of the Recipe</b>	24.39 Mahabrihat panchamuladi Peya (Mahabrihat panchamula flavoured rice gruel)				
<b>Reference</b>	Ashtanga Hridaya Chikitsasthana, 1/30				
<b>Category</b>	Pana (drinkable)				

<b>Ingredients</b>	S. No.	Name of the Ingredients	Common name/Botanical Name	Part Used	Ratio
	1.	Gambhari	White Teak/ <i>Gmelina arborea</i> Roxb	Stem bark	1/5 part
	2.	Patala	Rose Trumpet Tree/ <i>Stereospermum suaveolens</i> DC	Stem bark	1/5 part
	3.	Bilva	Indian bael / <i>Aegle marmelos</i> Correa ex Roxb	Stem bark	1/5 part
	4.	Agnimantha	Wind killer tree/ <i>Clerodendrum phlomidis</i> L.	Stem bark	1/5 part
	5.	Shyonaka	Indian trumpet tree/ <i>Oroxylum indicum</i> Vent.	Stem bark	1/5 part
	6.	Yava	Barley/ <i>Hordeum vulgare</i> L.	Whole plant	1/14 part of decoction
	7.	Jala	Water	-	16 parts
<b>Method of preparation</b>	Take all the herbs in specified quantity, coarsely powder them and mix together. Boil the herbal powder in 16parts of water until 8 parts of water remains. Strain the decoction through a cotton cloth into a vessel. Add rice to the decoction in a ratio of 1:14. Cook over medium heat until the rice is properly cooked/softened. Collect the cooked rice along with the supernatant water in a separate vessel.				
<b>Properties</b>	Tikta (bitter), kashaya (astringent), ushna (hot in potency), kapha vatashamaka (pacifies vata and kapha dosha)				
<b>Benefits (Pathya)</b>	-				
<b>Precautions</b>	-				
<b>Special precautions</b>	-				
<b>Others</b>	-				

<b>Name of the Recipe</b>	24.40 Chavyadi Peya (Chavya flavoured rice gruel)				
<b>Reference</b>	Ashtanga Hridaya Chikitsasthana, 1/31				
<b>Category</b>	Pana (drinkable)				
<b>Ingredients</b>	S. No.	Name of the Ingredients	Common name/Botanical Name	Part Used	Ratio
	1.	Chavya	Javanese long pepper/ <i>Piper retrofractum</i> Vahl.	Stem	1/5 part
	2.	Pippali moola	Long Pepper / <i>Piper longum</i> L.	root	1/5 part
	3.	Draksha	Raisins/ <i>Vitis vinifera</i> L.	Fruit	1/5 part
	4.	Amalaki	Gooseberry/ <i>Embllica officinalis</i> Gaertn.	Fruit	1/5 part
	5.	Shunthi	Dry ginger/ <i>Zingiber officinale</i> Roxb	Rhizome	1/5 part
	6.	Tandula	Rice/ <i>Oryza sativa</i> L..	seed	1/14 part of decoction
	7.	Jala	Water	-	16 parts
<b>Method of preparation</b>	Take all the herbs in specified quantity,coarsely powder them and mix together. Boil the herbal powder in 16parts of water until 8 parts of water remains. Strain the decoction through a cotton cloth into a vessel. Add rice to the decoction in a ratio of 1:14. Cook over medium heat until the rice is properly cooked/softened. Collect the cooked rice along with the supernatant water in a separate vessel.				
<b>Properties</b>	Katu (pungent), tikta (bitter), ushna (hot in potency), Deepana (increases digestive fire), pachana (helps in digestion)				
<b>Benefits (Pathya)</b>	It could be beneficial in Koshthavibaddha (Constipation), Koshtharuja (Abdominal pain)				
<b>Precautions</b>	-				
<b>Special precautions</b>	-				
<b>Others</b>	-				

<b>Name of the Recipe</b>	24.41 Koladi Peya (Indian plum flavoured rice gruel)				
<b>Reference</b>	Ashtanga Hridaya Chikitsasthana, 1/32				
<b>Category</b>	Pana (drinkable)				
<b>Ingredients</b>	S. No.	Name of the Ingredients	Common name/Botanical Name	Part Used	Ratio
	1.	Kola	Indian plum/ <i>Ziziphus mauritiana</i> Lam	Fruit	1/5 part
	2.	Vrikshamla	<i>Garcinia indica</i> choisy	Fruit	1/5 part
	3.	Shalaparni	Butterfly pea/ <i>Desmodium gangeticum</i> DC.	Whole plant	1/5 part
	4.	Prishniparni	Painted uraria/ <i>Uraria picta</i> Desv.	Whole plant	1/5 part
	5.	Shreephala	<i>Aegle marmelos</i> Correa ex Roxb	Stem bark	1/5 part
	6.	Tandula	Rice/ <i>Oryza sativa</i> L..	seed	1/14 part of decoction
	7.	Jala	Water	-	16 parts
<b>Method of preparation</b>	Take all the herbs in specified quantity,coarsely powder them and mix together. Boil the herbal powder in 16parts of water until 8 parts of water remains. Strain the decoction through a cotton cloth into a vessel. Add rice to the decoction in a ratio of 1:14. Cook over medium heat until the rice is properly cooked/softened. Collect the cooked rice along with the supernatant water in a separate vessel.				
<b>Properties</b>	Madhura (sweet in taste), ushna (hot in potency), laghu (light for digestion), snigdha (unctuous), tridoshshamaka (pacifies all three doshas)				
<b>Benefits (Pathya)</b>	It could be beneficial in Parikartika (Fissure)				
<b>Precautions</b>	-				
<b>Special precautions</b>	-				
<b>Others</b>	-				

<b>Name of the Recipe</b>	24.42 Sita badaradi Peya (Badara phala flavoured sweet rice gruel)				
<b>Reference</b>	Ashtanga Hridaya Chikitsasthana, 1/33				
<b>Category</b>	Pana (drinkable)				
<b>Ingredients</b>	S. No.	Name of the Ingredients	Common name/Botanical Name	Part Used	Ratio
	1.	Mishri	Rock candy	-	Q.S.
	2.	Badar phala	Chinese date/ <i>Zizyphus jujube</i> Lam	Fruit	1/5 part
	3.	Draksha	Raisins/ <i>Vitis vinifera</i> L.	Fruit	1/5 part
	4.	Sariva	Country Sarasaparilla/ <i>Hemidesmus indicus</i> (L.) R.Br.	Root	1/5 part
	5.	Musta	Nutgrass/ <i>Cyperus rotundus</i> L.	Rhizome	1/5 part
	6.	Chandana	Indian Sandalwood/ <i>Santalum album</i> L.	Heart wood	1/5 part
	7.	Tandula	Rice/ <i>Oryza sativa</i> L.	Seed	1/14 part of decoction
	8.	Jala	Water	-	16 parts
	9.	Madhu	Honey	-	Q.S.
<b>Method of preparation</b>	Take all the herbs in specified quantity,coarsely powder them and mix together. Boil the herbal powder in 16parts of water until 8 parts of water remains. Strain the decoction through a cotton cloth into a vessel. Add rice to the decoction in a ratio of 1:14. Cook over medium heat until the rice is properly cooked/softened. Collect the cooked rice along with the supernatant water in a separate vessel.Add required quantity of sugar to the gruel and mixwell.				
<b>Properties</b>	Tikta (bitter), katu (pungent), sheeta (cold in potency), vatapittashamaka (pacifies vata and pitta dosha)				
<b>Benefits (Pathya)</b>	It could be beneficial in Trishna (Thirst), Chhardi (Vomiting), Daha (Burning), Jwara (Fever)				
<b>Precautions</b>	-				
<b>Special precautions</b>	-				
<b>Others</b>	-				

<b>Name of the Recipe</b>	24.43 Ushiradi Peya (Vetiver flavoured rice gruel)				
<b>Reference</b>	Ashtanga Hridaya Chikitsasthana, 2/16				
<b>Category</b>	Pana (drinkable)				
<b>Ingredients</b>	S. No.	Name of the Ingredients	Common name/Botanical Name	Part Used	Ratio
	1.	Ushira	Vetiver/ <i>Vetiveria zizaniodes</i> (L.) Nash.	Root	¼ part
	2.	Shabara Lodhra	Lodh Tree/ <i>Symplocos racemosa</i> Rosc.	Stem bark	¼ part
	3.	Shringabera	Ginger/ <i>Zingiber officinale</i> Rosc.	Rhizome	¼ part
	4.	Rakta chandana	Red Sandalwood/ <i>Pterocarpus santalinus</i> L.	Heart wood	¼ part
	5.	Tandula	Rice/ <i>Oryza sativa</i> L.	Seed	1/14 part of decoction
	6.	Jala	Water	-	16 parts
<b>Method of preparation</b>	Take all the herbs in specified quantity, coarsely powder them and mix together. Boil the herbal powder in 16 parts of water until 8 parts of water remains. Strain the decoction through a cotton cloth into a vessel. Add rice to the decoction in a ratio of 1:14. Cook over medium heat until the rice is properly cooked/softened. Collect the cooked rice along with the supernatant water in a separate vessel.				
<b>Properties</b>	Tikta (bitter), katu (pungent), ruksha (dry), sheeta (cold in potency), pittashamaka (pacifies pitta dosha)				
<b>Benefits (Pathya)</b>	It could be beneficial in Raktapitta (Bleeding disorders)				
<b>Precautions</b>	-				
<b>Special precautions</b>	-				
<b>Others</b>	-				

