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		37.12	Samita modaka	Bho. Ku., Siddhanna prakran (bhakshya vishesha)
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**Alikamatsya/Alikamaccha (Snack made from black gram)**

Name of formulation	Alikamatsya/Alikamaccha (Snack made from black gram)				
Reference	Bha. Ni. 11/66-67, Bho. Ku. siddhanna prakaran (bhakshya vishesh)				
Category	Khadita (Hard eatables)				
Label Claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Nagvallidala	<i>Piper betle</i> L.	Leaves	Qs
	2.	Masha	<i>Phaseolus mungo</i> L.	Seed	1 part
	3.	Taila	Sesame oil	-	Qs
Method of preparation	Take a big leaf of Nagavalli. Place the dough, prepared from Masha flour on it. Then take a stainless steel pot filled with water and close its mouth with a cloth. On top of it, place the Masha dough covered in the Nagavalli patra. The pot is then placed on Mridu agni (mild heat) and cooked with steam. Finally, take the cooked substance, cut it into pieces, and fry them in oil.				
Best use before	Within a day.				
Properties/Health benefits	Brimhana (nourishes the body tissues), Guru (heavy to digest), ruksha (dry), ushna (hot in potency).				
Classical Indications	Beneficial in Pratishayaya (Coryza), Kasa (Cough).				
Contraindications if any	Pittaja vyadhi (diseases due to pitta vitiation).				
Special precautions	-				
Others	The dried Alikamatsya and the one which is soaked in Kwathita (kadhi) are having the properties of brimhana (nourishes the body tissue), rochana (imparts taste), vrishya (aphrodisiac), balya (strengthening), relieves vata roga and kosthashuddhikara (cleanses G.I Tract). The shushka or dried Alikamatsya is pittavardhaka (slightly aggravates pitta dosha) and specially useful in Ardita vata (Facial Paralysis) and Hanustambha (Lock jaw).				



## **Angarakarkati (Bati/Wheat flour bread)**

Name of formulation	Angarakarkati				
Reference	Bha.Ni.11/33-34, Bho. Ku. siddhanna prakaran (bhakshya vishesh), Ksh. Ku. 10 <sup>th</sup> utsava.				
Category	Khadita (Hard eatables)				
Label Claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Samita (Fine wheat flour)	<i>Triticum aestivum</i> L.	Seed	1 part
Method of preparation	Mix Samita with water and knead it well. Then shape it into vataka (small balls) and cook it directly on burning coal.				
Best use before	Within a day.				
Properties/Health benefits	Brimhana (nourishes the body tissues), shukrala (increases sperm count), laghu (light for digestion), deepana (increases digestive fire), kaphakara (increases kapha dosha), balya (strength promoter).				
Classical Indications / Disease reduction claim	Beneficial in Pinasa (Rhinitis), Kasa (Cough), Shwasa (Asthma).				
Contraindications if any	Consume with caution in Santarpanjanya vikara (disease caused by excessive nourishment of body tissue) and Madhumeha (Diabetes)				
Special precautions	-				
Others	-				

## **Asava (Fermented beverages)**

Name of formulation	Kharjurasava				
Reference	Vd.Chi 5/430				
Category	Pana (drinkable)				
Label Claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Kharjura	<i>Phoenix dactylifera</i> L.	Dried fruit	1 part
	2.	Hapusha	<i>Juniperus communis</i> L.	Fruit	Qs
	3.	Dhataki pushpa	<i>Woodfordia fruticosa</i> L.	Flower	Qs
	4.	Jala	Water	-	4 part
	5.	Guda	Jaggery or sugar		Qs
Method of preparation	Dissolve the Jaggery or Sugar in the required quantity of water, boil, and cool. Pour it into the fumigated porcelain vessel. Add fine powder of the drugs in the container, cover it with a lid, and seal the edges with clay-smearred cloth with seven consecutive layers. Maintain a constant temperature and keep for fermentation. After a specified period, remove the lid and examine the contents to ascertain whether fermentation has been completed.				
Best use before	Within 10 yrs.				
Properties/Health benefits	Kashaya (astringent), madhura (sweet in taste), sheeta (cold in potency), laghu (light for digestion).				
Classical Indications	Kshaya (Pthisis), Prameha (increased frequency and turbidity of urine), Pandu (Anaemia), Kamala (Jaundice), Grahani (Malabsorption syndrome), Five varieties of Gulma (Abdominal lump).				
Contraindications if any	-				
Special precautions	The filtered Asavas should be clear without froth at the top .It should not become sour. The preparation should have the characteristic aromatic alcoholic odour.				
Others	Time of consumption - Two times a day after meal with equal amount of water.				

# Avaleha

## General Description:

Avaleha or Lehya is a semi-solid preparation of drugs, prepared with addition of jaggery, sugar or sugar-candy and boiled with prescribed juices or decoction. These preparations generally have

- Kwatha or other liquids
- Jaggery, sugar or sugar-candy
- Powders or pulps of certain drugs
- Ghee or oil and Honey

## General Method of preparation

Jaggery, sugar or sugar-candy is dissolved in the liquid and strained to remove the foreign particles. This solution is boiled over a moderate fire. When pressed between two fingers if Paka becomes thready (Tantuvat), or when it sinks in water without getting easily dissolved, it should be removed from the fire. Fine powders of drugs are then added in small quantities and stirred continuously to form a homogenous mixture. Ghee or oil, if mentioned, is added while the preparation is still hot and mixed well. Honey, if mentioned is added when the preparation becomes cool and mixed well. The Lehya should neither be hard nor a thick fluid. When pulp of the drugs is added and ghee or oil is present in the preparation, this can be rolled between the fingers. When metals are mentioned, the Bhasmas of the metals are used. In case of drugs like Bhallıtaka, purification process is to be followed. The Lehya should be kept in glass or porcelain jars. It can also be kept in a metal container which does not react with it. Normally, Lehyas should be used within one year.

Name of formulation	Kushmanda Avaleha				
Reference	Vd.Chi12/82, Sha.Sam Ma. Kha. 8/22-28, RTS & SPS part 1, pg.no.397				
Category	Lidha (Lickable)				
Label Claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Kushmanda	<i>Benincasa hispida</i> (Thunb) Cogn.	Fruit	100 pala
	2.	Pippali	<i>Piper longum</i> L.	Fruit	2 pala
	3.	Shunthi	<i>Zingiber officinale</i> Roxb	Rhizome	2 pala
	4.	Jeeraka	<i>Cuminum cyminum</i> L.	Fruit	2 pala
	5.	Dhanyaka	<i>Coriandru sativum</i> L.	Fruit	½ pala
	6.	Tejpatra	<i>Cinnamomum tamala</i>	Leaves	½ pala
	7.	Ela	<i>Elettaria cardamomum</i> Maton.	Fruit	½ pala
	8.	Maricha	<i>Piper nigrum</i> L.	Fruit	½ pala
	9.	Dalchini twak	<i>Cinnamimum zeylanicum</i> Blume	Stem bark	½ pala
	10.	Ghrita	Ghee		
	11.	Sharkara	Sugar		100 pala
	12.	Madhu	Honey		4 pala
13.	Jala	Water		200 pala	
Method of preparation	Collect completely ripened and large-sized kushmanda. Separate the seeds and external cover, and then cut them into small pieces. Mix the pieces with 100 Pala water, boil, and reduce the mixture to half its quantity. Collect the kushmanda pieces onto a cloth, squeeze to obtain kashaya. collect these kushmanda pieces into a copper container, dry them, and then mix them with Ghrita. Roast the mixture until the kushmanda pieces acquire a color similar to honey (Madhu). Add the previously obtained kashaya, followed by adding Sharkara. Process the mixture according to the Avalehapaka procedure until the Avaleha Siddha Lakshana appears. Uniformly mix the fine powder/paste of drugs No. 5 to 15 (Prakshepa churna). After cools down, add honey (Madhu) and mix thoroughly.				
Best use before	3 years				
Properties/Health benefits	Madhura (sweet in taste), katu (pungent), ruksha (dry), laghu (light for digestion), Urahsandhanakara (unites the bones of chest region) , brimhana (nourishing dhatus), balakara (strength promoting)				
Classical Indications	Therapeutic uses- Rakta pitta (Bleeding disorder), Kshatakshaya (Emaciation due to injury), Kasa (Cough), Shwasa (Asthma), Vamana (Vomiting), Trishna (Thirst), Jwara (Fever), Shosha (emaciation), Kasa (Cough), Indicated especially in childrens and old aged.				
Contraindications	if	-			

any	
Special precautions	Determine the dosage of the Avaleha based on Agnibala (digestive fire).
Others	Anupana - Normal Water/ luke warm water

Name of formulation	Gudadi Avaleha				
Reference	Vd.Chi.17/ 91				
Category	Lidha (Lickable)				
Label Claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Guda	Jaggery		1 part
	2.	Dadima	<i>Punica granatum L.</i>	Fruit rind	1 part
	3.	Draksha	<i>Vitis vinifera L.</i>	Fruit	1 part
	4.	Pippali	<i>Piper longum L.</i>	Fruit	1 part
	5.	Shunthi	<i>Zingiber officinale Roxb</i>	Rhizome	1 part
	6.	Matulunga	<i>Citrus medica L.</i>	Fruit	Qs
7.	Madhu	Honey			
Method of preparation	Mix fine powder of Guda, Dadima, Draksha, Pippali, and Shunthi with Matulunga Swarasa and Madhu.				
Best use before	3 years				
Properties/Health benefits	Madhura (sweet in taste), Amla (sour), katu (pungent), ushna (hot in potency), laghu (light for digestion)				
Classical Indications	Shwasa (Asthma)				
Contraindications if any	Madhumeha (diabetes)				
Special precautions	-				
Others	Anupana - Luke warm water or normal water				

Name of formulation	Dadima Avaleha				
Reference	Ay.S.S p. 547				
Category	Lidha (Lickable)				
Label Claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Sharkara	Sugar		10 ser
	2.	Jala	Water		4 ser
	3.	Dadima	<i>Punica granatum L.</i>	Fruit	10 chatank
4.	Prakshepa dravya - Jayaphala	<i>Myristica fragrans Houtt</i>	Fruit	3 masha	

	5.	Javitri	<i>Myristica fragrans</i> Houtt	Aril	3 masha
	6.	Krishna maricha	<i>Piper nigrum</i> L.	Fruit	3 masha
	7.	Tejpatra	<i>Cinnamomum tamala</i> Nees & Eberm	Leaves	3 masha
	8.	Dalachini	<i>Cinnamomum Zeylanicum</i> Breyn. B lume.	Stem bark	3 masha
	9.	Lavanga	<i>Syzygium aromaticum</i> (L.) Merr M.Perry	Flower bud	3 masha
	10.	Shunthi	<i>Zingiber officinale</i> Roxb	Rhizome	3 masha
	11.	Pippali	<i>Piper longum</i> L.	Fruit	3 masha
	12.	Pomegranate essence		Fruit	1g
	13.	Glycerine (pharmaceutical grade)			12 ounce
	14.	Liquid red colour (food grade)			1g
Method of preparation	Common preparation method of Avaleha kalpana.				
Best use before	3 years				
Properties/Health benefits	Medhya (Brain tonic) and Hridya (cardio tonic)				
Classical Indications	Pitta vikara (Disorders due to pitta vitiation), Daha (Burning sensation), Amlapitta (Hyper acidity), Kshaya (Pthisis), Raktapitta (Bleeding disorder), Trishna (Thirst), Atisara (Diarhoea), Sangrahani (Malabsorption syndrome), Generalised weakness, Netra roga (Eye disorders), Shiro-roga (Headache), Sun-stroke, Dhatu-srava(depletion of tissues), Aruchi (Tastelessness)				
Contraindications if any	-				
Special precautions	-				
Others	Dose - 6 masha -1 tola Anupana - Normal Water/ luke warm water				

Name of formulation	Arkilikahara Leha
Reference	Ka. Sa. Chi, dwivraniya chikitsa.
Category	Lidha (Lickable)
Label Claim	Disease risk reduction



Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Shali	<i>Oryza sativa</i> L.	Seed	1 part
	2.	Sharkara	Sugar		Qs
	3.	Madhu	Honey		Qs
	4.	Navaneet	Butter		Qs
Method of preparation	Shali pishti mix with Sharkara Madhu Navneet. All ingredients q.s				
Best use before	3 years				
Properties/Health benefits	Madhura (sweet in taste), snigdha (unctuous), pittashamaka (pacifies pitta dosha)				
Classical Indications	Arkilika/charmakeela (corn).				
Contraindications if any	Madhumeha (diabetes)				
Special precautions	-				
Others	Anupana - Normal / luke warm water				

Name of formulation	Sahakaradi Lehya				
Reference	Pa.Da 8/ 1-8 p.100				
Category	Lidha (Lickable)				
Label Claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Sharkara	Sugar		Qs
	2.	Amra	<i>Mangifera indica</i> L	Fruit	1 part
	3.	Jala	Water		Qs
	4.	Aromatic Substances			Qs
Method of preparation	Boil ripe Amra (mango) with sugar, extract the pulp, and remove the skin and seeds. During the cooking process, thin the mixture by adding water when it becomes thick. Finally, filter it using linen. Once the preparation becomes lickable, remove it from the fire and place it in Pugapatta. Mix aromatic ingredients like camphor for fragrance.				
Best use before	3 years				
Properties/Health benefits	Laghu (light for digestion), madhura (sweet in taste), sheeta (cold in potency)				
Classical Indications	Jadyahara (Removes frigidity), Kapha-Vatahara (Alleviates kapha and vata), Pittahara (Alleviates pitta dosha )				
Contraindications if any	-				
Special precautions	-				
Others	Anupana - Normal water or luke warm water				

Name of formulation	Navnitadi Lehya				
Reference	Vd.Chi 9/189				
Category	Lidha (Lickable)				
Label Claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Godugdha	Cow milk		
	2.	Navanita	Butter		
	3.	Takra	Buttermilk		
	4.	Madhu	Honey		
	5.	Sita	Sugar		
Method of preparation	Mix all the ingredients uniformly and should be prepared like lehya consistency.				
Best use before	3 years				
Properties/Health benefits	Madhura (sweet in taste), snigdha (unctuous), sheeta (cold in potency), guru (heavy to digest)				
Classical Indications	Raktatisara (Bloody diarrhoea), Grahani (Malabsorption syndrome)				
Contraindications if any	Madhumeha (diabetes)				
Special precautions	-				
Others	-				

Name of formulation	Kushmanda Rasayana				
Reference	Sa.Yo Lehya Prakarana				
Category	Lidha (Lickable)				
Label Claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Kushmanda swarasa	<i>Benincasa hispida</i> (Thunb) Cogn.	Fruit	1 adhaka
	2.	Guda	Jaggery		1 adhaka
	3.	Ela	<i>Elettaria cardamomum</i> Maton.	Fruit	1 pala
	4.	Lavanga	<i>Syzygium aromaticum</i> L. Merr. & Perry	Flower bud	1 pala
	5.	Maricha	<i>Piper nigrum</i> L.	Fruit	1 pala
	6.	Jeeraka	<i>Cuminum cyminum</i> L.	Fruit	1 pala
	7.	Shunthi	<i>Zingiber officinale</i> Rosc.	Rhizome	1 pala
	8.	Tejpatra	<i>Cinnamomum tamala</i>	Leaves	1 pala
9.	Pippali	<i>Piper longum</i> L.	Fruit	1 pala	

	10.	Ghrita	Ghee		1 kudava
	11.	Sharkara	Sugar		8 pala
Method of preparation	Prepare lehya with the above drugs taken in the specified quantity and then add pieces of kushmanda (which were remained after expressing juice) fried in 16 pala of ghrita. There after add prakshepa dravyas and sharkara (sugar).				
Best use before	3 years				
Properties/Health benefits	Sugandhi (aromatic), madhura (sweet in taste), katu (pungent), rasayan (rejuvenator)				
Classical Indications	Kshaya (Pthisis), Asrigdara (Heavy menstruation), Raktapitta (Bleeding disorders), Kasa (Cough), Shwasa (Asthma), Aruchi (Tastelessness), Gudaroga (Anal disorders)				
Contraindications if any	Madhumeha (diabetes)				
Special precautions	Stored in ghrita bhanda / Snigdhabhanda (ghrita smeared vessel)				
Others	-				

Name of formulation	Lashuna Avaleha				
Reference	Ka.Sa. lashunkalp				
Category	Lidha (Lickable)				
Label Claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Lashuna	<i>Allium sativum</i> L.	Bulb	1 pala
	2.	Ghrita	Ghee		2 pala
	3.	Madhu	Honey		Qs
Method of preparation	Take Lashuna and grind to paste, fry in ghrita. Once cooled add madhu in this mixture and make avaleha.				
Best use before	3 years				
Properties/Health benefits	Tikta (bitter), katu (pungent), Madhura (sweet in taste), kashaya (astringent), ushna (hot in potency), tikshna (penetrating)				
Classical Indications	-				
Contraindications if any	-				
Special precautions	-				
Others	Anupana – Dugdha (Milk)				

Name of formulation	Yavadi leha				
Reference	Ca.Chi.11/28				
Category	Lidha (Lickable)				
Label Claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount

	1.	Yava	<i>Hordeum vulgare</i> L.	Fruit	
	2.	Godhuma	<i>Triticum aestivum</i> L.	Seed	
	3.	Sharkara	Sugar		
	4.	Jivaka	<i>Microstylis</i> <i>musifera</i> Ridley.	Rhizome	
	5.	Rishabhaka	<i>Microstylis</i> <i>wallichii</i> L.	Rhizome	
	6.	Madhu	Honey		
Method of preparation	Fry the flour of Yava and Godhuma in Ghrita, and then add the powder of Sharkara, Jivaka and Rishabhaka to it.				
Best use before	3 years				
Properties/Health benefits	Madhura (sweet in taste), snigdha (unctuous), guru (heavy to digest)				
Classical Indications	Indicated in Urahakshata (Chest injury) patients, if patient is kshina (Impaired), Kshama (Discoloured), Krisha (Emaciated)				
Contraindications if any	Madhumeha (diabetes)				
Special precautions	-				
Others	Anupana – Kshrut ksheera (boiled and cooled milk)				

**Bhakshya / Bhakta**

Name of formulation	Bhakshyaraj				
Reference	Pa.Da. 2/1-8 , 9-20				
Category	Ashita (Eatable)				
Label Claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Godhuma	<i>Triticum aestivum</i> L	Seed	1 part
	2.	Chanaka	<i>Cicer arietinum</i> L.	Seed	½ part
	3.	Meda	Fat	-	1 part
	4.	Nishpava	<i>Dolichos lablab</i> L.	Seed	1 part
	5.	Narikela	<i>Cocos nucifera</i> L.	Endosperm	Qs
	6.	Ela	<i>Elettaria cardamomum</i> Maton.	Fruit	Qs
	7.	Lavana	Salt	-	Qs
	8.	Navneet	Buttermilk	-	Qs
	9.	Dugdha	Milk	-	Qs
Method of preparation	Take one part of the Godhuma (raw wheat) along with one part of sugandhita dravya (aromatic drugs) and cook it properly. To this add half part of cooked Chanaka (Bengal gram). Add one part of Meda (fat) and one part of Nishpava (Flat bean) along with fine pieces of Narikela (Coconut) mixed with Ela (Cardamom) and Salt in an appropriate quantity. Cook all the above substances properly and mix Butter extracted from boiled milk processed with aromatic substances like Karpura. After mixing all these, prepare the pills in the shape of seeds of lemon and keep them in pugapatta. After sometime cook these pills again and preserve them in Ghrita.				
Best use before	Within a day.				
Properties/Health benefits	Tikta (bitter), madhura (sweet in taste), ushna (hot in potency), guru (heavy to digest).				
Classical Indications	Beneficial in Vatahara (alleviates vata dosha), Pittahara (alleviates pitta dosha), Vrishya (Aphrodisiac), Agnivardhaka (stimulates digestive fire), Balya (strength promoting).				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Bhakta				
Reference	Bha.Ni.11/4-6				
Category	Ashita (Eatables)				
Label Claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Tandula	<i>Oryza sativa</i> L.	Seed	1 part

	2.	Jala	Water	-	5 part
Method of preparation	Cook Tandula with 5 parts of water and boil it over mild fire until Tandula is properly cooked.				
Best use before	Within a day				
Properties/Health benefits	Ushna virya (hot in potency), vishada (clear), deepana, pathya (wholesome), santarpana (saturating), ruchikara (imparts taste) and laghu (light for digestion).If bhakta is prepared from unwashed rice, the water not properly drained and consumed cold, then it is sheeta virya, guru guna, aruchikaraka and kapha vardhaka.				
Classical Indications	Beneficial in Karshya (Emaciation), Aruchi (Tastelessness), Agnimandhya (loss of appetite).				
Contraindications if any	-				
Special precautions	-				
Others	-				

**Chukra**



Name of formulation	Vrihat Chukra				
Reference	Cha.Da. 4/ 61				
Category	Pana (drinkable)				
Label Claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/ Amount
	1.	Tandulodaka	<i>Oryza sativa</i> L	-	64 part
	2.	Tushodaka	Sour gruel	-	192 part
	3.	Dadhi	<i>Punica granatum</i> L	-	32 part
	4.	Amalaki	<i>Embllica officinalis</i> Gaertn.	Dried fruit	32 part
	5.	Guda	Jaggery	-	64 part
	6.	Ardraka	<i>Zingiber officinale</i> Rosc.	Rhizome	64 part
	7.	Saindhava lavana	Rock salt	-	8 part
	8.	Jiraka	<i>Cuminum cyminum</i> L.	Fruit	8 part
	9.	Pippali	<i>Piper longum</i> L.	Fruit	8 part
	10.	Maricha	<i>Piper nigrum</i> L.	Fruit	8 part
	11.	Haridra	<i>Curcuma longa</i> L.	Rhizome	16 part
	12.	Mulaka	<i>Raphanus sativus</i> L.	Rhizome	32 parts
	13.	Chaturjata	Dalchini	<i>Cinnamomum Zeylanicum</i> Breyn. B lume.	Bark
	Ela		<i>Elettaria Cardamomum</i> Maton.	Fruit	1 part
	Tejpatra		<i>Cinnamomum tamala</i>	Leaves	1 part
	Nagakesara		<i>Mesua ferrea</i> L.	Stamen	1 part
Method of preparation	Keep Tandulodaka 640 ml, Tushodaka 1.92 kg, Dadhi 320 ml, Mulaka 320 gm, Guda 640 gm, Ardraka pieces 640 gm, Saindhava lavana 80 gm, Jiraka 80 gm, Pippali 80 gm, Maricha 80 gm, and Haridra 160 gm in a ghrita smeared firm vessel kept in a heap of paddy, barley, etc. for three days. However, this period may be four days in Summer and Autumn, six days in the Rainy season and Spring, and eight days in Winter (Hemanta and Shishira). Then strain it and add 40 gm of the powder of Chaturjata (Dalchini, Ela, Tejpatra, and Nagakesara).				
Best use before	Within a day.				
Properties/Health benefits	Deepana (increases digestive fire), pachana (easy to digest), aamdosha nashaka (digestion of undigested food).				
Classical Indications	Vataja, kaphaja, aamaja vikara (disorders due to vitiation of vata, Kapha and ama), Arsha (Piles), Vataja Gulma (Abdominal lump due to vata dosha), Shula (Pain), Udara roga (Abdominal disorders).				

Contraindications if any	-
Special precautions	-
Others	-

**Dadhi/Curd**

**Takra/Butter milk**

Name of formulation	Dadhi				
Reference	Pa.Da. 11/1-11				
Category	Lidha (Lickable)				
Label Claim	Health Benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Dugdha	Milk	-	Qs
	2.	Sharkara	Sugar	-	Qs
	3.	Matulunga	<i>Citrus medica</i> L.	Fruit	Qs
	4.	Jati pushpa	<i>Jasminum officinale</i> L.	Flowers	Qs
	5.	Sugandhit pushpa	Aromatic Flowers	Flowers	Qs
	6.	Karpura	<i>Cinnamomum karpura</i> L.	Sub. extract	Qs
	7.	Manda	Starch	-	Qs
8.	Navneet	Buttermilk	-	Qs	
Method of preparation	Take well-cooked, half-reduced milk and place it in the earthen pot and add sugar to it. Take Matulunga and cut it with a sharp edged knife. Remove all its seeds, inner skin, and pulp and wash them once or twice with water. Smear the inner portion of the fruit with a paste of karpura, etc. and other fragrant flowers like Jasmine. Drop all these flowers into the curd. Prepare lukewarm milk mixed with Manda and Navneet and place it in a Matulunga fruit cover, covering it with another remaining piece of lemon. By following this process, Dadhi will be produced.				
Best use before	Within a day.				
Properties/Health benefits	Madhura (sweet in taste), guru (heavy to digest) , ushna (hot in potency), nidrakara (sleep inducer), snigdha (unctuous)				
Classical Indications	Beneficial in Aruchi (tastelessness), Balapushtikara (increase strength and nourishes the body), Agnivaradhaka (increases digestive fire).				
Contraindications if any	Avoid during night time.				
Special precautions	-				
Others	-				

Name of formulation	Dadhi Guda				
Reference	Abhi. Chi. 21/5				
Category	Lidha (Lickable)				
Label Claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Guda	Jaggery	-	Qs
	2.	Dadhi	Curd	-	Qs

Method of preparation	Mix Dadhi with Guda.
Best use before	Within a day.
Properties/Health benefits	Brimhana (nourishes the body tissues), Sheeta (cold in potency).
Classical Indications	
Contraindications if any	Avoid at night.
Special precautions	-
Others	Anupana – Guduchi swarasa.

Name of formulation	Jiraka Dahi				
Reference	Si. Bhe.Ma. 4/17, Atisara Chikitsa				
Category	Lidha (Lickable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Krishna jiraka	<i>Carum bulbocastanum</i> Senel.	Fruit	Qs
	2.	Shweta jiraka	<i>Cuminum cyminum</i> L.	Fruit	Qs
	3.	Maricha	<i>Piper nigrum</i> L.	Fruit	Qs
	4.	Chitraka	<i>Plumbago Zeylanica</i> L.	Root	Qs
	5.	Dadhi	Curd	-	Qs
Method of preparation	Powder the drugs and mix them with Dadhi.				
Best use before	Within a day.				
Properties/Health benefits	Ushna (hot in potency), deepana (increases digestive fire), pachana (easy to digest), tikta (bitter), katu (pungent), ruksha (dry).				
Classical Indications	Beneficial in Atisara (Diarrhoea).				
Contraindications if any	Avoid during night.				
Special precautions	-				
Others	-				

Name of formulation	Sarshap Dahi				
Reference	Ka. k. katutailakalp 3				
Category	Lidha (Lickable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Sarshapa	<i>Brassica</i>	Seed	Qs

			<i>campestris</i> L.		
	2.	Masha	<i>Phaseolus Mungo</i> L.	Seed	Qs
	3.	Dadhi	Curd	-	Qs
Method of preparation	Process Mashodaka and Sarshap Taila and mix it with Dadhi.				
Best use before	Within a day.				
Properties/Health benefits	Madhura (sweet in taste), amla (sour), guru (heavy to digest) , ushna (hot in potency).				
Classical Indications	Pleeharoga (Spleenic disorders).				
Contraindications if any	Avoid during night.				
Special precautions	-				
Others	-				

Name of formulation	Takra				
Reference	Bha.Ni.,11/162-163				
Category	Pana (drinkable)				
Label claim	Health Benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Dadhi	Curd	-	Qs
	2.	Hingu	<i>Ferula asfoetida</i> Regel.	Oleo-resin gum	Qs
	3.	Jiraka	<i>Cuminum cyminum</i> L.	Fruit	Qs
	4.	Lavana	Salt	-	Qs
	5.	Rajika	<i>Brassica juncea</i> L.	Seed	Qs
	6.	Jala	Water		Qs
Method of preparation	Take one part of Dadhi prepared from Mahisha Dugdha, which is Amla. Mix it with four parts of clean water and filter it. Take the required amounts of fried Hingu, Jiraka, Lavana and Rajika, Grind them to make a paste. Mix everything thoroughly or churn it to prepare Takra.				
Best use before	Within a day.				
Properties/Health benefits	Deepana (increases digestive fire), pachana (easy to digest), ruchikaraka (imparts taste), tripti karaka (satiating).				
Classical Indications	Beneficial in Udara roga (Abdominal diseases), Aruchi (Tastelessness), Daurbalya (Weakness), Karshya (Emaciation).				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Ghol				
Reference	Bha. Ni.,15/1, Takra varga				
Category	Pana (Drinkable)				
Label claim	Health Benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Dadhi	Curd		Qs
Method of preparation	Churn the curd, including the cream without mixing water.				
Best use before	Within a day.				
Properties/Health benefits	Alleviates vata and pitta dosha, Ahladjanaka.				
Classical Indications	-				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Mathita				
Reference	Bha.Ni. 15/1 Takra varga				
Category	Pana (Drinkable)				
Label claim	Health Benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Dadhi	Curd		Qs
Method of preparation	Churn the Curd by removing the cream layer on it without mixing water.				
Best use before	Within a day.				
Properties/Health benefits	Alleviates kapha and pitta dosha.				
Classical Indications	-				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Udashvita				
Reference	Bha.Ni. 15/1 Takra varga				
Category	Pana (Drinkable)				
Label claim	Health Benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Dadhi	Curd		Qs
	2.	Jala	Water		Qs

Method of preparation	Mix ½ of water in the required quantity of curd.
Best use before	Within a day.
Properties/Health benefits	-
Classical Indications	-
Contraindications if any	-
Special precautions	-
Others	-

Name of formulation	Chhachhika				
Reference	Bha.Ni. 15/1 Takra varga				
Category	Pana (Drinkable)				
Label claim	Health Benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Dadhi	Curd	-	Qs
	2.	Jala	Water	-	Qs
Method of preparation	Churn the Curd to remove butter out of it and add ample of water to it.				
Best use before	Within a day.				
Properties/Health benefits	-				
Classical Indications	-				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Takrayoga				
Reference	Bri.Ni.Ra. Chap-1, Ajirnadhikara, P-40 vol 5				
Category	Pana (drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Takra	Buttermilk	-	Qs
	2.	Jiraka	<i>Cuminum cyminum L.</i>	Fruit	Qs
	3.	Yavakshara	<i>Hordeum vulgare L.</i>	Whole plant	Qs
Method of preparation	Mix Jiraka powder into Takra, then cook it, and serve it by adding Yavakshar.				
Best use before	Within a day.				
Properties/Health	Laghu (light for digestion), ruksha (dry), katu (pungent).				



benefits	
Classical Indications	Beneficial in Visuchika (Cholera).
Contraindications if any	-
Special precautions	-
Others	-

Name of formulation	Agnivardhaka Takra				
Reference	Ru.Ra, Shloka-97, P- 47				
Category	Pana (drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Takra	Buttermilk	-	Qs
	2.	Saindhava lavana	Rock salt	-	Qs
	3.	Jiraka	<i>Cuminum cyminum</i> L.	Fruit	Qs
	4.	Ardraka	<i>Zingiber officinale</i> Rosc.	Rhizome	Qs
5.	Ela	<i>Elettaria cardamomum</i> Maton.	Fruit	Qs	
Method of preparation	Grind Saindhava salt, Cumin seeds, and Ardraka well, then mix them into buttermilk (takra). Mix cardamom powder into this mixture.				
Best use before	Within a day				
Properties/Health benefits	Katu (pungent), tikta (bitter), Amla (sour), ushna (hot in potency), laghu (light for digestion)				
Classical Indications	Beneficial in Aruchi (Tastelessness), Agnimandhya (loss of appetite), Arsha (piles).				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Rochaka Takra				
Reference	Ru.Ra, shloka 98, P-47				
Category	Pana (drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Takra	Buttermilk	-	
	2.	Saindhava lavana	Rock salt	-	

	3.	Hingu	<i>Ferula asfoetida</i> Regel.	Oleo resin gum	
Method of preparation	Mix the stale buttermilk of the previous day with saindhava salt and filter it with a clean cloth or sieve. Incense it with asafoetida etc.				
Best use before	Within a day				
Properties/Health benefits	Katu (pungent), tikta (bitter), Amla (sour), ushna (hot in potency), laghu (light for digestion)				
Classical Indications	Beneficial in Aruchi (Tastelessness), Agnimandhya (loss of appetite), Arsha (Piles)				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Dveshahara Takra				
Reference	Ru.Ra, shloka 99, p 47				
Category	Pana (drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Dadhi	Curd	-	
	2.	Saindhava lavana	Rock salt	-	
	3.	Ela	<i>Elettaria Cardamomum</i> Maton.	Fruit	
	4.	Shunthi	<i>Zingiber officinale</i> Rosc.	Rhizome	
	5.	Jala	Water		
Method of preparation	Take cardamom, shunthi, saindhava salt and ripened lemon juice in proper quantity. Mix them with the required amount of Dadhi and churn it. Then add one fourth water and churn it again. The takra (buttermilk) prepared in this way removes bhaktadwesh i.e., disinterest of food when drunk.				
Best use before	Within a day				
Properties/Health benefits	Katu (pungent), tikta (bitter), Amla (sour), ushna (hot in potency), laghu (light for digestion)				
Classical Indications	Beneficial in Aruchi (Tastelessness), Agnimandhya (loss of appetite), Arsha (Piles).				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Divya Takra				
Reference	Ru.Ra, shloka 100, p. 49				
Category	Pana (drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Takra	Buttermilk	-	
	2.	Karpura	<i>Cinnamomum karpura</i> L.	Sub. extract	
	3.	Ardraka	<i>Zingiber officinale</i> Rosc.	Rhizome	
Method of preparation	Set the curd with well-boiled milk. Add Ardraka to buttermilk made of such curd. Then add karpura to it and keep it in earthen pot.				
Best use before	Within a day				
Properties/Health benefits	Katu (pungent), Amla (sour), ushna (hot in potency), laghu (light for digestion)				
Classical Indications	Beneficial in Aruchi (Tastelessness), Agnimandhya (loss of appetite), Arsha (Piles).				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Piyusha Takra				
Reference	Ru.Ra, shloka 101, P. 49				
Category	Pana (drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Dadhi	Curd	-	I part
	2.	Saindhava lavana	Rock salt	-	Qs
	3.	Ardraka	<i>Zingiber officinale</i> Rosc.	Rhizome	Qs
	4.	Hingu	<i>Ferula asfoetida</i> Regel.	Oleo gum resin	Qs
	5.	Karpura	<i>Cinnamomum karpuraa</i> (L.) Nees & V Eberm.	Sub. extract	Qs
Method of preparation	Take curd prepared from sweet, well boiled milk; Add saindhava lavana, Ardraka and karpura to it. Then incense it with Hingu etc. in another vessel.				
Best use before	Within a day				
Properties/Health	Katu (pungent), amla (sour), ushna (hot in potency), laghu (light for				

benefits	digestion)
Classical Indications	Beneficial in Aruchi (Tastelessness), Agnimandhya (loss of appetite), Arsha (Piles)
Contraindications if any	-
Special precautions	-
Others	-

Name of formulation	Temana Takra				
Reference	Pa.Da 1/ 142-150				
Category	Pana (drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Takra	Butter Milk	-	1 part
	2.	Tila taila	<i>Sesamum indicum L.</i>	-	Qs
	3.	Lashuna	<i>Allium sativum L.</i>	Bulb	Qs
	4.	Ardraka	<i>Zingiber officinale</i> Rosc.	Rhizome	Qs
	5.	Katphala	<i>Myrica esculenta</i> Buch-Ham, Ex. D.Don.	Fruit	Qs
	6.	Dhanyaka	<i>Coriandrum sativum L.</i>	Fruit	Qs
	7.	Shunthi	<i>Zingiber officinale</i> Rosc.	Rhizome	Qs
	8.	Lavana	Salt		Qs
	9.	Jambiri nimbu	<i>Citrus lemon L.</i> ) Burm. f.	Fresh fruit	Qs
	10.	Hingu	<i>Ferula asfoetida</i> Regel	Oleo resin gum	Qs
	11.	Maricha	<i>Piper nigrum L.</i>	Fruit	Qs
	12.	Matulunga	<i>Citrus medica L.</i>	Fresh fruit	Qs
	13.	Karpura	<i>Cinnamomum karpuraa L.</i> ) Nees & V Eberm.,	Sub. extract	Qs
	14.	Kasturi	Musk	-	Qs
15.	Ketaki pushpa	<i>Pandanus tectorius soland.</i>	Flower	Qs	
Method of preparation	Mix Tila Taila (sesame oil) with the well-churned Takra (buttermilk) and fragrant it with aromatic flowers. Retrieve the aromatic flowers dipped in Takra (buttermilk), then mix them with pieces of Lashuna and Ardraka. Subsequently, blend the mixture with leaves of Katphala, Dhanyaka, dried Ardraka powder, salt, and Jambiri lemon in appropriate				

	quantities. Stir the mixture well after adding Hingu and Maricha. Place the prepared buttermilk on fire, mix using a ladle, and finally, cover its mouth and cook it again. When completely prepared, drop the leaves of Matulung, karpura, musk, and ketaki flower.
Best use before	Within a day
Properties/Health benefits	Ushna (hot in potency), tikta (bitter), katu (pungent), ruksha (dry), tikshna (penetrating), Laghu (Light)
Classical Indications	Vata-kaphahara (Reduce vata and kapha)
Contraindications if any	-
Special precautions	-
Others	-

Name of formulation	KhalaTakra				
Reference	Pa.Da, Chapter 1, Sloka 151-152, Page 31				
Category	Pana (drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Punarnava	<i>Boerhavia diffusa</i> L	Whole plant	Qs
	2.	Chitraka	<i>Plumbago zeylanica</i> L	Root	Qs
	3.	Ajaji	<i>Cuminum cyminum</i> L	Fruit	Qs
	4.	Takra	Butter Milk	-	1 part
	5.	Karpura	<i>Cinnamomum karpura</i> L.) Nees & V Eberm.,	Sub. extract	Qs
Method of preparation	Take Punarnava, Chitraka, and Ajaji, along with Takra (buttermilk), and scent it with Karpura and other aromatic plants.				
Best use before	Within a day				
Properties/Health benefits	Ushna (hot in potency), tikta (bitter), katu (pungent), ruksha (dry), tikshna (penetrating)				
Classical Indications	Vatahara, Kaphahara (alleviates vata and kapha dosha), Gulmahara (relieves abdominal lump), Agnivardhaka (increases agni)				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Trikatu Takra				
Reference	Pa.Da, 1/153-154, P-31				
Category	Pana (drinkable)				
Label claim	Health benefit				
Ingredients	S.	Name of the	Botanical Name	Part Used	Ratio/Amount

	No.	Ingredients			
	1.	Shunthi	<i>Zingiber officinale</i> Rosc.	Rhizome	Qs
	2.	Maricha	<i>Piper nigrum</i> L.	Fruit	Qs
	3.	Pippali	<i>Piper longum</i> L.	Fruit	Qs
	4.	Takra	Buttermilk	-	1 part
	5.	Ajamoda	<i>Trachyspermum</i> <i>roxburghianum</i> (DC.) Craib	Fruit	Qs
	6.	Aromatic Flowers		-	Qs
Method of preparation	Mix Trikatu powder with buttermilk (takra) and Ajamoda, and make it fragrant by adding aromatic flowers.				
Best use before	Within a day				
Properties/Health benefits	Ushna (hot in potency), tikta (bitter), katu (pungent), ruksha (dry), tikshna (penetrating)				
Classical Indications	Beneficial in Udara roga (Abdominal disorders), Agnivardhaka (Increases Digestive fire)				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Saindhavadi Takra				
Reference	Ka. bhojankalpadhyaya chap 7				
Category	Pana (drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Takra	Butter milk		1 part
	2.	Saindhava lavana	Rock salt	-	Qs
	3.	Sauvarchal lavana	Black salt	-	Qs
	4.	Vida lavana		-	Qs
	5.	Sharkara	Sugar	-	Qs
	6.	Navneet	Butter	-	Qs
Method of preparation	Prepare takra by mixing Saindhava, Sauvarchal, Vida lavana, sharkara, and Navneeta.				
Best use before	Within a day				
Properties/Health benefits	Laghu (light for digestion), amla (sour), ushna (hot in potency), ruksha (dry)				
Classical Indications	-				
Contraindications if any	-				

Special precautions	-
Others	-

Name of formulation	Vyoshadi Takra				
Reference	Ca.Chi.12/27				
Category	Pana (drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Maricha	<i>Piper nigrum</i> L.	Fruit	Qs
	2.	Shunthi	<i>Zingiber officinale</i> Rosc.	Rhizome	Qs
	3.	Pippali	<i>Piper longum</i> L.	Fruit	Qs
	4.	Sauvarchal Lavana	Salt	-	Qs
	5.	Madhu	Honey	-	Qs
	6.	Takra	Butter milk	-	1 part
Method of preparation	Mix Trikatu, sauvarchal lavana, and madhu in takra.				
Best use before	Within a day				
Properties/Health benefits	Amla (sour), tikta (bitter), katu (pungent), ushna (hot in potency), laghu (light for digestion)				
Classical Indications	Beneficial in Gurubhinnavarcha (Heavy and disintegrating faeces) in shotha (inflamed) patient				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Triushnadi Takra				
Reference	Ca.Chi.13/102				
Category	Pana (drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Takra	Butter milk	-	1 part
	2.	Pippali	<i>Piper longum</i> L.	Fruit	Qs
	3.	Shunthi	<i>Zingiber officinale</i> Rosc.	Rhizome	Qs
	4.	Maricha	<i>Piper nigrum</i> L.	Fruit	Qs
	5.	Yavakshara	<i>Hordeum vulgare</i> L.	Whole plant	Qs
	6.	Saindhava	Rock salt	-	Qs

	lavana		
Method of preparation	Prepare takra from the above-mentioned drugs.		
Best use before	Within a day		
Properties/Health benefits	Ushna (hot in potency), tikta (bitter), katu (pungent), Amla (sour), ruksha (dry), laghu (light for digestion)		
Classical Indications	Beneficial in Nichayoudar (Abdominal diseases due to all three doshas)		
Contraindications if any	-		
Special precautions	-		
Others	-		

Name of formulation	Pippalyadi Takra				
Reference	Ca.Chi.13/102				
Category	Pana (drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Takra	Butter milk	-	1 part
	2.	Pippali	<i>Piper longum</i> L.	Fruit	Qs
	3.	Saindhava lavana	Rock salt	-	Qs
Method of preparation	Prepare takra using the above mentioned drugs.				
Best use before	Within a day				
Properties/Health benefits	Ushna (hot in potency), katu (pungent), Amla (sour), ruksha (dry), laghu (light for digestion)				
Classical Indications	Vatodara roga (Abdominal diseases due to vata dosha)				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Sharkaradi Takra				
Reference	Ca.Chi.13/103				
Category	Pana (drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Takra	Butter milk	-	
	2.	Sharkara	Sugar	-	
	3.	Madhuka (yasti)	<i>Glycyrrhiza glabra</i> L.	Stem & root	
Method of preparation	Prepare takra using the above mentioned drugs.				
Best use before	Within a day				



Properties/Health benefits	Ushna (hot in potency), Madhura (sweet in taste), Amla (sour), ruksha (dry), laghu (light for digestion)
Classical Indications	Pittodara roga (Abdominal disease due to pitta dosha)
Contraindications if any	-
Special precautions	-
Others	-

Name of formulation	Yavanyadi Takra					
Reference	Ca.Chi.13/103					
Category	Pana (drinkable)					
Label claim	Health benefit					
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount	
	1.	Takra	Butter milk	-	1 part	
	2.	Trikatu	Pippali	<i>Piper longum</i> L.	Fruit	Qs
			Maricha	<i>Piper nigrum</i> L.	Fruit	Qs
			Shunthi	<i>Zingiber officinale</i> Roxb	Rhizome	Qs
	3.	Saindhava lavana	Rock salt	-	Qs	
	4.	Ajaji	<i>Cuminum cyminum</i> L	Fruit	Qs	
5.	Yavani	<i>Trachyspermum ammi</i> (L.)	Fruit	Qs		
Method of preparation	Prepare takra using the drugs mentioned above.					
Best use before	Within a day					
Properties/Health benefits	Ushna (hot in potency), katu (pungent), Amla (sour), ruksha (dry), laghu (light for digestion)					
Classical Indications	Beneficial in Kaphodara (Abdominal disease due to kapha dosha)					
Contraindications if any	-					
Special precautions	-					
Others	-					

Name of formulation	Madvadi Takra				
Reference	Ca.Chi.13/105				
Category	Pana (drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Takra	Butter milk	-	1 part

	2.	Madhu	Honey	-	Qs
	3.	Tila taila	<i>Sesamum indicum</i> L.	-	Qs
	4.	Vacha	<i>Acorus calamus</i> L	Rhizome	Qs
	5.	Shunthi	<i>Zingiber officinale</i> Roxb	Rhizome	Qs
	6.	Satavha	<i>Foeniculum vulgare</i> Mill.	Fruit	Qs
	7.	Kustha	<i>Saussurea lappa</i> CB. Clarke.	Root	Qs
	8.	Saindhava lavana	Rock salt	-	Qs
Method of preparation	Prepare takra using the drugs mentioned above.				
Best use before	Within a day				
Properties/Health benefits	Ushna (hot in potency), katu (pungent), Amla (sour), madhura (sweet in taste), ruksha (dry), laghu (light for digestion)				
Classical Indications	Beneficial in Plihodara (Spleenomegaly)				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Hapushadi Takra				
Reference	Ca.Chi.13/103				
Category	Pana (drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Takra	Butter milk	-	1 part
	2.	Hapusha	<i>Juniperus communis</i> L.	Fruit	Qs
	3.	Yavani	<i>Trachyspermum ammi</i> (L.)	Fruit	Qs
	4.	Ajaji	<i>Cuminum cyminum</i> L	Fruit	Qs
	5.	Saindhava lavana	Rock salt	-	Qs
Method of preparation	Prepare takra using the drugs mentioned above.				
Best use before	Within a day				
Properties/Health benefits	Ushna (hot in potency), katu (pungent), Amla (sour), ruksha (dry), laghu (light for digestion)				
Classical Indications	Beneficial in Badhodararoga (Obstructed abdomen)				
Contraindications if any	-				

Special precautions	-
Others	-

Name of formulation	Pippalimadu Takra				
Reference	Ca.Chi.13/105				
Category	Pana (drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Takra	Butter milk	-	1 part
	2.	Pippali	<i>Piper longum</i> L.	Fruit	Qs
	3.	Kshoudra	Honey	-	Qs
Method of preparation	Prepare takra using the above mentioned drugs.				
Best use before	Within a day				
Properties/Health benefits	Ushna (hot in potency), katu (pungent), Amla (sour), ruksha (dry), laghu (light for digestion)				
Classical Indications	Beneficial in Kchidrodar (Ruptured abdomen)				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Yavaninagaradya Takra				
Reference	Ca.Chi.14/99				
Category	Pana (drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Yavani	<i>Trachyspermum ammi</i> L.	Fruit	Qs
	2.	Nagara	<i>Cyperus rotundus</i> L.	Rhizome	Qs
	3.	Patha	<i>Cissampelos pareira</i> L.	Root	Qs
	4.	Dadima	<i>Punica granatum</i> L.	Seed	Qs
	5.	Guda	Jaggery	-	Qs
	6.	Takra	Butter milk	-	1 part
	7.	Saindhava lavana	Rock salt	-	Qs
Method of preparation of	Mix all the ingredients in takra.				
Best use before	Within a day				
Properties/Health benefits	Ushna (hot in potency), amla (sour), madhura (sweet in taste), tikta (bitter), ruksha (dry), laghu (light for digestion)				

Classical Indications	For vatavarchanuloman (Helps in easy downward movement of flatus and faeces) in Arsha (Piles) patients
Contraindications if any	-
Special precautions	-
Others	-

Name of formulation	Virasika				
Reference	Ka. visheshkalpadhyaya chap 8, shloka 105-106				
Category	Pana (drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Dadima	<i>Punica granatum</i> L	Seed	Qs
	2.	Takra	Butter milk	-	1 part
	3.	Mudga	<i>Phaseolus radiatus</i> L.	Seed	Qs
Method of preparation	Make soup using Mudga, Takra, and Dadima.				
Best use before	Within a day				
Properties/Health benefits	Amla (sour), ruksha (dry), ushna (hot in potency), grahi (absorbent and astringent activity),				
Classical Indications	Beneficial in Sannipatika jwara (Fever due to tridosha)				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Rochaka				
Reference	Ka. Khi. 4, shloka 36				
Label claim	Health benefit				
Category	Pana (drinkable)				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Dadima	<i>Punica granatum</i> L	Seed	Qs
	2.	Takra	Butter milk	-	1 part
Method of preparation	Prepare yusha from dadima and takra.				
Best use before	Within a day				
Properties/Health benefits	Amla (sour), ushna (hot in potency), grahi (A drug which has appetizing and digestive qualities as well as an absorbent action due to its hot quality) , laghu (light for digestion)				
Classical Indications	-				

Contraindications if any	-
Special precautions	-
Others	-

Dali /Soopa

Name of formulation	Pishtika				
Reference	Bha.Ni.11/40				
Category	Lidha (Lickable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Dala	Pulses	Seeds	1 part
Method of preparation	Soak dala in water for some time, then remove the husk. Macerate it on a stone slab and transform it into a dough or paste.				
Best use before	Within a day				
Properties/Health benefits	Guru (heavy to digest)				
Classical Indications	-				
Contraindications if any	Ajirna (dyspepsia), Agnimandhya (loss of appetite)				
Special precautions	-				
Others	-				

Name of formulation	Dali /Soopa				
Reference	Bha.Ni.11/7-8, Kai. Ni. 5/90-91				
Category	Pana (Drinkables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Dala	Pulses	Seeds	1 part
	2.	Lavana	Salt	-	Qs
	3.	Ardraka	<i>Zingiber officinale</i> Rosc.	Rhizome	Qs
	4.	Hingu	<i>Ferula asfoetida</i> Regel.	Oleo resin gum	Qs
5.	Jala	Water		16 part	
Method of preparation	Boil pulses in water, add lavana, Ardraka, and Hingu to prepare dala.				
Best use before	Within a day				
Properties/Health benefits	Vishtambhaka (constipating), ruksha(dry), sheetala (cold in potency). If supa is prepared after removing the husk of dala, it becomes very laghu.				
Classical Indications	Pratishyaya (Coryza)				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Mudga Soopa				
Reference	Bho. Ku., siddha anna prakarana				
Category	Ashita (eatable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Mudga	<i>Phaseolus radiates</i> L.	Seed	
	2.	Sharkara	Sugar	-	
	3.	Ghrita	Ghee	-	
	4.	Ela	<i>Elettaria Cardamomum</i> Maton.	Fruit	
Method of preparation	Mix equal amounts of sugar and ghee with the powder prepared from Mudga (green gram). Add Ela (cardamom), etc., and shape the mixture into balls.				
Best use before	Within a day				
Properties/Health benefits	Laghu (light for digestion)				
Classical Indications	-				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Masha Soopa				
Reference	Bho. Ku. Soopa prakaran, A.S. Su. 7/49.				
Category	Pana (Drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Masha	<i>Phaseolus mungo</i> L.	Seed	1 part
	2.	Hingu	<i>Ferula asfoetida</i> Regel.	Oleo resin gum	Qs
	3.	Ardraka	<i>Zingiber officinale</i> Rosc.	Rhizome	Qs
	4.	Lavana	Salt	-	Qs
	5.	Jala	Water	-	16 part
Method of preparation	Cook Masha (black gram) in water with the addition of salt, Ardraka, and Hingu (asafoetida) to make soup.				
Best use before	Within a day				
Properties/Health	Black-gram soup is known to produce excessive amounts of faeces.				



benefits	
Classical Indications	-
Contraindications if any	-
Special precautions	-
Others	-

Name of formulation	Kulattha Soopa				
Reference	Pa.Da 1/ 121-126				
Category	Pana (Drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Kulattha	<i>Dolichos biflorus</i> L.	Seed	1/5 part
	2.	Masha	<i>Phaseolus mungo</i> L. non Rosc. & auct.	Seed	1/5 part
	3.	Nishpava	<i>Dolichos lablab</i> L.	Seed	1/5 part
	4.	Tuvari	<i>Lens culinaris</i> L.	Seed	1/5 part
	5.	Chanaka	<i>Cicer arietinum</i> L.	Seed	1/5 part
	6.	Haridra	<i>Curcuma longa</i> L.	Rhizome	Qs
	7.	Hingu	<i>Ferula asfoetida</i> Regel.	Oleo resin gum	Qs
	8.	Karpura	<i>Cinnamomum karpuraa</i> (L.) Nees & V Eberm.	Sub. extract	Qs
	9.	Saindhava lavana	Rock salt	-	Qs
	10.	Jala	Water	-	16 parts
11.	Fragrant flowers				
Method of preparation	Dehusk kulattha, Masha, Nishpava, Tuvari and Chanaka and cook it with an equal amount of water. Add an appropriate amount of salt and Haridra (Turmeric powder), Hingu (Asafoetida) to the cooked lentils. Finally, flavor it with karpura and various fragrant flowers.				
Best use before	Within a day				
Properties/Health benefits	Ushna, (hot in potency) tikta (bitter), katu (pungent), ruksha (dry),				
Classical Indications	Aruchihara (alleviates tastelessness), Pittashamaka (pacifies pitta dosha)				
Contraindications if any	-				
Special precautions	-				
Others	-				

# Ghrita

## **General Description:**

Ghritas are preparations in which the Ghrita is boiled with prescribed liquid media [Svarasa / Kashaya etc.] and a fine paste [Kalka] of the drugs specified in the formulation composition. Unless specified otherwise Ghrita means Go Ghrita.

## **General Method of Preparation:**

There are usually three essential components in the manufacture of Ghrita Kalpana- Drava [Any liquid medium as prescribed in the composition], Kalka [Fine paste of the specified drugs], Sneha dravya [Ghrita] And, occasionally Gandha dravya [Perfuming agents]

If the kalka is one part by weight , ghrita should be 4parts and 16 parts of water are added in the place of drava dravya

If drava dravya is kwath, 1part kalka and 6 part ghrita is taken.

If the drava dravya is swarasa, milk, butter milk, dadhi etc, 1part kalka, 8 part ghrita is taken, 16 times water is also added to ensure dissolution of active ingredients of drugs.

## **Three stages of Paka are specified for therapeutic purposes.**

a. Mridu Paka: In this stage, the Kalka looks waxy and when rolled between fingers, it rolls like lac without sticking. The Ghrita obtained at this stage is used for Nasya [Nasal instillation].

b. Madhyama Paka: In this stage, the Kalka becomes harder and rolls into Varti. It burns without crackling sounds when exposed to fire and phena [froth] will disappears in Ghrita. The Ghrita obtained at this stage is used for Pāna [Internal administration] and Vasti [Enema].

c. Khara Paka: Further heating of the Ghrita, leads to Khara pāka. Kalka becomes brittle when rolled in between fingers. The Ghrita obtained at this stage is used only for Abhyanga [External application]

Name of formulation	Goghrita				
Reference	Pa.Da, 1/ 181-189				
Category	Pana (drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Dugdha	Milk	-	1 part
	2.	Godhuma	<i>Triticum aestivum</i> L	Seed	Qs
	3.	Tambula Patra	<i>Piper betle</i> L.	Leaves	Qs
	4.	Takra	Buttermilk	-	Qs
	5.	Karpura	<i>Cinnamomum karpura</i> (L.) Nees & V Eberm.	Sub. extract	Qs
	6.	Aromatic Flowers		Flower	Qs
Method of preparation	Wash the white-colored butter until it becomes pale yellow. then heat it at low temperature. Filter it through a sieve. Then cook it by stirring with a ladle until it turns red after the disappearance of bubbles. Mix this ghrita with aromatic substances and wheat flour. Once the ghrita is properly cooked, remove it from heat. Afterward, drop betel leaves anointed with takra (buttermilk) and make the ghrita fragrant with karpura, etc.				
Best use before	2 yrs				
Properties/Health benefits	Kashaya (astringent), sheeta (cold in potency), ruchikar (imparts taste), durgandhyanashan (alleviates foul smell)				
Classical Indications	Vatashamaka (Alleviates vitiated vata dosha), Pittashamaka (Alleviates vitiated pitta dosha), Dhatuprasadan (Nourishment of tissues), Chakshushya (Good for eye), Graharogashamaka (Cures psychiatric disorders)				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Dhanyadi ghrita				
Reference	Bri. Ni.Ra., Ajiradhikar, page no.34, vol 5				
Category	Pana (drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Dhanyaka	<i>Coriandrum sativum</i> L	Fruit	½ part
	2.	Jiraka	<i>Cuminum cyminum</i> L.	Fruit	½ part

	3.	Ghrita	Ghee	-	4 part
Method of preparation	Make the Ghrita as general method of preparation by adding the decoction of Dhanyaka and Jiraka to it.				
Best use before	2 yrs				
Properties/Health benefits	Tikta (bitter), madhura (sweet in taste), katu (pungent), laghu (light for digestion), ushna (hot in potency)				
Classical Indications	Agnimandhya (loss of appetite), Aruchi (Tastelessness), Vatapittashamaka (Pacifies vata and pitta dosha)				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Jirakadi ghrita				
Reference	Vd.Chi 14/ 56				
Category	Pana (drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Jiraka	<i>Cuminum cyminum</i> L.	Fruit	2 pala
	2.	Dhanyaka	<i>Coriandrum sativum</i> L.	Fruit	2 pala
	3.	Goghrita	Cow ghee	-	1 prastha
	4.	Jala	Water		4 prastha
Method of preparation	Triturate Jiraka and Dhanyaka, make them into kalka form, then mix them with one prastha (768 gm) of ghrita and an appropriate quantity of water. Prepare Jirakadi ghrita as per the common preparation method.				
Best use before	2 yrs				
Properties/Health benefits	-				
Classical Indications	Aruchi (Tastelessness), Agnimandhya (loss of appetite), Vamana (Emesis).				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Guda ghrita				
reference	Bhai.Ra 27/36 .				
Category	Pana (drinkable)				
Label claim	Health benefit				
Ingredients	S.	Name of the	Botanical Name	Part Used	Ratio/Amount

	No.	Ingredients		
	1.	Guda	Jaggery	- 1/2 part
	2.	Ghrita	Ghee	- 1 part
Method of preparation	Mix ½ tola guda with 1 tola ghrita.			
Best use before	2 yrs			
Properties/Health benefits	kapha pitta shamaka (pacifies kapha and pitta dosha)			
Classical Indications	Vata rakta (Gout), Hridhya (Cardiotonic), Visarpa (Erysepalus).			
Contraindications if any	-			
Special precautions	-			
Others	-			

## **Ghritapura (Ghevar)**

Name of formulation	Ghritapura/Ghevara				
Reference	Kai. Ni.5/151, Ksh. Ku.tenth utsava shloka, 90				
Category	Khadita (Hard eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Dugdha	Milk	-	
	2.	Samita	<i>Triticum aestivum</i> L	Seed	
	3.	Narikela	<i>Cocos nucifera</i> L	Endosperm	
	4.	Sharkara	Sugar	-	
	5.	Ghrita	Ghee	-	
	6.	Jala	water	-	
	7.	Tila taila	Oil	-	
Method of preparation	Mix ghee with a small amount of water and paddle until it forms a white-colored paste. Add wheat or rice flour, crumble, and mix. Prepare batter by adding ½ cup of milk followed by chilled water. Whisk the batter until it becomes smooth, flowing with no lumps. Pour the batter with a splatter into Tila Taila kept on mild fire (Mandagni). and fry until it becomes golden brown. Remove the Ghritapura and drain off the oil. Make sugar syrup and pour it on the Ghritapura.				
Best use before	Within a day				
Properties/Health benefits	Madhura (sweet in taste), sheeta (cold in potency), snigdha (unctuous)				
Classical Indications	Hridya (Cardiotonic), Vrishya (Aphrodisiac), Brimhana (Nourishes the body tissues)				
Contraindications if any	Madhumeha (diabetes)				
Special precautions	-				
Others	-				

Name of formulation	Gharapupakam				
Reference	Ksh.ku. 10 <sup>th</sup> utsava				
Category	Khadita (Hard eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Maida	<i>Triticum aestivum</i> L.	-	
	2.	Ghrita	Ghee	-	
	3.	Sharkara	Sugar	-	
	4.	Dugdha	Milk	-	
Method of preparation	Fry maida, mixed with ghee and kneaded with milk, in ghee and sweeten it by adding sugar candy.				

Best use before	Within 3-5 days
Properties/Health benefits	Madhura (sweet in taste), guru (heavy to digest) , sheeta (cold in potency)
Classical Indications	This cake is very sweet and aphrodisiac, alleviates Pitta, is very unctuous, improves appetite, is good for the heart and alleviates Vata.
Contraindications if any	Madhumeha (diabetes), Santarpan janya roga (disease caused by excessive nourishment to body tissue)
Special precautions	-
Others	-



## **Guda (Jaggery preparation)**

Name of formulation	Triphala guda				
Reference	Bhai. Ra jwararogadhikara, chapt -5. Shloka 374				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Haritaki	<i>Terminalia chebula</i> Retz.	Fruit	1 part
	2.	Vibhitaki	<i>Terminalia belerica</i> Roxb	Fruit	1 part
	3.	Amalaki	<i>Emblica officinalis</i> Gaertn.	Dried fruit	1 part
	4.	Guda	<i>Saccharum officinarum</i> L.	-	1 part
Method of preparation	Prepare the coarse powder of triphala and make kwath from it then mix guda in it.				
Best use before	-				
Properties/Health benefits	Kashaya (astringent), Tikta (bitter), Ushna (hot in potency), Ruksha (dry)				
Classical Indications	Vishama jwara (intermittent fever)				
Contraindications if any	Atisara (diarrhoea)				
Special precautions	-				
Others	-				

# **Gulkanda**

Name of formulation	Gulkanda				
Reference	Si. Bhe.Ma., jwara prakarana, chaturtha guchha, shloka 41.				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Gulab petals	<i>Rosa centifolia</i> L.	Flower	1 part
	2.	Sharkara	Sugar	-	1 part
Method of preparation	Crush the petals of Rose. Spread a layer of rose petals in a dry glass jar. Now spread a layer of sugar over the rose petals evenly. Then again spread a layer of petals over the sugar layer. Repeat till all the petals are over. Close the jar with a lid and keep it in the sunlight for 7 – 10 days. Mix the Gulkand every other day using a clean spoon.				
Best use before	3 years				
Properties/Health benefits	Sheeta (cold in potency), snigdha (unctuous), madhura (sweet in taste), balya (strength promotor), pittashamaka (pacifies pitta dosha), dahashamaka (relieves burning sensation).				
Classical Indications	Pitta (Vitiation of pitta), Daha (Burning sensation)				
Contraindications if any	Madhumeha (diabetes)				
Special precautions	-				
Others	-				

Name of formulation	Gulkand jala				
Reference	Si. Bhe.Ma., atisara chikitsita, 174 pg				
Category	Ashita (Eatables)				
Label claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Bilwa	<i>Aegle marmelos</i> Correa ex Rosc.	Fruit pulp	
	2.	Mustaka	<i>Cyperus rotundus</i> L.	Rhizome	
	3.	Mishreya	<i>Foeniculum vulgare</i> Mill	Seed	
	4.	Gulkand	<i>Rosa centifolia</i> L.	-	
	5.	Jala	Water	-	
	6.	Mishri	Sugar candy	-	
Method of preparation	Boil water with Bilva, Mustaka, Mishreya, and Gulkand, then filter the mixture. Add Mishri to it.				
Best use before	3 years				
Properties/Health	Grahi (A drug which has appetizing and digestive qualities as well as				

benefits	an absorbent action due to its hot quality), sheeta (cold in potency), ruksha (dry), pachana (easy to digest), deepana (increases digestive fire)
Classical Indications	Rakta atisara (Bleeding diarrhoea)
Contraindications if any	Madhumeha (diabetes)
Special precautions	-
Others	-

## **Hamsini (Milk preparation)**

Name of formulation	Hamsini				
Reference	Ksh. Ku., 12 <sup>th</sup> utsava, shloka 35				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Dugdha	Milk	-	1 part
	2.	Dadhi	Curd	-	Qs
	3.	Ela	<i>Elletaria cardamomum</i> Maton.	Fruit	Qs
	4.	Maricha	<i>Piper nigrum</i> L.	Fruit	Qs
	5.	Sharkara	Sugar	-	Qs
Method of preparation	Mix the thick, water-free milk of a cow with curd and strain it. Then, add Sugar, Ela (cardamom), and Maricha (pepper).				
Best use before	Within a day				
Properties/Health benefits	Madhura (sweet in taste), katu (pungent), ushna (hot in potency), snigdha (unctuous)				
Classical Indications	Alleviates vata and pitta dosha, Improves appetite.				
Contraindications if any	Madhumeha (diabetes)				
Special precautions	-				
Others	-				

**Hima**



Name of formulation	Amradi hima				
Reference	Sha. Sam (M. Kha. 4/2)				
Category	Pana (drinkable)				
Label Claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Amra	<i>Mangifera indica</i> L.	Fruit	1/3 part
	2.	Jambu	<i>Syzygium cumini</i> L.	Fruit	1/3 part
	3.	Arjuna twak	<i>Terminalia arjuna</i> W& A.	Stem bark	1/3 part
	4.	Jala	Water		6 part
Method of preparation	Common preparation method- Coarsely powder all the ingredients and soak them overnight in six times the amount of water. The next morning, filter the solution.				
Best use before	Within a day				
Properties/Health benefits	Ruksha (dry), laghu (light for digestion), kashaya (astringent), madhura (sweet in taste), sheeta (cold in potency), mutrasangrahaniya (reducing secretion of the urine)				
Classical Indications	Raktapitta (Bleeding disorders)				
Contraindications if any	-				
Special precautions	-				
Others	Anupana – Kshodra (honey) Time of consumptions - Morning				

Name of formulation	Dhanyaka hima				
Reference	Sha.Sam(M. Kha. 4/7)				
Category	Pana (drinkable)				
Label Claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Dhanyaka	<i>Coriandru sativum</i> L.	Fruit	1 part
	2.	Jala	Water		6 part
Method of preparation	Common preparation method				
Best use before	Within a day				
Properties/Health benefits	Kashaya (astringent), tikta (bitter), madhura (sweet in taste), ushna (hot in potency), tridosahara (pacifies all three doshas), mutrala (diuretic), dahashamaka (pacifies burning)				
Classical Indications	Antardaha (Internal burning), Trishna (Thirst), Srotovishodhan (Cleaning of channels)				
Contraindications if any	Madhumeha (diabetes)				

any	
Special precautions	-
Others	Anupana – Sharkara Time of consumptions - Morning

Name of formulation	Dhanyakadi hima				
Reference	Sha.Sam(M. Kha. 4/8), Yo. Ra. Daha chi.-21,22				
Category	Pana (drinkable)				
Label Claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Dhanyaka	<i>Coriandrum sativum</i> L.	Fruit	1/5 part
	2.	Dhatri	<i>Emblica officinalis</i> Gaertn.	Fruit	1/5 part
	3.	Vasa	<i>Adhatoda vasica</i> Ness	Leaves	1/5 part
	4.	Draksha	<i>Vitis vinifera</i> L.	Fruit	1/5 part
	5.	Parpata	<i>Fumaria parviflora</i> Lam	Whole plant	1/5 part
	6.	Jala	Water		6 part
Method of preparation	Common preparation method				
Best use before	Within a day				
Properties/Health benefits	Kashaya (astringent), tikta (bitter), madhura (sweet in taste), tridosahara (pacifies all three doshas)				
Classical Indications	Raktapitta (Bleeding disorders), Jwara (Fever), Daha (Burning), Trishna (Thirst), Shosha (Cachexia)				
Contraindications if any	-				
Special precautions	-				
Others	Time of consumptions – Morning				

Name of formulation	Ajmodadi hima				
Reference	Si. Bhe.Ma., jwara prakarana, chaturtha guchha, shloka 31				
Category	Pana (drinkable)				
Label Claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Ajamoda	<i>Trachyspermum roxburghianum</i> (DC.) Craib	Fruit	1/2 part
	2.	Pippali	<i>Piper longum</i> L.	Fruit	1/2 part

	3.	Lavana	Salt	-	qs
	4.	Jala	Water		6 part
Method of preparation	Mix ajamoda and pippali in sufficient quantity of water. Next morning remove pippali from that and macerate ajamoda containing water and add lavana and crushed pippali.				
Best use before	Within a day				
Properties/Health benefits	Katu (pungent), ushna (hot in potency), tikshna (penetrating), deepana (increases digestive fire), pachana (easy to digest), vata kapha shamaka (pacifies vata and kapha dosha), Swedajanana (induces sweating)				
Classical Indications	Jirna jwara (Chronic fever)				
Contraindications if any	-				
Special precautions	-				
Others	Time of consumptions - Morning				

# **Indarika (Idli)**

Name of formulation	Indarika				
Reference	Ayu.Ma, pakvanna varga (16 <sup>th</sup> varga), Shloka 11				
Category	Ashita (Eatables)				
Label Claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Masha	<i>Phaseolus mungo</i> L. non Rosc. & auct.	Seed	1 part
	2.	Tandula	<i>Oryza sativa</i> L.	Seed	2 part
	3.	Saindhava lavana	Rock salt		Qs
Method of preparation	Black gram flour and rice flour are taken together and mixed thoroughly in water. This is kept overnight. This is taken and mixed once again for uniform distribution meanwhile quantity sufficient salt is added for taste. This is taken in an idly maker or steamer and subjected for steaming for 20 – 30 minutes. After proper cooking this is taken out.				
Best use before	Within a day				
Properties/Health benefits	Ruchya (imparts taste), vrishya (aphrodisiac), balya (strength promotor), guru (heavy in digestion), abhishyandi (block the channels)				
Classical Indications	-				
Contraindications if any	-				
Special precautions	-				
Others	-				

## **Kundalini (Jalebi)**

Name of formulation	Kundalini/Jalebi				
Reference	Bha.Ni.11/137-142, Ksh. Ku., tenth utsava, Shloka 122				
Category	Ashita (Etables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Ghrita	Ghee	-	½ sharava (192 gm)
	2.	Dadhi	Curd	-	½ prastha (384 gm)
	3.	Samita	<i>Triticum aestivum</i> L.	-	2 prastha (1.536 gm)
	4.	Sharkara/sita	Sugar	-	
Method of preparation	Take a mud pot. Then smear the interior surface of the pot with Dadhi (sour curd). Then, add Samita, Dadhyamla (sour curd) and Ghrita. Mix the mixture well, and place the pot in the sun until the content becomes sour. In a broad iron vessel, boil the Ghrita, and allow the mixture to fall into the boiling ghrita in a circular motion to create a ring-like structure inside. After cooking, take it out and immersed in Sita paka (sugar syrup), added with karpura and other fragrant substances.				
Best use before	Within a day				
Properties/Health benefits	Pushti (nourishes the body), kanti (enhances complexion), bala prada (strength promotor), dhatu vardhana (increase growth and development of tissues), virya vardhaka (aphrodisiac), ruchi karaka (imparts taste), indriya tarpaniya (nourishes all senses).				
Classical Indications	Aruchi (Tastelessness), Daurbalya (Weakness), Karshya (Emaciation), Shukrakshaya (Oligospermia)				
Contraindications if any	Madhumeha (diabetes)				
Special precautions	-				
Others	-				

## **Jaliha (Mango preparation)**



Name of formulation	Jaliha				
Reference	Bha.Ni.11/160-161				
Category	Pana (drinkables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Amra	<i>Mangifera indica</i> L.	Fruit	
	2.	Rajika	<i>Brassica juncea</i> (L.) Czern. & Coss.	Seed	
	3.	Lavana	<i>salt</i>	-	
	4.	Fried Hingu	<i>Ferula asfoetida</i> Regel.	Oleo resin gum	
	5.	Jala	Water		
Method of preparation	Make the unripe amraphala into paste, and add the powder of rajika, lavana, and fried hingu. Then dissolve it in water.				
Best use before	Within a day				
Properties/Health benefits	Ruchikaraka (imparts taste), kanthya (Substance promoting health and functioning of the throat), deepana (increases digestive fire)				
Classical Indications	Aruchi (Tastelessness), Daurbalya (Weakness), Karshya (Emaciation)				
Contraindications if any	-				
Special precautions	-				
Others	-				

## **Kwathita (Kadhi)**

Name of formulation	Kwathika/Kwathita				
Reference	Bho. Ku. siddhanna prakaran (bhakshya vishesh), Bha.Ni.11/69				
Category	Pana (drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Haridra	<i>Curcuma longa</i> L.	Rhizome	Qs
	2.	Hingu	<i>Ferula asfoetida</i> Regel.	Oleo – resin gum	Qs
	3.	Maricha	<i>Piper nigrum</i> L.	Fruit	Qs
	4.	Ardraka	<i>Zingiber officinale</i> Rosc.	Rhizome	Qs
	5.	Chavya	<i>Piper retrofractum</i> Vahl.	Stem	Qs
	6.	Chitraka	<i>Plumbago zeylanica</i> L.	Root	Qs
	7.	Pippali	<i>Piper longum</i> L.	Fruit	Qs
	8.	Pippalimula	<i>Piper longum</i> L.	Root	Qs
	9.	Dhanyaka	<i>Coriandrum sativum</i> L.	Fruit	Qs
	10.	Ajaji	<i>Cuminum cyminum</i> L.	Fruit	Qs
	11.	Saindhava Lavana	Rock salt	-	Qs
	12.	Dadima	<i>Punica granatum</i> L.	Seed	Qs
	13.	Haritaki	<i>Terminalia chebula</i> Retz	Fruit	Qs
	14.	Amalaki	<i>Emblica officinalis</i> Gaertn.	Fruit	Qs
	15.	Takra	Buttermilk	-	1 part
16.	Taila	Oil	-	Qs	
Method of preparation	Heat oil or ghee in a frying pan for frying haridra (turmeric) and hingu (asafetida). Then add Takra (buttermilk) and Maricha (pepper) to it. Prepare a paste using equal quantities of Ardraka, chavya, chitraka, pippali, pippalimula (root of pippali), Dhanyaka, ajaji (cumin seeds), Saindhava (rock salt), jiraka (cumin seeds), Dadima (pomegranate), Haritaki, Amalaki, and Hingu (asafetida). Add this paste and butter to buttermilk, and then boil it.				
Best use before	Within a day				
Properties/Health benefits	Kvathika alleviates vata and kapha, is cordial, immensely aids in imparting taste.				
Classical Indications	Diarrhoea due to ama, colicky pain and vata gulma. It treats kasa(cough) shwasa (dyspnoea), penetrating, Agnimandhya (stimulates				

	weakened digestive fire).
Contraindications if any	-
Special precautions	-
Others	-

Name of formulation	Kadhi				
Reference	Ayu.Ma, vyanjana varga (20 <sup>th</sup> varga), shloka 6 - 9				
Category	Pana (Drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Maricha	<i>Piper nigrum</i> L.	Fruit	Qs
	2.	Deepyaka (ajwain)	<i>Trachyspermum ammi</i> (L.) Sprague	Fruit	Qs
	3.	Shunthi	<i>Zingiber officinale</i> Rosc.	Rhizome	Qs
	4.	Chavya	<i>Piper retrofractum</i> Vahl.	Stem	Qs
	5.	Chitraka	<i>Plumbago Zeylanica</i> L.	Root	Qs
	6.	Pippali	<i>Piper longum</i> L.	Fruit	Qs
	7.	Pippalimula	<i>Piper longum</i> L.	Root	Qs
	8.	Dhanyaka	<i>Coriandrum Sativum</i> L.	Fruit	Qs
	9.	Ajaji	<i>Cuminum cyminum</i> L.	Fruit	Qs
	10.	Saindhava lavana	Rock salt	-	Qs
	11.	Jaran	Black salt		Qs
	12.	Dadima	<i>Punica granatum</i> L.	Seed	Qs
	13.	Pathya	<i>Terminalia chebula</i> Retz.	Fruit	Qs
	14.	Amalaki	<i>Emblica officinalis</i> Gaertn.	Dried fruit	Qs
15.	Takra	Butter milk	-	1part	
Method of preparation	Take equal quantity of all the ingredients and gram flour, mix it in buttermilk. Take a pan and put ghrita or taila into it for frying Haridra and Hingu. Then add the above-prepared mixture in buttermilk and cook.				
Best use before	Within a day				
Properties/Health benefits	Vata kapha shamaka (pacifies vata and kapha dosha), aruchi (imparts taste), udara shula nashaka (alleviates abdominal pain)				
Classical Indications	-				
Contraindications if any	-				
Special precautions	-				
Others	-				

## **Kalka (Vimardika)**

Name of formulation	Shunthi kalka				
Reference	Vd. Chi-vol-2, chap24 shula prakranam, shloka 66.				
Category	Lidha (Lickable)				
Label claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Shunthi	<i>Zingiber officinale</i> Roxb	Rhizome	1 part
	2.	Tila	<i>Sesamum Indicum</i> L.	Seed	1 part
	3.	Guda	<i>Saccharum officinarum</i> L.	-	1 part
	4.	Dugdha	Milk	-	Qs
Method of preparation	Mix Shunthi, Tila, and Guda kalka with an appropriate quantity of Dugdha.				
Best use before	Within a day				
Properties/Health benefits	Katu (pungent), tikta (bitter), madhura (sweet in taste), ushna (hot in potency)				
Classical Indications	Parinama shula (Abdominal colic occurring during digestion of food), Amavata (Rheumatism)				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Krishna Tila Kalka				
Reference	Abhi. Chi. 6/88				
Category	Lidha (Lickable)				
Label claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Krishna Tila	<i>Sesamum indicum</i> L.	Seed	1 part
	2.	Sharkara	Sugar		1 part
Method of preparation	Mix sharkara with Krishna tila kalka.				
Best use before	Within a day				
Properties/Health benefits	-				
Classical Indications	Rakta atisara (Bloody diarrhoea)				
Contraindications if any	-				
Special precautions	-				
Others	Anupana - Ajapaya (goat's milk)				

# **Kamblika**

Name of formulation	Kambalika				
Reference	Sho. Ni. 984-985, A.S.Su 7/49 – 50, Ka.Khi. 4, shloka 54-57				
Category	Pana (Drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Mamsa	Meat	-	
	2.	Phala	Fruit	Fruit	
	3.	Dhanya	Grain	Seed	
	4.	Jala	Water	-	
	5.	Dadima	<i>Punica granatum</i> L.	Seed	
	6.	Mulaka	<i>Raphanus sativus</i> L.	Root	
	7.	Tila kalka	<i>Sesamum indicum</i> L.	Seed	
	8.	Ardraka	<i>Zingiber officinarum</i> Rosc.	Rhizome	
	9.	Sarshap beeja	<i>Brassica compestris</i> L.	Seed	
	10.	Jiraka	<i>Cuminum cyminum</i> L.	Fruit	
	11.	Hingu	<i>Ferula asfoetida</i> Regel.	Oleo resin gum	
	12.	Takra	Buttermilk	-	
13.	Ghrita	Ghee	-		
Method of preparation	Boil buttermilk, water, and lentils on low heat. Heat ghrita in separate pan and add Prakshepa dravyas [Radish (mulaka), Tila kalka (sesame paste), Dadima (pomegranate), Ardraka (ginger), Sharshap beeja (mustard seeds), jiraka (cumin seeds), Hingu (asafoetida) etc.]. and spices to it.				
Best use before	Within a day				
Properties/Health benefits	Hridya (cardiotonic), chhedana (Corrosive action), Amla (sour), katu (pungent), ushna (hot in potency)				
Classical Indications	-				
Contraindications if any	-				
Special precautions	-				
Others	-				



# **Kanjika**

Name of formulation	Dhanyamla				
Reference	Ru.Ra,shloka 92				
Category	Pana (Drinkable)				
Label Claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Dhanyamla	Fermented liquid of cereal	-	1 part
	2.	Saindhava lavana	Rock salt	-	Qs
	3.	Jiraka	<i>Cuminum cyminum L.</i>	Fruit	Qs
	4.	Shunthi	<i>Zingiber officinale</i> Roxb	Rhizome	Qs
	5.	Hingu	<i>Ferula asfoetida</i> Regel.	Oleo-resin gum	Qs
Method of preparation	Mix shunthi (dry Ardraka powder), saindhava salt, and cumin seeds in dhanyamla(kanji made of grain). Scent it with roasted asafoetida.				
Best use before	Within a day				
Properties/Health benefits	Katu (pungent), tikta (bitter), amla (sour), ushna (hot in potency), laghu (light for digestion)				
Classical Indications	Aruchi (Tastelessness), Agnimandhya (loss of appetite)				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Karmarda kanji				
Reference	Ru.Ra, shloka 94				
Category	Pana (Drinkables)				
Label Claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Kanji	fermented sour gruel	-	1 part
	2.	Karamarda	<i>Carissa carandas</i> L.	Stem bark	Qs
	3.	Saindhava lavana	Rock salt	-	Qs
	4.	Shunthi	<i>Zingiber officinale</i> Rosc.	Rhizome	Qs
	5.	Ela	<i>Elettaria</i> Cardamomum Maton.	Fruit	Qs

Method of preparation	Prepare kanji from karmardaka (karonda processed with cardamom, dry Ardraka and saindhava lavana).
Best use before	Within a day
Properties/Health benefits	Katu (pungent), tikta (bitter), Amla (sour), ushna (hot in potency), laghu (light for digestion)
Classical Indications	Aruchi (Tastelessness), Agnimandhya (loss of appetite), Hridhya (Cardiotonic)
Contraindications if any	-
Special precautions	-
Others	-

Name of formulation	Takra kanji				
Reference	Ru.Ra, shloka 95				
Category	Pana (drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Takra	Buttermilk	-	Qs
	2.	Saindhava lavana	Rock salt	-	Qs
	3.	Kanji	Fermented sour gruel	-	1 part
4.	Rajika	<i>Brassica juncea</i> (L.) Czern. & Coss.	Seed	Qs	
Method of preparation	Mix kanji with rajika, saindhava salt and Takra(buttermilk)				
Best use before	Within a day				
Properties/Health benefits	Amla (sour), ushna (hot in potency), laghu (light for digestion)				
Classical Indications	Aruchi (Tastelessness), Agnimandhya (loss of appetite), Arsha (piles), Sthaulya (Obesity)				
Contraindications if any	-				
Special precautions	-				
Others	-				

## **Karpuranalika (Snack made of wheat flour)**

Name of formulation	Karpuranalika				
Reference	Bho. Ku. siddhanna prakaran (bhakshya vishesh), Bha.Ni.11/117-118				
Category	Ashita (eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Godhuma	<i>Triticum aestivum</i> L.	Seed	
	2.	Lavanga	<i>Syzygium aromaticum</i> (L.) Merr M.Perry	Flower bud	
	3.	Karpura	<i>Cinnamomum karpuraa</i> (L.) Nees & V Eberm.,	Sub. extract	
	4.	Pippali	<i>Piper longum</i> L.	Fruit	
	5.	Ghrita	Ghee	-	
	6.	Jala	Water	-	
	7.	Sita	Sugary syrup	-	
Method of preparation	Add Ghrita to Samita and shape it into long, small tube-like pieces. Fill the tube or nalika with a mixture of Lavanga, Pippali, Karpura, and Sita granules. Seal both ends of the tube and deep-fry it in ghrita.				
Best use before	Within a day				
Properties/Health benefits	Promotes growth, is aphrodisiac, strengthening very sweet and heavy, alleviates pitta and vata, imparts taste and is recommended for those with a strong digestive fire.				
Classical Indications	-				
Contraindications if any	-				
Special precautions	-				
Others	-				

## **Kashaya (decoction)**

Common preparation method of kashaya kalpana-

Coarsely powder the ingredients, add 16 times of water ,boil over mild heat until the total quantity of water is reduced to 1/8<sup>th</sup>.

