

Aharavarga - Dhanya varga(Cereals and millets), Shaka and Harita varga (Leafy and Non leafy vegetables), Kanda varga (roots and tubers), Phala varga (Fruits), Taila varga(Fats and Oils), Ikshu varga & Madhya varga(Alcoholic Beverages), Dugdha varga (Milk and Milk products), Masala and vyanjana dravyas (Spices & Condiments), Kritanna varga(Prepared Food), Mamsa varga (Meat types). Freshness of fish and egg

DR. VISHWAVASU GAUR M.D.(Ayu.)

Assistant Professor

M.J.F. Ayurved College

Chomu, Jaipur

परक	सुशुत	अष्टांग सैंगह	अष्टांग हस्य	शार्ङ्गधर
शुक्र धान्य वर्ग शमी धान्य वर्ग मोस वर्ग शाक वर्ग फल वर्ग हरित वर्ग मद्य वर्ग जल वर्ग गोरस वर्ग इक्षु वर्ग कृतान्न वर्ग आहारोपयोगि वर्ग	शालिवर्ग कु धान्य वर्ग मुद्गादि वर्ग मोस वर्ग शाक वर्ग फल वर्ग मद्य वर्ग पानीय वर्ग क्षीर वर्ग इक्षु वर्ग कृतान्न वर्ग तैल वर्ग घृत वर्ग मधु वर्ग मूत्र वर्ग पुष्प वर्ग कन्द वर्ग लवण वर्ग भक्ष्य वर्ग अनुपान वर्ग	शुक्र धान्य वर्ग शिमबी धान्य वर्ग मोस वर्ग शाक वर्ग फल वर्ग मद्य वर्ग जल वर्ग क्षीर वर्ग इक्षु वर्ग कृतान्न वर्ग तैल वर्ग मूत्र वर्ग	शुक्र धान्य वर्ग शिमबी धान्य वर्ग मोस वर्ग शाक वर्ग फल वर्ग मद्य वर्ग तोय वर्ग क्षीर वर्ग इक्षु वर्ग कृतान्न वर्ग तैल वर्ग मधु वर्ग मूत्र वर्ग	प्रमथ्या त्रवाग्र शूष पानादिकल्प उष्णोष्क क्षीरपाक अन्नप्रक्रिया सवाग्र कृशरा विलिपी पेया भक्त (भाते) मण्ड
(12)	(21)	(12)	(14)	

Aharvargas and comparison with today's food items

According to Charak Samhita the tastes (rasa), potencies (veerya), vipaka (taste conversion after digestion) and specific action (karma) of the various diets and drinks classified according to the following twelve groups:-

S.No.	Aharvarga	Today food items
1	<p>Shooka dhanya verga: Example-</p> <p>Shali- sheet virya Madhur ras vipak, alpavatkarak, sukral, bhringhan, diuretic, unctuous.</p> <p>Shashtika- sheet madhur., laghu, snigdha, tridosh shamak</p> <p>Vreehi-</p> <p>Shyamaka-</p> <p>Yava- sheet, Madhur-kashay, ruksha, laghu, vatkarak, mal karak, kaphanasak</p> <p>Godhuma - sheet virya, madhur, snigdha, guru, vatsamak, jeevniya, brihan, viryavardhak</p>	<p>All types of Rice, wheat and barley:</p> <p>-Rice</p> <p>-Rice which is harvested in 60 days</p> <p>-Rice ripening in rainy season</p> <p>-Indian Banyard millet</p> <p>-Barley</p> <p>-Wheat</p>
2		

Sami dhanya verga:

Example-

Mudga- sheet virya, katu vipak, kashay-madhur
rasa, laghu, ruksha, vishad, kapha-pitta shamak

Masha- ushnvirya, madhur ras, guru, snigdha,
vatshamak, balya,virya, purishkarak, punsatvakarak.

Raja masha- sheet, madhur, kashay, ruksha, guru,
vishad, vatkarak, ruchi karak, kapha and sukranasak,
amlapittanasak, sar.

Kulattha- ushnavirya, amlavipak, kashay,
kaphavatnasak, sukra nasak, sangrahi, beneficial in
kasa swas, hikka, arsa.

Makushta-

Chanaka- sheetvirya, madhur kashay, laghu, ruksha,
kapha pitta shamak, vat karak

Shimbi-

Adhaki-

All types of pulses:

-Green gram

-Black gram

-Cow pea

-Horse gram

-Moth bean

-bengal gram

-Indian bean

-Pigeon pea

3

Mamsa verga:

The group of animals whose meat is commonly used as food are enumerated under the following eight categories-

(A) Prasaha-

(A) Bhumishaya-

(A) Anupa-

(A) Vaarishaya-

(A) Varichara-

(A) Jangala-

(A) Vishkira-

(A) Pratuda-

All types of meats:

-Animals and birds who eat by snatching the food.