<b>Name of the Recipe</b>	24.44 Hriberadi Peya (Hribera flavoured rice gruel)				
<b>Reference</b>	Ashtanga Hridaya Chikitsasthana, 2/17				
<b>Category</b>	Pana (drinkable)				
<b>Ingredients</b>	S. No.	Name of the Ingredients	Common name/Botanical Name	Part Used	Ratio
	1.	Hribera	Juniper/ <i>Juniperus communis</i> L.	Fruit	¼ part
	2.	Dhataki	Fire heat bush/ <i>WoodfordiaFruticosa</i> (L.) Kurz	Flower	¼ part
	3.	Bilva	Indian bael/ <i>Aegle marmelos</i> Correa ex Roxb	Fruit	¼ part
	4.	Duralabha	Khorasan thorn/ <i>Fagonia cretica</i> L.	Fruit	¼ part
	5.	Tandula	Rice/ <i>Oryza sativa</i> L.	Seed	1/14 part of decoction
	6.	Jala	Water	-	16 parts
<b>Method of preparation</b>	Take all the herbs in specified quantity,coarsely powder them and mix together. Boil the herbal powder in 16 parts of water until 8 parts of water remains. Strain the decoction through a cotton cloth into a vessel. Add rice to the decoction in a ratio of 1:14. Cook over medium heat until the rice is properly cooked/softened. Collect the cooked rice along with the supernatant water in a separate vessel.				
<b>Properties</b>	Tikta (bitter), kashaya (astringent), grahi (absorbent and astringent activity) (absorbent and astringent activity)				
<b>Benefits (Pathya)</b>	It could be beneficial in Raktapitta (Bleeding disorders)				
<b>Precautions</b>	-				
<b>Special precautions</b>	-				
<b>Others</b>	-				

<b>Name of the Recipe</b>	24.45 Chirayatadi Peya (Chirayata flavoured rice gruel)				
<b>Reference</b>	Ashtanga Hridaya Chikitsasthana, 2/18				
<b>Category</b>	Pana (drinkable)				
<b>Ingredients</b>	S. No.	Name of the Ingredients	Common name/Botanical Name	Part Used	Ratio
	1.	Chirayata	Chiretta / <i>Swertia chirayata</i> Buch.-Ham	Whole plant	1/3 part
	2.	Ushira	Vetiver/ <i>Vetiveria zizanioides</i> (L.) Nash.	Root	1/3 part
	3.	Nagaramotha	Nutgrass/ <i>Cyperus rotundus</i> L.	Rhizome	1/3 part
	4.	Tandula	Rice/ <i>Oryza sativa</i> L..	Seed	1/14 part of decoction
	5.	Jala	Water	-	16 parts
<b>Method of preparation</b>	Take all the herbs in specified quantity, coarsely powder them and mix together. Boil the herbal powder in 16 parts of water until 8 parts of water remains. Strain the decoction through a cotton cloth into a vessel. Add rice to the decoction in a ratio of 1:14. Cook over medium heat until the rice is properly cooked/softened. Collect the cooked rice along with the supernatant water in a separate vessel.				
<b>Properties</b>	Tikta (bitter), katu (pungent), ruksha (dry), kapha pitta shamaka (pacifies kapha and pitta dosha)				
<b>Benefits (Pathya)</b>	It could be beneficial in Raktapitta (Bleeding disorders)				
<b>Precautions</b>	-				
<b>Special precautions</b>	-				
<b>Others</b>	-				

<b>Name of the Recipe</b>	24.46 Vidarigandhadi Peya (Vidarigandha flavoured green gram gruel)				
<b>Reference</b>	Ashtanga Hridaya Chikitsasthana, 2/18				
<b>Category</b>	Pana (drinkable)				
<b>Ingredients</b>	S. No.	Name of the Ingredients	Common name/Botanical Name	Part Used	Ratio
	1.	Vidarigandha	Butterfly Pea/ <i>Desmodium gangeticum DC.</i>	Whole plant	1 part
	2.	Mudga	Green gram/ <i>Phaseolus radiatus L.</i>	Seed	1/14 part of decoction
	3.	Jala	Water	-	16 parts
<b>Method of preparation</b>	Take the herb in specified quantity, coarsely powder it. Boil the herbal powder in 16 parts of water until 8 parts of water remains. Strain the decoction through a cotton cloth into a vessel. Add rice and Mudga to the decoction in a ratio of 1:14. Cook over medium heat until the Mudga is properly cooked/softened. Collect the cooked rice along with the supernatant water in a separate vessel.				
<b>Properties</b>	Madhura (sweet in taste), tikta (bitter), balya (strength promotor), sheeta (cold in potency)				
<b>Benefits (Pathya)</b>	It could be beneficial in Raktapitta (Bleeding disorders)				
<b>Precautions</b>	-				
<b>Special precautions</b>	-				
<b>Others</b>	-				

<b>Name of the Recipe</b>	24.47 Balamuladi Peya (Bala flavoured rice gruel)				
<b>Reference</b>	Ashtanga Hridaya Chikitsasthana, 2/18				
<b>Category</b>	Pana (drinkable)				
<b>Ingredients</b>	S. No.	Name of the Ingredients	Common name/Botanical Name	Part Used	Ratio
	1.	Bala mula	Country mallow / <i>Sida cordifolia</i> L.	Root	½ part
	2.	Harenuka	Five leaved chaste tree/ <i>Vitex negundo</i> L.	Seed	½ part
	3.	Tandula	Rice/ <i>Oryza sativa</i> L..	Seed	1/14 part of decoction
	4.	Jala	Water	-	16 parts
	5.	Ghrita	Clarified butter	-	Q.S.
<b>Method of preparation</b>	Take all the herbs in specified quantity, coarsely powder them and mix together. Boil the herbal powder in 16 parts of water until 8 parts of water remains. Strain the decoction through a cotton cloth into a vessel. Add rice to the decoction in a ratio of 1:14. Cook over medium heat until the rice is properly cooked/softened. Collect the cooked rice along with the supernatant water in a separate vessel. and Mix Ghrita in it.				
<b>Properties</b>	Madhura (sweet in taste), sheeta (cold in potency), balya (strength promotor), vata pitta shamaka (pacifies vata and pitta dosha)				
<b>Benefits (Pathya)</b>	It could be beneficial in Raktapitta (Bleeding disorders)				
<b>Precautions</b>	-				
<b>Special precautions</b>	-				
<b>Others</b>	-				

<b>Name of the Recipe</b>	24.48 Yavanyadi Peya (Yavani flavoured rice gruel)				
<b>Reference</b>	Ashtanga Hridaya Chikitsasthana, 3/20-21				
<b>Category</b>	Pana (drinkable)				
<b>Ingredients</b>	S. No	Name of the Ingredients	Common name/Botanical Name	Part Used	Ratio
	1.	Yavani	Carom seeds/ <i>Trachyspermum ammi</i> (L.	Fruit	1/12 part
	2.	Pippali	Long pepper/ <i>Piper longum</i> L.	Fruit	1/12 part
	3.	Bilva majja	Indian bael / <i>Aegle marmelos</i> Correa ex Roxb	Fruit pulp	1/12 part
	4.	Shunthi	Dry ginger/ <i>Zingiber officinale</i> Roxb	Rhizome	1/12 part
	5.	Chitraka	Leadwort/ <i>Plumbago zeylanica</i> L.	Root	1/12 part
	6.	Rasna	Indian camphorweed/ <i>Pluchea lanceolata</i> Oliver & H e m	Leaf	1/12 part
	7.	Ajaji	Cumin/ <i>Cuminum cyminum</i> L.	Fruit	1/12 part
	8.	Prishniparni	Painted uraria / <i>Uraria picta</i> Desv.	Whole plant	1/12 part
	9.	Palasha	<i>Butea monosperma</i> (Lam) Kuntze	Flower	1/12 part
	10.	Shati	Spiked ginger lily/ <i>Hedychium spicatum</i> Ham.	Rhizome	1/12 part
	11.	Pushkaramula	Orris root/ <i>Inula racemosa</i> Hook. f.	Root	1/12 part
	12.	Tandula	Rice/ <i>Oryza sativa</i> L..	Seed	1/14 part of decoction
	13.	Jala	Water	-	16 parts
	14.	Ghrita	Clarified butter	-	Q.S.
	15.	Dadima	Pomegranate/ <i>Punica granatum</i> L.	Seed	1/12 part
	16.	Saindhava lavana	Rock salt	-	Q.S.
<b>Method of preparation</b>	Take all the herbs in quantity,coarsely powder them and mix together. Boil the herbal powder in 16 parts of water until 8 parts of water				

	remains. Strain the decoction through a cotton cloth into a vessel. Add rice to the decoction in a ratio of 1:14. Cook over medium heat until the rice is properly cooked/softened. Collect the cooked rice along with the supernatant water in a separate vessel. Peya. Add Ghrita, Dadima beeja and Saindhava lavana for taste.
<b>Properties</b>	Katu (pungent), tikta (bitter), ushna (hot in potency), ruksha (dry), vatakaphashamaka (pacifies vata and kapha dosha)
<b>Benefits (Pathya)</b>	It could be beneficial in Vataja kasa (Cough due to vata dosha), Shwasa (Asthma), Hikka (Hiccup), Katishula (Backache), Hridaya shula (Cardiac pain), Parshva shula (Intercostal neuralgia), Kosthashula (Abdominal pain).
<b>Precautions</b>	-
<b>Special precautions</b>	-
<b>Others</b>	-