Name of formulation	Amradi kashaya				
Reference	Vd. Chi-vol-2, Trishna prakaranam				
Category	Pana (Drinkable)				
Label Claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Amra	<i>Mangifera indica</i> L.	Seed	1 part
	2.	Jambu	<i>Syzygium cumini</i> L. Skeels	Seed	1 part
	3.	Jala	Water	-	16times
	4.	Madhu	Honey	-	Qs
Method of preparation	Common preparation method of kashaya kalpana				
Best use before	Within a day				
Properties/Health benefits	Sheeta (cold in potency), madhura (sweet in taste), Snigdha (unctuous), laghu (light for digestion)				
Classical Indications	Trishna (Thirst), Vaman (Vomiting)				
Contraindications if any	-				
Special precautions	-				
Others	Anupana - Madhu(honey)/ normal / luke warm water				

Name of formulation	Lajadi kashaya				
Reference	Vd. Chi-vol-2, Daha prakaranam				
Category	Pana (Drinkable)				
Label Claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Laja	Parched rice		1 part
	2.	Hribera	<i>Juniperus communis</i> L.	Fruit	1 part
	3.	Chandana	<i>Santalum album</i> L.	Heart wood	1 part
	4.	Ushira	<i>Vetiveria zizanioides</i> (L.) Nash.	Root	1 part
	5.	Jala	Water	-	16times
	6.	Sharkara	Sugar		Qs
Method of preparation	Common preparation method.				
Best use before	Within a day				
Properties/Health benefits	Sheeta (cold in potency), madhura (sweet in taste), laghu (light for digestion)				
Classical Indications	Daha (Burning sensation), Pitta jwara (Fever due to pitta dosha)				
Contraindications if any	-				

any	
Special precautions	-
Others	Anupana – Sharkara (sugar)

Name of formulation	Drakshadi kashaya				
Reference	Si. Bhe.Ma., jwara prakarana, chaturtha guchha, shloka 14				
Category	Pana (Drinkable)				
Label Claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Draksha	<i>Vitis vinifera</i> L.	Fruit	1 part
	2.	Mishreya	<i>Foeniculum vulgare</i> Mill.	Fruit	1 part
	3.	Yashti	<i>Glycyrrhiza glabra</i> L.	Stem & Root	1 part
	4.	Khubkala	<i>Sisymbrium irio</i> L.		1 part
	5.	Vanapsa	<i>Viola odorata</i> L.		1 part
	6.	Amaltaas	<i>Cassia fistula</i> L.	Stem bark	1 part
	7.	Chirpota	<i>Physalis minima</i> L.		1 part
	8.	Gulkand	<i>Rosa centifolia</i> L.		Qs
9.	Sita	Sugar		Qs	
Method of preparation	Common preparation method.				
Best use before	Within a day				
Properties/Health benefits	Madhura (sweet in taste), snigdha (unctuous), vranaropaka (wound healer), dahashamaka (pacifies burning sensation), sheeta (cold in potency)				
Classical Indications	Pittaja jwara (Fever due to pitta dosha), Anaha (Distension of abdomen due to obstruction of passage of urine and stool), Vidaha (Burning)				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Dhanyakadi kashaya				
Reference	Si. Bhe.Ma., jwara prakarana, chaturtha guchha shloka 22				
Category	Pana (Drinkable)				
Label Claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Dhanyaka	<i>Coriandrum sativum</i> L.	Fruit	1 part



	2.	Shunthi	<i>Zingiber officinale</i> Rosc.	rhizome	1 part
	3.	Nimbu	<i>Citrus limon</i> (Lilnn) Burm. F	Fruit	1 part
	4.	Jala	Water		16 times
Method of preparation	Common preparation method.				
Best use before	Within a day				
Properties/Health benefits	Ruchivardhaka (imparts taste), mutral (diuretic), dahashamaka (relieves burning), deepana (increases digestive fire), pachana (easy to digest), ushna (hot in potency), pittashamaka (pacifies pitta dosha)				
Classical Indications	Agnimandhya (loss of appetite), Mutravikara (Urinary disorders)				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Pachana Kashaya				
Reference	Sahasrayoga kashaya prakran shloka 1				
Category	Pana (Drinkable)				
Label Claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Musta	<i>Cyperus rotundus</i> Lunn.	Rhizome	1 part
	2.	Chandana	<i>Santalum album</i> L..	Heart wood	1 part
	3.	Shunthi	<i>Zingiber officinale</i> Rosc.	Rhizome	1 part
	4.	Sugandhabala	<i>Pavonia odorata</i> Willd.	Root	1 part
	5.	Parpataka	<i>Fumaria parviflora</i> Lam	Whole plant	1 part
	6.	Usheera	<i>Vetiveria zizaniodes</i> (L.) Nash.	Root	1 part
	7.	Jala	Water		16 times
Method of preparation	Common preparation method.				
Best use before	Within a day				
Properties/Health benefits	Sheeta (cold in potency), pachana (easy to digest), dahashamaka (relieves burning).				
Classical Indications	Pachana (Easy to digest), Trita shaman (Relieves thirst), Jwarahara (Fever)				
Contraindications if any	-				

Special precautions	-
Others	-

Name of formulation	Krishna jirakadi kashaya				
Reference	Si. Bhe.Ma., jwara prakarana, chaturtha guchha				
Category	Pana (Drinkable)				
Label Claim	Disease risk reduction				
Ingredients	S. No	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Jala	Water		16 times
	2.	Sita	Sugar		Qs
	3.	Krishna jiraka	<i>Cuminum cyminum</i> L.	Fruit	1 part
	4.	Ela	<i>Elettaria</i> <i>Cardamomum</i> Maton.	Fruit	1 part
	5.	Twak	<i>Cinnamomum</i> <i>zeylanica</i> L.	Stem bark	1 part
	6.				
Method of preparation	Common preparation method.				
Best use before	Within a day				
Properties/Health benefits	Ushna (hot in potency), sugandhi (aromatic), ruksha (dry), tikta (bitter), madhura (sweet in taste)				
Classical Indications	Sheeta jwara (Fever due to cold)				
Contraindications if any	-				
Special precautions	-				
Others	-				

**Khada/Khala**

Name of formulation	Khada Kamblika				
Reference	Su.su.46/375				
Category	Lidha (Lickable)				
Label Claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Dadhi mastu	Supernatant water of curd	-	Qs
	2.	Yusha (Soup)			1 part
Method of preparation	Process yusha with any of the Amla Rasa like Dadhi Mastu.				
Best use before	Within a day				
Properties/Health benefits	Hridya (cardiotonic)				
Classical Indications	Kapha- Vata roga (Disease due to kapha and vata dosha)				
Contraindications if any	-				
Special precautions	-				
Others	<p>Dadima Rasa Siddha Yusha – BalaVardhaka, Kapha-Vatahara, Agni Deepan (increases digestive fire)</p> <p>Dadhi SidhaYusha – Kaphakaraka, BalaVardhaka, Snigdha, VataShamaka, Guru</p> <p>Chhach SidhaYusha – Pittakrita, Visha and RaktaPrakopaka</p>				

Name of formulation	Balbilvadi khada				
Reference	Cha.Da. 3/43, page no. 44				
Category	Lidha (Lickable)				
Label Claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Pulp of bilwa	<i>Aegle marmelos</i> Correa ex Roxb	Fruit pulp	1 part
	2.	Tila Kalka	<i>Sesamum indicum</i> L	Seed	1 part
	3.	Takra	Butter milk		8 parts
Method of preparation	Cook one part of medicinal herbs or lentils in 8 parts of buttermilk on Mandagni until it reduces to half.				
Best use before	Within a day				
Properties/Health benefits	Tikta (bitter), katu (pungent), ushna (hot in potency)				
Classical Indications	Pravahika (Dysentery)				
Contraindications if any	-				
Special precautions	-				
Others					

Name of formulation	Kapitthadi khada				
Reference	Cha.Da. 6/ 16, page no. 70				
Category	Lidha (Lickable)				
Label Claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Kapittha pulp	<i>Feronia linonia</i> L.	Fruit	1/5 parts
	2.	Takra	Butter milk		8 parts
	3.	Changeri	<i>Oxalis corniculata</i> L.	Whole plant	1/5 parts
	4.	Maricha	<i>Piper nigrum</i> L.	Fruit	1/5 parts
	5.	Jiraka	<i>Cuminum cyminum</i> L.	Fruit	1/5 parts
	6.	Chitraka	<i>Plumbago zeylanica</i> L.	Root	1/5 parts
Method of preparation	Cook one part of medicinal herbs or lentils in 8 parts of buttermilk on Mandagni until it reduces to half.				
Best use before	Within a day				
Properties/Health benefits	Vata kapha nashaka (alleviates kapha and vata dosha), Grahi (A drug which has appetizing and digestive qualities as well as an absorbent action due to its hot quality), deepan (increases digestive fire), pachana (easy to digest)				
Classical Indications	Agnimandhya (loss of appetite)				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Kaitarya Khala					
Reference	Pa.Da, 1/158, Page 32					
Category	Lidha (lickable)					
Label Claim	Disease risk reduction					
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount	
	1.	Vyosha	Shunthi	<i>Zingiber officinale</i> Roxb	Rhizome	1/5 part
			Pippali	<i>Piper longum</i> L.	Fruit	
			Maricha	<i>Piper nigrum</i> L.	Fruit	
	2.	Kaitarya	<i>Myrica esculenta</i> Buch.-Ham.	Fruit	1/5 part	
	3.	Lashunaa	<i>Allium sativum</i> L.	Bulb	1/5 part	
	4.	Jiraka	<i>Cuminum cyminum</i> L.	Fruit	1/5 part	

	5.	Punarnava	<i>Boerhavia diffusa</i> L.	Whole plant	1/5 part
	6.	Saindhava lavana	Rock salt	-	Qs
	7.	Takra	Butter Milk	-	8 part
Method of preparation	Make Khala from Vyosha (Shunthi, Maricha, and Pippali), Kaitarya, Lashuna, Jiraka, Punarnava, and Saindhava salt.				
Best use before	Within a day				
Properties/Health benefits	Ushna (hot in potency), tikta (bitter), katu (pungent), ruksha (dry), tikshna (penetrating)				
Classical Indications	Agnivardhaka (Increases agni)				
Contraindications if any	Pittaj vyadhi (acidity)				
Special precautions	-				
Others	-				

Name of formulation	Vishishta khala				
Reference	Pa.Da, 1/159-164				
Category	Lidha (lickable)				
Label Claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Maricha	<i>Piper nigrum</i> L.	Fruit	
	2.	Lashuna	<i>Allium sativum</i> L.	Bulb	
	3.	Nirgundi	<i>Vitex negundo</i> L.	Seed	
	4.	Vaijayantika/Agni mantha	<i>Premna integrifolia</i> L.	Root	
	5.	Karnamala (Neelkamal)	<i>Nymphae stellata</i>	Seed	
	6.	Chitraka	<i>Plumbago zeylanical</i> L.	Root	
	7.	Amra	<i>Mangifera indica</i> L.	Fruit	
	8.	Jiraka	<i>Cuminum cyminum</i> L.	Fruit	
	9.	Hingu	<i>Ferula asfoetida</i> Regel.	Oleo resin gum	
	10.	Saindhava	Rock Salt		
	11.	Ajaji	<i>Cuminum cyminum</i> L.	Fruit	
	12.	Sarshapa	<i>Brassica campestris</i>	Seed	
	13.	Parpata	<i>Fumaria</i>	Whole	

			<i>parviflora</i> Lam	plant	
	14.	Methi	<i>Trigonella foenum</i> — <i>graecum</i> L.	Seed	Ingredients 1-14 together 1 part
	15.	Takra	Butter Milk		8 part
	16.	Ghrita	Ghee		Qs
Method of preparation	of	Mix the powder of Maricha, Lashuna, Nirgundi seed, Vaijayantika, Karnamala (Neelkamal), chitraka, amra , jiraka, Hingu, and saindhava salt with Takra (buttermilk) in proportionate quantity. Then filter the ingredients. Drop the filtrate into a cauldron and place it on fire. After adding an appropriate quantity of cow ghrita, mix the fried paste of Lashuna, ajaji, mustard seeds, hingu, parpata, and methika. Also, add Khala mixed with Takra (buttermilk). Cover the mouth of the cauldron with a lid and cook it.			
Best use before	Within a day				
Properties/Health benefits	Ushna (hot in potency), tikta (bitter), katu (pungent), ruksha (dry), tikshna (penetrating)				
Classical Indications	Vatahara (Alleviates vata dosha), Kaphahara (Pacifies the kapha dosha), Ushna virya (Hot in potency), Deepana (Increases digestive fire), Agnivridhikara (Increases digestive fire)				
Contraindications if any	Pittaj vyadhi (acidity)				
Special precautions	-				
Others	-				

# **Khanda**



Name of formulation	Kushmand Khandanda					
Reference	Abhi.Chi13/ 37-46, Ayurveda Sarasangriha, Edition 11 <sup>th</sup> , Avaleha-Paka Prakaran, pg no. 535					
Category	Ashita ( Eatables)					
Label Claim	Disease risk reduction					
Ingredients	S. No.	Name of the Ingredients		Botanical Name	Part Used	Ratio/Amount
	1.	Kushmand		<i>Benincasa hispida</i> (Thunb) Cogn.	Fruit	100 pala
	2.	Ghrita		Ghee		1 prastha
	3.	Pippali		<i>Piper longum</i> L.	Fruit	2/3 pala
	4.	Ardraka		<i>Zingiber officinale</i> Rosc.	Rhizome	2/3 pala
	5.	Jiraka		<i>Cuminum cyminum</i> L.	Fruit	2/3 pala
	6.	Trijata	Twak	<i>Cinnamomum zeylanicum</i> Blume.	Stem bark	1/2 pala
			Ela	<i>Elettaria Cardamomum Maton.</i>	Fruit	
			Tejpatra	<i>Cinnamomum tamal</i>	Leaves	
	7.	Maricha		<i>Piper nigrum</i> L.	Fruit	
	8.	Dhanyaka		<i>Coriandrum sativum</i> L.	Fruit	1/2 pala
9.	Kshaudra		Honey		1/2 pala	
10.	Sharkara		Sugar		100 pala	
Method of preparation	Take 100 pala of kushmand, de-seed it, boil it in water, and squeeze out the juice. Fry the extracted juice in 1 prastha of ghrita in a copper vessel until it attains a madhu color. Boil the extracted juice separately and add it to the fried kushmanda. Then, add 100 pala of sharkara and cook until it reaches a syrup consistency. Powder pippali, ardraka, jiraka (2 pala), twak, ela, tejpatra, maricha, and dhanyaka (1/2 pala), strain through cloth, and mix thoroughly. After cooling, add 1/2 pala of honey.					
Best use before	3 years					
Properties/Health benefits	Brimhana (Nourishes the body tissues), balya (strength promotor), varna prasadena (enhances complexion), vrishya (Aphrodisiac)					
Classical Indications	Raktapitta (Bleeding disorders), kshata ksheena (Weakness), jwara (fever)					
Contraindications if any	-					
Special precautions	-					
Others	-					

Name of formulation	Shunthi khanda					
Reference	Abhi.Chi30/49 -51					
Category	Ashita (Eatables)					
Label Claim	Disease risk reduction					
Ingredients	S. No.	Name of the Ingredients		Botanical Name	Part Used	Ratio/Amount
	1.	Shunthi		<i>Zingiber officinale</i> Roxb	Rhizome	8 pala
	2.	Ghrita		Ghee		20 pala
	3.	Goksheera		Cow Milk		2 prastha
	4.	Sharkara		Sugar		½ tula
	5.	Trikatu	Shunthi	<i>Zingiber officinale</i> Roxb	Rhizome	1 pala
			Maricha	<i>Piper nigrum</i> L.	Fruit	
			Pippali	<i>Piper longum</i> L.	Fruit	
	6.	Trijata	Twak	<i>Cinnamomum zeylanicum</i> Blume	Stem bark	1 pala
			Ela	<i>Elettaria Cardamomum</i> Maton.	Fruit	
Tejpatra			<i>Cinnamomum tamala</i>	Leaves		
Method of preparation	Fry Nagara in ghrita, then add godugdha, and boil the mixture until it reaches a thick consistency. Then add sharkara, trikatu and trijata in it.					
Best use before	3 years					
Properties/Health benefits	Dhatuvridhikara (improve dhatu), vali palita nashaka (alleviates wrinkles in skin and greying of hairs).					
Classical Indications	Amavata (rheumatism), balapushti vardhana (strength promotor).					
Contraindications if any	-					
Special precautions	-					
Others	-					

Name of formulations	KhandAmalaki				
References	Vri.Ma Parinamashuladhikar 27/60-64, Page no. 322				
Category	Ashita (Eatables)				
Label Claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount

	1.	Kushmand	<i>Benincasa hispida</i> (Thunb) Cogn.	Fruit	½ tula	
	2.	Ghrita	Ghee		½ prastha	
	3.	Khand	Sugar		½ tula	
	4.	Amalaki	<i>Emblica officinalis</i> Gaertn.	Fruit	1 prastha	
	5.	Pippali	<i>Piper longum</i> L.	Fruit	2 pala	
	6.	Ajaji	<i>Cuminum cyminum</i> L.	Fruit	2 pala	
	7.	Shunthi	<i>Zingiber officinale</i> Roxb	Rhizome	2 pala	
	8.	Maricha	<i>Piper nigrum</i> L.	Fruit	2 pala	
	9.	Talisa	<i>Abies webbiana</i> Lindle	Leaves	1 pala	
	10.	Dhanyaka	<i>Coriandrum sativum</i> L.	Fruit	1 pala	
	11.	Chaturjata	Twak	<i>Cinnamomum zeylanicum</i> Blume	Stem bark	1 karsha
			Ela	<i>Elettaria Cardamomum</i> Maton.	Fruit	1 karsha
			Tejapatra	<i>Cinnamimum tamal</i>	Leaves	1 karsha
			Nagakesara	<i>Mesua ferrea</i> L.	Stamen	1 karsha
	12.	Mustaka	<i>Cyperus rotundus</i> L.	Rhizome	1 karsha	
	13.	Madhu	Honey		1/2 karsha	
Method of preparations	Take kushmanda and boil it in water, then squeeze the kushmanda pieces. Keep aside the remaining water for further use. Next, fry the boiled and squeezed kushmanda pieces in ghrita. Mix khand, Amalaki rasa or the remaining water obtained from boiling kushmanda in the above mixture. Cook the mixture well until it thickens or reaches avaleha form. Add pippali, ajaji, shunthi, and maricha, talisa, dhanyaka, mustak and chaturjataka ingredients and madhu to it.					
Best use before	3 years					
Properties/Health benefits	Katu(pungent), tikta(bitter), ushna (hot in potency), ruksha(dry), laghu(light for digestion)					
Classical Indications	Tridoshaja paktishula (duodenal ulcer due to all three doshas), Chhardi (Emesis), Amalakupitta (Hyperacidity), Murchha (syncope), Shwasa (asthma), Kasa (cough), Arochaka (Tastelessness of mouth), Hridhya shula (cardiac pain), Raktapitta (bleeding disorders), Prishthashula (upper backpain).					
Contraindications	-					

if any	
Precautions	-
Others	-

# **Korvata**

Name of formulation	Korwat				
Reference	Ru.Ra. shloka 22				
Category	Ashita				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Masha	<i>Phaseolus mungo</i> L. non Rosc. & auct.	Seed	1 part
	2.	Dadhi	Curd		Qs
	3.	Ardraka	<i>Zingiber officinale</i> Rosc.	Rhizome	Qs
	4.	Tila taila	<i>Sesamum indicum</i> L		Qs
	5.	Jiraka	<i>Cuminum cyminum</i> L.	Fruit	Qs
	6.	Maricha	<i>Piper nigrum</i> L.	Fruit	Qs
	7.	Saindhava salt	Rock salt		Qs
	8.	Dalchini	<i>Cinnamomum Zeylanicum</i> Breyn. (B lume.	Stem bark	Qs
	9.	Hingu	<i>Ferula asfoetida</i> Regel.	Oleo resin gum	Qs
Method of preparation	Make korwat by cooking masha (urad) pithi in sesame oil processed with Maricha, Ardraka, cumin, saindhava salt, cinnamon, and asafoetida in curd or buttermilk solution.				
Best use before	Within a day				
Properties/Health benefits	Katu (pungent), Amla (sour), ushna (hot in potency)				
Classical Indications	Pinasa (Coryza), Shwas (Asthma), Agnimandhya (loss of appetite)				
Contraindications if any	-				
Special precautions	-				
Others	-				

## **Krishra (Kichhdi)**

Name of formulation	Krishra (khichdi)				
Reference	Ayu.Ma, pakvanna varga (15 <sup>th</sup> varga), (Bha.Ni.11/9), Bho. Ku.				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Tandula	<i>Oryza sativa</i> L.	Seed	½ part
	2.	Dala	Lentils	Seed	1 part
	3.	Jala	Water		3 part
	4.	Ardraka	<i>Zingiber officinale</i> Rosc.	Rhizome	Qs
	5.	Hingu	<i>Ferula asfoetida</i> Regel.	Oleo resin gum	Qs
	6.	Lavana	Salt		Qs
	7.	Ghrita	Ghee		Qs
	8.	Haridra	<i>Curcuma longa</i> L.	Rhizome	Qs
Method of preparation	Soak the rice and lentils in enough water, covering them for at least 30 minutes. Heat ghee in a vessel and add asafoetida and Ardraka paste. Drain all the water from the soaked rice and lentils, then dry roast them for 4–5 minutes. Add salt, turmeric, and water to the vessel and cook over medium flame until the rice and lentils are properly cooked.				
Best use before	Within a day				
Properties/Health benefits	Balya (tonic), kapha pitta kara (alleviates kapha and vata dosha), increase acidity, vata shamaka (pacifies vata dosha),				
Classical Indications	Daurbalya (Weakness)				
Contraindications if any	-				
Special precautions	-				
Others	-				



**Kshaar**

Name of formulation	Yavakshara Pana				
Reference	Vd.Chi. 21/ 75				
Category	Pana (Drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Yavakshara	<i>Hordeum vulgare</i> L.	Whole plant	1 masha
	2.	Sharkara	Sugar		1 karsh
	3.	Kushmanda swarasa	<i>Benincasa hispida</i> (Thunb) Cogn.	Fruit	1 pala
Method of preparation	Mix yavakshara and sugar (sharkara) powder in kushmanda swarasa.				
Best use before	Within a day				
Properties/Health benefits	Madhura (sweet), laghu (easy to digest), sheeta (cold in potency)				
Classical Indications	Mutra kriccha (Dysuria)				
Contraindications if any	Recurrent micturation				
Special precautions	-				
Others	-				

**Ksheera**

Name of formulation	Dugdhayoga				
Reference	Bri. Ni.Ra. , pandurogadhikar, page no.39				
Category	Pana (drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Dugdha	Milk	-	1 part
Method of preparation	Boil milk in an iron pot.				
Best use before	Within a day				
Properties/Health benefits	Madhura (sweet), snigdha (unctous), guru (heavy to digest), sheeta (cold in potency)				
Classical Indications	Pandua (Anaemia), Kshaya (Pthisis), Sangrahani (Malabsorption syndrome)				
Contraindications if any	-				
Special precautions	-				
Others	Time of consumptions – At night				

Name of formulation	Sharkara Yukta Dugdha				
Reference	Si. Bhe.Ma., swasthya samrakshana prakarana, triteeya guchha, shloka 33.				
Category	Pana (drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Sharkara	Sugar		Qs
	2.	Dugdha	Cow milk		1 part
Method of preparation	Mix sharkara with godugdha.				
Best use before	within a day				
Properties/Health benefits	Madhura (sweet in taste), balya (strength promotor), vata pitta shamaka (pacifies vata and pitta dosha), guru (heavy to digest)				
Classical Indications	Vrishya (Asphrodisiac)				
Contraindications if any	Diabetic				
Special precautions	-				
Others	Time of consumptions - At night				

Name of formulation	Golaka Dugdha				
Reference	Ru.Ra, shloka 21				
Category	Pana (drinkable)				
Label claim	Health benefit				

Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Ksheer	Milk		1part
Method of preparation	Filter the milk using a cloth or sieve, then cook it seven times in a new earthen pot until it thickens and forms a spherical, firm shape.				
Best use before	Within a day				
Properties/Health benefits	Madhura (sweet in taste), sheeta (cold in potency), snigdha (unctous), guru (heavy to digest)				
Classical Indications	Daurbalya (Weakness), Malabadhata (Constipation)				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Ksheer kharjurika				
Reference	Ayu.Ma pakvanna varga (15 <sup>th</sup> varga)				
Category	Pana (Drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Ksheer	Milk		Qs
	2.	Kharjura	<i>Phoenix dactylifera</i> L.	Fruit	1 part
Method of preparation	Boil kharjur (dates) in milk to make ksheer kharjurika.				
Best use before	Within a day				
Properties/Health benefits	Madhura (sweet), snigdha (unctous), sheeta (cold in potency), shukra vardhaka (aphrodisiac), mamsa balaprada (muscles and strength promotor)				
Classical Indications	Daurbalya (Weakness), Karshya (Emaciation), Aruchi (Tastelessness), Shukrakshaya (Deficiency of semen)				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Ksheersara				
Reference	Ru.Ra., shloka 20				
Category	Pana (Drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount

	1.	Dugdha	Milk		1 part
	2.	Khand	Sugar		Qs
	3.	Maricha	<i>Piper nigrum L.</i>	Fruit	Qs
	4.	Ela	<i>Elettaria cardamomum Maton.</i>	Fruit	Qs
Method of preparation	Boil the milk until it reaches a thicker consistency. Mix it with khand and Maricha powder. Fragrant with cardamom etc				
Best use before	Within a day				
Properties/Health benefits	Katu (pungent), tikta (bitter), madhura (sweet in taste), ruksha (dry), krimighna (anthelmintic)				
Classical Indications	Krimi (Anthelmintic), Agnimandhya (loss of appetite)				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Pippalyadi ksheera				
Reference	Bhai. Ra jwararogadhikara ,chpt .5,shlok no.377.				
Category	Pana (Drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Mishri	Sugar		Qs
	2.	Ghrita	Ghee		Qs
	3.	Ksheer	Thickened milk		1 part
	4.	Pippali	<i>Piper longum L.</i>	Fruit	Qs
5.	Madhu	Honey		Qs	
Method of preparation	Churn all the ingredients together and then administer.				
Best use before	within a day				
Properties/Health benefits	Sheeta (cold in potency), snigdha (unctous)				
Classical Indications	Vishama jwara (Intermittent fever)				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Panch kola Ksheera					
Reference	Ch.chi 15/16					
Category	Pana (Drinkable)					
Label claim	Health benefit					
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount	
	1.	Panchkola	Pippali	<i>Piper longum L.</i>	Fruit	Qs
			Pippalimula	<i>Piper longum L.</i>	Root	Qs
			Chavya	<i>Piper retrofractum Vahl.</i>	Stem	Qs
			Chitraka	<i>Plumbago Zeylanica L.</i>	Root	Qs
			Shunthi	<i>Zingiber officinale Roxb</i>	Rhizome	Qs
	2.	Ksheer	Milk		1 part	
Method of preparation	Boil all above ingredients in milk.					
Best use before	Within a day					
Properties/Health benefits	Bala (tonic), varnya (skin glowing), agni vardhan (appetizer)					
Classical Indications	Shwasa (Asthma), Kasa (Cough), Jwara (Fever)					
Contraindications if any	-					
Special precautions	-					
Others	-					

Name of formulation	Narikela Ksheerika					
Reference	Ksh. Ku. Chap. 12 <sup>th</sup> shloka 7-8					
Category	Pana (Drinkable)					
Label claim	Health benefit					
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount	
	1.	Narikela	<i>Cocos nucifera L.</i>	Endosperm	Qs	
	2.	Dugdha	Milk		1 part	
Method of preparation	Cook the fleshy portion of coconut in milk and cut it into small pieces no bigger than a grain of cooked rice.					
Best use before	Within a day					
Properties/Health	Madhura (sweet), sheeta (cold in potency), snigdha (unctous)					

benefits	
Classical Indications	The milk dish made from coconut is unctuous, cold, nutritious, heavy, very sweet, aphrodisiac and appetizing. It alleviates Pitta and Vata.
Contraindications if any	-
Special precautions	-
Others	-

Name of formulation	Yava ksheera				
Reference	Ca.Chi.11/19				
Category	Pana (Drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Yava	<i>Hordeum vulgare L.</i>	Fruit	Qs
	2.	Ksheera	Milk		1part
	3.	Goghrita	Ghee		Qs
Method of preparation	Boil yava powder in milk and ghee.				
Best use before	Within a day				
Properties/Health benefits	Madhura (sweet), snigdha (unctous), guru (heavy to digest)				
Classical Indications	Fever and burning in chest wound patients				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Dugdha kupika				
Reference	Bha.Ni.11/132-135				
Category	Pana (drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Dugdha	Milk		1 part
	2.	Ghrita	Ghee		Qs
	3.	Sharkara	Sugar syrup		Qs
Method of preparation	Break milk by adding sourness to warm milk. Separate the solid portion by filtering away the liquid part. Mix it with rice flour to make it thick. Then shape it into moderate-sized balls and deep fry them in ghee. Create a hole in the center of the ball or modaka and fill it with the thickened milk. Seal the opening with the aforementioned sattaka (rice				



	flour preparation). Fry it again in ghee and soak it in khandapaka or sugarcandy syrup. Add karpura for a pleasant fragrance.
Best use before	Within a day
Properties/Health benefits	Vrishya (Aphrodisiac), sheeta (cool), guru (heavy to digest), tripti karaka (satiating), ruchi janaka (imparts taste), pushtikaraka (nourishes the body) drishti karaka (enhances vision)
Classical Indications	Aruchi (Tastelessness), Daurblya (Weakness), Karshya (Emaciation), Shukrakshaya (Deficiency of semen)
Contraindications if any	diabetic
Special precautions	-
Others	-

Name of formulation	Sugandit Ksheera (Flavoured Milk)				
Reference	Pa.Da, 10,11-21 / 109-110				
Category	Lidha (Lickable)				
Label Claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Mahishi Ksheera	Buffalo Milk		1 part
	2.	Ketaki pushpa	<i>Pandanus tectorius soland.</i>	Flower	Qs
	3.	Madhu	Honey		Qs
	4.	Ardraka	<i>Zingiber officinale Rosc.</i>	Rhizome	Qs
	5.	Sharkara	<i>Sugar</i>		Qs
	6.	Kadali phala	<i>Musa paradisiaca L.</i>	Fruit	Qs
	7.	Ghrita	Ghee		Qs
	8.	Amra phala	<i>Mangifera indica L.</i>	Fruit	Qs
	9.	Jati pushpa	<i>Jasminum officinale L.</i>	Flower	Qs
	10.	Dadima	<i>Punica granatum L.</i>	Flower	Qs
	11.	Punnaga pushpa	<i>Calophyllum inophyllum L.</i>	Flower	Qs
12.	Tandula	<i>Oryza sativa L.</i>	seed		

Method of preparation	Milk should be kept in a vessel. It should be heated in mild heat and stirred with ladle. When milk is reduced to half or one third then, it is called 'Lehya' when it is reduced to sixth part then it is named as 'Ghaṭika' when it is reduced to eighth part then it is called 'sharkara'. The aforesaid four types of milk should be kept in separate pots and it should remain there for a long period. Fruits and flowers should be dropped in all these milk. Milk which has become drinkable is to be added by the fruits and flowers. In the milk, which has become more solidified, the Ardraka should be added. the flower of jasmine are again to be added to it. When milk becomes lickable the palm (date) fruit is added. The milk in the form of nectar is also added by the another fruit. Later on the flowers of Punnaga should also be added to it. The milk known as ghatika is to be added by the mango fruit along with ghee and honey, In this way, the pomegranate flower and rice should be added, when the milk becomes in 'Sharkara' form, banana fruit is to be added along with sugar. It removes the unsensitiveness of tongue. Afterwards Punnaga flower and ketaki fruit should also be added. The cook should add some appropriate flower in drinkable milk and lastly all the flowers should be kept out from the milk and milk should be kept in pugpatta and it is to be served in meals.
Best use before	3 years
Properties/Health benefits	Madhura (sweet in taste), guru (heavy to digest) , sheeta (cold in potency), nidrakara (induces sleep), snigdha (unctuous)
Classical Indications	Sarvadoshahara (Alleviates all the three doshas), Vrishya (Aphrodisiac)
Contraindications if any	Madhumeha (diabetes)
Special precautions	-
Others	Anupana - Normal water/ luke warm water

Name of formulation	ksheerapaka				
Reference	Pa.Da. 10/ 3-9 Pg 108-109				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Mahishi Ksheera	Buffalo Milk		
	2.	Sugandhit pushpa	Aromatic Flowers	Flower	
	3.	Jala	Water		
	4.	Sharkara	Sugar		
Method of preparation	Place buffalo milk in a separate pot, and clean water, kept in a separate pot, should be made fragrant through various aromatic				

	flowers. After keeping the flowers in the water for a while, they should be thrown away. Equal quantities of milk and water should be cooked in the milk pot. This milk, placed in three separate golden pots with a capacity of one Nishka each, should be stirred with a ladle. The process should be repeated until it no longer sticks, and the water evaporates. After this, the milk pot should be covered with a lid and placed on charcoal fire. When the milk is partially cooked, sugar should be added in an appropriate quantity.
Best use before	Within a day
Properties/Health benefits	Madhura (sweet in taste), guru (heavy to digest) , sheeta (cold in potency), nidrakar (induces sleep), snigdha (unctuous)
Classical Indications	Vrishya (Aphrodisiac), Pittadoshahara (Alleviates pitta dosha), Balavarddhaka (Strength promotor), Shramajita (Removes fatigue), Buddhi-indriyabalya (promotes intellect and nourish all senses)
Contraindications if any	diabetes
Special precautions	-
Others	-

Name of formulation	Panchmulishrita paya					
Reference	Sha.Sam(M. Kha. 2/164)					
Category	Pana (Drinkables)					
Label claim	Disease risk reduction					
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount	
	1.	Brihatpanchmula	Bilva	<i>Aegle marmelos</i> Correa ex Roxb	Stem bark	1 part
			Agnimantha	<i>Clerodendrum phlomidis</i> L.	Stem bark	1 part
			Shyonaka	<i>Oroxylum indicum</i> Vent.	Stem bark	1 part
			Patala	<i>Stereospermum suaveolens</i> DC	Stem bark	1 part
			gambhari	<i>Gmelina arborea</i> Roxb	Stem bark	1 part
	2.	Dugdha	Milk		8 Part	
3.	Jala	Water		32 Part		
Method of preparation	Common preparation method of Ksheera Paka					
Best use before	Within a day					
Properties/Health	Ruksha (dry), kapha vatahara (alleviates kapha and vata dosha), Katu					

benefits	(pungent), tikta (bitter)
Classical Indications	Jeernajwara (Chronic fever), Shwasa (Asthma), Kasa (Cough), Shirahshula (Headache), Parshwashula (Intercostal neuralgia), Pinasa (Chronic rhinitis)
Contraindications if any	-
Special precautions	-
Others	-

Name of formulation	Trikantakadishrit paya				
Reference	Sha.Sam (M. Kha. 2/165)				
Category	Pana (Drinkables)				
Label claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Gokshura	<i>Tribulus terrestris</i> L.	Whole plant	¼ part
	2.	Bala	<i>Sida cordifolia</i> L.	root	¼ part
	3.	Vyaghri	<i>Solanum surrattense</i> L.	Whole plant	¼ part
	4.	Guda	<i>Saccharum officinarum</i> L.		qs
	5.	Shunthi	<i>Zingiber officinale</i> Rosc.	Rhizome	¼ part
	6.	Dugdha	Milk		14 parts
	7.	Tandula	<i>Oryza sativa</i> L.	Seed	1 part
Method of preparation	Common preparation method of Ksheerapaka.				
Best use before	Within a day				
Properties/Health benefits	Madhura (sweet in taste), katu (pungent), sheeta (cold in potency), mutrala (diuretic), balya (strength promotor)				
Classical Indications	Vibandha (Constipation), Mutraksrichhra (Dysuria)				
Contraindications if any	-				
Special precautions	-				
Others	-				

# **Kulmasha**

Name of formulation	Kulmasha				
Reference	Kai. Ni.5/161-163				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Yava flour	<i>Hordeum vulgare</i> L.	Fruit	1 part
	2.	Ushna jala	Hot water		Qs
	3.	Mudga	<i>Phaseolus radiates</i> L.	Seed	Qs
	4.	Masha	<i>Phaseolus mungo</i> L. non Rosc. & auct.	Seed	Qs
	5.	Lavana	Salt		Qs
	6.	Sarshap taila	<i>Brassica campestris</i> L.		Qs
Method of preparation	Prepare it similarly to apupa by mixing grain flour. Make dough using hot water and Prakshepa Dravya. Cook the dough in ghee/oil after forming 2-3 inch diameter pieces.				
Best use before	Within a day				
Properties/Health benefits	Guru (heavy to digest) , ruksha (dry), vatavardhaka (aggravates vata dosha, malbheda (penetrating).				
Classical Indications	Malabadhata (Constipation)				
Contraindications if any	-				
Special precautions	-				
Others	-				

## **Lapsika (Sweet Dalia)**

Name of formulation	Lapsika				
Reference	Kai. Ni.5/160, Bha.Ni.11/28				
Category	Lidha (Lickable)				
Label Claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Samita	<i>Triticum aestivum</i> L.	-	1 part
	2.	Ghrita	Ghee	-	Qs
	3.	Dugdha	Milk	-	Qs
	4.	Sharkara	Sugar	-	Qs
	5.	Lavana	Salt	-	Qs
	6.	Maricha	<i>Piper nigrum</i> L.	Fruit	Qs
Method of preparation	Fry samita flour in ghrita and add sugar. Then add milk and cook until it becomes solid. Finally, add Lavana (salt), Maricha (pepper), etc.				
Best use before	within a day				
Properties/Health benefits	Brimhana (Nourishes the body tissues), vrishya (aphrodisiac), balya (strengthening), vata pitta nashaka (alleviates vata and pitta dosha), snigdha (unctuous), kapha kara (aggravates kapha dosha), guru (heavy to digest), rochani (imparts taste), tarpani (nourishes)				
Classical Indications	Daurbalya (Weakness), Shukrakshaya (Oligospermia)				
Contraindications if any	Diabetic				
Special precautions	-				
Others	-				



**Mamsa**

Name of formulation	Shuddha Mamsa				
Reference	Bha.Ni.11/80				
Category	Khadita (Hard eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Mamsa	Meat	-	1part
	2.	Ghrita	Ghee	-	Qs
	3.	Hingu	<i>Ferula asfoetida</i> Regel.	Oleo resin Gum	Qs
	4.	Haridra	<i>Curcuma Longa</i> L.	Rhizome	Qs
	5.	Nagavalli patra	<i>Piper Betle</i> L.	Leaves	Qs
	6.	Tandula	<i>Oryza Sativa</i> L.	Seed	Qs
	7.	Lavanga	<i>Syzygium Aromaticum</i> (L.) Merr M.Perry	Flower bud	Qs
8.	Maricha	<i>Piper Nigrum</i> L.	Fruit	Qs	
Method of preparation	Place a Stainless Steel Vessel on fire and add ghrita for frying hingu and haridra in the ghrita. Subsequently, cut boneless meat of chhaga (goat) into small pieces, wash it thoroughly with water. Put the meat into the vessel and fry it, add some water for cooking. Then add salt, and macerate the meat pieces to form a paste, is Vesavara. Use leaves of nagavalli, tandula, lavanga, and maricha with it.				
Best use before	Within a day				
Properties/Health benefits	Vrishya (aphrodisiac), balya (strength promotor), ruchikaraka (imparts taste), Brimhana (Nourishes the body tissues), tridosha shamana (pacifies all three doshas), deepana (easy to digest), dhatu vardhana (improves dhatus).				
Classical Indications	Shukrakshaya (Oligospermia), Daurbalya (Weakness), Aruchi (Tastelessness)				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Takramamsa				
Reference	Bha.Ni.11/87-89				
Category	Khadita (Hard eatables)				
Label claim	Health benefit				
Ingredients	S.	Name of the	Botanical Name	Part Used	Ratio/Amount
		the			

	No.	Ingredients			
	1.	Ghrita	Ghee	-	Qs
	2.	Aja Mamsa	Goat meat		1 part
	3.	Haridra	<i>Curcuma Longa</i> L.	Rhizome	Qs
	4.	Hingu	<i>Ferula asfoetida</i> Regel.	Oleo resin Gum	Qs
	5.	Takra	Butter Milk	-	Qs
	6.	Jiraka	<i>Cuminum cyminum</i> L.	Fruit	Qs
Method of preparation	Take a Stainless Steel Vessel and add a small quantity of ghrita for frying haridra and hingu then add small pieces of goat's meat and fry them. Pour water into the vessel and cook until the meat becomes soft. Keep the cooked meat in takra and add jiraka.				
Best use before	Within a day				
Properties/Health benefits	Vata nashaka (alleviates vata dosha), ruchi karaka (impartstaste), balya (strength promotor), kapha nashaka (alleviates kapha dosha), pitta karaka (aggravates pitta dosha)				
Classical Indications	Aruchi (Tastelessness), Daurbalya (Weakness), Karshya (Emaciation)				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Sahardraka				
Reference	Bha.Ni.11/86				
Category	Khadita (Hard eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Mamsa	Meat	-	1 part
	2.	Ardraka	<i>Zingiber officinale</i> Rosc.	Rhizome	Qs
Method of preparation	Cut the meat of goat, especially from the thigh, into small pieces and pound it. Cook it in a similar manner to the preparation of shuddha mamsa.				
Best use before	Within a day				
Properties/Health benefits	Guru (heavy to digest), vata nashaka (alleviates vata dosha), pitta vardhaka (aggravates pitta dosha), tikshna (penetrating), ruksha (dry), ushna (hot in potency)				
Classical Indications	Daurbalya (Weakness), Karshya (Emaciation)				
Contraindications if any	-				
Special precautions	-				

Others	-
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Name of formulation	Talita mamsa				
Reference	Bha.Ni.11/94-95				
Category	Khadita (Hard eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Mamsa	Meat	-	1 part
	2.	Ghrita	Ghee	-	Qs
Method of preparation	Prepare the meat using the same method described for shuddha mamsa and deep-fry it in ghrita.				
Best use before	Within a day				
Properties/Health benefits	Balya (strength promotor), medha agni mamsa oja shukra vridhhi karaka (increase intelligence, digestive fire, muscles and semen), tripti karaka (satiating), laghu (easy to digest), snigdha (unctous), rochana (increase taste), dridata karaka (increase strength)				
Classical Indications	Aruchi (Tastelessness), Daurbalya (Weakness), Karshya (Emaciation)				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Shulya palam				
Reference	Bha.Ni.11/96				
Category	Khadita (Hard eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Yakrita	Liver	-	1 part
	2.	Ghrita	Ghee	-	Qs
	3.	Lavana	Salt	-	Qs
Method of preparation	Pierce other parts of the goat, such as kala khanda or liver, with an iron rod. Smear the pierced parts with ghrita and lavana, and roast them well over a flame with no smoke.				
Best use before	Within a day				
Properties/Health benefits	Ruchikara (imparts taste), agni deepana (increases digestive fire), laghu (easy to digest), kapha vata nashaka (alleviates vata and kapha dosha), balya (strength promotor), kinchit pitta karaka (slightly aggravates the pitta dosha)				
Classical Indications	Aruchi (Tastelessness), Daurbalya (Weakness), Karshya (Emaciation)				
Contraindications if any	-				

any	
Special precautions	-
Others	-

Name of formulation	Mamsa shringataka				
Reference	Bha.Ni.11/99-102				
Category	Khadita (Hard eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Mamsa	Meat		1 part
	2.	Lavanga	<i>Syzygium Aromaticum</i> (L.) Merr M.Perry	Flower bud	Qs
	3.	Hingu	<i>Ferula asfoetida</i> Regel.	Oleo resin Gum	Qs
	4.	Lavana	Salt		Qs
	5.	Maricha	<i>Piper Nigrum</i> L.	Fruit	Qs
	6.	Ardraka	<i>Zingiber Officinale</i> Rosc.	Rhizome	Qs
	7.	Ela	<i>Elettaria Cardamomum</i> Maton.	Fruit	Qs
	8.	Jiraka	<i>Cuminum cyminum</i> L.	Fruit	Qs
	9.	Dhanyaka	<i>Coriandrum Sativum</i> L.	Fruit	Qs
	10.	Nimbu swarasa	<i>Citrus Limon</i> (L.) Burm. F	Fruit	Qs
	11.	Ghrita	Ghee		Qs
Method of preparation	Cut the shuddha mamsa, as described above, into small, thin pieces and cook them in hot water. Next, add Lavanga, Hingu, Lavana, Maricha, Ardraka, Ela, Jiraka, and Dhanyaka, along with the juice of Nimbu, to the meat. Knead this mixture on a stone, adding a small amount of fragrant ghrita. Roll the mixture into small balls. Prepare thin cakes from samita (wheat flour) and envelop each meat ball with a cake. Fry the prepared cake with the meat ball in ghrita.				
Best use before	Within a day.				
Properties/Health benefits	Ruchikaraka (imparts taste), brimhana (nourishes the body tissues), balya (strength promotor), guru (heavy to digest), vatapitta nashaka (alleviates vata and pitta dosha), vrishya (aphrodisiac), kapha nashaka (alleviates kapha dosha)				
Classical Indications	Aruchi (Tastelessness), Daurbhya (weakness), Karshya (Emaciation).				
Contraindications if	-				

any	
Special precautions	-
Others	-

Name of formulation	Siddha Mamsa Rasa				
Reference	Bha.Ni.11/104-105				
Category	Pana (drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Mamsa	Meat	-	1 part
	2.	Jala	Water		
Method of preparation	Chop the meat and boil it in water until the meat is properly cooked to prepare Mamsa Rasa.				
Best use before	Within a day				
Properties/Health benefits	Hridya (cardio tonic), pathya (wholesome/ideal or most suitable for good health), vrishya (aphrodisiac), Brimhana (Nourishes the body tissues), tarpan (nourishing),				
Classical Indications	Shosha (Cachexia), Karshya (Emaciation), Urashata (Chest Wound), Daurbalya (Weakness), Ksheena, Bhagna (Fracture), Vrana (Wound), Vataroga (disease caused by vata)				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Harisha				
Reference	Bha.Ni.11/90-93				
Category	Khadita (Hard eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Ajaji	<i>Cuminum cyminum</i> L.	Fruit	Qs
	2.	Maricha	<i>Piper nigrum</i> L.	Fruit	Qs
	3.	Shunthi	<i>Zingiber officinale</i> Roxb	Rhizome	Qs
	4.	Hingu	<i>Ferula asfoetida</i> Regel.	Oleo resin Gum	Qs
	5.	Tandula	<i>Oryza sativa</i> L.	Seed	Qs
	6.	Haridra	<i>Curcuma longa</i> L.	Rhizome	Qs

	7.	Ghrita	Ghee	-	Qs
	8.	Godhuma	<i>Triticum aestivum</i> L.	Seed	Qs
	9.	Mamsa	Meat	-	1 part
	10.	Jala	Water	-	Qs
	11.	Lavana	Salt	-	Qs
	12.	Nimbu	<i>Citrus limon</i> (L.) Burm. F	Fruit	Qs
Method of preparation	Cook pieces of meat in a large vessel by adding large amount of water, large amount of ghee, asafoetida, cumin seeds, turmeric, wet Ardraka, dry Ardraka, salt, Maricha, rice grains, wheat grains, and lemon extract.				
Best use before	Within a day				
Properties/Health benefits	It is strengthening and alleviates vata, pitta and heavy. It is both cold and hot in potency, unctuous.				
Classical Indications	Increases semen quantity, laxative and promotes reunion of broken parts				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Matsya ladduka				
Reference	Ksh. Ku., tenth utsava, shloka 33				
Category	Khadita (Hard eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Matsya Mamsa	Fish meat		1 part
	2.	Taila / ghrita	Oil/ghee		Qs
	3.	Sita	Sugar		Qs
Method of preparation	Clean the fish, cut in to pieces, boil in butter milk, macerate and filter through cloth. PMake a paste or dough and then prepare vermicelli using the dough. Cook it in ghee or oil to remove its odour, strain it through a cloth, and mix it with boiled nutmeg. Dip the fried sevika in sugar syrup.				
Best use before	Within a day				
Properties/Health benefits	-				
Classical Indications	This recipe made from fish meat impart strength, aggravate Kapha, alleviate Vata, slightly aggravate Pitta and are heavy and aphrodisiac.				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Mamsa ladduka				
Reference	Ksh. Ku., tenth utsava, shloka 39				
Category	Khadita (Hard eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Mamsa	Meat		
	2.	Tandula	<i>Oryza sativa</i> L.	Seed	
	3.	Samita	<i>Triticum aestivum</i> L.	Seed	
Method of preparation	Prepare cutlets by boiling the meat in water, mixing it with rice and maida.				
Best use before	Within a day				
Properties/Health benefits	Ushna (hot in potency), madhura (sweet), guru (heavy to digest)				
Classical Indications	Daurbalya(Weakness), Shukrakshaya				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Tahari				
Reference	Pa.Da, Chapter 1, Sloka 81-85, Page 22-23				
Category	Khadita (Hard eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Mudga	<i>Phaseolus radiates</i> L.	Seed	
	2.	Tandula	<i>Oryza sativa</i> L.	Seed	
	3.	Mamsa	Meat		
	4.	Jala	Water		
Method of preparation	Keep the cauldron with boiled water, and add the broken green gram (Mudga), and semi-cook it. Then, add the semi-cooked rice followed by chicken meat to the pan. Fry all three ingredients (kidney beans, rice, and meat) until well-cooked.				
Best use before	Within a day				
Properties/Health	Madhura (sweet), tikta (bitter), laghu (easy to digest), ushna (hot in				



benefits	potency), agnivardhaka (Appetizer)
Classical Indications	Aruchi (tastelessness), loss of appetite, vatahara (alleviates vata dosha), kaphahara (alleviates kapha dosha)
Contraindications if any	-
Special precautions	-
Others	-

Name of formulation	Vesavara				
Reference	Su.su.46/369-370				
Category	Ashita (eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Pippali	<i>Piper longum</i> L.	Fruit	Qs
	2.	Shunthi	<i>Zingiber officinale</i> Roxb	Rhizome	Qs
	3.	Maricha	<i>Piper nigrum</i> L.	Fruit	Qs
	4.	Guda	<i>Saccharum officinarum</i> L.		Qs
	5.	Ghrita	Ghee		Qs
	6.	Mamsa	Meat		1 part
	7.	Jala	Water		4 parts
Method of preparation	Cook the meat in a vessel with four parts of water over medium flame. Once the meat is properly cooked, take it out of the vessel and grind it well. Add ghee, Trikatu, and Guda to the vessel along with the ground meat, and cook until it attains a liquid consistency.				
Best use before	Within a day				
Properties/Health benefits	Guru (heavy to digest), snigdha (unctuous), balya (strength promotor)				
Classical Indications	Daurbalya (Weakness), Agnimandhya (Loss of appetite)				
Contraindications if any	Diabetes				
Special precautions	-				
Others	-				

Name of formulation	Yakshmahar Aja Mamsarasa				
Reference	Ca.Chi.8/67				
Category	Khadita (Hard eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the	Botanical Name	Part Used	Ratio/Amount
		the			

	Ingredients			
	1.	Aja mamsa	Goat meat	1 part
	2.	Pippali	<i>Piper longum</i> L.	Fruit Qs
	3.	Yava	<i>Hordeum vulgare</i> L.	Fruit Qs
	4.	Kulattha	<i>Dolichos biflorus</i> L.	Seed Qs
	5.	Nagara	<i>Cyperus rotundus</i> L.	Rhizome Qs
	6.	Dadima	<i>Punica granatum</i> L.	Seed Qs
	7.	Amalaki	<i>Embllica officinalis</i> Gaertn.	Fruit Qs
	8.	Ghrita	Ghee	Qs
Method of preparation	Common preparation method			
Best use before	Within a day			
Properties/Health benefits	Kashaya, tikta (bitter), ushna (hot in potency), ruksha (dry), laghu (easy to digest)			
Classical Indications	Six lakshana of rajyakshma, Pinasa (Coryza), Shirashula (Headache), Kasa (Cough), Shwasa (Asthma), Swarkshaya (Dysphasia), Parshvashula (Intercostal neuralgia)			
Contraindications if any	-			
Special precautions	-			
Others	-			

Name of formulation	Ullupta				
Reference	Su.su.46/358				
Category	Khadita (Hard eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Mamsa	Meat		1 part
Method of preparation	Pestle the dried Mamsa, grind it, and make it into a paste.				
Best use before	Within a day				
Properties/Health benefits	Laghu (easy to digest) loha shalaka angara pachita- Guru (heavy) tail siddha- ushna (hot in potency), pittajanaka, guru (heavy) ghrita siddha- laghu (easy to digest, agnideepana (increases digestive fire), hridhya (cardiotonic), rochaka (imparts taste), drishtiprasadaka (enhances eye sight), anushnavirya, pittanashaka (alleviates pitta dosha).				
Classical Indications	Agnimandhya (loss of appetite), Hridya (Cardiotonic)				
Contraindications if any	-				
Special precautions	-				
Others	-				

**Manda**

Name of formulation	Manda				
Reference	Kai. Ni.5/47-50				
Category	Pana (Drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Tandula	<i>Oryza sativa</i> L.	Seed	1 part
	2.	Jala	Water		14 parts
Method of preparation	Cook rice with 14 times of water, and after cooking, only the separated liquid part is manda.				
Best use before	Within a day				
Properties/Health benefits	Agnivardhaka (stimulates digestive fire), laghu (light for digestion), vatanulomaka (free downward movement of flatus), grahi (absorbent and astringent activity), pachaka (easy to digest), dhatusamyaka (maintains equilibrium of dhatus) and swedakaraka (induces perspiration), shramanashaka (relieves fatigue) and trishnanashaka (alleviates thirst)				
Classical Indications	Atisara (Diarrhoea), Jwara (Fever), Ashmari (Stone)				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Mudgadi Manda				
Reference	Ga.Ni part 2, Kayacikitsa khande 5/34-36 pg 248, Sho. Ni.953-960				
Category	Pana (Drinkables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Tandula	<i>Oryza sativa</i> L.	Seed	16 tola
	2.	Jala	Water		
	3.	Mudga	<i>Phaseolus radiatus</i> L.	Seed	8 tola
	4.	Takra	Buttermilk	-	16 tola
	5.	Kustumburi	<i>Coriandrum sativum</i> L.	Fruit	Qs
	6.	Saindhava Lavana	Rock Salt	-	Qs
	7.	Hingu	<i>Ferula asfoetida</i> Regel.	Oleo resin Gum	Qs
	8.	Taila	Oil	-	Qs

Method of preparation	Take rice in a vessel with 14 parts of water and boil it over low heat until the rice is properly cooked or softened. Drain the supernatant water into another vessel. The supernatant water is manda.
Best use before	Within a day
Properties/Health benefits	It helps to maintain Samagni, increase the digestive fire, Cleanses the Basti (urinary bladder), Pranaprada, Raktavardhaka (increase the amount of blood), jwarahara (eliminates fever), Kaphapitta shamaka (pacifies kapha pitta dosha), pacifies Vata dosha.
Classical Indications	Vishamagni (Impaired digestive fire), Mandagni (Low digestive fire, fever)
Contraindications if any	-
Special precautions	-
Others	-

Name of formulation	Vatyamanda				
Reference	Sha.Sam(M. Kha. 2/175)				
Category	Pana (Drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Yava	<i>Hordeum vulgare</i> L.	Fruit	1 part
	2.	Jala	Water		14 part
Method of preparation	The supernatant water of rice in which barley (yava) is boiled.				
Best use before	Within a day				
Properties/Health benefits	Kapha pittanashaka (alleviates kapha and pitta dosha), sheeta (cold in potency), madhura (sweet in taste)				
Classical Indications	Kanthya (Substance promoting health and functioning of the throat), Raktapittaprasadaka (clears the blood and bile)				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Lajamanda				
Reference	Sha.Sam(M. Kha. 2/176), Su.su.46/342, Yo.R.jwara chi.120.				
Category	Pana (Drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount

	1.	Bhrishta tandula	<i>Oryza sativa</i> L.	Seed	1 part
	2.	Jala	Water		14 part
Method of preparation	Cook parched rice (laja) thoroughly with the required amount of water.				
Best use before	within a day				
Properties/Health benefits	Laghu (easy to digest), kaphapittanashaka (alleviates kapha and pitta dosha)				
Classical Indications	Grahi (Absorbent and astringent activity), Trishna (Thirst), Jwarahnashaka (Anti pyretic)				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Mudgayavadi Manda				
Reference	Ka. k. bhojankalpadhyaya				
Category	Pana (Drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Tandula	<i>Oryza sativa</i> L.	Seed	¼ part
	2.	Mudga	<i>Phaseolus radiates</i> L.	Seed	¼ part
	3.	Yava	<i>Hordeum vulgare</i> L.	Fruit	¼ part
	4.	Laja	<i>Oryza sativa</i> L.		¼ part
	5.	Jala	Water		14 part
Method of preparation	Prepare a mixture using cooked parched rice, mudga (green gram) yava (barley), or laja (parched rice) with the water infused with appetizing herbs.				
Best use before	Within a day				
Properties/Health benefits	Ushna (hot in potency)				
Classical Indications	Balaprapti (Provides strength), Roga shaman (Disease attains softness), prakrutisth indriya (All the indriyas attains normalcy).				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Mudga Ardrakadi Manda				
Reference	Ka. k. visheshkalpadhyay				
Category	Pana (Drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Mudga	<i>Phaseolus radiates</i> L.	Seed	1 part
	2.	Ardraka	<i>Zingiber officinale</i> Rosc.	Rhizome	Qs
	3.	Maricha	<i>Piper nigrum</i> L.	Fruit	Qs
	4.	Sauvarchala lavana	Black salt		Qs
	5.	Saindhava lavana	Rock salt		Qs
	6.	Jala	Water		14 parts
Method of preparation	Prepare mudga manda by boiling water with appetizing herbs, then mix it with ardraka, maricha, sauvarchala, and saindhava lavana (rock salt).				
Best use before	Within a day				
Properties/Health benefits	-				
Classical Indications	Kaphadhikya (kapha dosha in abundance), Sannipatikjwara (fever due to all three doshas)				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Madhu manda				
reference	Bhai. Ra, Medhorogadhikara 39/3				
Category	Pana (Drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Madhu	Honey		1 tola
	2.	Jala	Water		4 tola
Method of preparation	Mix 1 tola of honey with 4 tola of water.				
Best use before	Within a day				
Properties/Health benefits	-				

Classical Indications	Sthaulya (Obesity)
Contraindications if any	-
Special precautions	-
Others	-

Name of formulation	Mandodaka				
Reference	Ka. k. bhojankalpadhyaya shlok 70				
Category	Pana (Drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Saindhava lavana	Rock salt		Qs
	2.	Shunthi	<i>Zingiber officinale</i> Rosc.	Rhizome	Qs
	3.	Maricha	<i>Piper nigrum</i> L.	Fruit	Qs
	4.	Pippali	<i>Piper longum</i> L.	Fruit	Qs
	5.	Mudga	<i>Phaseolus radiates</i> L.	Seed	1part
	6.	Jala	Water		14 part
Method of preparation	Add Saindhava lavana and trikatu to the prepared mudgamanda.				
Best use before	Within a day				
Properties/Health benefits	Tikta (bitter), katu (pungent), ushna (hot in potency), ruksha (dry), kaphashamaka (pacifies kapha dosha)				
Classical Indications	-				
Contraindications if any	-				
Special precautions	-				
Others	-				



**Mandaka**

Name of formulation	Samita Mandaka				
Reference	Bha.Ni.11/22, Ayu.Ma, pakvanna varga (15 <sup>th</sup> varga), Bho. Ku. Siddhanna prakaran , bhakshya vishesh				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Samita	<i>Triticum aestivum</i> L.	Seed	I part
	2.	Jala	Water		Qs
Method of preparation	Knead Samita with water to form a dough and then spread it on an inverted pot. Cook it over low heat or gentle fire.				
Best use before	Within a day				
Properties/Health benefits	Brimhana (Nourishes the body tissues), balya (strength promotor), ruchikara (imparts taste), madhura (sweet in taste) vipaka, grahi (absorbent and astringent activity), laghu (light for digestion) and tridosha shamaka (pacifies all three doshas)				
Classical Indications	Daurbalya (Weakness), Aruchi (Tastelessness)				
Contraindications if any	-				
Special precautions	-				
Others	Anupana - dugdha, ghrita or siddha mamsa or cooked meat or with vataka (vada) soaked in takra (Butter milk)				

Name of formulation	Mandaka				
Reference	Ksh. Ku. tenth utsava shloka 73. Ru.Ra. Shlok no.19/page no.10				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Wheat	<i>Triticum aestivum</i> L.	Seed	1 part
	2.	Lavana	Salt		Qs
	3.	Jala	Water		Qs
Method of preparation	Wash pure wheat grains with water, dehusk them, and grind them on a grinding stone with the addition of salt. Shape this mixture into round cakes and bake them.				
Best use before	Within a day				
Properties/Health benefits	Madhura (sweet in taste), guru (heavy to digest) , sheeta (cold in potency)				
Classical Indications	Daurbalya (Weakness), Agnimandhya (Loss of appetite)				

Contraindications if any	-
Special precautions	-
Others	-

# **Mantha**

Common preparation method of mantha-

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

Name of formulation	Yavsaktumantha				
Reference	Ma. Ni. 11/99-100, Sha.Sam(M. Kha. 3/12), Sho. Ni.1025-1028 Su.su.46				
Category	Pana (drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Yavasaktu	<i>Hordeum vulgare</i> L.	Fruit	1 part
	2.	Ghrita	Ghee	-	Qs
	3.	Jala	Water		4 parts
Method of preparation	Common preparation method of mantha.				
Best use before	Within a day				
Properties/Health benefits	Laghu (light for digestion), ruksha (dry), sheeta (cold in potency), Madhura (sweet in taste), bala karaka (strength promoting)				
Classical Indications	Trishna (Thirst), Kshaya (Pthisis), Chardi (Emesis), Kushta (Skin disease), Daha (Burning), Shramnashaka (Alleviates fatigue)				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Kharjuradimantha				
Reference	Sha.Sam(M. Kha. 3/10), Yo.R.Madatya chi.-47, Ga.Ni part 2, Kayacikitsakhand 17/27 Pg. 453				
Category	Pana (drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Kharjura	<i>Phoenix dactylifera</i> L.	Fruit	1 part
	2.	Dadima	<i>Punica granatum</i> L.	Seed	1 part
	3.	Draksha	<i>Vitis vinifera</i> L.	Fruit	1 part
	4.	Amlika	<i>Tamarandus indica</i> L.	Fruit	1 part
	5.	Amalaki	<i>Emblca officinalis</i> Gaertn.	Fruit	1 part
	6.	Parushaka	<i>Grewia asiatica</i> L.	Fruit	1 part
	7.	Jala	Water		4 times
Method of preparation	Grind all the ingredients into a paste and soak them in four times the amount of water for 2-3 hours. Subsequently, churn the mixture				

	thoroughly and filter it to obtain kharjuradi mantha.
Best use before	Within a day
Properties/Health benefits	Guru (heavy to digest) , madhura (sweet in taste), Amla (sour), anulomaka (helps in easy downward movement/expulsion of faeces), snigdha (unctuous), balya (strength promotor)
Classical Indications	Madyavikara (Alcoholism)
Contraindications if any	-
Special precautions	-
Others	-

Name of formulation	Masuradimantha				
Reference	Sha.Sam (M. Kha. 3/11)				
Category	Pana (drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Kshodra	Honey		Qs
	2.	Masura	<i>Lens culinaris</i> Medic	Seed	1 part
	3.	Dadima	<i>Punica granatum L.</i>	Seed	Qs
	4.	Jala	Water		4 times
Method of preparation	Common preparation method of mantha				
Best use before	Within a day				
Properties/Health benefits	Ruksha (dry), tikta (bitter), Amla (sour), purishsangrahaniya, deepana (increases digestive fire), pachaka (easy to digest), ruchikara (imparts taste)				
Classical Indications	Tridoshajachhardi (Emesis due to all doshas)				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Godadhimantha				
Reference	Yo.R.Madatya chi.-48				
Category	Pana (drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the	Botanical Name	Part Used	Ratio/Amount

		Ingredients			
	1.	Godadhi	Curd		1 part
	2.	Taila	Oil		Qs
	3.	Karpura	<i>Cinnamomum karpura</i> (L.) Nees & Eberm.	Sub. extract	Qs
	4.	Jala	Water		4 times
Method of preparation	Common preparation method of mantha.				
Best use before	within a day				
Properties/Health benefits	Tikta (bitter), katu (pungent), snigdha (unctuous)				
Classical Indications	Panatyaya (Alcohol intoxication)				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Pipplayadi Mantha				
Reference	A.S.Su24/62-63				
Category	Pana (drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Pippali	<i>Piper longum</i> L.	Fruit	¼ part
	2.	Sita	Sugar candy	-	¼ part
	3.	Taila	Oil	-	¼ part
	4.	Madhu	Honey	-	¼ part
	5.	Sattu	Roasted gram flour	-	2 part
	6.	Jala	Water	-	4 times
Method of preparation	Dissolve 2 parts of sattu and one part each of the remaining ingredients in water to prepare the mantha.				
Best use before	Within a day				
Properties/Health benefits	Katu (pungent), ushna (hot in potency), deepana (increases digestive fire), pachana (easy to digest)				
Classical Indications	Karshya (Emaciation), Jwara (Fever)				
Contraindications if any	-				
Special precautions	-				
Others	Similarly, Mantha is prepared with phanita, sattu, ghrita, dadhimanda, kanji is beneficial in Mutrakrichha (difficult urination) and Udavarta (Disorders of reversed or altered visceral movement)				

Name of formulation	Panchasara mantha				
Reference	A.S.Ch.3/16-17, A.Hri.Chi. 2/14				
Category	Pana (drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Madhu	Honey	-	Qs
	2.	Kharjura	<i>Phoenix dactylifera</i> L.	Fruit	1 part
	3.	Mridvika	<i>Vitis vinifera</i> L.	Fruit	1 part
	4.	Parushaka	<i>Grewia asiatica</i> L.	Fruit	1 part
	5.	Sita	Sugar candy	-	Qs
6.	Jala	Water	-	4 times	
Method of preparation	Common preparation method of mantha.				
Best use before	Within a day				
Properties/Health benefits	Madhura (sweet in taste), sheeta cold in potency), balya (strength promotor), pachana (easy to digest)				
Classical Indications	Daha (Burning sensation in body), daurbalya (Weakness)				
Contraindications if any	Diabetes				
Special precautions	-				
Others	In case of Mandagni and Amalakibhilasha, dadima and Amalaki should be given. Anupana - Ghrita and laja				

Name of formulation	Triushnadimantha				
Reference	Ca.Su21/18				
Category	Pana (drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Shunthi	<i>Zingiber officinale</i> L.	Rhizome	1 part
	2.	Maricha	<i>Piper nigrum</i> L.	Fruit	1 part
	3.	Pippali	<i>Piper longum</i> L.	Fruit	1 part
4.	Triphala	Haritaki	<i>Terminalia chebula</i> Retz.	Fruit	1 part



		Vibhitaki	<i>Terminalia bellirica</i> Rosc.	Fruit	1 part
		Amalaki	<i>Emblica officinalis</i> Gaertn.	Fruit	1 part
	5.	Madhu	Honey	-	Qs
	6.	Vayavidanga	<i>Embelia ribes</i> Burm.f	Fruit	1 part
	7.	Agaru	<i>Aquilaria agallocha</i> Rosc.	Heart wood	1 part
	8.	Ghrita	Ghee	-	Qs
	9.	Sattu		-	1 part
	10.	Jala	Water	-	4 times
Method of preparation	Common preparation method of mantha.				
Best use before	Within a day				
Properties/Health benefits	Tikta (bitter), kashaya (astringent), katu (pungent), ushna (hot in potency)				
Classical Indications	Prameha (Increased frequency and turbidity of Urine)				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Godhuma Mantha				
Reference	Ca.Chi.15/226				
Category	Pana (drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Godhuma churna	<i>Triticum aestivum</i> L.	Seed	1 part
	2.	Sharkara	Sugar		Qs
	3.	Ghrita	Ghee		Qs
	4.	Jala	Water		1 part
Method of preparation	First, fry godhuma churna in ghrita, and then add water and sharkara.				
Best use before	within a day				
Properties/Health benefits	Madhura (sweet in taste), sheeta (cold in potency), snigdha (unctuous)				
Classical Indications	Atyagni (Feeling very much hungry)				
Contraindications if any	Diabetes				

Special precautions	-
Others	-

Name of formulation	Dadimadi mantha				
Reference	A.Hri. Chi. 2/15				
Category	Pana (drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Dadima seed	<i>Punica granatum L.</i>	Seed	1 part
	2.	Amalaki	<i>Embllica officinalis Gaertn.</i>	Fruit	1 part
	3.	Jala	Water		4 times
Method of preparation	Common preparation method of mantha.				
Best use before	Within a day				
Properties/Health benefits	Amla (sour), ushna (hot in potency), ruchivardhaka (imparts taste), pachana (easy to digest), kaphavatashamaka (kapha vata shamaka)				
Classical Indications	Raktapitta (Bleeding disorders), Jatharagni mandhya (low digestive fire)				
Contraindications if any	-				
Special precautions	-				
Others	-				

## **Mashendri (Preparation made from black gram)**

Name of formulation	Mashendri				
Reference	Ru.Ra, shloka no.23/page no. 12				
Category	Ashita (Etables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Masha	<i>Phaseolus mungo</i> L. non Rosc. & auct.	Seed	1 part
	2.	Hingu	<i>Ferula asfoetida</i> Regel.	Oleo resin Gum	Qs
	3.	Ardraka	<i>Zingiber officinale</i> Rosc.	Rhizome	Qs
	4.	Shatpatra	<i>Rosa centifolia</i> L.	Leaves	Qs
	5.	Jiraka	<i>Cuminum cyminum</i> L.	Fruit	Qs
Method of preparation	Cook mashendri, which is made of urad flour and processed with asafoetida, ardraka, cumin, etc.				
Best use before	Within a day				
Properties/Health benefits	Katu (pungent), Amla (sour), ushna (hot in potency)				
Classical Indications	Aruchi (Loss of taste), Daurbalya (Weakness), Vibandha (Constipation)				
Contraindications if any	-				
Special precautions	-				
Others	-				

# **Modaka**

Name of formulation	Sevika modaka				
Reference	Bha.Ni.11/126				
Category	Ashita (eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Samhita	<i>Triticum aestivum</i> L.	Seed	1 part
	2.	Ghrita	Ghee		Qs
	3.	Sharkara	Sugar syrup		Qs
Method of preparation	Add ghrita to samita and shape it into a fine thread or vermicelli-like structure. Fry it in ghrita, then make balls or modak using khanda paka, which is a thick sugar syrup.				
Best use before	Within a week				
Properties/Health benefits	Snigdha (unctuous), madhura (sweet), guru (heavy to digest)				
Classical Indications	Aruchi (Tastelessness), Daurbalya (Weakness), Karshya (Emaciation), Shukrakshaya (Deficiency of semen)				
Contraindications if any	Diabetes				
Special precautions	-				
Others	-				

Name of formulation	Mudga Modaka				
Reference	Bha.Ni.11/128				
Category	Ashita (eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Mudga	<i>Phaseolus radiates</i> L.	Seed	1 part
	2.	Ghrita	Ghee		Qs
	3.	Sharkara syrup	Sugar		Qs
Method of preparation	Boil ghrita in a wide-mouthed iron pan. Make a thick solution with pure water using mudga flour. Pour the thick mudga solution through a sieve, allowing it to fall drop by drop into the boiling ghrita. Once well-cooked, take them out and immerse them in sitapaka or sugar syrup for some time. Afterward, collect them and shape them by hand into modak.				
Best use before	Within a week				
Properties/Health	Laghu (light for digestion), grahi (absorbent and astringent activity),				

benefits	tridosha nashaka (alleviates all three doshas), madhura (sweet in taste), sheetala (cold in potency), ruchi karaka (imparts taste), chakshushya (enhances vision), balya (strength promotor), tarpana (saturating)
Classical Indications	Jwara (Fever), Aruchi (Tastelessness), Daurbalya (Weakness), Netra roga (Disease of the eye)
Contraindications if any	Diabetes
Special precautions	-
Others	-

Name of formulation	Vesana modaka				
Reference	Bha.Ni.11/131, Ayu. Chi. , kritannvarga 22/20, page no. 280				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Vesana /Chanaka	<i>Cicer arietinum</i> L.	Seed	1 part
Method of preparation	Prepare vesana modaka using the same method as mudga modaka, but with the flour of Bengal gram.				
Best use before	Within a week				
Properties/Health benefits	Balya (strength promotor), laghu (light for digestion), sheeta (cold in potency), vata karaka (aggravates vata dosha), kapha nashak (alleviates kapha dosha)				
Classical Indications	Jwara (Fever), Pitta rakta vikara (Bleeding disorder)				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Swalpa surana modaka				
Reference	Cha.Da. a 5/ 47, page no. 58, Yo.R.Arsha chi.-73				
Category	Ashita (eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Maricha	<i>Piper nigrum</i> L.	Fruit	1 part
	2.	Shunthi	<i>Zingiber officinale</i> Rosc.	Rhizome	2 part
	3.	Chitraka	<i>Plumbago Zeylanica</i> L.	Root	3 part
	4.	Surana	<i>Amorphophallus</i>	Corm	8 part

			<i>campanulatus</i> Blume		
	5.	Guda	<i>Saccharum officinarum</i> L.	-	15 part
Method of preparation	Take all the ingredients in the specified quantity, mix them thoroughly, and prepare modaka from the mixture.				
Best use before	Within a week				
Properties/Health benefits	Jathargni deepaka (stimulates digestive fire)				
Classical Indications	Udara shula (Abdomen pain), Gulma (Abdominal lump), All types of arsh (Piles).				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Sindhutthadi Modaka					
Reference	Cha.Da. 6/12					
Category	Ashita(eatables)					
Label claim	Health benefit					
Ingredients	S. No.	Name of the Ingredients		Botanical Name	Part Used	Ratio/Amount
	1.	Saindhava lavana		Rock salt		
	2.	Hingu		<i>Ferula asfoetida</i> Regel.	Oleo resin Gum	
	3.	Triphala	Haritaki	<i>Terminalia chebula</i> L.	Fruit	
			Vibhtaki	<i>Terminalia bellirica</i> L.	Fruit	
			Amalaki	<i>Emblica officinalis</i> Gaertn.	Fruit	
	4.	Ajwain		<i>Trachyspermum roxburghianum</i> (DC.) Craib	Fruit	
	5.	Vyosha	Shunthi	<i>Zingiber officinale</i> Roxb	Rhizome	
			Pippali	<i>Piper longum</i> L.	Fruit	
			Maricha	<i>Piper nigrum</i> L.	Fruit	
6.	Guda		<i>Saccharum officinarum</i> L.	-		
Method of preparation	Mix the ingredients in the specified quantity and prepare modaka from the mixture.					