-Animals who live in burrows in earth.

-Animals living in marshy place.

-Aquatic animals.

-Birds moving in water.

-Animal living in dry land forests.

-Gallinaceous birds.

-Packer birds.

4	<p>Shaaka verga: Example-</p> <p>Patha- Vastuka- bathua, Kakmachi- Kalaya- Upodika- Aluka- Kushmanda Tanduliya - chaulai</p>	<p>All types of vegetables (leaves, tubers and fruits) -Cissamplelos pareira -Chenopodium Album -Solanum nigrum -Lathyrus sativus -Malabar pinch -Potato -Ash gourd</p>	<p>tridos nashak, vrishya, Pushti karak</p>
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Shak varga

- ▶ Giloy - tridoshnasak
- ▶ Alabu - lauki - sheet, guru, ruksha, rechak
- ▶ Kamal - kashay, raktpittanashak
- ▶ Vidarikand - sheet. Madhur, jeevniya, brihaniya, vrishya, balya
- ▶ Sarson - tridoshkarak, mal mutra avarodhak
- ▶ Mandukparni, kalay (matar), vastark(baigan), kulak(karela), neem, pitpapada - sheet. Tikta katu, kapha - pitta shamak
- ▶ Aluk, palankya, kushmandak, nishpav(sem), are sheet virya, Madhur, guru, ruksha, adhmankarak, rechak. These things have to eat after steaming and squeezing then adding ghrita.
- ▶ Bhandi, bala, satavar, jeevanti - vat-pitta nasak
- ▶ Nyagrodh(bad), udumbar, ashwathha(peepal), plaksha, kamal patra - sheet, kashya, sthambak, pittatishar nasak.
- ▶ Trapush (kheera), ervaruk(kakadi) - sheet, Madhur, guru, vishtambhi,.

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Phala verga:

Example-

Mardvika-

Kharjura-

Bilva-

Aamra-

Jambu-

Amalki-

Matulunga-

All types of fruits

-Vitis vinifera

-Dates

-Aegla marmelos

-mango

-Black plum

- Emblica officinalis

-Lemon

Phal varg

- ▶ Mridvika - sheetvirya, Madhur, snigdha, virsya, brihan, trishna, dah, jwar, swas, raktpitta, kshat, kshay, vatpitta, udavart, swarbehda. Madatyay.kash, mukh sosha,
- ▶ Kharjur - sheetvirya, Madhur, guru, vatpittanashak, brihaniya, vrishya, kshay, dah nasak
- ▶ Phalgu(anjeer) - sheet virya, Madhur, guru, brihan, tarpaniya, vishtambhi
- ▶ Parushak(phalsa) - sheet virya, Madhur, amla, snigdha, vat pitta nashak, balya, vrishya, trishna and shram nashak.
- ▶ Narikel - sheet virya, Madhur, snigdha, balya, brihan
- ▶ Bhavya (kamarakh) - sheetvirya, Madhur, amla, kashay, guru, pitta-kapha vardhak, vishtambhi, grahi, much sodhak
- ▶ Aaruk (aalu Bukhara) - natusna, Madhur, guru, brihan, ruchikar, and don`t aggravates dosha.

- ▶ Paravat (amarood)
- ▶ Madhur - sheet virya, Madhur and guru, amla - ushna virya, amla, ruchikarak, diminishes increased agni,
- ▶ Tuud(sahtut) -it is alike parushak but have little lesser properties than that.
- ▶ Tank (nashpati) - sheetvirya, Madhur-kashay, vatkarak and delayed in digestion.
- ▶ pakva Kapittha (kaith) - guru, Madhur, amla- kashay, appetizer, vish nasak, dosha alleviator, obstructs mala,
- ▶ Apakva kapittha - swarbheda nasak, vish nasak, grahi and vata aggravator.
- ▶ Bilva - ushna virya, snigdha, kapha vata alleviator, increases agni, tikshna.
- ▶ Amra - pakva is vata alleviator, sukravardhak, bala karak.
- ▶ Apakva amra - rakta pitta karak
- ▶ Jambphal(jamun) - sheet virya, Madhur kashay, guru, kapha, pitta shamak, vishtambhi, vata karak.
- ▶ Badar(ber) - Madhur, snigdha, vatpittanashak, .
- ▶ Amalak - sheet virya, 5 rasa except lavan, ruksha, kapha pitta shamak.