<b>Name of the Recipe</b>	24.49 Dashmula panchakoladi Peya (Dashamula panchakola flavoured rice gruel)				
<b>Reference</b>	Ashtanga Hridaya Chikitsasthana, 3/22				
<b>Category</b>	Pana (drinkable)				
<b>Ingredients</b>	S. No	Name of the Ingredients	Common name/Botanical Name	Part Used	Ratio
	1.	Shalaparni	Butterfly pea/ <i>Desmodium gangeticum</i> DC.	Whole plant	1/16 part
	2.	Prishniparni	Painted uraria / <i>Uraria picta</i> Desv.	Whole plant	1/16 part
	3.	Kantakari	Yellow Berried Night Shade/ <i>Solanum Surattense</i> Burm.f.	Whole plant	1/16 part
	4.	Brihati	Indian nightshade/ <i>Solanum indicum</i> L.	Root	1/16 part
	5.	Gokshura	Cowhage/ <i>Tribulus terrestris</i> L.	Stem bark	1/16 part
	6.	Bilva mula	Indian bael / <i>Aegle marmelos</i> Correa ex Roxb	Stem bark	1/16 part
	7.	Gambhari	White Teak/ <i>Gmelina arborea</i> Roxb	Stem bark	1/16 part
	8.	Shyonaka	Indian trumpet tree/ <i>Oroxylum indicum</i> Vent.	Root	1/16 part
	9.	Agnimantha	Wind killer tree/ <i>Clerodendrum phlomidis</i> L.	Root	1/16 part
	10.	Patala	Rose Trumpet Tree/ <i>Stereospermum suaveolens</i> DC	Root	1/16 part
	11.	Shunthi	Dry ginger/ <i>Zingiber officinale</i> Roxb	Rhizome	1/16 part
	12.	Chitraka	Leadwort/ <i>Plumbago zeylanica</i> L.	Root	1/16 part
	13.	Pippali	Long Pepper / <i>Piper longum</i> L.	Fruit	1/16 part
	14.	Pippalimula	Long Pepper / <i>Piper longum</i> L.L.	Root	1/16 part
	15.	Chavya	Javanese long	Stem	1/16 part

			pepper/ <i>Piper retrofractum</i> Vahl.		
	16.	Guda	Jaggery	-	1/16 part
	17.	Tandula	Rice/ <i>Oryza sativa</i> L..	Seed	1/14 part of decoction
	18.	Jala	Water	-	16 parts
<b>Method of preparation</b>	<b>of</b>	Take all the herbs in specified quantity,coarsely powder them and mix together. Boil the herbal powder in 16 parts of water until 8 parts of water remains. Strain the decoction through a cotton cloth into a vessel. Add rice to the decoction in a ratio of 1:14. Cook over medium heat until the rice is properly cooked/softened. Collect the cooked rice along with the supernatant water in a separate vessel.Add guda before use.			
<b>Properties</b>	Laghu (light for digestion), ruksha (dry), katu (pungent), tikta (bitter), ushna (hot in potency), tridosahara (pacifies all three doshas)				
<b>Benefits (Pathya)</b>	It could be beneficial in Vataja kasa (Cough due to vata dosha)				
<b>Precautions</b>	-				
<b>Special precautions</b>	-				
<b>Others</b>	-				

<b>Name of the Recipe</b>	24.50 Tiladi Peya (Sesame seed rice gruel)				
<b>Reference</b>	Ashtanga Hridaya Chikitsasthana, 3/22				
<b>Category</b>	Pana (drinkable)				
<b>Ingredients</b>	S. No.	Name of the Ingredients	Common name/Botanical Name	Part Used	Ratio
	1.	Tila	<i>Sesamum /Sesamum Indicum L.</i>	Seed	1 part
	2.	Dugdha	Milk	-	16 parts
	3.	Saindhava lavana	Rock salt	-	Q.S.
	4.	Tandula	Rice/ <i>Oryza sativa</i> L..	Seed	1/14 part of decoction
<b>Method of preparation</b>	Take required quantity of rice and sesame seeds. Add required quantity of milk, boil over medium heat until rice is properly cooked/softened. Add powdered Saindhava to the gruel and mix well.				
<b>Properties</b>	Guru (heavy to digest), snigdha (unctuous), vata pitta shamaka (pacifies vata and pitta dosha)				
<b>Benefits (Pathya)</b>	It could be beneficial in Vataja Kasa (Cough due to vata dosha)				
<b>Precautions</b>	-				
<b>Special precautions</b>	-				
<b>Others</b>	-				

<b>Name of the Recipe</b>	24.51 Drakshadi Peya (Raisin flavoured rice gruel)				
<b>Reference</b>	Ashtanga Hridaya Chikitsasthana, 3/36				
<b>Category</b>	Pana (drinkable)				
<b>Ingredients</b>	S. No.	Name of the Ingredients	Common name/Botanical Name	Part Used	Ratio
	1.	Draksha	Raisins/ <i>Vitis vinifera</i> L.	Fruit	1/7 part
	2.	Pippali	<i>Long pepper/Piper longum</i> L.	Fruit	1/7 part
	3.	Kusha	Halfa grass/ <i>Desmostachya bipinnata</i> Staph.	Root stock	1/7 part
	4.	Kasha	Wild sugarcane/ <i>Saccharaum spontaneum</i> L.	Root	1/7 part
	5.	Shara	Pin red grass/ <i>Saccharum munja</i>	Root	1/7 part
	6.	Ikshu	Sugarcane/ <i>Saccharum officinarum</i> L.	Stem	1/7 part
	7.	Darbha	Thatch grass/ <i>Imperata cylindrica</i> L.	Root	1/7 part
	8.	Dugdha	Milk	-	16 parts
	9.	Madhu	Honey	-	Q.S.
	10.	Mishri	Sugar candy	-	Q.S.
	11.	Tandula	Rice/ <i>Oryza sativa</i> L.	Seed	1/14 part of decoction
<b>Method of preparation</b>	Take all the herbs in quantity, coarsely powder them and mix together. Boil the herbal powder in 16 parts of milk until 8 parts remains. Strain the decoction through a cotton cloth into a vessel. Add rice to the decoction in a ratio of 1:14. Cook over medium heat until the rice is properly cooked/softened. Collect the cooked rice along with the supernatant water in a separate vessel. Add Honey and Sugar to the gruel and mix well.				
<b>Properties</b>	Katu (pungent), madhura (sweet in taste), sheeta (cold in potency), mutral (diuretic), ruksha (dry), pitta shamaka (pacifies pitta dosha)				
<b>Benefits (Pathya)</b>	It could be beneficial in Pittaja kasa (Cough due to pitta dosha)				
<b>Precautions</b>	-				
<b>Special precautions</b>	-				
<b>Others</b>	-				

<b>Name of the Recipe</b>	24.52 Pippali nagara Lajapeya (Long pepper ginger flavoured parched rice gruel)				
<b>Reference</b>	Charaka Chikitsasthana, 3/179				
<b>Category</b>	Pana (Drinkables)				
<b>Ingredients</b>	S. No.	Name of the Ingredients	Common name/Botanical Name	Part Used	Ratio
	1.	Laja	Parched paddy rice	-	1/14 part of decoction
	2.	Jala	Water	-	16 parts
	3.	Pippali	Long Pepper / <i>Piper longum</i> L.	Fruit	½ part
	4.	Nagara	Dry ginger/ <i>Zingiber officinalis</i> Rosc.	Rhizome	½ part
<b>Method of preparation</b>	Take all the herbs in quantity, coarsely powder them and mix together. Boil the herbal powder in 16 parts of water until 8 parts of water remains. Strain the decoction through a cotton cloth into a vessel. Add Laja to the decoction in a ratio of 1:14. Cook over medium heat until the Laja is properly cooked/softened. Collect the cooked Laja along with the supernatant water in a separate vessel.				
<b>Properties</b>	Katu (pungent), tikta (bitter), ushna (hot in potency), ruksha (dry), laghu (light for digestion)				
<b>Benefits (Pathya)</b>	It could be beneficial in Agnimandhya (low digestive fire)				
<b>Precautions</b>	-				
<b>Special precautions</b>	If patient desired to eat sour then add Dadima, Amalaki and shunthi powder in it. If atisara is present in jwara or pittajwara condition then add madhu in LajaPeya				
<b>Others</b>	-				