Best use before	3 years
Properties/Health benefits	Jathargni deepaka (stimulates digestive fire)
Classical Indications	Agnimandhya (loss of appetite)
Contraindications if any	-
Special precautions	-
Others	-

Name of formulation	Godhuma shali modaka				
Reference	Ayu.Ma, pakvanna varga (15 <sup>th</sup> varga), shloka 3, p-106				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Godhuma	<i>Triticum aestivum</i> L.	Seed	
	2.	Shali	<i>Oryza sativa</i> L.	Seed	
Method of preparation	Prepare fibers from the godhuma flour by mixing it with water and ghrita. Cook them with sugar and ghee on low flame. Afterward, mix in karpura, Maricha, and chaturjata. Shape the mixture into laddu.				
Best use before	1 week				
Properties/Health benefits	Guru (heavy to digest) , madhura (sweet in taste), sheeta (cold in potency), snigdha (unctuous), vrishya (aphrodisiac), shleshmala (increases kapha dosha), mandagni karaka (causes low digestive fire), imparts taste.				
Classical Indications	Karshya (Emaciation), Daurbalya (Weakness), Shukrakshaya (Deficiency of semen)				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Marichyadi modaka				
Reference	Yo.R.Arsha chi.-50				
Category	Khadita (Hard eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Maricha	<i>Piper nigrum</i> L.	Fruit	1 part
	2.	Shunthi	<i>Zingiber officinale</i>	Rhizome	2 parts

			Rosc.		
	3.	Chitraka	<i>Plumbago Zeylanica</i> L.	Root	4 parts
	4.	Surana	<i>Amorphophallus campanulatus</i> Blume ex Decne	Tuber	8 parts
Method of preparation	Take double the quantity of maricha (1 part), shunthi (2 parts), chitraka (4 parts), and suran churna (8 parts) respectively. Make modaka by mixing an equal amount of jaggery into all the powders.				
Best use before	-				
Properties/Health benefits	Tikta (bitter), katu (pungent), ushna (hot in potency), ruksha (dry)				
Classical Indications	Arsha (Piles)				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Methi modaka					
Reference	Abhi.Chi64/92-95					
Category	Khadita (Hard eatables)					
Label claim	Health benefit					
Ingredients	S. No.	Name of the Ingredients		Botanical Name	Part Used	Ratio/Amount
	1.	Trikatu	Shunthi	<i>Zingiber officinale</i> Roxb	Rhizome	1 part
			Maricha	<i>Piper nigrum</i> L.	Fruit	
			Pippali	<i>Piper longum</i> L. – 3 pala	Fruit	
	2.	Jiraka		<i>Cuminum cyminum</i> L.	Fruit	1 part
	3.	Musta		<i>Cyperus rotundus</i> L.	Rhizome	1 part
	4.	Chaturjata	Twak	<i>Cinnamimum zeylanicum</i> Blume	Stem bark	1 part
			Ela	<i>Elettaria cardamomum</i> Maton.	Fruit	
			Patra	<i>Cinnamomum tamala</i>	Leaves	
			Nagakesara	<i>Messua ferrea</i> L.	Stamen	

	5.	Shringi	<i>Pistacia integerrima</i> Stewart ex Brandis	Gall	1 part
	6.	Kataphala	<i>Myrica esculenta</i> Buch-Ham.	Fruit	1 part
	7.	Saindhava	salt		qs
	8.	Dhanyaka	<i>Coriandrum sativum</i> L.	Fruit	1 part
	9.	Jatiphala	<i>Myristica fragrans</i> Houtt	Fruit	1 part
	10.	Pushakarmula	<i>Inula racemosa</i> Hook. f.	Root	1 part
	11.	Talisa	<i>Abies webbiana</i> Lindl.	Leaves	1 part
	12.	Yavanika	<i>Trachyspermum ammi</i> (L.	Fruit	1 part
	13.	Vida lavana			qs
	14.	Methi	<i>Trigonella foenum graecum</i> L.	Seed	11 part
	15.	Guda	<i>Saccharum officinarum</i> L.		qs
	16.	Madhu	Honey		qs
	17.	Ghrita	Ghee		qs
Method of preparation	Take each ingredient in one pala quantity, and take methi equal to the mixed quantity of all the other ingredients. Powder all the drugs and mix them with guda, ghrita, and honey.				
Best use before	3 month				
Properties/Health benefits	Vipul varna prabha (enhances complexion), swarya (improves voice), promotes intelligence, improves digestive fire.				
Classical Indications	Chronic fever, Hardens the women's drooping breast, promotes the strength of son of barren women.				
Contra indication	Diabetes				
Special precautions	-				
Others	-				

Name of formulation	Churamamodaka				
Reference	Bho. Ku., Siddhanna prakran (bhakshya vishesha)				
Category	Khadita (Hard eatables)				
Label claim	Health benefit				
Ingredients	S.	Name of the	Botanical Name	Part Used	Ratio/Amount

	No.	Ingredients			
	1.	Maida	<i>Triticum aestivum</i> L.	Seed	1 part
	2.	Karpura	<i>Cinnamomum karpura</i> (L.) Nees & Eberm	Sub. extract	Qs
	3.	Ghrita	Ghee		Qs
	4.	Sharkara	Sugar		Qs
Method of preparation	Mix ghrita with maida and prepare angarakarkati. Then, powder it and add ghrita and sugar. After adding fragrance with karpura, etc., prepare laddus.				
Best use before	1 month				
Properties/Health benefits	-				
Classical Indications	-				
Contraindications if any	Diabetes				
Special precautions	-				
Others	-				

Name of formulation	Dravaka modaka				
Reference	Bho. Ku., Siddhanna prakaran (bhakshya vishesha)				
Category	Khadita (Hard eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Maida	<i>Triticum aestivum</i> L.	Seed	1 part
	2.	Ghrita	Ghee		Qs
	3.	Dugdha	Milk		Qs
	4.	Sharkara	Sugar		Qs
Method of preparation	Add a mixture of milk and ghee to maida and cook it until a viscous fluid is formed. When the mixture is half-cooked, add the required amount of ghee. After completing the cooking, place the mixture in a cool place and add an equal amount of sugar. Prepare laddus from this mixture.				
Best use before	Within a day				
Properties/Health benefits	Alleviates pitta, imparts taste and are aphrodisiac.				
Classical Indications	-				
Contraindications if any	Diabetes				

Special precautions	-
Others	-

Name of formulation	Rajamasha modaka				
Reference	Bho. Ku., Siddhanna prakran (bhakshya vishesha)				
Category	Khadita (Hard eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Rajamasha	<i>Vigna catjang</i> (Burm. F.Walp.	Seed	1 part
	2.	Ghrita	Ghee		Qs
	3.	Sharkara	Sugar		Qs
Method of preparation	Prepare laddus from rajamasha.				
Best use before	Within a day				
Properties/Health benefits	Digested with difficulty, imparts strength, aphrodisiac, weakens the digestive fire, is heavy, imparts taste and alleviates pitta.				
Classical Indications	-				
Contraindications if any	Diabetes				
Special precautions	-				
Others	-				

Name of formulation	Samita modaka				
Reference	Bho. Ku., Siddhanna prakran (bhakshya vishesha)				
Category	Khadita (Hard eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Maida	<i>Triticum aestivum</i> L.	Seed	1/2 part
	2.	Ghrita	Ghee		1 part
	3.	Lavanga	<i>Syzygium aromaticum</i> (L.) Merr. & Perry	Flower bud	qs
	4.	Maricha	<i>Piper nigrum</i> L.	Fruit	qs
	5.	Ela	<i>Elettaria cardamomum</i> Maton.	Fruit	qs
	6.	Khand	Sugar		1/3 part
Method of preparation	Fry half the quantity of maida in ghee until it changes color. Remove it				

	from the stove and let it cool. Add one-third quantity of khand, along with appropriate amounts of cardamom, cloves, and Maricha.
Best use before	Within a day
Properties/Health benefits	Such laddus alleviate pitta, impart taste and are aphrodisiac
Classical Indications	-
Contraindications if any	-
Special precautions	-
Others	They are called by the name samitamodaka and are especially famous in Gujarat

Name of formulation	Til Modaka				
Reference	Bho. Ku. Siddhanna prakran (bhakshya vishesha)				
Category	Khadita (Hard eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Tila	<i>Sesamum Indicum L.</i>	Seed	1 part
	2.	Guda	Jaggery		Qs
	3.	Ghrita	Ghee		Qs
Method of preparation	Fry sesame seeds, prepare modaka with the addition of jaggery				
Best use before	Within a day				
Properties/Health benefits	Impart taste, kill worms, cause loss of strength, alleviates vata				
Classical Indications	Treat skin diseases and ophthalmic disorders.				
Contraindications if any	Diabetes				
Special precautions	-				
Others	-				

Name of formulation	Cittamodaka				
Reference	Ksh. Ku.tenth utsava, Shloka 23				
Category	Khadita (Hard eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Godhuma	<i>Triticum aestivum</i>	seed	1 part
	2.	Sharkara	Sugar		Qs

	3.	Ghrita	Ghee		Qs
	4.	Karpura	<i>Cinnamomum Camphora</i> (L.) Nees & Eberm	Sub. extract	Qs
Method of preparation	Fry vermicelli in ghee, use the best sugar syrup, and scent it with karpura to prepare the sweetmeat.				
Best use before	Within a day				
Properties/Health benefits	Madhura (sweet in taste), snigdha (unctuous), sheeta (cold in potency)				
Classical Indications	Laddu gives strength, alleviates Vata and Pitta and is very heavy, cold and sweet. The laddu made from wheat is unctuous, aggravates Kapha and increases semen.				
Contraindications if any	Diabetes				
Special precautions	-				
Others	-				

Name of formulation	Dadhi Laddu				
Reference	Ksh. Ku. tenth utsava, Shloka 16				
Category	Khadita (Hard eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Tandula	<i>Oryza sativa</i> L.	Seed	1 part
	2.	Dadhi	Curd		Qs
	3.	Sharkara	Sugar		Qs
	4.	Ghrita	Ghee		Qs
Method of preparation	Mix rice flour strained through a cloth with creamy curds, shape it into vermicelli, cook it in ghee, and then add sugar syrup.				
Best use before	Within a day				
Properties/Health benefits	Madhura (sweet in taste), sheeta (cold in potency), snigdha (unctuous), guru (heavy to digest)				
Classical Indications	The laddu made from curds and rice improves intellect, alleviates Pitta and Vata, confers strength, is good for heart and especially reduces burning sensation.				
Contraindications if any	Diabetes				
Special precautions	-				
Others	-				

Name of formulation	Kanika Laddu				
Reference	Ksh. Ku. tenth utsava, Shloka 27				
Category	Khadita (Hard eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Maida	<i>Triticum aestivum</i> L.	Seed	1 part
	2.	Ghrita	Ghee		Qs
	3.	Jala	Water		Qs
Method of preparation	Knead maida flour with ghee, add water, and shape the mixture into small pearl-like spheres or thin thread-like pieces.				
Best use before	1 week				
Properties/Health benefits	Madhura (sweet in taste), snigdha (unctuous), sheeta (cold in potency)				
Classical Indications	-				
Contraindications if any	Diabetes				
Special precautions	-				
Others	-				

Name of formulation	Godhum churna Laddu				
Reference	Ksh. Ku. tenth utsava, Shloka 20				
Category	Khadita (Hard eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Wheat flour	<i>Triticum aestivum</i> L.	Seed	1 part
	2.	Ghrita	Ghee		Qs
	3.	Sharkara	Sugar		Qs
Method of preparation	Mix wheat flour with a small amount of ghee and lightly fry it. Then, press it with the hands after adding sugar syrup and shape it into sweetmeats of the desired size.				
Best use before	Within a day				
Properties/Health benefits	Madhura (sweet in taste), guru (heavy to digest) , snigdha (unctuous), sheeta (cold in potency)				
Classical Indications	-				
Contraindications if any	Diabetes				
Special precautions	-				
Others	-				



Name of formulation	Masha Laddu				
Reference	Ksh. Ku. tenth utsava Shloka 29				
Category	Khadita (Hard eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Masha	<i>Phaseolus mungo</i> L.non Rosc. & auct.	Seed	1 part
	2.	Sharkara	Sugar		Qs
	3.	Ghrita	Ghee		Qs
Method of preparation	Trickle vermicelli (Sevika) made from the flour of black gram or green gram through small holes in a ladle. Then, cook it in ghee and add sugar syrup.				
Best use before	Within a day				
Properties/Health benefits	Katu (pungent), tikta (bitter), kashaya (astringent), ushna, (hot in potency), guru (heavy to digest)				
Classical Indications	Unctuous, Imparts strength, Increases semen, Alleviates vata, Aphrodisiac.				
Contraindications if any	Diabetes				
Special precautions	-				
Others	-				

Name of formulation	Shaluka ladduka				
Reference	Ksh. Ku. tenth utsava Shloka 44				
Category	Khadita (Hard eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Shaluka	<i>Nelumbo nucifera</i>	Roots	1 part
	2.	Ghrita	Ghee		Qs
	3.	Sharkara	Sugar		Qs
Method of preparation	Boil and grind Lotus rhizome with its skin removed, into a paste. Cook vermicelli using the paste and fry in ghee. Dip fried sevika in sugar syrup. Prepare laddus from the vermicelli smeared with sugar syrup.				
Best use before	Within a day				
Properties/Health benefits	Madhura (sweet in taste), ushna (hot in potency), guru (heavy to digest)				
Classical Indications	Alleviates kapha and pitta				

Contraindications if any	Diabetes
Special precautions	-
Others	-

# **Murabba**

Name of formulation	Amalaki Murabba				
Reference	Ay. S.S., Avaleha-Paka Prakaran, pg no. 532, RTS & SPS, part 1, pg.no.405				
Category	Khadita (Hard eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Amalaki	<i>Emblica officinalis</i> Gaertn.	Fruit	Qs
	2.	Churnodaka	Lime water		Qs
	3.	Sharkara	Sugar		Qs
Method of preparation	First, prick the Amalaki with a fork, then immerse them in churnodaka. Change the churnodaka every day. After 5 days, take out the Amalakis from churnodaka and wash them with water. Subsequently, boil the Amalakis in sugar syrup and let them soak in the syrup for a few days.				
Best use before	1 yr.				
Properties/Health benefits	Pittashamaka (pacifies pitta dosha), bala-var dhaka (strength promotor)				
Classical Indications	Daha (Burning), shirahshula (headache), Pittaprapakopa, Dizziness, Burning sensation in eyes, Baddha-koshtha (Constipation), Arsha (Piles), Rakta-vikar (Bleeding disorder), Twak-roga (Skin diseases), Prameha (Increased frequency and turbidity of urine), Virya-vikar (Semen disorders)				
Contraindications if any	Diabetis				
Special precautions	-				
Others	Using it with Pravala Bhasma (Chandra putit) or Mukta pishti, beneficial in pitta-vikar, Antar-daha and Burning sensation Anupana - Silver foil, Pittashamaka Aushadhi				

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47.64	Balamuladi peya	A.Hri.Chi. 2/18
47.65	Yavanyadi peya	A.Hri. Chi3/20-21
47.66	Dashmula panchakoladi peya	A.Hri. Chi3/22
47.67	Tiladi peya	A.Hri. Chi3/22
47.68	Drakshadi peya	A.Hri. Chi3/36
47.69	Lajapeya	Cha.Da. 5/ 112, page no. 63, A.S.Chi.3/29, A.S.Chi.3/31, A.S.Chi.3/32, Abhi.Chi5/176
47.70	Pippali nagara laja peya	Ca.Chi.3/179
47.71	Chukrikadi lajapeya	Ca.Chi.14/199
47.72	Hriberadi lajapeya	Ca.Chi.14/200
47.73	Chitrakamuladi lajapeya	A.Hri. Chi4/23
47.74	Dashamuladi lajapeya	A.Hri. Chi4/23
47.75	Shunthyadi lajapeya	A.S.Chi.1/31
47.76	Kantakaryadi lajapeya	A.S.Chi.1/33

		47.77	Laghupanchamula lajapeya	A.S.Chi.1/34
		47.78	Nagakesaradi lajapeya	A.S.Chi.10/42
		47.79	Shunthi Dhanyakadi Lajapeya	A.Hri.Chi. 1/26-27

**Navaneet**

Name of formulation	Navneet				
Reference	Pa.Da, 1/ 171-178				
Category	Lidha (lickable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Dugdha	Milk		1 part
	2.	Sugandhit pushpa	Aromatic Flowers	Flowers	qs
	3.	Puga	<i>Areca catechu</i> L.	Fruit	qs
Method of preparation	To make curd, churn cow's milk that has been heated and reduced to half. Filter the fresh butter, which is prepared through this process and after processing it frequently with buttermilk for ten times through linen. Wash the butter once or twice with water, and then store it in a scented pot made of puga patta to impart fragrance using aromatic flowers.				
Best use before	Within a day				
Properties/Health benefits	Alleviates pitta dosha, Kshaya (astringent), sheeta (cold in potency), ruchikara (imparts taste), durgandhyanashan vrishya, pittahara, increase complexion and strength of sensory organs				
Classical Indications	Durgandha (Foul smelling), Daurbalya (Weakness)				
Contraindications if any	-				
Special precautions	-				
Others	-				

# **Odana**

## **Common preparation method of odana-**

Take the rice in a vessel, add 5 parts of water, and boil it over a low flame until the rice is cooked or softened.

Name of formulation	Odana				
Reference	Kai. Ni.5/1-2, A.Hri. Su. 6/30-31, Sho. Ni.968-971				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Tandula	<i>Oryza sativa</i> L.	Seed	1 part
	2.	Jala	Water		5 part
Method of preparation	Common preparation method of odana				
Best use before	Within a day				
Properties/Health benefits	Madhura (sweet), sheeta (cold in potency)				
Classical Indications	Odana prepared by fried rice useful in Kantha roga (throat diseases), Aruchi (Tastelessness), Mandagni (low digestive fire) and Kaphanashaka (Alleviates kapha dosha), Pramehanashaka (Anti-diabetic), Vatanashaka (Alleviates vata dosha), Mutrala (Diuretic) and Tarpaka (Saturating).				
Contraindications if any	-				
Special precautions	-				
Others					

Name of formulation	Mamsodana				
Reference	Pa.Da, 1/71-80				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Tandula	<i>Oryza sativa</i> L.	Seed	1/4 <sup>th</sup> part
	2.	Chicken			1/4 <sup>th</sup> part
	3.	Ghrita	Ghee		Qs
	4.	Narikela jala	<i>Cocos nucifera</i> L.	Endosperm	Qs
	5.	Ketaki pushpa	<i>Pandanus odoratissimus</i> L, f	Flower	Qs
	6.	Parpata	<i>Fumaria parviflora</i> Lam	Whole plant	Qs
	7.	Karpura	<i>Cinnamomum karpura</i> ( L.) Nees & Eberm.	Sub. extract	Qs
	8.	Kasturi	Musk	-	Qs

	9.	Lavana	Salt	-	Qs
	10.	Jala	Water	-	4 part
Method of preparation	Fill three-fourths of the cauldron (Sthali) with water and place it on the stove or chulha. Once the water is heated, add well-washed rice, equivalent to one-fourth of the vessel. When the Shali rice is semi-cooked, mix either completely cooked or semi-cooked meat, cut into small pieces, along with salt. Cook the rice with clarified ghee until the watery residue disappears. Place it on the coal fire (Angara). Mix coconut water (Narikela jala) and ghrita, and scent it with the flower of screw pine (Ketaki). Add pieces of Parpata and make it fragrant with a mixture of Karpura and Musk (Kasturi). One should cover the mouth of the cauldron and seal the lid holes with kneaded flour to preserve the scented smell. Rotate it on the coal fire until the mixture becomes soft.				
Best use before	Within a day				
Properties/Health benefits	Tikta (bitter), katu (pungent), madhura (sweet in taste), ruchikaraka (imparts taste), viryavardhaka (aphrodisiac), laghu (light for digestion)				
Classical Indications	Vrishya (Aphrodisiac), Balpradama (Promotes strength), Dhatuvridhikar (Promotes the growth and development of dhatus), Vranadoshaprashamana (Wound healing).				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Kukkutamamsatailodana				
Reference	Pa.Da, 1/97-102				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Kukkuta Mamsa	Chicken		1/4 <sup>th</sup> part
	2.	Tandula	<i>Oryza sativa</i> L.	Seed	1/4 <sup>th</sup> part
	3.	Lavana	Salt		
	4.	Ghrita	Ghee		
	5.	Hingu	<i>Ferula asfoetida</i> Regel.	Oleo resin Gum	
	6.	Tila Taila	<i>Sesamum indicum</i> L.		
Method of preparation	Take Lavana and other ingredients and cut the pieces of meat in the shape of rice and fry it in ghrita and mix it with wet cake of sesame				

	seeds. Mix Hingu(Asafoetida), fried with Tila Taila.
Best use before	Within a day
Properties/Health benefits	Ushna (hot in potency), tikta (bitter), katu (pungent), snigdha (unctuous), tikshna (penetrating).
Classical Indications	Vrishya (Aphrodisiac), Vatadoshahara (Alleviates vitiated vata), Laghu (Light for digestion).
Contraindications if any	-
Special precautions	-
Others	-

Name of formulation	Labukamansodana				
Reference	Pa.Da, 1/92-96				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Labuka Mamsa	Quail bird meat		1/4 <sup>th</sup> part
	2.	Tandula	<i>Oryza sativa</i> L.	Seed	1/4 <sup>th</sup> part
	3.	Ghrita	Ghee		Qs
	4.	Parpata	<i>Fumaria parviflora</i> Lam	Whole plant	Qs
	5.	Jala	Water		4 part
Method of preparation	Take the cooked meat of quail bird (Labu) and fry small pieces of meat in ghrita. Add small pieces of Parpat and fried meat to the rice and cook. Next, mix the ghee obtained from butter with it.				
Best use before	Within a day				
Properties/Health benefits	Vrishya (aphrodisiac), rogahara (alleviates of diseases), indriyabalya (strength promoter to the sensory organ), kaphajrogahara (alleviates the diseases due to kapha dosha), shramnashaka (removes the fatigue), balya (strength promoter), aayurvedhaka (promotes longevity).				
Classical Indications	-				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Sukshma mansodana
Reference	Pa.Da, 1/ 103-108
Category	Ashita (Eatables)



Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part used	Ratio/Amount
	1.	Kukkut mamsa	Chicken Meat		
	2.	Kaitarya	<i>Myrica esculenta</i> Buch.-Ham.	Leaves	
	3.	Shat Churna	Prepared from the caky sediment of sesame oil		
	4.	Tila Taila	<i>Sesamum Indicum</i> L.		
	5.	Hingu	<i>Ferula asfoetida</i> Regel.	Oleo resin Gum	
Method of preparation	Cook rice as per general method, add rock salt, pieces of cooked minced meat, paste made from leaf of Kaitarya in to it. Sprinkle the Shat Churna (with six ingredients) prepared from the caky sediment of sesame oil. Again mix the powder of sesame seeds, roasted asfoetida, sesame oil in to the cooked rice.				
Best use before	Within a day				
Properties/Health benefits	Ushna (hot in potency), tikta (bitter), katu (pungent), snigdha (unctuous), tikshna (penetrating).				
Classical Indications	Vatanashaka (Alleviates vata dosha)				
Contraindications if any	-				
Special precautions	-				
Others	-				

## **Paan (Nagavalli Patra)**

Name of formulation	Paan (nagavalli patra)				
Reference	Si. Bhe.Ma., swasthya samrakshana prakarana, triteeya guchha sloka 23-24				
Category	Khadita (Hard eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Ela	<i>Elettaria Cardamomum</i> Maton.	Fruit	Qs
	2.	Lavanga	<i>Syzygium aromaticum</i> L.	Flower bud	Qs
	3.	Khadira	<i>Acacia catechu</i> Willd	Heart wood	Qs
	4.	Puga	Areca catechu L.	Fruit	Qs
	5.	Nagavalli patra	<i>Piper betle</i> L.	Leaves	Qs
	6.	Sudhachurna	Lime		Qs
Method of preparation	Place all the ingredients on nagavalli patra.				
Best use before	Within a day				
Properties/Health benefits	<p>Tambula patra- kashaya (astringent), ushna, (hot in potency) kapha vata nashaka (alleviates vata and kapha dosha)</p> <p>puga- ruksha, kashaya, kapha nashaka, pitta shamaka</p> <p>sudhachurna- kapha vata nashaka (alleviates vata and kapha dosha), ushna, (hot in potency)</p> <p>khadira sara- kapha (alleviates kapha dosha), raktapitta (bleeding disorders), krimi (anthelmintic), visha (anti venom), kushtha (skin diseases), mukha roga nashaka (alleviates mouth diseases)</p>				
Classical Indications	Kapha nashaka (Alleviates kapha dosha), Jantu nashaka, bhudhikaraka (Promotes intellect), Kamoddeepaka (Increases libido), Vata shamaka (Pacifies vata dosha), Agni pradeepaka (Stimulates digestive fire)				
Contraindications if any	Rakta pitta (bleeding disorder), jwara (fever), kshaya (weakness), visha (poison), (vertigo), shwasa(Asthama), netra peeda(eye diseases), murchha (fainting/syncope), shosha (cachexia)				
Special precautions	-				
Others	-				

**Paka**

Name of formulation	Agastya Phala Paka				
Reference	Pa.Da, 1/ 287-294				
Category	Lidha (Lickable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Agastya fruit	<i>Sesbania Grandiflora</i> L.	Fruit	
	2.	Jala	Water		
	3.	Dugdha	Milk		
	4.	Tila Kalka	<i>Sesamum Indicum</i> L.	Seed	1/2Pala(25gm)
	5.	Narikela Kalka	<i>Cocos nucifera</i> L.	Endosperm	1/2Pala(25gm)
	6.	Kshiravataka			
	7.	Kushmanda vataka	<i>Benincasa hispida</i> (Thunb) Cogn.	Fruit	
	8.	Ghrita	Ghee		
	9.	Hingu	<i>Ferula asfoetida</i> Regel.	Oleo resin gum	
10.	Parpata	<i>Fumaria parviflora</i> Lam.	Whole plant		
Method of preparation	Cut the fruit of Agastya put it in cauldron containing water and salt in appropriate proportion, and cook. Once properly cooked, transfer it to another cauldron and place it on the fire, sprinkling it with milk. Stir it in a paste of sesame and coconut, and add Ksiravataka and milk. As the second cauldron heats up, fry Kushmandavataka with ghee and Hingu (asafoetida). Stir with a ladle, add the powder of parpata, and when it is properly cooked, make it fragrant with aromatic substances.				
Best use before	Within a day				
Properties/Health benefits	Tikta (bitter), Katu (pungent), kashaya (astringent), madhura (sweet in taste), ushna (hot in potency)				
Classical Indications	Vatahara (Pacifies the vata dosha), Kapha-Pitta karaka (Aggravates kapha and pitta dosha), Agnimandhya (Loss of appetite)				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	ShigruPhalaPaka
Reference	Pa.Da, 1/ 285-286
Category	Lidha (lickable)
Label claim	Health benefit

Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Shigru phala	<i>Moringa oleifera</i> Lam	Fruit	1 part
	2.	Ghrita	Ghee		Qs
	3.	Dugdha	Milk		Qs
	4.	Sarshapa	<i>Brassica campestris</i> L.	Seed	Qs
	5.	Maricha	<i>Piper nigrum</i> L.	Fruit	Qs
	6.	Narikela	<i>Cocos nucifera</i> L.	Endosperm	Qs
	7.	Tila	<i>Sesamum Indicum</i> L.	Seed	Qs
	8.	Hingu	<i>Ferula asfoetida</i> Regel.	Oleo resin Gum	Qs
	9.	Masha	<i>Phaseolus mungo</i> L. non Rosc. & auct.	Seed	Qs
	10.	Parpata	<i>Fumaria parviflora</i> Lam.	Whole plant	Qs
Method of preparation	First fry the shigru fruit in ghrita. Take milk in a cauldron and mix it with the paste made of Sharshap, Maricha, Narikela, Tila and filter it through the sieve and boil it. Then fry the Hingu and Masha Vataka in Ghrita and add to the above mixture. Add Parpata pieces to the mixture.				
Best use before	3yrs				
Properties/Health benefits	Tikta (bitter), katu (pungent), kashaya (astringent) ushna (hot in potency)				
Classical Indications	Deepana (Increases digestive fire), Vata-pittahara (Pacifies the vaata and pitta dosha), Vrishya (Aphrodisiac), Varnya (Enhances complexion), Pramehahara (Increased frequency and turbidity of urine), Chakshushya (Beneficial to eyes or vision), Shukravridhikara (Increases quantity of semen), Kaphahara (Pacifies the kapha dosha)				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Erandabala Phala Paka				
Reference	Pa.Da, 1/ 284				
Category	Lidha (Lickable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Erand phala	<i>Ricinus communis</i>	Fruit	1 part

			L.		
	2.	Ghrita	Ghee		Qs
	3.	Dugdha	Milk		Qs
	4.	Sarshap	<i>Brassica campestris</i> L.	Seed	Qs
	5.	Maricha	<i>Piper nigrum</i> L.	Fruit	Qs
	6.	Narikela	<i>Cocos nucifera</i> L.	Endosperm	Qs
	7.	Tila	<i>Sesamum Indicum</i> L.	Seed	Qs
	8.	Hingu	<i>Ferula asfoetida</i> Regel.	Oleo resin gum	Qs
	9.	Masha	<i>Phaseolus mungo</i> L. non Rosc. & auct.	Seed	Qs
	10.	Parpata	<i>Fumaria parviflora</i> Lam.	Whole plant	Qs
Method of preparation	Cook the tender fruit of the castor oil plant following the previous pattern.				
Best use before	3yrs				
Properties/Health benefits	Tikta (bitter), katu (pungent), kashaya (astringent), madhura (sweet in taste), ushna (hot in potency), ruchikara (imparts taste)				
Classical Indications	Deepana (Increases the digestive fire), Pachana (Easy to digest), Vatahara (Pacifies the vaata dosha), Kaphahara (Pacifies the kapha dosha), Krimihara (Worm infestation), Mutrarogahara (Alleviates urinary diseases)				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Shaka paka				
Reference	Bha.Ni.11/107				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Shaka	Green vegetables		1 part
	2.	Hingu	<i>Ferula asfoetida</i> Regel.	Oleo resin Gum	Qs
	3.	Jiraka	<i>Cuminum cyminum</i> L.	Fruit	Qs
	4.	Lavana	Salt		Qs
Method of preparation	Cut the shaka into small pieces. Fry Hingu, Jiraka, Lavana in a small quantity of oil, then add Shaka to it. Cook all these ingredients with				

	water.
Best use before	Within a day
Properties/Health benefits	Laghu (light for digestion), ushna (hot in potency), tikshna (penetrating)
Classical Indications	Aruchi (Tastelessness), Sthaulya (Obesity), Agnimandhya (loss of appetite), Pratisayaya (Rhinitis)
Contraindications if any	-
Special precautions	-
Others	-

Name of formulation	Pupaka				
Reference	Sho. Ni. 984-985				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Ksheer	Milk		1 part
	2.	Ikshu rasa	<i>Saccharum officinarum L.</i>	Stem	Qs
	3.	Guda	Jaggery		Qs
	4.	Tila	<i>Sesamum Indicum L.</i>	Seed	Qs
	5.	Madhu	Honey		Qs
	6.	Sharkara	Sugar		Qs
Method of preparation	When using the regimen of Ksheera ikshurasa pupaka (pupaka prepared with milk and sugar-cane juice) with guda and tila (sesame seeds), mix them with milk, honey, and sugar.				
Best use before	Within a day				
Properties/Health benefits	Guru (heavy to digest), tarpana (saturating) and vrishya (aphrodisiac), balya (strength promoting)				
Classical Indications	Vrishya (Aphrodisiac), Daurbalya (Weakness), Agnimandhya (Loss of appetite)				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Katakarpaka
Reference	Bho. Ku. Siddhanna prakaran (bhakshya vishesha)
Category	Ashita (Eatables)
Label claim	Health benefit



Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Godhuma	<i>Triticum aestivum</i> L.	Seed	1 part
	2.	Chanaka	<i>Cicer arietinum</i> L.	Seed	1 part
	3.	Ghrita	Ghee		Qs
	4.	Jala	Water		Qs
Method of preparation	Mix Godhuma (wheat) flour and Chanaka (chickpea) with Ghrita etc., shape them into balls with the addition of water, and cook them in Ghrita.				
Best use before	Within a day				
Properties/Health benefits	Unctuous, hot in potency, pungent in its post-metabolic effect, Promotes growth, sweet				
Classical Indications	-				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Annapaka				
Reference	Pa.Da, 1/57-62				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Tandula	<i>Oryza Sativa</i> L.	Seed	1part
	2.	Jala	Water		3part
	3.	Takra	Buttermilk		Qs
	4.	Dugdha	Milk		Qs
Method of preparation	Wash the Tandula with luke warm water, and then place them in a cauldron, add three times water to the Tandula. then place the cauldron on a fire. When the water starts to bubble and becomes slightly warm, add the washed grains. When the middle part of the cooked Tandula shows slight hardness, stir it frequently with a ladle, and finally, add Takra (buttermilk), Dugdha or water. After removing it from the hearth (chulha), place it on Angara (hot charcoal). Once it becomes soft, serve it in meal.				
Best use before	Within a day				
Properties/Health benefits	Madhura (sweet in taste), Amla (sour), sheeta (cold in potency), deepana (increases digestive fire), pachana (easy to digest)				
Classical Indications	Promotes longevity and health				
Contraindications if	-				

any	
Special precautions	-
Others	-

Name of formulation	Kulatthadi Vishishta Paka				
Reference	Pa.Da, 1/ 190-199				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Kulattha	<i>Dolichos biflorus</i> L.	Seed	1 part
	2.	Karpura	<i>Cinnamomum karpuraa</i> (L.) Nees & Eberm.	Sub. extract	Qs
	3.	Saindhava	Rock salt		Qs
	4.	Ardraka	<i>Zingiber officinale</i> Roxb	Rhizome	Qs
	5.	Kushmanda	<i>Benincasa hispida</i> (Thunb) Cogn.	Fruit	Qs
	6.	Ghrita	Ghee		Qs
	7.	Butter			Qs
	8.	Aromatic Flowers			Qs
	9.	Hingu	<i>Ferula asfoetida</i> Regel.	Oleo resin Gum	Qs
10.	Puga	<i>Piper betle</i> L.	Fruit	Qs	
Method of preparation	Dehusk the parched husk of Kulattha, etc., and turn it into a Kalka, placing it in a silver pot. Add aromatic like Karpura to make it fragrant. Mix Saindhava salt, Lashuna, and Ardraka pieces to the paste. After frying the mentioned Kalka, add a small balls of Kusmanda (pumpkin gourd) and and fry them again in a cauldron.				
Best use before	Within a day				
Properties/Health benefits	Katu (pungent), madhura (sweet in taste), ushna (hot in potency), ruksha (dry)				
Classical Indications	Vatashamaka (Pacifies vata dosha), Pittashamaka (Pacifies pitta dosha), Cold, Kasa(Cough), Vibandha (Constipation)				
Contraindications if any	Acidity				
Special precautions	-				
Others	-				

Name of formulation	Panasa Mishta Paka				
Reference	Pa.Da, 1/ 251-254				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Panasa (Jackfruit)	<i>Artocarpus integrifolia</i> L. f.	Fruit	1 part
	2.	Maricha	<i>Piper nigrum</i> L.	Fruit	Qs
	3.	Dugdha	Milk		Qs
	4.	Narikela	<i>Cocos nucifera</i> L.	Endosperm	Qs
	5.	Sharkara	Sugar		Qs
	6.	Jiraka	<i>Cuminum cyminum</i> L.	Fruit	Qs
Method of preparation	Fry the cooked smaller pieces of jackfruit in ghee. After mixing substances like Maricha, jiraka transfer them to a pot. Mix these pieces with Dugdha, Narikela (coconut pieces), and Sharkara (sugar).				
Best use before	Within a day				
Properties/Health benefits	Tikta (bitter), katu (pungent), kashaya (astringent), ushna (hot in potency), ruchikara (imparts taste)				
Classical Indications	Mutrala (Diuretic), sara (Laxative), Raktajavyadhihara (Alleviates the diseases caused due to rakta dosha), Pittarogahara (Alleviates the diseases due to pitta)				
Contraindications if any	Diabetic				
Special precautions	-				
Others	-				

Name of formulation	Nishpava yukta panasa Phalapaka				
Reference	Pa.Da, 1/ 255-261				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Nishpava	<i>Dolichos lablab</i> L.	Seed	1 part
	2.	Narikela	<i>Cocos nucifera</i> L.	Endosperm	Qs
	3.	Vataka	Kohadavada		Qs
	4.	Tila	<i>Sesamum indicum</i> L.	Seed	Qs
	5.	Dugdha	Milk		Qs
	6.	Maricha	<i>Piper nigrum</i> L.	Fruit	Qs
	7.	Sarshap	<i>Brassica campestris</i>	Seed	Qs

			L.		
	8.	Hingu	<i>Ferula asfoetida</i> Regel.	Oleo resin Gum	Qs
	9.	Karpura	<i>Cinnamomum</i> <i>karpuraa</i> (L.) Nees & Eberm.	Sub. extract	Qs
	10.	Panasa (Jackfruit)	<i>Artocarpus</i> <i>integrifolia</i> L. f.	Fruit	1 part
Method of preparation	Peel off the outer layer Nishpava (flat beans). cook the seeds in a cauldron along with pieces of jackfruit. Grind coconut, vatak (Kohadavada), sesame seeds in milk to make a paste, mixing it with Maricha and Sarshapa beeja. Dip the pieces of Panasa into the paste, and mix it with milk to make it fragrant. Finally, cook it with Hingu (asafoetida) and milk. After removing it from the fire, make it fragrant again with Karpura etc.				
Best use before	Within a day				
Properties/Health benefits	Tikta (bitter), katu (pungent), kashaya (astringent), ushna (hot in potency), ruchikara (imparts taste), durgandhyanashan (alleviates foul smell)				
Classical Indications	Hridya (Cardiotonic), Vrishya (Aphrodisiac), Kaphahara (Alleviates kapha dosha), Vata-pitta vardhaka (Aggravates vata and pitta dosha)				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Alsandi Phalapaka				
Reference	Pa.Da, 1/262				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Alsandi phala	<i>Vigna catjang</i> (Burm.f.walp.	Fruit	1 part
	2.	Narikela	<i>Cocos nucifera</i> L.	Endosperm	Qs
	3.	Vataka			Qs
	4.	Tila	<i>Sesamum indicum</i> L.	Seed	Qs
	5.	Dugdha	Milk		Qs
	6.	Maricha	<i>Piper nigrum</i> L.	Fruit	Qs
	7.	Sarshap	<i>Brassica campestris</i> L.	Seed	Qs
	8.	Hingu	<i>Ferula asfoetida</i>	Oleo resin	Qs

			Regel.	Gum	
	9.	Karpura	<i>Cinnamomum karpura</i> (L.) Nees & Eberm.	Sub. extract	Qs
Method of preparation	Cook the Alsandi fruit following the pattern mentioned in Nishpava Panasa Phala Paka.				
Best use before	Within a day				
Properties/Health benefits	Tikta (bitter), katu (pungent), kashaya (astringent), ushna (hot in potency), ruchikara (imparts taste), durgandhyanashan (alleviates foul smell), vishtambhi (obstructing/constipating), cardiogenic				
Classical Indications	Atisara (Diarrhoea), Agnimandhya (Loss of appetite)				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Kshudradanti PhalaPaka				
Reference	Pa.Da, 1/ 263-264				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Kshudradanti	<i>Baliospermum montanum</i> Muell-Arg	Fruit	1 part
	2.	Narikela	<i>Cocos nucifera</i> L.	Endosperm	Qs
	3.	Vataka			Qs
	4.	Tila	<i>Sesamum indicum</i> L.	Seed	Qs
	5.	Dugdha	Milk		Qs
	6.	Maricha	<i>Piper nigrum</i> L.	Fruit	Qs
	7.	Sharshap	<i>Brassica campestris</i> L.	Seed	Qs
	8.	Hingu	<i>Ferula asfoetida</i> Regel.	Oleo resin Gum	Qs
9.	Karpura	<i>Cinnamomum karpura</i> (L.) Nees & Eberm.	Sub. extract	Qs	
Method of preparation	Cook Kshudradanti fruit following the pattern mentioned in Nishpava Panasa Phala Paka.				
Best use before	Within a day				
Properties/Health benefits	Tikta (bitter), katu (pungent), kashaya (astringent), ushna (hot in potency), ruchikara (imparts taste), durgandhyanashan (alleviates foul smell)				

Classical Indications	Pittashamaka (Pacifies pitta dosha), mutrala (Diuretic), sara (Laxative), Hridya (Cardiotonic), Kapharoga Shamaka (Pacifies kapha roga), Wound healing, Vishanashaka (Anti poisonous)
Contraindications if any	-
Special precautions	-
Others	-

Name of formulation	Kripataka PhalaPaka				
Reference	Pa.Da, 1/265-266				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Kripataka phala		Fruit	1 part
	2.	Narikela	<i>Cocos nucifera</i> L.	Endosperm	Qs
	3.	Vataka			Qs
	4.	Tila	<i>Sesamum indicum</i> L.	Seed	Qs
	5.	Dugdha	Milk		Qs
	6.	Maricha	<i>Piper nigrum</i> L.	Fruit	Qs
	7.	Sarshapa	<i>Brassica campestris</i> L.	Seed	Qs
	8.	Hingu	<i>Ferula asfoetida</i> Regel.	Oleo resin Gum	Qs
	9.	Karpura	<i>Cinnamomum karpura</i> (L.) Nees & Eberm.	Sub. extract	Qs
Method of preparation	Cook Kripataka fruit following the the pattern mentioned in Nishpava Panasa Phala Paka.				
Best use before	Within a day				
Properties/Health benefits	Tikta (bitter), katu (pungent), kashaya (astringent), ushna (hot in potency), ruchikara (imparts taste), durgandhyanashan (alleviates foul smell)				
Classical Indications	Shlesmahara (Alleviates kapha dosha), Vishaghna (Anti poisonous), Kusthaghna (Skin diseases), Apasmara (Epilepsy), mutrala (Diuretic) Sara (Laxative), Aruchihara (Imparts taste)				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Raktakshudra Brihati Phala Paka				
Reference	Pa.Da, 1/ 274-278				
Category	Ashita ( Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Rakta kshudrabrihati phala		Fruit	1 part
	2.	Ghrita	Ghee		Qs
	3.	Dugdha	Milk		Qs
	4.	Sarshap	<i>Brassica campestris</i> L.	Seed	Qs
	5.	Maricha	<i>Piper nigrum</i> L.	Fruit	Qs
	6.	Narikela	<i>Cocos nucifera</i> L.	Endosperm	Qs
	7.	Tila	<i>Sesamum indicum</i> L.	Seed	Qs
	8.	Hingu	<i>Ferula asfoetida</i> Regel.	Oleo resin Gum	Qs
	9.	Masha	<i>Phaseolus mungo</i> L. non Rosc. & auct.	Seed	Qs
10.	Parpata	<i>Fumaria parviflora</i> Lam	Whole plant	Qs	
Method of preparation	Fry red Brihati (small) fruits in Ghrita. Afterward, place them in a cauldron and mix them with milk. Then add a paste of Sarshap, Maricha, Narikela and Tila. After thoroughly mixing, sieve the mixture. In that decoction, drop the ghee-fried Brihati fruit, and after some time, remove it from the fire, transferring it to another clean pot. Grease the pot with Ghrita, mix in Hingu, and finally, add a small ball of Masha (black gram) and small pieces of Parpata (papad), stirring with a ladle. After blending the well-prepared decoction, remove it from the fire and tie it with a cloth.				
Best use before	Within a day				
Properties/Health benefits	Tikta (bitter), katu (pungent), kashaya (astringent), ushna (hot in potency), ruchikara (imparts taste), durgandhyanashan (alleviates foul smell)				
Classical Indications	Pittaghna (alleviates pitta dosha), Agnimandhya (Loss of appetite), Bhedi (purgative), Vatahara (Alleviates vata dosha), Gulmahara (Indicated in abdominal lump), Shothahara (Inflammation), Jwarahara (Fever), Shwasahara (Asthma), Kasahara (Cough), Pathya (wholesome), Arshoghna (Piles)				
Contraindications if any	-				

Special precautions	-				
Others	-				
Name of formulation	HunkarPhalaPaka				
Reference	Pa.Da, 1/295-296				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Hunkar Fruit		Fruit	1 part
	2.	Jala	Water		Qs
	3.	Lavana	Salt		Qs
	4.	Dugdha	Milk		Qs
	5.	Tila	<i>Sesamum Indicum L.</i>		Qs
	6.	Narikela	<i>Cocos nucifera L.</i>	Endosperm	Qs
	7.	Kshiravaṭaka			Qs
	8.	Kushmanda Vataka	<i>Benincasa hispida</i> (Thunb) Cogn.	Fruit	Qs
	9.	Ghrita	Ghee		Qs
	10.	Hingu	<i>Ferula asfoetida</i> Regel.	Oleo resin Gum	Qs
11.	Parpata	<i>Fumaria parviflora</i> Lam	Whole plant	Qs	
Method of preparation	Cut the Hunkar fruit. Put it in cauldron containing water and salt in appropriate proportion, then cook. Once properly cooked, transfer it to another cauldron and place it on the fire, sprinkling it with milk. Stir it in a paste of sesame and coconut, and add Ksiravataka and milk. As the second cauldron heats up, fry Kushmandavataka with ghee and asafoetida. Stir with a ladle, add the powder of parpata, and when it is properly cooked, make it fragrant with aromatic substances.				
Best use before	Within a day				
Properties/Health benefits	Tikta (bitter), katu (pungent), kashaya (astringent), madhura (sweet in taste), ushna (hot in potency)				
Classical Indications	Agnimandhya (Loss of appetite), Pittahara (Alleviates pitta dosha), Vatahara (Alleviates vata dosha), Gulmahara (Indicated in abdominal lump), Shulahara (Analgesic), Dantadadharyakara (Strengthens the teeth)				
Contraindications if any	-				
Special precautions	-				
Others	-				



Name of formulation	Udumbar Phal Paka				
Reference	Pa.Da,1/ 297-298				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Udumbara phala	<i>Ficus glomerata</i> L.	Fruit	1 part
	2.	Spices			Qs
	3.	Aromatic Substances			Qs
Method of preparation	Collect the fruits of Udumbara, separate their foot stalks, and cook them with appropriate spices. Afterward, make it fragrant.				
Best use before	Within a day				
Properties/Health benefits	Kashaya (astringent), madhura (sweet in taste), katu (pungent), laghu (light for digestion)				
Classical Indications	Jwara (Fever), Atisara (Diarrhoea), Daha (Burning)				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Bala udumbar Phal Paka				
Reference	Pa.Da, 1/299-300				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Udumbara phala	<i>Ficus glomerata</i> L.	Fruit	1 part
	2.	Spices			Qs
	3.	Aromatic Substances			Qs
Method of preparation	Follow the previous method to cook the fruit of Udumbara.				
Best use before	Within a day				
Properties/Health benefits	Kashaya (astringent), madhura (sweet in taste), katu (pungent), laghu (light for digestion)				
Classical Indications	Vatahara (Alleviates vata dosha), Kaphahara (Alleviates kapha dosha), Visarpa (erisepalus), Gulma (abdominal lump), Raktatisara(bloody				

	diarrhea),Pramehahara (anti diabetic), kustha (Skin disease).
Contraindications if any	-
Special precautions	-
Others	-

Name of formulation	PakwakushmandaPhalaPaka				
Reference	Pa.Da, 1/ 301-308				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Kusmanda	<i>Benincasa hispida</i> (Thunb) Cogn.	Fruit	1 part
	2.	Samudra Lavana	salt		Qs
	3.	Dadhi	Curd		Qs
	4.	Amlika	<i>Tamarindus indica</i> L.	Fruit	Qs
	5.	Masha	<i>Phaseolus mungo</i> L. non Rosc. & auct.	Seed	Qs
	6.	Ghrita	Ghee		Qs
	7.	Methi	<i>Trigonella foenum graecum</i> L.	Seed	Qs
	8.	Jiraka	<i>Cuminum cyminum</i> L.	Fruit	Qs
	9.	Sarshapa beeja	<i>Brassica campestris</i> L.	Seed	Qs
	10.	Palandu	<i>Allium cepa</i> L.	Bulb	Qs
	11.	Kaitarya	<i>Myrica esculenta</i> Buch.-Ham.	Fruit	Qs
	12.	Dhanyaka	<i>Coriandrum sativum</i> L.	Fruit	Qs
13.	Karpura	<i>Cinnamomum karpura</i> (L.) Nees & Eberm.	Sub. extract	Qs	
Method of preparation	Cut the Kusmanda fruit into square shapes using a knife, expelling the seeds and fibers. After washing the pieces with water, dust or sprinkle sea salt and place them in a cauldron on fire. Paste the pieces of Kushmand with Dadhi, Amlika and the powder of Masha(black gram), then fry them in ghee until they turn saffron-colored. Add the powder of Methika, Jeeraka, Sharshap and Masha, cooking until it is completely prepared. Drop pieces of onion, katphala leaves and Dhanyaka, Make it fragrant with karpura, tie it with pugapatta, and drop it into heated ghee.				
Best use before	Within a day				
Properties/Health	Kashaya (astringent), madhura (sweet in taste), katu (pungent), laghu				

benefits	(light for digestion), ushna (hot in potency), ruksha (dry)
Classical Indications	Sarvadoshahara (Alleviates all three doshas), Vrishya (Aphrodisiac), Daha-Trishna-Bhayanashaka (Alleviates burning, Thirst, Fear)
Contraindications if any	-
Special precautions	-
Others	-

Name of formulation	NispavkushmandaPhala Paka				
Reference	Pa.Da, 1/ 309				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Nishpava	Dolichos lublub L.	Seed	1 part
	2.	Kushmanda phala	Benincasa hispida	Fruit	1 part
	3.	Samudra Lavana	Salt		Qs
	4.	Dadhi	Curd		Qs
	5.	Amlika	<i>Tamarindus indica</i> L.	Fruit	Qs
	6.	Masha	<i>Phaseolus mungo</i> L. non Rosc. & auct.		Qs
	7.	Ghrita	Ghee		Qs
	8.	Methi	<i>Trigonella foenum graecum</i> L.	Seed	Qs
	9.	Jiraka	<i>Cuminum cyminum</i> L.	Fruit	Qs
	10.	Sarshap	<i>Brassica campestris</i> L.	Seed	Qs
	11.	Palandu	<i>Allium cepa</i> L.	Bulb	Qs
	12.	Kaitarya	<i>Myrica esculenta</i> Buch.-Ham.	Fruit	Qs
	13.	Dhanyaka	<i>Coriandrum sativum</i> L.	Fruit	Qs
14.	Karpura	<i>Cinnamomum karpura</i> (L.) Nees & Eberm.	Sub. extract	Qs	
Method of preparation	Cook the pieces of Kusmanda with Nispava.				
Best use before	Within a day				
Properties/Health	Amla (sour), madhura (sweet in taste), katu (pungent), guru (heavy to				

benefits	digest) , ushna (hot in potency), snigdhaa (unctuous)
Classical Indications	Vrishya (Aphrodisiac), Ojavardhaka (Enhances the essence of seven fundamental structural components: vital for life, providing strength and resistance to disease and supporting mental function), Deepana (Increases digestive fire), Ruchikara (Imparts taste), Brihmana (Nourishing the body tissues)
Contraindications if any	-
Special precautions	-
Others	-

Name of formulation	Tumbi PhalaPaka				
Reference	Pa.Da, 1/ 310				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Tumbi phala	<i>Lagenaria siceraria</i> (Mol.) Standl.	Fruit	1 part
	2.	Samudra Lavana	Salt		Qs
	3.	Dadhi	Curd		Qs
	4.	Amlika	<i>Tamarindus indica</i> L.	Fruit	Qs
	5.	Masha	<i>Phaseolus mungo</i> L. non Rosc. & auct.	Seed	Qs
	6.	Ghrita	Ghee		Qs
	7.	Methi	<i>Trigonella foenum graecum</i> L.	Seed	Qs
	8.	Jiraka	<i>Cuminum cyminum</i> L.	Fruit	Qs
	9.	Sarshap	<i>Brassica campestris</i> L.	Seed	Qs
	10.	Palandu	<i>Allium cepa</i> L.	Bulb	Qs
	11.	Kaitarya	<i>Myrica esculenta</i> Buch.-Ham.	Fruit	Qs
	12.	Dhanyaka	<i>Coriandrum sativum</i> L.	Fruit	Qs
13.	Karpura	<i>Cinnamomum karpura</i> L.) Nees & Eberm	Sub. extract	Qs	
Method of preparation	Take the fresh and tender fruit of Tumbi (white gourd) and cook it according to the previous method.				
Best use before	Within a day				
Properties/Health	Kashaya (astringent), madhura (sweet in taste), katu (pungent), laghu				

benefits	(light for digestion), ushna (hot in potency), ruksha (dry)
Classical Indications	Kaphanashaka (Alleviates kapha dosha), Sthaulya (Obesity), Cold, Agnimandhya (Loss of appetite)
Contraindications if any	-
Special precautions	-
Others	-

Name of formulation	Elavaluka Phala Paka				
Reference	Pa.Da, 1/ 311				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Elavaluka phala		Fruit	1 part
	2.	Samudra Lavana	Salt		Qs
	3.	Dadhi	Curd		Qs
	4.	Tamarind	<i>Tamarindus indica</i> L.	Fruit	Qs
	5.	Masha	<i>Phaseolus mungo</i> L. non Rosc. & auct.	Seed	Qs
	6.	Ghrita	Ghee		Qs
	7.	Methi	<i>Trigonella foenum graecum</i> L.	Seed	Qs
	8.	Jiraka	<i>Cuminum cyminum</i> L.	Fruit	Qs
	9.	Sarshapa	<i>Brassica campestris</i> L.	Seed	Qs
	10.	Palandu	<i>Allium cepa</i> L.	Bulb	Qs
	11.	Kaitarya	<i>Myrica esculenta</i> Buch.-Ham.	Fruit	Qs
	12.	Dhanyaka	<i>Coriandrum sativum</i> L.	Fruit	Qs
13.	Karpura	<i>Cinnamomum karpura</i> (L.) Nees & Eberm.	Sub. extract	Qs	
Method of preparation	Cook Elavaluka (snake cucumber) following the pattern of Tumbi Phala.				
Best use before	Within a day				
Properties/Health benefits	Kashaya (astringent), madhura (sweet in taste), katu (pungent), laghu (light for digestion), ushna (hot in potency), ruksha (dry)				

Classical Indications	Agnimandhya (Loss of appetite), Sthaulya (Obesity), Amlapitta (Acidity)
Contraindications if any	-
Special precautions	-
Others	-

Name of formulation	Suranakanda Paka				
Reference	Pa.Da, 1/ 312-318				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Surana	<i>Amorphophallus campanulatus</i> (Rosc.) Blume.	Corm	1 part
	2.	Samudra lavana	Sea salt		Qs
	3.	Amlika	<i>Tamarindus indica</i> L.	Fruit	Qs
	4.	Shunthi	<i>Zingiber officinale</i> Roxb	Rhizome	Qs
	5.	Pippali	<i>Piper longum</i> L.	Fruit	Qs
	6.	Maricha	<i>Piper nigrum</i> L.	Fruit	Qs
	7.	Methi Powder	<i>Trigonella foenum — graecum</i> L.	Seed	Qs
	8.	Jiraka	<i>Cuminum cyminum</i> L.	Fruit	Qs
	9.	Kaitarya	<i>Myrica esculenta</i> Buch.-Ham.	Fruit	Qs
	10.	Dhanyaka	<i>Coriandrum sativum</i> L.	Fruit	Qs
	11.	Ghrita	Ghee		Qs
	12.	Hingu	<i>Ferula asfoetida</i> Regel.	Oleo resin gum	Qs
13.	Karpura	<i>Cinnamomum karpura</i> (L.) Nees & Eberm.	Sub. extract	Qs	
Method of preparation	Peel off the rhizome of Surana and cut it into pieces. Add salt and Amlika to it. Place the cauldron on fire and cook the pieces. Sprinkle the powder of Shunthi, Pippali and Maricha when it is well cooked. sprinkle Methi and Jeera powder, and mix the leaves of Kayaphal and Dhanyaka in another cauldron. Fry Surana, with ghee and Hingu (asafoetida), and make it fragrant with Karpura. Later, place it on pugapatta.				
Best use before	Within a day				

Properties/Health benefits	Kashaya (astringent), madhura (sweet in taste), katu (pungent), laghu (light for digestion), ushna (hot in potency), ruksha (dry)
Classical Indications	Pathya (Wholesome/ideal or most suitable for good health), Krimihara (Antihelmintic), Arshoghna (Piles), Balya (Strength promoting), Deepana (Increases digestive fire), Twakarogahara (Skin disease)
Contraindications if any	-
Special precautions	-
Others	-

Name of formulation	Vanasurana kanda Paka				
Reference	Pa.Da, 1/319-320				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Vanasurana	Amorphophalus dulbis	Tuber	1 part
	2.	Samudra lavana	Salt		Qs
	3.	Amlika	<i>Tamarindus indica</i> L.	Fruit	Qs
	4.	Shunthi	<i>Zingiber officinale</i> Roxb	Rhizome	Qs
	5.	Pippali	<i>Piper longum</i> L.	Fruit	Qs
	6.	Maricha	<i>Piper nigrum</i> L.	Fruit	Qs
	7.	Methi	<i>Trigonella foenum — graecum</i> L.	Seed	Qs
	8.	Jiraka	<i>Cuminum cyminum</i> L.	Fruit	Qs
	9.	Kaitarya	<i>Myrica esculenta</i> Buch.-Ham.	Fruit	Qs
	10.	Dhanyaka	<i>Coriandrum sativum</i> L.	Fruit	Qs
	11.	Ghrita	Ghee		Qs
	12.	Hingu	<i>Ferula asfoetida</i> Regel.	Oleo resin gum	Qs
13.	Karpura	<i>Cinnamomum karpura</i> (L.) Nees & Eberm.	Sub. extract	Qs	
Method of preparation	Collect wild surana and cook it following the pattern of the previous suranakanda Paka.				
Best use before	Within a day				
Properties/Health benefits	Madhura (sweet in taste), katu (pungent), laghu (light for digestion), ushna (hot in potency), ruksha (dry)				

Classical Indications	Agnivardhaka (Appetizer), Hridya (cardiotonic), Gulma (abdominal lump), Sthaulya (Obesity), Vishanashaka (anti venom), Arshoghna (Piles)
Contraindications if any	-
Special precautions	-
Others	-

Name of formulation	Kumuda-utpalaKandaPaka				
Reference	Pa.Da, 1/ 321				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Kumuda Kanda	<i>Nymphaea alba</i> L.	Rhizome	1 part
	2.	Utpala Kanda	<i>Nymphaea stellata</i> Willd.	Rhizome	1 part
	3.	Samudra lavana	Salt		Qs
	4.	Amlika	<i>Tamarindus indica</i> L.	Fruit	Qs
	5.	Shunthi	<i>Zingiber officinale</i> Roxb	Rhizome	Qs
	6.	Pippali	<i>Piper longum</i> L.	Fruit	Qs
	7.	Maricha	<i>Piper nigrum</i> L.	Fruit	Qs
	8.	Methi	<i>Trigonella foenum — graecum</i> L.	Seed	Qs
	9.	Jiraka	<i>Cuminum cyminum</i> L.	Fruit	Qs
	10.	Kaitarya	<i>Myrica esculenta</i> Buch.-Ham.	Fruit	Qs
	11.	Dhanyaka	<i>Coriandrum sativum</i> L.	Fruit	Qs
	12.	Ghrita	Ghee		Qs
	13.	Hingu	<i>Ferula asfoetida</i> Regel.	Oleo resin gum	Qs
14.	Karpura	<i>Cinnamomum karpuraa</i> (L.) Nees & Eberm.	Sub. extract	Qs	
Method of preparation	As like previous recipe				
Best use before	3yrs				
Properties/Health	Katu (pungent), madhura (sweet in taste), laghu (light for digestion),				



benefits	ushna (hot in potency), ruksha (dry)
Classical Indications	Pittashamaka (Pacifies pitta dosha), Prameha (Diabetes), Daha (Burning), Kamala (Jaundice)
Contraindications if any	-
Special precautions	-
Others	-

Name of formulation	Mulakakanda Paka				
Reference	Pa.Da, 1/ 322				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Mulaka Kanda	<i>Raphanus sativus</i> L.	Root	1 part
	2.	Samudra Lavana	Salt		Qs
	3.	Amlika	<i>Tamarindus indica</i> L.	Fruit	Qs
	4.	Shunthi	<i>Zingiber officinale</i> Roxb	Rhizome	Qs
	5.	Pippali	<i>Piper longum</i> L.	Fruit	Qs
	6.	Maricha	<i>Piper nigrum</i> L.	Fruit	Qs
	7.	Methi	<i>Trigonella foenum graecum</i> L.	Seed	Qs
	8.	Jiraka	<i>Cuminum cyminum</i> L.	Fruit	Qs
	9.	Kaitarya	<i>Myrica esculenta</i> Buch.-Ham.	Fruit	Qs
	10.	Dhanyaka	<i>Coriandrum sativum</i> L.	Fruit	Qs
	11.	Ghrita	Ghee		Qs
	12.	Hingu	<i>Ferula asfoetida</i> Regel.	Oleo resin Gum	Qs
13.	Karpura	<i>Cinnamomum karpuraa</i> (L.) Nees & Eberm.	Sub. extract	Qs	
Method of preparation	Take the fresh mulaka and cook it following the previous pattern.				
Best use before	Within a day				
Properties/Health benefits	Katu (pungent), Laghu (light for digestion), Ushna (hot in potency), Ruksha (dry)				

Classical Indications	Deepana (Increases digestive fire), pratishyaya (Coryza), Kasa (Cough)
Contraindications if any	-
Special precautions	-
Others	-

Name of formulation	Tikta alabu Phala Paka				
Reference	Pa.Da, 1/ 360-363				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Tikta alabu	<i>Lagenaria siceraria</i>	Fruit	1 part
	2.	Gunja Mula	<i>Abrus precatorius</i> L.	Root	Qs
	3.	Mulethi	<i>Glycyrrhiza glabra</i> L.	Stem	Qs
	4.	Guduchi	<i>Tinospora cordifolia</i> (Willd.) Miers	Stem	Qs
	5.	Aromatic Drugs			Qs
Method of preparation	First, cook the bitter gourd fruit (tikta alabu) with the extract of Gunjamula. There are alternative methods indicated as well, such as cooking it with the decoction of Mulethi or Guduchi This process removes the bitterness of bitter gourd and induces a sweet taste. Once properly cooked, make it fragrant with aromatic drugs, place it into pugapatta, and finally, serve it during meals.				
Best use before	Within a day				
Properties/Health benefits	Katu (pungent), tikta (bitter), madhura (sweet in taste), laghu (light for digestion), ushna (hot in potency), ruksha (dry).				
Classical Indications	Vatahara (Alleviates vata dosha), Kaphahara (Alleviates kapha dosha), Agnimandhya (Loss of appetite), Krimihara (Antihelmintic), Jwara (Fever)				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	TiktaPatolaPhalaPaka				
Reference	Pa.Da, 1/ 367-368				
Category	Ashita (Eatables)				
Label claim	Health benefit				

Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Patola phala	<i>Trichosanthes dioica</i> Roscoe (H)	Fruit	1 part
	2.	Nimbu	<i>Citrus limon</i> (Lilinn) Burm. F	Fruit	Qs
	3.	Karpura	<i>Cinnamomum karpuram</i> (L.) Nees & Eberm.	Sub. extract	Qs
Method of preparation	Cook the tender and bitter fruit of Patola (Parval) with lemon juice to eliminate its bitterness. Prepare it similar to tiktakoshataki.				
Best use before	Within a day				
Properties/Health benefits	Tikta (bitter), laghu (light for digestion), ruksha (dry)				
Classical Indications	Vatarogahara (Alleviates vata disease), Kapharogahara (Alleviates kapha disease), Jwara (Fever), Agnimandya (Loss of appetite)				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Unduka Phala Paka				
Reference	Pa.Da, 1/ 377-386				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Ghrita	Ghee		Qs
	2.	Unduka phala		Fruit	1 part
	3.	Narikela	<i>Cocos nucifera</i> L.	Endosperm	Qs
	4.	Dugdha	Milk		Qs
	5.	Aromatic Drugs			Qs
Method of preparation	Collect fresh fruit of unduka and cook it in the juice of unduka itself mixed with potash alum water. Peel off the prickles of the fruit with a knife, cut the fruit into pieces, and roast it with ghee. Process the unduka fruit again into smaller pieces, and mix it with salt and spices along with clarified butter (ghee). Then, add pieces of coconut and milk to the fruit, resulting in viscous sediments. Place this mixture inside the unduka fruit, and put prickles on the fruit in its original form. Fry the fruit impregnated with the material in ghee and make it fragrant with				

	aromatic drugs.
Best use before	Within a day
Properties/Health benefits	Madhura (sweet in taste), Tikta (bitter), Laghu (light for digestion), Ushna (hot in potency), Snigdha (unctuous)
Classical Indications	Agnimandhya (Loss of appetite), Daurbalya (Weakness), Aasya daurgandhya (Foul smell of mouth), Daha (Burning)
Contraindications if any	-
Special precautions	-
Others	-

Name of formulation	Mundaka Phala Paka				
Reference	Pa.Da, 1/ 387-394				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Mundaka phala		Fruit	1 part
	2.	Bhuphala		Fruit	1 part
	3.	Dugdha	Milk		Qs
	4.	Maricha	<i>Piper nigrum L.</i>	Fruit	Qs
	5.	Nispava	Flat Bean	Seed	Qs
	6.	Ghrita	Ghee		Qs
	7.	Narikela	<i>Cocos nucifera L.</i>	Endosperm	Qs
	8.	Kushmanda	<i>Benincasa hispida</i> (Thunb) Cogn.	Fruit	Qs
	9.	Parpata	<i>Fumaria parviflora</i> Lam	Whole plant	Qs
10.	Karpura	<i>Cinnamomum karpuraa</i> (L.) Nees & Eberm.	Sub. extract	Qs	
Method of preparation	Collect Mundaka fruit and cut it into pieces the size of Nishpava. Next, fry bhuphala and cook it with milk, mixing it with coarsely ground Maricha (Maricha). Add flat beans (Nishpava) fried in ghee and pieces of coconut. Similarly, mix it with small jack fruit pieces fried in ghee. Stir the cooked Mundaka fruit with a ladle and remove it from heat. Drop small chunks (Badi) of pumpkin gourd and pieces of parpata (papad) in heated ghee in the vessel. Fry the Mundaka fruit well. After some time, when it is removed from the fire, add aromatic substances like karpura for fragrance. Afterward, keep this preparation in Karpurapoṭṭali (a small pouch of karpura) and finally drop it in heated ghee.				