- ▶ Daadim - ushna virya, Madhur amla kashay, snigdha, vata nashak, agnideepak, kapha-pitta avirodhi, agnideepak, hridya.
- ▶ Vrikshamla evam amlika - ushna virya, amla, ruksha, alleviates kapha and vata.
- ▶ Narang - sheetvirya, Madhur-amlam, vatnashak, appetizer, hridya, and prolonged digestion.
- ▶ Ashwattha, udumbar, plaksha, nyagrodha, - sheet, Madhur-kashay-amlam, guru and vata aggravator.
- ▶ Vatam (badam), Abhisukha(chiwara), akshot(akharot), mukulak(pishta), nikochak(chilgoja), urumaan(khurmani) - ushnnavirya, Madhur, snigdha, kapha pitta aggravator, vata alleviator, balya, vrishya and brihamniya.

6

Harita verga:
Example-

Ardra-

Jambira-

Mulak-

Surasa-

Yavani-

Dhanyaka-

Palandu-

Lasuna-

Vegetables used uncooked

-Ginger

-Lemon

-Radish

-Tulsi

-Trachyspermum ammi

-Coriander

-Onion

-Garlic

- ▶ Ardrak - ushna virya, katu, ruksha, guru, tikshna, kapha vata alleviator, increases appetite.
- ▶ Jambeer - ushna virya, amla, guru, tikshna, kapha vata alleviator, aromatic, appetizer, cleanses mouth, kriminasak.
- ▶ Moolak - bala mulak is laghu and tridoshshamak while vriddha mulak is tridoshkarak and guru.
- ▶ Sursa - ushna virya, katu tikta, laghu, ruksha, kapha vata shamak, pitta karak, hikka, swas, parshwa shool, and durgandh nashak.
- ▶ Yavani - ushna virya, katu tikta, laghu, ruksha, tikshna, hridya, ruchikar, vardhak, shool nashak.
- ▶ Dhanyak - ushnnavirya, Madhur katu tikta kashay, laghu, snigdha, tridoshshamak, ruchikar, aromatic.
- ▶ grinjanak (gajar) - ushna virya, Madhur- tikta, laghu-tikshna, tridoshshamak, adds bulk to stool, beneficial in arsha, raktpitta and grahani.
- ▶ Palandu - little ushna in virya, Madhur-katu, guru-tikshna-snigdha, vatshamak, kaphakarak, bala, virya vardhak.
- ▶ Lashun- ushna virya, all rasa except amla, snigdha-tikshna-guru-sar, vata kapha shamak, gulma, krimi, kushta and kilash nasak.

7. Madhya varga

- Sura, madira, jagala, arista, sarkara, pakvaras, sitarasika, gauda, aksiki, surasava, madhvasava, maireya, asava, madhulika, sauviraka, tusodak, kanjika.

8. Ambu Varga

- ▶ Aendra jal is best among other jal types.
- ▶ The water received from kup, tadag, jheel, nadi, prasravan, vapy, chaundya all have different types of properties.
- ▶ Kup jal is better among these.
- ▶ Now a days there are several water purificatory methoda like ro and uv filtration methods.
- ▶ Only pure water should be consumed always.

► 9

Gorasa verga
Example-

Gharita-

Dugdha-

Takra-

Dadhi-

Morata-

Kilata-

Takrapinda-

Navneet-

All milk and dairy
products

-Ghee

-Milk

-Butter milk

-Curd

-Colostrums

-Inspissated milk

-Cheese

-Fresh butter

Milk

- ▶ 1. Godugdha - it`s best and have all 10 properties that ojas have. Madhu,- sheetal,mridu, snigdha, bahal, slakshna, picchil, guru, mand, Prasanna.
- ▶ It`s best rejuvenator in jeevaniya substances.
- ▶ 2. mahishi - more heavier, cool, fatty than cow`s milk. Best in anidra and for those with increased digestive fire.
- ▶ 3. ushtri - ushna, ruksha, little salty, and light. It is beneficial in vata-kapha, anah, krimi, saunpha, arsha and udar disorders.
- ▶ 4. ekshuf (horse, donkey) - its is strength giving, ushna, amla lavan ras, ruksha, light and alleviates vata in sakha.
- ▶ 5. chhag (goat) - kashay, Madhur, sheetal, sangrahi, light. Beneficial in raktapitta, kshay, kash, jwar.
- ▶ 6. aavik (bheda) - increases swas and hikka, kapha and pitta and is ushna virya.
- ▶ 7. hastini - balkarak, guru.
- ▶ 8. stridugdha - Stanya (stree dugdha) is best netrya and is used for eye instillation, jeevaniya, brihaniya, satmya.