<b>Name of the Recipe</b>	24.53 Chukrikadi Lajapeya (Wood sorrel flavoured parched rice gruel)				
<b>Reference</b>	Charaka Chikitsasthana,14/199				
<b>Category</b>	Pana (Drinkables)				
<b>Ingredients</b>	S. No.	Name of the Ingredients	Common name/Botanical Name	Part Used	Ratio
	1.	Chukrika	Creeping woodsorrel / <i>Oxalis corniculata</i> L.	Whole plant	1/3 part
	2.	Nagkesara	Ceylon Ironwood/ <i>Mesua ferrea</i> L.	Stamen	1/3 part
	3.	Utpala	Indian Blue Water Lily / <i>Nymphaea stellata</i> Willd.	Rhizome	1/3 part
	4.	Laja	Parched paddy rice	-	1/14 part of decoction
	5.	Jala	Water	-	16 parts
<b>Method of preparation</b>	Take all the herbs in quantity,coarsely powder them and mix together. Boil the herbal powder in 16 parts of water until 8 parts of water remains. Strain the decoction through a cotton cloth into a vessel. Add Laja to the decoction in a ratio of 1:14. Cook over medium heat until the Laja is properly cooked/softened. Collect the cooked Laja along with the supernatant water in a separate vessel.				
<b>Properties</b>	Sheeta (cold in potency), kashaya (astringent), tikta (bitter), ruksha (dry), laghu (light for digestion)				
<b>Benefits (Pathya)</b>	It could be beneficial in Raktashravi arsha (Bleeding piles)				
<b>Precautions</b>	-				
<b>Special precautions</b>	-				
<b>Others</b>	-				

<b>Name of the Recipe</b>	24.54 Hriberadi Lajapeya (Hribera flavoured parched rice gruel)				
<b>Reference</b>	Charaka Chikitsasthana, 14/200				
<b>Category</b>	Pana (Drinkables)				
<b>Ingredients</b>	S. No.	Name of the Ingredients	Common name/Botanical Name	Part Used	Ratio
	1.	Hribera	Juniper/ <i>Juniperus communis</i> L.	Fruit	1/8 part
	2.	Nagara	Dry ginger/ <i>Zingiber officinalis</i> Rosc.	Rhizome	1/8 part
	3.	Bilwa	Indian bael/ <i>Aegle marmelos</i> Correa ex Roxb	Fruit	1/8 part
	4.	Vrikshamla rasa/kokam	Wild Mangosteen / <i>Garcinia indica</i> choicy	Fruit	1/8 part
	5.	Dadima rasa	Pomegranate/ <i>Punica granatum</i> L.	Seed	1/8 part
	6.	Amlika	Tamarind/ <i>Tamarindus indica</i> L.	Fruit	1/8 part
	7.	Kola	Indian plum/ <i>Ziziphus mauritiana</i> Lam	Fruit pulp	1/8 part
	8.	Navneeta	Buttermilk	-	1/8 part
	9.	Laja	Parched paddy rice	-	1/14 part of decoction
	10.	Jala	Water	-	16 parts
<b>Method of preparation</b>	Take all the herbs in quantity,coarsely powder them and mix together. Boil the herbal powder in 16 parts of water until 8 parts of water remains. Strain the decoction through a cotton cloth into a vessel. Add laja to the decoction in a ratio of 1:14. Cook over medium heat until the Laja is properly cooked/softened. Collect the Laja along with the supernatant water in a separate vessel. Add Navneeta to it, and finally, make it sour in taste by adding Vrikshamla rasa, Dadimarasa, Amlika, and Kolamllarasa.				
<b>Properties</b>	Ushna (hot in potency), katu (pungent), tikta (bitter), ruksha (dry), laghu (light for digestion)				
<b>Benefits (Pathya)</b>	It could be beneficial in Raktashravi arsha (bleeding piles)				
<b>Precautions</b>	-				
<b>Special precautions</b>	-				
<b>Others</b>	-				

<b>Name of the Recipe</b>	24.55 Chitrakmuladi Lajapeya (Chitraka flavoured parched rice gruel)				
<b>Reference</b>	Astanga Hridaya Chikitsasthana, 4/23				
<b>Category</b>	Pana (Drinkable)				
<b>Ingredients</b>	S. No.	Name of the Ingredients	Common name/Botanical Name	Part Used	Ratio
	1.	Chitrakamula	Leadwort/ <i>Plumbago zeylanica</i> L.	Root	1/3 part
	2.	Ajaji	Cumin/ <i>Cuminum cyminum</i> L.	Fruit	1/3 part
	3.	Shringi	Zebrawood/ <i>Pistacia integerrima</i> Stewart ex Brandis.	Gall	1/3 part
	4.	Sauvarchala	Black salt	-	Q.S.
	5.	Laja	Parched paddy rice	-	1/14 part of decoction
	6.	Jala	Water	-	16 parts
<b>Method of preparation</b>	Take all the herbs in specified quantity,coarsely powder them and mix together. Boil them in 16 parts of water until 8 parts of water remains. Strain the decoction through a cotton cloth into a vessel. Add Laja to the decoction in a ratio of 1:14. Cook over medium heat until the Laja is properly cooked/softened. Collect the cooked Laja along with the supernatant water in a separate vessel.				
<b>Properties</b>	Katu (pungent), ushna (hot in potency), vata kapha shamaka (pacifies vata and kapha dosha)				
<b>Benefits (Pathya)</b>	It could be beneficial in Kasa (Cough), Hikka (Hiccup), Shwasa (Asthma)				
<b>Precautions</b>	-				
<b>Special precautions</b>	-				
<b>Others</b>	-				

<b>Name of the Recipe</b>	24.56 Dashamuladi Peya (Dashamula flavoured rice gruel)				
<b>Reference</b>	Astanga Hridaya Chikitsasthana, 4/27				
<b>Category</b>	Pana (Drinkable)				
<b>Ingredients</b>	S. No	Name of the Ingredients	Common name/Botanical Name	Part Used	Ratio
	1.	Shalaparni	Butterfly pea/ <i>Desmodium gangeticum</i> DC.	Whole plant	1/10 part
	2.	Prishniparni	Painted uraria/ <i>Uraria picta</i> Desv.	Whole plant	1/10 part
	3.	Kantakari	Yellow Berried Night Shade/ <i>Solanum Surattense</i> Burm.f.	Whole plant	1/10 part
	4.	Brihati	Indian nightshade/ <i>Solanum indicum</i> L.	Whole plant	1/10 part
	5.	Gokshura	Cowhage/ <i>Tribulus terrestris</i> L.	-	1/10 part
	6.	Bilva	Indian bael/ <i>Aegle marmelos</i> Correa ex Roxb	Stem bark	1/10 part
	7.	Gambhari	White Teak/ <i>Gmelina arbora</i> Roxb	Stem bark	1/10 part
	8.	Shyonaka	Indian trumpet tree/ <i>Oroxylum indicum</i> Vent.	Stem bark	1/10 part
	9.	Agnimantha	Wind killer tree/ <i>Clerodendrum phlomidis</i> L	Stem bark	1/10 part
	10.	Patala	Rose Trumpet Tree/ <i>Stereospermum suaveolens</i> DC	Stem bark	1/10 part
	11.	Tandula	Rice/ <i>Oryza sativa</i> L.	-	1/14 part of decoction
	12.	Jala	Water	-	16 parts
<b>Method of preparation</b>	Take all the herbs in specified quantity, coarsely powder and mix together. Boil them in 16 parts of water until 8 parts of water remains. Strain the decoction through a cotton cloth into a vessel. Add rice to the decoction in a ratio of 1:14. Cook over medium heat until the rice is properly cooked/softened. Collect the cooked Laja along with the supernatant water in a separate vessel.				
<b>Properties</b>	Madhura (sweet in taste), katu (pungent), tikta (bitter), ushna (hot in				

	potency), tridosahara (pacifies all three doshas)
<b>Benefits (Pathya)</b>	It could be beneficial in Kasa (Cough), Hikka (Hiccup), Shwasa (Asthma)
<b>Precautions</b>	-
<b>Special precautions</b>	-
<b>Others</b>	-