Best use before	Within a day
Properties/Health benefits	Madhura (sweet in taste), katu (pungent), tikta (bitter), laghu (light for digestion), ushna (hot in potency), ruksha (dry)
Classical Indications	Sadhyakaphahara (Immediate destroys kapha dosha), Vrishya (Aphrodisiac), Vatahara (Alleviates vata dosha), Pittahara (Alleviates pitta dosha)
Contraindications if any	-
Special precautions	-
Others	-

Name of formulation	Karvalli Phala Paka				
Reference	Pa.Da, 1/395-408, 409-421, 422-429				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Karvalli Phala	Momordia charantia	Fruit	1 part
	2.	Kanji	Fermented sour gruel		Qs
	3.	Ghrita	Ghee		Qs
	4.	Dugdha	Milk		Qs
	5.	Narikela	<i>Cocos nucifera</i> L.	Endosperm	Qs
	6.	Lashuna	<i>Allium sativum</i> L.	Bulb	Qs
	7.	Ardraka	<i>Zingiber officinale</i> Rosc.	Rhizome	Qs
	8.	Maricha	<i>Piper nigrum</i> L.	Fruit	Qs
	9.	Dhanyaka	<i>Coriandrum sativum</i> L.	Fruit	Qs
	10.	Spices			Qs
	11.	Lavana	Salt		Qs
	12.	Karpura	<i>Cinnamomum karpuraa</i> (L.) Nees & Eberm.	Sub. extract	Qs
Method of preparation	Collect the tender, fresh, and semi-ripe fruit of bitter gourd. Cut off the stem part of the fruit and place it in a cauldron, mixing it with Kanji water (sour water) to eliminate bitterness. Transfer this kanji-dipped bitter gourd fruit to another cauldron, mixing it with saline water, and cook it. then fry it with ghee (clarified butter), and one part of the fruit should be punctured and cut into coin-shaped slices using a rod. Safely keep the sliced pieces aside. Cut and remove the seeds of bitter gourd, making them into vatika. Cut the seed part of the bitter gourd into the				

	finest pieces with a sharp knife. In the whole mixture, add milk, soured small ball-sized chunks or bari, pieces of coconut, Lashuna, and Ardraka. Mix in the powder of Maricha, Dhanyaka, spices, salt, karpura, etc., along with ghee. Prepare it in pulp form and place it in a greased pot. Fill up the bitter gourd with this pulp, close it with a lid kept for this purpose, tie the bitter gourd with threads, and put it into hot ghee.
Best use before	Within a day
Properties/Health benefits	Katu (pungent), tikta (bitter), laghu (light for digestion), ushna (hot in potency), snigdha (unctuous)
Classical Indications	Kaphahara (Alleviates kapha dosha), Vatahara (Alleviates vata dosha), Sarvarogahara (Mitigates all the diseases), Jwara (Fever), Agnimandhya (Loss of appetite)
Contraindications if any	-
Special precautions	-
Others	-

Name of formulation	Karvalli Phala Paka				
Reference	Pa.Da, 1/ 409-421				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Karvalli	<i>Momordia charantia</i>	Fruit	1 part
	2.	Saindhava	Rock salt		
	3.	Jambiri Nimbu	<i>Citrus lemon</i> (L.) Burm.f.	Fruit	Qs
	4.	Hingu	<i>Ferula asfoetida</i> Regel.	Oleo resin Gum	Qs
	5.	Twak	<i>Cinnamimum zeylanicum</i> Blume	Stem bark	Qs
	6.	Ela	<i>Elettaria Cardamomum</i> Maton.	Fruit	Qs
	7.	kaitarya	<i>Myrica esculenta</i> Buch.-Ham.	Fruit	Qs
	8.	Nagakesara	<i>Mesua ferrea</i> L.	Stamen	Qs
	9.	Maricha	<i>Piper nigrum</i> L.	Fruit	Qs
	10.	Methi	<i>Trigonella foenum graecum</i> L.	Seed	Qs
	11.	Jiraka	<i>Cuminum cyminum</i> L.	Fruit	Qs
12.	Dhanyaka	<i>Coriandrum sativum</i> L.	Fruit	Qs	

	13.	Jatiphala	Myristica fragrance	Fruit	Qs
	14.	Karpura	<i>Cinnamomum karpuraa</i> (L.) Nees & Eberm.	Sub. extract	Qs
	15.	Lavana	Salt		Qs
Method of preparation	Collect good fruits of Karavalli (bitter gourd) and clean them inside and outside to remove worms. Cut the upper part of the fruit into fine, uniform pieces, and drop these pieces into a cauldron, mixing them with an appropriate quantity of Saindhava salt. Later, mix the pieces with the juice of Jambiri Lemon and cook them on the fire, covering the pot with a lid. It is essential to cover the pot well with the lid during the cooking process to avoid bitterness in taste. Remove it from the fire and fry it with fresh ghee. Transfer the whole material to another pot, fry it with asafoetida, and mix it with the powder of chaturjata (cinnamon, cardamom, bay leaves, nagakesara), Maricha, fenugreek seeds, cumin, powder of Dhanyaka and nutmeg. Make it fragrant with karpura and Kasturi (Namak). mix cold water in it until it turns saffron in color. After mixing the aforementioned condiments, remove the cooked material from the fire, and dip it into heated ghee.				
Best use before	Within a day				
Properties/Health benefits	Katu (pungent), tikta (bitter), laghu (light for digestion), ushna (hot in potency), ruksha (dry)				
Classical Indications	Agnimandhya (Loss of appetite), Jwara (Fever)				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Karvalli Phala Paka 3				
Reference	Pa.Da, 1/422-429				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Karvalli Phala	<i>Momordia charantia</i>	Fruit	1 part
	2.	Hingu	<i>Ferula asfoetida Regel.</i>	Oleo resin gum	Qs
	3.	Ghrita	Ghee		Qs
	4.	Tandula	<i>Oryza sativa L.</i>	Seed	Qs
	5.	Maricha	<i>Piper nigrum L.</i>	Fruit	Qs
	6.	Dhanyaka	<i>Coriandrum sativum L.</i>	Fruit	Qs

	7.	Methi	<i>Trigonella foenum graecum</i> L.	Seed	Qs
	8.	Jiraka	<i>Cuminum cyminum</i> L.	Fruit	Qs
	9.	Jatiphala	<i>Myristica fragrance</i>	Fruit	Qs
Method of preparation	Cut the karavalli fruits into three or four pieces using a sharp-edged knife. then properly cook them. After frying them with asafoetida and clarified butter and keeping them separately, place the water from washed rice in a vessel. Drop the paste (Kalka) of Maricha (Maricha) into it. Filter this processed water. Place the above-mentioned processed water in a pot and cook it over fire. Dust it with Nutmeg powder, mix it with the powder of Dhanyaka, fenugreek, and cumin, and remove it from the fire when properly cooked and roasted. During the meal, drop the Karavalli fruit into the processed water.				
Best use before	Within a day				
Properties/Health benefits	Katu (pungent), tikta (bitter), laghu (light for digestion), ushna (hot in potency), ruksha (dry)				
Classical Indications	Agnimandhya (Loss of appetite), Kaphahara (Alleviates kapha dosha), Vatahara (Alleviates vata dosha), Sarvarogahara (Mitigates all the diseases)				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Kaushataki Phala Paka				
Reference	Pa.Da, 1/ 430-431				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Kaushataki phala	<i>Luffa acutangula</i> Roxb.	Fruit	
Method of preparation	After collecting the fresh fruit of Koshataki phala, cook it and serve it during the meals.				
Best use before	Within a day				
Properties/Health benefits	Katu (pungent), tikta (bitter), laghu (light for digestion), ruksha (dry)				
Classical Indications	Kaphahara (Alleviates kapha dosha), Pittahara (Alleviates pitta dosha), Kustha (Skin disease), Pramehhara (Diabetes), Kriminashaka (Antihelmintic), Shwasa (Asthma), Aruchi (Loss of taste), Vishamjvaraghna (Intermittent fever)				
Contraindications if any	-				



Special precautions	-
Others	-

Name of formulation	Bimbiphala Paka				
Reference	Pa.Da, 1/ 436-440				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Bimbi phala	<i>Coccinia indica</i> W& A	Fruit	1 part
	2.	Ghrita	Ghee		Qs
	3.	Hingu	<i>Ferula asfoetida</i> Regel.	Oleo resin Gum	Qs
	4.	Karpura	<i>Cinnamomum karpuraa</i> (L.) Nees & Eberm.	Sub. extract	Qs
Method of preparation	Peel the fruit of Bimbi phala (Ivy gourd) from all sides using a knife and place it in a cauldron along with water. After cooking it, fry it with ghee and asafoetida, and finally, make it fragrant with substances like karpura.				
Best use before	Within a day				
Properties/Health benefits	Katu (pungent), tikta (bitter), laghu (light for digestion), ushna (hot in potency), Ruksha (dry)				
Classical Indications	Vrishya (Aphrodisiac), Chakshushya (Enhance vision), Vatahara (Alleviates vata dosha), Pittthara (Alleviates pitta dosha), Mutrakricchahara (Difficulty in urination), Shukravardhaka (Increase semen), Kamala nashaka (Jaundice), Pittaj and Raktaj Rogahara, Rajyakshama (Tuberculosis), Shwasa-Trishna-Kasa (Asthma, Thirst, Cough)				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Kokando Phala Paka				
Reference	Pa.Da, 1/ 441				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Kokando		Fruit	1 part

		phala			
	2.	Ghrita	Ghee		Qs
	3.	Hingu	<i>Ferula asfoetida</i> <i>Regel.</i>	Oleo resin gum	Qs
	4.	Karpura	<i>Cinnamomum</i> <i>karpuraa</i> (L.) Nees & Eberm.	Sub. extract	Qs
Method of preparation	of	Cook the fresh fruit of Kakondo following the previous pattern.			
Best use before	Within a day				
Properties/Health benefits	Katu (pungent), tikta (bitter), laghu (light for digestion), ushna (hot in potency)				
Classical Indications	Kaphadoshhara (Alleviates kapha dosha), Pittahara (Alleviates pitta dosha), Swedjanana (Induces sweating), Vrishya (Aphrodisiac), Ruchikara (Imparts taste), Agnivardhaka (Stimulates digestive fire)				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Kalinga Phala Paka				
Reference	Pa.Da, 1/ 442-445				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Kalinga	<i>Citrus lanatus</i>	Fruit	1 part
	2.	Maricha	<i>Piper nigrum</i> L.	Fruit	Qs
	3.	Ghrita	Ghee		Qs
	4.	Hingu	<i>Ferula asfoetida</i> <i>Regel.</i>	Oleo resin Gum	Qs
	5.	Karpura	<i>Cinnamomum</i> <i>karpuraa</i> (L.) Nees & Eberm.	Sub. extract	Qs
Method of preparation	Take the fresh and pleasant fruit of Kalinga (tarbuja). After washing it, cut it and then cook it following the previous procedure. Add Maricha powder to it. Next, fry it with clarified butter and asafoetida. After making it fragrant with karpura, tie it with pugapatta, and serve it for meals. Similarly, after cutting the fruit of Kalinga, fry it with clarified butter, make it fragrant.				
Best use before	Within a day				
Properties/Health	Katu (pungent), tikta (bitter), laghu (light for digestion), ushna (hot in				

benefits	potency), ruksha (dry)
Classical Indications	Hridya (Cardiotonic), Kaphadoshahara (Alleviates kapha dosha), Deepana (Increases digestive fire), Grahi (Absorbent and astringent activity), Aruchihara (Imparts taste)
Contraindications if any	-
Special precautions	-
Others	-

Name of formulation	Kuberaksha Parna Paka				
Reference	Pa.Da, 1/ 446-449				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Kuberaksha patra	<i>Caesalpinia crista</i>	Leaves	1 part
	2.	Guduchi	<i>Tinospora cordifolia</i> (Willd.) Miers.	Stem	Qs
	3.	Tanduliyaka	<i>Amaranthus spinosus</i> L.	Leaves	Qs
	4.	Sharkara	Sugar		Qs
	5.	Spices			Qs
Method of preparation	Take the soft leaves of Kuberaksha. Remove its bitter taste by using the powder of Guduchi. Tanduliyak or sugar can be utilized for this purpose. This process effectively eliminates the bitter taste of Karanja. Mix it with spices following the previous cooking method.				
Best use before	Within a day				
Properties/Health benefits	Katu (pungent), tikta (bitter), laghu (light for digestion), ushna (hot in potency), ruksha (dry), anthelmintic, appetizer, wholesome, alleviator of pandu and yakshma extremely collic and vatic disorders.				
Classical Indications	Krimihara (Antihelmintic), Hridya (Cardio tonic), Deepana (Increases digestive fire), Pathya (Wholesome/Ideal or most suitable for good health), Gulma (Abdominal lump), Shulahara (Analgesic), Vatahara (Alleviates vata dosha)				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Punarnava Patra Paka				
Reference	Pa.Da, 1/ 446-449				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Punarnava	<i>Boerhavia diffusa</i> L.	Leaves	1 part
	2.	Karvalli patra	<i>Momordia charantia</i> Roxb.	Leaves	1 part
	3.	Shunthi	<i>Zingiber officinale</i> Rosc.	Rhizome	Qs
	4.	Lavana	Salt		Qs
	5.	Karpura	<i>Cinnamomum karpuraa</i> (L.) Nees & Eberm.	Sub. extract	Qs
Method of preparation	Collect the fresh leaves of Punarnava and eliminate their bitter taste by using the leaves of Bitter gourd (Karavalli) and the powder of shunthi (dry Ardraka). Once the bitterness is removed, mix the leaves with an appropriate quantity of salt and fry them with ghee. Make it fragrant, using substances like karpura.				
Best use before	Within a day				
Properties/Health benefits	Katu (pungent), tikta (bitter), laghu (light for digestion), ushna (hot in potency), ruksha (dry), anthelmintic, pathya (wholesome), pandu (anaemia), yakshma (tuberculosis), shula (relieves pain) and disorders due to vata dosha.				
Classical Indications	Deepana (Increases digestive fire), Pachana (Easy to digest), Pandu (Anaemia), Kshayanashaka (Anti tubercular),				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Alarka Patra Shaka Paka				
Reference	Pa.Da, 1/453-456				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Alarka	<i>Calotropis gigante</i> L.	Leaves	1 part
	2.	Ankola	<i>Alangium salviifolium</i>	Fruit	Qs

			(L.f.) Wang		
	3.	Hingu	<i>Ferula Asfoetida</i> Regel.	Oleo resin Gum	Qs
	4.	Karpura	<i>Cinnamomum</i> <i>karpuraa</i> (L.) Nees & Eberm.	Sub. extract	Qs
Method of preparation	Collect the fresh nonporous leaves of alarka (Mandara), wipe off their bitter taste with the leaves of Ankola, and chop the leaves into five pieces. These pieces should be fried with asafetida. Make it fragrant with karpura.				
Best use before	Within a day				
Properties/Health benefits	Katu (pungent), tikta (bitter), laghu (light for digestion), ushna (hot in potency), ruksha (dry)				
Classical Indications	Balya (Strength promotor), Imparts taste, Deepana (Increases digestive fire), Sarvarogahara (mitigates all the diseases).				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Kumaridala Paka				
Reference	Pa.Da, 1/457-461				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Ghrita Kumari	<i>Aloe barbadensis</i> Mill	Leaves	1 part
	2.	Ghrita	Ghee		Qs
	3.	Lavana	Salt		Qs
	4.	Karpura	<i>Cinnamomum</i> <i>karpuraa</i> (L.) Nees & Eberm.	Sub. extract	Qs
Method of preparation	Clean Ghrit kumari leaves and then place them in a cauldron and cook them with wet palm leaves to remove the bitterness. After filtering the juice, mix it with salt and fry it with clarified butter until it becomes saffron-colored. add spices, cut it into pieces, then make it fragrant with karpura.				
Best use before	Within a day				
Properties/Health benefits	Katu (pungent), tikta (bitter), laghu (light for digestion), sheeta (cold in potency), snigdha (unctuous)				
Classical Indications	Rasayana (Rejuvenator), Balya (Strength promotor), Dhatuvarddhaka				

	(promotes tissue growth)
Contraindications if any	-
Special precautions	-
Others	-

Name of formulation	Vata Patra Paka				
Reference	Pa.Da, 1/ 476-477				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	vata patra	<i>Ficus benghalensis</i>	Leaves	1 part
	2.	Amlika	<i>Tamarindus indica</i> L.	Leaves	Qs
	3.	Spices			Qs
	4.	Ghrita	Ghee		Qs
5.	Karpura	<i>Cinnamomum karpuraa</i> (L.) Nees & Eberm.	Sub. extract	Qs	
Method of preparation	Cook the leaves of the Banyan tree (Vata) in sour juice of tamarind leaves. Afterward, chop the leaves into pieces, cook them thoroughly, and mix them with spices. Fry them with ghee, make them fragrant (with karpura, etc.),				
Best use before	Within a day				
Properties/Health benefits	Amla (sour), katu (pungent), laghu (light for digestion), ushna (hot in potency), ruksha (dry)				
Classical Indications	Vranahara (Wound healer), Sarvadoshahara (Alleviates all doshas), Deepana (Increases digestive fire), Pachana (Easy to digest), Udarashula (Abdomen pain)				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Shalmali Pushpa paka				
Reference	Pa.Da, 1/ 480				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the	Botanical Name	Part Used	Ratio/Amount

	Ingredients			
	1.	Shalmali patra	<i>Bombax ceiba</i> L.	Leaves 1 Part
	2.	Shalmali pushpa	<i>Bombax ceiba</i> L.	Flowers 1 Part
	3.	Jambu	<i>Syzygium cuminii</i> (L.) Skeels	Fruit Qs
	4.	Aromatic Substances		Qs
	5.	Spices		Qs
Method of preparation	Following the above procedure, cook the flower and leaves of Shalmali along with the paste of Jambu (blackberry). Mix it with spices, fry it with ghee, make it fragrant (with karpura).			
Best use before	Within a day			
Properties/Health benefits	Kashaya (astringent), katu (pungent), tikta (bitter), laghu (light for digestion), sheeta (cold in potency), ruksha (dry)			
Classical Indications	Rakta pitta (Bleeding disorder), Prameha (Diabetes), Agnimandhya (Loss of appetite)			
Contraindications if any	-			
Special precautions	-			
Others	-			

Name of formulation	Akalidala Paka				
Reference	Pa.Da, 1/ 485				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Akali patra		Leaves	1 part
	2.	Mundi patra	<i>Sphaeranthus indicus</i> L.	Leaves	1 part
Method of preparation	Cook the leaves of Akali with the leaves of Mundi. To prepare this vegetable, adopt all the procedures required for any vegetable preparation.				
Best use before	Within a day				
Properties/Health benefits	Katu (pungent), tikta (bitter), laghu (light for digestion), ushna (hot in potency), ruksha (dry)				
Classical Indications	Krimihara (Antihelmintic), Malasravi (Laxative), Tridosahara (Alleviates all three dosha)				
Contraindications if any	-				

Special precautions	-
Others	-

Name of formulation	Citrapaka				
Reference	Pa.Da, 1/ 86-91				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Rajshali	<i>Oryza species</i>	Seed	1 part
	2.	Saindhava	Salt		Qs
	3.	Ketaki pushpa	<i>Pandanus tectorius soland.</i>	Flower	Qs
	4.	Kasturi	Musk		Qs
	5.	Karpura	<i>Cinnamomum karpuraa</i> (L.) Nees & Eberm.	Sub. extract	Qs
	6.	Kesara	<i>Crocus sativus</i> L.	Stamen	Qs
	7.	Jala	Water		Qs
	8.	Nimbu	<i>Citrus lemon</i> (L.) Burm.f.	Fruit	Qs
	9.	Kumbhi	<i>Careya arborea</i> Roxb	Fruit	Qs
	10.	Kustumbari	<i>Coriandrum sativum</i> L.	Fruit	Qs
	11.	Dhanyaka	<i>Coriandrum sativum</i> L.	Fruit	Qs
	12.	Ardraka	<i>Zingiber officinale</i> Rosc.	Rhizome	Qs
	13.	Palandu	<i>Allium cepa</i> L.	Bulb	Qs
	14.	Jiraka	<i>Cuminum cyminum</i> L.	Fruit	Qs
	15.	Methi	<i>Trigonella foenum graecum</i> L.	Seed	Qs
	16.	Mamsa	Meat		Qs
Method of preparation	Cook Raj shali. Then mix with appropriate saindhava, and the flowers of Ketaki, musk, karpura, and saffron with water should be placed therein. Besides the Nimbu, mushroom, Dhanyaka leaves, Ardraka, and palandu should also be mixed. After some time, this cooked rice should be mixed with meat of birds and animals along with fresh ghee.				
Best use before	Within a day				
Properties/Health benefits	Katu (pungent), ushna (hot in potency), ruksha (dry), guru (heavy to digest)				
Classical Indications	Agnimandhya (Loss of appetite), Daurbalya (Weakness)				
Contraindications if any	-				
Special precautions	-				



Others	-
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Name of formulation	Ghrita Annapaka 1				
Reference	Pa.Da, 7/ 1-7				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Rajshali	Oryza species	Seed	1 part
	2.	Saindhava lavana	Rock Salt		Qs
	3.	Parpata	<i>Fumaria parviflora</i> Lam	Whole plant	Qs
	4.	Ghrita	Ghee		Qs
	5.	Lashuna	<i>Allium sativum</i> L.	Bulb	Qs
	6.	Ardraka	<i>Zingiber officinale</i> Rosc.	Rhizome	Qs
	7.	Methi	<i>Trigonella foenum graecum</i> L.	Seed	Qs
	8.	Jiraka	<i>Cuminum cyminum</i> L.	Fruit	Qs
	9.	Dhanyaka	<i>Coriandrum sativum</i> L.	Leaves	Qs
	10.	Kaitarya	<i>Myrica esculenta</i> Buch.-Ham.	Fruit	Qs
	11.	Ketaki pushpa	<i>Pandanus tectorius</i> soland.	Flower	Qs
	12.	Bijora nimbu	<i>Citrus medica</i> L.	leaves	Qs
	13.	Kasturi	Musk		Qs
14.	Karpura	<i>Cinnamomum karpuraa</i> (L.) Nees & Eberm.	Sub. extract	Qs	
Method of preparation	Mix the Rajshali with Saindhava salt and ghee separately. Add the roasted Papad (Parpaṭaka), pieces of Lashuna and Ardraka. Then, add the powder of fenugreek seed and cumin seed, and finally, blend in the fruit of Dhanyaka, bay berry, and screw pine to impart fragrance. For enhanced flavor, add the leaves of Bijora lemon. Mix the well-cooked rice with musk and karpura.				
Best use before	Within a day				
Properties/Health benefits	Laghu (light for digestion), katu (pungent), tikta (bitter), ruksha (dry)				
Classical Indications	Ruchikara (Enhances taste), Pittahara (Alleviates pitta dosh), Chakshushya (Enhances the vision)				
Contraindications if	-				

any	
Special precautions	-
Others	-

Name of formulation	GhritaAnnapaka 2				
Reference	Pa.Da,7/ 8-12				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Tandula	<i>Oryza sativa</i> L.	Seed	1 part
	2.	Tila taila	<i>Sesamum Indicum</i> L.	Seed	Qs
	3.	Bijora Nimbu	<i>Citrus medica</i> L.	Fruit	Qs
	4.	Pinyaka Vataka	<i>Sesamum Indicum</i> L.	Seed	Qs
	5.	Lashuna	<i>Allium sativum</i> L.	Bulb	Qs
	6.	Ardraka	<i>Zingiber officinale</i> Rosc.	Rhizome	Qs
	7.	Kaitarya	<i>Myrica esculenta</i> Buch.-Ham.	Fruit	Qs
	8.	Dhanyaka	<i>Coriandrum sativum</i> L.	Fruit	Qs
	9.	Hingu	<i>Ferula asfoetida</i> Regel.	Oleo resin gum	Qs
10.	Karpura	<i>Cinnamomum karpuraa</i> (L.) Nees & Eberm.	Sub. extract	Qs	
Method of preparation	In order to make Ghritanna by another method, Mix sesame oil with cooked rice, then add lemon juice and the powder of small oil cakes of sesame (pinyakavataka). add pieces of Lashuna, Ardraka, kayphal, and Dhanyaka into the mixture. Subsequently, mix it with sesame oil cooked with asafoetida, and finally, infuse it with fragrances such as karpura.				
Best use before	Within a day				
Properties/Health benefits	Laghu (light for digestion), katu (pungent), tikta (bitter), laghu (light for digestion), ruksha (dry)				
Classical Indications	Vata-kaphahara (Alleviates vata and kapha dosha), Daurbalya (Weakness), Agnimandhya (Loss of appetite)				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Chincha phala rasa yukta shaliAnnapaka				
Reference	Pa.Da, 7/ 12-15				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Amlika	<i>Tamarindus indica</i> L.	Fruit	1 part
	2.	Tandula	<i>Oryza sativa</i> L.	Seed	1 part
	3.	Hingu	<i>Ferula asfoetida</i> Regel.	Oleo resin gum	Qs
	4.	Lashuna	<i>Allium sativum</i> L.	Bulb	Qs
	5.	Ardraka	<i>Zingiber officinale</i> Rosc.	Rhizome	Qs
	6.	Pippali	<i>Piper longum</i> L.	Fruit	Qs
	7.	Sugandhit dravya	Aromatic Drugs		Qs
Method of preparation	Extract juice from ripe tamarind and fry it with asafoetida. Mix the cooked rice, kept in a separate pot, with tamarind juice, add pieces of Lashuna and Ardraka. Make it fragrant by mixing it with aromatic drugs.				
Best use before	Within a day				
Properties/Health benefits	Laghu (light for digestion), Amla (sour), katu (pungent), tikta (bitter), laghu (light for digestion), ruksha (dry)				
Classical Indications	Pittavardhaka (Aggravates pitta dosha), Ruchikara (Loss of taste), Shulahara (Analgesic)				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Kaitarya kalka yukta shali Annapaka				
Reference	Pa.Da, 7/ 16-17				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Tandula	<i>Oryza sativa</i> L.	Seed	1 part
	2.	Kaitarya	<i>Myrica esculenta</i> Buch.-Ham.	Fruit	Qs
	3.	Hingu	<i>Ferula asfoetida</i>	Oleo	Qs

			Regel.	resin Gum	
	4.	Taila	Oil		Qs
	5.	Karpura	<i>Cinnamomum karpuraa</i> (L.) Nees & Eberm.	Sub. extract	Qs
Method of preparation	Mix the paste of Kayaphala (Kaidarya) with the cooked rice kept in a separate pot. Fry it in oil, adding asafoetida, and make it fragrant with karpura, etc.				
Best use before	Within a day				
Properties/Health benefits	Laghu (light for digestion), katu (pungent), tikta (bitter), laghu (light for digestion), snigdha (unctuous)				
Classical Indications	Stanyaprada (Galactagogue), Krimihara (Antihelmitic), Kaphadoshahara (Alleviates kapha dosha)				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Sarshapa kalka yukta shali Annapaka				
Reference	Pa.Da, 7/18-19				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Tandula	<i>Oryza sativa</i> L.	Seed	1 part
	2.	Sarshap Beeja	<i>Brassica campestris</i> L.	Seed	Qs
	3.	Jambiri nimbu	<i>Citrus lemon</i> (L.) Burm.f.	Fruit	Qs
	4.	Hingu	<i>Ferula asfoetida</i> Regel.	Oleo resin gum	Qs
	5.	Taila	Oil		Qs
	6.	Sugandhit dravya	Aromatic Drugs		Qs
Method of preparation	Prepare the rice by mixing it with a paste of mustard seeds and adding lime juice in appropriate quantity. Fry it in oil, make it fragrant by adding aromatic drugs.				
Best use before	Within a day				
Properties/Health benefits	Laghu (light for digestion), madhura (sweet in taste), katu (pungent), tikta (bitter), laghu (light for digestion), ruksha (dry)				
Classical Indications	Ushnakara (Increase body heat), Chardihara (Antivomiting)				

Contraindications if any	-
Special precautions	-
Others	-

Name of formulation	Dadhi yukta shali Annapaka				
Reference	Pa.Da, 7/21-25				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Tandula	<i>Oryza sativa</i> L.	Seed	1 part
	2.	Dadhi	Curd		1 part
	3.	Amra phala	<i>Mangifera indica</i> L.	Fruit	Qs
	4.	Lashuna	<i>Allium sativum</i> L.	Bulb	Qs
	5.	Lavanga	<i>Syzygium aromaticum</i> (L.) Merr M.Perry	Flower bud	Qs
	6.	Jiraka	<i>Cuminum cyminum</i> L.	Fruit	Qs
	7.	Ardraka	<i>Zingiber officinale</i> Rosc.	Rhizome	Qs
	8.	Kaitarya patra	<i>Myrica esculenta</i> Buch.-Ham.	Leaves	Qs
	9.	Dhanyaka	<i>Coriandrum sativum</i> L.	Fruit	Qs
	10.	Ela	<i>Elettaria Cardamomum</i> Maton.	Fruit	Qs
	11.	Bijora nimbu patra	<i>Citrus medica</i> L.	leaves	Qs
	12.	Ketaki pushpa	<i>Pandanus tectorius</i> soland.	Flowers	Qs
13.	Karpura	<i>Cinnamomum karpuraa</i> (L.) Nees & Eberm.	Sub. extract	Qs	
Method of preparation	Add sweet curd into cooked rice. Also, add pieces of mango pulp and cloves of Lashuna. Include white pepper and powder of dry Ardraka. Mix peeled-out Ardraka, bay-berry (Kaitarya), and Dhanyaka thoroughly. To make it fragrant, add cardamom powder, leaves of Bijora lemon, flower of screwpine (Ketaki), and karpura, etc.				
Best use before	Within a day				

Properties/Health benefits	Laghu (light for digestion), madhura (sweet in taste), katu (pungent), tikta (bitter), laghu (light for digestion), ruksha (dry)
Classical Indications	Jadya (Removes frigidity), Agnimandya (loss of appetite)
Contraindications if any	-
Special precautions	-
Others	-

**Panaka**

Name of formulation	Amlika phalapanakam				
Reference	Bho. Ku. pg no. 231, Bha.Ni.11/153-154				
Category	Pana (drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Tintidika	<i>Tamarindus indica</i> L.	Fruit	50 gms
	2.	Sharkara	Sugar		3 cups
	3.	Lavanga	<i>Syzygium aromaticum</i> (L.) Merr M.Perry	Flower bud	5 to 6 nos
	4.	Karpura	<i>Cinnamomum karpuraa</i> (L.)Nees & V Eberm.	Sub. extract	pinch
5.	Jala	Water		10 to 12 glasses	
Method of preparation	Soak the tamarind in hot water for about 10 minutes. Then, tightly squeeze out the pulp into the water and strain it through a sieve. Add sugar and stir well until the sugar melts. Add cloves and karpura to make it fragrant. Mix thoroughly before serving.				
Best use before	Within a day				
Properties/Health benefits	This cool drink prepared from tamarind fruit alleviates vata, slightly aggravates pitta and kapha, imparts taste and stimulates the digestive fire.				
Classical Indications	Loss of appetite, Loss of taste				
Contraindications if any	Diabetes				
Special precautions	-				
Others	-				

Name of formulation	Amra Prapanaka				
Reference	Bha.Ni.11/151, Si. Bhe.Ma., jwara prakarana, chaturtha guchha pg. no. 153, Ayu.Chi , kritannvarga 22/32, page no. 285				
Category	Pana (Drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Amra	<i>Mangifera indica</i> L.	Fruit	1 part
	2.	Sharkara	Sugar		Qs
3.	Karpura	<i>Cinnamomum karpuraa</i> (L.) Nees & V Eberm.	Sub. extract	Qs	



	4.	Maricha	<i>Piper nigrum</i> L.	Fruit	Qs
	5.	Jala	Water		16 times
Method of preparation	Boil unripe amra in water and extract the juice by squeezing it. Then add the required quantity of sharkara and cold water. Finally, add the powder of karpura and maricha.				
Best use before	Within a day				
Properties/Health benefits	Ruchi kara (imparts taste), balya (strength promotor), indriya tarpanam (nourishes all the senses)				
Classical Indications	Aruchi (Tastelessness), Daurbalya (Weakness), Karshya (Emaciation)				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Nimbuphala panaka				
Reference	Bha.Ni.11/155- 156, Yo.R.Aruchaka chi., shloka -17				
Category	Pana (Drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Nimbu	<i>Citrus limon</i> L. Burm. F	Fruit	1 part
	2.	Sharkara	Sugar water		Qs
	3.	Lavanga	<i>Syzygium aromaticum</i> (L.) Merr M.Perry	Flower bud	Qs
	4.	Maricha	<i>Piper nigrum</i> L.	Fruit	Qs
	5.	Jala	Water		16 times
Method of preparation	Mix six parts of sugar water with one part of nimbu rasa or lemon juice. Add the powder of lavanga and maricha to this mixture.				
Best use before	Within a day				
Properties/Health benefits	Vata nashaka (alleviates vata dosha), deepana (increases digestive fire), Rochaka (imparts taste), pachaka (easy to digest)				
Classical Indications	Aruchi (Tastelessness), Daurbalya (Weakness), Karshya (Emaciation), Shukrakshaya (Deficiency of semen)				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Dhanyaka panaka				
Reference	Bha.Ni.11/157				
Category	Pana (Drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Dhanyaka	<i>Coriandrum sativum</i> L.	Leaves	1 part
	2.	Sharkara	Sugar	-	Qs
	3.	Karpura	<i>Cinnamomum karpuraa</i> (L.) Nees & V Eberm.	Sub. extract	Qs
	4.	Jala	Water		16 times
Method of preparation	Macerate Dhanyaka on stone, create a fine powder, and strain it through cloth. Add the resulting powder to sugar water as needed, make it fragrant with karpura, etc. Keep it in a newly prepared mud pot for some time before use.				
Best use before	Within a day				
Properties/Health benefits	Laghu (light for digestion), ruksha (dry), pitta nashaka (alleviates pitta dosha)				
Classical Indications	-				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Drakshadi panaka				
Reference	Cha.Da. 18/15,page no.169				
Category	Pana (Drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Draksha	<i>Vitis vinifera</i> L.	Fruit	1/3 part
	2.	Kapittha phala	<i>Feronia linonia</i> (L.) Swingle <i>Carissa carandas</i> L.	Fruit	1/3 part
	3.	Dadima	<i>Punica granatum</i> L.	Seed	1/3 part
	4.	Madhu	Honey		Qs
	5.	Sharkara	Sugar		Qs
	6.	Jala	Water		16 times

Method of preparation	Prepare a panaka by adding grapes, wood apple fruit, and pomegranate with honey and sugar.
Best use before	Within a day
Properties/Health benefits	Amla (sour), madhura (sweet in taste), sheeta (cold in potency)
Classical Indications	Pana vibhrama (alcohol intoxication)
Contraindications if any	-
Special precautions	-
Others	-

Name of formulation	Amra panaka				
Reference	Ru.Ra. page 45, shloka 93				
Category	Pana (Drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Amra	<i>Mangifera indica</i> L.	Fruit	1 part
	2.	Saindhava lavana	Rock salt		Qs
	3.	Jiraka	<i>Cuminum cyminum</i> L.	Fruit	Qs
	4.	Shunthi	<i>Zingiber officinale</i> Roxb	Rhizome	Qs
	5.	Jala	Water		16 times
Method of preparation	Make small pieces of kernels-free mango and mix them with the appropriate amount of water. After two days, filter it through a clean thin cloth or sieve. Add Saindhava salts, cumin seeds, and Ardraka to this water, and mix well.				
Best use before	Within a day				
Properties/Health benefits	Katu (pungent), tikta (bitter), Amla (sour), ushna (hot in potency), laghu (light for digestion)				
Classical Indications	Aruchi (Tastelessness), Agnimandhya (loss of appetite), Shukravardhaka (Increase the quantity of semen), Hridya (cardiotonic)				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Dhatri Panaka
Reference	Sho. Ni.1010-1012, Bhai. Ra., chardirogadhikara ,chpt 19,shlok no.17, Yo.R.Chhardi chi., shloka-34

Category	Pana (Drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Mridvika	<i>Vitis vinifera</i> L.	Fruit	1/2 part
	2.	Sharkara	Sugar		Qs
	3.	Guda	<i>Saccharum officinarum</i> L.		Qs
	4.	Amalaki	<i>Emblica officinalis</i> Gaertn.	Fruit	½
	5.	Jala	Water		16 times
Method of preparation	Prepare Panaka by mixing Amalaki and saturating it with Mridvika, Khand (unrefined sugar), and Sharkara (sugar).				
Best use before	Within a day				
Properties/Health benefits	It is prinaka (satiating and nourishing), guru (heavy to digest) , vishtambhi (causing distention by long retainment in stomach), mutrala (diuretic) and hridya (cardio-tonic)				
Classical Indications	Shrama (Fatigue), Kshudha (Hunger) and Klama (Mental fatigue). Trishna (Thirst), Murchha (Unconsciousness), Shrama (Fatigue), Daha (Burning).				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Chandanapanaka				
Reference	Yo.R.Chhardi chi., shloka -20				
Category	Pana (Drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Chandana	<i>Santalum album</i> L.	Heart wood	1 part
	2.	Amalaki	<i>Emblica officinalis</i> Gaertn.	Fruit	Qs
	3.	Madhu	Honey		Qs
	4.	Jala	Water		16 times
Method of preparation	Take 10 grams of Shweta Chandana, and mix it with Amalaki Rasa and honey.				
Best use before	Within a day				
Properties/Health benefits	-				

Classical Indications	Pittaja chhardi (Vomiting due to pitta vitiation)
Contraindications if any	-
Special precautions	-
Others	-

Name of formulation	Kashamaryadi panaka				
Reference	Yo.R.Trishna chi.-20, shloka 20				
Category	Pana (Drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Kashamarya	<i>Gmelina arbora</i> Roxb	Stem bark	1/6 part
	2.	Sharkara	Sugar		Qs
	3.	Chandana	<i>Santalum album</i> L.	Heart wood	1/6 part
	4.	Ushira	<i>Vetiveria Zizanioides</i> (L.) Nash.	Root	1/6 part
	5.	Kamala	<i>Nelumbo nucifera</i> Gaertn.	Flower	1/6 part
	6.	Draksha	<i>Vitis vinifera</i> L.	Fruit	1/6 part
	7.	Madhuka	<i>Modhuca indica</i> J. F. Gmel.	Flower	1/6 part
	8.	Jala	Water		16 times
Method of preparation	Boil all the ingredients in equal quantity in water, then mix sugar into it.				
Best use before	Within a day				
Properties/Health benefits	-				
Classical Indications	Pittaja trishna (Thirst due to pitta dosha)				
Contraindications if any	-				
Special precautions	-				
Others	Anupana – Sharkara (sugar)				

Name of formulation	Dadimadi Panaka				
Reference	A.S.Chi.9/12				
Category	Pana (Drinkable)				
Label claim	Health benefit				
Ingredients	S.	Name of	Botanical Name	Part Used	Ratio/Amount

	No.	the Ingredients			
	1.	Dadima	<i>Punica granatum</i> L.	Seed	1/4 part
	2.	Kharjura	<i>Phoenix dactylifera</i> L.	Fruit	1/4 part
	3.	Draksha	<i>Vitis vinifera</i> L.	Fruit	1/4 part
	4.	Parushaka	<i>Grewia asiatica</i> L.	Fruit	1/4 part
	5.	Jala	Water		16 times
Method of preparation	Processed water of above mentioned ingredients.				
Best use before	within a day				
Properties/Health benefits	Amla (sour), virechaka (purgative), tarpaniya (nourishing)				
Classical Indications	Madatyaya (Alcohol intoxication)				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Sarodaka Panaka				
Reference	A.S.Chi.14/18				
Category	Pana (Drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Sarodaka	water is processed from khadira and vijayasara		16 times
	2.	Darbha jala	<i>Desmostachya</i> <i>bipinnata</i> Stapf	Root	
	3.	Mulethi	<i>Glycirrhyza glabra</i> L.	Stem & root	1/3 part
	4.	Kapittha	<i>Feronia linonia</i> (L.)	Fruit	1/3 part
	5.	Maricha	<i>Piper nigrum</i> L.	Fruit	Qs
	6.	Tinduka	<i>Diospyros peregrina</i> Gurke.	Fruit	1/3 part
Method of preparation	Processed water of above mentioned ingredients.				
Best use before	Within a day				
Properties/Health benefits	Tikta (bitter), katu (pungent), Amla (sour), ushna (hot in potency), kaphashamaka (pacifies kapha dosha)				
Classical Indications	-				
Contraindications if any	-				

Special precautions	-
Others	-

Name of formulation	Ushiradi Panaka				
Reference	Ka. Sa. , madatyaya chikitsa shloka 42				
Category	Pana (Drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Ushira	<i>Vetiveria zizanioides</i> (L.) Nash	Root	1/3 part
	2.	Tintidika	<i>Tamarindus indica</i> L.	Fruit	1/3 part
	3.	Dadima	<i>Punica granatum</i> L.	Seed	1/3 part
	4.	Madhu	Honey	-	Qs
	5.	Jala	Water		16 times
Method of preparation	Prepare Panaka by mixing ushira, tintidika, dadima juice, and honey.				
Best use before	Within a day				
Properties/Health benefits	Amla (sour), madhura (sweet in taste), ruksha (dry), laghu (light to digest), shreshtha, Triptikaraka				
Classical Indications	Paittika madatyaya (Alcohol intoxication due to pitta dosha)				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Mridvikadi Panaka				
Reference	Ka.khi. 11 shloka 116-117				
Category	Pana (Drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Mridvika	<i>Vitis vinifera</i> L.	Fruit	1 part
	2.	Nagkesara	<i>Mesua ferrea</i> L.	Stamen	Qs
	3.	Maricha	<i>Piper nigrum</i> L.	Fruit	Qs
	4.	Tejpatra	<i>Cinnamomum tamala</i>	Leaves	Qs
	5.	Ela	<i>Elettaria cardamom</i> Maton.	Fruit	Qs

	6.	Chavya	<i>Piper retrofractum</i> Vahl.	Stem	Qs
	7.	Jala	Water		16 times
Method of preparation	Prepare the panaka from Mridvika, Nagakesara, Maricha, Tejpatra, ela, and chavya.				
Best use before	Within a day				
Properties/Health benefits	Kashaya (astringent), katu (pungent), ushna (hot in potency), ruksha (dry)				
Classical Indications	Paittika jwara (Fever due to pitta dosha )				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Phala Pushpa Panaka				
Reference	Pa.Da, Chapter 4, Sloka 21-27, Page 89				
Category	Pana (Drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Dugdha	Milk		
	2.	Panasa phala	<i>Artocarpus integrifolia</i> . L.f.	Fruit	
	3.	Ketaki	<i>Pandanus tectorius</i> soland.	Flower	
	4.	Ikshu rasa	<i>Saccharrum officinarum</i> L.	Stem	
	5.	Kamala	<i>Nelumbo nucifera</i> Gaertn.	Flower	
	6.	Amra rasa	<i>Mangifera indica</i> L.	Fruit	
	7.	Aromatic Flowers			
	8.	Champaka	<i>Michelia champaka</i> L.	Flower	
	9.	Mridvika	<i>Vites vinifera</i> L.	Fruit	
	10.	Dadima	<i>Punica granatum</i> L.	Seed	
	11.	Mallika pushpa	<i>Jasminum sambac</i>	Flowers	
	12.	Kesara	<i>Crocus sativus</i> L.	Stamen	
	13.	Kapittha phala	<i>Feronia linonia</i> (L.) Swingle	Fruit	
14.	Jiraka	<i>Cuminum cyminum</i> L.	Fruit		



	15.	Madhu	Honey		
	16.	Ghrita	Ghee		
Method of preparation	Add the juice of fruit and flower to the aforementioned pots. The boiled milk, mixed with the juice of jackfruit (panasa) and screw pine (ketaki), should be dropped into another pot. Another pot should contain the juice of sugarcane and lotus flower. In a separate pot, the juice of mango fruit with pulp, along with other aromatic flowers like champaka, should be dropped. In another pot, the juice of grapes mixed with the juice of lotus flower should be kept. use the juice of pomegranate fruit, making it fragrant with Mallika flowers, and adding saffron. Similarly, in another pot, the juice of wooden apple fruit and the flower of cumin seeds (ajaji) should be dropped.				
Best use before	Within a day				
Properties/Health benefits	Madhura (sweet in taste), tikta (bitter), sheeta (cold in potency), snigdha (unctuous)				
Classical Indications	Pittahara (Alleviates pitta dosha), Vrishya (Aphrodisiac).				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Parushaka-Kola Panaka				
Reference	Su.su.46 /395				
Category	Pana (Drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Parushaka	<i>Grewia asiatica</i> L.	Fruit	½ part
	2.	Kola	<i>Zyzyphus jujuba</i> Lam	Fruit	½ part
	3.	Jala	Water		16 times
Method of preparation	Prepare Panaka with Parushaka and Kola.				
Best use before	Within a day				
Properties/Health benefits	Madhura (sweet in taste), kashaya (astringent), laghu (light for digestion), snigdha (unctuous), hridhya (cardiotonic), vishtambhi (constipating)				
Classical Indications	-				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Mridvika Panaka				
Reference	Su.su.46/396				
Category	Pana (Drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Mridvika	<i>Vitis vinifera</i> L.	Fruit	1 part
	2.	Jala	Water		16 times
Method of preparation	Prepare Panaka with mridvika.				
Best use before	Within a day				
Properties/Health benefits	Madhura (sweet in taste), snigdha (unctuous), pittaghna (mitigates pitta dosha)				
Classical Indications	Removes fatigue and eliminates fainting, burning sensation and thirst.				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Panaka (saguda)				
Reference	Su.su.46/ 393-396				
Category	Pana (Drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Guda	<i>Saccharum officinarum</i> L.		¼ part
	2.	Khanda	Mishri		¼ part
	3.	Mridvika	<i>Vitis vinifera</i> L.	Fruit	¼ part
	4.	Sharkara	Sugar		¼ part
	5.	Amla Rasa			Qs
	6.	Tikshna Dravya			Qs
	7.	Karpura	<i>Cinnamomum karpuraa</i> (L.) Nees & V Eberm,	Sub. extract	Qs
	8.	Jala	Water		16 times
Method of preparation	By adding sugar candy, Mridvika, Sharkara, Amla dravya, and spices, along with karpura, to the panaka, it becomes flawless (niratya). Making				

	panaka from jaggery, whether sour or unsour, is heavy to digest and causes urination.
Best use before	Within a day
Properties/Health benefits	Madhura (sweet in taste), Amla (sour), snigdha (unctuous)
Classical Indications	-
Contraindications if any	-
Special precautions	-
Others	-

Name of formulation	Dhaniya Panaka				
Reference	Bho. Ku., panaka prakaran pg no. 231				
Category	Pana (Drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Dhanyaka patra	<i>Coriandrum sativum</i> L.	Leaves	1 bundle
	2.	Sharkara	Sugar	-	2 cups
	3.	Jala	Water	-	10 glasses
	4.	Karpura	<i>Cinnamomum karpuraa</i> (L.) Nees & V Eberm.	Sub. extract	pinch
	5.	Maricha	<i>Piper nigrum</i> L.	Fruit	¼ tsp
	6.	Saindhava lavana	Rock Salt	-	¼ tsp
Method of preparation	Soak the Dhanyaka in water to make it soft. Afterward, break the Dhanyaka into small pieces on a stone, or alternatively, put it in a grinder with some water and grind it into a pulp. Strain the pulp using a thin cloth or sieve. Prepare a sugar syrup with water and add the strained Dhanyaka juice, karpura, pepper powder, and rock salt. Stir well.				
Best use before	Within a day				
Properties/Health benefits	This cool drink is an excellent alleviator of pitta.				
Classical Indications	-				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Kshudramalakadi panaka				
Reference	Vd. Chi-vol-2, Madatyaya(Alcoholism) roga prakaran				
Category	Pita (Drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Bhumi amalaki	<i>Phyllanthus niruri</i> Hook. F. non L.	Fruit	1 part
	2.	Kharjura	<i>Phoenix dactylifera</i> L.	Fruit	Qs
	3.	Phalsa	<i>Grewia asiatica</i> L.	Fruit	Qs
	4.	Sharkara	Sugar		Qs
	5.	Jala	Water		16 times
	6.	Madhu	Honey		Qs
Method of preparation	Mix the paste made from bhumyamalaki, kharjura, phalsa, sugar, and cold water with honey.				
Best use before	Within a day				
Properties/Health benefits	Tikta (bitter), madhura (sweet in taste), sheeta (cold in potency), snigdha (unctuous)				
Classical Indications	Pittaja madatyaya (Alcohol intoxication due to pitta dosha)				
Contraindications if any	-				
Special precautions	-				
Others	-				

**Paaniya**

Name of formulation	Shadangpaniya				
Reference	Cha. Da 1/19, page no. 3, Abhi.Chi5/182, Bhai. Ra, jwararogadhikara ,chpt .5,shlok no.26, Ca.Chi.3/145, Sha.Sam(M. Kha. 2/160)				
Category	Pana (Drinkable)				
Label Claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Nagarmotha	<i>Cyperus rotundus</i> L.	Rhizome	1 part
	2.	Parpata	<i>Fumaria parviflora</i> Lam	Whole plant	
	3.	Khas	<i>Vetiveria zizanioidis</i> L. Nash	Root	
	4.	Raktachandana	<i>Pterocarpus santalinus</i> L.	Heart wood	
	5.	Sugandhbala	<i>Pavonia odorata</i> Willd.	Root	
	6.	Shunthi	<i>Zingiber officinale</i> Rosc	Rhizome	
	7.	Jala	Water		64 part
Method of preparation	Boil the all six ingredients in water. After reducing it by half, it can be used.				
Best use before	Within a day				
Properties/Health benefits	Deepana (increases digestive fire), pachana (easy to digest), balkaraka (strength promotor), ruchikaraka (imparts taste)				
Classical Indications	Jwara (Fever)				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Paniyajalam				
Reference	Yo.R.Shulanidanam-78				
Category	Pana (Drinkable)				
Label Claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Pippali	<i>Piper longum</i> L.	Fruit	1 part
	2.	Pippalimula	<i>Piper longum</i> L.	Root	
	3.	Chavya	<i>Piper chaba</i> Hunter,	Stem	

			<i>non</i> Blume.		
	4.	Chitraka	<i>Plumbago Zeylanica</i> L.	Root	
	5.	Shunthi	<i>Zingiber officinale</i> Rosc.	Rhizome	
	6.	Jala	<i>water</i>		64 part
Method of preparation	Boil all the ingredients in water.				
Best use before	Within a day				
Properties/Health benefits	Katu (pungent), ruksha (dry), laghu (light for digestion)				
Classical Indications	Pipasa (Thirst), Amavata (Rheumatoid arthritis), agnimandhya (loss of appetite), Kasa (Cough), Cold				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Hiberadipaniyatrayam				
Reference	Cha.Da. 3/ 6 page no. 35				
Category	Pana (Drinkable)				
Label Claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Hribera	<i>Juniperus communis</i> L.	Fruit	1 part
	2.	Sugandhbala	<i>Pavonia odorata</i> Willd.	Root	
	3.	Shunthi	<i>Zingiber officinale</i> Roxb	Rhizome	
	4.	Musta	<i>Cyperus rotundus</i> L.	Rhizome	
	5.	Parpataka	<i>Fumaria parviflora</i> Lam	Whole plant	
	6.	Jala	Water		
Method of preparation	Process water with the following combinations: 1. Hribera and shunthi, 2. Musta and parpata, 3. Musta and udichya				
Best use before	Within a day				
Properties/Health benefits	Tikta (bitter), katu (pungent), sheeta (cold in potency), ruksha (dry),				
Classical Indications	Amatisara (Diarrhoea)				
Contraindications if any	-				
Special precautions	-				

Others	-
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Name of formulation	Laghupanchamula panaka					
Reference	Ca.Chi.8/69					
Category	Pana (Drinkable)					
Label Claim	Disease risk reduction					
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount	
	1.	Laghupanchmulla	Gokshura	<i>Tribulus terrestris</i> L.	Fruit	1 part
			Brihati	<i>Solanum indicum</i> L.	Fruit	
			Kantakari	<i>Solanum surattense</i> Burm.f.	Whole plant	
			Shaliparni	<i>Desmodium gangeticum</i> DC.	Whole plant	
			Prishniparni	<i>Uraria picta</i> Desv.	Whole plant	
2.	Jala	water		64 parts		
Method of preparation	Boil all the ingredients in water.					
Best use before	Within a day					
Properties/Health benefits	Kashaya (astringent), tikta (bitter), ushna (hot in potency), ruksha (dry), laghu (light for digestion), vatapittashamaka (pacifies vata and pitta dosha)					
Classical Indications	Rajyakshma (Tuberculosis)					
Contraindications if any	-					
Special precautions	-					
Others	-					

Name of formulation	Rajyakshma panaka				
Reference	Ca.Chi.8/70				
Category	Pana (Drinkable)				
Label Claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Dhanyaka	<i>Coriandrum sativum</i> L.	Fruit	½ part



	2.	Nagara	<i>Cyperus rotundus</i> L.	Rhizome	½ part
	3.	Jala	water		64 part
Method of preparation	Boil all the ingredients in water				
Best use before	Within a day				
Properties/Health benefits	Kashaya (astringent), tikta (bitter), ushna (hot in potency), ruksha (dry), laghu (light for digestion), vatapittashamaka (pacifies vata and pitta dosha)				
Classical Indications	Rajyakshma (Tuberculosis)				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Tamalaki panaka				
Reference	Ca.Chi.8/70				
Category	Pana (Drinkable)				
Label Claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Tamalaki	<i>Phyllanthus fraternus</i> Webst.	Fruit	1 part
	2.	Jala	water		64 part
Method of preparation	Boil the Tamalaki in water				
Best use before	Within a day				
Properties/Health benefits	Tikta (bitter), ushna (hot in potency), ruksha (dry), laghu (light for digestion), vatapittashamaka (pacifies vata and pitta dosha)				
Classical Indications	Rajyakshma (Tuberculosis)				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Hriberadi paniya				
Reference	Ca.Chi.4/31				
Category	Pana (drinkable)				
Label Claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Hribera	<i>Juniperus communis</i>	Fruit	1/5 part

			L.		
	2.	Chandana	<i>Santalum album</i> L.	Heart Wood	1/5 part
	3.	Usheera	<i>Vetiveria Zizanioides</i> (L.) Nash.	Root	1/5 part
	4.	Mustaka	<i>Cyperus rotundus</i> L.	Rhizome	1/5 part
	5.	Parpata	<i>Fumaria parviflora</i> Lam	Whole plant	1/5 part
	6.	Jala	Water		64 part
Method of preparation	Prepare the processed water according to shadanga paaniya method.				
Best use before	Within a day				
Properties/Health benefits	Tikta (bitter), sheeta (cold in potency), ruksha (dry), laghu (light for digestion)				
Classical Indications	Pipasa in raktapitta (Thirst in bleeding disorder)				
Contraindications if any	-				
Special precautions	-				
Others	-				

# Parpata

Name of formulation	Parpata				
Reference	Bha.Ni.11/44				
Category	Ashita (Eatables)				
Label Claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Masha	<i>Phaseolus mungo</i> L. non Rosc. & auct.	Seed	1 part
	2.	Haridra	<i>Curcuma longa</i> L.	Rhizome	Qs
	3.	Hingu	<i>Ferula asfoetida</i> Regel.	Oleo resin gum	Qs
	4.	Jiraka	<i>Cuminum cyminum</i> L.	Fruit	Qs
Method of preparation	Take Masha(black gram) flour and mix it with powdered asafoetida, turmeric, cumin seeds, and rock salt in a deep-bottom bowl. Pour water into the mixture and knead it into a smooth dough. Divide the dough into small, equal-sized portions. Flatten the dough pieces into thin circles and let them dry in sunlight. Deep fry the papad until it becomes crispy, and remove excess oil using a tissue paper. The parpata, prepared from mudga flour, has similar properties, especially being light and good for health.				
Best use before	Within a day				
Properties/Health benefits	Rochaka (imparts taste), deepana (increases digestive fire), pachana (easy to digest), ruksha (dry), guru (heavy to digest)				
Classical Indications	Agnimandhya (loss of appetite), Aruchi (Tastelessness), Pratishtaya (Coryza)				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Shali Parpat				
Reference	Ayu.Ma, pakvanna varga (15 <sup>th</sup> varga)				
Category	Ashita (Eatables)				
Label Claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Shali	<i>Oryza sativa</i> L.	Seed	1 part
Method of preparation	As like parpata mentioned above.				
Best use before	6 months				
Properties/Health	Laghu (light for digestion), ruchya (imparts taste), kaphanashaka				

benefits	(alleviates kapha dosha)
Classical Indications	-
Contraindications if any	-
Special precautions	-
Others	-

Name of formulation	Masha Mudga Parpata				
Reference	Ayu.Ma, pakvanna varga (15 <sup>th</sup> varga)				
Category	Ashita (Eatables)				
Label Claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Mudga	<i>Phaseolus radiates</i> L.	Seed	½ part
	2.	Masha	<i>Phaseolus mungo</i> L. non Rosc. & auct.	Seed	½ part
Method of preparation	As like parpata mentioned above.				
Best use before	6 months				
Properties/Health benefits	Guru (heavy to digest) , ruchikara (imparts taste)				
Classical Indications	Loss of taste				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Mudga Papad				
Reference	Ru.Ra				
Category	Ashita (Eatables)				
Label Claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Mudga	<i>Phaseolus radiates</i> L.	Seed	1 part
	2.	Hingu	<i>Ferula asfoetida</i> Regel.	Oleo resin gum	Qs
	3.	Maricha	<i>Piper nigrum</i> L.	Fruit	Qs

	4.	Swarjika kshara		Whole plant	Qs
Method of preparation	Mix Mudga flour, Asafoetida, Swarjika kshar (sajjikhara), and Maricha to prepare the parpat (papad).				
Best use before	6 months				
Properties/Health benefits	Katu (pungent), tikta (bitter), ushna (hot in potency), laghu (light for digestion)				
Classical Indications	Aruchi (Loss of taste), Agnimandhya (loss of appetite), Pathyakara (Wholesome)				
Contraindications if any	-				
Special precautions	-				
Others	-				

# Payasa

Name of formulation	Payasa				
Reference	Ru.Ra. Pg 8, shloka 16, Sho. Ni.972-973				
Category	Pana (drinkables)				
Label Claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Ksheer	Milk	-	1 part
	2.	Tandula	<i>Oryza sativa</i> L.	Seed	8 part
Method of preparation	Mix 1 part of milk (without adding water) with 8 parts of rice and cook it thoroughly. Enhance its quality by adding sugar and ghee.				
Best use before	Within a day				
Properties/Health benefits	Madhura (sweet in taste), sheeta (cold in potency), snigdha (unctuous), guru (heavy to digest)				
Classical Indications	Daurbalya (Weakness), Karshya (Emaciation)				
Contraindications if any	-				
Special precautions	-				
Others					

Name of formulation	Nariyala kheera				
Reference	Bha.Ni.11/17				
Category	Pana (drinkables)				
Label Claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Narikela	<i>Cocos nucifera</i> L.	Endosperm	Qs
	2.	Dugdha	Milk	-	1 part
	3.	Sharkara	Sugar	-	Qs
	4.	Ghrita	Ghee	-	Qs
Method of preparation	Boil the shredded pulp of Narikela (coconut) in pure milk over low heat, add Sharkara and ghrita (ghee) during the boiling process.				
Best use before	Within a day				
Properties/Health benefits	snigdha in guna, sheeta virya, atipushtikara, guru (heavy to digest) , madhura (sweet in taste), vrishya (aphrodisiac)				
Classical Indications	Raktapitta (Bleeding disorder), Vatashamaka (Pacifies vata dosha)				
Contraindications if any	Diabetes				
Special precautions	-				
Others	-				



Name of formulation	Kshirika				
Reference	Bha.Ni.11/15				
Category	Pana (drinkables)				
Label Claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Tandula	<i>Oryza sativa</i> L.	Seed	Qs
	2.	Ghrita	Ghee		Qs
	3.	Dugdha	Milk		1 part
	4.	Sharkara	Sugar		Qs
Method of preparation	Boil milk (kshira) and reduce it to half its quantity. Then add Ghrita (ghee) and Tandula to the Dugdha, and cook. This mixture is used with Sharkara and ghrita.				
Best use before	Within a day				
Properties/Health benefits	Durjara (difficult to digest), Brimhana (Nourishes the body tissues), balya (strength promotor), vishtambhaka (causes abdominal distention), pitta shamaka (pacifies pitta dosha).				
Classical Indications	Raktapitta (Bleeding disorder), Vatashamaka (Pacifies vata dosha)				
Contraindications if any	Diabetes				
Special precautions	causes agnimandhya				
Others	-				

Name of formulation	Manaka Payasa				
Reference	Chakradutta 37/57-58, page no.378				
Category	Pana (drinkables)				
Label Claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Mankanda	<i>Alocasia indica</i>		1 part
	2.	Tandula	<i>Oryza sativa</i> L.	Seed	2 part
	3.	Dugdha	Milk		Qs
	4.	Jala	Water		Qs
Method of preparation	Pound the mature roots of Manakanda and mix them with double quantity of rice. Cook the mixture with milk and water to make payasa.				
Best use before	Within a day				
Properties/Health benefits	Tikta (bitter), katu (pungent), madhura (sweet in taste)				
Classical Indications	Vatodara (Abdominal disorder due to vata dosha), Grahani				

	(Malabsorption syndrome), Shotha (Oedema), Pandu roga (Anaemia)
Contraindications if any	-
Special precautions	-
Others	-

Name of formulation	Masha payasa				
Reference	Cha.Da. a 67/10, page no.596				
Category	Pana (drinkables)				
Label Claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Masha	<i>Phaseolus mungo</i> L. non Rosc. & auct.	Seed	Qs
	2.	Ghrita	Ghee	-	Qs
	3.	Dugdha	Cow milk	-	1 part
Method of preparation	Fry Masha (black gram) with ghrita and cook it with milk to prepare payasa.				
Best use before	Within a day				
Properties/Health benefits	Katu (pungent), tikta (bitter), madhura (sweet in taste), balvardhaka (strength promotor)				
Classical Indications	Vrishya (Aphrodisiac)				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Godhuma payasa				
Reference	Ca.Chi.15/228				
Category	Pana (drinkables)				
Label Claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Godhuma churna	<i>Triticum aestivum</i> L.	Seed	Qs
	2.	Ghrita	Ghee	-	Qs
	3.	Dugdha	Milk	-	1 part
Method of preparation	Fry Godhuma churna in Ghrita then add milk in it.				
Best use before	Within a day				
Properties/Health	Madhura (sweet in taste), sheeta (cold in potency), snigdha (unctuous)				

benefits	
Classical Indications	Atyagni (Increased digestive fire)
Contraindications if any	-
Special precautions	-
Others	-

Name of formulation	Sugandhit Godhuma Payasa				
Reference	Pa.Da, 4/13-20				
Category	Pana (drinkables)				
Label Claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Godhuma	<i>Triticum aestivum</i> L.	Seed	Qs
	2.	Takra	Buttermilk		Qs
	3.	Dugdha	Milk		1 part
	4.	Karpura	<i>Cinnamomum karpuraa</i> (L.) Nees & V Eberm.,	Sub. extract	Qs
Method of preparation	Clean the godhuma (wheat) and moisten it with a little water. Thresh it in a wooden mortar, separating the husk, and repeat the process twice. Stir the Godhuma (wheat) with Takra (buttermilk) until it becomes completely mashed. Stir this with ghee ten to twenty times, then hold it and thoroughly remove the husk. Heat three parts of buffalo milk and one part of water on low flame, boiling until the water evaporates. Take eight parts of that milk and mix it with one part of the godhuma kalka. Carefully stir the mixture with a ladle until it no longer sticks to the pot. make the pot fragrant with karpura etc.				
Best use before	Within a day				
Properties/Health benefits	Snigdha (unctuous), madhura (sweet in taste), sheeta (cold in potency)				
Classical Indications	Sthaulya(Obesity), ajirna (Indigestion)				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Rajapayasam				
Reference	Ksh.ku., 12 <sup>th</sup> utsava, shloka 3.				
Category	Pana (drinkables)				
Label Claim	Health benefit				
Ingredients	S.	Name of the	Botanical Name	Part Used	Ratio/Amount

	No.	Ingredients			
	1.	Shyamaka	<i>Echinochloa frumentacea</i>	Seed	Qs
	2.	Tandula	<i>Oryza sativa</i> L.	Seed	Qs
	3.	Dugdha	Milk		1 part
	4.	Ghrita	Ghee		Qs
	5.	Sharkara	Sugar		Qs
Method of preparation	Add the eighth part of Shyamaka and Tandula to milk that is boiled without adding water. Then, add ghrita and sugar to this mixture.				
Best use before	Within a day				
Properties/Health benefits	Madhura (sweet in taste), snigdha (unctuous), sheeta (cold in potency)				
Classical Indications	Alleviates Vata dosha, nourishes the tissues, confers strength, cures bleeding disorders, diminish the abdominal fire.				
Contraindications if any	Diabetes				
Special precautions	-				
Others	-				

Name of formulation	Shashirekha Drink				
Reference	Ksh. Ku., 12 <sup>th</sup> utsava shloka 39				
Category	Pana (drinkables)				
Label Claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Dugdha	Milk		1 part
	2.	Sharkara	Sugar		Qs
	3.	Tandula	<i>Oryza sativa</i> L.	Seed	Qs
Method of preparation	The drink obtained by cooking boiled milk with sugar and rice.				
Best use before	Within a day				
Properties/Health benefits	Madhura (sweet in taste), sheeta (cold in potency), guru (heavy to digest)				
Classical Indications	This preparation alleviates vitiated Vata and Pitta, imparts strength, enhances appetite, cures even severe burning sensation and is cold and nourishing.				
Contraindications if any	Diabetes				
Special precautions	-				
Others	-				

Name of formulation	Lasuna Payasa (simple)				
Reference	Pa.Da, 4/ 1-7				
Category	Pana (drinkables)				
Label Claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Lashuna	<i>Allium sativum</i> L.	Bulb	Qs
	2.	Kanji	Fermented rice gruel		Qs
	3.	Mamsa	Meat		Qs
	4.	Ghrita	Ghee		Qs
	5.	Dugdha	Milk		1 part
Method of preparation	Cut each Lashuna clove into four pieces, discarding the stem inside. Place the Lashuna in a cloth pouch and cook it. Immerse the pouch in the Kanji until the flavor and bitter taste are removed. Boil the Lashuna, then fry it with meat and ghee. After washing, cook it again with milk.				
Best use before	Within a day				
Properties/Health benefits	Katu (pungent), tikta (bitter), madhura (sweet in taste), ushna (hot in potency), guru (heavy to digest)				
Classical Indications	Shoola(Pain), Agnimandya(Loss of appetite), shopha (Swelling)				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Lasuna Payasa-(flavoured)				
Reference	Pa.Da, Chapter 4, Sloka 8-12, Page 88-89				
Category	Pana (drinkables)				
Label Claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Lashuna	<i>Allium sativum</i> L.	Bulb	Qs
	2.	Saralika			Qs
	3.	Dugdha	Milk		1 part
	4.	Sharkara	Sugar		Qs
	5.	Kadali phala	<i>Musa paradisiaca</i> L.	Fruit	Qs
	6.	Panasa	<i>Artocarpus integrifolia</i> L. F.	Fruit	Qs
	7.	Karpura	<i>Cinnamomum karpuraa</i> (L.) Nees & V Eberm.,	Sub. extract	Qs

Method of preparation	Keep the Lashuna, cooked through the aforementioned methods, in both pots. Mix the Lashuna with spices in one pot and keep it with Saralika in the other. Then, pour semi-cooked milk into both pots, and add milk mixed with sugar. Drop banana fruit into one payasa pot and panasa (jackfruit) into the other. In both pots, add a paste of karpura followed by jasmine flowers.
Best use before	Within a day
Properties/Health benefits	Tikta (bitter), madhura (sweet in taste), ushna (hot in potency), laghu (light for digestion)
Classical Indications	Laghu (Light for digestion), Vatahara (Alleviates vata dosha), Vyadhihara (Alleviates the diseases), agnimandhya (loss of appetite), shoph (Swelling)
Contraindications if any	-
Special precautions	-
Others	-

Name of formulation	Eranda phala payasa				
Reference	Cha.Da. 22/ 49, Pg. 137				
Category	Pana (Drinkable)				
Label Claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Eranda phala	<i>Ricinus communis</i> L.	Fruit	Qs
	2.	Shunthi	<i>Zingiber officinale</i> Roxb	Rhizome	Qs
	3.	Dugdha	Milk		1 part
Method of preparation	Pound the castor seeds alone or with shunthi in milk, and prepare payasa (rice cooked with milk) from it.				
Best use before	Within a day				
Properties/Health benefits	Shulanashaka (relieves pain), snigdha (unctuous), ushna (hot in potency)				
Classical Indications	Gridhrasi (Sciatica), Katishula (Lower backache/lumbago)				
Contraindications if any	-				
Special precautions	-				
Others					

Name of formulation	Erاندabijapayasa
Reference	Yo.R.Vatavyadhi chi.-161
Category	Pana (drinkables)

Label Claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Erandabeeja	<i>Ricinus communis</i> L.	Seed	Qs
	2.	Godugdha	Cow milk		1 part
Method of preparation	General method of payasa				
Best use before	Within a day				
Properties/Health benefits	Madhura (sweet in taste), snigdha (unctuous), sara (laxative)				
Classical Indications	Gridhrasi (Sciatica), Katishula (Lumber pain/lumbago)				
Contraindications if any	Diarrhoea				
Special precautions	-				
Others	-				

## **Peya**

Common preparation method of peya kalpana -

Prepare this mixture using rice (tandula) and water in a 1:14 ratio. Boil the rice with 14 parts of water in a vessel over a gentle fire until it is properly cooked or softened. Collect the cooked rice along with the supernatant water in a separate vessel.



Name of formulation	Peya				
Reference	Kai. Ni.5/44-45, Sho. Ni.961-962				
Category	Pana (Drinkables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Tandula	<i>Oriza Sativa L.</i>	Seed	1
	2.	Jala	Water		14
Method of preparation	Common preparation method of peya kalpana - Prepare this mixture using rice (tandula) and water in a 1:14 ratio. Boil the rice with 14 parts of water in a vessel over a gentle fire until it is properly cooked or softened. Collect the cooked rice along with the supernatant water in a separate vessel.				
Best use before	Within a day				
Properties/Health benefits	Laghu (light for digestion), glani pipasa shudha nashaka (alleviates guilt, thirst, appetite), agnideepaka (stimulates digestive fire), pachaka (easy to digest), vatanulomaka (helping easy movement /expulsion of vata), swedanulomaka (induces sweating).				
Classical Indications	Atisara (Diarrhoea), Daurbalya (Weakness), Udararoga (Disease of abdomen), Jwara (Fever)				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Mridvikadi Peya				
Reference	Cha.Da. 1/25, Pg. 4, Abhi.Chi5/178				
Category	Pana (Drinkables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Mridvika	<i>Vitis vinifera L.</i>	Fruit	1/5 part
	2.	Pippalimula	<i>Piper longum L.</i>	Root	1/5 part
	3.	Chavya	<i>Piper chaba Hunter, non Blume.</i>	Stem	1/5 part
	4.	Chitraka	<i>Plumbago zeylanica L.</i>	Root	1/5 part
	5.	Shunthi	<i>Zingiber officinale Rosc.</i>	Rhizome	1/5 part
	6.	Tandula	<i>Oryza sativa L.</i>	Seed	1 part

	7.	Jala	Water		14 part
Method of preparation	Common preparation method of peya kalpana.				
Best use before	Within a day				
Properties/Health benefits	Deepana (increases digestive fire), pachana (easy to digest)				
Classical Indications	Constipation due to fever.				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Hriberadipeya				
Reference	Cha.Da. 3/ 61, page no. 54				
Category	Pana (Drinkables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Ajadugdha	Goat milk		14 part
	2.	Jala	Water		
	3.	Tandula	Oryza sativa	Seed	1 part
	4.	Hribera	<i>Juniperus communis</i> L.	Fruit	1/4 Part
	5.	Utapala	<i>Nymphaea stellata</i> Willd.	Flower	1/4 Part
	6.	Shunthi	<i>Zingiber officinale</i> Roxb	Rhizome	1/4 Part
	7.	Prishniparni	<i>Uraria picta</i> Desv.	Whole plant	1/4 Part
Method of preparation	Goat's milk, diluted with half water, is used to prepare peya, processed with hribera, utapala, nagara, and prishnaparni.				
Best use before	Within a day				
Properties/Health benefits	Antihemmorahgic				
Classical Indications	Raktatisara (Bloody diarrhoea)				
Contraindications if any	-				
Special precautions	-				
Others					

Name of formulation	Kapitthadipeya				
Reference	Yo.R.Atisara chi.-51				
Category	Pana (Drinkables)				
Label claim	Health benefit				

Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Kapittha	<i>Feronia linonia</i> (L.) Swingle	Fruit	1/4 Part
	2.	Bilwa	<i>Aegle marmelos</i> Correa ex Rosc.	Fruit	1/4 Part
	3.	Changeri	<i>Oxalis Corniculata</i> L.	Whole plant	1/4 Part
	4.	Takra	Buttermilk		14 part
	5.	Dadima	<i>Punica granatum</i> L.	Seed	1/4 Part
	6.	Tandula	<i>Oryza sativa</i> L.	seed	1 part
Method of preparation	Common preparation method of peya kalpana.				
Best use before	Within a day				
Properties/Health benefits	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)				
Classical Indications	Vatajatisara (Diarrhoea caused by vata)				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Panchamuladi peya					
Reference	Yo.R.Atisara chi.-52, Abhi.Chi 5/179					
Category	Pana (Drinkables)					
Label claim	Health benefit					
Ingredients	S. No.	Name of the Ingredients		Botanical Name	Part Used	Ratio/Amount
	1.	Pancha mula	Pippali	<i>Piper longum</i> L.	Fruit	1/6 part
			Pippali mula	<i>Piper longum</i> L.	Root	
			Chavya	<i>Piper retrofractum</i> Vahl.	Stem	
			Chitrak a	<i>Plumbago Zeylanica</i> L.	Root	
			Shunthi	<i>Zingiber officinale</i> Roxb	Rhizome	
	2.	Balamula		<i>Sida cordifolia</i> L.	Root	1/6 part
3.	Shunthi		<i>Zingiber officinale</i> Rosc.	Rhizome	1/6 part	
4.	Dhanyaka		<i>Coriandrum sativum</i>	Fruit	1/6 part	

			L.		
	5.	Utpala	<i>Nymphaea stellata</i> Willd.	Flower	1/6 part
	6.	Bilwa	<i>Aegle marmelos</i> <i>Correa ex Rosc.</i>	Fruit	1/6 part
	7.	Tandula	<i>Oryza sativa</i>	Seed	1 part
	8.	Jala	Water		14 parts
Method of preparation	Common preparation method of peya kalpana.				
Best use before	Within a day				
Properties/Health benefits	Madhura (sweet in taste), tikta (bitter), katu (pungent), ushna (hot in potency), ruksha (dry)				
Classical Indications	Vatajatisara (Diarrhoea caused by vata)				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Jwarnashaka peya				
Reference	Abhi. chi.5/177				
Category	Pana (Drinkables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Rakta shali	<i>Oryza sativa</i> L.	Seed	1 part
	2.	Gokshura	<i>Tribulus terrestris</i> L.	Whole plant	½ part
	3.	Kantakari	<i>Solanum surattense</i> Burm.f.	Whole plant	½ part
	4.	Jala	Water		14 parts
Method of preparation	Common preparation method of peya kalpana.				
Best use before	Within a day				
Properties/Health benefits	Tikta (bitter), katu (pungent), ushna (hot in potency), laghu (light for digestion)				
Classical Indications	Jwara (Fever)				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Chhaga peya				
Reference	Abhi.Chi16/10				
Category	Pana (Drinkables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Matulunga	<i>Citrus medica</i> L.	Fruit	qs
	2.	Madhu	Honey		qs
	3.	Sauvarchala			qs
	4.	Tandula	<i>Oryza sativa</i> L.	Seed	1 part
	5.	Shunthi	<i>Zingiber officinale</i> Rosc.	Rhizome	1 part
6.	Jala	Water		14 parts	
Method of preparation	Common preparation method of peya kalpana.				
Best use before	Within a day				
Properties/Health benefits	Amla (sour), ushna (hot in potency), katu (pungent)				
Classical Indications	Hikka (Hiccough)				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Panchakola peya					
Reference	Abhi. chi.62 /47, A.Hri.Sha. 1/97, 2/11					
Category	Pana (Drinkables)					
Label claim	Health benefit					
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount	
	1.	Pancha kola	Pippali	<i>Piper longum</i> L.	Fruit	1 part
			Pippalim ula	<i>Piper longum</i> L.	Root	
			Chavya	<i>Piper retrofractum</i> Vahl.	Stem	
			Chitraka	<i>Plumbago Zeylanica</i> L.	Root	
Nagara			<i>Cyperus</i>	Rhizome		

			<i>rotundus L.</i>		
	2.	Tandula	<i>Oryza sativa L.</i>	Seed	1 part
	3.	Jala	Water		14 parts
Method of preparation	Common preparation method of peya kalpana.				
Best use before	Within a day				
Properties/Health benefits	Katu (pungent), laghu (light for digestion), tikshna (penetrating), ruksha (dry)				
Classical Indications	Cold, kasa (Cough), ajirna (Indigestion)				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Chaturthika Jwarari peya				
Reference	Bhai. Ra. jwararogadhikara, 5/393				
Category	Pana (Drinkables)				
Label claim	Disease risk reduction				
Ingredients	S. No	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Changeri patra	<i>Oxalis corniculata L.</i>	Leaves	1000 leaves
	2.	Jala	Water		16Part
	3.	Tandula	<i>Oryza Sativa L.</i>	Seed	1 part
	4.	Ghrita	Ghee		
Method of preparation	Take one thousand changeri leaves and prepare the peya using the common method of peya preparation.				
Best use before	Within a day				
Properties/Health benefits	Amla (sour), laghu (light for digestion), ushna (hot in potency)				
Classical Indications	Chaturthika jwarhara (Quartan fever)				
Contraindications if any	-				
Special precautions	-				
Others	Anupana - Ghrita				

Name of formulation	Prishniparnyadi peya
reference	Bhai. Ra, jwaratisaradhikara, 6/5, A.S.Ch.1/33, Cha.Ch.3/183

Category	Pana (Drinkables)				
Label claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Prishniparni	<i>Uraria picta</i> Desv.	Whole plant	10 gm
	2.	Bilva	<i>Aegle marmelos</i> Correa ex Rosc.	Fruit	10 gm
	3.	Bala	<i>Sida cordifolia</i> L.	Root	10 gm
	4.	Shunthi	<i>Zingiber officinale</i> Roxb	Rhizome	10 gm
	5.	Utpala	<i>Nymphaea stellata</i> Willd.	Flower	10 gm
	6.	Dhanyaka	<i>Coriandrum sativum</i> L.	Fruit	10 gm
	7.	Tandula	<i>Oryza sativa</i> L.	Seed	
8.	Jala	Water		750 ml	
Method of preparation	Take all the ingredients in a quantity of 1 karsha and boil them with 1 prastha of water until the mixture is reduced to half. After filtering, prepare peya using the common method, and add dadima beej powder for a sour taste.				
Best use before	Within a day				
Properties/Health benefits	Tikta (bitter), kashaya (astringent), ruksha (dry)				
Classical Indications	Jwaratisara (Diarrhoea with fever)				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Shalparniyadi peya					
reference	Bhai. Ra, raktapittadhikara, 13/ 20					
Category	Pana (Drinkables)					
Label claim	Disease risk reduction					
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount	
	1.	Laghupanchmulla	Gokshura	<i>Tribulus terrestris</i> L.	Whole plant	1 part
			Kantakari	<i>Solanum surattense</i> Burm.f.	Whole plant	
Brihati			<i>Solanum</i>	Whole		

			<i>indicum</i> L.	plant	
		Shalaparni	<i>Desmodium gangeticum</i> DC	Whole plant	
		Prishniparni	<i>Uraria picta</i> Desv.	Whole plant	
	2.	Jala	Water		14 parts
	3.	Tandula	<i>Oryza sativa</i> L.	Seed	1 part
Method of preparation	Common preparation method of peya kalpana.				
Best use before	Within a day				
Properties/Health benefits	Tikta (bitter), kashaya (astringent), ushna (hot in potency), laghu (light for digestion)				
Classical Indications	Adhogata Raktapitta (Bleeding disorders).				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Sthaulyahari peya				
reference	Bhai. Ra medhorogadhikara, 39/12.				
Category	Pana (Drinkables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Badari patra	<i>Zizyphus jujuba</i> mill.	Leaves	25 gm
	2.	Kanji	Fermented sour gruel		1 litre
	3.	Tandula	<i>Oryza Sativa</i> L.	Seed	100 gm
Method of preparation	Powder the Badari leaves, boil them in kanji, filter the mixture, and then prepare peya from it.				
Best use before	Within a day				
Properties/Health benefits	Amla (sour), ushna (hot in potency), laghu (light for digestion)				
Classical Indications	Sthauthlyahara (Cures obesity)				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Panchprasritika peya				
Reference	A.S.Su 25/71				
Category	Pana (Drinkables)				
Label claim	Health benefit				



Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Ghrita	Ghee		qs
	2.	Vasa	Fat		qs
	3.	Taila	Oil		qs
	4.	Majja	Bone marrow		qs
	5.	Tandula	<i>Oryza sativa</i> L.	Seed	1 part
	6.	Jala	Water		14 parts
Method of preparation	Prepare the peya by taking each ingredient in a quantity of 1 prasrata (2 pala) using the common preparation method.				
Best use before	Within a day				
Properties/Health benefits	Tikta (bitter), kashaya (astringent), katu (pungent), balya (strength promotor), vata pittashamaka (pacifies vata and pitta dosha)				
Classical Indications	Snigdha (Unctuous), Guru (heavy to digest) , Madhura (Sweet in taste)				
Contraindications if any	Obesity				
Special precautions	-				
Others	-				

Name of formulation	Kamalotpaladi peya				
Reference	A.S.Chi.3/20				
Category	Pana (Drinkables)				
Label claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Kamala	<i>Nelumbo nucifera</i> Gaertn.	Rhizome	¼ part
	2.	Kamala kesara	<i>Nelumbo nucifera</i> Gaertn.	Stamen	¼ part
	3.	Prishanparni	<i>Uraria picta</i> Desv.	Whole plant	¼ part
	4.	Priyangu	<i>Calicarpa macrophylla</i> Vahl	infloroscence	¼ part
	5.	Tandula	<i>Oryza sativa</i> L.	Seed	1 part
	6.	Jala			14 parts
Method of preparation	Common preparation method of peya kalpana.				
Best use before	Within a day				
Properties/Health benefits	Madhura (sweet in taste), katu (pungent), sheeta (cold in potency), raktapitta shamaka (pacifies rakta and pitta dosha)				
Classical Indications	Mutrakriccha(Dysuria), Shulanashak (Analgesic), Amlapitta (Acidity)				

Contraindications if any	-
Special precautions	-
Others	-

Name of formulation	Usheeradi peya				
Reference	A.S.Chi.3/20				
Category	Pana (Drinkables)				
Label claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Usheera	<i>Vetiveria zizanioides</i> (L.) Nash.	Root	¼ part
	2.	Lodhra	<i>Symplocos racemosa</i> Rosc.	Stem bark	¼ part
	3.	Shringabera	<i>Zingiber officinale</i> Rosc.	Rhizome	¼ part
	4.	Chandana	<i>Santalum album</i> L.	Heart wood	¼ part
	5.	Tandula	<i>Oryza sativa</i> L.	Seed	1 part
	6.	Jala	Water		14 parts
Method of preparation	Common preparation method of peya kalpana.				
Best use before	Within a day				
Properties/Health benefits	Tikta (bitter), kashaya (astringent), sheeta (cold in potency), ruksha (dry), laghu (light for digestion).				
Classical Indications	Shweta pradara (Leucorrhoea), Kushta (Skin disease), Amlapitta (Acidity)				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Hriberadi peya				
Reference	A.S.Chi.3/21				
Category	Pana (Drinkables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount

	1.	Hribera	<i>Pavonia odorata</i>	Fruit	¼ part
	2.	Dhataki	<i>Woodfordia fruticosa</i> (L.) Kurz	Flower	¼ part
	3.	Bilva	<i>Aegle marmelos</i> Correa ex Rosc.	Stem bark	¼ part
	4.	Duralabha	<i>Fagonia cretica</i> L.		¼ part
	5.	Tandula	<i>Oryza sativa</i> L.	Seed	1 part
	6.	Jala	Water		14 parts
Method of preparation	Common preparation method of peya kalpana.				
Best use before	Within a day				
Properties/Health benefits	Tikta (bitter), kashaya (astringent), grahi (absorbent and astringent activity) (absorbent and astringent activity)				
Classical Indications	-				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Bhunimbadi peya				
Reference	A.S.Chi.3/22				
Category	Pana (Drinkables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Bhunimba	<i>Andrographis paniculata</i>		1/5 part
	2.	Sevya			1/5 part
	3.	Jalada	<i>Cyperus rotundus</i> L.	Rhizome	1/5 part
	4.	Chandan ambu	<i>Santalum album</i> L.	Heart wood	1/5 part
	5.	Priyangu	<i>Callicarpa macrophylla</i> Vahl	inflorescence	1/5 part
	6.	Tandula	<i>Oryza sativa</i> L.	Seed	1 part
7.	Jala	Water		14 parts	
Method of preparation	Common preparation method of peya kalpana.				
Best use before	Within a day				
Properties/Health benefits	Tikta (bitter), madhura (sweet in taste), katu (pungent), sheeta (cold in potency)				
Classical Indications	-				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Shaliparnimudga peya				
Reference	A.S.Chi.3/22				
Category	Pana (Drinkables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Shalparni	<i>Desmodium gangeticum</i> DC.	Whole plant	½ part
	2.	Mudga	<i>Phaseolus radiates</i> L.	Seed	½ part
	3.	Tandula	<i>Oryza sativa</i> L.	Seed	1 part
	4.	Jala	Water		14 parts
Method of preparation	Common preparation method of peya kalpana.				
Best use before	Within a day				
Properties/Health benefits	Madhura (sweet in taste), tikta (bitter), deepana (stimulates digestive fire), pachana (easy to digest), sheeta (cold in potency)				
Classical Indications	Balya (Tonic), Shulahara (Analgesic), Sthaulya (Obesity)				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Prishniparni masura peya				
Reference	A.S.Chi.3/22				
Category	Pana (Drinkables)				
Label claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Prishaniparni	<i>Uraria picta</i> Desv.	Whole plant	½ part
	2.	Masura	<i>Lens culinaris</i> Medic	Seed	½ part
	3.	Tandula	<i>Oryza sativa</i> L.	Seed	1 part
	4.	Jala	Water		14 parts
Method of preparation	Common preparation method of peya kalpana.				
Best use before	Within a day				
Properties/Health benefits	Madhura (sweet in taste), tikta (bitter), ushna (hot in potency).				
Classical Indications	Shotha (Inflammation), Atisara (Diarrhea)				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Tilwakadi peya				
Reference	A.S.Chi.5/135				
Category	Pana (Drinkables)				
Label claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Tilwaka	<i>Symplocos racemosa</i> Rosc.	Stem bark	1 part
	2.	Ghrita	Ghee		qs
	3.	Sharkara	Sugar		qs
	4.	Tandula	<i>Oryza sativa</i> L.	Seed	1 part
	5.	Jala	Water		14 parts
Method of preparation	Roast the paste of tilavaka leaves in ghee, add sharkara, and prepare the peya.				
Best use before	Within a day				
Properties/Health benefits	Madhura (sweet in taste), pittaghna (mitigates pitta dosha)				
Classical Indications	Chhardi (Vomiting), Trishna (Thirst), Kasa (Cough), Atisara (Diarrhoea)				
Contraindications if any	Diabetes				
Special precautions	-				
Others	-				

Name of formulation	Balaprishniparni peya				
Reference	A.S.Chi.10/42				
Category	Pana (Drinkables)				
Label claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Bala	<i>Sida cordifolia</i> L.	Root	½ part
	2.	Prishniparni	<i>Uraria picta</i> Desv.	Whole plant	½ part
	3.	Tandula	<i>Oryza sativa</i> L.	Seed	1 part
	4.	Jala			14 parts
Method of preparation	Common preparation method of peya				
Best use before	Within a day				
Properties/Health benefits	Madhura (sweet in taste), balya (strength promotor), tridoshahara (alleviates all three doshas)				
Classical Indications	Raktaja arsha (Bleeding piles)				
Contraindications if any	-				

Special precautions	-
Others	-

Name of formulation	Bilwahriberadi peya				
Reference	A.S.Chi.10/42				
Category	Pana (Drinkables)				
Label claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Bilva	<i>Aegle marmelos</i> Correa ex Rosc.	Stem bark	1/3 part
	2.	Hribera	<i>Pavonia odorata</i>	Fruit	1/3 part
	3.	Nagara	<i>Cyperus rotundus</i> L.	Rhizome	1/3 part
	4.	Tandula	<i>Oryza sativa</i> L.	Seed	1 part
	5.	Jala	Water		14 parts
Method of preparation	Common preparation method of peya				
Best use before	Within a day				
Properties/Health benefits	Tikta (bitter), ruksha (dry), grahi (absorbent and astringent activity)				
Classical Indications	Raktaja arsha (Bleeding piles)				
Contraindications if any	-				
Special precautions	-				
Others	Anupana – Navneet				

Name of formulation	Shatyadi peya				
Reference	A.S.Ch.19/8				
Category	Pana (Drinkables)				
Label claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Shati	<i>Hedychium spicatum</i>	Rhizome	1/9 part
	2.	Pushkarmula	<i>Inula racemosa</i> Hook. f.	Root	1/9 part
	3.	Chitraka	<i>Plumbago zeylanica</i> L.	Root	1/9 part
	4.	Ajaji	<i>Cuminum cyminum</i> L.	Fruit	1/9 part

	5.	Karvi	<i>Carum carvi L.</i>	Fruit	1/9 part	
	6.	Vrikshamla	<i>Garcinia indica choicy</i>	Fruit	1/9 part	
	7.	Yavakshaar	<i>Hordeum vulgare L.</i>	Whole plant		
	8.	Jeevanti	<i>Leptadenia reticulata</i>		1/9 part	
	9.	Bilva	<i>Aegle marmelos</i> Correa ex Rosc.	Stem bark	1/9 part	
	10.	Dashmula	Shalparni	<i>Desmodium gangeticum DC</i>	Whole plant	1/9 part
			Prishniparni	<i>Uraria picta</i> Desv.	Whole plant	
			Brihati	<i>Solanum indicum L.</i>	Whole plant	
			Kantakari	<i>Solanum surattense</i> Burm.f.	Whole plant	
			Gokshura	<i>Tribulus terrestris L.</i>	Whole plant	
			Bilva	<i>Aegle marmelos</i> Correa ex Rosc.	Stem bark	
			Shyonaka	<i>Oroxylum indicum Vent.</i>	Stem bark	
			Patla	<i>Stereospermum suaveolens DC</i>	Stem bark	
			Gambhari	<i>Gmelina arbora Roxb</i>	Stem bark	
			Agnimantha	<i>Clerodendrum phlomidis L.</i>	Stem bark	
	11.	Ghrita	Ghee		qs	
	12.	Taila	Oil		qs	
	13.	Tandula	<i>Oryza sativa L.</i>	Seed	1 part	
	14.	Jala	Water		14 parts	
Method of preparation	Prepare kwath with the mentioned ingredients, process it with ghrita, taila, and a small amount of salt.					
Best use before	Within a day					
Properties/Health benefits	Katu (pungent), madhura (sweet in taste), ushna (hot in potency), vatashamaka (pacifies vata dosha)					
Classical Indications	Shotha (Oedema)					
Contraindications	-					

if any	
Special precautions	-
Others	-

Name of formulation	Brihatpanchamula peya					
Reference	A.S.Chi.1/35					
Category	Pana (Drinkables)					
Label claim	Disease risk reduction					
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount	
	1.	Brihata panchmula	Bilva	Aegle marmelos Correa ex Roxb	Stem bark	½ part
			Agnimantha	<i>Clerodendrum phlomidis</i> L.	Stem bark	
			Shyonaka	<i>Oroxylum indicum</i> Vent.	Stem bark	
			Patala	<i>Stereospermum suaveolens</i> DC	Stem bark	
			Gambhari	<i>Gmelina arborea</i> Roxb	Stem bark	
2.	Yava	<i>Hordeum vulgare</i> L.	Whole plant	½ part		
3.	Tandula	<i>Oryza sativa</i> L.	Seed	1 part		
4.	Jala	Water		14 parts		
Method of preparation	Common preparation method of peya					
Best use before	Within a day					
Properties/Health benefits	Tikta (bitter), ruksha (dry), sheeta (cold in potency)					
Classical Indications	In patient of Jwar having predominance of Kapha					
Contraindications if any	-					
Special precautions	-					
Others	-					

Name of formulation	Ashwathadi peya				
Reference	A.S.Chi.1/35				
Category	Pana (drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the	Botanical Name	Part Used	Ratio/Amount



		Ingredients			
	1.	Ashwattha	<i>Ficus religiosa</i> L.	Leaves	1/3 part
	2.	Amalaki	<i>Emblica officinalis</i> Gaertn	Fruit	1/3 part
	3.	Yava	<i>Hordeum vulgare</i> L.	Fruit	1/3 part
	4.	Tandula	<i>Oryza sativa</i> L.	Seed	1 part
	5.	Jala	Water		14 parts
Method of preparation	Common preparation method of peya				
Best use before	Within a day				
Properties/Health benefits	Tikta (bitter), ruksha (dry), sheeta (cold in potency), stambhan (Inhibition of excess flow or secretions)				
Classical Indications	Vibandha (Constipation)				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Chavyadi peya				
Reference	A.S.Chi.1/36				
Category	Pana (Drinkables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Chavya	<i>Piper retrofractum</i> Vahl.	Stem	1/5 part
	2.	Amalaki	<i>Emblica officinalis</i> Gaertn.	Fruit	1/5 part
	3.	Pippalimula	<i>Piper longum</i> L.	Root	1/5 part
	4.	Draksha	<i>Vitis vinifera</i> L.	Fruit	1/5 part
	5.	Nagara	<i>Cyperus rotundus</i> L.	Rhizome	1/5 part
	6.	Tandula	<i>Oryza sativa</i> L.	Seed	1 part
	7.	Jala	Water		14 parts
Method of preparation	Common preparation method of peya				
Best use before	Within a day				
Properties/Health benefits	Katu (pungent), ushna (hot in potency), grahi (absorbent and astringent activity), shulahara (relieves pain)				
Classical Indications	Vibaddhakoshtha (constipation with pain)				
Contraindications if any	-				
Special precautions	-				

Others	-
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Name of formulation	Amalakadi peya				
Reference	A.S.Chi.1/38				
Category	Pana (Drinkables)				
Label claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Amalaki	<i>Emblica officinalis</i> Gaertn.	Fruit	½ part
	2.	Shunthi	<i>Zingiber officinale</i> Roxb	Rhizome	½ part
	3.	Sita	Sugar		qs
	4.	Tandula	<i>Oryza sativa</i> L.	Seed	1 part
	5.	Jala	Water		14 parts
Method of preparation	Common preparation method of peya				
Best use before	Within a day				
Properties/Health benefits	Snigdha (unctuous), katu (pungent), ushna (hot in potency), grahi (absorbent and astringent activity), pittaghna (mitigates pitta dosha)				
Classical Indications	In Jwara patients having Asweda, Anidra & Trishna				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Badaradi peya				
Reference	A.S.Chi.1/38				
Category	Pana (Drinkables)				
Label claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Badara	<i>Zyzyphus mauritiana</i> Lam.	Fruit	1/5 part
	2.	Mridvika	<i>Vitis vinifera</i> L.	Fruit	1/5 part
	3.	Sariva	<i>Hemidesmus indicus</i> (L.) R.Br.	Root	1/5 part
	4.	Musta	<i>Cyperus rotundus</i> L.	Rhizome	1/5 part
	5.	Chandana	<i>Santalum album</i> L.	Heart wood	1/5 part
	6.	Madhu	Honey		qs

	7.	Tandula	<i>Oryza sativa</i> L.	Seed	1 part
	8.	Jala	Water		14 parts
Method of preparation	Common preparation method of peya				
Best use before	Within a day				
Properties/Health benefits	Katu (pungent), tikta (bitter), ruksha (dry), sheeta (cold in potency)				
Classical Indications	Jwara (Fever), Trishna (Thirst), Chhardi (Emesis), Daha (Burning)				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Madhukadi peya				
Reference	A.S.U.44/39				
Category	Pana (Drinkables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Madhuka	<i>Glycyrrhiza glabra</i> L.	Stem & root	1/10 part
	2.	Pippali	<i>Piper longum</i> L.	Fruit	1/10 part
	3.	Shunthi	<i>Zingiber officinale</i> Roxb	Rhizome	1/10 part
	4.	Indrayava	<i>Holarrhena antidysenterica</i> wall.	Seed	1/10 part
	5.	Saindhava lavana	Rock salt		1/10 part
	6.	Patha	<i>Cissampelos pareira</i> L.	Stem bark	1/10 part
	7.	Ajamoda	<i>Trachyspermum roxburghianum</i> (DC.) Craib	Fruit	1/10 part
	8.	Sarshapa	<i>Brassica campestris</i> L.	Seed	1/10 part
	9.	Devdaru	<i>Cedrus deodara</i> (Rosc.) Loud	Heart wood	1/10 part
10.	Laghu panch mula	Shalapani	<i>Desmodium gangeticum</i> DC.	Whole plant	1/10 part
		Prishniparni	<i>Uraria picta</i> Desv.	Whole plant	
		Kantakari	<i>Solanum surattense</i>	Whole plant	

			Burm.f.		
		Brihati	<i>Solanum indicum</i> L.	Whole plant	
		Gokshura	<i>Tribulus terrestris</i> L.	Whole plant	
	11.	Ghrita	Ghee		qs
	12.	Tandula	<i>Oryza sativa</i> L.	Seed	1 part
	13.	Jala	Water		14 parts
Method of preparation	Common preparation method of peya				
Best use before	Within a day				
Properties/Health benefits	Tikta (bitter), katu (pungent), ushna (hot in potency)				
Classical Indications	-				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Sarivadi peya				
Reference	A.S.U.46/26				
Category	Pana (Drinkables)				
Label claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Sariva	<i>Hemidesmus indicus</i> (L.) R.Br.	Root	1/6 part
	2.	Pippali	<i>Piper longum</i> L.	Fruit	1/6 part
	3.	Shunthi	<i>Zingiber officinale</i> Roxb	Rhizome	1/6 part
	4.	Bala	<i>Sida cordifolia</i> L.	Root	1/6 part
	5.	Kapikachhu	<i>Mucuna prurita</i> Hook.	Seed	1/6 part
	6.	Manjistha	<i>Rubia cordifolia</i> L.	Root	1/6 part
	7.	Tandula	<i>Oryza sativa</i> L.	Seed	1 part
	8.	Jala	Water		14 parts
Method of preparation	Common preparation method of peya				
Best use before	Within a day				
Properties/Health benefits	Tikta (bitter), madhura (sweet in taste), sheeta (cold in potency)				
Classical Indications	Parikartika (complication of fissure), Nabhi shool in patients of mushikavisha (abdomen pain in rat bite patient)				
Contraindications if any	-				

Special precautions	-
Others	-

Name of formulation	Saindhavadi peya				
Reference	A.S.U.24/16				
Category	Pana (Drinkables)				
Label claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Saindhava lavana	Rock salt		Qs
	2.	Ghrita	Ghee		Qs
	3.	Masha	<i>Phaseolus mungo</i> L. non Rosc. & auct.	Seed	1 part
	4.	Tandula	<i>Oryza sativa</i> L.	Seed	
	5.	Jala	Water		14 parts
Method of preparation	Common preparation method of peya				
Best use before	Within a day				
Properties/Health benefits	Katu (pungent), ushna (hot in potency), snigdha (unctuous)				
Classical Indications	Kaphaja pratishyaya (Rhinitis due to kapha dosha)				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Bala shaliparnyadi peya				
Reference	A.Hri.Chi.9/13				
Category	Pana (Drinkables)				
Label claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Shalparni	<i>Desmodium gangeticum</i> DC	Whole plant	1/5 part
	2.	Bala	<i>Sida cordifolia</i> L.	root	1/5 part
	3.	Bilwa	<i>Aegle marmelos</i> Correa ex Roxb	Stem bark	1/5 part
	4.	Prishniparni	<i>Uraria picta</i> Desv.	Whole plant	1/5 part
	5.	Dadima	<i>Punica granatum</i> L.	Seed	1/5 part

	6.	Tandula	<i>Oryza sativa</i> L.	Seed	1 part
	7.	Jala	Water		14 parts
Method of preparation	Prepare peya using the kwath of the above ingredients along with dadima.				
Best use before	Within a day				
Properties/Health benefits	Madhura (sweet in taste), tikta (bitter), ushna (hot in potency), grahi (absorbent and astringent activity)				
Classical Indications	Kapha pittaja atisara (Diarrhoea due to Kapha pitta dosha)				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Haritakyadi peya				
Reference	A.Hri.Chi.9/14				
Category	Pana (Drinkables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Haritaki	<i>Terminalia chebula</i> Retz.	Fruit	1/3 part
	2.	Pippali mula	<i>Piper longum</i> L.	Root	1/3 part
	3.	Bilwa	<i>Aegle marmelos</i> Correa ex Roxb	Fruit	1/3 part
	4.	Tandula	<i>Oryza sativa</i> L.	Seed	1 part
	5.	Jala	Water		14 parts
Method of preparation	Common preparation method of peya				
Best use before	Within a day				
Properties/Health benefits	Tikta (bitter), kashaya (astringent), ushna (hot in potency), vatashamaka (pacifies vata dosha), vata dosha anulomana (downward movement of flatus)				
Classical Indications	-				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Pippalyadi peya				
Reference	Ca.Chi.14/89-90				
Category	Pana (Drinkables)				
Label claim	Health benefit				

Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Pippali	<i>Piper longum</i> L.	Fruit	1/13 part
	2.	Pippalimula	<i>Piper longum</i> L.	Root	1/13 part
	3.	Chitraka	<i>Plumbago zeylanica</i> L.	Root	1/13 part
	4.	Hastipippali	<i>Piper chaba</i>	Fruit	1/13 part
	5.	Shringaber	<i>Trapa natans</i> L.	Rhizome	1/13 part
	6.	Ajaji/jiraka	<i>Cuminum cyminum</i> L.	Fruit	1/13 part
	7.	jiraka	<i>Carum carvi</i>	Fruit	1/13 part
	8.	Dhanyaka	<i>Coriandrum sativum</i> L.	Fruit	1/13 part
	9.	Tumbru	<i>Zanthoxylum armatum</i> Dc.	Fruit	1/13 part
	10.	Bilwa	<i>Aegle marmelos</i> Correa ex Roxb	Fruit	1/13 part
	11.	Karkataka			1/13 part
	12.	Patha	<i>Cissampelos pareira</i> L.	Root	1/13 part
	13.	Amlika phala	<i>Tamarandus indica</i> L.	Fruit	1/13 part
	14.	Goghrita	Ghee		qs
	15.	Tila Taila	<i>Sesamum indicum</i> L.		qs
	16.	Tandula	<i>Oryza sativa</i> L.	Seed	1 part
	17.	Jala	Water		14 parts
Method of preparation	Fry the paste of all the ingredients in yamak Sneha, and add Amalaki phala rasa to make the peya sour in taste.				
Best use before	Within a day				
Properties/Health benefits	ushna, (hot in potency), katu (pungent), tikta (bitter), ruksha (dry), laghu (light for digestion)				
Classical Indications	Arsha pathya (Wholesome in piles)				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Dadimadi peya
Reference	Ka.k. , chap -7/53 bhojankalpadhyaya
Category	Pana (Drinkables)
Label claim	Health benefit

Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Dadima	<i>Punica granatum</i> L.	Seed	1/3 part
	2.	Takra	Butter milk		14 parts
	3.	Ardraka	<i>Zingiber officinale</i> Rosc.	Rhizome	1/3 part
	4.	Saindhava lavana	Rock salt		qs
	5.	Maricha	<i>Piper nigrum</i> L.	Fruit	1/3 part
	6.	Tandula	<i>Oryza sativa</i> L.	Seed	1 part
Method of preparation	Prepare the peya by mixing dadima, buttermilk, chukra, and hot water. Then, add rock salt, maricha, and ardraka to the mixture.				
Best use before	Within a day				
Properties/Health benefits	Amla (sour), katu (pungent), ushna (hot in potency), ruksha (dry), grahi (absorbent and astringent activity), krimighna (anthelmintic)				
Classical Indications	Trishnanashaka (Thirst)				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Ksheera peya				
Reference	Ka. K., chap -7 bhojankalpadhyaya, shloka 54				
Category	Pana (Drinkables)				
Label claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Ghrita	Ghee		qs
	2.	Ksheerodaka	Milkwater		14 part
	3.	Sharkara	Sugar		qs
	4.	Tandula	<i>Oryza sativa</i> L.	Seed	1 part
Method of preparation	Medicate the peya by mixing ghrita or milk with sugar and water.				
Best use before	Within a day				
Properties/Health benefits	Madhura (sweet in taste), guru (heavy to digest) , snigdha (unctuous), pitta shamaka (pacifies pitta dosha)				
Classical Indications	To the person having dominance of pitta in oneself (prakriti), Jwar (fFever), Atisara (Diarrhoea), Shrama (Tiredness), moha (Unconsciousness), Kasa (Cough), Hikka (Hiccough) and Trishna (Thirst).				
Contraindications if any	-				
Special precautions	-				



Others	-
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Name of formulation	Kasahara Peya				
Reference	Su. Sa. U. 52/25				
Category	Pana (Drinkables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Shunthi	<i>Zingiber officinale</i> Roxb	Rhizome	1/5 part
	2.	Pippalimula	<i>Piper longum</i> L.	Root	1/5 part
	3.	Kola	<i>Ziziphus mauritiana</i> Lam.	Fruit	1/5 part
	4.	Tejpatra	<i>Cinnamomum tamala</i> Nees & Eberm.	Leaves	1/5 part
	5.	Ela	<i>Elettaria Cardamomum</i> Maton.	Fruit	1/5 part
	6.	Tandula	<i>Oryza sativa</i> L.	Seed	1 part
	7.	Jala	water		14 parts
Method of preparation	Common preparation method of peya				
Best use before	Within a day				
Properties/Health benefits	Katu (pungent), ushna (hot in potency), ruksha (dry), laghu (light for digestion)				
Classical Indications	-				
Contraindications if any	-				
Special precautions	-				
Others	Anupana - Madhu/ honey				

Name of formulation	Atisarahara Peya				
Reference	Su.U 40/91				
Category	Pana (Drinkables)				
Label claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Prishniparni	<i>Uraria picta</i> Desv.	Whole plant	1/7 part
	2.	Bala	<i>Sida cordifolia</i> L.	Root	1/7 part
	3.	Bilva	<i>Aegle marmelos</i> Correa ex Rosc.	Fruit	1/7 part

	4.	Sugandhabala	<i>Pavonia odorata</i> Willd.	Root	1/7 part
	5.	Neelkamala	<i>Nymphaea stellata</i> Willd.	Flower	1/7 part
	6.	<i>Dhanyaka</i>	<i>Coriandrum</i> <i>sativum</i> L.	Fruit	1/7 part
	7.	Shunthi	<i>Zingiber</i> <i>officinale</i> Roxb	Rhizome	1/7 part
	8.	Tandula	<i>Oryza sativa</i> L.	Seed	1 part
	9.	Jala	Water		14 parts
Method of preparation	Common preparation method of peya				
Best use before	Within a day				
Properties/Health benefits	Madhura (sweet in taste), tikta (bitter), ushna (hot in potency), grahi (absorbent and astringent activity)				
Classical Indications	Atisara (diarrhoea)				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Shwadamshtredi peya				
Reference	Ca.Chi.3/182				
Category	Pana (Drinkables)				
Label claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Raktashali	<i>Oryza punctata</i>	Seed	1 part
	2.	Shwadranshta	<i>Tribulus terrestris</i> L.	Whole plant	½ part
	3.	Kantkari	<i>Solanum surattense</i> Burm.f.	Whole plant	½ part
	4.	Jala	Water		14 parts
Method of preparation	Common preparation method of peya				
Best use before	Within a day				
Properties/Health benefits	Katu (pungent), tikta (bitter), madhura (sweet in taste), ruksha (dry), laghu (light for digestion)				
Classical Indications	Parshva, Basti, Shiroruja (pain in intercostals region, urinary bladder, and head)				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Pippali amalaki yava peya				
Reference	Ca.Chi.3/184				
Category	Pana (Drinkables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Yava	<i>Hordeum vulgare</i> L.	Fruit	1/3 part
	2.	Pippali	<i>Piper longum</i> L.	Fruit	1/3 part
	3.	Amalaki	<i>Emblica officinalis</i> Gaertn.	Fruit	1/3 part
	4.	Ghrita	Ghee		qs
	5.	Tandula	<i>Oryza sativa</i> L.	Seed	1 part
	6.	Jala	Water		14 parts
Method of preparation	Common preparation method of peya				
Best use before	Within a day				
Properties/Health benefits	Katu (pungent), tikta (bitter), ushna (hot in potency), ruksha (dry), laghu (light for digestion)				
Classical Indications	Vibandha (Constipation), Doshanulomani (Helping easy expulsion of doshas)				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Mridvika Amalakidi peya				
Reference	Ca.Chi.3/186				
Category	Pana (Drinkables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Mridvika	<i>Vitis vinifera</i> L.	Fruit	1/5 part
	2.	Pippalimula	<i>Piper longum</i> L.	Root	1/5 part
	3.	Chavya	<i>Piper retrofractum</i> Vahl.	Stem	1/5 part
	4.	Amalaki	<i>Emblica officinalis</i> Gaertn.	Fruit	1/5 part
	5.	Nagara	<i>Cyperus rotundus</i> L.	Rhizome	1/5 part
	6.	Tandula	<i>Oryza sativa</i> L.	Seed	1 part
	7.	Jala	Water		14 parts

Method of preparation	Common preparation method of peya
Best use before	Within a day
Properties/Health benefits	Madhura (sweet in taste), katu (pungent), tikta (bitter), ushna (hot in potency), ruksha (dry), laghu (light for digestion)
Classical Indications	Koshtavibandha Ruja (Constipation with pain)
Contraindications if any	-
Special precautions	-
Others	-

Name of formulation	Baladi peya				
Reference	Ca.Chi.3/187				
Category	Pana (Drinkables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Bala	<i>Sida cordifolia</i> L.	Root	1/6 part
	2.	Vrikshamalaki	<i>Garcinia indica</i> choicy	Fruit	1/6 part
	3.	Kola	<i>Zyzyphus jujuba</i> Lam	Fruit pulp	1/6 part
	4.	Prishniparni	<i>Uraria picta</i> Desv.	Whole plant	1/6 part
	5.	Kantkari	<i>Solanum surattense</i> Burm.f.	Whole plant	1/6 part
	6.	Bilwa	<i>Aegle marmelos</i> Correa ex Roxb	Fruit	1/6 part
	7.	Tandula	<i>Oryza sativa</i> L.	Seed	1 part
	8.	Jala	Water		14 parts
Method of preparation	Common preparation method of peya				
Best use before	Within a day				
Properties/Health benefits	Amla (sour), tikta (bitter), ushna (hot in potency), ruksha (dry), laghu (light for digestion)				
Classical Indications	Fissure in fever				
Contraindications if any	-				
Special precautions	-				
Others	One should add bilwachurna in it.				

Name of formulation	Nagaramalaki peya
Reference	Ca.Chi.3/187
Category	Pana (Drinkables)

Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Nagara	<i>Cyperus rotundus</i> L.	Rhizome	½ part
	2.	Amalaki	<i>Embllica officinalis</i> Gaertn.	Fruit	½ part
	3.	Sharkara	Sugar		qs
	4.	Ghrita	Ghee		qs
	5.	Tandula	<i>Oryza sativa</i> L.	Seed	1 part
	6.	Jala	Water		14 parts
Method of preparation	Common preparation method of peya				
Best use before	Within a day				
Properties/Health benefits	Madhura (sweet in taste), tikta (bitter), ushna (hot in potency), ruksha (dry), laghu (light for digestion)				
Classical Indications	If Jwara patient have complain of Asweda, Anidra, Trishna (loss of taste, insomnia, thirst in fever)				
Contraindications if any	-				
Special precautions	-				
Others	Peya is fried in ghrita and sharkara is added to it.				

Name of formulation	Padmolpaladi peya				
Reference	Ca.Chi.4/44				
Category	Pana (Drinkables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Padma (Lalkamal)	<i>Nelumbo nucifera</i> gaertn	flower	¼ part
	2.	Utpala kinjal	<i>Nymphaea nouchali</i> burm.	stamen	¼ part
	3.	Prishaniparni	<i>Uraria picta</i> Desv.	Whole plant	¼ part
	4.	Priyangu	<i>Calicarpa macrophylla</i> Vahl	inflorescence	¼ part
	5.	Tandula	<i>Oryza sativa</i> L.	seed	1 part
	6.	Jala	Water		14 parts
Method of preparation	Similar to the shadanga paaniya method.				
Best use before	Within a day				
Properties/Health	Madhura (sweet in taste), katu (pungent), tikta (bitter), sheeta (cold in				

benefits	otency), ruksha (dry), laghu (light for digestion)
Classical Indications	Raktapitta (Bleeding disorder)
Contraindications if any	-
Special precautions	-
Others	-

Name of formulation	Chandanadi peya				
Reference	Ca.Chi.4/45				
Category	Pana (Drinkables)				
Label claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Chandana	<i>Santalum album</i> L.	Heart wood	¼ part
	2.	Usheer	<i>Vetiveria Zizanioides</i> (L.) Nash.	Root	¼ part
	3.	Lodhra	<i>Symplocos racemosa</i> Rosc.	Stem bark	¼ part
	4.	Nagara	<i>Cyperus rotundus</i> L.	Rhizome	¼ part
	5.	Madhu	Honey		qs
	6.	Sharkara	Sugar		qs
	7.	Tandula	<i>Oryza sativa</i> L.	Seed	1 part
	8.	Jala	Water		14 parts
Method of preparation	Common preparation method of peya				
Best use before	Within a day				
Properties/Health benefits	Madhura (sweet in taste), katu (pungent), tikta (bitter), sheeta (cold in potency), ruksha (dry), laghu (light for digestion)				
Classical Indications	Raktapitta (Bleeding disorder)				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Kiratatiktadi peya				
Reference	Ca.Chi.4/45				
Category	Pana (Drinkables)				
Label claim	Disease risk reduction				
Ingredients	S.	Name of the	Botanical Name	Part Used	Ratio/Amount

	No.	Ingredients			
	1.	Kiratatikta	<i>Swertia chirata</i> Buch.-Ham	Whole plant	1/3 part
	2.	Usheer	<i>Vetiveria</i> <i>Zizanioides</i> (L.) Nash.	Root	1/3 part
	3.	Musta	<i>Cyperus rotundus</i> L.	Rhizome	1/3 part
	4.	Madhu	Honey		qs
	5.	Sharkara	Sugar		qs
	6.	Tandula	<i>Oryza sativa</i> L.	Seed	1 part
	7.	Jala	Water		14 parts
Method of preparation	Common preparation method of peya				
Best use before	Within a day				
Properties/Health benefits	Madhura (sweet in taste), katu (pungent), tikta (bitter), sheeta (cold in potency), ruksha (dry), laghu (light for digestion)				
Classical Indications	Raktapitta (Bleeding disorder)				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Kakolyadi peya				
Reference	A.Hri.Sha. 2/5				
Category	Pana (Drinkable)				
Label claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Rakta shali	<i>Oryza sativa</i> L.	Seed	1/6 part
	2.	Kakoli	<i>Lilium polyphyllum</i> D.Don	Rhizome	1/6 part
	3.	Bala	<i>Sida cordifolia</i> L.	Root	1/6 part
	4.	Atibala	<i>Abutilon indicum</i> (L.) Sw	root	1/6 part
	5.	Madhuka	<i>Madhuca indica</i> J.F.Gmel	Flower	1/6 part
	6.	Ikshu rasa	<i>Saccharum officinarum</i> L.	Stem	1/6 part
	7.	Jala	Water		14 parts
	8.	Tandula	<i>Oryza sativa</i> L.	Seed	1 part
Method of preparation	Cook the Tandula with Kakoli, Bala, Atibala, Madhuka, and Ikshu.				
Best use before	within a day				
Properties/Health	Madhura (sweet in taste), sheeta (cold in potency), snigdha (unctuous),				

benefits	rakta pitta shamaka (pacifies rakta and pitta dosha)
Classical Indications	Garbhini Rakta darsana
Contraindications if any	-
Special precautions	-
Others	Anupana - Madhu, sharkara and Dugdha Jangala mamsarasa

Name of formulation	Brihat panchmuladi peya				
Reference	A.Hri.Sha. 2/11				
Category	Pana (drinkable)				
Label claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Gambhari	<i>Gmelina arbora</i> Roxb	Stem bark	1/6 part
	2.	Patala	<i>Stereospermum suaveolens</i> DC	Stem bark	1/6 part
	3.	Bilva	<i>Aegle marmelos</i> Correa ex Roxb	Stem bark	1/6 part
	4.	Agnimantha	<i>Clerodendrum phlomidis</i> L.	Stem bark	1/6 part
	5.	Shyonaka	<i>Oroxylum indicum</i> Vent.	Stem bark	1/6 part
	6.	Tila	<i>Sesamum Indicum</i> L.	Seed	1/6 part
	7.	Jala	Water	-	14 parts
8.	Tandula	<i>Oryza sativa</i> L.	Seed	1 part	
Method of preparation	Prepare a decoction using brihata panchamula. Utilize this decoction to prepare peya by mixing it with sesame seeds, rice, or Uddalaka rice.				
Best use before	Within a day				
Properties/Health benefits	Laghu (light for digestion), ruksha (dry), tikta (bitter), katu (pungent), ushna (hot in potency), kapha vatashamaka (pacifies vata and kapha dosha)				
Classical Indications	Garbhapata (Abortion)				
Contraindications if any	Do not add sneha				
Special precautions	Consume without any sneha or lavana				
Others	Deepaniya drugs can also be added. Should be consumed till the number of days according to the month of gestation at which the miscarriage occurred.				



Name of formulation	Bilvadi peya				
Reference	A.Hri.Sha. 2/19				
Category	Pana (drinkable)				
Label claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Bilva	<i>Aegle marmelos</i> Correa ex Roxb	Fruit	½ part
	2.	Tila	<i>Sesamum Indicum</i> L.	Seed	½ part
	3.	Masha	<i>Phaseolus mungo</i> L. non Rosc. & auct.	Seed	1 part
	4.	Tandula	<i>Oryza sativa</i> L.	Seed	
	5.	Dugdha	Milk		14 parts
Method of preparation	Prepare a fine powder from Bilva, sesame seeds, and black gram. Administer the powder with milk.				
Best use before	Within a day				
Properties/Health benefits	Tikta (bitter), katu (pungent), ushna (hot in potency), grahi (absorbent and astringent activity)				
Classical Indications	Leena-garbha				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Prishniparnyadi peya				
Reference	A.Hri.Chi. 1/28				
Category	Pana (drinkable)				
Label claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Prishniparni	<i>Uraria picta</i> Desv.	Whole plant	1/7 part
	2.	Bala mula	<i>Sida cordifolia</i> L.	root	1/7 part
	3.	Bilva apakwa phala majja	<i>Aegle marmelos</i> Correa ex Rosc.	Unripe fruit pulp	1/7 part
	4.	Shunthi	<i>Zingiber officinale</i> Roxb	Rhizome	1/7 part
	5.	Utpala	<i>Nymphaea stellata</i> Willd.	Rhizome	1/7 part

	6.	Dhanyaka	<i>Coriandrum sativum</i> L.	Fruit	1/7 part
	7.	Dadima beeja	<i>Punica granatum</i> L.	Seed	1/7 part
	8.	Laja	Roasted paddy grains		1 part
	9.	Jala	Water		14 part
Method of preparation	Prepare peya using the common method. Add Dadima beeja powder for a sour taste.				
Best use before	Within a day				
Properties/Health benefits	Madhura (sweet in taste), tikta (bitter), katu (pungent), ushna (hot in potency), grahi (absorbent and astringent activity), deepana (increases digestive fire), pachana (easy to digest)				
Classical Indications	Jwara with Atisara (Fever with diarrhoea)				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Laghupanchamuladi peya				
Reference	A.Hri.Chi 1/29				
Category	Pana (drinkable)				
Label claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Shalaparni	<i>Desmodium gangeticum</i> DC.	Whole plant	1/5 part
	2.	Prishniparni	<i>Uraria picta</i> Desv.	Whole plant	1/5 part
	3.	Kantakari	<i>Solanum surattense</i> Burm.f.	Whole plant	1/5 part
	4.	Brihati	<i>Solanum indicum</i> L.	Whole plant	1/5 part
	5.	Gokshura	<i>Tribulus terrestris</i> L.	Whole plant	1/5 part
	6.	Laja	Powder of roasted paddy grains		1 part
	7.	Jala	Water		14 part
Method of preparation	Common preparation method of peya kalpana.				
Best use before	Within a day				
Properties/Health benefits	Madhura (sweet in taste), tikta (bitter), ushna (hot in potency), vata kaphashamaka (pacifies vata and kapha dosha)				

Classical Indications	Hikka (Hiccup), Shwasa (Asthma), Kasa (Cough)
Contraindications if any	-
Special precautions	-
Others	-

Name of formulation	Mahabrihat panchamuladi peya				
Reference	A.Hri.Chi. 1/30				
Category	Pana (drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Gambhari	<i>Gmelina arbora</i> Roxb	Stem bark	1/5 part
	2.	Patala	<i>Stereospermum suaveolens</i> DC	Stem bark	1/5 part
	3.	Bilva	<i>Aegle marmelos</i> Correa ex Roxb	Stem bark	1/5 part
	4.	Agnimantha	<i>Clerodendrum phlomidis</i> L.	Stem bark	1/5 part
	5.	Shyonaka	<i>Oroxylum indicum</i> Vent.	Stem bark	1/5 part
	6.	Yava	<i>Hordeum vulgare</i> L.	Whole plant	1 part
	7.	Jala	Water		14 part
Method of preparation	Common preparation method of peya kalpana.				
Best use before	Within a day				
Properties/Health benefits	Tikta (bitter), kashaya (astringent), ushna (hot in potency), kapha vatashamaka (pacifies vata and kapha dosha)				
Classical Indications	-				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Chavyadi peya
Reference	A.Hri.Chi. 1/31
Category	Pana (drinkable)
Label claim	Health benefit

Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Chavya	<i>Piper retrofractum</i> Vahl.	Stem	1/5 part
	2.	Pippali moola	<i>Piper longum</i> L.	root	1/5 part
	3.	Draksha	<i>Vitis vinifera</i> L.	Fruit	1/5 part
	4.	Amalaki	<i>Phyllanthus emblica</i>	Fruit	1/5 part
	5.	Shunthi	<i>Zingiber officinale</i> Roxb	Rhizome	1/5 part
	6.	Tandula	<i>Oryza sativa</i> L.	seed	1 part
	7.	Jala	Water		14 parts
Method of preparation	Common preparation method of peya kalpana.				
Best use before	Within a day				
Properties/Health benefits	Katu (pungent), tikta (bitter), ushna (hot in potency), deepana (increases digestive fire), pachana (easy to digest)				
Classical Indications	Koshtha vibaddha (Constipation), Koshtha ruja (Abdominal pain)				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Koladi peya				
Reference	A.Hri.Chi. 1/32				
Category	Pana (drinkable)				
Label claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Kola	<i>Zyzyphus jujuba</i> Lam	Fruit	1/5 part
	2.	VrikshAmalaki	<i>Garcinia indica</i> choisy	Fruit	1/5 part
	3.	Shalaparni	<i>Desmodium gangeticum</i> DC.	Whole plant	1/5 part
	4.	Prishniparni	<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	<i>Oryza sativa</i> L.	seed	1 part
	7.	Jala	Water		14 parts
Method of preparation	Common preparation method of peya kalpana.				

preparation	
Best use before	Within a day
Properties/Health benefits	Madhura (sweet in taste), ushna (hot in potency), laghu (light for digestion), snigdha (unctuous), tridoshshamaka (pacifies all three doshas)
Classical Indications	Parikartika (Fissure)
Contraindications if any	-
Special precautions	-
Others	-

Name of formulation	Sita badaradi peya				
Reference	A.Hri.Chi. 1/33				
Category	Pana (drinkable)				
Label claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Mishri			qs
	2.	Badar phala	<i>Zizyphus jujube</i> Lam	Fruit	1/5 part
	3.	Draksha	<i>Vitis vinifera</i> L.	Fruit	1/5 part
	4.	Sariva	<i>Hemidesmus indicus</i> (L.) R.Br.	Root	1/5 part
	5.	Musta	<i>Cyperus rotundus</i> L.	Rhizome	1/5 part
	6.	Chandana	<i>Santalum album</i> L.	Heart wood	1/5 part
	7.	Tandula	<i>Oryza sativa</i> L.	Seed	1 part
	8.	Jala	Water		14 parts
9.	Madhu	Honey		qs	
Method of preparation	Common preparation method of peya kalpana.				
Best use before	within a day				
Properties/Health benefits	Tikta (bitter), katu (pungent), sheeta (cold in potency), vatapitta shamaka (pacifies vata and pitta dosha)				
Classical Indications	Trishna (Thirst), Excessive vamana (Chhardi), Daha (Burning), Jwara (Fever)				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Utpaladi peya
Reference	A.Hri.Chi. 2/16

Category	Pana (drinkable)				
Label claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Kamala	<i>Nelumbo nucifera</i> Gaertn	Rhizome	¼ part
	2.	Utpala kesara	<i>Nymphaea caerulea</i> pollen	Stamen	¼ part
	3.	Prishniparni	<i>Uraria picta</i> Desv.	Whole plant	¼ part
	4.	Priyangu	<i>Calicarpa macrophylla</i> Vahl	Inflorescence	¼ part
	5.	Tandula	<i>Oryza sativa</i> L.	Seed	1 part
	6.	Jala	Water		14 parts
Method of preparation	Common preparation method of peya kalpana.				
Best use before	Within a day				
Properties/Health benefits	Madhura (sweet in taste), sheeta (cold in potency)				
Classical Indications	Raktapitta (Bleeding disorders)				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Ushiradi peya				
Reference	A.Hri.Chi. 2/16				
Category	Pana (drinkable)				
Label claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Ushira	<i>Vetiveria zizaniodes</i> (L.) Nash.	Root	¼ part
	2.	Shabara Lodhra	<i>Symplocos racemosa</i> Rosc.	Stem bark	¼ part
	3.	Shringabera	<i>Zingiber officinale</i> Rosc.	Rhizome	¼ part
	4.	Rakta chandana	<i>Pterocarpus santalinus</i> L.	Heart wood	¼ part
	5.	Tandula	<i>Oryza sativa</i> L.	Seed	1 part
	6.	Jala	Water		14 parts
Method of preparation	Common preparation method of peya kalpana.				

Best use before	Within a day
Properties/Health benefits	Tikta (bitter), katu (pungent), ruksha (dry), sheeta (cold in potency), pittashamaka (pacifies pitta dosha)
Classical Indications	Raktapitta (Bleeding disorders)
Contraindications if any	-
Special precautions	-
Others	-

Name of formulation	Hriberadi peya				
Reference	A.Hri.Chi. 2/17				
Category	Pana (drinkable)				
Label claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Hribera	<i>Juniperus communis</i> L.	Fruit	¼ part
	2.	Dhataki pushpa	<i>Woodfordia fruticosa</i> (L.) Kurz	Flower	¼ part
	3.	Bilva	<i>Aegle marmelos</i> Correa ex Roxb	Fruit	¼ part
	4.	Duralabha	<i>Fagonia cretica</i> L.	Fruit	¼ part
	5.	Tandula	<i>Oryza sativa</i> L.	Seed	1 part
	6.	Jala	Water		14 parts
Method of preparation	Common preparation method of peya kalpana.				
Best use before	Within a day				
Properties/Health benefits	Tikta (bitter), kashaya (astringent), grahi (absorbent and astringent activity) (absorbent and astringent activity)				
Classical Indications	Raktapitta (Bleeding disorders)				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Chirayatadi peya				
Reference	A.Hri.Chi. 2/18				
Category	Pana (drinkable)				
Label claim	Disease risk reduction				
Ingredients	S. No.	Name of the	Botanical Name	Part Used	Ratio/Amount

	Ingredients			
	1.	Chirayita	<i>Swertia chirayata</i> Buch.-Ham	Whole plant 1/3 part
	2.	Ushira	<i>Vetiveria zizanioides</i> (L.) Nash.	Root 1/3 part
	3.	Musta	<i>Cyperus rotundus</i> L.	Rhizome 1/3 part
	4.	Tandula	<i>Oryza sativa</i> L.	Seed 1 part
	5.	Jala	Water	14 parts
Method of preparation	Common preparation method of peya kalpana.			
Best use before	Within a day			
Properties/Health benefits	Tikta (bitter), katu (pungent), ruksha (dry), kapha pitta shamaka (pacifies kapha and pitta dosha)			
Classical Indications	Raktapitta (Bleeding disorders)			
Contraindications if any	-			
Special precautions	-			
Others	-			

Name of formulation	Vidarigandhadi peya				
Reference	A.Hri.Chi. 2/18				
Category	Pana (drinkable)				
Label claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Vidarigandha	<i>Desmodium gangeticum</i> DC.	Whole plant	1 part
	2.	Mudga	<i>Phaseolus radiates</i> L.	Seed	1 part
	3.	Jala	Water		14 part
Method of preparation	Common preparation method of peya kalpana.				
Best use before	Within a day				
Properties/Health benefits	Madhura (sweet in taste), tikta (bitter), balya (strength promotor), sheeta (cold in potency)				
Classical Indications	Raktapitta (Bleeding disorders)				
Contraindications if any	-				
Special precautions	-				
Others	-				



Name of formulation	Balamuladi peya				
Reference	A.Hri.Chi. 2/18				
Category	Pana (drinkable)				
Label claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Bala mula	<i>Sida cordifolia</i> L.	Root	½ part
	2.	Harenuka	<i>Vitex negundo</i> L.	Seed	½ part
	3.	Tandula	<i>Oryza sativa</i> L.	Seed	1 part
	4.	Jala	Water		14 parts
5.	Ghrita	Ghee		qs	
Method of preparation	Common preparation method of peya kalpana.				
Best use before	Within a day				
Properties/Health benefits	Madhura (sweet in taste), sheeta (cold in potency), balya (strength promotor), vata pitta shamaka (pacifies vata and pitta dosha)				
Classical Indications	Raktapitta (Bleeding disorders)				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Yavanyadi peya				
Reference	A.Hri. Chi3/20-21				
Category	Pana (drinkable)				
Label claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Yavani	<i>Trachyspermum ammi</i> (L.	Fruit	1/12 part
	2.	Pippali	<i>Piper longum</i> L.	Fruit	1/12 part
	3.	Bilva majja	<i>Aegle marmelos</i> Correa ex Roxb	Fruit pulp	1/12 part
	4.	Shunthi	<i>Zingiber officinale</i> Roxb	Rhizome	1/12 part
	5.	Chitraka	<i>Plumbago zeylanica</i> L.	Root	1/12 part
	6.	Rasna	<i>Pluchea lanceolata</i> Oliver & H e m	Leaves	1/12 part
	7.	Ajaji	<i>Cuminum cyminum</i> L.	Fruit	1/12 part
8.	Prishniparni	<i>Uraria picta</i> Desv.	Whole plant	1/12 part	

	9.	Palasha	<i>Butea monosperma</i> (Lam) Kuntze	Flower	1/12 part
	10.	Shati	<i>Hedychium spicatum</i> Ham.	Rhizome	1/12 part
	11.	Pushkaramula	<i>Inula racemosa</i> Hook. f.	Root	1/12 part
	12.	Tandula	<i>Oryza sativa</i> L.	Seed	1 part
	13.	Jala	Water		14 parts
	14.	Ghrita	Ghee		qs
	15.	Dadima	<i>Punica granatum</i> L.	Seed	1/12 part
	16.	Saindhava lavana	Rock salt		qs
Method of preparation	Prepare kwath with ingredients 1 to 11. Use the prepared kwath to make peya. Add Ghrita, Anaradana and Saindhava lavana for taste.				
Best use before	Within a day				
Properties/Health benefits	Katu (pungent), tikta (bitter), ushna (hot in potency), ruksha (dry), vata kaphashamaka (pacifies vata and kapha dosha)				
Classical Indications	Vataja kasa (Cough due to vata dosha), Shwasa (Asthma), Hikka (Hiccup), Katishula (Backache), Hridaya shula (Cardiac pain), Parshva shula (Intercostal neuralgia), Kostha shula (Abdominal pain).				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Dashmula panchakoladi peya				
Reference	A.Hri. Chi 3/22				
Category	Pana (drinkable)				
Label claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Shalaparni	<i>Desmodium gangeticum</i> DC.	Whole plant	1/16 part
	2.	Prishniparni	<i>Uraria picta</i> Desv.	Whole plant	1/16 part
	3.	Kantakari	<i>Solanum surattense</i> Burm.f.	Whole plant	1/16 part
	4.	Brihati	<i>Solanum indicum</i> L.	root	1/16 part
	5.	Gokshura	<i>Tribulus terrestris</i> L.	Stem bark	1/16 part
	6.	Bilva mula	<i>Aegle marmelos</i> Correa ex Roxb	Stem bark	1/16 part

	7.	Gambhari	<i>Gmelina arbora</i> Roxb	Stem bark	1/16 part
	8.	Shyonaka	<i>Oroxylum indicum</i> Vent.	Root	1/16 part
	9.	Agnimantha	<i>Clerodendrum</i> <i>phlomidis</i> L.	Root	1/16 part
	10.	Patala	<i>Stereospermum</i> <i>suaveolens</i> DC	Root	1/16 part
	11.	Shunthi	<i>Zingiber officinale</i> Roxb	rhizome	1/16 part
	12.	Chitraka	<i>Plumbago zeylanical</i> L.	Root	1/16 part
	13.	Pippali	<i>Piper longum</i> L.	Fruit	1/16 part
	14.	Pippalimula	<i>Piper longum</i> L.	Root	1/16 part
	15.	Chavya	<i>Piper retrofractum</i> Vahl.	Stem	1/16 part
	16.	Guda	<i>Saccharum</i> <i>officinarum</i> L.		1/16 part
	17.	Tandula	<i>Oryza sativa</i> L.	Seed	1 part
	18.	Jala	Water		14 parts
Method of preparation	Prepare kwatha from dashmoola churna, and use this prepared kwatha to make peya. Add guda before use.				
Best use before	Within a day				
Properties/Health benefits	Laghu (light for digestion), ruksha (dry), katu (pungent), tikta (bitter), ushna (hot in potency), tridosahara (pacifies all three doshas)				
Classical Indications	Vataja kasa (Cough due to vata dosha)				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Tiladi peya				
Reference	A.Hri. Chi3/22				
Category	Pana (drinkable)				
Label claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Tila	<i>Sesamum indicum</i> L	Seed	1 part
	2.	Dugdha	Milk		14 parts
	3.	Saindhava lavana	Rock salt		qs

	4.	Tandula	<i>Oryza sativa</i> L.	Seed	1 part
Method of preparation	Cook the Tandula in Dugdha to make peya, and add Tila and Saindhava to it.				
Best use before	Within a day				
Properties/Health benefits	Guru (heavy to digest), snigdha (unctuous), vata pitta shamaka (pacifies vata and pitta dosha)				
Classical Indications	Vataja kasa (Cough due to vata dosha)				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Drakshadi peya				
Reference	A.Hri. Chi3/36				
Category	Pana (drinkable)				
Label claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Draksha	<i>Vitis vinifera</i> L.	Fruit	1/7 part
	2.	Pippali	<i>Piper longum</i> L.	Fruit	1/7 part
	3.	Kusha	<i>Desmostachya bippanata</i> Staph.	Root stock	1/7 part
	4.	Kasha	<i>Saccharaum spontaneum</i> L.	Root	1/7 part
	5.	Shara	Saccharum munja	Root	1/7 part
	6.	Ikshu	<i>Saccharum officinarum</i> L.	Stem	1/7 part
	7.	Darbha	<i>Desmostachya bipinnata</i>	Root	1/7 part
	8.	Dugdha	Milk		14 parts
	9.	Madhu	Honey		qs
	10.	Mishri			qs
11.	Tandula	<i>Oryza sativa</i> L.	Seed	1 part	
Method of preparation	Boil the milk with the decoction of Trina Panchamula, Pippali and Draksha. After it cools down, add Madhu and mishri.				
Best use before	Within a day				
Properties/Health benefits	Katu (pungent), madhura (sweet in taste), sheeta (cold in potency), mutral (diuretic), ruksha (dry), pitta shamaka (pacifies pitta dosha)				
Classical Indications	Pittaja kasa (Cough due to pitta dosha)				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Chukrika Nagakesaradi Lajapeya				
Reference	Cha.Da. 5/ 112, page no. 63, A.S.Chi.3/29, A.S.Chi.3/31, A.S.Chi.3/32, Abhi.Chi5/176				
Category	Pana (Drinkables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Chukrika	<i>Oxalis corniculata</i> L.	Whole plant	1/3 part
	2.	Nagakeshara	<i>Mesua ferrea</i> L.	Stamen	1/3 part
	3.	Kamala	<i>Nelumbo nucifera</i> Gaertn.	Rhizome	1/3 part
	4.	Laja	Parched paddy rice		1 part
5.	Jala	Water		14 parts	
Method of preparation	Peya of parched paddy processed with Chukrika (Changeri) Nagakesara and Nilotpala.				
Best use before	Within a day				
Properties/Health benefits	Kashaya (astringent), ruksha (dry), sheeta (cold in potency).				
Classical Indications	Raktasravi arsha (Bleeding piles).				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Pippali nagara laja peya				
Reference	Ca.Chi.3/179				
Category	Pana (Drinkables)				
Label claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Laja	Parched paddy rice		1 part
	2.	Jala	Water		14 parts
	3.	Pippali	<i>Piper longum</i> L.	Fruit	½ part
4.	Nagara	<i>Cyperus rotundus</i> L.	Rhizome	½ part	
Method of preparation	Common preparation method of peya				
Best use before	Within a day				

Properties/Health benefits	Katu (pungent), tikta (bitter), ushna (hot in potency), ruksha (dry), laghu (light for digestion)
Classical Indications	If the patient having low digestive fire, feeling hungry If patient desired to eat sour then add Dadima, Amalaki and shunthi powder in it. If atisara in jwara is present or pittaja jwara condition then add madhu in lajapeya
Contraindications if any	-
Special precautions	-
Others	-

Name of formulation	Chukrikadi lajapeya				
Reference	Ca.Chi.14/199				
Category	Pana (Drinkables)				
Label claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Chukrika	<i>Oxalis corniculata</i> L.	Whole plant	½ part
	2.	Nagkesara	<i>Mesua ferrea</i> L.	Stamen	½ part
	3.	Laja	Parched paddy rice		1 part
	4.	Jala	Water		14 parts
Method of preparation	Prepare lajapeya using the above ingredients.				
Best use before	Within a day				
Properties/Health benefits	Sheeta (cold in potency), kashaya (astringent), tikta (bitter), ruksha (dry), laghu (light for digestion)				
Classical Indications	Raktashravi arsha (Bleeding with piles)				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Hriberadi lajapeya				
Reference	Ca.Chi.14/200				
Category	Pana (Drinkables)				
Label claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Hribera	<i>Juniperus</i>	Fruit	1/8 part

			<i>communis</i> L.		
	2.	Nagara	<i>Cyperus rotundus</i> L.	Rhizome	1/8 part
	3.	Bilwa	<i>Aegle marmelos</i> Correa ex Roxb	Fruit	1/8 part
	4.	Vrikshamla rasa/kokam	<i>Garcinia indica</i> choicy	Fruit	1/8 part
	5.	Dadima rasa	<i>Punica granatum</i> L.	Seed	1/8 part
	6.	Amlika	<i>Tamarindus indica</i> L.	Fruit	1/8 part
	7.	Kola	<i>Ziziphus mauritiana</i> Lam	Fruit pulp	1/8 part
	8.	Navnita	Buttermilk		1/8 part
	9.	Laja	Parched paddy rice		1 part
	10.	Jala	Water		14 parts
Method of preparation	Prepare Kwatha using the above ingredients, then make lajapeya by using the Kwatha. Add Navanita to it, and finally, make it sour in taste by adding Vrikshamla rasa, Dadimarasa, Amlika, and Kolamlarasa.				
Best use before	Within a day				
Properties/Health benefits	Ushna (hot in potency), katu (pungent), tikta (bitter), ruksha (dry), laghu (light for digestion)				
Classical Indications	Raktashraviarsha (bleeding piles)				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Chitrakmuladi lajapeya				
Reference	A.Hri. Chi4/23				
Category	Pana (Drinkable)				
Label claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Chitraka mula	<i>Plumbago zeylanica</i> L.	Root	1/3 part
	2.	Ajaji	<i>Cuminum cyminum</i> L.	Fruit	1/3 part
	3.	Shringi	<i>Pistacia integerrima</i> Stewart ex Brandis.	Gall	1/3 part
	4.	Sauvarchala	Black salt		qs

	5.	Laja	Parched paddy rice		1 part
	6.	Jala	Water		14 parts
Method of preparation	Common preparation method of peya kalpana.				
Best use before	Within a day				
Properties/Health benefits	Katu (pungent), ushna (hot in potency), vata kapha shamaka (pacifies vata and kapha dosha)				
Classical Indications	Kasa (Cough), Hikka (Hiccup), Shwasa (Asthma)				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Dashamuladi lajapeya				
Reference	A.Hri. Chi4/23				
Category	Pana (Drinkable)				
Label claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Shalaparni	<i>Desmodium gangeticum</i> DC.	Whole plant	1/10 part
	2.	Prishniparni	<i>Uraria picta</i> Desv.	Whole plant	1/10 part
	3.	Kantakari	<i>Solanum surattense</i> Burm.f.	Whole plant	1/10 part
	4.	Brihati	<i>Solanum indicum</i> L.	Whole plant	1/10 part
	5.	Gokshura	<i>Tribulus terrestris</i> L.		1/10 part
	6.	Bilva	<i>Aegle marmelos</i> Correa ex Roxb	Stem bark	1/10 part
	7.	Gambhari	<i>Gmelina arborea</i> Roxb	Stem bark	1/10 part
	8.	Shyonaka	<i>Oroxylum indicum</i> Vent.	Stem bark	1/10 part
	9.	Agnimantha	<i>Clerodendrum phlomidis</i> L.	Stem bark	1/10 part
	10.	Patala	<i>Stereospermum suaveolens</i> DC	Stem bark	1/10 part
	11.	Laja	Parched paddy rice		1 part
12.	Jala	Water		14 parts	
Method of preparation	Common preparation method of peya kalpana.				
Best use before	Within a day				
Properties/Health	Madhura (sweet in taste), katu (pungent), tikta (bitter), ushna (hot in				



benefits	potency), tridosahara (pacifies all three doshas)
Classical Indications	Kasa (Cough), Hikka (Hiccup), Shwasa (Asthma)
Contraindications if any	-
Special precautions	-
Others	-

Name of formulation	Shunthyadi lajapeya				
Reference	A.S.Chi.1/31				
Category	Pana (Drinkables)				
Label claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Shunthi	<i>Zingiber officinale</i> Rosc.	Rhizome	1/3 part
	2.	Dhanyaka	<i>Coriandrum sativum</i> L.	Fruit	1/3 part
	3.	Pippali	<i>Piper longum</i> L.	Fruit	1/3 part
	4.	Saindhava lavana	Rock salt		qs
	5.	Laja	Parched paddy rice		1 part
	6.	Jala	Water		14 parts
Method of preparation	Common preparation method of peya.				
Best use before	Within a day				
Properties/Health benefits	Katu (pungent), ushna (hot in potency), ruksha (dry), deepana (increases digestive fire), pachana (easy to digest)				
Classical Indications	Kshudhanasha (Loss of appetite), shulanashaka (Analgesic), shotha nashaka (Anti-inflammatory), Cold, kasa (Cough)				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Kantakaryadi lajapeya				
Reference	A.S.Chi.1/33				
Category	Pana (Drinkables)				
Label claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Kantakari	<i>Solanum surattense</i>	Whole	½ part

			Burm.f.	plant	
	2.	Gokshura	<i>Tribulus terrestris</i> L.	Fruit	½ part
	3.	Laja	Parched paddy rice		1 part
	4.	Jala	Water		14 parts
Method of preparation	Common preparation method of peya.				
Best use before	Within a day				
Properties/Health benefits	Tikta (bitter), katu (pungent), ushna (hot in potency), madhura (sweet in taste), vatashamaka (pacifies vata dosha)				
Classical Indications	In patient of jwar having pain in basti, Parshva, Shira(urinary bladder, intercostals region, head)				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Laghupanchamula lajapeya					
Reference	A.S.Chi.1/34					
Category	Pana (Drinkables)					
Label claim	Disease risk reduction					
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount	
	1.	Laghu panch mula	Gokshura	<i>Tribulus terrestris</i> L.	Root	1/5 part
			Kantakari	<i>Solanum surattense</i> Burm.f.	Whole plant	1/5 part
			Brihati	<i>Solanum indicum</i> L.	Whole plant	1/5 part
			Shaliparni	<i>Desmodium gangeticum</i> DC.	Whole plant	1/5 part
			Prishniparni	<i>Uraria picta</i> Desv.	Whole plant	1/5 part
	2.	Laja	Parched paddy rice		1 part	
3.	Jala	Water		14 parts		
Method of preparation	Common preparation method of peya					
Best use before	Within a day					
Properties/Health benefits	Laghu (light for digestion), ruksha (dry), vatapittashamaka (pacifies vata and pitta dosha)					
Classical Indications	In Jwara patient having Hikka, Shwasa, Kasa (hiccough, difficulty in breathing, cough in patient having fever)					
Contraindications if	-					

any	
Special precautions	-
Others	-

Name of formulation	Nagakesaradi lajapeya				
Reference	A.S.Chi.10/42				
Category	Pana (Drinkables)				
Label claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Laja	Parched paddy rice		1 part
	2.	Jala	Water		14 parts
	3.	Nagakesara	<i>Mesua ferrea</i> L.	Stamen	½ part
	4.	Kamala	<i>Nelumbo nucifera</i> Gaertn.	Rhizome	½ part
Method of preparation	Common preparation method of peya				
Best use before	Within a day				
Properties/Health benefits	Kashaya (astringent), katu (pungent), sheeta (cold in potency)				
Classical Indications	Raktaja arsha (Bleeding piles)				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Shunthi Dhanyakadi Lajapeya				
Reference	A.Hri.Chi. 1/26-27				
Category	Pana (Drinkables)				
Label claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Laja	Parched paddy rice		1 part
	2.	Jala	Water		14 parts
	3.	Shunthi	<i>Zingiber officinale</i> Roxb	Rhizome	¼ part
	4.	Dhanyaka	<i>Coriandrum sativum</i> L.	Fruit	¼ part
	5.	Pippali	<i>Piper longum</i> L.	Fruit	¼ part
	6.	Saindhava lavana	Rock salt		qs

	7.	Dadima beeja	<i>Punica granatum</i> L.	Seed	¼ part
Method of preparation	First, roast the laja, then make peya from it. Afterward, add powder of shunthi, dhaniya, pippali, and saindhava before consumption. Dadima Beeja powder can also be added for a sour taste.				
Best use before	Within a day				
Properties/Health benefits	Katu (pungent), tikta (bitter), ushna (hot in potency), deepana (increases digestive fire), pachana (easy to digest)				
Classical Indications	Jwara (Fever), Atisara (Diarrhoea) and Pitta vriddhi (aggravated pitta dosha)				
Contraindications if any	-				
Special precautions	Anupana - Shunthi and honey				
Others	-				

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**Pinyaka**

Name of formulation	Pinyaka				
Reference	A.S.Su 7/64				
Category	Ashita (eatable)				
Label Claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Tila	<i>Sesamum indicum</i> L.	Seed	1 part
Method of preparation	Pound tila and make a kalka from it.				
Best use before	Within a day				
Properties/Health benefits	Vishtambi (constipating), ruksha (dry), glanikaraka (guilt), drishti dushana				
Classical Indications	-				
Contraindications if any	Eye disorders				
Special precautions	-				
Others	-				

Name of formulation	Palala				
Reference	Bha.Ni.11/182				
Category	Ashita (Eatables)				
Label Claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Tila	<i>Sesamum indicum</i> L.	Seed	1 part
	2.	Guda	<i>Saccharum</i>		qs

	/sharkara	<i>officinarum</i> L.	
Method of preparation	Pound tila, mix it with guda or sharkara, and prepare a paste.		
Best use before	Within a day		
Properties/Health benefits	Malakrut (relieves constipation), vrishya (aphrodisiac), vataghnam (alleviates vata dosha), kaphapittakaraka (aggravates kapha and pitta dosha), Brimhana (Nourishes the body tissues), guru (heavy to digest) , snigdha (unctuous)		
Classical Indications	Mutraroga (Urinary disorders)		
Contraindications if any	-		
Special precautions	-		
Others	-		

## Polika

Name of formulation	Polika				
Reference	Bho. Ku., Siddhanna prakran (bhakshya vishesha), Bha.Ni.11/26				
Category	Ashita (Eatables)				
Label Claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Godhuma	<i>Triticum aestivum</i> L.	Seed	1 part
	2.	Jala	Water		qs
Method of preparation	Make a very thin cake from Godhuma (maida flour) and cook it on a pan.				
Best use before	Within a day				
Properties/Health benefits	Promotes growth, imparts taste, is aphrodisiac, strengthening grahi, light, sweet in taste and in post-metabolic effect and alleviates all the three dosas.				
Classical Indications	Weakness, Loss of appetite				
Contraindications if any	-				
Special precautions	-				
Others	Anupana - One must eat polika along with lapsika				

Name of formulation	Angarapolika				
Reference	Bho. Ku. Siddhanna prakran (bhakshya vishesha)				
Category	Ashita (Eatables)				
Label Claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Godhuma	<i>Triticum aestivum</i> L.	Seed	1 part
	2.	Jala	Water		qs

Method of preparation	Prepare polika as per general method and then cook over smokeless embers(angara).
Best use before	Within a day
Properties/Health benefits	Light, strengthening and aphrodisiac, alleviates dosas and stimulates the digestive fire.
Classical Indications	Agnimandhya (Loss of appetite), daurbalya(Weakness)
Contraindications if any	-
Special precautions	-
Others	-

Name of formulation	Purnapolika				
Reference	Bho. Ku. Siddhanna prakran (bhakshya vishesha)				
Category	Khadita (Hard eatables)				
Label Claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Dal	Pulses		qs
	2.	Guda	Jaggery		qs
	3.	Godhuma	Triticum aestivum L.	Seed	1 Part
	4.	Jala	Water		qs
Method of preparation	Fill polika with jaggery and dal. Cook it on low flame makes them bulky and hard.				
Best use before	Within a day				
Properties/Health benefits	Bulky, hard and are rendered heavy after cooking. impart nourishment and strength				
Classical Indications	Agnimandhya (Loss of appetite), Daurbalya(Weakness)				
Contraindications if any	Diabetes				
Special precautions	-				
Others	Anupana - Ghee/ cow milk				

**Poopa/Pupika/Apupa**

Name of formulation	Pupa				
Reference	Kai. Ni.5/172-175				
Category	Ashita (eatable)				
Label Claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Godhuma	<i>Triticum aestivum</i> Linn	Seed	1 part
	2.	Madhu	Honey		Qs
	3.	Mudga	<i>Phaseolus radiates</i> L.	Seed	Qs
	4.	Mamsa	Meat		Qs
	5.	Tila	<i>Sesamum indicum</i> L	Seed	Qs
	6.	Dugdha	Milk		Qs
	7.	Ikshu rasa	<i>Saccharum officinarum</i> Linn	Stem	Qs
Method of preparation	Mix Madhu with Godhuma (wheat) flour to make pupa. It can be filled with Mudga, Mamsa, Tila pisti, and Dugdha.				
Best use before	Within a day				
Properties/Health benefits	Kaphavardhaka (increases kapha dosha), ruchikara (imparts taste), shukravardhaka (increases semen production), vatanulomaka (helping easy movement /expulsion of vata).				
Classical Indications	When given with mudga it imparts vishtambi property, When given with mamsa it imparts guru and brimhana property. When given with Tila it imparts Kaphavardhaka, Vatashamka, Malvardhaka property. When given with milk and ikshu rasa it imparts guru, brimhana and vrishya property.				
Contraindications if	-				



any	
Special precautions	-
Others	-

Name of formulation	Godhuma churna pupa				
Reference	Bho. Ku., Siddhanna prakaran (bhakshya vishesha)				
Category	Ashita (eatable)				
Label Claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Ghodhuma	<i>Triticum aestivum</i> Linn	Seed	1 part
	2.	Dugdha	Milk		Qs
	3.	Ghrita	Ghee		Qs
Method of preparation	Mix godhuma (wheat) flour with Dugdha to make Pupa and fry it in Ghrita.				
Best use before	Within a day				
Properties/Health benefits	Vrishya (Aphrodisiac), madhura (sweet in taste), guru (heavy to digest).				
Classical Indications	Daurbalya (Weakness), Agnimandhya (Loss of appetite)				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Masha Pupa				
Reference	Bho. Ku., Siddhanna prakaran (bhakshya vishesha)				
Category	Ashita (eatable)				
Label Claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Masha	<i>Phaseolus mungo</i> L. non Rosc. & auct.	Seed	1 part
	2.	Jala	Water		qs
Method of preparation	Prepare Pupa with Masha (black-gram) flour.				
Best use before	Within a day				
Properties/Health benefits	impart taste, alleviate vata, are strengthening and promote growth, increase semen, unctuous and are recommended for those that practice exercise., guru (heavy to digest) , snigdha (unctuous), madhura (sweet in taste), ushna (hot in potency)				

Classical Indications	Daurbalya (Weakness), udarashula(Abdomen pain), Cold
Contraindications if any	Amlapitta (Acidity)
Special precautions	-
Others	-

Name of formulation	Pishta Apupa				
Reference	Bho. Ku. , Siddhanna prakaran (bhakshya vishesha)				
Category	Ashita (eatable)				
Label Claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Tandula	<i>Oryza sativa</i> Linn	Seed	1 part
	2.	Jala	Water		Qs
	3.	Taila	Oil		Qs
Method of preparation	Prepare pupa from rice flour and cook it in oil.				
Best use before	Within a day				
Properties/Health benefits	Ruchya (imparts taste), kaphakaraka (aggravates kapha dosha) and confer nourishment				
Classical Indications	Daurbalya (Weakness)				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Vajikara Puplika				
Reference	Su. Chikitsa				
Category	Ashita (eatable)				
Label Claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Pippali	<i>Piper longum</i> L.	Fruit	Qs
	2.	Masha	<i>Phaseolus mungo</i> linn non Rosc. & auct.	Seed	1 part
	3.	Yava	<i>Hordeum vulgare</i> L.	Fruit	1 part
	4.	Godhuma	<i>Triticum aestivum</i> Linn	Seed	1 part

	5.	Ghrita	Ghee		Qs
	6.	Haridra	<i>Curcuma longa L.</i>	Rhizome	Qs
	7.	Saindhava lavana	Rock salt		Qs
	8.	Chanaka	<i>Cicer arietum L.</i>	Seed	Qs
Method of preparation	Prepare a dough using masha, yava, godhuma, salt, turmeric powder, pippali powder, water, and ghee. Prepare a filling with cooked chana dal, jaggery, and ghee. Add prakshepa dravya to it. Bake the dough with the filling over mild fire.				
Best use before	Within a day				
Properties/Health benefits	Katu (pungent), ushna (hot in potency), ruksha (dry)				
Classical Indications	Vajikarana (Aphrodisiac)				
Contraindications if any	-				
Special precautions	-				
Others	Anupana - Sharkar yukta Dugdha				

Name of formulation	Krimihar Puplika				
Reference	Su.U. 54/27				
Category	Ashita (eatable)				
Label Claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Mushakparni	<i>Merremia gangetica (Linn.)</i>	Whole plant	Qs
	2.	Yava	<i>Hordeum vulgare Linn</i>	Fruit	1 part
Method of preparation	As like Vajikara Puplika				
Best use before	Within a day				
Properties/Health benefits	Tikta (bitter), katu (pungent), ruksha (dry)				
Classical Indications	Krimiroga (Antihelmintic)				
Contraindications if any	-				
Special precautions	-				
Others	Anupana - Kanji				

Name of formulation	Pupaka
Reference	Sho. Ni.984-985
Category	Pana (Drinkable)

Label Claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Dugdha	Milk		Qs
	2.	Ikshu rasa	<i>Saccharum officinarum</i> L.	Stem	Qs
	3.	Guda	Jiggery		Qs
	4.	Tila	<i>Sesamum indicum</i> L	Seed	Qs
	5.	Madhu	Honey		Qs
	6.	Sharkara	Sugar		Qs
Method of preparation	Prepare the pupaka with guda (jaggery) and Tila (sesame seeds) mixed with milk, honey, and sugar.				
Best use before	Within a day				
Properties/Health benefits	Guru (heavy to digest) , tarpaka, vrishya (aphrodisiac), balya (strength promotor)				
Classical Indications	Daurbalya (Weakness), Loss of appetite and taste, Aphrodisiac				
Contraindications if any	diabetes				
Special precautions	-				
Others	-				

Name of formulation	Pupika				
Reference	Cha.Da. 41/28,page no.247				
Category	Ashita (Eatabless)				
Label Claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Vanakarpas	<i>Abroma augusta</i>	Root	Qs
	2.	Tandula	<i>Oryza sativa</i> Linn	Seed	1 part
Method of preparation	Make a paste of Vankarpas mula and Tandula, and then prepare Pupa from it.				
Best use before	Within a day				
Properties/Health benefits	Tikta (bitter), katu (pungent), Madhura (sweet in taste)				
Classical Indications	Apachi (glandular swelling), Agnimandhya (Loss of appetite)				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Pishtaka Pupika				
Reference	Cha.Da. 7/ 4, page no. 77				
Category	Ashita (Eatable)				
Label Claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Aakhuparni	<i>Ipomea reniformis</i>	Whole plant	Qs
	2.	Yava flour	<i>Hordeum vulgare Linn</i>	Fruit	1 parni
Method of preparation	Make a paste of Aakhuparni patra and mix it in yava flour, then prepare pupa from this.				
Best use before	Within a day				
Properties/Health benefits	Ushna (hot in potency), ruksha (dry), tikta (bitter), katu (pungent)				
Classical Indications	Kriminashaka (Antihelmintic)				
Contraindications if any	-				
Special precautions	-				
Others	Anupana - Kanji				

Name of formulation	Apupam (soft cake)				
Reference	Ksh. Ku. 10 <sup>th</sup> utsav / 109				
Category	Ashita (eatables)				
Label Claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Maida	Triticum aestivum L.		1 part
	2.	Sharkara	Sugar		Qs
	3.	Ghrita	Ghee		Qs
Method of preparation	Prepare dough from the grain flour. Add Ghrita as needed, and include prakshepa dravya. Shape the dough into 2-3 inch diameter pieces and cook them in ghee/oil.				
Best use before	Within a day				
Properties/Health benefits	Madhura (sweet in taste), snigdha (unctuous), picchil, guru (heavy to digest) , sheeta (cold in potency)				
Classical Indications	Alleviates pitta and vata, nutritious, strengthening. good for the heart, aphrodisiac. appetizer				
Contraindications if any	Kaphaja vikara (Diseases due to kapha dosha), Santarpan janya vikara, madhumeha				

Special precautions	Madhumeha, santarpan janya vikara
Others	Anupana - Luke warm water

## **Purika**

Name of formulation	Pudi				
Reference	Bri. Ni.Ra., krumirogadhikar, Pg- 54				
Category	Khadita (Hard eatables)				
Label Claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Tandula	<i>Oryza sativa</i> L.	Seed	1 part
	2.	Pippali	<i>Piper longum</i> L.	Fruit	Qs
	3.	Saindhava lavana	Rock salt		Qs
	4.	Vidanga	<i>Embelia ribes</i> Burm.f	Fruit	Qs
Method of preparation	Mix the powder of all above ingredient and make pudi from it.				
Best use before	Within 2 days				
Properties/Health benefits	Madhura (sweet in taste), katu (pungent), ushna (hot in potency)				
Classical Indications	Udargat krimi (Antihelmintic)				
Contraindications if any	-				
Special precautions	-				
Others					

Name of formulation	Godhuma Purika				
Reference	Bho. Ku. Siddhanna prakran (bhakshya vishesha)				
Category	Khadita (Hard eatables)				
Label Claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Godhuma	<i>Triticum aestivum</i> L.	Seed	1 part
	2.	Maricha	<i>Piper nigrum</i> L.	Fruit	Qs
	3.	Ghrita	Ghee		Qs
	4.	Jala	Water		Qs
	5.	Chanaka (besan)	<i>Cicer arietinum</i> L.	Seed	Qs
	6.	Jiraka	<i>Cuminum cyminum</i> L.	Fruit	Qs
	7.	Hingu	<i>Ferula asfoetida</i> Regel.	Oleo resin gum	Qs
Method of preparation	Spread maida dough mixed with besan, Jiraka, Hingu, ghrita and Maricha on a slab, cut in to round shapes and fry it in ghee or oil.				
Best use before	Within a day				
Properties/Health benefits	Purika promotes growth, is unctuous and aphrodisiac and alleviates pitta and vata. The above Properties/Health benefits refer to purika cooked in ghee				
Classical Indications	Agnimandhya (Loss of appetite), daurbalya (Weakness)				
Contraindications if any	-				
Special precautions	-				
Others	Properties of purika cooked in oil is heavy and alleviates kapha and vata.				