- ▶ 1. dadhi - ushna virya, Madhur, amla, guru, singdha, abhisyandi, ruchikarak, agnivardhak, brihaniya, vrishya, snehan, balvardhak, vatshamak. Beneficial in, peenus, atishar, visham jwar, aruchi, mutra kriccha, and krishta.
- ▶ Harmful in raktpitta and kapha disorders. It should not be eaten in sharad, grishma and basant ritu. Mandak aggravates all dosa. Properly prepared curd is vata alleviator. Cream of curd increases sukra and manda of curd cleanses shrotas and alleviates kapha and vata.
- ▶ 2, takra - ushnvirya, Madhur-amlakashay, laghu-ruksh, kapha vat shamak, deepan, shrotosodhan, grahi, hridya, mutral evam lekhan. Beneficial in Sotha, arsha, grahani, mutra kriccha, udarrog, aruchi, pandu, vishvikar, snehpan.
- ▶ 3. Navneet - sheetvirya, Madhur- kashay and little bit sour, laghu-snigdha, vatpittashamak, deepan, grahi, hridya, media evam vrishya, beneficial in kshay, kash, vrinsosh, arsha, ardit and grahani.
- ▶ 4. Ghrit - it is sheetvirya, Madhur, guru-snigdha, vatpittashamak, media, deepniya, snehan, anuloman, hridya, vrishya, garbhasthapan, jwaraghna, dahprasaman, balya, brihman, rasayan, chakshusya. It is beneficial in vish, unmad, sosha, karshya, daurbalya, udavarta, gulm, kash, garbhapat, jirnajwar, and timir. The old ghrita is good in mad, murcha, sosha, unmad, apasmar, dushivish, jwar, yonishool, karn shool and shiroshool.
- ▶ 5. peeyush, morat and kilat - guru, triptikarak, vrishya, brihman, vat shamak. Its good for those having moderate and increased agni.

10

Ikshu verga:

Example-

Guda-

Matsyandika-

Khanda-

Madhu

**Varieties of
sugarcane and honey**

-Jaggery

-Crude sugar

-Sugar candy

-Honey

- ▶ 1. Ikshuras - the juice squeezed out using teeth have following properties like cool in potency, sweet, unctuous, slimy, flowing, strengthening, potent, vat-pitta alleviator, and kapha producing.
- ▶ The juice extract out by machine is heavy, burning, obstructing, .
- ▶ Sugarcane juice increases potency, diuretic, increases strength and muscles.
- ▶ Ikshu vikar-
- ▶ Gud - unctuous, heavy, alkaline, cleanses urine, cures vatpitta, meda, kapha, krimikarak and balya.
- ▶ Matsyandika - stage in between gud and khand.
- ▶ Khand - natisnigdha, vatpitta shamak, hridya, balya, vrishya, brihman, and good for vision.
- ▶ Sarkara - vatpittashamak, raktpittahar, cures murcha, chardi and vish.
- ▶ Sheeta (sugar) - very clear, Madhur, sheet and vrishya
- ▶ Sheetophala (mishri) - best, sheet, sir, and vata pitta shamak.
- ▶ madhusarkara - it cleanses kapha, cures vaman and atishar and is ruksha.
- ▶ Madhu - sheetvirya, Madhur kashay, ruksha, guru, vatkarak, raktapitta-kapha nasak, performs functions as fermenting agent and scaling.

11

Kritanna verga:

Example-

Peya- 6 part water

Vilepi- 4

Manda-14

Laja peya-

Laja manda-

Yavagu - 6 part water
liquid portion little bit
less than peya, it is in
between peya and vilepi
state.

Odan - little water

All types of cooked
food preparation

-Thin gruel

-Thick gruel

-Gruel water

-Thick gruel of paddy

-Thin gruel of paddy

- ▶ Mand - increases appetite, agni, alleviates vata, softening of srotas because of its soothing nature, sweating, beneficial after langhan, swedan, virechan, snehpan.
- ▶ Peya - rice cooked in 6 times water, agnivardhak, vata and mala anulomak, produces sweat, cures hunger, thirst, emaciation, fever and abdominal disorders.
- ▶ Vilepi - rice cooked in 4 times water. Light, feeling of satiation(triptikarak), grahi, hridya.
- ▶ Odan or bhat - cooked rice, with mand is heavy and light without mand.
- ▶ Yush (soup of pulses) - rochan, deepan, swedjanan, tarpan, balya and tridoshshamak.
- ▶ Krishara (khichadi) - prepared from til, rice, udad,. It is laghu, balya, anuloman, and beneficial in disorders like jwar, grahani and that of abdomen.
- ▶ Rotika (roti) - wheat -vatshamak, balya, brihman, and vrishya. Yav rotri is ruksha, adds bulk to stool, kaphaghna and good in prameha.
- ▶ Roti prepared from gram flour is of obstructive nature, dry and good in raktavikar.