<b>Name of the Recipe</b>	24.57 Shunthyadi Lajapeya (Spicy parched rice gruel)				
<b>Reference</b>	Ashtanga Sangraha Chikitsasthana, 1/31				
<b>Category</b>	Pana (Drinkables)				
<b>Ingredients</b>	S. No.	Name of the Ingredients	Common name/Botanical Name	Part Used	Ratio
	1.	Shunthi	Dry ginger/ <i>Zingiber officinale</i> Rosc.	Rhizome	1/3 part
	2.	Dhanyaka	Coriander/ <i>Coriandrum sativum</i> L.	Fruit	1/3 part
	3.	Pippali	Long pepper/ <i>Piper longum</i> L.	Fruit	1/3 part
	4.	Saindhava lavana	Rock salt	-	Q.S.
	5.	Laja	Parched paddy rice	-	1/14 part of decoction
	6.	Jala	Water	-	16 parts
<b>Method of preparation</b>	Take all the herbs in specified quantity, coarsely powder and mix together. Boil them in 16 parts of water until 8 parts of water remains. Strain the decoction through a cotton cloth into a vessel. Add Laja to the decoction in a ratio of 1:14. Cook over medium heat until the Laja is properly cooked/softened. Collect the cooked Laja along with the supernatant water in a separate vessel.				
<b>Properties</b>	Katu (pungent), ushna (hot in potency), ruksha (dry), Deepana (increases digestive fire), pachana (helps in digestion)				
<b>Benefits (Pathya)</b>	Kshudhanasha (Loss of appetite), Shulanashaka (Analgesic), Shothanashaka (Anti-inflammatory), Kasa (Cough)				
<b>Precautions</b>	-				
<b>Special precautions</b>	-				
<b>Others</b>	-				

<b>Name of the Recipe</b>	24.58 Kantakaryadi Lajapeya (Kantakari flavoured parched rice gruel)				
<b>Reference</b>	AshtangaSangraha Chikitsasthana, 1/33				
<b>Category</b>	Pana (Drinkables)				
<b>Ingredients</b>	S. No.	Name of the Ingredients	Common name/Botanical Name	Part Used	Ratio
	1.	Kantakari	Yellow Berried Night Shade/ <i>Solanum Surattense</i> Burm.f.	Whole plant	½ part
	2.	Gokshura	Cowhage/ <i>Tribulus terrestris</i> L.	Fruit	½ part
	3.	Laja	Parched paddy rice	-	1/14 part of decoction
	4.	Jala	Water	-	16 parts
<b>Method of preparation</b>	Take all the herbs in specified quantity, coarsely powder and mix together.Boil them in 16 parts of water until 8 parts of water remains. Strain the decoction through a cotton cloth into a vessel. Add Laja to the decoction in a ratio of 1:14. Cook over medium heat until the Laja is properly cooked/softened. Collect the cooked Laja along with the supernatant water in a separate vessel.				
<b>Properties</b>	Tikta (bitter), katu (pungent), ushna (hot in potency), madhura (sweet in taste), vatashamaka (pacifies vata dosha)				
<b>Benefits (Pathya)</b>	It could be beneficial in patient of Jwara having pain in Basti, Parshva, Shira (urinary bladder, intercostals region, head)				
<b>Precautions</b>	-				
<b>Special precautions</b>	-				
<b>Others</b>	-				

<b>Name of the Recipe</b>	24.59 Laghupanchamula Lajapeya (Laghupanchamula flavoured parched rice gruel)					
<b>Reference</b>	Ashtanga Sangraha Chikitsasthana, 1/34					
<b>Category</b>	Pana (Drinkables)					
<b>Ingredients</b>	S. No.	Name of the Ingredients	Common name/Botanical Name	Part Used	Ratio	
	1.	Laghupanchamula	Gokshura	Cowhage/ <i>Tribulus terrestris</i> L.	Root	1/5 part
			Kantakari	Yellow Berried Night Shade/ <i>Solanum Surattense</i> Burm.f.	Whole plant	1/5 part
			Brihati	Indian nightshade/ <i>Solanum indicum</i> L.	Whole plant	1/5 part
			Shaliparni	Butterfly pea/ <i>Desmodium gangeticum</i> DC.	Whole plant	1/5 part
			Prishniparni	Painted uraria/ <i>Uraria picta</i> Desv.	Whole plant	1/5 part
		2.	Laja	Parched paddy rice	-	1/14 part of decoction
	3.	Jala	Water	-	16 parts	
<b>Method of preparation</b>	Take all the herbs in specified quantity and prepare a paste. Boil the herbal paste in 16 parts of water until 8 parts of water remains. Strain the decoction through a cotton cloth into a vessel. Add Laja to the decoction in a ratio of 1:14. Cook over medium heat until the Laja is properly cooked/softened. Collect the cooked Laja along with the supernatant water in a separate vessel.					
<b>Properties</b>	Laghu (light for digestion), ruksha (dry), vatapittashamaka (pacifies vata and pitta dosha)					
<b>Benefits (Pathya)</b>	It could be beneficial in patients of Jwara having Hikka, Shwasa, Kasa (hiccup, difficult breathing and cough)					
<b>Precautions</b>	-					
<b>Special precautions</b>	-					
<b>Others</b>	-					

<b>Name of the Recipe</b>	24.60 Nagakesaradi Lajapeya (Nagakesara Flavoured Parched Rice Gruel)				
<b>Reference</b>	Ashtanga Sangraha Chikitsasthana, 10/42				
<b>Category</b>	Pana (Drinkables)				
<b>Ingredients</b>	S. No.	Name of the Ingredients	Common name/Botanical Name	Part Used	Ratio
	1.	Laja	Parched paddy rice	-	1/14 part of decoction
	2.	Jala	Water	-	16 parts
	3.	Nagakesara	Cobra Saffron/ <i>Mesua ferrea</i> L.	Stamen	1/3 part
	4.	Kamala	Lotus / <i>Nelumbo nucifera</i> Gaertn.	Rhizome	1/3 part
	5.	Chukrika	<i>Rumex vesicarius</i>		1/3 part
<b>Method of preparation</b>	Take all the herbs in specified quantity, coarsely powder and mix together. Boil them in 16 parts of water until 8 parts of water remains. Strain the decoction through a cotton cloth into a vessel. Add Laja to the decoction in a ratio of 1:14. Cook over medium heat until the Laja is properly cooked/softened. Collect the cooked Laja along with the supernatant water in a separate vessel.				
<b>Properties</b>	Kashaya (astringent), katu (pungent), sheeta (cold in potency)				
<b>Benefits (Pathya)</b>	It could be beneficial in Raktajarsha (Bleeding piles)				
<b>Precautions</b>	-				
<b>Special precautions</b>	-				
<b>Others</b>	-				

<b>Name of the Recipe</b>	24.61 Shunthi Dhanyakadi Lajapeya (Ginger coariander flavoured parched rice gruel)				
<b>Reference</b>	Ashtanga Hridaya Chikitsasthana, 1/26-27				
<b>Category</b>	Pana (Drinkables)				
<b>Ingredients</b>	S. No.	Name of the Ingredients	Common name/Botanical Name	Part Used	Ratio
	1.	Laja	Parched paddy rice	-	1/14 part of decoction
	2.	Jala	Water	-	16 parts
	3.	Shunthi	Dry ginger/ <i>Zingiber officinale</i> Roxb	Rhizome	¼ part
	4.	Dhanyaka	Coriander/ <i>Coriandrum sativum</i> L.	Fruit	¼ part
	5.	Pippali	Long pepper/ <i>Piper longum</i> L.	Fruit	¼ part
	6.	Saindhava lavana	Rock salt	-	Q.S.
	7.	Dadima	Pomegranate/ <i>Punica granatum</i> L.	Seed	¼ part
<b>Method of preparation</b>	First, roast the Laja, then make Peya from it. Afterward, add powder of Shunthi, Dhanyaka, Pippali, and Saindhava Lavana before consumption. Dadima Beeja powder can also be added for a sour taste.				
<b>Properties</b>	Katu (pungent), tikta (bitter), ushna (hot in potency), Deepana (increases digestive fire), pachana (helps in digestion)				
<b>Benefits (Pathya)</b>	It could be beneficial in Jwara (Fever), Atisara (Diarrhoea) and Pitta vridhi (aggravated pitta dosha)				
<b>Precautions</b>	-				
<b>Special precautions</b>	Anupana - Shunthi and Madhu				
<b>Others</b>	-				

**25. Rasala**  
**(Curd Preparation)**

Name of formulation	25.1 Rasala Sharkara yukta (Sweet and Spiced yogurt)				
Reference	Bhavaprakash nighantu 12/143; Ashtanga Hridaya Sutra, 6/35				
Category	Lidha (Lickable)				
Ingredients	S. No.	Name of the Ingredients	Common Name/Botanical Name	Part Used	Ratio
	1.	Dadhi	Curd	-	24 parts
	2.	Dugdha	Milk	-	42 parts
	3.	Sharkara	Sugar	-	1 part
	4.	Ela	Cardamom/ <i>Elettaria cardamomum</i> Maton.	Fruit	Q.S.
	5.	Lavanga	Clove/ <i>Syzygium aromaticum</i> (L.) Merr M.Perry	Flower bud	Q.S.
	6.	Karpura	Camphor/ <i>Cinnamomum camphora</i> (L.)Nees & V Eberm.	Sub. extract	Q.S.
	7.	Maricha	Black pepper/ <i>Piper nigrum</i> L.	Fruit	Q.S.
Method of preparation	Take Dadhi, whisk it well and add finely powdered Sharkara and Dugdha, and mix well. Strain the mixture through a clean cloth into an earthen pot to obtain a smooth consistency. Further add powdered Ela, Lavaᅅga, Karpura and Maricha and Mix thoroughly.				
Properties	Shukrala (aphrodisiac), balya (strength promotor), rochana (imparts taste), vatapitta nashaka (alleviates vata and pitta dosha), agni Deepaka (stimulates digestive fire), brimhana (nourishes body tissue), snigdha (unctuous), Madhura (sweet in taste), sheeta (cold in potency), sara (laxative)				
Benefits (Pathya)	Beneficial in Rakta pitta (Bleeding disorders), Trishna (Thirst), Daha (Burning), Pratishyaya (Coryza)				
Cautions /Warnings	-				
Special precautions	-				
Others	-				