Name of formulation	Masha Purika				
Reference	Bha.Ni.11/48				
Category	Khadita (Hard eatables)				
Label Claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Masha	<i>Phaseolus mungo</i> L. non Rosc. & auct.	Seed	1 part
	2.	Lavana	Salt		Qs
	3.	Ardraka	<i>Zingiber officinale</i> Rosc.	Rhizome	Qs



	4.	Hingu	<i>Ferula asfoetida</i> <i>Regel.</i>	Oleo resin gum	Qs
	5.	Taila	Oil		Qs
Method of preparation	Add Lavana, Ardraka and Hingu to the dough of Masha. Then mix Samita in it. Spread the dough in thin and round shape to prepare polika or round cakes. and fry it in oil.				
Best use before	Within a day				
Properties/Health benefits	Ruchikaraka (imparts taste), swadu (sweet in taste), guru (heavy to digest) , snigdha (unctuous), balya (strength promotor), pitta rakta vikara (disorders due to pitta and rakta dosha), chakshyushya (enhances eye sight), ushna (hot in potency), vata nashini (alleviates vata dosha)				
Classical Indications	Aruchi (Taste lessness), Netra roga (Eye disorders), Daurbalya (Weakness)				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Chanaka Puri				
Reference	Ksh. Ku., Tenth Utsava, shloka 119				
Category	Khadita (Hard eatables)				
Label Claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Taila	Oil		Qs
	2.	Chanaka	<i>Cicer arietinum</i> L.	Seed	3 parts
	3.	Godhuma	<i>Triticum aestivum</i> L.	Seed	1 part
	4.	Yavani	<i>Trachyspermum ammi</i> (L.)	Fruit	Qs
	5.	Hingu	<i>Ferula Asfoetida</i> Regel.	Oleo resin gum	Qs
6.	Lavanga	<i>Syzygium aromaticum</i> (L.) Merr M.Perry	Flower bud	Qs	
Method of preparation	Prepare the dough of Chanaka and Godhuma flour after mixing Yavani, Hingu, and Lavanga then spread it in thin and round shape and fry in oil.				
Best use before	Within a day				
Properties/Health benefits	Madhura (sweet in taste), katu (pungent), sheeta (cold in potency)				
Classical Indications	It alleviates Kapha and Vata, increases appetite, is pungent and stimulates the abdominal fire.				
Contraindications if any	-				

Special precautions	-
Others	-

**Raag / Shadava**

Name of formulation	Raga shadava-1				
Reference	Su.su.46/378				
Category	Pana (drinkable)				
Label Claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Mudga	<i>Phaseolus Mungo</i>	Seed	Qs
	2.	Dadima	<i>Punica Granatum</i> L.	Fruit	Qs
	3.	Mridvika	<i>Vitis Vinifera</i>	Fruit	Qs
Method of preparation	Prepare Mudga Yusha then add Mridvika and Dadima Rasa .				
Best use before	Within a day				
Properties/Health benefits	Rochaka (imparts taste), laghupaki (light for digestion), dosha avirodhi, brihana (nourishes dhatu), vrishya (aphrodisiac), hridya (cardiotonic), deepana (increases digestive fire)				
Classical Indications	Ardita (Facial paralysis), Trishna (Thirst), Murccha (Syncope), Bhrama (improper perception), Chardi (Emesis), Shrama (Fatigue)				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Raga Shadava-2				
Reference	Sho. Ni.1007-1009 A.S.Chi.9/14				
Category	Pana (Drinkables)				
Label Claim	Disease risk reduction				
Ingredients	-				
Method of preparation	Submerge sour and sweet fruits in salt for 10-15 days, or may be extended to 30-40 days. Afterward, add sesame oil and Ardraka.				
Best use before	Within a day				
Properties/Health benefits	<p>The varieties of soups known as the raga and Shadava are heavy (guru)/ light (laghu), brihana (tissue-building), vrishya (aphrodisiac), hridya (cardiac), rochana (aggreable), deepana (increases digestive fire)</p> <p>Rasala is brimhana (constructive/tonic/nourishing), vrishya (aphrodisiac/ spermatopietic), snigdha (demulcent/spermatopietic), snigdha (demulcent/ unctous), balya (strength-promoter) and ruchiprada (relishing).</p>				
Classical Indications	Raga and shādava alleviate trishna (Thirst), Murccha (Syncope), Mada (Intoxication), Chhardi (Emesis) and Shrama (Fatigue).				
Contraindications if any	-				
Special precautions	-				
Others	-				
Name of formulation	Shadava-1				
Reference	A.S.Su 7/54 – 55				
Category	Pana (drinkable)				
Label Claim	Disease risk reduction				
ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Sharkara	Sugar		64 part
	2.	Shaka	Vegetables		20 part
	3.	Amla dravya			4 part
Method of preparation	Mix vegetables (shaka) with Amla dravya and Sharkara, then cook it.				
Best use before	Within 1 day				
Properties/Health benefits	Hridya (cardiotonic), vrishya (aphrodisiac), ruchikara (imparts taste), guru (heavy to digest) , preenan,				
Classical Indications	Bhrama ((improper perception), Trishna (Thirst), Chhardi (Emesis), Mada (Intoxication), Murchha (Syncope), Shrama (Fatigue)				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Shadava-2				
Reference	Ca.Chi.11/88-90				
Category	Ashita (Eatables)				
Label Claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Dhanyaka	<i>Coriandrum sativum</i> L.	Fruit	1 part
	2.	Ajaji	<i>Cuminum cyminum</i> L.	Fruit	2 part
	3.	Ajmoda	<i>Trachyspermum roxburghianum</i> (DC.) Craib	Fruit	2 part
	4.	Dadima	<i>Punica granatum</i> L.	Seed	4 part
	5.	Vrikshamla	<i>Garcinia indica</i> choicy	Fruit	4 part
	6.	Sauvarchal lavana			4 part
	7.	Shunthi	<i>Zingiber officinale</i> Roxb	Rhizome	1 part
	8.	Dadhitta madhyata	<i>Feronia limonia</i> L.	Fruit	20 part
	9.	Sharkara	Sugar		64 part
Method of preparation	Mix all ingredients and prepare Shadava.				
Best use before	Within a day				
Properties/Health benefits	Amla (sour), tikta (bitter), katu (pungent), ushna (hot in potency), laghu (light for digestion)				
Classical Indications	Impaired digestive fire and diarrhoea due to Rajayakshma.				
Contraindications if any	-				
Special precautions	-				
Others	-				

## **Rajhansini (Milk preparation)**

Name of formulation	Rajahamsini				
Reference	Ksh. Ku., Twelfth Utsava , shloka 37				
Category	Pana (drinkable)				
Label Claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Mahishi dugdha	Buffalo milk		1 part
	2.	Dadhi	Curd		1 part
	3.	Sharkara	Sugar		Qs
	4.	Ela	<i>Elettaria cardamomum</i> Maton.	Fruit	Qs
Method of preparation	Mix Mahisha Dugdha, Dadhi, Sharkara and Ela. Strain the mixture to obtain the drink.				
Best use before	Within a day				
Properties/Health benefits	Madhura (sweet in taste), snigdha (unctuous), guru (heavy to digest) , sheeta (cold in potency)				
Classical Indications	This drink greatly alleviates Pitta and slightly aggravates Kapha, imparts strength and is very sweet, cold and an excellent aphrodisiac.				
Contraindications if any	Diabetes				
Special precautions	-				
Others	-				

## **Rasala (Curd Preparation)**



Name of formulation	Rasala (with sugar)				
Reference	Bha.Ni.11/143, A.H.S. 6/35				
Category	Lidha (Lickable)				
Label Claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Dadhi	Curd		64 part
	2.	Dugdha	Milk		1 part
	3.	Sharkara	Sugar		32 part
	4.	Ela	<i>Elettaria cardamomum</i> Maton.	Fruit	1 part
	5.	Lavanga	<i>Syzygium aromaticum</i> (L.) Merr M.Perry	Flower bud	1 part
	6.	Karpura	<i>Cinnamomum karpura</i> (L.)Nees & V Eberm.	Sub. extract	1 part
	7.	Maricha	<i>Piper nigrum</i> L.	Fruit	1 part
Method of preparation	Take Amla Dadhi, finely powdered Sharkara, and Dugdha. Strain the mixture through a cloth into an earthen pot. Add powder of Ela, Lavanga, Karpura and Maricha.				
Best use before	Within a day				
Properties/Health benefits	Shukrala (increases the production of semen), balya (strength promotor), rochana, vatapitta nashaka (pacifies vata and pitta dosha),				

	agni Deepaka (stimulates digestive fire), brimhana, snigdha (unctuous), Madhura (sweet in taste), sheeta (cold in potency), sara (laxative)
Classical Indications	Rakta pitta (Bleeding disorders), Trishna (Thirst), Daha (Burning), Pratishyaya (Coryza)
Contraindications if any	Diabetes
Special precautions	-
Others	-

Name of formulation	Rasala (with guda)					
Reference	Ayu.Ma, shikhrini varga (18 <sup>th</sup> varga)					
Category	Lidha (Lickable)					
Label Claim	Disease risk reduction					
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount	
	1.	Dadhi	Curd		64 part	
	2.	Jiraka	<i>Cuminum cyminum</i> L.	Fruit	1 part	
	3.	Ardraka	<i>Zingiber officinale</i> Rosc.	Rhizome	1 part	
	4.	Guda	<i>Jiggery</i>		32 part	
	5.	Musta	<i>Cyperus rotundus</i> L.	Rhizome	1 part	
	6.	Chaturjataka	Twak	<i>Cinnamimum zeylanicum</i> Blume	Stem bark	1 part
			Ela	<i>Elettaria Cardamomum</i> Maton.	Fruit	1 part
			Tejpatra	<i>Cinnamomum tamala</i>	Leaves	1 part
			Nagakesara	<i>Messua ferrea</i> L.	Stamen	1 part
Method of preparation	Mix Jaggery (guda), Jiraka (cumin seeds), Shunthi, Ardraka and Chaturjatak in Dadhi.					
Best use before	Within a day					
Properties/Health benefits	Pittodreka hara (pacifies pitta dosha)					
Classical Indications	Atisara (Diarhoea), Mutrakriccha (Dysuria)					
Contraindications if any	-					
Special precautions	-					
Others	-					

Name of formulation	Rasala (with madhu)				
Reference	Ru.Ra, Pg.46				
Category	Pana (Drinkables)				
Label Claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Takra	Buttermilk	-	64 part
	2.	Madhu	Honey	-	2 part
	3.	Ghrita	Ghee	-	2 part

	4.	Sharkara	Sugar	-	32 part
	5.	Maricha	<i>Piper nigrum</i> L.	Fruit	1 part
Method of preparation	Add Madhu, Ghrita and Sharkara to the Takra (buttermilk), and mix it with the appropriate amount of Maricha. Scent it with Agar.				
Best use before	Within a day				
Properties/Health benefits	Katu (pungent), madhura (sweet in taste), Amla (sour), ushna (hot in potency), laghu (light for digestion)				
Classical Indications	Aruchi (Loss of taste), Agnimandya (Loss of appetite), Arsha (Piles).				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Kapitthadi Rasala Shikhrini				
Reference	Ayu.Ma,shikhrini varga (18 <sup>th</sup> varga)				
Category	Lidha (Lickable)				
Label Claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Dadhi	Curd	-	64 part
	2.	Kapittha	<i>Feronia linonia</i> (L.)	Fruit	1 part
	3.	Matulunga	<i>Citrus medica</i> L.	Fruit	1 part
	4.	Ela	<i>Elettaria cardamomum</i> Maton.	Fruit	1 part
	5.	Sariva	<i>Hemidesmus indicus</i> (L.) R.Br.ex Schult.	Root	1 part
	6.	Ardraka	<i>Zingiber officinale</i> Rosc.	Rhizome	1 part
	7.	Bijaka	<i>Pterocarpus marsupium</i> Roxb.	Heart wood	1 part
	8.	Sharkara	Sugar	-	32 part
	9.	Shunthi	<i>Zingiber officinale</i> Roxb	Rhizome	1 part
	10.	Samudra lavana	Sea salt	-	1 part
	11.	Maricha	<i>Piper nigrum</i> L.	Fruit	1 part
	12.	karpura	<i>Cinnamomum karpura</i> (L.)Nees & V Eberm.	Sub. extract	qs
Method of preparation	Hang Dadhi in a cloth 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.
Best use before	Within a day
Properties/Health benefits	Deepana (stimulates digestive fire), Brimhana (Nourishes the body tissues), snigdha (unctuous), madhura (sweet in taste), sheeta (cold in potency), sara (laxative)
Classical Indications	Bleeding disorders
Contraindications if any	-
Special precautions	-
Others	-

Name of formulation	Vrikodara krit rasala				
Reference	Ayu.Ma,shikhrini varga (18 <sup>th</sup> varga)				
Category	Lidha (Lickable)				
Label Claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Dadhi	Curd	-	64 part
	2.	Sharkara	Sugar	-	32 part
	3.	Ghrita	Ghee	-	2 part
	4.	Madhu	Honey	-	2 part
	5.	Maricha	<i>Piper nigrum</i> L.	Fruit	1 part
	6.	Shunthi	<i>Zingiber officinale</i> Roxb	Rhizome	1 part
	7.	Karpura	<i>Cinnamomum karpuraa</i> (L.) Nees & V Eberm.	Sub. extract	qs
Method of preparation	Take Dadhi that has been kept for a long time. Take khand, Ghrita, Madhu, Maricha and Shunthi. Filter all these ingredients by gently rubbing them on a smooth cloth. After that, add an appropriate amount of Karpura powder and scent it.				
Best use before	Within a day				
Properties/Health benefits	Madhura (Sweet in taste), Snigdha (Unctuous), Ushna (Hot in potency)				
Classical Indications	Agnimandhya(Loss of appetite), Udarashula (Abdomen pain)				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Dwitiya shikhrini				
Reference	Ayu.Ma,shikhrini varga (20 <sup>th</sup> varga)				
Category	Lidha (Lickable)				
Label Claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Dadhi	Curd	-	64 part
	2.	Twak	<i>Cinnamimum zeylanicum</i> Blume	Stem bark	1 part
	3.	Ela	<i>Elettaria Cardamomum Maton.</i>	Fruit	1 part
	4.	Madhu	Honey	-	2 part
	5.	Ghrita	Ghee	-	2 part
	6.	Maricha	<i>Piper nigrum</i> L.	Fruit	1part
	7.	Sharkara	Sugar	-	32 part
	8.	Karpura	<i>Cinnamomum karpuraa</i> (L.)Nees & V Eberm.	Sub. extract	qs
Method of preparation	Hang the Dadhi in a cloth overnight to remove excess water. Mix a fine powder of Ela, Maricha, Karpura with Madhu, Ghrita. Add this mixture to the Dadhi and mix it thoroughly.				
Best use before	Within a day				
Properties/Health benefits	Deepani (increases digestive fire), balya (strength promotor), pushtikara (nourishes the body), sarvaroga nashaka (alleviates all the diseases)				
Classical Indications					
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Amrarasakriti				
Reference	Ksh. Ku., Twelfth Utsava, shloka 41				
Category	Lidha (Lickable)				
Label Claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Dadhi	Curd	-	2 part
	2.	Sharkara	Sugar	-	1 part
	3.	Kesara	<i>Crocus sativus</i> L.	Stamen	qs
Method of preparation	Mix Dadhi without cream with a small amount of Kesara, add				

	Sharkara and strain the mixture to obtain a drink that is yellowish like a ripe mango.
Best use before	Within a day
Properties/Health benefits	Madhura (sweet in taste), guru (heavy to digest) , snigdha (unctuous)
Classical Indications	This yellowish drink alleviates Vāta and Pitta and is light, cold, appetizing, sweet and strengthening. It also imparts complexion to skin.
Contraindications if any	-
Special precautions	-
Others	-

Name of formulation	Amrit prash shikhrini				
Reference	Ayu.Ma, shikhrini varga (18 <sup>th</sup> varga)				
Category	Lidha (Lickable)				
Label Claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Narangi	<i>Citrus reticulata</i> Blanco	Fruit	1 part
	2.	Dadima	<i>Punica granatum</i> L.	Seed	1 part
	3.	Matulunga	<i>Citrus medica</i> L.	Fruit	1 part
	4.	Draksha	<i>Vitis vinifera</i> L.	Fruit	
	5.	Madhu	Honey	-	2 part
	6.	Guda	Jaggery	-	2 part
	7.	Dadhi	Curd	-	64 part
	8.	Sharkara	Sugar	-	32 part
	9.	Ajaji	<i>Cuminum cyminum</i> L.	Fruit	1 part
	10.	Maricha	<i>Piper nigrum</i> L.	Fruit	1 part
11.	Saindhava lavana	Rock salt	-	qs	
Method of preparation	Take equal quantities of Orange, Dadima (pomegranate), 1 pala Madhuka, lemon juice, and grape juice; then mix jaggery and curd. Mix sugar, cumin seeds, Maricha, andsaindhava salt, rub the mixture on a clean cloth, and filter it.				
Best use before	Within a day				
Properties/Health benefits	Pachana, rakta pitta nashaka (alleviates bleeding disorders)				
Classical Indications	-				

Contraindications if any	-
Special precautions	-
Others	-

Name of formulation	Kapithadi Shikhrini					
Reference	Ayu.Ma, shikhrini varga (18 <sup>th</sup> varga)					
Category	Lidha (Lickable)					
Label Claim	Disease risk reduction					
Ingredients	S. No	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount	
	1.	Dadhi	Curd	-	64 part	
	2.	Kapittha	<i>Feronia linonia</i> L.	Fruit	1 part	
	3.	Matulunga	<i>Citrus medica</i> L.	Fruit	1 part	
	4.	Tintidaka	<i>Rhus parviflora</i> Roxb	Fruit	1 part	
	5.	Dadima	<i>Punica granatum</i> L.	Seed	1 part	
	6.	Ajaji	<i>Cuminum cuminum</i> L.	Fruit	1 part	
	7.	Ardraka	<i>Zingiber officinale</i> Rosc.	Rhizome	1 part	
	8.	Bhutrina	<i>Cymbopogon citrates</i> (DC.) Stapf	leaves	1 part	
	9.	Sharkara	Sugar	-	32 part	
	10.	Chaturjataka	Ela	<i>Elletaria cardamomum</i> Maton.	Fruit	¼ part
			Tejpatra	<i>Cinnamomum tamal</i>	Leaves	¼ part
			Nagakesaraka	<i>Mesua ferrea</i> L	Stamen	¼ part
Twak			<i>Cinnamomum zeylanica</i> L.	Stem bark	¼ part	
11.	Maricha	<i>Piper nigrum</i> L.	Fruit	1 part		
12.	Karpura	<i>Cinnamomum karpura</i> (L.)Nees & V Eberm.	Sub. extract	qs		
Method of	Mix Matulunga, Kapittha juice, Tamarind juice and Dadima with Sharkara;					



preparation	add the mixture to the Dadhi and filter it through a clean cloth. In this blend, mix Maricha, Jeeraka, Ardraka, Chaturjatak (Twak, Ela, Tejpatra, Nagakesara) and Bhutrina in appropriate quantities.
Best use before	Within a day
Properties/Health benefits	Vatanulomaka (helping easy movement /expulsion of vata), dahahara (Burning), pittahara (pitta dosha)
Classical Indications	Raktapitta (Bleeding disorders)
Contraindications if any	-
Special precautions	-
Others	-

Name of formulation	Chandramrita sravini shikhirini				
Reference	Ayu.Ma, shikhrini varga (18 <sup>th</sup> varga)				
Category	Lidha (Lickable)				
Label Claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Dadhi	Curd	-	64 part
	2.	Sita	Sugar	-	32 part
	3.	Matulunga	<i>Citrus medica</i> L.	Fruit	1 part
	4.	Ajaji	<i>Cuminum cyminum</i> L.	Fruit	1 part
	5.	Narangi	<i>Citrus reticulata</i> Blanco	Fruit	1 part
	6.	Nagar	<i>Cyperus rotundus</i> L.	Rhizome	1 part
	7.	Ardraka	<i>Zingiber officinale</i> Rosc.	Rhizome	1 part
	8.	Beejaka	<i>Pterocarpus marsupium</i>	Heart wood	1 part
	9.	Samudra lavana	Sea salt	-	1 part
	10.	Maricha	<i>Piper nigrum</i> L.	Fruit	1 part
11.	Karpura	<i>Cinnamomum karpura</i> (L.)Nees & V Eberm.	Sub. extract	Qs	
Method of preparation	Mix Matulunga, Sita, Ajaji , Maricha, Ardraka, Nagar and Karpura, then add the mixture to Dadhi. Add badar and Narangi, rub it on a clean cloth, and filter it.				
Best use before	Within a day				

Properties/Health benefits	Sarva roga prashamini, sarva vata anulomani, daha pitta shamak, raktodrek hari
Classical Indications	-
Contraindications if any	-
Special precautions	-
Others	-

Name of formulation	Rajikadisikhrini				
Reference	Vd.Chi14/48				
Category	Lidha (Lickable)				
Label Claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Rajika	<i>Brassica juncea</i> (L.) Czern. & Coss.	Seed	1 part
	2.	Jiraka	<i>Cuminum cyminum</i> L.	Fruit	1 part
	3.	Kushtha	<i>Saussurea lappa</i> CB. Clarke	Root	1 part
	4.	Shodhita hingu	<i>Ferula asfoetida</i> Regel.	Oleo resin Gum	1 part
	5.	Shunthi	<i>Zingiber officinale</i> Roxb	Rhizome	1 part
	6.	Saindhava lavana	Rock salt	-	1 part
	7.	Dadhi	Curd	-	64 part
Method of preparation	Mix fine powder of Rajika, Jiraka, Kushtha, Shodhita Hingu, Shunthi, and Saindhava lavana (Rock salt) with Dadhi (Curd), then filter the mixture with cloth.				
Best use before	Within a day				
Properties/Health benefits	Katu (pungent), laghu (light for digestion), ruksha (dry),				
Classical Indications	Aruchi (Tastelessness)				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Narangadi Shikhrini
Reference	Ayu.Ma,shikhrini varga (18 <sup>th</sup> varga)

Category	Lidha (Lickable)				
Label Claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Naranga	<i>Citrulus reticulata</i> Blanco	Fruit	1 part
	2.	Dadima	<i>Punica granatum</i> L.	Seed	1 part
	3.	Matulunga	<i>Citrus medica</i> L.	Fruit	1 part
	4.	Draksha	<i>Vitis vinifera</i> L.	Fruit	1 part
	5.	Jala	Water	-	1 part
	6.	Guda	Jiggery	-	2 part
	7.	Dadhi	Curd	-	64 part
	8.	Sharkara	Sugar	-	32 part
	9.	Ajaji	<i>Cuminum cyminum</i> L.	Fruit	1 part
		10.	Madhuka	<i>Glycyrrhiza glabra</i> L.	Root and stem
	11.	Saindhava lavana	<i>Rock salt</i>	-	qs
Method of preparation	Take equal quantities of Narangi, Dadima, Madhuka, Matulunga, and Dadima and mix them with Guda and Dadhi. Then mix some Sharkara, Jeeraka, Maricha, and Saindhava lavana, rub the mixture on a clean cloth, and filter it.				
Best use before	Within a day				
Properties/Health benefits	-				
Classical Indications	Raktapitta (Bleeding disorders)				
Contraindications if any	-				
Special precautions	-				
Others	-				

# Rotika

Name of formulation	Rotika
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Reference	Bha.Ni.11/30, Bho. Ku., Siddhanna prakaran (bhakshya vishesha).				
Category	Khadita (Hard eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Samita (Wheat flour)	<i>Triticum aestivum</i> L.	Seed	1 part
	2.	Jala	Water		Qs
Method of preparation	Mix water with wheat flour and knead it well. Shape the dough into thin cakes and cook them on an earthen or iron pan over burning coal.				
Best use before	Within a day				
Properties/Health benefits	Balakaraka (strength promoter), ruchijanaka (imparts taste), brimhana (nourishes the tissues), dhatu vardhaka (growth and development of dhatus), vata nashaka (alleviates vata dosha), kapha karaka (enhances kapha dosha), guru (heavy).				
Classical Indications	Daurbalya (Weakness), Karshya (Emaciation).				
Contraindications if any	Gluten resistance				
Special precautions	-				
Others	-				

Name of formulation	Yava rotika				
Reference	Bha.Ni.11/35				
Category	Khadita (Hard eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Yava flour	<i>Hordeum vulgare</i> L.	Fruit	1 part
	2.	Jala	Water		Qs
Method of preparation	The rotika made from yava flour.				
Best use before	Within a day				
Properties/Health benefits	Ruchikara (imparts taste), madhura (sweet in taste), vishada (clears the channels), laghu (light for digestion), mala shukra anila vardhaka (Aggravates vata dosha, increases the production of semen, stool), balya (strength promotor)				
Classical Indications	Kaphaja roga (diseases due to kapha dosha)				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Balabhadrika rotika				
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Reference	Bha.Ni.11/36, Bho. Ku. Siddhanna prakaran (bhakshya vishesha).				
Category	Khadita (Hard eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Masha	<i>Phaseolus mungo</i> L. non Rosc. & auct.	Seed	1 part
	2.	Jala	Water		Qs
Method of preparation	Grind the dry Masha to prepare the flour is Chamasi. The roti made from this, is bala bhadraka.				
Anupana	Water				
Properties/Health benefits	Ruksha (dry), vatavardhaka (increases vata dosha), balya (strength promoter), ushna (hot in potency).				
Classical Indications	-				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Chanaka rotika				
Reference	Bha.Ni.11/39, Bho. Ku. Siddhanna prakaran (bhakshya vishesha).				
Category	Khadita (Hard eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Chanaka	<i>Cicer arietinum</i> L.	Seed	1 part
	2.	Jala	Water		Qs
Method of preparation	Make the rotika from Chanaka flour.				
Best use before	Within a day				
Properties/Health benefits	Ruksha (dry in nature), kaphapitta shamaka (pacifies kapha and pitta dosha), rakta shamaka (relieves diseases of rakta), guru (heavy in digestion), vishtambhi (constipating).				
Classical Indications	-				
Contraindications if any	Beneficial in Netra roga (Eye disease)				
Special precautions	-				
Others	-				

Name of formulation	Dhumasi and jharjhari				
Reference	Bha.Ni.11/37, Bho. Ku. Siddhanna prakaran (bhakshya vishesha).				
Category	Khadita (Hard eatables)				
Label claim	Health benefit				

Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
		1.	Masha	<i>Phaseolus mungo</i> L. non Rosc. & auct.	Seed
	2.	Jala	Water		Qs
Method of preparation	Soak the Masha dal in water for some time, then remove the husk. Dry the Dal in the sun and grind it into flour. This is dhumasi. The rotika made from Dhumasi, is Jharjhari.				
Anupana	Water				
Properties/Health benefits	Kaphapitta shamaka (pacifies kapha and pitta dosha) and kinchita vata karaka (slightly aggravates vata dosha.)				
Classical Indications	Shwasa (Difficulty in breathing), Pratishtyaya (Coryza)				
Contraindications if any	Beneficial in Vata vyadhi (disease due to vata dosha)				
Special precautions	-				
Others	-				

Name of formulation	Bedhamika				
Reference	Bha.Ni.11/41, Bho. Ku. Siddhanna prakaran (bhakshya vishesha).				
Category	Khadita (Hard eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Godhuma	<i>Triticum aestivum</i> L.	Seed	1 part
	2.	Masha	<i>Phaseolus mungo</i> L. non Rosc. & auct.	Seed	Qs
Method of preparation	Prepare the Rotika with Godhuma churna. Smear a small quantity of Masha paste on the inner face of this Rotika and cook it.				
Best use before	Within a day				
Properties/Health benefits	Balya (strength promoter), vrishya (aphrodisiac), ruchikara (imparts taste), vata nashaka (alleviates vata dosha), ushna (hot in potency), santarpana karaka, guru (heavy), brimhana (nourishes the tissues), Atyanta shukrajanaka (enhances the production of semen), mala mutra bhedana (purgative), stanya meda pitta kapha vridhi (enhances milk production, fat, pitta and kapha dosha).				
Classical Indications	Guda kila (Piles), Ardita vata (Facial paralysis), Shwasa (Asthma), Parinama shoola (Abdominal colic occurring during digestion of food).				
Contraindications if any	-				
Special precautions	-				

Others	-
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## **Sampava**



Name of formulation	Sampava (gujiya)				
Reference	Bha.Ni.11/17				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Samhita	Triticum aestivum L.	Seed	1 part
	2.	Ghrita	Ghee		Qs
	3.	Sharkara	Sugar		Qs
	4.	Ela	<i>Elettaria cardamomum</i> Maton.	Fruit	Qs
	5.	Lavanga	<i>Syzygium aromaticum</i> (L.) Merr M.Perry	Flower bud	Qs
	6.	Maricha	<i>Piper nigrum</i> L.	Fruit	Qs
	7.	Narikela shreds	<i>Cocos nucifera</i> L.	Endosperm	Qs
	8.	karpura	<i>Cinnamomum karpuraa</i> (L.)Nees & V Eberm.	Sub. extract	Qs
	9.	Charabija (chirongi)	<i>Buchanania latifolia</i> Roxb	Fruit	Qs
Method of preparation	Prepare Parpati from samita and ghrita. Fry them in ghrita and pound them together with Sharkara powder. Add powder of Ela, Lavanga, Maricha, Narikela shreds, Karpura, and Charabija. Shape the mixture into small balls. Next, prepare thick rotika from samita. Envelope each ball in a Rotika, sealing it properly at the foldings. Deep-fry it in ghrita.				
Best use before	Within a day				
Properties/Health benefits	-				
Classical Indications	-				
Contraindications if any	Diabetes				
Special precautions	-				
Others	-				

# **Sattaka**

Name of formulation	Sattaka					
Reference	Kai. Ni. 5/120-124					
Category	Lidha (Lickable)					
Label claim	Health benefit					
Ingredients	S. No.	Name of the Ingredients		Botanical Name	Part Used	Ratio/Amount
	1.	Trikatu	Shunthi	<i>Zingiber officinale</i> Roxb	Rhizome	Qs
			Maricha	<i>Piper nigrum</i> L.	Fruit	Qs
			Pippali	<i>Piper longum</i> L.	Fruit	Qs
	2.	Dadima		<i>Punica granatum</i> L.	Seed	Qs
	3.	Chitraka		<i>Plumbago zeylanica</i> L.	Root	Qs
	4.	Karpura		<i>Cinnamomum karpura</i> (L.)Nees & V Eberm.	Sub. extract	Qs
	5.	Sharkara		Sugar		Qs
	6.	Jiraka		<i>Cuminum cyminum</i> L.	Fruit	Qs
	7.	Lavanga		<i>Syzygium aromaticum</i> (L.) Merr M.Perry	Flower bud	Qs
8.	Dadhi		Curd		1 part	
Method of preparation	<p>Remove butter from Dadhi, rub it on a cloth after adding Trikatu, Dadima and Chitraka to prepare a Somaja Sattaka.</p> <p>Add Sharkara and Jeeraka to form Vardhamanaka Sattaka.</p> <p>Churn curd with Lavanga, Trikatu, Sharkara, Dadima and karpura to form Pramod Sattaka.</p>					
Best use before	Within a day					
Properties/Health benefits	<p>Deepana (increases digestive fire), swarya (improves voice) Ruchikaraka (imparts taste), Guru (heavy in digestion), Madhura (sweet in taste), Jeevaniya (life promotor).</p>					
Classical Indications	-					
Contraindications if any	-					
Special precautions	-					
Others	-					

## **Shaktava (Saktu)**

Name of formulation	Masura sattu				
Reference	Yo.R.Chhardi chi.-35				
Category	Sattu				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Masura	<i>Lens culinaris</i> Medic	Seed	1 part
	2.	Madhu	Honey	-	qs
	3.	Dadima	<i>Punica granatum</i> L.	Seed	qs
Method of preparation	Triturate Masura Sattu with Madhu and consume it with Dadima swarasa.				
Best use before	Within a day				
Properties/Health benefits	-				
Classical Indications	Tridoshaja chhardi (Emesis due to all three doshas)				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Chanaka Shaktava				
Reference	Bha.Ni.11/169				
Category	Ashita (Etables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Chanaka	<i>Cicer arietinum</i> L.	Seed	4 parts
	2.	Yava	<i>Hordeum vulgare</i> L.	Fruit	1 part
	3.	Sharkara	Sugar		Qs
	4.	Ghrita	Ghee		Qs
Method of preparation	Roast, dehusk and powder the Chanaka and Yava. Mix Chanaka Shaktava with Yava Shaktava and add Sharkara along with ghrita.				

Best use before	Within a day
Properties/Health benefits	Ruksha (dry), madhura (sweet in taste), laghu (light for digestion).
Classical Indications	Aruchi (Loss of taste), Pratishayaya (Coryza)
Contraindications if any	-
Special precautions	Taken during grishma ritu.
Others	-

Name of formulation	Shali Shaktava				
Reference	Bha.Ni.11/170				
Category	Ashita (Etables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Tandula	<i>Oryza sativa</i> L.	Seed	1 part
Method of preparation	Roast the Tandula and then grind it into powder.				
Best use before	within a day				
Properties/Health benefits	Deepana (increases digestive fire), laghu (light for digestion), sheeta (cold in potency), grahi (absorbent), ruchikara (imparts taste), balya (strength promoter), vrishya (aphrodisiac)				
Classical Indications	Aruchi (Loss of taste), Daurbalya (Weakness), Karshya (Emaciation), Shukrakshaya (Oligospermia)				
Contraindications if any	-				
Special precautions	-				
Others	Anupana - Water/ ghrita				

Name of formulation	Dhana				
Reference	Bha.Ni.11/173, A.S.Su 7/59				
Category	Ashita (Etables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Yava	<i>Hordeum vulgare</i> L.	Fruit	1 part
Method of preparation	Dehusk and roast the Yava to prepare Dhana.				
Best use before	Within a day				
Properties/Health benefits	Ruksha (dry), guru (heavy in digestion), kaphaghna (alleviates kapha dosha), durjara (difficulty to digest), trishna karaka (enhances thirst)				
Classical Indications	Prameha (Diabetes), Chhardi (Emesis)				
Contraindications if any	-				
Special precautions	-				

Others	-
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Name of formulation	Laja				
Reference	Bha.Ni.11/174, A.S.Su 7/58, A.H.S. 6/36, Sho. Ni., krittanna varga shloka - 1013-1014				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Tandula	<i>Oryza sativa</i> L.	Seed	1 part
Method of preparation	Roast Tandula with husk, allowing them to form flower-like shape.				
Best use before	Within a day				
Properties/Health benefits	Madhura (sweet in taste), sheeta (cold in potency), laghu (light for digestion), agni deepaka (stimulates digestive fire), ruksha (dry), balya (strength promotor), pitta kaphaghna (alleviates pitta and kapha dosha), medaghna (alleviates meda dosha), trishnahara (alleviates thirst).				
Classical Indications	Chhardi (Emesis), Atisara (Diarrhoea), Daha (Burning), Rakta vikara (Bleeding disorder), Prameha (Diabetes)				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Chipita				
Reference	Bha.Ni.11/176, Ayu.Chi , kritannvarga 22/38, page no. 287				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Tandula	<i>Oryza sativa</i> L.	Seed	1 part
Method of preparation	Soak Shali dhanya with husk in water and roast them while wet. If they do not bloom, it is chipit /prithuka/chiuda.				
Best use before	Within a day				
Properties/Health benefits	Guru (heavy to digest) , vataghna (alleviates vata dosha), kapha karaka (vitiates kapha dosha), brimhana, vrishya (aphrodisiac), balya (strength promoter), mala bhedaka (purgative).				
Classical Indications	Shukrakshaya (Oligospermia), Daurbalya (Weakness),				
Contraindications if any	Kapahaj vyadhi (disease due to kapha dosha)				
Special precautions	-				
Others	-				

Name of formulation	Holaka				
Reference	Bha.Ni.11/178				
Category	Ashita (Etables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Dal	Lentils	Seed	1 part
Method of preparation	Roast the half-cooked Shami dhanya or pulses using the trina or fire of hay.				
Best use before	Within a day				
Properties/Health benefits	Alpa vata karaka (slightly aggravates vata), medaghna (alleviates meda dosha), kaphaghna (alleviates vitiated kapha dosha), tridoshaghna (alleviates vitiated all three doshas).				
Classical Indications	-				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Uchi					
Reference	Bha.Ni.11/179					
Category	Ashita (Etables)					
Label claim	Health benefit					
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount	
	1.	Grains	Yava	<i>Hordeum vulgare</i> L.	Fruit	1 part
			Godhuma	<i>Triticum aestivum</i> L.	Seed	1 part
Method of preparation	Half-cook or roast the Manjari (unripe clusters of grains) of yava and godhuma using the fire of hay or dried grass					
Best use before	Within a day					
Properties/Health benefits	Kapha karaka (vitiates kapha dosha), balya (strength promotor), laghu (light for digestion), vata pitta nashaka (alleviates vata and pitta dosha)					
Classical Indications	Aruchi (Loss of appetite), Daurbalya (Weakness), Karshya (Emaciation)					
Contraindications if any	-					
Special precautions	-					
Others	-					

Name of formulation	Vyoshadhya saktu				
Reference	Cha.Da. a 36/10-15, page no.221, Ca.Su23/19-24				



Category	Lidha (Lickable)					
Label claim	Disease risk reduction					
Ingredients	S. No.	Name of the Ingredients		Botanical Name	Part Used	Ratio/Amount
	1.	Vyosha	Shunthi	<i>Zingiber officinale</i> Roxb	Rhizome	1/3 part
			Pippali	<i>Piper longum</i> L.	Fruit	1/3 part
			Maricha	<i>Piper nigrum</i> L.	Fruit	1/3 part
	2.	Vayavidanga		<i>Embelia ribes</i> Burm.f	Fruit	1part
	3.	Shigru		<i>Moringa oleifera</i> Lam	Leaves	1part
	4.	Triphla	Haritaki	<i>Terminalia chebula</i> Retz. fruit	Fruit	1/3 part
			Vibhitaki	<i>Terminalia bellerica</i> Roxb fruit	Fruit	1/3 part
			Amalaki	<i>Emblica officinalis</i> Gaertn. fruit	Fruit	1/3 part
	5.	Kutaki		<i>Picrorhiza kurroa</i> Royle	Rhizome	1part
	6.	Brihati		<i>Solanum indicum</i> L.	Whole plant	1part
	7.	Kantakari		<i>Solanum surattense</i> Burm.f.	Whole plant	1part
	8.	Daruharidra		<i>Berberis aristata</i> DC	Rhizome	1part
	9.	Haridra		<i>Curcuma longa</i> L.	Rhizome	1part
	10.	Patha		<i>Cissampelos pareira</i> L.	Root	1part
11.	Atasi		<i>Linum usitatissimum</i> L.	Seed	1part	
12.	Shalaparni		<i>Desmodium gangeticum</i> DC.	Whole plant	1part	
13.	Hingu		<i>Ferula asfoetida</i> Regel.	Oleo resin Gum	1part	
14.	Kebuka mula		<i>Costus speciosus</i> (Koerning	Root	1part	
15.	Ajwain		<i>Trachyspermum</i>	Fruit	1part	

			<i>ammi</i> (L.) Sprague		
	16.	Dhaniya	<i>Coriandrum sativum</i> L.	Fruit	1part
	17.	Chitraka	<i>Plumbago zeylanica</i> L.	Root	1part
	18.	Sauvarchal lavana			1part
	19.	Jiraka	<i>Cuminum cyminum</i> L.	Fruit	1part
	20.	Hapusha	<i>Juniperus communis</i> L.	Fruit	1part
	21.	Taila	Oil		qs
	22.	Ghrita	Ghee		qs
	23.	Madhu	Honey		qs
	24.	Saktu	-		320 part
	25.	Jala	Water		qs
Method of preparation	Powder all the above ingredients. Mix this powder with an appropriate quantity of Taila(oil), ghrita(ghee), and Madhu (honey), along with Saktu (parched grain flour).				
Best use before	Within a day				
Properties/Health benefits	Tikta (bitter), katu (pungent), ushna (hot in potency), ruksha (dry), jatharagni deepak (stimulates digestive fire).				
Classical Indications	Alleviates Prameha (Diabetes), vata dosha, Kustha(Skin disease), Arshas (piles), Kamala (jaundice), splenomegaly, pandu(anaemia), shopha(oedema), mutrakriccha(dysuria), anorexia, Hridaya roga (heart disease), kasa(cough), shwasa (dyspnoea), Kanthavarodha (obstruction, in throat), Grahani roga(Malabsorption syndrome), shwitra(vitiligo) and sthauilya(obesity) and promotes digestion, memory and intellect.				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Nimbadi saktu				
Reference	Cha.Da. 52/25-26, page no.297				
Category	Ashita (eatable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Nimba panchanga	<i>Azadirachta indica</i> A. Juss	Whole plant	1 part each
	2.	Vidhara	<i>Argyreia speciosa</i> Sweet.	Stem	2 part
	3.	Saktu	Roasted grains		10part

	4.	Sharkara	Sugar		qs
Method of preparation	Collect Panchanga of Nimba, Vriddhadaruka, and Saktu. Mix it with Sharkara and consume it with cold water.				
Best use before	Within a day				
Properties/Health benefits	Tikta (bitter), ruksha (dry), sheeta (cold in potency), shulanashaka (relieves pain)				
Classical Indications	Kapha pitta janya shool (Pain due to kapha and pitta dosha), Amalpitta (Hyperacidity)				
Contraindications if any	-				
Special precautions	-				
Others	Anupana - Cold water/honey				

Name of formulation	Parishushka				
Reference	Ma. Ni.11/110				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Mamsa	Meat		1 part
	2.	Hingu	<i>Ferula asfoetida</i> Regel.	Oleo resin Gum	qs
	3.	Ardraka	<i>Zingiber officinale</i> Rosc.	Rhizome	qs
Method of preparation	Fry Mamsa in Ghrita along with Hingu(asafoetida), then sprinkle hot water in it and process it with Maricha, Ardraka etc. This solid piece of Mamsa is Parishushka.				
Best use before	Within a day				
Properties/Health benefits	Snigdha (unctuous), rochana (imparts taste), tarpana (saturating), guru (heavy).				
Classical Indications	Daurbalya (Weakness), Karshya (Emaciation), Aruchi (Tastelessness).				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Lambi				
Reference	Ma. Ni.11/110				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount

	1.	Apakva godhuma	<i>Triticum aestivum</i> L.	Seed	1 part
Method of preparation	Roasted half-ripened Godhuma is lambi.				
Best use before	Within a day				
Properties/Health benefits	Madhura (sweet in taste), sheeta (cold in potency), kaphaprada (enhances kapha), balya (strength promotor), laghu (light for digestion), pittashamaka (pacifies pitta dosha), vatanashaka (alleviates vata dosha).				
Classical Indications	Daurbalya (Weakness), Karshya (Emaciation).				
Contraindications if any	-				
Special precautions	-				
Others					

Name of formulation	Saktu				
Reference	Bha.Ni.11/166				
Category	Pana Drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Yava	<i>Hordeum vulgare</i> L.	Fruit	1part
	2.	Jala	Water		Qs
Method of preparation	Roast and powder the Yava then dissolve in water, forming a thin consistency. This is Saktu.				
Best use before	Within a day				
Properties/Health benefits	<p>a. Saktu is easily digestible (laghu), deepana (increases digestive fire), ruksha (dry) and increasing vata (vatala)</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>				
Classical Indications	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-varcasa (increases quantity of faeces).				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Prithuka
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Reference	A.S.Su 7/59				
Category	Ashita (Eatable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Tandula	<i>Oryza sativa</i> L.	Seed	1part
Method of preparation	Roasted rice				
Best use before	Within a day				
Properties/Health benefits	Guru (heavy), balya (strength promotor), kaphaprada (enhances kapha dosha), vishtambikaraka (causes abdominal distention)				
Classical Indications	Vibandha (Constipation), Agnimandhya(Loss of appetite)				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Yava Bhojana					
Reference	Su. Chi.18/ 51					
Category	Pana (drinkable)					
Label claim	Health benefit					
Ingredients	S. No.	Name of the Ingredients		Botanical Name	Part Used	Ratio/Amount
	1.	Yava		<i>Hordeum vulgare</i> L.	Fruit	1 part
	2.	Trikatu	Shunthi	<i>Zingiber officinale</i> Roxb	Rhizome	Qs
			Maricha	<i>Piper nigrum</i> L.	Fruit	Qs
			Pippali	<i>Piper longum</i> L.	Fruit	Qs
	3.	Shringabera		<i>Zingiber officinale</i> Rosc.	Rhizome	Qs
	4.	Patola		<i>Trichosanthes dioica</i> Rosc. (H).	Leaves	Qs
	5.	Nimba		<i>Azadirachta indica</i> A. Juss	Leaves	Qs
	6.	Madhu		Honey	-	Qs
7.	Gomutra		Cow urine	-	Qs	
Method of preparation	Process Yava with Trikatu Churna, Shringabera, Patola, Nimba, Madhu, and Gomutra.					
Best use before	Within a day					
Properties/Health benefits	Katu (pungent), ruksha (dry), ushna (hot in potency), deepana (stimulates digestive fire), pachana (easy to digest)					

Classical Indications	Galaganda (Thyroid)
Contraindications if any	-
Special precautions	-
Others	-

Name of formulation	Laja Sattu				
Reference	A.Hri.Chi. 2/15				
Category	Paana (drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Laja sattu	Powder of roasted paddy grains	-	1part
	2.	Ghrita	Ghee	-	Qs
	3.	Jala	Water	-	Qs
Method of preparation	Roast the Laja in Ghrita.				
Best use before	Within a day				
Properties/Health benefits	Madhura (sweet in taste), kapha pitta shamaka (pacifies kapha and pitta dosha)				
Classical Indications	Raktapitta (Bleeding disorder)				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Yava saktu (sharkara mishrita)				
Reference	A.Hri. Chi3/77				
Category	Paana (Drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Yava	<i>Hordeum vulgare</i> L.	Fruit	1part
	2.	Mishri			qs
	3.	Madhu	Honey		qs
Method of preparation	Roast the yava and grind it to make sattu. Then mix mishri and madhu into it.				
Best use before	Within a day				
Properties/Health	Ruksha (dry), laghu (light for digestion), kapha pitta shamaka				

benefits	(pacifies kapha and pitta dosha).
Classical Indications	Kasa (Cough) due to urahakshata (chest wound) with jwara (fever) and daha (burning sensation).
Contraindications if any	-
Special precautions	-
Others	Anupana - Milk

Name of formulation	Yava saktu (ksheera mishrita)				
Reference	Ca.Chi.11/19				
Category	Pana (Drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Yava Sattu	<i>Hordeum vulgare L.</i>	Fruit	1 part
	2.	Ksheer	Milk	-	Qs
	3.	Madhu	Honey	-	Qs
	4.	Sharkara	Sugar	-	Qs
Method of preparation	Mix Yava Sattu, Sharkara, and Madhu in milk.				
Best use before	Within a day				
Properties/Health benefits	Madhura (sweet in taste), snigdha (unctuous), guru (heavy to digest)				
Classical Indications	Jwara (Fever) and Daha (Burning) in uraha - Kshata (Chest wound)				
Contraindications if any	-				
Special precautions	-				
Others	-				

**Sevika**



Name of formulation	Sevika				
Reference	Bha.Ni.11/19, Bho. Ku. Siddhanna prakran (bhakshya vishesha)				
Category	Ashita (Etables)				
Label Claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Godhuma	<i>Triticum aestivum</i> L.	Seed	1 part
	2.	Dugdha	Milk	-	Qs
	3.	Sharkara	Sugar	-	Qs
	4.	Ghrita	Ghee	-	Qs
Method of preparation	Prepare fine Godhuma (wheat) flour into thin round sticks, and dry in the sun, afterthat fry them in ghee and then cook in milk with the addition of sugar.				
Best use before	Within a day				
Properties/Health benefits	Tarpana (nourishes), balya (strengthening), guru (heavy to digest), pitta and vatashamaka (pacifies pitta and vata dosha), grahi (absorbent and astringent activity), ruchikara (imparts taste)				
Classical Indications	Sandhankrit (tissue binding), Karshya (Emaciation), Daurbalya (Weakness)				
Contraindications if any	-				
Special precautions	-				
Others	-				

## **Shaka/Vyanjan**

Name of formulation	Eravarvadimishritashaka vyanjana				
Reference	Ru.Ra shloka 39				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Eravaru	<i>Prunus avium</i> L.	Fruit	1 part
	2.	Karkaru	<i>Cucurbita moschata</i> Duch. ex Poir	Fruit	1 part
	3.	Patola	<i>Trichosanthes dioica</i> Rosc. (H).	Fruit	1 part
	4.	Bimbi	<i>Coccinia indica</i> W&A	Fruit	1 part
	5.	Vartaka	<i>Solanum melogena</i> L.	Fruit	1 part
	6.	Koshataka	<i>Luffa acutangula</i> (L.) Rosc.	Fruit	1 part
	7.	Saindhava lavana	Rock salt		Qs
	8.	Maricha	<i>Piper nigrum</i> L.	Fruit	Qs
	9.	Hingu	<i>Ferula asfoetida</i> Regel.	Oleo resin Gum	Qs
10.	Tila taila	<i>Sesamum indicum</i> L.		Qs	
Method of preparation	Take vegetables such as Eravaru (Cucumber), Karkaru (Petha), Patol (Parwal), Bimbi, vartaka (brinjal), koshataka (zucchini), etc. and mix spices like saindhava, Hingu, and Maricha in it and cook it.				
Best use before	Within a day				
Properties/Health benefits	Katu (pungent), tikta (bitter), ushna (hot in potency), laghu (light for digestion)				
Classical Indications	Aruchi (Tastelessness), Agnimandhya (loss of appetite), Kandu (Itching), Krimi (Worm infestation), Mutraroga (Urinary disorder), Kustha (Skin diseases), Hridayaroga (Heart Disease).				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Vashpi shaka vyanjana
Reference	Ru.Ra shloka 66
Category	Ashita ( Eatables)
Label claim	Health benefit

Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Vashpi		Fruit	1 part
	2.	Saindhava lavana	Rock salt	-	Qs
	3.	Takra	Buttermilk	-	Qs
	4.	Tila taila	<i>Sesamum indicum</i> L	-	Qs
Method of preparation	Cook vashpi shaka, in the buttermilk of previous day. Add saindhava , Maricha and Ardraka. Fry it in oil with asafoetida.				
Best use before	Within a day				
Properties/Health benefits	Katu (pungent), tikta (bitter), Amla (sour), ushna (hot in potency), laghu (light for digestion).				
Classical Indications	Aruchi (Tastelessness), Agnimandhya (loss of appetite)				
Contraindications if any	-				
Special precautions	-				
Others					

Name of formulation	RambhaPhalaShaka				
Reference	Pa.Da, 1/200-210				
Category	Ashita ( Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Kadali phala	<i>Musa paradisica</i> L.	Fruit	1 part
	2.	Mudga	<i>Phaseolus radiates</i> L.	Seed	Qs
	3.	Sharkara	Sugar	-	Qs
	4.	Maricha	<i>Piper nigrum</i> L.	Fruit	Qs
	5.	Ghrita	Ghee	-	Qs
	6.	Hingu	<i>Ferula asfoetida</i> Regel.	Oleo resin Gum	Qs
	7.	Puga	<i>Areca catechu</i> L.	Fruit	Qs
	8.	Karpura	<i>Cinnamomum karpuraa</i> (L.) Nees & V Eberm	Sub. extract	Qs
Method of preparation	Cut Kadali phala into two or three oblique parts. After washing, place it in a cauldron with water. Add green gram along with water into the cauldron. Keep it on the fire and cook. Once the Kadali is cooked, remove it from the fire and mix sugar and maricha powder. Fry this cooked Kadali with fresh clarified butter (ghee) and hingu (asafoetida) in another utensil. Mash and liquefy the fruit.				

	Place the prepared Kadali in another cauldron and cover it. Stir the kadali fruit on fire until it is completely cooked, flavouring it with aromatic substances and fragrant it with karpura.
Best use before	within a day
Properties/Health benefits	Kashaya (astringent), ushna (hot in potency), ruchikara (imparts taste), durgandhyanashana (alleviates bad smell)
Classical Indications	Pittashamaka (Pacifies pitta dosha), Aruchihara (Imparts taste), medhya (Confers intellect), Indriyabalya (Strengthens of all the senses).
Contraindications if any	-
Special precautions	-
Others	-

Name of formulation	Kadalistambhashaka				
Reference	Pa.Da, 1/200-210				
Category	Ashita ( Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Rajrambha Stambha	<i>Musa paradisiaca</i> L.	Fruit	1 part
	2.	Ghrita	Ghee	-	Qs
	3.	Hingu	<i>Ferula asfoetida</i> Regel.	Oleo resin Gum	Qs
	4.	Spices		-	Qs
Method of preparation	Remove the outer layer of the plantain stalk, take the inner part. Cut the root and portion of the plantain stalk into pieces. Cut the inner part of the plantain stalk into rice-sized pieces. Cut another stalk into pieces resembling the size of gram. Cut one more stalk into round-shaped pieces. Place all these pieces separately in a cauldron and put them on the fire. Mix salt and turmeric powder and lemon juice to enhance the flavor. Once it is cooked, add ghee, asafoetida, and spices. then fry. After removing it, place it in a pugapatta and make it fragrant.				
Best use before	Within a day				
Properties/Health benefits	Kashaya (astringent), ushna (hot in potency), ruksha (dry), ruchikara (imparts taste), durgandhyanashana (alleviates bad smell)				
Classical Indications	Pittashamaka (Pacifies the pitta dosha), Laghu (Light for digestion)				
Contraindications if any	-				
Special precautions	-				
Others	-				
Name of formulation	Vrintakashaka 1				

Reference	Pa.Da, 1/219-228				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Vrintaka	<i>Solanum melogena</i> L.	Fruit	1 part
	2.	Ardraka	<i>Zingiber officinale</i> Rosc.	Rhizome	Qs
	3.	Hingu	<i>Ferula asfoetida</i> Regel.	Oleo resin Gum	Qs
	4.	Kaitarya Fruit (Kayaphala)	<i>Myrica esculenta</i> Buch-Ham	Fruit	Qs
	5.	Lashuna	<i>Allium sativum</i> L.	Bulb	Qs
	6.	Maricha	<i>Piper nigrum</i> L.	Fruit	Qs
	7.	Dhanyaka	<i>Coriandrum sativum</i> L.	Fruit	Qs
	8.	Jiraka	<i>Cuminum cyminum</i> L.	Fruit	Qs
	9.	Amlika	<i>Tamarindus indica</i> L.	Fruit	Qs
	10.	Dadhi	Curd	-	Qs
	11.	Goghrita	Cow's Ghee	-	Qs
	12.	Karpura	<i>Cinnamomum karpuraa</i> (L.) Nees & V Eberm.,	Sub. extract	Qs
Method of preparation	Take the fruit of brinjal and after dividing the brinjal into two parts, place it in a pot filled with water. Immerse the round brinjal fruit in a vessel containing turmeric and cleanse it with water. Dip it into the water containing Shunthi. Mix it with Hingu, Kayaphala, Dhanyaka, Lashuna and Ardraka and place it on the fire. Keep the round brinjal fruit, cut into pieces, in hot water for a while, and then remove it from the water. Make a paste of spices containing Maricha, Dhanyaka, Jeeraka, Amlika and Dadhi. fill it on the pieces of brinjal fruit and fry them in cow's ghee (clarified butter). After removing it, make it fragrant with karpura.				
Best use before	within a day				
Properties/Health benefits	Tikta (bitter), katu (pungent), kashaya (astringent), ushna (hot in potency), ruchikara (imparts taste), durgandhyanashana (alleviates bad smell)				
Classical Indications	Vrishya (Aphrodisiac), Tridoshashamaka (Pacifies all doshas)				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Brihatishaka				
Reference	Pa.Da, 1/229-232				
Category	Ashita ( Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Brihati	<i>Solanum melogena</i> L.	Fruit	1 part
	2.	Amlika	<i>Tamarindus indica</i> L.	Fruit	Qs
	3.	Amra	<i>Mangifera indica</i> L.	Fruit	Qs
	4.	Kumbhi	<i>Careya arborea</i> Roxb	Fruit	Qs
	5.	Dhanyaka	<i>Coriandrum sativum</i> L.	Fruit	Qs
	6.	SHallaki Phala	<i>Boswellia serrata</i> Roxb	Fruit	Qs
	7.	Lavana	Salt		Qs
	8.	Hingu	<i>Ferula asfoetida</i> Regel.	Oleo resin Gum	Qs
	9.	Karpura	<i>Cinnamomum karpuraa</i> (L.) Nees & V Eberm.,	Sub. extract	Qs
10.	Ghrita	Ghee		Qs	
Method of preparation	Similar to the previous process, cut the round brinjal fruit into pieces and immerse them in hot water, keeping them in a separate pot. In another pot, mix Amlika and Amra fruit pieces, and add powder of Kumbhi, Dhanyaka, and Sallakiphala. After mixing the lavana etc., fry it with Hingu. Then, make it fragrant with Karpura. and keep it in boiling ghee.				
Best use before	Within a day				
Properties/Health benefits	Tikta (bitter), katu (pungent), kashaya (astringent), Amla (sour), ushna (hot in potency), ruchikara (imparts taste), durgandhyanashan (alleviates bad smell)				
Classical Indications	Pitta-Kaphashamaka (Pacifies pitta and kapha dosha), Vrishya (Aphrodisiac), Dhatuvardhaka (Improves dhatus)				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Brihati Shakapaka (Chitrapaka)				
Reference	Pa.Da, 1/233-236				
Category	Ashita ( Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Brihati	<i>Solanum melogena</i> L.	Fruit	1 part
	2.	Ghrita	Ghee		Qs
Method of preparation	Take the round fruit of brinjal in two ways. Wrap one part with a wet cloth and cook it in a vessel, and cook the other part on the stove. Submerge another brinjal fruit in water and keep it there until the first one is cooked in hot water. and later drop it into boiling ghee				
Best use before	Within a day				
Properties/Health benefits	Tikta (bitter), ruksha (dry), ushna (hot in potency).				
Classical Indications	-				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Panasa Phala Shaka (Amalakiyukta)				
Reference	Pa.Da, 1/238-246				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Katahala	<i>Artocarpus integrifolia</i> L. F.	Fruit	1 part
	2.	Haridra	<i>Curcuma longa</i> L.	Rhizome	Qs
	3.	Hingu	<i>Ferula asfoetida</i> Regel.	Oleo resin Gum	Qs
	4.	Kayaphala	<i>Myrica esculenta</i> Buch-Ham	Fruit	Qs
	5.	Dhanyaka	<i>Coriandrum sativum</i> L.	Fruit	Qs
	6.	Jala	Water		Qs
	7.	Maricha	<i>Piper nigrum</i> L.	Fruit	Qs
	8.	Jiraka	<i>Cuminum cyminum</i> L.	Fruit	Qs
	9.	Nimbu rasa	<i>Citrus lemon</i> (L.) Burm.f.	Fruit	Qs



	10.	Ghrita	Ghee		Qs
	11.	Karpura	<i>Cinnamomum karpuraa</i> (L.) Nees & V Eberm.,	Sub. extract	Qs
	12.	Kasturi	Musk		Qs
	13.	Kesara	<i>Crocus sativus</i> L.	Stamen	Qs
	14.	Kewara pushpa	<i>Pandanus odoratissimus</i> Rosc.	Pushpa	Qs
	15.	Pugapatra	<i>Areca catechu</i> L.		Qs
Method of preparation	Take Katahala and peel off its outer horny surface. Cut the fruit into small pieces and place them in a cauldron for cooking. Mix the pieces with Haridra, Hingu, kayaphala, and Dhanyaka, and cook them in water. Remove the pieces of Katahala from the water after squeezing out excess liquid. Once de-watered, cut the pieces into smaller pieces and dip them into a paste made of Maricha, Jeeraka and Nimbu rasa. Fry them in ghee until the pieces become saffron-colored, then remove them from the fire. Afterwards, make them fragrant with karpura, musk, saffron, cold water, pieces of lemon, and ketaki (kewra flower). and prepare a pouch (potali) to drop into boiling ghee.				
Best use before	Within a day				
Properties/Health benefits	Tikta (bitter), katu (pungent), kashaya (astringent), ushna (hot in potency), ruchikara (imparts taste), daurgandhyanashana (alleviates bad smell)				
Classical Indications	Pittashamaka (Pacifies pitta dosha), Vatahara (Alleviates vata dosha), Vrishya (Aphrodisiac), Deepana (Increases digestive fire), Pachana (Easy to digest).				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	PanasaPhalaShaka (Madhurayukta)				
Reference	Pa.Da, 1/ 247-250				
Category	Ashita ( Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Panasa	<i>Artocarpus integrifolia</i> L. F.	Fruit	1 part
	2.	Haridra	<i>Curcuma longa</i> L.	Rhizome	Qs
	3.	Hingu	<i>Ferula asfoetida</i> Regel.	Oleo resin Gum	Qs

	4.	Sharkara	Sugar		Qs
	5.	Ghrita	Ghee		Qs
Method of preparation	Cut the cooked part of the Panasa into smaller pieces and season it with turmeric, etc. Mix it with Sharkara and Amlika, then fry it in ghrita and Hingu. Add the aforementioned substances to make it fragrant. and dip it into boiling ghee.				
Best use before	Within a day				
Properties/Health benefits	Madhura (sweet in taste), tikta (bitter), katu (pungent), kashaya (astringent), ushna (hot in potency), ruchikara (imparts taste).				
Classical Indications	-				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Chakravarta Shaka				
Reference	Pa.Da, 1/323-329				
Category	Ashita ( Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Chakravarta Vastuka (bathua)	<i>Chenopodium album</i> L.	Leaves	1 part
	2.	Karpura	<i>Cinnamomum karpuraa</i> (L.) Nees & V Eberm.,	Sub. extract	Qs
	3.	Ardraka	<i>Zingiber officinale</i> Rosc.	Rhizome	Qs
	4.	Hingu	<i>Ferula asfoetida</i> Regel.	Oleo resin Gum	Qs
	5.	Dugdha	Milk		Qs
	6.	Lavana	Salt		Qs
	7.	Lashuna	<i>Allium sativum</i> L.	Bulb	Qs
Method of preparation	Take the soft and tender leaves of Chakravarta vastuka . Mix them with Karpura and Ardraka, and finally, place them in a cauldron covered with a wet cloth. Put it on the hearth (chulha) and add some water, Hingu and Dugdha, and cook it with the juice of Chakravarta or vastuka , covering the mouth, and cook until it is half-cooked. When it is ready, add the appropriate quantity of Lavana, Lashuna and Ardraka. Once it is completely prepared, make it fragrant with karpura, etc.				
Best use before	Within a day				

Properties/Health benefits	Katu (pungent), tikta (bitter), ushna (hot in potency), laghu (light for digestion), ruksha (dry)
Classical Indications	Grahi (Absorbent), Tridoshahara (Alleviates all the three doshas), Chakshusya (Good for eyes), Agnivaradhaka (Increases digestive fire), Grahnihara (Mal-Absorption Syndrome), Asrhanashaka (Alleviates piles), Pittajaroganashaka (Alleviates the diseases due to pitta dosha).
Contraindications if any	-
Special precautions	-
Others	-

Name of formulation	ChakravartaShaka (bharjita)				
Reference	Pa.Da., 1/ 330-334				
Category	Ashita ( Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Chakravarta or Bathua	<i>Chenopodium album</i> L.	Leaves	1 part
	2.	Nispava	<i>Dolichos lablab</i> L.	Seeds	Qs
	3.	Narikela	<i>Cocos nucifera</i> L.	Endosperm	Qs
	4.	Maricha	<i>Piper nigrum</i> L.	Fruit	Qs
	5.	Dhanyaka	<i>Coriandrum sativum</i> L.	Fruit	Qs
	6.	Jiraka	<i>Cuminum cyminum</i> L.	Fruit	Qs
	7.	Kushmanda	<i>Benincasa hispida</i> (Thunb) Cogn.	Fruit	Qs
	8.	Parpata	<i>Fumaria parviflora</i> Lam.	Whole plant	Qs
	9.	Ghrita	Ghee		Qs
10.	Karpura	<i>Cinnamomum karpuraa</i> (L.) Nees & V Eberm.,	Sub. extract	Qs	
Method of preparation	Cook the leaves of Chakravarta vastuka following the aforementioned methods, and stir it. After cooking, drop the wet seeds of nispava (flat-bean) in it. Add pieces of coconut fruit followed by a mixture of Maricha, Dhanyaka and Jiraka. Fry this vegetable of Chakravarta (Vastuka) along with pieces of Kushmanda and parpata in ghrita, making it fragrant with karpura.				
Best use before	Within a day				
Properties/Health benefits	Madhura (sweet in taste), katu (pungent), tikta (bitter), ushna (hot in potency), laghu (light for digestion), ruksha (dry).				

Classical Indications	Ruchikara (Imparts taste)
Contraindications if any	-
Special precautions	-
Others	-

Name of formulation	Navavastuka Shaka				
Reference	Pa.Da, 1/ 335				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Navavastuka	<i>Chenopodium album</i> L.	Leaves	1 part
	2.	Narikela	<i>Cocos nucifera</i> L.	Endosperm	Qs
	3.	Maricha	<i>Piper nigrum</i> L.	Fruit	Qs
	4.	Dhanyaka	<i>Coriandrum sativum</i> L.	Fruit	Qs
	5.	Jiraka	<i>Cuminum cyminum</i> L.	Fruit	Qs
	6.	Kushmanda	<i>Benincasa hispida</i> (Thunb) Cogn.	Fruit	Qs
	7.	Parpata	<i>Fumaria parviflora</i> Lam.	Whole plant	Qs
	8.	Ghrita	Ghee		Qs
	9.	Karpura	<i>Cinnamomum karpuraa</i> (L.) Nees & V Eberm.,	Sub. extract	Qs
Method of preparation	Cook the fresh leaves of the vastuka vegetable following the previous procedure.				
Best use before	within a day				
Properties/Health benefits	Katu (pungent), tikta (bitter), ushna (hot in potency), laghu (light for digestion), ruksha (dry)				
Classical Indications	Medha-Agni- Balavardhaka , Sarvarogahara				
Contraindications if any					
Special precautions					
Others					

Name of formulation	ChulliShaka
Reference	Pa.Da, 1/336-337
Category	Ashita ( Eatables)
Label claim	Health benefit

Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Chulli patra	<i>Chenopodium album</i> L.	Leaves	1 part
	2.	Karpura	<i>Cinnamomum karpura</i> (L.) Nees & V Eberm.,	Sub. extract	Qs
	3.	Ardraka	<i>Zingiber officinale</i> Rosc.	Rhizome	Qs
	4.	Hingu	<i>Ferula asfoetida</i> Regel.	Oleo resin Gum	Qs
	5.	Dugdha	Milk		Qs
	6.	Lavana	Salt		Qs
	7.	Lashuna	<i>Allium sativum</i> L.	Bulb	Qs
Method of preparation	Cook the tender small leaves of Chulli, following the previous procedure.				
Best use before	within a day				
Properties/Health benefits	Madhura (sweet in taste), tikta (bitter), ushna (hot in potency), laghu (light for digestion), ruksha (dry).				
Classical Indications	Vatavardhaka (Aggravates vata dosha), Baddhavinamutra (Helpful in constipation and retention of urine, Pitta –Kapharoganashaka (Alleviates the diseases due to kapha dosha, Pramehanashaka (Anti-diabetic), Arshanashaka (Alleviates Piles), Gulmanashaka (Alleviates abdominal lump)				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	LatachulliShaka				
Reference	Pa.Da, 1/338				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Lata chulli	<i>Chenopodium album</i> L.	Leaves	1 part
	2.	Amra	<i>Mangifera indica</i> L.	Fruit	Qs
	3.	Karpura	<i>Cinnamomum karpuraa</i> (L.) Nees & V Eberm.,	Sub. extract	Qs
	4.	Ardraka	<i>Zingiber officinale</i>	Rhizome	Qs

			Rosc.		
	5.	Hingu	<i>Ferula asfoetida</i> <i>Regel.</i>	Oleo resin Gum	Qs
	6.	Dugdha	Milk		Qs
	7.	Lavana	Salt		Qs
	8.	Lashuna	<i>Allium sativum</i> L.	Bulb	Qs
Method of preparation	Cook the leaves of latachulli with fresh mango, following the previous procedure.				
Best use before	within a day				
Properties/Health benefits	Amalaki, katu (pungent), tikta (bitter), ushna (hot in potency), laghu (light for digestion), ruksha (dry).				
Classical Indications	Sara (Laxative), Vishaghna (Anti – toxic), Shleshma nigrahani (Expectorant)				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	MahachulliShaka				
Reference	Pa.Da, 1/339				
Category	Ashita ( Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Mahachulli patra		Leaves	1 part
	2.	Karpura	<i>Cinnamomum karpura</i> (L.) Nees & V Eberm.,	Sub. extract	Qs
	3.	Ardraka	<i>Zingiber officinale</i> Rosc.	Rhizome	Qs
	4.	Hingu	<i>Ferula asfoetida</i> <i>Regel.</i>	Oleo resin Gum	Qs
	5.	Dugdha	Milk		Qs
	6.	Lavana	Salt		Qs
	7.	Lashuna	<i>Allium sativum</i> L.	Bulb	Qs
Method of preparation	Cook the tender leaves of Mahachulli using the previous method.				
Best use before	within a day				
Properties/Health benefits	Katu (pungent), tikta (bitter), ushna (hot in potency), laghu (light for digestion), ruksha (dry)				
Classical Indications	Vrishya (Aphrodisiac), Sara (Laxative), Vatahara (Alleviates vitiated vata), Krimidoshanashaka (Antihelmintic)				

Contraindications if any	-
Special precautions	-
Others	-

Name of formulation	ShilachilliShaka				
Reference	Pa.Da, 1/340				
Category	Ashita ( Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Shillachulli patra		Leaves	1 part
	2.	Karpura	<i>Cinnamomum karpuraa</i> (L.) Nees & V Eberm.,	Sub. extract	Qs
	3.	Ardraka	<i>Zingiber officinale</i> Rosc.	Rhizome	Qs
	4.	Hingu	<i>Ferula asfoetida</i> Regel.	Oleo resin Gum	Qs
	5.	Dugdha	Milk		Qs
	6.	Lavana	Salt		Qs
	7.	Lashuna	<i>Allium sativum</i> L.	Bulb	Qs
Method of preparation	Cook the leaves of Shilachulli following the previous pattern.				
Best use before	within a day				
Properties/Health benefits	Katu (pungent), tikta (bitter), ushna (hot in potency), laghu (light for digestion), ruksha (dry)				
Classical Indications	Kushthara (Skin diseases), Sarvdoshahara (Alleviates all doshas), Vrishchika visha nashaka (Anti scorpion poisoning)				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	VaspaShaka				
Reference	Pa.Da, 1/341-344				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Vaspa patra		Leaves	1 part

	2.	Dugdha	Milk		Qs
	3.	Hingu	<i>Ferula asfoetida</i> Regel.	Oleo resin Gum	Qs
	4.	Lashuna	<i>Allium sativum</i> L.		Qs
	5.	Ardraka	<i>Zingiber officinale</i> Rosc.	Rhizome	Qs
	6.	Lavana	Salt		Qs
	7.	Ghrita	Ghee		Qs
	8.	Karpura	<i>Cinnamomum</i> <i>karpura</i> (L.) Nees & V Eberm.,	Sub. extract	Qs
Method of preparation	Take the fresh and soft leaves of vashpa, and Place them in a cauldron along with Dugdha, and add the Hingu. Subsequently, put the vegetable into a pot filled with Dugdha. Add pieces of Lashuna and Ardraka to it. Finally, add an appropriate quantity of Lavana and ghrita. After removing it from heat, add karpura.				
Best use before	within a day				
Properties/Health benefits	Katu (pungent), tikta (bitter), ushna (hot in potency), laghu (light for digestion).				
Classical Indications	Tridosahara (Alleviates all three doshas), Sara (Laxative)				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	VaspaShaka (Amra phala yukta)				
Reference	Pa.Da, 1/345-348				
Category	Ashita ( Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Vaspa patra		Leaves	1 part
	2.	Lashuna	<i>Allium sativum</i> L.	Bulb	Qs
	3.	Ardraka	<i>Zingiber officinale</i> Rosc.	Rhizome	Qs
	4.	Amra	<i>Mangifera indica</i> L.	Fruit	Qs
	5.	Chanaka	<i>Cicer arietinum</i> L.	Seed	Qs
	6.	Dhanyaka	<i>Coriandrum sativum</i> L.	Fruit	Qs
	7.	Bijora Nimbu	<i>Citrus medica</i> L.	Fruit	Qs
	8.	Ketaki pushpa	<i>Pandanus</i>	Flower	Qs



			<i>tectorius</i> Soland.		
	9.	Kaitarya	<i>Myrica esculenta</i> Buch-Ham.	Fruit	Qs
	10.	Lavana	Salt		Qs
	11.	Ghrita	Ghee		Qs
	12.	Karpura	<i>Cinnamomum karpuraa</i> (L.) Nees & V Eberm.	Sub. extract	Qs
Method of preparation	Cook the fresh leaves of Vashpa along with pieces of Amra. Then, add pieces of Lashuna and Ardraka. Subsequently, add Dhanyaka, Bijora, Kayaphala leaves, Ketaki and Karpura. After mixing, remove it from the hearth (chulha).				
Best use before	within a day				
Properties/Health benefits	Katu (pungent), tikta (bitter), ushna (hot in potency), laghu (light for digestion), ruksha (dry).				
Classical Indications	Sara (Laxative), Vrishya (Aphrodisiac)				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Chanakapatra Shaka				
Reference	Pa.Da, 1/349-353				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Chanaka patra	<i>Cicer arietinum</i> L.	Leaves	1 part
	2.	Ghrita	Ghee		Qs
	3.	Lashuna	<i>Allium sativum</i> L.	Bulb	Qs
	4.	Hingu	<i>Ferula asfoetida</i> Regel.	Oleo resin Gum	Qs
	5.	Kushmanda	<i>Benincasa hispida</i> (Thunb) Cogn.	Fruit	Qs
	6.	Parpata	<i>Fumaria parviflora</i> Lam	Whole plant	Qs
Method of preparation	Collect and clean the soft leaves of Chanaka. Place them in a cauldron and place it on the hearth (chulha). Add fresh ghrita to it. When the ghrita becomes heated, add pieces of Lashuna and Hingu and mix them with the leaves of chanaka. Subsequently, add kushmanda and pieces of parpat, and stir with a ladle. When it is properly cooked, make it fragrant.				