▶ 12	<p>Ahara Upayogi verga: Example-</p> <p>Taila- Visvabhesja- Pippali- Marica Hingu- Lavana- Kshara-</p>	<p>The group consisting of the adjuvants of food</p> <ul style="list-style-type: none">-Oil-Dry ginger-Piper longum-piper nigrum-Ferula narthex-Salt-Alkali
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- ▶ Taila - ushnavirya, Madhur kashay, pitta vardhak, vatshamak, not aggravated kapha, obstructs in mal and mutra, balya, good for skin, increase wisdom, agni, excellent in sanyog sanskar.
- ▶ Erand taila - Madhur, guru, kapha vardhak, and goof for vatrakta, gulma, hridrog, and jirna jwar.
- ▶ Sarshap taila - katu, ushnavirya, raktapitta aggravater, and alleviates kapha, sukra, vata rog, kandu and koth.
- ▶ Alasi - ushna virya, Madhur amla, vatshamak, raktapitta vardhak.
- ▶ Vasa and mazza - Madhur, vrishya, balvardhak, brihman.
- ▶ Sendhav lavan (rock salt) - sheet, Madhur, tridoshnasak, ruchikarak, agnivardhak, vrishya, good for vision, best in all salts.
- ▶ Sauvarchal lavan(black salt) -ushna, laghu, rochak, relieves constipation, hridya and cleanses belching.
- ▶ Samudrak - Madhur tikta, ruchikarak, helps in digestion of food, assimilating food, alleviates vata and helpful in excretion of stool.
- ▶ Vid namak - tikshna, ushna, vyavayi, agnideepak, shoolnasak, vat anulomak.
- ▶ Udbhijja - have tikta and katu rasa, alkaline, tikshna.

- ▶ Sunthi - ushna virya, Madhur, laghu, snigdha, kapha vata shamak, vrishya, hridya, rochan and cures aamadosha.
- ▶ Pippali - dried pippali is ushna virya, kapha vat shamak, katu, laghu and vrishya.
- ▶ Kalimircha - not too ushna, katu, laghu, tikshna, alleviates kapha and vata, vrishya, chedan, rochan, soshan and agnivardhak.
- ▶ Hingu - ushnvirya, katu, laghu, snigdha, tikshna, kapha vata shamak, pitta and fnivardhak, shool prasaman, rochan, pachan, vatanulomak.

- ▶ मंड , लाजा का बनाया हुआ मंड, लाजा का सत्तू, लाजा की पेया , पेया वह होती है जिसमें द्रव ज्यादा होता है और होती वह भी यवागू ही है और विलेपी में द्रव कम होता है ।
- ▶ विरूढ स्प्राउट को बोलते हैं जो अंकुरित होता है। शष्कुली पूरी को बोलते हैं, मधु कोड़ा जिनके अंदर शहद भर के पूये बनाते हैं वह हैं और फल मांस वसा शाक, पल्ल और शहद से आहार को संस्कृत करते हैं।
- ▶ टक्करतक्र में चंगोरी मरीच काला जीरा चित्रक इन सब को मिलाकर के और अच्छी तरह से पकाया जाए तो यह है षडयूष कहलाता है और काम्बलिक में खट्टा दही नमक घी या तेल तिल और उड़द यह सब मिलाकर के यदि पकाया जाए तो यह कांबलिक कहलाता है ज्यादा तिल डालकर करके इसको पकाया जाए तो यह तिल काम्बलिक

- ▶ कैरी की छाछ को रागषाडव कहते हैं इसमें गुड डालते हैं कैरी तेल और सोंठ डालते हैं, कुछ लोग मिश्री काला नमक सेंधा नमक इमली फालसा और जामुन इन के रस से युक्त जो राई मिलाकर के पानी बनाया जाए उसको राग कहते हैं।
- ▶ वैसे राग सामान्यतया चटनी होती है या ऐसा ही पानी जिसमें आजकल पानी पूरी में जो यह पुचके में पानी डालकर बनाते हैं वह भी रागषाडव कहलाता है।
- ▶ रागषाडव में मधुर और अम्ल द्रव्य काम में लिए जाते हैं।

सुश्रुत के अनुसार कृतान्न के भेद

- ▶ सिद्ध मांस घी दही कांजी खट्टे फल मरीच एवं अन्य मसाले डालकर तल करके जो मांस बनाया जाए वह सिद्ध मांस है ।
- ▶ प्रदिग्ध मांस इसमें दूध का मावा एवं घी मरीच काला जीरा आदि डालकर तैयार किया जाए।
- ▶ परिशुष्क तला हुआ मांस कहलाता है जिसमें सूखे मांस की भी गिनती हो जाती है, इसमें जीरा डाल करके बहुत घी डालकर के गर्म पानी डालकर पकाया जाता है ।
- ▶ अंगारपक्व अंगारों में पकाया जाए ।
- ▶ मांसरस-- प्रसन्नता प्रदान करने वाला प्राणों को स्थिर रखने वाला बल देने वाला श्वास कास और क्षय को दूर करता है, श्रम को दूर करता है हृदय के लिए हितकारी माना गया है इसको दाड़िम से सिद्ध किया जा सकता है।
- ▶ जो मांस रस के ऊपर का स्वच्छ भाग होता है उसे सौरव कहते हैं सौरव ही मांस का शोरबा कहलाता है।
- ▶ सार रहित मांस --मांस का मांस रस निकाल लिया गया है और फिर बचे हुए को तैयार कर खाया जाए ।