Name of formulation	25.2 Rasala Guda yukta (Jaggery – Spiced Yogurt)					
Reference	Ayurveda Mahodadhi, shikhrini varga (18 <sup>th</sup> varga), Shloka 19-20					
Category	Lidha (Lickable)					
Ingredients	S. No	Name of the Ingredients		Common Name/Botanical Name	Part Used	Ratio
	1.	Dadhi		Curd		64 parts
	2.	Jiraka		Cumin/ <i>Cuminum cyminum</i> L.	Fruit	1 part
	3.	Ardraka		Ginger/ <i>Zingiber officinale</i> Rosc.	Rhizome	1 part
	4.	Guda		Jaggery		32 parts
	5.	Shunthi		Dry ginger/ <i>Zingiber officinale</i> Rosc.	Rhizome	1 part
	6.	Chaturjataka	Twak	Cinnamon/ <i>Cinnamomum zeylanicum</i> Blume	Stem bark	1 part
			Ela	Cardamom/ <i>Elettaria Cardamomum Maton.</i>	Fruit	1 part
			Tejpatra	Indian bay leaf/ <i>Cinnamomum tamala</i>	Leaves	1 part
			Nagakesara	Ceylon Ironwood/ <i>Messua ferrea</i> L.	Stamen	1 part
Method of preparation	Take Dadhi in a clean vessel and whisk it well. Add Guda and mix until it dissolves. Add powdered Jiraka, Shunthi, Ardraka and Chaturjataka to it. Mix thoroughly before use.					
Properties	Pittodrekahara (pacifies aggravated pitta dosha)					
Benefits (Pathya)	Beneficial in Atisara (Diarrhoea), Mutrakriccha (Dysuria)					
Cautions /Warnings	-					
Special precautions	-					
Others	-					

Name of formulation	25.3 Rasala Madhu yukta (Honey Yogurt drink)				
Reference	Ruchivadhugala ratnamala., Shloka 96				
Category	Pana (Drinkables)				
Ingredients	S. No.	Name of the Ingredients	Common Name/Botanical Name	Part Used	Ratio
	1.	Takra	Buttermilk	-	64 parts
	2.	Madhu	Honey	-	2 parts
	3.	Ghrita	Ghee	-	2 parts
	4.	Sharkara	Sugar	-	32 parts
	5.	Maricha	Black pepper/ <i>Piper nigrum</i> L.	Fruit	1 part
	6.	Agaru	Eagle wood/ <i>Acquilaria agallocha</i> Roxb.	Heart wood	Q.S.
Method of preparation	Add Madhu, Ghrita and Sharkara to required quantity of Takra, and mix it with the adequate amount of Maricha. Flavour it with Agaru.				
Properties	Katu (pungent), madhura (sweet in taste), Amla (sour), ushna (hot in potency), laghu (light for digestion)				
Benefits (Pathya)	Beneficial in Aruchi (Loss of taste), Agnimandya (Loss of appetite), Arsha (Piles).				
Cautions /Warnings	-				
Special precautions	-				
Others	-				

Name of formulation	25.4 Kapitthadi Rasala Shikhrini (Citrus woodapple yogurt)				
Reference	Ayurveda Mahodadhi, Shikhrini varga (18 <sup>th</sup> varga), Shloka 7-10				
Category	Lidha (Lickable)				
Ingredients	S. No.	Name of the Ingredients	Common Name/Botanical Name	Part Used	Ratio
	1.	Dadhi	Curd	-	64 parts
	2.	Kapittha	Wood Apple/ <i>Feronia limonia</i> L.	Fruit	1 part
	3.	Matulunga	Wild lemon/ <i>Citrus medica</i> L.	Fruit	1 part
	4.	Ela	Cardamom/ <i>Elettaria cardamomum</i> Maton.	Fruit	1 part
	5.	Sariva	Indian sarsaparilla /Hemidesmus indicus (L.) R.Br.ex Schult.	Root	1 part
	6.	Ardraka	Ginger/ <i>Zingiber officinale</i> Rosc.	Rhizome	1 part
	7.	Bijaka	Indian Kino Tree /Pterocarpus marsupium Roxb.	Heart wood	1 part
	8.	Sharkara	Normal Sugar	-	32 parts
	9.	Shunthi	Ginger/ <i>Zingiber officinale</i> Roxb	Rhizome	1 part
	10.	Samudra lavana	Sea salt	-	1 part
	11.	Maricha	Black pepper/ <i>Piper nigrum</i> L.	Fruit	1 part
	12.	karpura	Camphor/ <i>Cinnamomum camphora</i> (L.)Nees & V Eberm.	Sub. Extract	Q.S.
Method of preparation	Hang Dadhi in a cheese cloth strainer overnight to remove excess water. Mix fine powder of Ela, Maricha, Karpura, Shunthi, Ardraka, Bijaka, Sharkara, Sariva, Kapittha, Samudra Lavana along with Matulunga rasa, filter it through cloth and add the mixture to Dadhi. Mix thoroughly.				
Properties	Deepana (increases digestive fire), Brimhana (Nourishes the body tissues), snigdha (unctuous), madhura (sweet in taste), sheeta (cold in potency), sara (laxative)				
Benefits (Pathya)	Beneficial in Raktapitta(Bleeding disorders)				
Cautions /Warnings	-				

Special precautions	-
Others	-

Name of formulation	25.5 Vrikodara krit rasala (Digestive yogurt Elixir)				
Reference	Ayurveda Mahodadhi, Shikhrini varga (18 <sup>th</sup> varga), Shloka 1-2				
Category	Lidha (Lickable)				
Ingredients	S. No.	Name of the Ingredients	Common Name/Botanical Name	Part Used	Ratio
	1.	Dadhi	Curd	-	64 parts
	2.	Sharkara	Normal Sugar	-	32 parts
	3.	Ghrita	Ghee	-	2 parts
	4.	Madhu	Honey	-	2 parts
	5.	Maricha	Black pepper/ <i>Piper nigrum</i> L.	Fruit	1 part
	6.	Shunthi	Dry ginger/ <i>Zingiber officinale</i> Roxb	Rhizome	1 part
	7.	Karpura	Camphor/ <i>Cinnamomum camphora</i> (L.)Nees & V Eberm.	Sub. extract	qs
Method of preparation	Take Dadhi that has been kept for a long time. Take Sharkara, Ghrita, Madhu, Maricha and Shunthi. Filter all these ingredients by gently rubbing them on a smooth cloth. Further, Flavour it with Adequate amount of Karpura powder.				
Properties	Madhura (Sweet in taste), Snigdha (Unctuous), Ushna (Hot in potency)				
Benefits (Pathya)	Beneficial in Agnimandhya (Low digestive fire), Udarashula (Abdominal pain)				
Cautions /Warnings	-				
Special precautions	-				
Others	-				

Name of formulation	25.6 Dwitiya shikhrini (Fragrant yogurt delight)				
Reference	Ayurveda Mahodadhi, Shikhrini varga (20 <sup>th</sup> varga), Shloka 3-6				
Category	Lidha (Lickable)				
Ingredients	S. No.	Name of the Ingredients	Common Name/Botanical Name	Part Used	Ratio
	1.	Dadhi	Curd	-	64 parts
	2.	Twak	Cinnamon/ <i>Cinnamomum zeylanicum</i> Blume	Stem bark	1 part
	3.	Ela	Cardamom/ <i>Elettaria Cardamomum Maton.</i>	Fruit	1 part
	4.	Madhu	Honey	-	2 parts
	5.	Ghrita	Ghee	-	2 parts
	6.	Maricha	Black pepper/ <i>Piper nigrum</i> L.	Fruit	1part
	7.	Sharkara	Sugar	-	32 parts
	8.	Karpura	Camphor/ <i>Cinnamomum camphora</i> (L.)Nees & V Eberm.	Sub. extract	Q.S.
Method of preparation	Hang the Dadhi in a cloth overnight to remove excess water. Mix a fine powder of Ela, Maricha, Karpura with Madhu and Ghrita. Add this mixture to the Dadhi and Mix it thoroughly.				
Properties	Deepani (increases digestive fire), balya (strength promotor), pushtikara (nourishes the body), sarvaroga nashaka (alleviates all the diseases)				
Benefits (Pathya)	-				
Cautions /Warnings	-				
Special precautions	-				
Others	-				