Best use before	within a day
Properties/Health benefits	Katu (pungent), tikta (bitter), ushna (hot in potency), ruksha (dry).
Classical Indications	Vrishya (Aphrodisiac), Pittanashaka (Alleviates vitiated pitta dosha), Kaphahara (Alleviates vitiated kapha dosha)
Contraindications if any	-
Special precautions	-
Others	-

Name of formulation	Tanduliyaka Shaka				
Reference	Pa.Da, 1/354-355				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Tanduliyaka patra	<i>Amaranthus spinosus</i> L.	Leaves	1 part
	2.	Ghrita	Ghee		Qs
	3.	Lashuna	<i>Allium sativum</i> L.	Bulb	Qs
	4.	Hingu	<i>Ferula asfoetida</i> Regel.	Oleo resin Gum	Qs
	5.	Kushmanda	<i>Benincasa hispida</i> (Thunb) Cogn.	Fruit	Qs
	6.	Parpata	<i>Fumaria parviflora</i> Lam	Whole plant	Qs
Method of preparation	Cook Tanduliyaka leaves vegetable in a similar manner to cooking gram leaves vegetable.				
Best use before	Within a day				
Properties/Health benefits	Katu (pungent), tikta (bitter), ushna (hot in potency), laghu (light for digestion), ruksha (dry), madhura (sweet in taste).				
Classical Indications	Vata-Pitta doshahara (Alleviates vitiated vata-pitta dosha), Chakshushya (Good for eye), Deepana (Increases digestive fire), Stanarogahara (Alleviates breast related diseases), Stanyakrita (Galactagogue), Mutkrichhata (Dysuria), Raktaja-atisarhara (Alleviates bloody diarrhea).				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Mahavaspa Shaka				
Reference	Pa.Da, 1/356				
Category	Ashita ( Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Mahavaspa patra		Leaves	1 part
	2.	Ghrita	Ghee		Qs
	3.	Lashuna	<i>Allium sativum</i> L.	Bulb	Qs
	4.	hingu	<i>Ferula asfoetida</i> Regel.	Oleo resin Gum	Qs
	5.	Kushmanda	<i>Benincasa hispida</i> (Thunb) Cogn.	Fruit	Qs
6.	Parpata	<i>Fumaria parviflora</i> Lam	Whole plant	Qs	
Method of preparation	Cook Mahavashpa vegetable following the previous pattern.				
Best use before	within a day				
Properties/Health benefits	Katu (pungent), tikta (bitter), ushna (hot in potency), laghu (light for digestion),				
Classical Indications	Pitta doshahara (Alleviates vitiated pitta dosha), Kaphadoshahara (Alleviates vitiated kapha dosha), Sara (Laxative)				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	RaktavaspaShaka				
Reference	Pa.Da, 1/357				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Raktavaspa patra		Leaves	1 part
	2.	Ghrita	Ghee		Qs
	3.	Lashuna	<i>Allium sativum</i> L.	Bulb	Qs
	4.	hingu	<i>Ferula asfoetida</i> Regel.	Oleo resin Gum	Qs
5.	Kushmanda	<i>Benincasa</i>	Fruit	Qs	

			<i>hispidia</i> (Thunb) Cogn.		
	6.	Parpata	<i>Fumaria parviflora</i> Lam	Whole plant	Qs
Method of preparation	Collect the red variety of Vashpa (Raktavaspa) and cook it following the previous pattern.				
Best use before	within a day				
Properties/Health benefits	Katu (pungent), tikta (bitter), ushna (hot in potency), laghu (light for digestion)				
Classical Indications	Vatarogahara (Treats the diseases due to vata dosha), Sarvarogahara (Treats the diseases due to all doshas).				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Upodika Shaka				
Reference	Pa.Da, 1/358-359				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Upodika patra	<i>Basella alba</i> L.	Leaves	1 part
	2.	Lavana	Salt		Qs
Method of preparation	Cook Upodaki (Indian Spinach) by mixing lavana.				
Best use before	within a day				
Properties/Health benefits	Tikta (bitter), sheeta (cold), ruksha (dry).				
Classical Indications	Balya (Strength promoter), Ruchikar (Imparts taste), Chakshushya (Good for eye health), Kaphavardhaka (Increases kapha dosha), Nidrakara (Induces sleep)				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Tiktakoshataki Phala Shaka				
Reference	Pa.Da, 1/365-366				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount

	1.	Tikta koshataki	Luffa acutangula	Fruit	1 part
	2.	Jambu	<i>Syzygium cuminii</i> (L.) Skeels	Fruit	Qs
	3.	Karpura	<i>Cinnamomum karpura</i> (L.) Nees & V Eberm.,	Sub. extract	Qs
Method of preparation	Cook the fresh and tender fruit of Tiktakoshataki (Bitter gourd) with the paste of Jambu to remove its bitterness and enhance sweetness. Once it is properly cooked, add karpura to make it fragrant.				
Best use before	within a day				
Properties/Health benefits	Katu (pungent), tikta (bitter), ushna (hot in potency), laghu (light for digestion), ruksha (dry).				
Classical Indications	Vatadoshahara (Alleviates vitiated vata dosha)				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Karvelli Patra Shaka				
Reference	Pa.Da, 1/ 369-372				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Karvalli patra	<i>Momordica charantia</i> L.	Leaves	1 part
	2.	Gokshura	<i>Tribulus terrestris</i> L.	Whole plant	Qs
	3.	Nimba patra	<i>Azadirachta indica</i> A. Juss	Leaves	Qs
	4.	Spices			Qs
Method of preparation	Take tender leaves of Karvelli (Bitter gourd) and remove their bitterness either using the root leaves of Gokshura or the leaves of Nimba. then mix spices in it and make it fragrant after removing it from the fire.				
Best use before	Within a day				
Properties/Health benefits	Madhura (sweet in taste), laghu (light for digestion), tikta (bitter), sheeta (cold), ruksha (dry).				
Classical Indications	Vatadoshahara (Alleviates vata dosha), Kaphadoshahara (Alleviates kapha dosha), Krimihara (Anthelmintic).				
Contraindications if any	-				
Special precautions	-				

Others	-
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Name of formulation	Jivantipatra Shaka				
Reference	Pa.Da, 1/373-376				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Jivanti patra	<i>Leptadenia reticulata</i> W.& A	Leaves	1 part
	2.	Hastiniparna (Trapusha)	<i>Cucumis sativus</i>	Leaves	Qs
	3.	Punarnava patra	<i>Boerhavia diffusa</i> L.	Leaves	Qs
	4.	Ghrita	Ghee		Qs
Method of preparation	Take the tender leaves of Jeevanti and cook them either with Trapusha (Hastiniparna) or Punarnava leaves and mix the spices in it. When it is completely cooked, roast it with clarified ghee to make it fragrant.				
Best use before	within a day				
Properties/Health benefits	Katu (pungent), tikta (bitter), ushna (hot in potency), laghu (light for digestion),				
Classical Indications	Vataj-Pittajrogahara (Alleviates the diseases due to vata and pitta dosha)				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Palandu shaka				
Reference	Ca.Chi.14/204				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Palandu	<i>Allium cepa</i> L.	Bulb	1 part
	2.	Takra	Buttermilk		Qs
Method of preparation	Prepare palandushaka with takra.				
Best use before	within a day				
Properties/Health benefits	Katu (pungent), tikta (bitter), ushna (hot in potency), laghu (light for digestion), ruksha (dry)				

Classical Indications	Raktashravi arsha (Bleeding piles)
Contraindications if any	-
Special precautions	-
Others	Anupana - Takra

Name of formulation	Upodika shaka				
Reference	Ca.Chi.14/204, Ka.Sa. madatyaya chikitsa				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Upodika	<i>Basella alba</i> L.	Leaves	1 part
	2.	Badaramla rasa	<i>Zyzyphus jujuba</i> Lam	Fruit	Qs
	3.	Takra	Buttermilk		Qs
Method of preparation	Prepare Upodika shaka and then add Badaramlaras to it.				
Best use before	within a day				
Properties/Health benefits	Laghu (light for digestion), ruksha (dry), grahi (absorbent and astringent activity), ushna (hot in potency).				
Classical Indications	Raktashravi arsha (Bleeding piles)				
Contraindications if any	-				
Special precautions	-				
Others	Anupana - Takra				

Name of formulation	Patali Parna Shaka				
Reference	Pa.Da, 1/473-475				
Category	Ashita ( Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Patali patra		Leaves	1 part
	2.	Amlika patra	<i>Tamarindus indica</i> L.	Leaves	1 part
	3.	Lavanika patra		Leaves	1 part
	4.	Spices			Qs
	5.	Ghrita	Ghee		Qs
	6.	Karpura	<i>Cinnamomum karpura</i> (L.) Nees & V	Sub. extract	Qs

			Eberm.		
Method of preparation	Collect the tender leaves of Patali, cut them into pieces, and place them in a cauldron. Add the leaves of Amlika and Lavanika and cook it. then mix it with spices and ghee, make it fragrant (with karpura).				
Best use before	within a day				
Properties/Health benefits	Amla (sour), katu (pungent), tikta (bitter), ushna (hot in potency), laghu (light for digestion),snigdha (unctuous)				
Classical Indications	Vatapittahara (Alleviates vata and pitta dosha), Kasa (Cough)				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Arka Patra Shaka				
Reference	Pa.Da, 1/469-472				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Arka patra	Calotropis procera (Air) R.Br	Leaves	1 part
	2.	Wet Palm Leaves		Leaves	1 part
	3.	Lavana	Salt		Qs
	4.	Spices			Qs
	5.	Ghrita	Ghee		Qs
	6.	Karpura	<i>Cinnamomum karpura</i> (L.) Nees & V Eberm.,	Sub. extract	Qs
Method of preparation	Collect the tender leaves of Madara (Arka) and cook them with wet palm leaves to eliminate the bitter taste. Chop them finely and drop the cut leaves into a cauldron, mixing them with salt and spices. Finally, fry them with clarified butter, make them fragrant with karpura.				
Best use before	Within a day				
Properties/Health benefits	Katu (pungent), tikta (bitter), ushna (hot in potency), laghu (light for digestion)				
Classical Indications	Vatahara (Alleviates vitiated vata)				
Contraindications if any	-				
Special precautions	-				
Others	-				



Name of formulation	Nimba Patra Shaka				
Reference	Pa.Da, 1/ 466-468				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Nimba patra	<i>Azadirachta indica</i> A. Juss	Leaves	1 part
	2.	Punarnava patra	<i>Boerhavia diffusa</i> L.	Leaves	Qs
	3.	Kakamachi	<i>Solanum nigrum</i> L.	Fruit	Qs
	4.	Karpas patra	<i>Gossypium herbaceum</i> L.	Leaves	Qs
	5.	Karpura	<i>Cinnamomum karpura</i> (L.) Nees & V Eberm.,	Sub. extract	Qs
6.	Spices			Qs	
Method of preparation	Take the tender leaves of Nimba (Margosa) and remove their bitter taste either with the leaves of Punarnava, the fruit of Kakmachi, or the leaves of cotton. Then, add spices and salt to make it sweet. Once prepared, make it fragrant with karpura.				
Best use before	Within a day				
Properties/Health benefits	Katu (pungent), tikta (bitter), laghu (light for digestion), ruksha (dry)				
Classical Indications	Tridosahara (Alleviates all vitiated doshas), Sarvavyadhihara (Alleviates all the diseases).				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Sukundali Patra Shaka				
Reference	Pa.Da, 1/479				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Sukundali patra		Leaves	1 part
	2.	Tanduliyaka patra	<i>Amaranthus spinosus</i> L.	Leaves	1 part

	3.	Ghrita	Ghee		Qs
	4.	Karpura	<i>Cinnamomum karpura</i> (L.) Nees & V Eberm.,	Sub. extract	Qs
Method of preparation	Cook the leaves of Sukundali with the leaves of Tanduliyaka (Choulai). Then fry with ghee and make it fragrant with karpura.				
Best use before	Within a day				
Properties/Health benefits	Tikta (bitter), ushna (hot in potency), madhura (sweet in taste).				
Classical Indications	Vrishchika vishahara (Anti - Scorpion poison), Kaphadoshahara (Alleviates vitiated kapha dosha).				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Ikshuvalikaagra Shaka				
Reference	Pa.Da, 1/482				
Category	Ashita ( Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Ikshuvalika	<i>Asteracantha longifolia</i> Nees	Thatch Grass	1 part
	2.	Tanduliyaka patra	<i>Amaranthus spinosus</i> L.	Leaves	1 part
Method of preparation	Cook the sharp point of a Kasa with the root of Tanduliyaka, by doing so it becomes soft and tasty.				
Best use before	Within a day				
Properties/Health benefits	Katu (pungent), tikta (bitter), ushna (hot in potency), laghu (light for digestion), ruksha (dry)				
Classical Indications	Vrishya (Aphrodisiac), Sheeta (Cools the body), Shramahara (Alleviates Fatigue), Pittahara (Alleviates pitta dosha),				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	AkshivaPallavaShaka				
Reference	Pa.Da, 1/483				
Category	Ashita ( Eatables)				
Label claim	Health benefit				

Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Akshiva patra	<i>Moringa oliefera L.</i>	Leaves	1 part
	2.	Ketaki pushpa	<i>Pandanus tectorius Soland.</i>	Flower	1 part
	3.	Vanshamula	Bambusa arundinacea	Root	1 part
Method of preparation	Cook the soft and tender leaves of Akshiva with the pulp of Ketaki or Vanshamula.				
Best use before	Within a day				
Properties/Health benefits	Katu (pungent), tikta (bitter), ushna (hot in potency), laghu (light for digestion), ruksha (dry)				
Classical Indications	Ruchikara (Imparts taste), Kapha-Vatahara (Alleviates kapha and vata dosha)				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Shilashaka				
Reference	Pa.Da, 1/484				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Shilashaka mula	Parmelia perlata Arch	Root	1/6 part
	2.	Katuki	Picrorhiza kurrao	Leaves	1/6 part
	3.	Churnika			1/6 part
	4.	Aalopa			1/6 part
	5.	Shephali			1/6 part
	6.	Madapitika			1/6 part
Method of preparation	Cook Shilashaka with the root and leaves of Katuki, Churnika, Aalopa, Shephali, and Madapitika to make it soft.				
Best use before	Within a day				
Properties/Health benefits	-				
Classical Indications	-				
Contraindications if any	-				

Special precautions	-
Others	-

Name of formulation	Dhatura Patra Shaka				
Reference	Pa.Da, 1/ 486-487				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Dhatura patra	<i>Datura metel</i> L.	Leaves	¼ part
	2.	Padma patra	Nelumbo nucifera Gaertn	Leaves	¼ part
	3.	Gokshura mula	<i>Tribulus terrestris</i> L.	Whole plant	¼ part
	4.	Bilva patra	<i>Aegle marmelos</i> Correa ex Roxb	Leaves	¼ part
	5.	Spices			Qs
6.	Aromatic Substances			Qs	
Method of preparation	Cook the tender leaves of Dhatura with leaves of Padma (lotus), root of Gokshura, and leaves of Bilva. add spices. then make it fragrant.				
Best use before	Within a day				
Properties/Health benefits	Katu (pungent), tikta (bitter), ushna (hot in potency), laghu (light for digestion), ruksha (dry).				
Classical Indications	Kaphahara (Pacifies the kapha dosha), Sheetavyadhihara (Alleviates the diseases due to cold)				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Padma Patra Shaka				
Reference	Pa.Da, 1/ 488				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Padma patra	Nelumbo nucifera Gaertn	Leaves	½ part
	2.	Gokshura mula	<i>Tribulus terrestris</i> L.	Root	½ part
Method of preparation	Cook the tender leaves of the Padma (lotus) with the roots of Gokshura.				

Best use before	Within a day
Properties/Health benefits	Tikta (bitter), laghu (light for digestion), madhura (sweet in taste), sheeta (cold in potency).
Classical Indications	Vrishya (Aphrodisiasis), Pittahara (Alleviates pitta dosha), Madhura (Sweet in taste)
Contraindications if any	-
Special precautions	-
Others	-

Name of formulation	Kinshuka Patra Shaka				
Reference	Pa.Da, 1/489				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Kinshuka	Butea monosperma	Leaves	½ part
	2.	Tanduliyaka mula	<i>Amaranthus spinosus</i> L	Root	½ part
	3.	Spices			Qs
	4.	Aromatic Substances			Qs
Method of preparation	Cook the tender leaves of Kinshuka (Forest Flame) with the root or leaves of Tanduliya to remove the bitter taste. Cook it similar to the previous method and make it fragrant.				
Best use before	Within a day				
Properties/Health benefits	Katu (pungent), tikta (bitter), ushna (hot in potency), laghu (light for digestion), ruksha (dry)				
Classical Indications	Kapha-Vatahara (Alleviates kapha and vata dosha), Vranahara (Helps in wound healing), Krimidoshahara (Antihelmintic)				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	KurantadalaShaka				
Reference	Pa.Da, 1/491				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount

	1.	Kuranta patra		Leaves	½ part
	2.	Shigru Moola	<i>Moringa oleifera</i> Lam	Root	½ part
	3.	Spices			Qs
Method of preparation	Cook the tender Kurantaka leaves with the roots of Shigru afterthat add spices to it.				
Best use before	Within a day				
Properties/Health benefits	tikta (bitter), ushna (hot in potency), laghu (light for digestion), ruksha (dry)				
Classical Indications	Kaphahara (Alleviates kapha dosha), Balavardhaka (Increases strength)				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	PalanduShaka				
Reference	Pa.Da, 1/493				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Palandu	<i>Allium cepa</i> L.	Bulb	1 part
	2.	Tanduliyaka	<i>Amaranthus spinosus</i> L.	Leaves	Qs
Method of preparation	Cook Palandu with the decoction of Tanduliya and making it fragrant.				
Best use before	Within a day				
Properties/Health benefits	Tikta (bitter), ushna (hot in potency), laghu (light for digestion), ruksha (dry).				
Classical Indications	Vatahara (Alleviates kapha dosha), Kaphahara (Alleviates kapha dosha).				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Saikasa Saka				
Reference	Pa.Da, 1/494				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Saikasa patra		Leaves	½ part

	2.	kshudra Danti patra	<i>Baliospermum montanum</i> Muell-Arg	Leaves	½ part
Method of preparation	Cook the leaves of Saikasa with the leaves of Kshudra Danti. Following the above procedure, it becomes soft and delicious.				
Best use before	Within a day				
Properties/Health benefits	Katu (pungent), tikta (bitter), ushna (hot in potency), laghu (light for digestion), ruksha (dry).				
Classical Indications	-				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	VasapatraShaka				
Reference	Pa.Da, 1/ 495-497				
Category	Ashita ( Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Vasa patra	<i>Adhatoda vaica</i> Nees	Leaves	1 part
	2.	Sudha	Lime		Qs
	3.	Spices			Qs
Method of preparation	Cook the tender leaves of Vasa, with the powder of lime to remove its bitterness. Then churn and mix it with an appropriate quantity of spices. After making it fragrant, it becomes sweet in taste.				
Best use before	Within a day				
Properties/Health benefits	Kashaya (astringent), sheeta (cold), ruksha (dry), tikta (bitter), laghu (light for digestion).				
Classical Indications	Kasahara (Relieves cough), Shwasahara (Relieves asthma).				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Shankhinyadi shaka				
Reference	Ca.Chi.13/167				
Category	Ashita ( Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount

	1.	Shankhini patra		Leaves	1/5 part
	2.	Trivrutpatra	<i>Operculina turpenthum</i> (L.) Silva Manso	Leaves	1/5 part
	3.	Dantipatra	<i>Baliospermum montanum</i> Muell-Arg	Leaves	1/5 part
	4.	Chirbilwapatra	<i>Holoptelea integrifolia</i> Planch.	Leaves	1/5 part
	5.	Snuhi patra	<i>Euphorbia neriifolia</i> L.,	Leaves	1/5 part
Method of preparation	Prepare Shaka from Shankhini, Trivrita etc.				
Best use before	Within a day				
Properties/Health benefits	Katu (pungent), tikta (bitter), ushna (hot in potency), laghu (light for digestion), ruksha (dry).				
Classical Indications	-				
Contraindications if any	-				
Special precautions	-				
Others	Anupana - Godugdha mixed with gomutra				

Name of formulation	Trivrutadi shaka				
Reference	Ca.Chi.14/122				
Category	Ashita (Eatables)				
Label claim	Health benefit				
	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Trivratpatra	<i>Operculina turpenthum</i> (L.) Silva Manso	Leaves	1/5 part
	2.	Dantipatra	<i>Baliospermum montanum</i> Muell-Arg	Leaves	1/5 part
	3.	Palashapatra	<i>Butea monosperma</i> (Lam) Kuntze	Leaves	1/5 part
	4.	Changeripatra	<i>Oxalis corniculata</i> L.	Leaves	1/5 part
	5.	Chitrakpatra	<i>Plumbago zeylanical</i> L.	Leaves	1/5 part
	6.	Go Ghrita	Ghee		Qs



	7.	Tila Taila	<i>Sesamum indicum</i> L		Qs
Method of preparation	Fry all the above-mentioned shaka in Ghrita and Taila, then mix it with Dadhi.				
Best use before	Within a day				
Properties/Health benefits	Katu (pungent), tikta (bitter), ushna (hot in potency), laghu (light for digestion), Amla (sour), snigdha (unctuous).				
Classical Indications	Arshapathya (Good for piles)				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Upodikadi shaka				
Reference	Ca.Chi.14/123				
Category	Ashita ( Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Upodikapatra	<i>Basella alba</i> L.	Leaves	1/5 part
	2.	Tanduliyapatra	<i>Amaranthus spinosus</i> L.	Leaves	1/5 part
	3.	Shatavari	<i>Asparagus racemosus</i> Willd.	Root	1/5 part
	4.	Vastuka patra	<i>Chenopodium album</i> L.	Leaves	1/5 part
	5.	Chitrak patra	<i>Plumbago zeylanica</i> L.	Leaves	1/5 part
	6.	Go Ghrita	Ghee		Qs
	7.	Tila Taila	<i>Sesamum indicum</i> L		Qs
Method of preparation	Fry the Shaka in goghrita, add Dhanyaka and Shunthi churna to it. Then mix it with Dadhi and Dadima Swarasa.				
Best use before	Within a day				
Properties/Health benefits	Katu (pungent), tikta (bitter), ushna (hot in potency), laghu (light for digestion),				
Classical Indications	Arshapathya (Good for piles)				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Suvarchaladi shaka				
Reference	Ca.Chi.14/123				
Category	Ashita ( Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Suvarchlapatra	Cleome viscosa	Leaves	1/12 part
	2.	Louni patra		Leaves	1/12 part
	3.	Shatavari	<i>Asparagus racemosus</i> Willd.	Bulbous root	1/12 part
	4.	Yavashaka patra	<i>Hordeum vulgare</i> L.	Leaves	1/12 part
	5.	Avalguja patra	<i>psoralea corylifolia</i>	Leaves	1/12 part
	6.	Kakmachi patra	<i>Solanum nigrum</i> L.	Leaves	1/12 part
	7.	Guduchi	<i>Tinospora cordifolia</i> (Willd.) Miers	Stem	1/12 part
	8.	Maha patra	<i>Syzygium cuminii</i> (L.) Skeels	Leaves	1/12 part
	9.	Jivanti patra	<i>Leptadenia reticulata</i> W.& A	Leaves	1/12 part
	10.	Shati patra	<i>Hedychium spicatum</i> Ham. Ex.Smith	Leaves	1/12 part
	11.	Amlika patra	<i>Tamarindus indica</i> L.	Leaves	1/12 part
	12.	Grajanaka	<i>Daucus carota</i> var. <i>sativa</i> DC.	Rhizome	1/12 part
	13.	Goghrita	Ghee		Qs
14.	TilaTaila	<i>Sesamum indicum</i> L		Qs	
Method of preparation	After preparing Shaka, add Dadhi and Dadima rasa to it. Before serving, sprinkle Shunthi and Dhanyaka powder on it.				
Best use before	within a day				
Properties/Health benefits	Katu (pungent), tikta (bitter), ushna (hot in potency), laghu (light for digestion), madhura (sweet in taste), snigdha (unctuous).				
Classical Indications	Arshapathya (Good for piles)				
Contraindications if	-				

any	
Special precautions	-
Others	-

Name of formulation	Bimbhiphal Vyanjana				
Reference	Ru.Ra, shloka 36				
Category	Ashita ( Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Tila taila	<i>Sesamum indicum</i> L		Qs
	2.	Saindhava lavana	Rock salt		Qs
	3.	Maricha	<i>Piper nigrum</i> L.	Fruit	Qs
	4.	Bimbiphala	Ivy gourd fruit	Fruit	1 part
Method of preparation	Cut Bimbiphala (kundru) into small pieces, Mix Saindhava salt and Maricha in it, then lightly cook it in oil.				
Best use before	Within a day				
Properties/Health benefits	Katu (pungent), tikta (bitter), ushna (hot in potency), laghu (light for digestion), raktashodhak (purifies blood), yakrita uttejak (stimulates liver) , krumi (anthelmintic), pravahika (dysentery).				
Classical Indications	Aruchi (Tastelessness), Agnimandhya (loss of appetite), prameha (Increased frequency and turbidity of urine), Jwara (Fever), Shwasa (Asthma), Kasa (Cough)				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Nishpavaka phali vyanjan				
Reference	Ru.Rashloka 35				
Category	Ashita ( Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Tila	<i>Sesamum indicum</i> L	Seed	Qs
	2.	Saindhava lavana	Rock salt		Qs

	3.	Hingu	<i>Ferula asfoetida</i> Regel.	Oleo resin gum	Qs
	4.	Maricha	<i>Piper nigrum L.</i>	Fruit	Qs
	5.	Nishpava	<i>Dolichos lablab L.</i>	Seed	1 part
Method of preparation	Make a kalka of fried Nishpava bean after adding Hingu, Maricha, and saindhava to it.				
Best use before	Within a day				
Properties/Health benefits	Madhura (sweet in taste), kashaya (astringent), ruksha (dry), Katu (pungent), tikta (bitter), ushna (hot in potency).				
Classical Indications	Aruchi (Tastelessness), Agnimandhya (loss of appetite), Vishahara (Anti toxic), Kaphaghna (Alleviates kapha dosha), Shothahara (Anti inflammatory)				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Valukaphala vyanjana				
Reference	Ru.Ra, shloka 86				
Category	Ashita ( Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Valukaphala (Cucumber fruit)		Fruit	1 part
Method of preparation	Keep the valuka fruit (karkati/cucumber) produced in the hemant season, to the rays and dew of the moon at night, and place it in the cool wind in the morning.				
Best use before					
Properties/Health benefits	Tikta (bitter), madhura (sweet in taste), sheeta (cold ), laghu (light for digestion).				
Classical Indications	Mutra kriccha (Dysuria), Trishna (Thirst)				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Kadaliphala vyanjana				
Reference	Ru.Ra, shloka 37,81,82				
Category	Pana (Drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Kadali phala	Musa	Fruit	1 part

			paradisiaca L.		
	2.	Takra	Buttermilk		Qs
	3.	Ela	<i>Elettaria cardamomum</i> Maton.	Fruit	Qs
	4.	Twak	<i>Cinnamomum zeylanicum</i> Blume	Stem bark	Qs
	5.	Tejpatra	<i>Cinnamomum tamal</i>	Leaves	Qs
Method of preparation	Add Rajika to sweet buttermilk devoid of sourness. Then, mash ripe banana into it and scent it with chaturjatak (cinnamon, cardamom, tejpatra, and saffron).				
Best use before	within a day				
Properties/Health benefits	Katu (pungent), tikta (bitter), Amla (sour), sheeta (cold in potency), laghu (light for digestion),				
Classical Indications	Aruchi (Tastelessness), Agnimandhya (loss of appetite), Shukrakshay (Deficiency of semen), Netraroga (Diseases of eye), prameha (Increased frequency and turbidity of urine), Daurbalya (Weakness)				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Brihatiphal vyanjana				
Reference	Ru.Ra, shloka 71				
Category	Ashita ( Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Brihatiphala	<i>Solanum indicum</i> L.	Fruit	1 part
	2.	Jala	Water		Qs
	3.	Saindhava lavana	Rock salt		Qs
	4.	Takra	Buttermilk		Qs
Method of preparation	Clean the Brihatiphala, make small pieces, and lightly cook it in water. Then, add the Saindhava and cook it well in Dandahat (buttermilk).				
Best use before	Within a day				
Properties/Health benefits	Katu (pungent), tikta (bitter), ushna (hot in potency), laghu (light for digestion), Amla (sour).				
Classical Indications	Aruchi (Tastelessness), Agnimandhya (loss of appetite), Shwasa (Asthma), Pinasa (Coryza)				
Contraindications if any	-				

Special precautions	-
Others	

Name of formulation	Sarivaphal kvyanjana				
Reference	Ru.Ra, shloka 70				
Category	Ashita ( Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Sarivaphala	Hemidesmus indicus L.	Fruit	1 part
	2.	Jiraka	<i>Cuminum cyminum L.</i>	Fruit	Qs
	3.	Dhanyaka	<i>Coriandrum sativum L.</i>	Fruit	Qs
	4.	Haridra	Curcuma longa L.	Rhizome	Qs
	5.	Hingu	<i>Ferula asfoetida Regel.</i>	Oleo resin gum	Qs
	6.	Tandula	<i>Oryza sativa L.</i>		Qs
Method of preparation	Grind Jiraka, Dhanyaka, Haridra and Tandula together. Cook them in buttermilk and add pieces of Sarivaphala. Mix Saindhava salt in it afterthat fry it in oil with asafoetida.				
Best use before	Within a day				
Properties/Health benefits	Katu (pungent), tikta (bitter), ushna (hot in potency), laghu (light for digestion), Amla (sour)				
Classical Indications	Aruchi (Tastelessness), Agnimandhya (loss of appetite), Krimi (Worm infestation).				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Girimalli phala vyanjana				
Reference	Ru.Ra, shloka 64				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Girimallika (kutaja)	<i>Holarrhena antidysenterica wall.</i>	Fruit	1 part
	2.	Hingu	<i>Ferula asfoetida Regel.</i>	Oleo resin	Qs

				gum	
	3.	Saindhava lavana	Rock salt		Qs
	4.	Maricha	<i>Piper nigrum L.</i>	Fruit	Qs
	5.	Tila taila	<i>Sesamum indicum L</i>		Qs
Method of preparation	Slightly cook the fruit of girimallika (kutaja tree) in water, then cook it in buttermilk. Add saindhava salt and Maricha, fry it in oil with asafoetida.				
Best use before	within a day				
Properties/Health benefits	Katu (pungent), tikta (bitter), ushna (hot in potency), laghu (light for digestion).				
Classical Indications	Aruchi (Tastelessness), Agnimandhya (loss of appetite), Atisara (Diarrhoea), Krimi (Worm infestation)				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Pishtaphala vyanjana				
Reference	Ru.Ra shloka 62				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Pishta phala (Pumpkin)	Cucurbita pepo	Fruit	1 part
	2.	Hingu	<i>Ferula asfoetida Regel.</i>	Oleo resin gum	Qs
	3.	Saindhava lavana	Rock salt		Qs
	4.	Takra	Buttermilk		Qs
	5.	Tila taila	<i>Sesamum indicum L</i>		Qs
Method of preparation	De-seed the Pishta fruit (petha) and cook it in Takra with Dhanyaka and Saindhava Lavana. Then, fry it in oil with asafoetida.				
Best use before	within a day				
Properties/Health benefits	Madhura (sweet in taste), katu (pungent), tikta (bitter), ushna (hot in potency), laghu (light for digestion),				
Classical Indications	Aruchi (Tastelessness), Agnimandhya (loss of appetite), Daurbalya (Weakness), Vatajavikara (Disease due to vata roga)				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Munivrikshaphal vyanjana				
Reference	Ru.Ra shloka 49				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Munivriksha	<i>Sesbania Grandiflora</i> L.	Fruit	1 part
	2.	Hingu	<i>Ferula asfoetida</i> Regel.	Oleo resin gum	Qs
	3.	Saindhava lavana	Rock salt		Qs
	4.	Maricha	<i>Piper nigrum</i> L.	Fruit	Qs
Method of preparation	Cut the fruits of Munivriksha (Agastya tree) into small pieces and cook them by adding a little water. After that, fry it in oil with asafoetida and mix the powder of Saindhava , Maricha, Amrachura to it.				
Best use before	Within a day				
Properties/Health benefits	Katu (pungent), tikta (bitter), ushna (hot in potency), laghu (light for digestion), medhya (confers intellect)				
Classical Indications	Aruchi (Tastelessness), Agnimandhya (loss of appetite), Krimi (Worm infestation), Mastishkadaurbalya (Mental weakness)				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Surankand vyanjana				
Reference	Ru.Ra shloka 25, 26				
Category	Ashita (Eatable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Surankanda	<i>Amorphophallus campanulatus</i> Blume ex Decne	Tuber	1 part
	2.	Hingu	<i>Ferula asfoetida</i> Regel.	Oleo resin gum	Qs
	3.	Haridra	<i>Curcuma longa</i> L.	Rhizome	Qs
	4.	Maricha	<i>Piper nigrum</i> L.	Fruit	Qs
Method of preparation	Soak Suranakanda in water mixed with asafoetida and containing Haridra rasa. Dry it in the sun and cook it with Saindhava and Maricha.				



Best use before	Within a day
Properties/Health benefits	Katu (pungent), ushna (hot in potency).
Classical Indications	Aruchi (Tastelessness), Daurbalya (Weakness), Vibandha (Constipation), Arsha (Piles), Plihavridhi (Splenomegaly), Aamvata (Rheumatism), Kasa (Cough), Shwasa (Asthama)
Contraindications if any	-
Special precautions	-
Others	-

Name of formulation	Patola vyanjana				
Reference	Ru.Ra shloka 61				
Category	Ashita (eatable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Patola	<i>Trichosanthes dioica</i> Rosc. (H).	Fruit	1 part
	2.	Saindhava lavana	Rock salt		Qs
	3.	Hingu	<i>Ferula asfoetida</i> Regel.	Oleo resin gum	Qs
	4.	Maricha	<i>Piper nigrum</i> L.	Fruit	Qs
	5.	Tila taila	<i>Sesamum indicum</i> L.		Qs
Method of preparation	Fry Patola in oil by adding Hingu and mix it with Saindhava and Maricha.				
Best use before	Within a day				
Properties/Health benefits	-				
Classical Indications	Aruchi (Tastelessness), Agnimandhya (loss of appetite)				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Koshataki vyanjana				
Reference	Ru.Ra shloka 33				
Category	Ashita (eatable)				
Label claim	Health benefit				
Ingredients	S.	Name of the	Botanical Name	Part Used	Ratio/Amount

	No.	Ingredients			
	1.	Koshataki	<i>Luffa acutangula</i> (L.) Rosc.	Fruit	1 part
	2.	Hingu	<i>Ferula asfoetida</i> <i>Regel.</i>	Oleo resin gum	Qs
	3.	Maricha	<i>Piper nigrum</i> L.	Fruit	Qs
	4.	Tila taila	<i>Sesamum indicum</i> L		Qs
Method of preparation	Remove the stripes of koshataki (zucchini) and cook it in oil containing asafoetida. Add an appropriate amount of Maricha powder.				
Best use before	within a day				
Properties/Health benefits	Katu (pungent), tikta (bitter), ushna (hot in potency).				
Classical Indications	Aruchi (Tastelessness), Agnimandhya (loss of appetite)				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Vartaka vyanjan				
Reference	Ru.Ra shloka 34				
Category	Ashita (eatable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Vartaka	<i>Solanum melongena</i> L.	Fruit	1 part
	2.	Hingu	<i>Ferula asfoetida</i> <i>Regel.</i>	Oleo resin gum	Qs
	3.	Maricha	<i>Piper nigrum</i> L.	Fruit	Qs
	4.	Tila taila	<i>Sesamum indicum</i> L		Qs
Method of preparation	Cook the Vartaka in oil. Add the required amount of Hingu, Saindhava and Maricha in it.				
Best use before	Within a day				
Properties/Health benefits	Katu (pungent), tikta (bitter), ushna (hot in potency), laghu (light for digestion),				
Classical Indications	Aruchi (Tastelessness), Agnimandhya (loss of appetite), Arsha (Piles)				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Tandulavartaka vyanjana				
Reference	Ru.Ra, Shloka 40				
Category	Ashita (eatable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Bharjita tandula	<i>Oryza sativa</i> L.	Seed	½ part
	2.	Narikela phala	<i>Cocos nucifera</i> L.	Endosperm	½ part
	3.	Maricha	<i>Piper nigrum</i> L.	Fruit	Qs
	4.	Vartaka	<i>Solanum melongena</i> L.	Fruit	Qs
	5.	Ghrita	Ghee		Qs
Method of preparation	Add the proper amount of water to the roasted Tandula with coconut and grind it well. Then add the required amount of Maricha to it. Mix all these with the appropriate quantity of Vartaka and cook it in ghrita.				
Best use before	Within a day				
Properties/Health benefits	Katu (pungent), laghu (light for digestion), madhura (sweet in taste), snigdha (unctuous)				
Classical Indications	Aruchi (Tastelessness), Agnimandhya (loss of appetite), Daurbalya (Weakness)				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Karela vyanjan				
Reference	Ru.Ra, Shloka 41				
Category	Ashita (eatable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Karavellaka	<i>Momordica charantia</i> L.	Fruit	1 part
	2.	Maricha	<i>Piper nigrum</i> L.	Fruit	Qs
	3.	Hingu	<i>Ferula asfoetida</i> Regel.	Oleo resin gum	Qs
	4.	Tila taila	<i>Sesamum indicum</i> L.		Qs
Method of preparation	Take Karavellaka and cut the stalk part. After that, fill it with the				

	powder of Maricha. Then cook it in oil with asafoetida.
Best use before	Within a day
Properties/Health benefits	Katu (pungent), tikta (bitter), ushna (hot in potency), laghu (light for digestion),
Classical Indications	Aruchi (Tastelessness), Agnimandhya (loss of appetite), Prameha (Increased frequency and turbidity of urine), Krimi (Worm infestation)
Contraindications if any	-
Special precautions	-
Others	-

Name of formulation	kushmanda vyanjan				
Reference	Ru.Ra, Shloka 42				
Category	Ashita (eatable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Kushmanda	<i>Benincasa hispida</i> (Thunb) Cogn.	Fruit	1 part
	2.	Hingu	<i>Ferula asfoetida</i> Regel.	Oleo resin gum	Qs
	3.	Tila taila	<i>Sesamum indicum</i> L		Qs
	4.	Maricha	<i>Piper nigrum</i> L.	Fruit	Qs
	5.	Saindhava lavana	Rock salt		Qs
Method of preparation	Cook the Kushmanda in oil with asafoetida without peeling it. After that, add a proper amount of Maricha and saindhava to it.				
Best use before	Within a day				
Properties/Health benefits	Madhura (sweet in taste), katu (pungent), tikta (bitter), ushna (hot in potency), laghu (light for digestion)				
Classical Indications	Aruchi, (Tastelessness), Agnimandhya (loss of appetite), Daurbalya (Weakness), Shukrakshaya (Deficiency of semen)				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Kakoda phala vyanjana
Reference	Ru.Ra, Shloka 43
Category	Ashita (Eatable)
Label claim	Health benefit

Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Karkotaphala (Spiny gourd)	<i>Momordica dioica</i> Rosc.	Fruit	1 part
	2.	Maricha	<i>Piper nigrum</i> L.	Fruit	Qs
	3.	Saindhava salt	Rock salt		Qs
	4.	Hingu	<i>Ferula asfoetida</i> Regel.	Oleo resin gum	Qs
	5.	Tila taila	<i>Sesamum indicum</i> L		Qs
Method of preparation	Tear the karkotaki (kakoda) fruit and fill it with the appropriate amount of Maricha, Saindhava, Hingu then mix water and cook it in oil.				
Best use before	Within a day				
Properties/Health benefits	Katu (pungent), tikta (bitter), ushna (hot in potency), laghu (light for digestion)				
Classical Indications	Aruchi (Tastelessness), Agnimandhya (loss of appetite), Raktarsha (Bleeding piles), Prameha (Increased frequency and turbidity of urine), Hrillas (Nausea), Shwasa (Asthama), Kasa (Cough).				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Bathua vyanjan				
Reference	Ru.Ra, Shloka 44				
Category	Ashita (eatable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Dhanyaka	<i>Coriandrum sativum</i> L.	Fruit	1 part
	2.	Hingu	<i>Ferula asfoetida</i> Regel.	Oleo resin gum	Qs
	3.	Saindhava lavana	Rock salt		Qs
	4.	Ardraka	<i>Zingiber officinale</i> Rosc.	Rhizome	Qs
	5.	Tila taila	<i>Sesamum indicum</i> L		Qs
Method of preparation	Cook the bathua in oil with asafoetida, saindhava, Dhanyaka and Ardraka.				
Best use before	Within a day				

Properties/Health benefits	Katu (pungent), tikta (bitter), ushna (hot in potency), laghu (light for digestion)
Classical Indications	Aruchi (Tastelessness), Agnimandhya (loss of appetite), Arsha (Piles), Krumi (Worm infestation), Shukrakshaya (Oligospermia)
Contraindications if any	-
Special precautions	-
Others	Bathua captivates the taste buds, arousing interest in the food and stimulates the digestive fire.

Name of formulation	Choulai vyanjan				
Reference	Ru.Ra, Shloka 45				
Category	Ashita (eatable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Tanduliya	<i>Amaranthus spinosus</i> L.	Leaves	½ part
	2.	Karamardaka	<i>Carissa carandus</i> L.	Stem bark	½ part
	3.	Hingu	<i>Ferula asfoetida</i> Regel.	Oleo resin gum	Qs
	4.	Saindhava lavana	Rock salt		Qs
	5.	Tila taila	<i>Sesamum indicum</i> L.		Qs
Method of preparation	Take the fresh soft leafy Tanduliyaka (amaranth) vegetable and add some karamardaka fruits. Then cook it in sesame oil with asafoetida and Saindhava.				
Best use before	Within a day				
Properties/Health benefits	Katu (pungent), tikta (bitter), ushna (hot in potency), laghu (light for digestion), ruksha (dry).				
Classical Indications	Aruchi (Tastelessness), Agnimandhya (loss of appetite), Mutrakruccha (Dysuria), Vishahara (anti poisonous).				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Kasaundi vyanjan				
Reference	Ru.Ra, Shloka 46				
Category	Ashita (eatable)				
Label claim	Health benefit				
Ingredients	S.	Name of the	Botanical	Part Used	Ratio/Amount

	No.	Ingredients	Name		
	1.	Kasamarda	<i>Cassia occidentalis</i> L.	Fruit	½ part
	2.	Tandula pishta (Rice flour)	<i>Oryza sativa</i> L.	Seed	½ part
	3.	Maricha	<i>Piper nigrum</i> L.	Fruit	Qs
	4.	Ghrita	Ghee		Qs
Method of preparation	Cover the fresh kasaundi (with leaf clusters) with rice flour and wrap it. After that, add the appropriate amount of Maricha powder and cook it in ghee.				
Best use before	Within a day				
Properties/Health benefits	Katu (pungent), tikta (bitter), ushna (hot in potency), laghu (light for digestion), kanthashodhan (cleanses the throat), <b>sransana</b>				
Classical Indications	Aruchi (Tastelessness), Agnimandhya (loss of appetite), Vibandha (Constipation), Visarpa (Erisepalus), Shwas (Asthama), Jwara (Fever),				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Karkaru vyanjan				
Reference	Ru.Ra, Shloka 47				
Category	Ashita (eatable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Karkaru	<i>Cucurbita moschata</i> Duch.	Fruit	1 part
	2.	Maricha	<i>Piper nigrum</i> L.	Fruit	Qs
	3.	Sharkara	Sugar		Qs
	4.	Ela	<i>Elletaria cardamomum</i> Maton.	fruit	Qs
	5.	Ghrita	Ghee		Qs
	6.	Kshira	Milk		Qs
Method of preparation	Add Maricha, Ela and Sharkara in the blocks of Karkaru (petha) cooked in ghrita and Dugdha.				
Best use before	Within a day				
Properties/Health benefits	Madhura (sweet in taste), katu (pungent), ushna (hot in potency), laghu (light for digestion)				
Classical Indications	Aruchi (Tastelessness), Agnimandhya (loss of appetite)				
Contraindications if any	-				

Special precautions	-
Others	-

Name of formulation	Kachari vyanjan				
Reference	Ru.Ra, Shloka 52				
Category	Ashita (eatable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Kshara	Alkali	Whole plant	Qs
	2.	Nimbu	<i>Citrus limon</i> (Lilnn) Burm. F	Fruit	Qs
	3.	Tila taila	<i>Sesamum indicum</i> L		Qs
	4.	Kachari		Fruit	
Method of preparation	Process Kachri with alkali (sarjikshar) and acid (lemon, etc.), then cook it in oil.				
Best use before	Within a day				
Properties/Health benefits	Tikta (bitter), ushna (hot in potency), laghu (light for digestion)				
Classical Indications	Aruchi (Tastelessness), Agnimandhya (loss of appetite)				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Dhatri vyanjan				
Reference	Ru.Ra, Shloka 53				
Category	Ashita (eatable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Jiraka	<i>Cuminum cyminum</i> L.	Fruit	Qs
	2.	Saindhava lavana	Rock salt		Qs
	3.	Dhatri	<i>Emblica officinalis</i> Gaertn.	Fruit	
	4.	Hingu	<i>Ferula asfoetida</i> Regel.	Oleo resin gum	Qs



Method of preparation	By cooking on top of the coals, add cumin seeds and saindhava salt to the torn dhatri-fruits (Amalaki fruits) and scent it with Asafoetida incense.
Best use before	Within a day
Properties/Health benefits	Katu (pungent), tikta (bitter), ushna (hot in potency), laghu (light for digestion), keshya (good for hairs),
Classical Indications	Aruchi (Tastelessness), Agnimandhya (loss of appetite), Panduroga (Anaemia), Khalitya (Baldness), Palitya (Graying of hairs)
Contraindications if any	-
Special precautions	-
Others	-

Name of formulation	Vartaka vyanjana				
Reference	Ru.Ra, Shloka 54				
Category	Ashita (eatable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Vartaka	<i>Solanum melogena</i> L.	Fruit	1 part
	2.	Ardraka	<i>Zingiber officinale</i> Rosc.	Rhizome	Qs
	3.	Nimbu	<i>Citrus limon</i> (L.) Burm. f	Fruit	Qs
	4.	Saindhava lavana	Rock salt		Qs
	5.	Tila taila	<i>Sesamum indicum</i> L		Qs
Method of preparation	Cook the Vartaka on non-smoky coals. After that, mix Ardraka, Nimbu and Saindhava and fry it in sesame oil.				
Best use before	Within a day				
Properties/Health benefits	Katu (pungent), tikta (bitter), ushna (hot in potency), laghu (light for digestion), kinchit pittajanaka (slightly aggravates the pitta dosha)				
Classical Indications	Aruchi (Tastelessness), Agnimandhya (loss of appetite), Kapha-Meda- Vayu shamak (Pacifies kapha, meda, and vayu dosha)				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Tanduliya vyanjana
Reference	Ru.Ra, Shloka 55
Category	Ashita (eatable)
Label claim	Health benefit

Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Tanduliya	<i>Amaranthus spinosus</i> L.	Leaves	1 part
	2.	Tila taila	<i>Sesamum indicum</i> L.		Qs
	3.	Saindhava lavana	Rock salt		Qs
	4.	Hingu	<i>Ferula asfoetida</i> Regel.	Oleo resin gum	Qs
Method of preparation	Boil Tanduliyaka in water and kanji; After that, squeeze the water and fry it in the oil by mixing the saindhava salt and asfoetida.				
Best use before	Within a day				
Properties/Health benefits	Katu (pungent), tikta (bitter), laghu (light for digestion), ruchikara (imparts taste)				
Classical Indications	Aruchi (Tastelessness), Agnimandhya (loss of appetite), Raktavikara (Bleeding disorders), Vishahara (Anti toxic), Mutraroga (Urinary disorder)				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Kutajapushpa vyanjana				
Reference	Ru.Ra, Shloka 56				
Category	Ashita (eatable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Kutaja pushpa	<i>Holarrhena antidysenterica</i> (Roth) A.DC	Flower	1 part
	2.	Tila taila	<i>Sesamum indicum</i> L.		Qs
	3.	Saindhava lavana	Rock salt		Qs
	4.	Hingu	<i>Ferula asfoetida</i> Regel.	Oleo resin gum	Qs
Method of preparation	Put the bunch of kutajapushpa in sweet kanji for a while to soften it. Afterthat, add saindhava salt and asafoetida, then fry it in oil.				
Best use before	Within a day				
Properties/Health benefits	Katu (pungent), tikta (bitter), ushna (hot in potency), laghu (light for digestion), kashaya (astringent),				

Classical Indications	Aruchi (Tastelessness), Agnimandhya (loss of appetite), Atisara (Diarrhoea), Krimi (Worm infestation), Arsha (Piles).
Contraindications if any	-
Special precautions	-
Others	-

Name of formulation	Amra pallava vyanjana				
Reference	Ru.Ra, Shloka 57				
Category	Ashita (eatable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Amra	Mangifera indica L.	Leaves	1 part
	2.	Tila taila	<i>Sesamum indicum</i> L.		Qs
	3.	Saindhava lavana	Rock salt		Qs
	4.	Hingu	<i>Ferula asfoetida</i> Regel.	Oleo resin gum	Qs
Method of preparation	Cook the soft pallavas of Amra then squeeze and add the saindhava salt afterthat fry it in oil with asafoetida.				
Best use before	Within a day				
Properties/Health benefits	Katu (pungent), tikta (bitter), ushna (hot in potency), laghu (light for digestion)				
Classical Indications	Aruchi (Tastelessness), Agnimandhya (loss of appetite), Daurgandhyahara (Alleviates bad smell).				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Kolshimbi vyanjana				
Reference	Ru.Ra, Shloka 58				
Category	Ashita (eatable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Kakandola		Fruit	1 part
	2.	Hingu	<i>Ferula asfoetida</i>	Oleo resin	Qs

			<i>Regel.</i>	gum	
	3.	Tila taila	<i>Sesamum indicum</i> L.		Qs
Method of preparation	Foment the entire soft pods of kakandola (Kolshimbi/ Suara beans) in the appropriate amount of oil along with asafoetida. While cooking, add veshwar (a mixture of specific spices like cumin-Dhanyaka, etc.) and asafoetida, then drop them into boiled buttermilk.				
Best use before	Within a day				
Properties/Health benefits	Katu (pungent), tikta (bitter), ushna (hot in potency), laghu (light for digestion), vatahara (alleviates vata dosha), kaphapittakaraka (increases kapha and pitta dosha)				
Classical Indications	Aruchi (Tastelessness), Agnimandhya (loss of appetite), Atisara (Diarrhoea)				
Contraindications if any	-				
Special precautions	-				
Others	-				
Name of formulation	Koshataki vyanjana				
Reference	Ru.Ra, Shloka 59				
Category	Ashita (eatable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Koshataki	<i>Luffa acutangula</i> (L.) Rosc.	Fruit	1 part
	2.	Haridra	<i>Curcuma longa</i> L.	Rhizome	Qs
	3.	Takra	Buttermilk		Qs
	4.	Hingu	<i>Ferula asfoetida</i> Regel.	Oleo resin gum	Qs
	5.	Saindhava lavana	Rock salt		Qs
	6.	Maricha	<i>Piper nigrum</i> L.	Fruit	Qs
Method of preparation	Remove the stripes from koshataki (zucchini) and cut them into round pieces. Then, add turmeric and cook them in dandahat (buttermilk). Season with saindhava, Maricha and Hingu.				
Best use before	Within a day				
Properties/Health benefits	Katu (pungent), tikta (bitter), ushna (hot in potency), laghu (light for digestion),				
Classical Indications	Aruchi (Tastelessness), Agnimandhya (Digestiveimpairment), Krimi (Worm infestation), Sthaulya (Obesity)				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Sem vyanjana				
Reference	Ru.Ra, Shloka 60				
Category	Ashita (eatable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Sem	Beans	Seeds	1 part
	2.	Hingu	<i>Ferula asfoetida</i> Regel.	Oleo resin gum	Qs
	3.	Saindhava lavana	Rock salt		Qs
	4.	Maricha	<i>Piper nigrum</i> L.	Fruit	Qs
	5.	Takra	Buttermilk		Qs
Method of preparation	Boil the beans in water. After draining the water, cook them in buttermilk. Mix Saindhava, Maricha and Hingu.				
Best use before	Within a day				
Properties/Health benefits	Katu (pungent), tikta (bitter), ushna (hot in potency), laghu (light for digestion),				
Classical Indications	Aruchi (Tastelessness), Agnimandhya (Digestiveimpairment), Sthaulya (Obesity), Kaphaja vikara (Disease due to kapha dosha)				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Patol vyanjana				
Reference	Ru.Ra, Shloka 61				
Category	Ashita (eatable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Patola	<i>Trichosanthes dioica</i> Rosc. (H).	Fruit	1 part
	2.	Hingu	<i>Ferula asfoetida</i> Regel.	Oleo resin gum	Qs
	3.	Saindhava lavana	Rock salt		Qs
	4.	Takra	Buttermilk		Qs
Method of preparation	Cut fresh tender patola (parwal) fruit into small pieces and cook them in clean dandahat (buttermilk). Afterward, add saindhava and fry it in oil with asafoetida.				
Best use before	Within a day				

Properties/Health benefits	Katu (pungent), tikta (bitter), ushna (hot in potency), laghu (light for digestion), kaphashamaka (pacifies kapha dosha)
Classical Indications	Aruchi (Tastelessness), Agnimandhya (loss of appetite), Jwara (Fever), Udara roga (Abdominal diseases), Kandu (Itching)
Contraindications if any	-
Special precautions	-
Others	-

Name of formulation	Aranipatra vyanjana				
Reference	Ru.Ra, Shloka 68				
Category	Ashita (eatable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Agnimantha pallava	<i>Clerodendrum phlomidis</i> L.	Leaves	1 part
	2.	Takra	Buttermilk		Qs
	3.	Saindhava lavana	Rock salt		Qs
	4.	Hingu	<i>Ferula asfoetida</i> Regel.	Oleo resin gum	Qs
Method of preparation	Cook the tender pallavas of Agnimantha in oil. After that, cook again after adding buttermilk and Mix Saindhava and asfoetida.				
Best use before	Within a day				
Properties/Health benefits	Katu (pungent), tikta (bitter), ushna (hot in potency), laghu (light for digestion), madhura (sweet in taste)				
Classical Indications	Aruchi (Tastelessness), Agnimandhya (loss of appetite), Vatavikara (Alleviates vata dosha), Vibandha (Constipation)				
Contraindications if any	-				
Special precautions	-				
others	-				

Name of formulation	Sarivaphala vyanjana				
Reference	Ru.Ra, Shloka 70				
Category	Ashita (eatable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Sarivaphala	<i>Hemidesmus indicus</i> (L.) R.Br.	Fruit	1 part

	2.	Jiraka	<i>cuminum cyminum L.</i>	Fruit	Qs
	3.	Dhanyaka	<i>Coriandrum sativum L.</i>	Fruit	Qs
	4.	Haridra	<i>Curcuma longa L.</i>	Rhizome	Qs
	5.	Hingu	<i>Ferula asfoetida Regel.</i>	Oleo resin gum	Qs
Method of preparation	Grind Jeeraka, Dhanyaka, Haridra and Tandula and cook them in buttermilk and mix the pieces of Sarivaphala and Saindhava in it then fry it in oil with asafoetida.				
Best use before	Within a day				
Properties/Health benefits	Katu (pungent), tikta (bitter), ushna (hot in potency), laghu (light for digestion), Amla (sour)				
Classical Indications	Aruchi (Tastelessness), Agnimandhya (loss of appetite), Krimi (Worm infestation)				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Takra Ardraka vyanjana				
Reference	Ru.Ra, Shloka 72				
Category	Pana (Drinkables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Takra	Buttermilk		1 part
	2.	Ardraka	<i>Zingiber officinale Rosc.</i>	Rhizome	Qs
	3.	Saindhava lavana	Rock salt		Qs
	4.	Maricha	<i>Piper nigrum L.</i>	Fruit	Qs
	5.	Ela	<i>Elettaria Cardamomum Maton.</i>	Fruit	Qs
Method of preparation	Mix Ardraka, Saindhava and Maricha in Takra (buttermilk) and cook it well. Then Scent it with cardamomum powder.				
Best use before	Within a day				
Properties/Health benefits	Katu (pungent), tikta (bitter), ushna (hot in potency), laghu (light for digestion)				
Classical Indications	Aruchi (Tastelessness), Agnimandhya (Digestive impairment), Sthaulya (Obesity), Pratishtyaya (Rhinitis)				
Contraindications if any	-				
Special precautions	-				

Others	-
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Name of formulation	Naranga kesar vyanjana				
Reference	Ru.Ra, Shloka 73				
Category	Ashita (eatable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Naranga	<i>Citrus reticulata</i> Blanco	Fruit	1 part
	2.	Maricha	<i>Piper nigrum</i> L.	Fruit	Qs
Method of preparation	After removing the seeds, eat the saffron (juicy fibers ) of orange with the powder of khanda maricha .				
Best use before	Within a day				
Properties/Health benefits	Katu (pungent), tikta (bitter), ushna (hot in potency), laghu (light for digestion), Amla (sour)				
Classical Indications	Aruchi (Tastelessness), Agnimandhya (Digestive impairment), Daurbalya (Weakness)				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Jambiri nimbu vyanjana				
Reference	Ru.Ra, Shloka 74				
Category	Ashita (eatable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Jambira kesara	<i>Citrus lemon</i> L.) Burm. f.	Fruit	1 part
	2.	Sharkara	Sugar		Qs
	3.	Maricha	<i>Piper nigrum</i> L.	Fruit	Qs
	4.	Ela	<i>Elettaria Cardamomum</i> Maton.	Fruit	Qs
Method of preparation	Mix the Sharkara, Maricha and Ela in the kesara (juice-filled fibers inside) of Jambir (Jambiri Lemon).				
Best use before	Within a day				
Properties/Health benefits	Katu (pungent), tikta (bitter), ushna (hot in potency), laghu (light for digestion), Amla (sour)				



Classical Indications	Aruchi (Tastelessness), Agnimandhya (loss of appetite)
Contraindications if any	-
Special precautions	-
Others	-

Name of formulation	Bijapura kesar vyanjana				
Reference	Ru.Ra, Shloka 76				
Category	Pana (Drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Bijapura kesar	<i>Citrus medica</i> L.	Fruit	1 part
	2.	Saindhava lavana	Rock salt		Qs
	3.	Hingu	<i>Ferula asfoetida</i> Regel.	Oleo resin gum	Qs
	4.	Jiraka	<i>cuminum cymnum</i> L.	Fruit	Qs
Method of preparation	Mix the inner juicy fibers of Bijapur (Bijaura Nimbu) with Saindhava, roasted Hingu and Jiraka.				
Best use before	Within a day				
Properties/Health benefits	Katu (pungent), tikta (bitter), ushna (hot in potency), laghu (light for digestion), Amla (sour)				
Classical Indications	Aruchi (Tastelessness), Agnimandhya (loss of appetite), Kandu (Itching)				
Contraindications if any	-				
Special precautions	-				
Others					

Name of formulation	Amratarka vyanjana				
Reference	Ru.Ra, Shloka 77				
Category	Ashita (eatable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Amratarka	<i>Spondias pinnata</i>	Fruit	1 part
	2.	Jala	Water		Qs
	3.	Saindhava lavana	Rock salt		Qs
	4.	Hingu	<i>Ferula asfoetida</i> Regel.	Oleo resin gum	Qs

	5.	Tila taila	<i>Sesamum indicum</i> L		Qs
Method of preparation	Cut the Amrataka and grind it with saindhava salt. Fry it in oil with asafetida.				
Best use before	Within a day				
Properties/Health benefits	Katu (pungent), tikta (bitter), ushna (hot in potency), laghu (light for digestion), Amla (sour)				
Classical Indications	Aruchi (Tastelessness), Agnimandhya (loss of appetite), Atisara (Diarrhoea)				
Contraindications if any	-				
Special precautions	-				
Others					

Name of formulation	Kushmanda vyanjana				
Reference	Ru.Ra, Shloka 78				
Category	Lidha (Linkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Kushmanda	<i>Benincasa hispida</i> (Thunb) Cogn.	Fruit	1 part
	2.	Saindhava lavana	Rock salt		Qs
	3.	Nimbu rasa	<i>Citrus limon</i> L. Burm. F	Fruit	Qs
	4.	Ardraka	<i>Zingiber officinale</i> Rosc.	Rhizome	Qs
Method of preparation	Make small pieces of kushmand (petha) and grind it with Saindhava, lemon-juice and Ardraka. This vyanjan prepared in avaleha form.				
Best use before	Within a day				
Properties/Health benefits	Katu (pungent), tikta (bitter), laghu (light for digestion), Madhura (sweet in taste)				
Classical Indications	Aruchi (Tastelessness), Agnimandhya (loss of appetite), Shukrakashaya (Deficiency of semen), Daurbalya (Weakness)				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Kacchimuli vyanjana				
Reference	Ru.Ra, Shloka 79				
Category	Ashita (eatable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Mulaka	<i>Raphanus sativus</i> L.	Root	1 part
	2.	Saindhalavana	Rock salt		Qs
	3.	Nimbu rasa	<i>Citrus limon</i> (Lilnn) Burm. F	Fruit	Qs
	4.	Hingu	<i>Ferula asfoetida</i> Regel.	Oleo resin gum	Qs
Method of preparation	Cut the Mulaka into small thin pieces. Add saindhava and nimbura to it. Fry it in oil with asafoetida.				
Best use before	Within a day				
Properties/Health benefits	Katu (pungent), tikta (bitter), ushna (hot in potency), laghu (light for digestion), Amla (sour)				
Classical Indications	Aruchi (Tastelessness), Agnimandhya (loss of appetite), Mutrakriccha (Dysuria), Udarshula (Abdominal pain), Arsha (Piles), Ashmari (calculus)				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Dadhi Ardraka vyanjana				
Reference	Ru.Ra, Shloka 80				
Category	Paana (Drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Dadhi	Curd		1 part
	2.	Ardraka	<i>Zingiber officinale</i> Rosc.	Rhizome	Qs
	3.	Lavana	Salt		Qs
	4.	Karpura	<i>Cinnamomum karpura</i> (L.) Nees & V Eberm.,	Sub. extract	Qs
Method of preparation	Take waterless curd. Add salt and Ardraka pieces to it and make it				

	fragrant with Karpura.
Best use before	Within a day
Properties/Health benefits	Katu (pungent), ushna (hot in potency), laghu (light for digestion), Amla (sour)
Classical Indications	Aruchi (Tastelessness), Agnimandhya (loss of appetite), Atisara (Diarrhoea), Netraroga (Good for eye diseases), Daha (Burning), Trishna (Thirst)
Contraindications if any	-
Special precautions	-
Others	-

Name of formulation	Eravaruka vyanjana				
Reference	Ru.Ra, Shloka 83, 84				
Category	Lidha (Lickable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Eravaruka	<i>Prunus avium</i> L.	Fruit	1 part
	2.	Saindhava lavana	Rock salt		Qs
	3.	Rajika	<i>Brassica juncea</i> (L.) Czern. & Coss.	Seed	Qs
Method of preparation	Mash the Eravaruka khand (melon pieces) with saindhava and squeeze it with a clean cloth or filter with a thin sieve After that, add this liquid to the Dadhi then add Rajika and mesh it well.				
Best use before	Within a day				
Properties/Health benefits	Katu (pungent), tikta (bitter), ushna (hot in potency), laghu (light for digestion),				
Classical Indications	Aruchi (Tastelessness), Agnimandhya (loss of appetite), Vedanasthapaka (Relieves pain)				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Chanakapatra vyanjana				
Reference	Ru.Ra, Shloka 85				
Category	Ashita (eatable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the	Botanical Name	Part Used	Ratio/Amount

	Ingredients				
	1.	Chanaka	<i>Cicer arietinum</i> L.	Leaves	1 part
	2.	Maricha	<i>Piper nigrum</i> L.	Fruit	Qs
	3.	Saindhava lavana	Rock salt		Qs
	4.	Ardraka	<i>Zingiber officinale</i> Rosc.	Rhizome	Qs
	5.	Tila taila	<i>Sesamum indicum</i> L.		Qs
	6.	Nimbu	<i>Citrus limon</i> L.	Juicy fibres	Qs
Method of preparation	Cut the buds of chanak containing alkali (kshara) and acid. Grind it with Maricha, Saindhava lavana and Ardraka. After that, add the juicy fibres of lemon then fry it with Tila taila and Hingu (asafoetida) and mix it in Takra (buttermilk).				
Best use before	Within a day				
Properties/Health benefits	Katu (pungent), tikta (bitter), ushna (hot in potency), laghu (light for digestion), Amla (sour)				
Classical Indications	Pinasa (Coryza)				
Contraindications if any	-				
Special precautions	-				
Others					

Name of formulation	Kadaligarbha danda vyanjana				
Reference	Ru.Ra, Shloka 87				
Category	Ashita (eatable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Kadali kanda	<i>Musa paradisica</i> L.	Fruit	1 part
	2.	Nimbu	<i>Citrus limon</i> (Linn) Burm. F	Fruit	Qs
	3.	Ardraka	<i>Zingiber officinale</i> Rosc.	Rhizome	Qs
Method of preparation	Cut the rod inside the banana stem into small round pieces and Mix the small pieces of lemon peel afterthat add thin pieces of Ardraka in it.				
Best use before	Within a day				
Properties/Health benefits	Katu (pungent), tikta (bitter), ushna (hot in potency), laghu (light for digestion), Amla (sour)				
Classical Indications	Aruchi (Tastelessness), Agnimandhya (loss of appetite), Trishna				

	(Thirst)
Contraindications if any	-
Special precautions	-
Others	-

Name of formulation	Vanshankura vyanjana				
Reference	Ru.Ra, Shloka 88				
Category	Ashita (eatable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Saindhava lavana	Rock salt		Qs
	2.	Nimbu swarasa	<i>Citrus limon</i> (Lilnn) Burm. F	Fruit	Qs
	3.	Ardraka	<i>Zingiber officinale</i> Rosc.	Rhizome	Qs
	4.	Vansha	<i>Bambusa arundinacea</i>	Ankura (shoots)	1 part
Method of preparation	Mix Saindhava lavana and Nimbu Swaras along with the tender shoots of Vansh. Then add thin pieces of Ardraka to it.				
Best use before	Within a day				
Properties/Health benefits	Katu (pungent), tikta (bitter), ushna (hot in potency), laghu (light for digestion), Amla (sour)				
Classical Indications	Aruchi (Tastelessness), Agnimandhya (loss of appetite)				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Amra manjari vyanjana				
Reference	Ru.Ra, Shloka 89				
Category	Ashita (Eatable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Amra	<i>Mangifera indica</i> L.	Inflorescence	1 part
	2.	Saindhava lavana	Rock salt		Qs

	3.	Dadhi	Curd		Qs
	4.	Maricha	<i>Piper nigrum</i> L.	Fruit	Qs
Method of preparation	Cut the Amra manjari into small pieces and grind them with saindhava salt. Add a little curd and Maricha powder to it.				
Best use before	Within a day				
Properties/Health benefits	Katu (pungent), tikta (bitter), Amla (sour), ushna (hot in potency), laghu (light for digestion)				
Classical Indications	Aruchi (Tastelessness), Agnimandhya (loss of appetite), Atisara (Diarrhoea)				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Ardraka vyanjana				
Reference	Ru.Ra, Shloka 102, 103				
Category	Lidha(Lickable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Ardraka	<i>Zingiber officinale</i> Rosc.	Rhizome	1 part
	2.	Lavana	Salt		Qs
	3.	Nimbu rasa	<i>Citrus limon</i> L. Burm. F	fruit	Qs
Method of preparation	Take Ardraka and mix Saindhava lavana and Nimbu rasa in it then grind it.				
Best use before	Within a day				
Properties/Health benefits	Katu (pungent), tikta (bitter), ushna (hot in potency), laghu (light for digestion),				
Classical Indications	Aruchi (Tastelessness), Agnimandhya (loss of appetite), Pratisayaya (Rhinitis)				
Contraindications if any	-				
Special precautions	-				
Others					

Name of formulation	Saguda bal bilwa				
Reference	Vd. Jee. 2/15, page no. 31				
Category	Khadit				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount

	1.	Guda	<i>Saccharum officinarum</i> L.		Qs
	2.	Bal bilwa	<i>Aegle marmelos</i> Correa ex Roxb	Un ripe Fruit	1 part
Method of preparation	Mix fruit pulp of bilva with guda.				
Best use before	Within a day				
Properties/Health benefits	Katu (Pungent), kashaya (Astringent), madhura (Sweet in taste), ushna (hot in potency)				
Classical Indications	Kukshi shula (Abdominal pain), Aamshula (Pain Due to aama dosha), Raktatisara (Bloody Diarrhoea)				
Contraindications if any	-				
Special precautions	-				
Others	-				



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70.60	Godhuma Yavagu	Ka.Khi. 4/85, Ca.Su 2/25
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70.63	Amradi Yavagu	Ka.Khi. 4/86
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70.65	Putikaranjadi Yavagu	Ka.Khi. 10/150
70.66	Khadiradi Yavagu	Su. Chi.10

	70.67	Atisarahara Yavagu	Su.U.40/92
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	70.70	Drakshadi Yavagu	Abhi.Chi61/85
	70.71	Dashmula Yavagu	Vd. Chi16/ 54, Ka.Khi. 4/85
	70.72	Pippali nagaradi Yavagu	Ca.Chi.14/92
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	70.80	Pippalayadi Yavagu	A.Hri.Chi. 1/30
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	70.82	Parshvadipidahara (Yavagu)	Cha.Da. 1/ 24, Pg. 4

## **Sharkara/Sharbata**

Name of formulation	Vanapsa Sharkara				
Reference	Si. Bhe. Ma., Jwara Prakarana, Chaturtha Guchha, Shloka 44, Ay.S.S, Sharbat Prakaran, Pg. 573				
Category	Pana (Drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Vanapsa	<i>Viola odorata</i> L.	Leaves	1 Pala
	2.	Sharkara	Sugar		4 Pala
	3.	Jala	Water		8 Pala
Method of preparation	Soak Vanapsa in water overnight. In the morning, boil it and reduce it to 1/8 part. Add Sharkara and heat it until it reaches syrup consistency.				
Best use before	Within a day.				
Properties/Health benefits	Pittashamaka (pacifies pitta dosha), deepana (increases digestive fire), pachana (easy to digest).				
Classical Indications	Pittaja Jwara (Fever due to pitta dosha).				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Dhanyaka Sharbat				
Reference	Si. Bhe. Ma., Jwara Prakarana, Chaturtha Guchha, Shloka 33				
Category	Pana (Drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Dhanyaka	<i>Coriandrum sativum</i> L.	Fruit	Qs
	2.	Sita	Sugar		Qs
Method of preparation	Prepare Dhanyaka hima and then add Sita to it.				
Best use before	Within a day.				
Properties/Health benefits	Sheeta (cold in potency), mutrala (diuretic), trishna nigrahan (alleviates thirst), Kashaya-Tikta-Madhura (astringent, bitter, sweet in taste), tridoshahara (pacifies all three doshas)				
Classical Indications	Pittaja jwara (Fever due to pitta dosha)				
Contraindications if any	-				
Special precautions	-				
Others	-				



Name of formulation	Vasa Sharbata				
Reference	Ay.S.S, Sharbat Prakaran, Pg. 568				
Category	Pana (Drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Vasa	<i>Adhatoda vasica</i> Nees	leaves	1 Ser
	2.	Sharkara	Sugar		4 Ser
	3.	Jala	Water		8 Ser
Method of preparation	Boil Vasa leaves in water. After obtaining ¼ decoction, filter it through a thick cloth or pour it again into a clean galvanized pan. Add Sugar and prepare Sharbata following the standard procedure.				
Best use before	Within a day.				
Properties/Health benefits	Sheeta (cold in potency), stambhan (inhibition of excess flow or secretions), pittahara (pacifies pitta dosha).				
Classical Indications	Kasa (Cough), Shwasa (Asthma), Pratishyaya (Rhinitis), Raktapitta (Bleeding disorders), Raktapradara (Metrorrhagia/Menorrhagia), Raktarsha (Bleeding piles).				
Contraindications if any	-				
Special precautions	-				
Others	Dose - 2-4 tola, BD or TDS				

Name of formulation	Unnava Sharbat				
Reference	Ay.S.S, Sharbat Prakaran, Pg. 568 (Siddha Bhaishajya Manimala)				
Category	Pana (Drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Unnava	<i>Zizyphus sativa</i> Gaertn.	Fruit	½ ser
	2.	Sharkara	Sugar		3 ser
	3.	Jala	Water		Qs
Method of preparation	Take Unnava, grind it and then boil it. When the water is reduced to half, filter it with a thick cloth, add sugar and prepare the Sharbata following the standard procedure.				
Best use before	Within a day.				
Properties/Health benefits	Sheeta (cold in potency), Madhura (sweet in taste) pittahara (pacifies pitta dosha), raktaprasadaka (purifies blood).				
Classical Indications	Kshaya (Pthisis), Raktasthivana (Blood in sputum), Raktapitta (Bleeding disorders), Yuvana pidika (Acne), Pitta vikara (aggravated pitta dosha), Varnya (enhances complexion).				
Contraindications if any	-				

Special precautions	-
Others	Dose - 2-4 tola

Name of formulation	Anar Sharbat				
Reference	Ay.S.S, Sharbat Prakaran, P- 569				
Category	Pana (Drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Dadima	<i>Punica granatum</i> L.	Seed	1 ser
	2.	Sharkara	Sugar		2 ser
	3.	Jala	Water		½ ser
Method of preparation	Boil one ser of Dadima juice until it reduces to ½ ser. Then add ½ ser water and 2 ser Sugar. Prepare the Sharbat following the standard procedure. After cooling, filter it through a thick cloth.				
Best use before	Within a day.				
Properties/Health benefits	Tarpana (saturating), rochana (imparts taste), sheeta (cold in potency).				
Classical Indications	Trishna (thirst), daha (burning), shrama (fatigue), deepana (increases digestive fire), pachana (Easy to digest), ruchi-var dhaka (imparts taste).				
Contraindications if any	-				
Special precautions	-				
Others	Dose - 3-5 tola, BD or TDS				

Name of formulation	Kevada Sharbat				
Reference	Ay.S.S, Sharbat Prakaran, Pg. 569				
Category	Pana (Drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Kevada	<i>Pandanus odoratissimus</i> Rosc.	Flower	1 Paav
	2.	Sharkara	Sugar		2 ½ Ser
	3.	Citric Acid			15 Ratti
	4.	Jala	Water		1 Ser
Method of preparation	Take 1 paav Kevada jala, 1 ser Water, 2 ½ ser Sugar and 15 ratti Citric acid. Prepare Sharbat following the standard procedure.				
Best use before	Within a day.				
Properties/Health	Sheeta (cold in potency), tarpana (saturating).				

benefits	
Classical Indications	Trishna (thirst), daha (burning), shrama (fatigue), deepana (increases digestive fire) pachana (easy to digest), ruchi-varadhaka (imparts taste), antardaha (internal burning), mutrakrichha (dysuria), glani (guilt).
Contraindications if any	-
Special precautions	-
Others	Dose – 2 ½ -5 tola

Name of formulation	Khasa Sharbat				
Reference	Ay.S.S, Sharbat Prakaran, Pg. 570				
Category	Pana (Drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Khasa	<i>Vetiveria Zizanioides</i> (L.) Nash	Root	1 Paav
	2.	Sharkara	Sugar		2 ½ Ser
	3.	Citric acid	<i>Citrus limon</i> (L.) Burm. F	Fruit	15 Ratti
	4.	Jala	Water		1 Ser
Method of preparation	Take 1 paav of Khasa arka, 1 ser of Water, 2 ½ ser of Sugar and 15 ratti Citric acid. Prepare Sharbat following the standard procedure.				
Best use before	Within a day.				
Properties/Health benefits	Sheeta (cold in potency), tarpana (saturating).				
Classical Indications	Antardaha (internal burning), mutradaha(burning sensation in urine), Mutrakrichha (Dysuria), shrama (fatigue), glani (guilt), tripti (satiety), shrama klama (physical and mental tiredness).				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Giloy Sharbat				
Reference	Ay.S.S, Sharbat Prakaran, Pg. 570				
Category	Pana (Drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Giloya	<i>Tinospora cordifolia</i> L.	Stem	½ Ser
	2.	Sharkara	Sugar		2 Ser

	3.	Nimbu satva	<i>Citrus limon</i> (L.) Burm. F	Fruit	
	4.	Jala	Water		4 Ser
Method of preparation	Grind ½ ser of Giloya and cook it in eight times water. When 1 ser of kwath is left, filter it and mix two ser of Sugar with one ser of Giloy extract. Prepare the Sharbat following the standard procedure.				
Best use before	Within a day.				
Properties/Health benefits	Pachana (easy to digest), pittahara (alleviates pitta dosha).				
Classical Indications	Jwara (Fever), Pitta vikara (disorders due to pitta dosha), mutradaha (burning sensation in urine), urahadaha (burning sensation in chest), Mutrakrichha (Dysuria), Vatarakta (Gout), Halimaka (advanced stage of Jaundice), Raktapitta (Bleeding disorders), Jirna-Jwara (Chronic Fever), Dhatugat-Jwara (Fever lodged in the tissues), foul smell of sweat, Puyameha (Gonorrhoea), Prameha (increased frequency and turbidity of urine).				
Contraindications if any	-				
Special precautions	-				
Others	2-4 tola				

Name of formulation	Gudahal Sharbat				
Reference	Ay.S.S, Sharbat Prakaran, Pg. 570 (Unani Siddha Yoga Sangriha)				
Category	Pana (Drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Gudahala pushpa	<i>Hibiscus rosa sinensis</i> L.	flowers	100 Pieces
	2.	Sharkara	Sugar		2 Ser
	3.	Nimbu swarasa	<i>Citrus limon</i> (Lilnn) Burm. F	Fruit	
	4.	Jala	Water		2 Ser
Method of preparation	Cut 100 pieces of fresh Gudahala pushpa into small pieces and soak them in Nimbu swarasa in an enamel/ galvanized vessel/ ceramic container. Next morning, remove the water (juice) that has settled on top. Then, add 2 ser of Water and 2 ser of Sugar to it and make Syrup.				
Best use before	Within a day.				
Properties/Health benefits	Pittahara (alleviates pitta dosha), sheeta (cold in potency).				
Classical Indications	Raktapitta (Bleeding disorders), santap, antardaha (internal burning), mutra daha (burning sensation in urine), Mutrakrichha (Dysuria), hridaya spandana (heart Palpitation).				
Contraindications if any	-				
Special precautions	-				

Others	Dose - 1-2 tola
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Name of formulation	Gulvanapsha Sharbat				
Reference	Ay.S.S, Sharbat Prakaran, Pg. 571				
Category	Pana (Drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Gulvanapsha	<i>Viola odorata</i> L.	Leaves	2 Pounds
	2.	Sharkara	Sugar		10 Ser
	3.	Citric acid			2 Dram
	4.	Jala	Water		2 Pound
Method of preparation	Take 2 pounds of Gulvanapsha Arka, 2 pounds of water, 10 ser of Sugar, and 2 dram of Citric acid. Prepare the Sharbat following the standard procedure.				
Best use before	Within a day.				
Properties/Health benefits	Snigdha (unctuous), pachana (easy to digest).				
Classical Indications	Kasa (Cough), Shwasa (Asthma), hridaya spandana (heart palpitation), Praishyaya (Chronic Rhinitis), Jwara (Fever), Daurbalya (Weakness).				
Contraindications if any	-				
Special precautions	-				
others	Dose - 2-4 tola				

Name of formulation	Gulab Sharbat				
Reference	Ay.S.S, Sharbat Prakaran, Pg. 571, RTS & SPS, Part-1, Pg. 406				
Category	Pana (Drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Gulab jala	<i>Rosa centifolia</i> L.	Leaves	1 Ser
	2.	Sharkara	Sugar		2 ½ Ser
	3.	Citric acid			½ Dram
Method of preparation	Mix 1 ser of Gulab jala and 2 ½ ser of Sugar to make Sharbat. Add half a dram of Citric acid (lemon satva).				
Best use before	Within a day.				
Properties/Health benefits	Sheeta (cold in potency), pittahara ( alleviates pitta dosha).				
Classical Indications	Antardaha (internal burning), glani (guilt), avasada (depression), bhrama (improper perception), mutradaha (burning micturition),				