- ▶ खानिष्क -- यह वह मांस है जो वेशवार की तरह बनाया जाए ।
- ▶ वेशवार -- थोड़ा सा मांस लेकर उसको पीसकर फिर उसमें भी और अन्य चीजें डाल कर के पकाया जाए पानी डाला जाए और कुछ मसाला डाल कर तैयार किया जाए वह भी वेशवार होता।
- ▶ मूंग का यूष-- राग षाडव या खाड़व एक ही बात है और पटोल नीमे इनका यूष मूली का यूष अनार और आंवले का यूष कोल और कुलथी का यूष।
- ▶ यूष दो तरह का होता है एक छाछ मिलाकर बनाया हुआ जिसमें धान्य होते हैं और दूसरा जिसमें शाक मिला करके बनाया जाए
- ▶ जो शाकयूष है वह आज कल का सूप कहलाता है
- ▶ कपित्थ छाछ चंगेरी मरीच काला जीरा चित्रक इन सब को मिलाकर के पकाया जाए तो यह खडयूष है खडयूष को ही षड यूष कहते हैं

- ▶ जिसमें दही अन्य पदार्थ नमक घी या तिल तेल और उड़द डालकर करके बनाया जाए वह काम्बलिक है, खट्टे पदार्थ या खट्टा ज्यादा होने से इसको कांबलिक कहते हैं
- ▶ कुछ लोग तिल को उसके ऊपर का छिलका उतार कर के पीस करके और 3 दिन दूध में भिगोकर के रखें फिर अदरक घी मरीच काला जीरा यह डाल कर के बनावे उस को तिलयूष कहते हैं

- ▶ कृतयूष और अकृत यूष-- जिसमें मसाले डालकर तैयार किया जाए छौंक दे करके वह कृत यूष है और जो ऐसे ही बना लिया जाए वह अकृत यूष है
- ▶ इसी तरह से मांस रस भी कृत या अकृत होता है
- ▶ जिस यूष को दही या दही के पानी या अन्य पदार्थों से सिद्ध किया जाए वह यूष कांबलिक कहलाता है
- ▶ तिल और खल सूखे शाक तथा अंकुरित धान्य डालकर के जो व्यंजन तैयार किया जाए वह सिंडाकी कहलाता है, सिंडाकी इसको आसुत नहीं किया जाता अर्थात् कांजी की तरह या सिरके की तरह नहीं बनाया जाए तो वह अनासुत सिंडाकी है और इन्हीं द्रव्यों को आसुत कर लिया जाए 3 दिन के लिए सिरके की तरह बनाने के लिए रख दिया जाए तो यह सिंडाकी आसुत कहलाती है, मूली गाजर और कांजी बड़े यह सिंडाकी के भेद हैं।
- ▶ राग खाड़व पहले बता दिया है जिसमें मिश्री काला नमक सेंधा नमक खट्टे पदार्थ फालसा जामुन के रस और राई डाल करके बनाया जाए यह राग कहलाता है

- ▶ रसाला श्रीखंड को कहते हैं
- ▶ गुड़ के साथ दही खाया जाए तो यह भी एक श्रेष्ठ है
- ▶ सत्तू का मंथ यह भी भोज्य पदार्थ है
- ▶ पानी पीने के लिए खट्टा पानी इमली आदि का या जलजीरा इत्यादि जो है वह भी पानक कहलाते हैं यह शक्कर और खट्टे पदार्थ डालकर के बनाए जाते हैं

- ▶ सिद्ध मांस मसाले डालकर पकाया हुआ मांस सिद्ध मांस है चाटने योग्य बनाया जाए दूध का माँवा इत्यादि डालकर वह प्रदिग्ध मांस है
- ▶ तला हुआ मांस परिशुष्क मांस है
- ▶ उस मांस को ही यदि पीस करके बनाया जाए वैसा ही तो यह छोटे-छोटे टुकड़े करके तैयार करने पर इसको ही उल्लुप्त कहते हैं और शूल में लगाकर के पकाया हुआ हो तो वह शूल्य कहलाता है इसके अतिरिक्त अंगारों में पकाया हुआ अंगार पक्व कहलाता है