Name of formulation	25.7 Amrarasakriti (Saffron Yogurt delight)				
Reference	Kshemakutuhala., Twelfth Utsava, Shloka 41				
Category	Lidha (Lickable)				
Ingredients	S. No.	Name of the Ingredients	Common Name/Botanical Name	Part Used	Ratio
	1.	Dadhi	Curd	-	2 parts
	2.	Sharkara	Sugar	-	1 part
	3.	Kesara	Saffron/ <i>Crocus sativus</i> L.	Stamen	Q.S.
Method of preparation	Mix Dadhi without cream with a small amount of Kesara, add Sharkara and Strain the mixture to obtain a drink that appears yellowish like a ripe mango.				
Properties	Madhura (sweet in taste), guru (heavy to digest) , snigdha (unctuous)				
Benefits (Pathya)	Vatapittahara (alleviates Vata and Pitta) ,				
Cautions /Warnings	-				
Special precautions	-				
Others	-				

Name of formulation	25.8 Amritprash Shikhrini (Yogurt blend delight)				
Reference	Ayurveda.Mahodadhi, Shikhrini varga (18 <sup>th</sup> varga), shloka 13				
Category	Lidha (Lickable)				
Ingredients	S. No.	Name of the Ingredients	Common Name/Botanical Name	Part Used	Ratio
	1.	Narangi	Orange/ <i>Citrus reticulata</i> Blanco	Fruit	1 part
	2.	Dadima	Pomegranate/ <i>Punica granatum</i> L.	Seed	1 part
	3.	Matulunga	Wild lemon/ <i>Citrus medica</i> L.	Fruit	1 part
	4.	Draksha	Grape / <i>Vitis vinifera</i> L.	Fruit	
	5.	Madhu	Honey	-	2 parts
	6.	Guda	Jaggery	-	2 parts
	7.	Dadhi	Curd	-	64 parts
	8.	Sharkara	Sugar	-	32 parts
	9.	Ajaji	Cumin/ <i>Cuminum cyminum</i> L.	Fruit	1 part
	10.	Maricha	Black Pepper/ <i>Piper nigrum</i> L.	Fruit	1 part
	11.	Saindhava lavana	Rock salt	-	Q.S.
Method of preparation	Take equal quantities of Narangi, Dadima, Madhuka, Matulunga Rasa and Draksha Rasa; then mix Guda and Dadhi. Afterthat mix Sharkara, Jiraka, Maricha, and Saindhava Lavana, rub the mixture on a clean cloth, and filter it.				
Properties	Pachana (easy to digest), rakta pitta nashaka (alleviates bleeding disorders)				
Benefits (Pathya)	-				
Cautions /Warnings	-				
Special precautions	-				
Others	-				

Name of formulation	25.9 Chandramrita Sravini Shikhirini (Ginger yogurt elixir)				
Reference	Ayurveda.Mahodadhi, Shikhrini varga (18 <sup>th</sup> varga), Shloka 14-15				
Category	Lidha (Lickable)				
Ingredients	S. No.	Name of the Ingredients	Common Name/Botanical Name	Part Used	Ratio
	1.	Dadhi	Curd	-	64 parts
	2.	Sita	Sugar candy	-	32 parts
	3.	Matulunga	Wild Lemon <i>/Citrus medica L.</i>	Fruit	1 part
	4.	Ajaji	Cumin/ <i>Cuminum cyminum L.</i>	Fruit	1 part
	5.	Narangi	Orange/ <i>Citrus reticulata</i> Blanco	Fruit	1 part
	6.	Badar	Indian jujube/ <i>Ziziphus mauritiana</i>	Fruit	1 part
	7.	Shunthi	Dry Ginger/ <i>Zingiber officinale</i> Rosc.	Rhizome	1 part
	8.	Ardraka	Ginger/ <i>Zingiber officinale</i> Rosc.	Rhizome	1 part
	9.	Samudra lavana	Sea salt	-	1 part
	10.	Maricha	Black pepper/ <i>Piper nigrum L.</i>	Fruit	1 part
11.	Karpura	Camphor/ <i>Cinnamomum camphora(L.)</i> Nees & V Eberm.	Sub. extract	Q.S.	
Method of preparation	Mix powdered Sita, Ajaji, Maricha, Ardraka, Shunthi, Karpura, and Matulunga then add the mixture to Dadhi. Further add badara and Narangi, and rub it on a clean cloth, and filter it.				
Properties	Sarvaroga prashamini (alleviates all the diseases), sarva vata anulomani (Helps in easy downward movement of Vata) , daha (burning), pitta shamaka (pacifies pitta dosha), Raktodrek hari (Alleviates aggravated Rakta dosha)				
Benefits (Pathya)	-				
Cautions /Warnings	-				
Special precautions	-				
Others	-				

**26. Shaktava**

**(Saktu)**

Name of formulation	26.1 Masura Sattu (Roasted red lentil flour with honey blend)				
Reference	Yoga Ratnakara Chhardi Chikitsa-35				
Category	Ashita (Eatables)				
Ingredients	S. No.	Name of the Ingredients	Common Name/Botanical Name	Part Used	Ratio
	1.	Masura	Red lentil/ <i>Lens culinaris</i> Medic	Seed	1 part
	2.	Madhu	Honey	-	Q.S.
	3.	Dadima	Pomegranate/ <i>Punica granatum</i> L.	Seed	Q.S.
Method of preparation	Roast and powder the Red lentil and Mix thoroughly with Madhu and consume it with Dadima swarasa.				
Properties	-				
Benefits (Pathya)	Beneficial in Tridoshaja Chhardi (Vomiting due to all three doshas)				
Cautions /Warnings	-				
Special precautions	-				
Others	-				

Name of formulation	26.2 Chanaka Shaktava (Roasted chickpea barley mix)				
Reference	Bhavaprakash Nighantu 12/169				
Category	Ashita (Eatables)				
Ingredients	S. No.	Name of the Ingredients	Common Name/Botanical Name	Part Used	Ratio
	1.	Chanaka	Chickpea/ <i>Cicer arietinum</i> L.	Seed	4 parts
	2.	Yava	Barley/ <i>Hordeum vulgare</i> L.	Fruit	1 part
	3.	Sharkara	Normal Sugar	-	Q.S.
	4.	Ghrita	Ghee	-	Q.S.
Method of preparation	Roast the Chanaka and Yava separately. Dehusk both roasted ingredients to remove the outer covering. Powder the dehusked Chanaka and Yava finely. Mix the powdered Chanaka and Yava thoroughly. Add Sharkara and Ghrita to the mixture and mix well.				
Properties	Ruksha (dry), madhura (sweet in taste), laghu (light for digestion).				
Benefits (Pathya)	Beneficial in Aruchi (Loss of taste), Pratishayaya (Coryza)				
Cautions /Warnings	-				
Special precautions	-				
Others	-				

Name of formulation	26.3 Shali Shaktava (Roasted Rice Flour)				
Reference	Bhavaprakash Nighantu 12/170				
Category	Ashita (Eatables)				
Ingredients	S. No.	Name of the Ingredients	Common Name/Botanical Name	Part Used	Ratio
	1.	Tandula	Rice/ <i>Oryza sativa</i> L.	Seed	1 part
Method of preparation	Roast the Tandula and then grind it into a fine powder.				
Properties	Deepana (increases digestive fire), laghu (light for digestion), sheeta (cold in potency), grahi (absorbent), ruchikara (imparts taste), balya (strength promoter), vrishya (aphrodisiac)				
Benefits (Pathya)	Beneficial in Aruchi (Loss of taste), Daurbalya (Weakness), Karshya (Emaciation), Shukrakshaya (Deficiency of semen)				
Cautions /Warnings	-				
Special precautions	-				
Others	Anupana - Water/ ghrita				

Name of formulation	26.4 Dhana (Roasted barley)				
Reference	Bhavaprakash Nighantu 12/173, Ashtanga Sangraha Sutra 7/59				
Category	Ashita (Eatables)				
Ingredients	S. No.	Name of the Ingredients	Common Name/Botanical Name	Part Used	Ratio
	1.	Yava	Barley/ <i>Hordeum vulgare</i> L.	Fruit	1 part
Method of preparation	Dehusk and roast the Yava to prepare Yava Dhana.				
Properties	Ruksha (dry), guru (heavy to digest), kaphaghna (alleviates kapha dosha), durjara (difficulty to digest), trishna karaka (enhances thirst)				
Benefits (Pathya)	Beneficial in Prameha (increased frequency and turbidity of urine), Chhardi (Vomiting)				
Cautions /Warnings	-				
Special precautions	-				
Others	-				