- ▶ इसके अतिरिक्त मांस का टिक्का यदि बनाया जाए तो वह भी शूल्य में ही आता है
- ▶ मांस रस बनाने के बाद जो बचा हुआ मांस है छान करके अलग किया हुआ उसको सार^१ रहित मांस कहते हैं वेशवार को ही खानिष्क कहते हैं कुछ लोग कहते हैं कि खानिष्क वेशवार का भेद है
- ▶ यदि मूंग के यूष में दाड़िम और मुनक्का मिला दें तो वह रागषाडव कहलाता है
- ▶ इसके अतिरिक्त मसूर मूंग गेहूं इनसे भी यूष बनाया जा सकता है परवल को नीम को यूष

Food groups (Modern science)

- ▶ Cereals & millets - rice , maize, corn, oats, barley
- ▶ Pulses
- ▶ Vegetables
- ▶ Nuts and oil seeds
- ▶ Fruits
- ▶ Milk & milk product
- ▶ Egg meat and fish
- ▶ Fats and oils
- ▶ Sugar and jaggery
- ▶ Condiments and spices
- ▶ Miscellaneous

Cereals

- ▶ They constitute bulk to our diet.
- ▶ Rice, maize, wheat, corn. Oats and barley are common cereals.
- ▶ Rice and wheat form the major staple diet.
- ▶ They are main source and an economical source of energy (carbohydrates) mainly contributed by starch and fat, they also have proteins (6-12%) and vitamins of B group.
- ▶ They contribute about 70 to 80% of daily energy.
- ▶ They lack essential amino acid like lysine etc. and a balanced diet can be gained by proper combination of cereals and pulses.
- ▶ Cereals are easily digestible, supply roughage and have laxative property

Rice

- ▶ Rice consists of 6-9% of protein, it have lysin but lacks EAA threonine and methionine.
- ▶ It also contains iron i.e. not easily available to body and gets excreted out without absorption.
- ▶ Miling(polishing) - the effect of miling is destructive, the outer pericarp and the germ, which are rich in nutrition are removed. Thiamine is removed and people who consumes milled rice can develop beri beri.
- ▶ Therefore under milled rice or parboiled rice are better.
- ▶ Its not good to stain water from cooked rice as it leads to loss of starch and nutrients, so it should be cooked in only required amount of water.

Parboiling

- ▶ It is called parboiled because the rice undergoes partially boiling process while it is still in the husk.
- ▶ Parboiling the rice is milled just like the regular white rice however it has three basic steps which are: soaking, steaming, and drying.
- ▶ Because of its process, parboiled rice is similar to brown rice when it comes to nutritional values. Plus it is less sticky and firmer compared to white rice.
- ▶ brown rice comes from simply removing the inedible hull and by removing the bran during the milling process becomes white rice. Parboiled rice is different. The entire rice grain is soaked, steamed, and dried before the hull is removed.
- ▶ During the partially boiling process, the rice becomes jelly-like in order for more nutrition to add up from the germ and the bran. It also shortens the preparation and cooking time.
- ▶ However, just because it has been partially boiled doesn't mean that the rice is already cooked. You still need at least 20 minutes total time to prepare.

Maize

- ▶ Maize is widely cultivated throughout the world, and a greater weight of maize is produced each year than any other grain. In 2014, total world production was 1.04 billion tonnes. Maize is the most widely grown grain crop throughout the Americas, with 361 million metric tons grown in the United States in 2014.

Wheat

- ▶ Wheat is an important source of carbohydrates. Globally, it is the leading source of vegetable protein in human food, having a protein content of about 13%, which is relatively high compared to other major cereals but relatively low in protein quality for supplying essential amino acids. When eaten as the whole grain, wheat is a source of multiple nutrients and dietary fiber.
- ▶ In a small part of the general population, gluten - the major part of wheat protein - can trigger coeliac disease, noncoeliac gluten sensitivity, gluten ataxia, and dermatitis herpetiformis.
- ▶ Suji is prepared from outer part of wheat and is rich in vitamins and minerals.
- ▶ Maida is rich in gluten protein but poor in vitamins and minerals.

Millets

- ▶ These differs from cereals in that they are ground and consumed without removing the outer coat.
- ▶ Jowar and bajra are major millets and ragi, kodo and such others are known as minor millets or pseudocereals.
- ▶ Jowar is major crop in india rich in protein but lacks lysin and threonine.
- ▶ Ragi is cheapest and very popular in Karnataka and Andhra. It is rich in calcium and iron and traces of iodine.

Pulses

- ▶ These are dry seeds of leguminous plants.
- ▶ Common dietary pulses are grams, peas, lentils and beans.
- ▶ They are rich in protein 20-25%, also known as poor man`s meat.
- ▶ The limiting amino acid are cysteine and methionine.

Vegetables

- ▶ Protective food.
- ▶ Contains dietary fibres.
- ▶ Have good water contents mostly 99%
- ▶ Low in calorie, fat and proteins.
- ▶ Adds bulk to diet.
- ▶ Great work in reducing weight of obese.
- ▶ Green leafy vegetables.
- ▶ Roots and tubers.