Name of formulation	26.5 Vyoshadhya Saktu (Spiced roasted grain flour)					
Reference	Chakradatta 36/10-15, Charaka Sutra 23/19-24					
Category	Lidha (Lickable)					
Ingredients	S. No.	Name of the Ingredients		Common Name/Botanical Name	Part Used	Ratio
	1.	Vyosha	Shunthi	Dry ginger/ <i>Zingiber officinale</i> Roxb	Rhizome	1/3 part
			Pippali	Long pepper/ <i>Piper longum</i> L.	Fruit	1/3 part
			Maricha	Black pepper/ <i>Piper nigrum</i> L.	Fruit	1/3 part
	2.	Vayavidanga		False black pepper/ <i>Embelia ribes</i> Burm.f	Fruit	1part
	3.	Shigru		Drumstick tree/ <i>Moringa oleifera</i> Lam	Leaves	1part
	4.	Triphla	Haritaki	Chebolic myrobalan/ <i>Terminalia chebula</i> Retz. fruit	Fruit	1/3 part
			Vibhitaki	Beleric myrobalan/ <i>Terminalia bellirica</i> Roxb fruit	Fruit	1/3 part
			Amalaki	Indian gooseberry/ <i>Emblica officinalis</i> Gaertn. fruit	Fruit	1/3 part
	5.	Kutaki		Picrorhiza/ <i>Picrorhiza kurroa</i> Royle	Rhizome	1part
	6.	Brihati		Indian night shade/ <i>Solanum indicum</i> L.	Whole plant	1part
	7.	Kantakari		Yellow barred night shade/ <i>Solanum surattense</i> Burm.f.	Whole plant	1part
	8.	Daruharidra		Indian barberry/ <i>Berberis aristata</i> DC	Rhizome	1part
9.	Haridra		Turmeric/ <i>Curcuma longa</i> L.	Rhizome	1part	
10.	Patha		Velvet leaf/ <i>Cissampelos pareira</i> L.	Root	1part	
11.	Atasi		Flax seed/ <i>Linum usitatissimum</i> L.	Seed	1part	
12.	Shalaparni		Shal leaved	Whole	1part	

			bush/ <i>Desmodium gangeticum</i> DC.	plant	
13.	Hingu		<i>Asfoetida/Ferula asafoetida</i> Regel.	Oleo resin Gum	1part
14.	Kebuka		Crepe ginger/ <i>Costus speciosus</i> (Koerning)	Root	1part
15.	Ajwain		<i>Carum/Trachyspermum ammi</i> (L.) Sprague	Seed	1part
16.	Dhanyaka		<i>Coriander/Coriandrum sativum</i> L.	Fruit	1part
17.	Chitraka		Leadwort/ <i>Plumbago zeylanica</i> L.	Root	1part
18.	Sauvarchal Lavana		Black salt	-	1part
19.	Jiraka		Cumin/ <i>Cuminum cyminum</i> L.	Fruit	1part
20.	Hapusha		Juniper berry/ <i>Juniperus communis</i> L.	Fruit	1part
21.	Taila		Oil	-	Q.S.
22.	Ghrita		Clarified butter	-	Q.S.
23.	Madhu		Honey	-	Q.S.
24.	Saktu		Roasted Flour	-	320 parts
25.	Jala		Water	-	Q.S.
Method of preparation	Powder all the above ingredients. Mix this powder with required quantity of Taila, ghrita and Madhu, along with Saktu (parched grain flour).				
Properties	Tikta (bitter), katu (pungent), ushna (hot in potency), ruksha (dry), jatharagni deepak (stimulates digestive fire).				
Benefits (Pathya)	Beneficial in Prameha (increased frequency and turbidity of urine) , Vata doshahara (alleviates vata Dosha), Kustha(Skin disease), Arshas (piles), Kamala (jaundice), Pleehavridhhi (splenomegaly), Pandu(anaemia), Shopha (oedema), Mutrakriccha (dysuria), Hridaya roga (heart disease), Kasa(cough), Shwasa (Asthma), Kanthavarodha (obstruction, in throat), Grahani roga (Malabsorption syndrome), Shwitra(vitiligo), Sthaulya(obesity).				
Cautions /Warnings	-				
Special precautions	-				
Others	-				

Name of formulation	26.6 Nimbadi saktu (Nimba enriched Roasted grain flour)				
Reference	Chakradatta 52/25-26				
Category	Ashita (Eatable)				
Ingredients	S. No.	Name of the Ingredients	Common Name/Botanical Name	Part Used	Ratio
	1.	Nimba panchanga	Margosa tree/ <i>Azadirachta indica</i> A. Juss	Whole plant	1 Part each
	2.	Vidhara	Elephant creeper/ <i>Argyreia speciosa</i> Sweet.	Stem	2 parts
	3.	Saktu	Roasted grains		10 parts
	4.	Sharkara	Normal Sugar		Q.S.
Method of preparation	Collect Panchanga of Nimba and Vriddhadaruka, and Mix them with Saktu(Roasted /parched grain flour). Add Sharkara to the mixture and consume it with cold water.				
Properties	Tikta (bitter), ruksha (dry), sheeta (cold in potency), shulanashaka (relieves pain)				
Benefits (Pathya)	Beneficial in Kapha pitta janya Shula (Pain due to kapha and pitta dosha), Amalpitta (acidity)				
Cautions /Warnings	-				
Special precautions	-				
Others	Anupana - Cold water/honey				

Name of formulation	26.7 Yava Saktu (Roasted barley flour drink)				
Reference	Bhavaprakash nighantu 12/166				
Category	Pana (Drinkable)				
Ingredients	S. No.	Name of the Ingredients	Common Name/Botanical Name	Part Used	Ratio
	1.	Yava	Barley/ <i>Hordeum vulgare</i> L.	Fruit	1 part
	2.	Jala	Water	-	Q.S.
Method of preparation	Roast and powder the Yava then dissolve the powder in water to form a thin, drinkable consistency.				
Properties	<p>a. Saktu is easily digestible (laghu), Deepana (increases digestive fire), ruksha (dry) and increases vata dosha</p> <p>b. Saktu when consumed in drinkable state or thin pasty form proves to be saturating (santarpana), cardiogenic (hridya), easily digestible (laghu), and strength-promoter (bala - vardhana). It alleviates fatigue and exertion (shramapaha) specifically to the persons exhausted by vata, atapa (exposure to air and sunlight), adhva (walking) and vyayama (physical exercise).</p>				
Benefits (Pathya)	Beneficial in kshut (hunger), trishna (thirst), shrama (fatigue/exertion), netramaya (eye diseases) and vrana (wound). It pacifies ailments caused by kapha; it acts as carminative, anulomana (helping in free downward movements of flatus), bahu-varchasa (increases quantity of faeces).				
Cautions /Warnings	-				
Special precautions	-				
Others	-				

Name of formulation	26.8 Laja Sattu (Roasted puffed rice drink)				
Reference	Ashtang Hridaya Chikitsa 2/15				
Category	Pana (Drinkable)				
Ingredients	S. No.	Name of the Ingredients	Common Name/Botanical Name	Part Used	Ratio
	1.	Laja sattu	Powder of roasted grains	-	1 part
	2.	Ghrita	Clarified butter	-	Q.S.
	3.	Jala	Water	-	Q.S.
Method of preparation	Roast the Laja in Ghrita. Mix the roasted grains with an adequate quantity of water to prepare a thin, drinkable consistency.				
Properties	Madhura (sweet in taste), kapha pitta shamaka (pacifies kapha and pitta dosha)				
Benefits (Pathya)	Beneficial in Raktapitta (Bleeding disorder)				
Cautions /Warnings	-				
Special precautions	-				
Others	-				

Name of formulation	26.9 Yava saktu (Sharkara mishrita) (Sweetened barley flour )				
Reference	Ashtang Hridaya Chikitsa 3/77				
Category	Pana (Drinkable)				
Ingredients	S. No.	Name of the Ingredients	Common Name/Botanical Name	Part Used	Ratio
	1.	Yava	Barley/ <i>Hordeum vulgare</i> L.	Fruit	1part
	2.	Mishri	Sugar candy	-	Q.S.
	3.	Madhu	Honey	-	Q.S.
Method of preparation	Roast the yava and grind it into a fine powder to make Sattu. Then, mix Mishri and madhu into the powdered Yava.				
Properties	Ruksha (dry), laghu (light for digestion), kapha pitta shamaka (pacifies kapha and pitta dosha).				
Benefits (Pathya)	Beneficial in Kasa (Cough) due to Urahakshata (chest wound) with jwara (fever) and Daha (burning sensation).				
Cautions /Warnings	-				
Special precautions	-				
Others	Anupana – Milk				

Name of formulation	26.10 Yava saktu (ksheera mishrita) (Milk based barley drink)				
Reference	Charaka Chikitsa 11/19				
Category	Pana (Drinkable)				
Ingredients	S. No.	Name of the Ingredients	Common Name/Botanical Name	Part Used	Ratio
	1.	Yava	Barley/ <i>Hordeum vulgare</i> L.	Fruit	1 part
	2.	Ksheer	Milk	-	Q.S.
	3.	Madhu	Honey	-	Q.S.
	4.	Sharkara	Sugar	-	Q.S.
Method of preparation	Mix Yava Sattu (Roasted barley flour), Sharkara, and Madhu into milk thoroughly to form a smooth , drinkable consistency.				
Properties	Madhura (sweet in taste), snigdha (unctuous), guru (heavy to digest)				
Benefits (Pathya)	Beneficial in Jwara (Fever) and Daha (Burning) in Uraha - Kshata (Chest wound)				
Cautions /Warnings	-				
Special precautions	-				
Others	-				