Nuts and oil seeds

- ▶ Peanuts, almond, cashewnuts, pistachio, mustard seeds, sesame seeds, cotton seeds, sunflower seeds etc. are included in nuts.
- ▶ Cooking oils are extracted out of these nuts and these are good source of energy.

Sugar and jaggery

- ▶ These are carbohydrate rich food, prepared from sugarcane, used as sweetening agents in beverages and various foods. This increases the palatability.
- ▶ Refined sugar is pure sucrose and contains no other nutrients.
- ▶ Jaggery provides iron and carotene.
- ▶ Honey consists of 75% of sugar. Mostly fructose and glucose,
- ▶ Excessive consumption of refined sugar is associated with obesity. Ischemic heart disease and dental caries.
- ▶ Recommended intake is 30gm/day.

Masala and vyanjana dravyas (Spices & Condiments),

- ▶ Spices have been used since ancient times.
- ▶ Although they have been employed mainly as flavoring and coloring agents, their role in food safety and preservation have also been studied *in vitro* and *in vivo*.
- ▶ Spices have exhibited numerous health benefits in preventing and treating a wide variety of diseases such as cancer, aging, metabolic, neurological, cardiovascular, and inflammatory diseases.

- ▶ They have limited nutritive value but still indispensable position in cooking.
- ▶ They adds taste and flavor to the cooked food.
- ▶ They acts as appetizing ingredients, for eg. Asafoetida, ginger, garlic, cloves, tamarind, mustard, pepper, chillies, turmeric etc.
- ▶ Tannin in spices inhibits iron absorption.
- ▶ Garlic is known to have antibacterial and also cholesterol reducing property.
- ▶ Their excessive use results in peptic ulcers.

- ▶ Starting from the food preparation, spices can affect both food spoilage microorganisms (food preservation) and human pathogens (food safety) due to the antimicrobial and antifungal activity of their natural constituents.
- ▶ Spices are provided from natural herbs and plants and generally recognized as safe (GRAS) by the American Food and Drug Administration (FDA).

Miscellaneous

- ▶ This includes beverages (drinks) which are classified into 3 group-
- ▶ 1. coffee, tea and cocoa.
- ▶ 2. soft drinks such as aerated water, fruit juice, pepsei, cola, lemonade etc.
- ▶ 3. alcoholic beverages such as beer, wine, whisky and traditional preparations.

Coffee, tea and cocoa

- ▶ 1. coffee - contains caffeine 0.6 to 2% i.e. a cns stimulant.
- ▶ It also contains tannin.
- ▶ Tannin gets destroyed while roasting of coffee seeds, proteins are coagulated and pleasant aroma is liberated/
- ▶ 2. tea - contains caffeine 2 to 6 %, tannic acid 6 to 12 % and traces of theophylline and volatile oils, which gives aroma. When milk is added to tea the casein of milk combines with tannin and thus casein is unavailable for absorption.
- ▶ 3. cocoa - this is obtained from cocoa beans. It is rich in fat 8%. It contains theobromine, a stimulant.

- ▶ Soft drinks - ingredients are carbondioxide, sugars, acids like citric acid or tartaric acid, colouring and flavouring agents. Fruits beverages like squashes and car dials are diluted with water before consumption.
- ▶ Alcoholic beverages - these are whisky, brandy, rum, gin, etc. the ethyl alcoholic contents varies from 5 to 6 % in beers to 45 -50% in whisky, brandy, rum and gin. Lcohol provides 7 kcal/ml.
- ▶ The country liquor prepared from unconventional sources contains methyl alcohol, which leads to loss of vision.
- ▶ Natural vinegar prepared from fruits, malt and molasses, contains about 3.7% of acetic acid.

Salt

- ▶ This is an important additive to the diet.
- ▶ A food additive is a non nutritive substance, added intentionally to food, to improve the appereance, flavourand to preserve the nutritive value.
- ▶ Natural salt is prepared from sea water contains sodium chloride only.
- ▶ Average consumption of salt in India is approx. 15 gm daily I.e. more than recommendatory dosage because of high sodium loss through the sweat in a tropical country like India.
- ▶ Salt is fortified by iron and iodine to combat with iron and iodine deficiency.

Fish

- ▶ Fresh fish signs -
- ▶ Fresh and stiff to touch'
- ▶ Rigor mortis
- ▶ Gills bright red
- ▶ Eyes - clear prominent and bright
- ▶ Scales - not easily detachable

Eggs

- ▶ Chances of salmonella contamination in cracked shell
- ▶ Shell become contaminated with fecal matter of hen
- ▶ Examination -
- ▶ Candle test
- ▶ Floating test