	Mutrakrichha (Dysuria), netra daha (burning sensation in eyes).
Contraindications if any	-
Special precautions	-
others	Dose - 2-5 tola

Name of formulation	Chandana Sharbat				
Reference	Ay.S.S, Sharbat Prakaran, Pg. 571, RTS & SPS, Part-1, Pg. 406				
Category	Pana (Drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Shweta Chandan	<i>Santalum album</i> L.	Heart wood	½ Paav
	2.	Gulab Jala	<i>Rosa centifolia</i> L.		½ Ser
	3.	Mishri			1 Ser
	4.	Nimbu satva	<i>Citrus limon</i> (Lilnn) Burm. F	Fruit	
Method of preparation	Soak ½ paav of Shweta Chandana powder in ½ ser of Gulab Jala overnight. In the morning, after giving it some heat (boiling), when 1 ½ paav of Water is left, filter it. Then, add 1 ser of Sugar candy and make Sharbat.				
Best use before	Within a day.				
Properties/Health benefits	Sheeta virya (cold in potency).				
Classical Indications	Antardaha (internal burning), trishna (thirst), klanti (mental fatigue), avasada (depression), bhrama (improper perception), murchha (syncope), raktapitamutrata (reddish and yellowish discoloration of urine), mutradaha (burning micturition), mukhanasa shosha (dryness in nose and mouth), Raktapitta (Bleeding disorders), Jwara (Fever), pitta vikar (diseases due to pitta dosha), sujak (gonorrhoea).				
Contraindications if any	-				
Special precautions	Cover the lid while boiling, otherwise the oil evaporates.				
Others	Dose - 2-5 tola				

Name of formulation	Nimbu Sharbat				
Reference	Ay.S.S, Sharbat Prakaran, Pg. 572, RTS & SPS, Part-1, Pg.406				
Category	Pana (Drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Nimbu	<i>Citrus limon</i>	Fruit	1 times

			(L.) Burm. F		
	2.	Sharkara	Sugar		2 ½ times
Method of preparation	Add sugar 2 ½ times the amount of Nimbu Swarasa to make Sugar Syrup. Then, filter it while it is hot (do not filter when it is cold).				
Best use before	Within a day.				
Properties/Health benefits	Rochana (imparts taste), tarpana (saturating), hridya (cardiotonic).				
Classical Indications	Pitta vikara (disorders due to pitta dosha), mandagni (low digestive fire), aruchi (tastelessness), trishna (thirst), ajirna (dyspepsia), malavrodha (obstruction in passage of faeces), rakta dosha (disease due to rakta dosha), deepan (increases digestive fire), santap/ daha (burning), shrama (tiredness).				
Contraindications if any	-				
Special precautions	-				
Others	1-2 tola				

Name of formulation	Santara Sharbat				
Reference	Ay.S.S, Sharbat Prakaran, Pg. 573 (Rasa Tantra Sara)				
Category	Pana (Drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Santara	<i>Citrus reticulata</i> Blanco	Fruit	1 part
	2.	sharkara	Sugar		2½ part
Method of preparation	Add Sugar 2 ½ times the amount of Orange juice to make Sugar syrup. Then, filter it while it is still hot.				
Best use before	Within a day.				
Properties/Health benefits	Rochana (imparts taste), tarpana (saturating), hridya (cardiotonic).				
Classical Indications	Antardaha (internal burning), trishna (thirst), klanti (mental fatigue), avasada (depression).				
Contraindications if any	-				
Special precautions	-				
Others	Dose - 2-4 tola, BD-TDS				

Name of formulation	Bilva Sharbat				
Reference	Ay.S.S, Sharbat Prakaran, Pg. 573				
Category	Pana (Drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount

	1.	Bilva	<i>Aegle marmelos</i> Correa ex Rosc.	Fruit	½ ser
	2.	Sharkara	Sugar		2 ser
	3.	Jala	water		2 ser
Method of preparation	Cook ½ ser of pulp from fresh Bilva fruit in 2 ser of Water. Filter it when one ser of Water is left, then add 2 ser of Sugar. Prepare the Sharbat following the standard procedure, and after it cools down, filter it.				
Best use before	Within a day.				
Properties/Health benefits	Hridya (cardiotonic), dhatu vardhaka (improves dhatus).				
Classical Indications	Pravahika (Dysentery), Atisara (Diarrhoea), Rakta atisara (Bloody Diarrhoea), Sangrihani (Malabsorption syndrome), ama dosha (undigested food), Bleeding piles, Rakta pradar (Metrorrhagia/menorrhagia), Vibandha (Chronic constipation), santap (burning), avasada (depression), bhrama (improper perception), Murchha (Syncope), klama (mental fatigue).				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Brahmi Sharbat				
Reference	Ay.S.S, Sharbat Prakaran, Pg. 573				
Category	Pana (Drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Brahmi	<i>Bacopa monnieri</i> (L.) Wettst.	Whole plant	2 Chhatank
	2.	Shankhapushpi	<i>Convolvulus pluricaulis</i> Choisy.	Whole plant	½ Chhatank
	3.	Sharkara	Sugar		5 Ser
	4.	Jala	Water		3 Ser ½ Pav
	5.	Nimbu rasa	Citrus lemon		30 Ratti
Method of preparation	Soak 2 chhatank of Brahmi and ½ chhatank of Shankhpushpi in 3 ser ½ pav of Water in the evening. Cook them on the stove in the morning. When 2 ½ ser of Water is left, filter it. Add 5 ser of Sugar and 30 Ratti of Nimbu rasa to make Sharbat.				
Best use before	Within a day.				
Properties/Health	Medhya (mental tonic).				



benefits	
Classical Indications	Generalised weakness, Unmada (Insanity), Apasmara (Epilepsy), Hysteria, Murchha (Syncope), shiroruja (headache), mansika daurbalya (mental weakness), snayu daurbalya (ligament weakness), Anidra (Insomnia), glani (guilt).
Contraindications if any	-
Special precautions	-
Others	Dose - 1-2 tola

Name of formulation	Falsa Sharbat				
Reference	Ay.S.S, Sharbat Prakaran, Pg. 574				
Category	Pana (Drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Falsa	<i>Grewia asiatica</i> L.	Fruit	30 Tola
	2.	Sharkara	Sugar		1 ¼ Ser
Method of preparation	Mix 1 ¼ ser of sugar in 30 tola of Phalsa juice and make Sharbat following the standard procedure.				
Best use before	Within a day.				
Properties/Health benefits	Hridya (cardio tonic), rochaka (imparts taste), sheeta virya (cold in potency).				
Classical Indications	Trishna (thirst), Vaman (Vomiting), Atisara (Diarrhoea), bhrama (improper perception), mansika ashanti (anxiety), hridaya spandana (heart palpitation).				
Contraindications if any	-				
Special precautions	-				
Others	Dose - 2-4 tola				

Name of formulation	Raktashodhaka Sharbata				
Reference	Ay.S.S, Sharbat Prakaran, Pg. 574 (Rasa Tantra Sara)				
Category	Pana (Drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Ushava	<i>Cynodon dactylon</i> L.		8 Tola
	2.	Manjishtha	<i>Rubia cordifolia</i> L.	Root	4 Tola
	3.	Mishreya	<i>Foeniculum vulgare</i> Mill	Fruit	2 Tola
	4.	Unnava	<i>Zizyphus sativus</i>		25 Nos

			Gaetrn.		
	5.	Sapistana			25 Nag
	6.	Hansa raja	<i>Adiatum lunulatum</i> Burm.		1 Tola
	7.	Gajwan			1 Tola
	8.	Sharkara	sugar		2 Ser
Method of preparation	Take 8 tola Ushava, 4 tola Manjishtha, 2 tola Mishreya, 25 nos Unnao, 25 nag Sapistana, 1 tola Hansraja and 1 tola Gajwan. Make Yavakut churna (coarsely powder) of the above ingredients and soak them in 8 times water overnight. Make decoction in the morning. After 1/8th (ashtamansh) water remains, take it out and filter. Then, prepare Sharbat by adding 2 ser of Sugar and following the standard procedure.				
Best use before	Within a day.				
Properties/Health benefits	-				
Classical Indications	Rakta dosha (bleeding disorder), Updansha (Sexually transmitted penile inflammation), Puyameha (Gonorrhea), Vatarakta (Gout), Kushtha (Skin diseases), Boils, Dadru (Ring worm), Visarpa (Erysipelus), Vishphota (Blisters), kandu (itching), rashes, agnimandhya (digestive impairment).				
Contraindications if any	-				
Special precautions	-				
Others	Dose - 1-2 tola, BD				

Name of formulation	Apple Sharbat				
Reference	Ay.S.S, Sharbat Prakaran, Pg. 574 (Unani Siddha Yoga Sangriha)				
Category	Pana (Drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Sev (Apple juice)	<i>Pyrus malus</i> L.	fruit	1 Paav
	2.	Sharkara	Sugar		½ Ser
Method of preparation	Take 1 paav of Apple juice and ½ ser of Mishri/sugar. Make Sharbat following the standard procedure.				
Best use before	Within a day.				
Properties/Health benefits	Cardiac tonic, bala vardhaka (strength promotor), dhatu vardhaka (improve dhatus).				
Classical Indications	Hridaya spandana (heart palpitation), Atisara (Diarrhoea), Chhardi (Vomiting), mansika ashanti (anxiety), bhrama (improper perception), dimagi kamjori (Mental weakness), avsada (depression), tiredness.				
Contraindications if any	-				
Special precautions	-				

Others	Dose - 1 tola Anupana - Arka Gajwan
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Name of formulation	Sankhapushpi Sharbat				
Reference	Ay.S.S, Sharbat Prakaran, Pg. 575				
Category	Pana (Drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Shankhapushpi	<i>Convolvulus pluricaulis</i> Choisy.	Whole plant	½ Paav
	2.	Brahmi	<i>Bacopa monnieri</i> (L.) Wettst	Whole plant	½ Chhatank
	3.	Sharkara	Sugar		5 Ser
	4.	Citric Acid			30 Ratti
Method of preparation	Soak ½ paav of Shakhapushpi and ½ chhatank of Brahmi in 3 ser ½ paav of Water in the evening. Boil it in the morning. When the water reduces to 2 ½ ser, filter it with a cloth. Mix 5 ser of Sugar and 30 ratti Citric acid and prepare it following the standard procedure.				
Best use before	Within a day.				
Properties/Health benefits	-				
Classical Indications	Unmada (Insanity), Apasmara (Epilepsy), Murchha (Syncope), Yoshapasmara (Hysteria), Snayu daurbalya (weak ligaments).				
Contraindications if any	-				
Special precautions	-				
Others	Dose - 1-2 tola Anupana - Arka Gajawan				

Name of formulation	Ardraka Sharbata				
Reference	RTS & SPS, part 1, Pg. 406				
Category	Pana (Drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Ardraka	<i>Zingiber officinale</i> Rosc.	Rhizome	1 part
	2.	Sharkara	Sugar		2 parts of Sugar
	3.	Kesara	<i>Crocus sativus</i> L.	Stamen	1 Masha
	4.	Ela	<i>Elettaria</i>	Fruit	3 Masha

			<i>Cardamomum Maton.</i>		
	5.	Jayaphala	<i>Myristica fragrans</i> Houtt	Fruit	3 Masha
	6.	Javitri	<i>Myristica fragrans</i> Houtt		3 Masha
	7.	Lavanga	<i>Syzygium aromaticum</i> (L.) Merr M.Perry	Flower bud	3 Masha
Method of preparation	Sediment Ardraka Swarasa for 2 hours and then collect the supernatant portion. Heat it with 2 parts of sugar until it reaches syrup consistency. Then add 1 masha kesara and 3 masha each of ela, jayaphala, javitri, and lavanga.				
Best use before	Within a day.				
Properties/Health benefits	-				
Classical Indications	Apachana (indigestion), aruchi (tastelessness), mandagni (impaired digestive fire), ajirna (dyspepsia), Aamvata (Rheumatoid arthritis), Shwasa (Asthma), Kasa (Cough), Atisara (Diarrhoea), Udarashula (Abdominal pain).				
Contraindication	-				
Special precautions	-				
Others	-				

**Shashkuli**

Name of formulation	Shashkuli				
Reference	Bha.Ni.11/125, Bho. Ku.Siddhanna Prakaran (Bhakshya vishesha)				
Category	Ashita (Etables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Samhita	<i>Triticum aestivum</i> L.	Seed	1 part
	2.	Ghrita	Ghee		Qs
Method of preparation	Make thin round pieces of Samita by adding Ghrita. Deep fry them in ghrita.				
Best use before	Within a day.				
Properties/Health benefits	As phenika.				
Classical Indications	Aruchi (Tastelessness), Daurbalya (Weakness), Karshya (Emaciation), Shukrakshaya (deficiency of semen).				
Contraindications if any	-				
Special precautions	-				
Others	-				

# **Madhushukta**

Name of formulation	Madhushukta				
Reference	Abhi.Chi57/14-15, V.M or Si.Yo.Sa., Karnarogadhikar 59/26, Pg. 557				
Category	Pana (drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Madhu	Honey		Qs
	2.	Jambira nimbu	<i>Citrus lemon</i> (L.) Burm.f.	Fruit	Qs
	3.	Pippalimula	<i>Piper longum</i> L.	Root	Qs
Method of preparation	Mix honey, Jambira swarasa and Pippali mula and keep it in Dhanya rashi (by pressing) for 1 month.				
Best use before	Within a day.				
Properties/Health benefits	-				
Classical Indications	-				
Contraindications if any	-				
Special precautions	-				
Others	-				



# Tarpana

Name of formulation	Kharjuradi tarpana				
Reference	Ca.Chi.4/33				
Category	Pana (drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Kharjura	<i>Phoenix dactylifera</i> L.	Fruit	1 part
	2.	Mridvika	<i>Vitis vinifera</i> L.	Fruit	1 part
	3.	Madhuka	<i>Madhuca indica</i> J.F.Gmel	Flower	Qs
	4.	Parushaka	<i>Grewia asiatica</i> L.	Fruit	1 part
	5.	Sharkara	Sugar		Qs
	6.	Amalaki	<i>Embllica officinalis</i> Gaertn.	fruit	1 part
Method of preparation	Process Water with Kharjura, Draksha, Amalaki, and Parushak. Then add Sugar to it.				
Best use before	Within a day.				
Properties/Health benefits	Madhura (sweet in taste), tikta (bitter), sheeta (cold in potency), ruksha (dry), laghu (light for digestion).				
Classical Indications	Tarpanartha in Raktapitta (Bleeding disorders).				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Lajadi tarpana				
Reference	Ca.Chi.4/34-35				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Laja	Parched rice		1 part
	2.	Goghrita	Ghee		Qs
	3.	Kshodra	Honey		Qs
Method of preparation	Mix powder of Laja (parched rice) with ghee and honey.				
Best use before	Within a day.				
Properties/Health benefits	Madhura (sweet in taste), sheeta (cold in potency), ruksha (dry), laghu (light for digestion).				
Classical Indications	Urdhwa raktapitta (bleeding disorder).				
Contraindications if any	-				
Special precautions	-				
Others	In agnimandhya and if Amlaras is satmya to patient then add Dadima				

	and Amalaki Churna in it.
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Name of formulation	Mudgadi tarpana				
Reference	Ga.Ni, Part-2, Kayachikitsa khand 17/28, Pg. 453				
Category	Pana (Drinkables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Satin	<i>Cicer arietinum</i> L.	Seed	1 part
	2.	Mudga	<i>Phaseolus radiates</i> L.	Seed	1 part
	3.	Jala	Water		Qs
Method of preparation	Process water with these ingredients.				
Best use before	Within a day.				
Properties/Health benefits	Laghu (light for digestion), Madhura (sweet in taste), sheeta (cold in potency), snigdha (unctuous), tarpana.				
Classical Indications	Complications of Madatyaya (Alcohol intoxication).				
Contraindications if any	-				
Special precautions	-				
Others					

Name of formulation	Dadimadi tarpana				
Reference	Ga.Ni part 2, Kayachikitsa khand 17/28 Pg. 453				
Category	Pana (Drinkables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Dadima	<i>Punica granatum</i> L.	Fruit	1 part
	2.	Amalaki	<i>Emblica officinalis</i> Gaertn.	Fruit	1 part
	3.	Mudga	<i>Phaseolus radiates</i> L.	Seed	1 part
	4.	Jala	Water		Qs
Method of preparation	Process water with these ingredients.				
Best use before	Within a day.				
Properties/Health benefits	Tarpana, laghu (light for digestion), Madhura (sweet in taste), snigdha (unctuous).				
Classical Indications	Complications of Madatyaya (alcohol intoxication).				
Contraindications if any	-				
Special precautions	-				

Others	-
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Name of formulation	Drakshadi tarpana				
Reference	Ga.Ni part 2, Kayacikitsa khand17/28, Pg. 453				
Category	Pana (Drinkables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Draksha	<i>Vitis vinifera</i> L.	Fruit	1 part
	2.	Amalaki	<i>Emblica officinalis</i> Gaertn.	Fruit	1 part
	3.	Kharjura	<i>Phoenix dactylifera</i> L.	Fruit	1 part
	4.	Parushaka	<i>Grewia asiatica</i> L.	Fruit	1 part
	5.	Mudga	<i>Phaseolus radiates</i> L.	Seed	1 part
	6.	Jala	Water		Qs
Method of preparation	Process Water with these ingredients.				
Best use before	Within a day.				
Properties/Health benefits	Tarpana, laghu (light for digestion), Madhura (sweet in taste), snigdha (unctuous).				
Classical Indications	Complications of Madatyaya (Alcohol intoxication).				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Laja tarpana					
Reference	A. Hri. Chi. 1/36					
Category	Pana (drinkable)					
Label claim	Health benefit					
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount	
	1.	Laja sattu	Powder of roasted paddy grains		1 part	
	2.	Jwara nasaka phala rasa	Dadima	<i>Punica granatum</i> L.	Fruit	Qs
			Draksha	<i>Vitis vinifera</i> L.	Fruit	Qs
	3.	Sharkara	Sugar		Qs	
4.	Madhu	Honey		Qs		
Method of preparation	Prepare juice of Fever-reducing fruits like Dadima, Draksha, Mausami, etc. Add Laja sattu to the juice, stir properly, then add					

	Sugar and Honey before drinking.
Best use before	Within a day.
Properties/Health benefits	Amla (sour), madhura (sweet in taste), rochaka (imparts taste), ruksha (dry)
Classical Indications	Jwara (Fever)
Contraindications if any	-
Special precautions	-
Others	-

**Udaka**

Name of formulation	Ushnodaka				
Reference	Sha.Sam (M. Kha. 2/162)				
Category	Pana (drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Jala	Water		1 part
Method of preparation	Boil water and reduce it to 1/8 or 1/4.				
Best use before	Within a day.				
Properties/Health benefits	Ushna (hot in potency), ama pachana (digestion of undigested food).				
Classical Indications	Kaphahara (alleviates kapha dosha), Amavata (Rheumatism), Medoroga (Obesity), Basti shodhan (cleanses urinary tract), Agnideepan (increases digestive fire), Kasa (Cough), Shwasa (Asthma), Jwara (Fever).				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Tandulodaka				
Reference	Bhai. Ra, Grahanirogadhikara, Chapter- 8, Shloka 32, V.M or Si.Yo.Sa., Grahani 4/20, Pg. 90				
Category	Paana (Drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Tandula	<i>Oryza sativa</i> L.	Seed	1 part
	2.	Jala	Water		8 part
Method of preparation	Take 1 part of Tandula and add 8 parts of water. Keep it closed in a mud pot for 2-6 hours. Then macerate the Tandula in water for 2-3 minutes. Filter and use.				
Best use before	Within a day.				
Properties/Health benefits	-				
Classical Indications	Grahani (Malabsorption syndrome).				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Madhudaka				
Reference	Bhai. Ra. Trishnarogadhikara ,Chapter- 20 , Shloka 17				
Category	Paana (drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Sheet vari	Cold water		1 part
	2.	Madhu	Honey		Qs
Method of preparation	Mix Cold Water with Honey.				
Best use before	Within a day.				
Properties/Health benefits	-				
Classical Indications	Trishna (thirst).				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Rudrakash jala				
Reference	Bhai. Ra, masurikarogadhikara , Chapter- 59 , Shloka 4				
Category	Pana (drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Paryushit jala	Stale water		1 part
	2.	Rudraksha	<i>Elaeocarpus ganitrus</i> Rosc.	Seed	Qs
	3.	Maricha	<i>Piper nigrum</i> L.	Fruit	Qs
Method of preparation	Take an equal quantity of Rudraksha and Maricha powder with Paryushit jala (Stale water).				
Best use before	-				
Properties/Health benefits	-				
Classical Indications	Masurika (Small pox).				
Contraindications if any	-				
Special precautions	-				
Others	Dose – 1 – 3 masha Time of consumption - At morning, 3 days.				



Name of formulation	Vyushit jala				
Reference	Bhai. Ra, Masurikarogadhikara , Chapter- 59, Shloka 11				
Category	Pana (drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Vyushit jala	Stale water		1 part
	2.	Madhu	Honey		Qs
Method of preparation	Drink honey with vyushit jala (stale water).				
Best use before	Within a day.				
Properties/Health benefits	-				
Classical Indications	Masurika (Small pox).				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Jalpana rasayana				
reference	Bhai. Ra, rasayanadhikara, chpt.73 ,shloka 24.				
Category	Pana (drinkable)				
Label claim	Health benefit				
	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Jala	Water		8 Prastha
Method of preparation	Drink 8 prastha of water before sunrise.				
Best use before	Before Sunrise.				
Properties/Health benefits	-				
Classical Indications	Vata pittaja roga (disease due to vata and pitta dosha), Rasayana (Rejuvenator).				
Contraindications if any	-				
Special precautions	-				
Others	Time of consumption – Usha kala				

Name of formulation	Sharkarodaka				
Reference	Bha.Ni.12/128, Bho. Ku.				
Category	Pana (Drinkables)				

Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Sharkara	Sugar	-	Qs
	2.	Ela	<i>Elettaria Cardamomum Maton.</i>	Fruit	Qs
	3.	Lavanga	<i>Syzygium aromaticum</i> (L.) Merr M.Perry	Flower bud	Qs
	4.	Karpura	<i>Cinnamomum karpura</i> (L.) Nees & V Eberm.,	Sub. extract	Qs
	5.	Maricha	<i>Piper nigrum</i> L.	fruit	Qs
	6.	Jala	Water		1 part
Method of preparation	Dissolve Sharkara in Water and add the powder of Ela, Lavanga, Karpura and Maricha to it.				
Best use before	Within a day.				
Properties/Health benefits	Shukrajanana (increases the production of semen), sheetala (cold in potency), sara (laxative), balya (strengthening), ruchi karak (imparts taste), laghu (light), swadu (sweet), vata pitta nashaka (alleviates vata and pitta dosha).				
Classical Indications	Murchha (Syncope), Vaman (Vomiting), Trishna (Thirst), daha (burning), Jwara (Fever).				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Lavangadi jala				
Reference	Bri. Ni.Ra., ajirnadhikar, Pg.43				
Category	Paana (drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Lavanga	<i>Syzygium aromaticum</i> (L.) Merr M.Perry	Flower bud	Qs
	2.	Jatiphal	<i>Myristica fragrans</i> Houtt	Fruit	Qs
	3.	Musta	<i>Cyperus rotundus</i> L.	Rhizome	Qs
	4.	Jala	Water		1 part
Method of preparation	Boil the fine powder of above mentioned drugs in water.				
Best use before	Within a day				
Properties/Health	Katu (pungent), Kashaya (Astringent), sheeta (cold in potency), ruksha				

benefits	(dry).
Classical Indications	Trishna (Thirst), Utklesh.
Contraindications if any	-
Special precautions	-
Others	-

Name of formulation	Dhanyodichya jala				
Reference	Cha.Da. 3/ 15, Pg. 36				
Category	Pana (Drinkables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Dhanyaka	<i>Coriandrum sativum</i> L.	Rhizome	Qs
	2.	Sugandhbala	<i>Pavonia odorata</i> Willd.	Root	Qs
	3.	Jala	Water		1 part
Method of preparation	Process water with Dhanyaka and Sugandhbala.				
Best use before	Within a day.				
Properties/Health benefits	Triptikaraka (satiating), dahanashaka (alleviates burning sensation).				
Classical Indications	Trishna (Thirst), Atisara (Diarrhoea).				
Contraindications if any	-				
Special precautions	-				
Others					

Name of formulation	Pachaka jala				
Reference	Ru.Ra, Shloka 90				
Category	Pana (Drinkables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Jala	Water		1 part
	2.	Chandana	<i>Santalum album</i> L.	Heartwood	Qs
	3.	Karpura	<i>Cinnamomum karpuraa</i> (L.) Nees & V Eberm.	Sub. extract	Qs
Method of preparation	At sunrise, filter the Water from the lake having fragrance of Lotus with red flowers. Fill it in the pitcher and make it fragrant with Chandana (Sandalwood) and Karpura. Keep this water in a golden vessel.				

Best use before	Within a day.
Properties/Health benefits	Tikta (bitter), sheeta (cold in potency), laghu (light).
Classical Indications	Pittaj vikara (diseases due to pitta dosha), Amlapitta (Hyperacidity), Trishna (thirst).
Contraindications if any	-
Special precautions	-
Others	

Name of formulation	Pachanakari Nimbu jala				
Reference	Ru.Ra, Shloka 90				
Category	Pana (Drinkables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Nimbu	<i>Citrus limon</i> (L.) Burm. F	Fruit	1 part
	2.	Jala	Water		Qs
	3.	Sharkara	Sugar		7 part
	4.	Karpura	<i>Cinnamomum karpura</i> (L.) Nees & V Eberm.	Sub. extract	Qs
Method of preparation	Take the juice of the ripened Nimbu and mix it with Water taken from the flowing river hitting the stones of the mountain. Mix seven time sugar in the lemon juice and scent it with Karpura.				
Best use before	Within a day.				
Properties/Health benefits	Katu (Pungent), Amla (Sour), sheeta (cold in potency), laghu (dry).				
Classical Indications	Aruchi (Tastelessness), agnimandhya (loss of appetite), Trishna (Thirst).				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Sthiradi toya				
Reference	Ca.Chi.16/114				
Category	Pana (drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount

	1.	Shalparni	<i>Desmodium gangeticum</i> D.C	Whole plant	Qs
	2.	Prishniparni	<i>Uraria picta</i> Desv.	Whole plant	Qs
	3.	Brihati	<i>Solanum indicum</i> L.	Whole plant	Qs
	4.	Kantakari	<i>Solanum surattense</i> Burm.f.	Whole plant	Qs
	5.	Gokshura	<i>Tribulus terrestris</i> L.	Whole plant	Qs
	6.	Jala	Water		1 part
Method of preparation	Process the water with Laghu Panchmula.				
Best use before	Within a day.				
Properties/Health benefits	Tikta (bitter), Katu (Pungent), ushna (hot in potency), laghu (light), vatapittashamak (alleviates vitiated vata and pitta dosha).				
Classical Indications	Pandua (Anaemia), Kamala (Jaundice).				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Draksha jala				
Reference	Ca.Chi.16/114				
Category	Paana (drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Draksha	<i>Vitis vinifera</i> L.	Fruit	Qs
	2.	Jala	Water		1 part
Method of preparation	Process the water with Draksha.				
Best use before	Within a day.				
Properties/Health benefits	Madhura (sweet in taste), snigdha (unctuous), anulomaka (downward movement of stool and flatus), sheeta (cold in potency).				
Classical Indications	Pandua (Anaemia), Kamala (Jaundice).				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Amalaki jala				
Reference	Ca.Chi.16/114				
Category	Paana (drinkable)				

Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Amalaki swarasa	<i>Emblica officinalis</i> Gaertn.	Fruit	Qs
	2.	Jala	Water		1 part
Method of preparation	Process the Water with Amalaki Swarasa.				
Best use before	Within a day.				
Properties/Health benefits	Amla (Sour), ushna (hot in potency), laghu (light).				
Classical Indications	Pandua (Anaemia), Kamala (Jaundice).				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Utkranodaka				
Reference	Pa.Da, 1/ 65-69				
Category	Pana (drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Tandula	<i>Oryza sativa</i> L.	Seed	Qs
	2.	Jala	Water	-	1 part
	3.	Mamsa	Meat	-	Qs
	4.	Kharbuja	<i>Citrullus vulgaris</i> Schrad.	Seed	Qs
	5.	Dhanyaka	<i>Coriandrum sativum</i> L.	Fruit	Qs
	6.	Pushpa	Flowers	-	Qs
	7.	Kasturi	Musk		Qs
	8.	Karpura	<i>Cinnamomum karpuraa</i> (L.) Nees & V Eberm.,	Sub. extract	Qs
Method of preparation	Cook the Tandula with an equal amount of Water. After the water boils, washed Meat is added. Subsequently, the seeds of Kharbuja (Musk melon) and Dhanyaka are sprinkled and the Meat is thoroughly cooked. After it cools down, Flowers, Kasturi and Karpura are added for fragrance. After a while, the Flowers are removed.				
Best use before	Within a day				
Properties/Health benefits	Tikta (bitter), kashaya (astringent), katu (pungent), ushna (hot in potency), ruksha (dry).				
Classical Indications	-				

Contraindications if any	-
Special precautions	-
Others	-

**Vada**



Name of formulation	Masha vada				
Reference	Bho. Ku. Bhakshya Prakaran, Pg. 54				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Masha	Phaseolus mungo L. non Rosc. & auct.	Seed	1 part
	2.	Hingu	Ferula asfoetida Regel.	Oleo resin gum	Qs
	3.	Ardra	<i>Zingiber officinale</i> Rosc.	Rhizome	Qs
	4.	Lavana	Rock salt	-	Qs
	5.	Taila	Oil	-	Qs
Method of preparation	Mix Masha (black gram) flour with salt, Ardra and Hingu (asafetida), shape the mixture into Vadas, and fry them in oil.				
Best use before	Within a day				
Properties/Health benefits	Dry Vadas are strengthening, growth promoting, increase virility, impart taste.				
Classical Indications	Beneficial in the diseases caused by vitiation of vata and Ardita (Facial paralysis), Constipation, aggravates Kapha dosha and stimulates the digestive fire.				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Kuravada				
Reference	Bho. Ku., Siddhanna Prakaran (Bhakshya vishesha)				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Tandula	<i>Oryza sativa</i> L.	Seed	1 part
	2.	Taila	Oil	-	Qs
Method of preparation	Prepare Vada from Tandula and cook in oil.				
Best use before	Within a day.				
Properties/Health	Heavy to digest, impart taste and instantly vitiate Kapha.				

benefits	
Classical Indications	-
Contraindications if any	-
Special precautions	-
Others	-

Name of formulation	Takra vada				
Reference	Bho. Ku., Siddhanna prakaran (Bhakshya vishesha)				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Vadas		-	10 to 12 nos
	2.	Takra	Butter milk	-	3 glasses
	3.	Jiraka	Cuminum cyminum L.	Fruit	2 tsps
	4.	Lavana	Salt		Qs
5.	Hingu	<i>Ferula asfoetida</i> Regel.	Oleo resin gum	1 pinch	
Method of preparation	Fry the Black gram vadas according to the recipe and set them aside. Lightly fry the powdered Hingu (Asafoetida) and Jeeraka(Cumin), then add them to the Takra (buttermilk). Mix thoroughly and add the salt, ensuring that it is well incorporated. Subsequently, soak the vadas in the Takra (buttermilk) for approximately 15 minutes before serving.				
Best use before	Within a day.				
Properties/Health benefits	Vadas soaked in buttermilk increase semen, augment strength, impart taste, are heavy to digest, treat constipation, cause burning sensation, increase Kapha and alleviate Vata.				
Classical Indications	-				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Mappati				
Reference	Bho. Ku., Siddhanna prakaran (Bhakshya vishesha)				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Masha	Phaseolus mungo L. non	seed	2 cup

			Rosc. & auct.z		
	2.	Grated Pumpkin	Cucurbita pepo	fruit	¾ cup
	3.	Ardraka	Zingiber officinale Rosc.	rhizome	1tsp
	4.	Maricha	<i>Piper nigrum</i> L.	fruit	1tsp
	5.	Jiraka	Cuminum cyminum L.	fruit	1tsp
	6.	Saindhava	Rock Salt		1/2 tsp
	7.	Methi	<i>Trigonella foenum-graecum</i> L.	seed	Qs
	8.	Taila	oil	for frying	As required
Method of preparation	Thoroughly Mix all the ingredients and keep the mixture aside for 10 minutes. Prepare a dough of medium consistency, adjusting with water as needed. Heat oil in a frying pan. Take small lemon-sized portions of the dough and shape them into small flat vadas by patting each ball on the palm of the hand. Gently drain the vadas into the heated oil and fry them until they attain a golden-brown color.				
Best use before	Within a day.				
Properties/Health benefits	According to the Bhojanakutuhalam, this dish alleviates pitta and treats the condition in which the blood is thin and light.				
Classical Indications	-				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Yogi Kohalavade				
Reference	Bho. Ku., Siddhanna prakaran (Bhakshya vishesha)				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Masha	Phaseolus mungo L. non Rosc. & auct.	Seed	1 cup
	2.	Grated Pumpkin	Cucurbita pepo	Fruit	1 cup
	3.	Ardraka	Zingiber officinale Rosc.	Rhizome	1tbsp
	4.	Maricha	<i>Piper nigrum</i> L.	Fruit	Qs
	5.	Jiraka	Cuminum cyminum L.	Fruit	1tsp
	6.	Saindhava	Rock Salt		Qs

		lavana			
	7.	Methi	<i>Trigonella foenum-graecum</i> L.	Seed	1tsp
	8.	Jala	<i>water</i>		Qs
Method of preparation	Thoroughly mix all the ingredients and keep the mixture aside for 10 minutes. Mix it once more and, if needed, add a little water to form a stiff dough. Take lemon-sized portions of the dough, shaping them into vadas, and allow them to dry in the sun. Once completely dried, store the vadas in an airtight container for use as needed. Deep-fry the vadas in oil before serving.				
Best use before	Within a day.				
Properties/Health benefits	Alleviates pitta dosha and Rakta Dosha, laghu (light).				
Classical Indications	-				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Kurma Kohalvade				
Reference	Bho. Ku., Siddhanna prakaran (Bhakshya vishesha)				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Wheat Flour	<i>Triticum aestivum</i> L.	Seed	1 cup
	2.	Mudga	<i>Phaseolus radiates</i> L.	Seed	1 cup
	3.	Masha	<i>Phaseolus mungo</i> L. non Rosc. & auct.	Seed	1 cup
	4.	Grated Pumpkin	<i>Cucurbita pepo</i>	Fruit	1 cup
	5.	Ardraka	<i>Zingiber officinale</i> Rosc.	Rhizome	1tbsp
	6.	Hingu	<i>Ferula asfoetida</i> Regel.	Oleo resin gum	1pinch
	7.	Jiraka	<i>Cuminum cyminum</i> L.	Fruit	1 tsp
	8.	Tila	<i>Sesamum indicum</i> L.	Seed	1 tsp
	9.	Lavana	Salt		Qs
10.	Jala	water		Qs	
Method of	Thoroughly mix all the ingredients and keep the mixture aside for 10				

preparation	minutes. Mix it again, and if needed, add a little water to make a stiff dough. Take lemon-sized portions of the dough, shaping them into vadas resembling a tortoise body, and dry them in the sun. Once completely dried, store the vadas in an airtight container for use as needed. Deep-fry the vadas in oil before serving
Best use before	Within a day.
Properties/Health benefits	According to the Bhojanakutuhalam this dish is not only tasty by itself but it is also help in treating conditions involving loss of taste.
Classical Indications	-
Contraindications if any	-
Special precautions	-
Others	-

Name of formulation	Wheat Kohalvade				
Reference	Bho. Ku., Siddhanna prakaran (Bhakshya vishesha)				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Wheat Flour	<i>Triticum aestivum</i> L.	Seed	1 cup
	2.	Mudga	<i>Phaseolus radiates</i> L	Seed	1 cup
	3.	Masha	Phaseolus mungo L. non Rosc. & auct	Seed	1 cup
	4.	Grated Pumpkin	Cucurbita pepo	Fruit	1 cup
	5.	Lavana	Salt		Qs
	6.	Jala	Water		Qs
Method of preparation	Thoroughly mix all the ingredients and keep it aside for 10 minutes. Afterward, mix it again, and if needed, add a little water to prepare a stiff dough. Form lemon-sized balls from the dough, shaping them. and allow them to dry in the sun. Once completely dried, store the vadas in an airtight container for use as needed. Deep-fry the vadas in oil before serving.				
Best use before	Within a day.				
Properties/Health benefits	This dish is not only tasty but it is also helpful in treating condition involving loss of taste.				
Classical Indications	-				
Contraindications if any	-				

Special precautions	-
Others	It is a type of vada based on wheat flour, two lentils, and the marrow of Pumpkin. It is a nutritious dish.

Name of formulation	Bimbade				
Reference	Bho. Ku., Siddhanna prakaran (Bhakshya vishesha)				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Marrow of Pumpkin	Cucurbita pepo	Fruit	3 cups
	2.	Jiraka	<i>Cuminum cyminum L.</i>	Fruit	1 tsp
	3.	Dalchini	<i>Cinnamomum Zeylanicum</i> Breyn. (B lume.	Stem bark	¼ tsp
	4.	Lavana	salt		Qs
	5.	Rice or Wheat Flour	<i>Oryza sativa L.</i>	Seed	½ cup
	6.	Ardraka	<i>Zingiber officinale</i> Rosc.	Rhizome	½ tsp (paste)
	7.	Hingu	<i>Ferula asfoetida</i> Regel.	Oleo resin gum	1 pinch
	8.	Dhanyaka	<i>Coriandrum sativum L.</i>	Fruit	2 tbsp (chopped)
Method of preparation	Mix all the ingredients and keep the mixture as it is for about 10 minutes to allow the flour to absorb moisture from the Pumpkin marrow or Ardraka. Subsequently, shape the mixture into palm sized vadas by patting on a flat plate. Lay out the vadas on a clean cloth and let them dry in the sun. Once thoroughly dried, store them in an airtight container for use as needed. Cook the vadas using embers before serving.				
Best use before	Within a day.				
Properties/Health benefits	The vadas prepared from wet Ardraka, Cumin seeds, Asfoetida and Dhanyaka leaves alleviates Kapha dosha and imparts taste.				
Classical Indications	-				
Contraindications if any	-				
Special precautions	-				
Others	The bimbade is a larger variety of vada being nearly as big as the size of the palm. The dish is light and easy to digest. Cook in the Embers of Wood or Charcoal . if it is not possible to cook in this manner, roast it on a tawa kept over a glass burner in low flame.				

Name of formulation	Avalvade				
Reference	Bho. Ku., Siddhanna prakaran (Bhakshya vishesha)				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Tandula	<i>Oryza sativa</i> L.	Seed	1 cup
	2.	Amalaki (Gooseberry)	<i>Embllica officinalis</i> Gaertn.	Fruit	2
	3.	Tila	<i>Sesamum indicum</i> L.	Seed	2 tsp
	4.	Lavana	Salt		Qs
	5.	Hingu	<i>Ferula asfoetida</i> Regel	Oleo resin gum	1 pinch
	6.	Taila	Oil		Qs
Method of preparation	Roast the Tandula and powder it in a grinder. Wash and grate the Amalaki. Grind the Tandula (rice) flour with the grated Amalaki, salt, Asafoetida and Sesame seeds together to a fine paste. Add water if necessary to make a stiff batter. Heat oil in a frying pan. Pinch out Pakoda-shaped uneven round balls of the dough and lower them into the heated oil. Fry until done. Serve hot with green chutney.				
Best use before	Within a day.				
Properties/Health benefits	Avalvades are easily digestible, aphrodisiac, alleviates pitta, helps to treat urinary disorders, promote ophthalmic health, imparts taste, alleviates the doshas and stimulate the digestive fire.				
Classical Indications	-				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Dahivade				
Reference	Bho. Ku., Siddhanna prakaran (Bhakshya vishesha)				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Tandula	<i>Oryza sativa</i> L.	Seed	2 cups
	2.	Dadhi	Curd		4 cups
	3.	Candied Sugar	Sugar cubes		6 nos
	4.	Lavana	Salt		Qs
	5.	Taila	Oil		Qs

Method of preparation	Take the Tandula (rice) flour in a bowl. Add salt and mix well. Add ½ cup of Curd and Water just sufficient to enable the preparation of a stiff dough. Pinch lemon-sized balls from the dough and keep them aside. Next, heat oil in a pan and fry the dough balls until they are done to a light brown shade. Drain the oil from the vadas and keep it aside. Beat the curd in a bowl and add the vadas and Sugar cubes. Allow the vadas to float in the curds for at least 10 minutes.
Best use before	Within a day.
Properties/Health benefits	Mitigates greatly vitiated Vata, imparts taste and cures severe pitta disorders.
Classical Indications	-
Contraindications if any	-
Special precautions	-
Others	-

Name of formulation	Kohala vade				
Reference	Ayu.Ma, Pakvanna varga (15 <sup>th</sup> varga)				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Kushmanda	<i>Benincasa hispida</i> (Thunb) Cogn.	Fruit	Qs
	2.	Ardra	<i>Zingiber officinale</i> Rosc.	Rhizome	Qs
	3.	Maricha	<i>Piper nigrum</i> L.	Fruit	Qs
	4.	Jiraka	<i>Cuminum cyminum</i> L.	Fruit	Qs
	5.	Saindhava lavana	Rock salt		Qs
	6.	Methika	<i>Trigonella foenum graecum</i> L.	Seed	Qs
	7.	Masha flour	<i>Phaseolus mungo</i> L. non Rosc. & auct.	Seed	1 part
Method of preparation	Mix all the ingredients with Masha flour and prepare vada from it.				
Best use before	Within a day.				
Properties/Health benefits	Madhura (sweet in taste), katu (pungent), ushna (hot in potency), ruksha (dry).				
Classical Indications	Daurbalya (Weakness), Karshya (Emaciation), Aruchi (Tastelessness)				
Contraindications if any	-				
Special precautions	-				



Others	-
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Name of formulation	Kura vada				
Reference	Ayu.Ma, Pakvanna varga (15 <sup>th</sup> varga)				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Pishta	<i>Pistacia vera</i> L.	Fruit	Qs
	2.	Hingu	<i>Ferula asfoetida</i> Regel.	Oleo resin gum	Qs
	3.	Ajaji	<i>Cuminum cyminum</i> L.	Fruit	Qs
	4.	Maricha	<i>Piper nigrum</i> L.	Fruit	Qs
	5.	Lavana	Salt		Qs
	6.	Ardra	<i>Zingiber officinale</i> Rosc.	Rhizome	Qs
	7.	Tandula	<i>Oryza sativa</i> L.	Seed	1 part
Method of preparation	Mix ingredients with Tandula (rice) flour, prepare vada from it and cook in oil.				
Best use before	Within a day.				
Properties/Health benefits	-				
Classical Indications	-				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Manda				
Reference	Bho. Ku. Bhakshya Prakaran, Pg. 62				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Godhuma	<i>Triticum aestivum</i> L.	Seed	1 part
	2.	Ela	<i>Elettaria Cardamomum</i> Maton.	Fruit	Qs
	3.	Lavanga	<i>Syzygiu aromaticum</i> (L.) Merr M.Perry	Flower bud	Qs

	4.	Karpura	<i>Cinnamomum karpuraa</i> (L.) Nees & V Eberm.	Sub. extract	Qs
	5.	Maricha	<i>Piper nigrum</i> L.	Fruit	Qs
	6.	Ghrita	Ghee		Qs
	7.	Jala	Water		Qs
	8.	Sita	Sharkara		Qs
	9.	Sugary syrup			Qs
Method of preparation	Knead Godhuma (Maida Flour) with ghee and water, prepare vadas with it, and fry these vadas in ghee until their water content evaporates. Subsequently, immerse these vadas in Sugary syrup containing Ela, Lavanga, Karpura, Maricha etc.				
Best use before	Within a day.				
Properties/Health benefits	Manda promotes growth, aphrodisiac, strengthening, heavy, alleviates pitta and vata, imparts taste and is recommended for those with a strong digestive fire.				
Classical Indications	-				
Contraindications if any	-				
Special precautions	-				
Others	All other types of savories prepared from Maida with the addition of Sugar and Ghee - are also similar to the above in their Properties.				

**Vataka**

Name of formulation	Shushka vataka				
Reference	Bha.Ni.12/51				
Category	Ashita (Edibles)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Masha	<i>Phaseolus mungo</i> L.non Rosc. & auct.	Seed	1 part
	2.	Ardraka	<i>Zingiber officinale</i> Rosc.	Rhizome	Qs
	3.	Haridra	<i>Curcuma longa</i> L.	Rhizome	Qs
	4.	Hingu	<i>Ferula asfoetida</i> Regel.	Oleo resin gum	Qs
5.	Taila	Oil		Qs	
Method of preparation	Prepare the Pishtika of Masha with Lavana, Ardraka, Hingu etc. make into round vataka. This is cooked in oil over mild fire.				
Best use before	Within a day.				
Properties/Health benefits	Balya (strength promotor), brimhana (nourish dhatus), virya vardhana (increases production of semen), vata hara (alleviates vata dosha), ruchi karaka (imparts taste), kapha karaka (increases kapha dosha),				
Classical Indications	Ardita (Facial paralysis), Vibandha (Constipation), dipta agni.				
Contraindications	-				
Special precautions	-				
Others	Beneficial for those having atyagni or excess digestive fire.				

Name of formulation	Kanjika vataka				
Reference	Bha.Ni.12/49				
Category	Ashita (Edibles)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Taila	Oil		Qs
	2.	Kalajaji	<i>Nigella sativa</i>	Fruit	Qs
	3.	Jiraka	<i>Cuminum cyminum</i> L.	Fruit	Qs
	4.	Saindhava lavana	Rock salt		Qs
	5.	Haridra	<i>Curcuma longa</i> L.	Rhizome	Qs
6.	Hingu	<i>Ferula asfoetida</i>	Oleo resin	Qs	

			Regel.	gum	
	7.	Masha Vataka	<i>Phaseolus mungo</i> L.non Rosc. & auct.		1 part
Method of preparation	Take a large earthen pot, smear its inner surface with Mustard oil, and then fill it with pure water. Add the powder of Rajika, Jiraka, Lavana, Hingu, Shunthi and Haridra. Immerse the Vataka prepared from Masha flour in the water. Seal the mouth of the pot and keep it undisturbed for three days. By this process the Vataka will become sour in taste.				
Best use before	Within a day.				
Properties/Health benefits	Rochaka (imparts taste), vata nashak (alleviates vata dosha), kapha karaka ((increases kapha dosha), shula nashaka (relieves pain).				
Classical Indications	Ajirna (Dyspepsia), Daha (Burning), Aruchi (Tastelessness).				
Contraindications	Netra roga (Eye disorders), kaphaj vikara (disease due to kapha dosha)				
Special precautions	-				
Others	-				

Name of formulation	Amlika vataka				
Reference	Bha.Ni.12/52				
Category	Ashita (Edibles)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Amlika	<i>Tamarindus indica</i> L.	Fruit	Qs
	2.	Jiraka	<i>Cuminum cyminum</i> L.	Fruit	Qs
	3.	Lavana	Salt		Qs
	4.	Hingu	<i>Ferula asfoetida</i> Regel.	Oleo resin gum	Qs
	5.	Haridra	<i>Curcuma Longum</i> L.	Rhizome	Qs
	6.	Jala	water		Qs
	7.	Masha	<i>Phaseolus mungo</i> L.non Rosc. & auct.	Seed	1 part
Method of preparation	Steam Amlika, then squeeze it in water. Process this Water by adding the powder of Jiraka, Lavana, Hingu and Haridra. Soak Vataka prepared from Masha flour in this water.				
Best use before	Within a day.				
Properties/Health benefits	Rochaka (imparts taste), agnideepana (stimulates digestive fire).				
Classical Indications	Aruchi (Tastelessness), Agnimandhya (loss of appetite).				
Contraindications	-				
Special precautions	-				

Others	-
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Name of formulation	Mudga vataka				
Reference	Bha.Ni.12/57, Ayu.Ma, Pakvanna varga (15 <sup>th</sup> varga)				
Category	Ashita (Edibles)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Mudga	<i>Phaseolus radiates</i> L.	Seed	1 part
	2.	Takra	Butter milk		Qs
	3.	Jiraka	<i>Cuminum cyminum</i> L.	fruit	Qs
	4.	Saindhav lavana	Rock salt		Qs
5.	Hingu	<i>Ferula asfoetida</i> Regel.	Oleo resin gum	Qs	
Method of preparation	Soak the vataka prepared from Mudga flour and the powder of roasted Jiraka, Saindhava lavana and Hingu in Takra.				
Best use before	Within a day.				
Properties/Health benefits	Laghu (light for digestion), sheeta (cold in potency), tridosha shamana (pacifies all three doshas).				
Classical Indications	Aruchi (Tastelessness), Sthaulya (Obesity), Agnimandhya (loss of appetite).				
Contraindications	-				
Special precautions	-				
Others	-				

Name of formulation	Masha vataka				
Reference	Bha.Ni.12/55, Bho. Ku. Siddhanna prakaran (Bhakshya vishesha)				
Category	Ashita (Edibles)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Masha	<i>Phaseolus mungo</i> L.non Rosc. & auct.	Seed	1 part
	2.	Hingu	<i>Ferula asfoetida</i> Regel.	Oleo resin gum	Qs
	3.	Lavana	Salt		Qs
	4.	Ardraka	<i>Zingiber officinale</i> Rosc.	Rhizome	Qs
5.	Jala	Water		Qs	

Method of preparation	Prepare vataka from the paste or dough of Masha flour. Add Hingu, Lavana and Ardraka to it, and beat it thoroughly. Shape it into vatika, then place them on cloth and let them dry in the sun. Once dried, either fry the vataka in oil or boil them in water.
Best use before	Within a day.
Properties/Health benefits	Ruchikara (imparts taste), ushna (hot in potency), tikshna (penetrating).
Classical Indications	Aruchi (Tastelessness), Agnimandhya (loss of appetite).
Contraindications	-
Special precautions	-
Others	-

Name of formulation	Mudga Ardraka vataka				
Reference	Bha.Ni.12/64				
Category	Ashita (Edibles)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Mudga	<i>Phaseolus radiates</i> L.	Seed	1 part
	2.	Hingu	<i>Ferula asfoetida</i> Regel.	Oleo resin gum	Qs
	3.	Ardraka	<i>Zingiberofficinale</i> Rosc.	Rhizome	Qs
	4.	Maricha	<i>Piper nigrum</i> L.	Fruit	Qs
	5.	Jiraka	<i>Cuminum cyminum</i> L.	Fruit	Qs
	6.	Yavani	<i>Trachyspermum ammi</i> L.	Fruit	Qs
	7.	Nimbu	<i>Citrus limon</i> (L.) Burm. F	Fruit	Qs
8.	Taila	oil		Qs	
Method of preparation	Cook vataka prepared from Mudga paste in oil. Then, make it into small pieces and manually powder it. Fry hingu, Ardraka, Maricha, Jiraka and Yavani in ghee. Add this mixture to the vataka powder and mix well with lemon juice. Half-fill a pot with water, cover the mouth with a thick cloth and tie it. Form ball-shaped pieces from the paste and place them on the cloth, covering them with a lid. Boil water in the pot, steam-cook the balls. Afterwards, fry them in oil and soak them in kwathita.				
Best use before	Within a day.				
Properties/Health benefits	Ruchikarak (imparts taste), laghu (light for digestion), bala karaka (strength promotor), agni deepak (stimulates digestive fire), tripti karaka (saturating), pathya (wholesome), tridosahara (alleviates all three doshas).				
Classical Indications	Agnimandhya (loss of appetite), Daurbalya (Weakness), Aruchi (Tastelessness).				

Contraindications	-
Special precautions	-
Others	-

Name of formulation	Ajmodadya vataka				
Reference	Cha.Da. 25/50-55,Pg.170, V.M or Si.Yo.Sa, Amavatatadhikara 25/62-66, Pg. 297				
Category	Ashita (Edibles)				
Label claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Ajmoda	<i>Trachyspermum roxburghianum</i> (DC.) Craib	Fruit	40 gm
	2.	Maricha	<i>Piper nigrum L.</i>	Fruit	40 gm
	3.	Pippali	<i>Piper longum L.</i>	Fruit	40 gm
	4.	vayavidanga	<i>Embelia ribes</i> Burm.f	Fruit	40 gm
	5.	Devdaru	<i>Cedrus deodara</i> (Rosc.) Loud.	Heart wood	40 gm
	6.	Chitraka	<i>Plumbago zeylanica L.</i>	Root	40 gm
	7.	Shatpushpa	<i>Anethum sowa</i> Kurz.	Fruit	40 gm
	8.	Saindhava lavana	Rock salt		40 gm
	9.	pippali	<i>Piper longum L.</i>	Fruit	40 gm
	10.	Shunthi	<i>Zingiber officinale</i> Roxb	Rhizome	400gm
	11.	Vidhara	<i>Argyreia speciosa</i> sweet.		400gm
	12.	Haritaki	<i>Terminalia chebula</i> Retz.	Fruit	250gm
13.	Guda	Jaggery		250gm	
Method of preparation	Take all the ingredients in specified quantities and form them into Vatakas with an equal quantity of jaggery.				
Best use before	Within 2 month.				
Properties/Health benefits	Katu (pungent), kashaya (astringent), ushna (hot in potency), ruksha (dry).				
Classical Indications	Aamvata (Rheumatism), Vishvachi (Brachial neuralgia), Pratituni (Renal/ureteric colic), Hridayaroga (Heart Disease), Gridhrasi (Sciatica), pain in waist, pelvis, rectum, bone and legs, swelling in joints.				
Contraindications	-				
Special precautions	-				



Others	Anupana - Ushnodaka
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Name of formulation	Dadhi shali vataka				
Reference	Ayu.Ma, Pakvanna varga (15 <sup>th</sup> varga)				
Category	Ashita (Edibles)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Tandula	Oryza species		1 part
	2.	Dadhi	Curd		Qs
	3.	Khanda	Sugar		Qs
Method of preparation	Mix Tandula (rice flour), Dadhi, Khand and prepare vada from it.				
Best use before	Within a day.				
Properties/Health benefits	Pitta shamaka (pacifies pitta dosha), ruchya (imparts taste).				
Classical Indications	-				
Contraindications	-				
Special precautions	-				
Others	-				

Name of formulation	Gholvataka				
Reference	Ru.Ra, Shloka 27				
Category	Ashita (Edibles)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Saindhava	Rock salt		Qs
	2.	Ardraka	<i>Zingiber officinale</i> Rosc.	Rhizome	Qs
	3.	Hingu	<i>Ferula asfoetida</i> Regel.	Oleo resin gum	Qs
	4.	Jiraka	<i>Cuminum cyminum</i> L.	Fruit	Qs
	5.	Maricha	<i>Piper nigrum</i> L.	Fruit	Qs
	6.	Takra	Buttermilk		Qs
Method of preparation	Mix an appropriate quantity of Saindhava salt, Ardraka, Hingu (Asafetida), Cumin (Jiraka), and Maricha and stuff it inside the vada. Then, immerse it in churned buttermilk flavored with Asafetida, etc.				
Best use before	Within a day.				

Properties/Health benefits	Katu (pungent), Amla (sour), ushna (hot in potency), ruksha (dry).
Classical Indications	Aruchi (Tastelessness), Daurbalya (Weakness), Vibandha (Constipation), Ajirna (Dyspepsia), Sthaulya (Obesity).
Contraindications	-
Special precautions	-
Others	-

Name of formulation	Chincha vataka				
Reference	Ru.Ra, Shloka 29				
Category	Ashita (Edibles)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Tila taila	<i>Sesamum indicum</i> L.		Qs
	2.	Chincha	<i>Tamarindus indica</i> L.	Fruit	Qs
	3.	Guda	Jaggery		Qs
	4.	Maricha	<i>Piper nigrum</i> L.	Fruit	Qs
Method of preparation	Cook Vataka in oil and mix an appropriate quantity of Chincha juice, Guda and Maricha.				
Best use before	Within a day.				
Properties/Health benefits	Katu (pungent), Amla (sour), ushna (hot in potency).				
Classical Indications	Aruchi (Tastelessness), Ajirna (Dyspepsia), Krimighna (Anthelmintic), Hridya (Cardiotonic), Raktapittashamaka (Bleeding disorders), Paittika atisara (Diarrhoea due to pitta dosha)				
Contraindications	-				
Special precautions	-				
Others	-				

Name of formulation	Rajika vataka				
Reference	Ru.Ra, Shloka 30				
Category	Ashita (Edibles)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Rajika	<i>Brassica juncea</i> (L.) Czern. & Coss.	Seed	Qs
	2.	Hingu	<i>Ferula asfoetida</i>	Oleo resin	Qs

			Regel.	gum	
	3.	Kanji	Fermented sour gruel		Qs
Method of preparation	Pour the water containing Rajika (mustard seeds) into the vessel with Hingu (Asafetida) smoke. Add the previously prepared Vadas to it and immerse them in the Kanji water.				
Best use before	Within a day.				
Properties/Health benefits	Katu (pungent), ruksha (dry), ushna (hot in potency), ruchya (imparts taste), daurbhya (weakness), krimi (antihelminthic), udara roga (abdominal diseases).				
Classical Indications	Aruchi (Tastelessness), Agnimandhya (loss of appetite).				
Contraindications	-				
Special precautions	-				
Others					

Name of formulation	Amalaki vataka				
Reference	Ru.Ra, Shloka 31				
Category	Ashita (Edibles)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Jiraka	Cuminum cyminum L.	Fruit	Qs
	2.	Saindhava lavana	Rock salt	-	Qs
	3.	Dadhi	Curd	-	Qs
	4.	Maricha	<i>Piper nigrum L.</i>	Fruit	Qs
	5.	Ela	<i>Elettaria Cardamomum Maton.</i>	Fruit	Qs
	6.	Takra	Buttermilk		Qs
	7.	Lentils		Seeds	1 part
Method of preparation	Prepare vataka by mixing lentil paste with churned curd, adding Jiraka (cumin seeds), Hingu (Asfoetida), Maricha, Saindhava salt, and Ela (cardamom) for aroma. Subsequently, immerse it in boiled Takra (buttermilk).				
Best use before	Within a day.				
Properties/Health benefits	Katu (pungent), ushna (hot in potency), ruksha (dry).				
Classical Indications	Aruchi (Tastelessness), Agnimandhya (loss of appetite).				
Contraindications	-				
Special precautions	-				
Others	-				

Name of formulation	Amalakiphala vataka				
Reference	Bho. Ku., Siddhanna prakaran (Bhakshya vishesha)				
Category	Ashita (Edibles)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Amalaki	<i>Emblica officinalis</i> Gaertn	Fruit	Qs
	2.	Tandula	<i>Oryza sativa</i> L.	Seed	1 part
	3.	Tila	<i>Cuminum cyminum</i> L.	Seed	Qs
	4.	Hingu	<i>Ferula asfoetida</i> Regel.	Oleo resin gum	Qs
	5.	Lavana	Salt		Qs
Method of preparation	Make a paste of Amalaki, Tandula (powdered fried rice), Grains, Tila (sesame seeds), Salt, and Hingu (asafoetida).				
Best use before	Within a day.				
Properties/Health benefits	Light to digest and aphrodisiac, alleviates pitta, treat urinary disorders, promote ophthalmic health, imparts taste, alleviate the doshas and stimulate the digestive fire.				
Classical Indications	-				
Contraindications	-				
Special precautions	-				
Others	-				

Name of formulation	Amlika vataka				
Reference	Bho. Ku., Siddhanna prakaran (Bhakshya vishesha)				
Category	Ashita (Edibles)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Masha	<i>Phaseolus mungo</i> L.non Rosc. & auct.	Seed	1 part
	2.	Hingu	<i>Ferula asfoetida</i> Regel.	Oleo resin gum	Qs
	3.	Lavana	Salt		Qs
	4.	Guda	Jaggery		Qs
	5.	Amlika	<i>Tamarindus indica</i> L.	Fruit	Qs
Method of preparation	Boil Tamarind, extract its aqueous content and season the extract. Float Vadas in the Tamarind extract, and season them with Jaggery, Hingu and Salt.				

Best use before	Within a day.
Properties/Health benefits	Alleviates pitta.
Classical Indications	Beneficial in thirst, fainting spells, injury, fever, abdominal disorders.
Contraindications	-
Special precautions	-
Others	-

Name of formulation	Dadhivataka (curd Vadas)				
Reference	Bho. Ku., Siddhanna prakaran (Bhakshya vishesh)				
Category	Ashita (Edibles)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Tandula	<i>Oryza sativa</i> L.	Seed	1 part
	2.	Khand	Sugar		Qs
	3.	Dadhi	Curd		Qs
Method of preparation	Prepare the vada from Tandula (rice flour), Dadhi (curd) and candied Sugar and allow to float in Dadhi (Curd).				
Best use before	Within a day.				
Properties/Health benefits	Mitigate greatly vitiated Vata, impart taste and cures severe pitta disorders.				
Classical Indications	-				
Contraindications	-				
Special precautions	-				
Others	-				

Name of formulation	Kadalikusum vataka				
Reference	Bho. Ku., Siddhanna prakaran (Bhakshya vishesh)				
Category	Ashita (Edibles)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Kadali kusum	<i>Musa Paradisiaca</i> / Plantain flower	Flower	1 part
	2.	Maricha	<i>Piper nigrum</i> L.	Fruit	Qs
	3.	Jiraka	<i>Cuminum cyminum</i> L.	Fruit	Qs
	4.	Lavana	Salt		Qs
	5.	Tila	<i>Sesamum indicum</i> L.	seed	Qs
Method of preparation	Prepare the vada from the mixture of Kadali pushpa (powdered plantain flowers), Jiraka (cumin seeds), Tila (sesame), Maricha				

	(powdered pepper) and Lavana (salt) by frying it in oil.
Best use before	Within a day.
Properties/Health benefits	Impart taste, aggravates pitta, and alleviates vata.
Classical Indications	-
Contraindications	-
Special precautions	-
Others	-

Name of formulation	Kushmanda vataka (Vadas made from pumpkin)				
Reference	Bho. Ku., Siddhanna prakaran (Bhakshya vishesh)				
Category	Ashita (Edibles)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Masha	<i>Phaseolus mungo</i> L.non Rosc. & auct.	Seed	1 part
	2.	Kushmand	<i>Benincasa hispida</i> (Thunb) Cogn.	Fruit	Qs
	3.	Maricha	<i>Piper nigrum</i> L.	Fruit	Qs
	4.	Methika	<i>Trigonella foenum</i> <i>graecum</i> L.	Seed	Qs
	5.	Ardraka	<i>Zingiber officinale</i> Rosc.	Rhizome	Qs
	6.	Jiraka	<i>Cuminum yimum</i> L.	Seed	Qs
	7.	Lavana	Rock Salt		Qs
Method of preparation	Prepare the vada from the flour of Masha (black-gram) mixed with Kushmand (Pumpkin), Ardraka, Maricha (Pepper), Jiraka (Cumin seeds), Saindhava (rock salt) and Methi (Fenugreek).				
Best use before	Within a day.				
Properties/Health benefits	Alleviates pitta dosha.				
Classical Indications	-				
Contraindications	-				
Special precautions	-				
Others	-				

Name of formulation	Nimba kusum vataka (Vadas made from flowers of Neem)				
Reference	Bho. Ku., Siddhanna prakaran (Bhakshya vishesh)				
Category	Ashita (Edibles)				

Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Nimba Kusum	<i>Azadirachta indica</i> L.	flower	1 part
	2.	Tila	<i>Sesamum indicum</i> L.	seed	Qs
	3.	Lavana	Salt		Qs
Method of preparation	Prepare the vada from flowers of Nimba, Tila and Salt.				
Best use before	Within a day.				
Properties/Health benefits	Alleviate kapha and pitta and helps to treat worm infestation and wounds.				
Classical Indications	-				
Contraindications	-				
Special precautions	-				
Others	-				

Name of formulation	Suranvataka				
Reference	Bho. Ku., siddhanna prakaran (bhakshya vishesh)				
Category	Ashita (Edibles)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Suran	<i>Amorphophallus campanulatus</i> (Rosc.) Blume.	Rhizome	1 part
	2.	Tila	<i>Sesamum indicum</i> L.	Seed	Qs
	3.	Jiraka	<i>Cuminum cyminum</i> L.	Fruit	Qs
	4.	Hingu	<i>Ferula asfoetida</i> Regel.	Oleo resin gum	Qs
	5.	Lavana	Salt		Qs
Method of preparation	Prepare the vada from above mentioned ingredients.				
Best use before	Within a day.				
Properties/Health benefits	Promotes strength, promotes excretion of faeces, imparts taste.				
Classical Indications	Beneficial in Haemorrhoids, Gulma (Abdominal lump) and weakened digestive fire.				
Contraindications	-				
Special precautions	-				
Others	-				

Name of formulation	Takra vataka				
Reference	Bho. Ku., Siddhanna prakaran (Bhakshya vishesh)				
Category	Ashita (Edibles)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Masha Vadas			10 nos
	2.	Chanaka	<i>Cicer arieticum</i> L.	Seed	1tbsp
	3.	Maricha	<i>Piper nigrum</i> L.	Fruit	1tsp
	4.	Hingu	<i>Ferula asfoetida</i>	Oleo resin gum	a pinch
	5.	Lavana	Salt		to taste
	6.	Dhanyaka	<i>Coriandrum sativum</i> L.	Leaves	1 tbsp
	7.	Takra	Buttermilk		4 glasses
Method of preparation	<p>Prepare vadas following the basic recipe for Black Gram Flour Vadas. However, when preparing the vadas, instead of flattening each dough ball and making a hole in the center before frying, lower the dough balls intact into the hot oil and fry them as round ball-shaped vadas. Let the vadas cook in the hot oil over medium flame until done. Add Buttermilk (Curd diluted with water) to all the ingredients, such as Bengal gram flour, Pepper powder, Asafoetida, Salt, and chopped Dhanyaka leaves. Churn thoroughly. Heat a thick-bottomed vessel on a low flame. Pour the Buttermilk mixture into it and stir well. When the volume of the Buttermilk is reduced by one half, add the vadas and immediately remove the vessel from the fire.</p>				
Best use before	Within a day.				
Properties/Health benefits	-				
Classical Indications	-				
Contraindications	-				
Special precautions	-				
Others	-				



**Vatika/Vati**

Name of formulation	Karpura vatika				
Reference	Ayu.Ma, Pakvanna varga (15 <sup>th</sup> varga)				
Category	Ashita (Eatable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Karpura	<i>Cinnamomum karpuraa</i> (L.) Nees & V Eberm.	Sub. extract	Qs
	2.	Ela	<i>Elettaria cardamomum</i> Maton.	Fruit	Qs
	3.	Madhu	Honey		Qs
	4.	Guda	Jaggery		Qs
Method of preparation	Prepare the Karpura vatika using Madhu, Guda, Ela and Karpura.				
Best use before	Within a week.				
Properties/Health benefits	Ruchya (imparts taste), balya (strength promotor), sthairya krita (produces stability), shukra vriddhi (increases production of semen), medo vriddhi (Obesity).				
Classical Indications	Daurbalya (Weakness), Aruchi (Tastelessness), Rajayakshma (Tuberculosis).				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Kushmand vati				
Reference	Bha.Ni.11/64				
Category	Ashita (Etables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Masha	<i>Phaseolus mungo</i> L. Non Rosc. & auct.	Seed	Qs
	2.	Hingu	<i>Ferula asfoetida</i> Regel.	Oleo resin gum	Qs

	3.	Lavana	Salt		Qs
	4.	Ardraka	<i>Zingiber officinale</i> Rosc.	Rhizome	Qs
	5.	Kushmand	<i>Benincasa hispida</i> (Thunb) Cogn.	Fruit	Qs
	6.	Taila	Oil		Qs
Method of preparation	Take Masha flour and add Hingu, Lavana, Ardraka and Kushmand pulp, then shape it into vataka and fry it in oil.				
Best use before	Within a week				
Properties/Health benefits	Laghu (light), pitta rakta vikara nashaka (alleviates the disease due to vitiation of pitta and rakta dosha), vrishya (aphrodisiac)				
Classical Indications	Agnimandhya (loss of appetite), Shukra kshaya (Oligospermia).				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Mudga vati				
Reference	Bha.Ni.11/17				
Category	Ashita (Etables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Mudga	<i>Phaseolus radiates</i> L.	Seed	Qs
	2.	Taila	Oil		Qs
	3.	Saindhava	Rock salt		Qs
	4.	Ardraka	<i>Zingiber officinarum</i> Rosc.	Rhizome	Qs
Method of preparation	Grind Mudga pishti, add Saindhava lavana (rock salt) and Ardraka in appropriate quantities, triturate the mixture thoroughly, shape it into small bari, and place it on a cloth. Dry it in the sun, then either roast it in oil or soak it in water and boil it. The resulting product is known as Mudga vati.				
Best use before	Within a week				
Properties/Health benefits	Pathyakara (wholesome), ruchi karaka (imparts taste), laghu (light for digestion).				
Classical Indications	Daurblya (Weakness), Aruchi (Tastelessness).				
Contraindications if any	-				
Special precautions	-				
Others	Anupana – Water				

Name of formulation	Vesana vatika
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Reference	Bha.Ni.11/79, Ayu.Ma, Pakvanna varga (15 <sup>th</sup> varga)				
Category	Ashita (Etables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Chanaka	<i>Cicer arietinum</i> L.	Seed	1 part
Method of preparation	Grind the dehusked Dala of Chanaka (Bengal gram) in a machine to convert it into flour. The resulting flour is referred to as Vesana. Make vataka from Vesana or Chanaka flour and soak it in Takra to prepare Vesana vatika.				
Best use before	Within a week				
Properties/Health benefits	Ruchi karaka (imparts taste), Vishtambha janaka (causes constipation), balya (strength promoter), pushtikara (nourishes the body).				
Classical Indications	Aruchi (Tastelessness), Daurblya (Weakness), Karshya (Emaciation).				
Contraindications if any	Constipation				
Special precautions	-				
Others	-				

Name of formulation	Taila vatika				
Reference	Ayu.Ma, Pakvanna varga (15 <sup>th</sup> varga)				
Category	Ashita (Eatable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Godhuma	<i>Triticum aestivum</i> L.	Seed	Qs
	2.	Guda	Jaggery		Qs
	3.	Taila	Oil		Qs
Method of preparation	Mix Godhuma with Guda and make it semi-solid. Then, fry it in taila.				
Best use before	Within a week.				
Properties/Health benefits	Vata shamaka (Alleviates vitiated vata dosha), kapha pitta prakopaka (Vitiates kapha and pitta dosha).				
Classical Indications	-				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Kurvati				
Reference	Ayu.Ma, Pakvanna varga (15 <sup>th</sup> varga), Ru.Ra				
Category	Ashita (Eatable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Shali pishta	<i>Oryza sativa</i> L.	Seed	Qs
	2.	Taila	Oil		Qs
	3.	Jala	Water		Qs
Method of preparation	Mix water with rice flour to form dough, shape it into small vada, and fry it in oil to get crispy Kurvati.				
Best use before	Within a week.				
Properties/Health benefits	Sadhya kapha prakopaka (Immediately vitiates the kapha dosha).				
Classical Indications	-				
Contraindications if any	-				
Special precautions	-				
Others	Anupana – Water				

Name of formulation	Cubukavati				
Reference	Bho. Ku., Siddhanna prakran (Bhakshya vishesha)				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Chanaka	<i>Cicer arietinum</i> L.	Seed	1 part
Method of preparation	The dal of Chanaka (Bengal-gram) undergoes mechanical dehusking and grinding to produce powdered Bengal-gram which is called Vesana. Prepare the vada from Vesana and immerse in kvathika.				
Best use before	Within a week.				
Properties/Health benefits	Such a Vada imparts taste, causes constipation, strengthening and nourishes the tissues.				
Classical Indications	-				
Contraindications if any	-				

Special precautions	-
Others	-

## **Vilepi**

Common preparation method of Vilepi :-

To prepare this Kalpana, mix Tandula (rice) and water in a 1:4 ratio. Take Tandula (rice) in a vessel along with four parts of water and boil it over a gentle flame until the rice is properly cooked or softened.

Name of formulation	Vilepi				
Reference	Kai. Ni.,5/42-44, Ca. Su13/23, Sho. Ni.963, A.S.Su 7/42, A. Hri. Su. 6/29, Su.su. 46				
Category	Ashita (Eatables)				
Label Claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Tandula	<i>Oryza sativa</i> L.	seed	1 part
	2.	Jala	Water		4 part
Method of preparation	Common preparation method of Vilepi				
Best use before	Within a day.				
Properties/Health benefits	Grahi (absorbent and astringent activity), laghu (light for digestion), madhura (sweet in taste), balakaraka (strength promotor), santarpaka (satiating).				
Classical Indications	In “Vranashukra” akshi roga.				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Udaramaya nashaka Vilepi				
Reference	Ga.Ni part 2, Kayachikitsa khand 32/139 Pg.714				
Category	Ashita (Eatables)				
Label Claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Kadali patra Bhasma	<i>Musa paradisiaca</i> L.	Leaf	
	2.	Jala	Water		4 Chhatank
	3.	Tandula	<i>Oryza sativa</i> L.	Seed	1 Chhatank
Method of preparation	First, dissolve the Kadali bhasma in water, then filter the water. Take Tandula (rice) in a vessel along with four parts of water and boil it over a gentle flame until the rice is properly cooked or softened.				
Best use before	Within a day.				
Properties/Health benefits	Madhura (sweet in taste), sheeta (cold in potency), snigdha (unctuous).				
Classical Indications	Udara Roga (Abdominal disease).				
Contraindications if any	-				

Special precautions	-
Others	-

## **Yavagu**

Common preparation method of yavagu :-

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/decoction remains. Strain the decoction through a cotton cloth into a vessel. Add rice to the decoction in a ratio of 1:6. Cook over medium flame until the rice is properly cooked/softened.



Name of formulation	Yavagu				
Reference	Kai. Ni.,5/37				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Tandula	<i>Oryza sativa</i> L.	Seed	1part
	2.	Jala	Water		6 part
Method of preparation	Common preparation method of Yavagu.				
Best use before	Within a day.				
Properties/Health benefits	Madhura (sweet in taste), sheeta (cold in potency).				
Classical Indications	Jwara (Fever), Trishna (thirst), Atisara (Diarrhoea) and it is also Bastishodhaka (purifies urinary bladder).				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Vidangadi Yavagu				
Reference	Cha.Da. 7/ 9, Pg. 78, Ga.Ni Part 2, Kayachikitsa khand 6/22, Pg.264				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Vayavidanga	<i>Embelia ribes</i> Burm.f	Fruit	1/5 part
	2.	Pippalimula	<i>Piper longum</i> L.	Root	1/5 part
	3.	Shigru	<i>Moringa oleifera</i> Lam	Leaves	1/5 part
	4.	Maricha	<i>Piper nigrum</i> L.	Fruit	1/5 part
	5.	Takra	Buttermilk		16 part
	6.	Sajjikshara			1/5 part
	7.	Tandula	<i>Oryza sativa</i> L.	Seed	1/6 part of decoction
Method of preparation	Prepare Yavagu/gruel with Buttermilk using Vidanga, Pippalimula, Shigru, Maricha, and Svarjika kshara.				
Best use before	Within a day.				
Properties/Health benefits	Katu (pungent), ushna (hot in potency), ruksha (dry).				

Classical Indications	Kriminashaka (Anthelmintic).
Contraindications if any	-
Special precautions	-
Others	-

Name of formulation	Shulaghni Yavagu				
Reference	Cha.Da. 26/42, Pg.177				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Pippali	<i>Piper longum</i> L.	Fruit	1/5 part
	2.	Pippalimula	<i>Piper longum</i> L.	Root	1/5 part
	3.	Chavya	<i>Piper chaba</i> Hunter, non Blume.	Stem	1/5 part
	4.	Chitraka	<i>Plumbago zeylanica</i> L.	Root	1/5 part
	5.	Shunthi	<i>Zingiber officinale</i> Rosc	Rhizome	1/5 part
	6.	Tandula	<i>Oryza sativa</i> L.	Seed	1/6 part of decoction
	7.	Jala	Water		16 part
Method of preparation	Common preparation method of Yavagu kalpana.				
Best use before	Within a day.				
Properties/Health benefits	-				
Classical Indications	Jatharagni deepaka (stimulates digestive fire), Shulanashaka (alleviates colic).				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Samangadi Yavagu				
Reference	Cha.Da. 64/36, Pg.397				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Samanga (lajjalu)	<i>Mimosa pudica</i> L.	Whole plant	¼ part
	2.	Dhataki	<i>Woodfordia</i>	Flower	¼ part

		pushpa	<i>fruiticosa</i> (L.) Kurz		
	3.	Guduchi	<i>Tinospora cordifolia</i> (Willd.) Miers	Stem	¼ part
	4.	Kapikacchu mula	<i>Mucuna prurita</i> Hook.	Root	¼ part
	5.	Tandula	<i>Oryza sativa</i> L.	Seed	1/6 part of decoction
	6.	Jala	water		16 part
Method of preparation	Common preparation method of Yavagu Kalpana.				
Best use before	Within a day.				
Properties/Health benefits	Tikta (bitter), kashaya (astringent), ruksha (dry).				
Classical Indications	Diarrhoea				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Mocharasadi Yavagu				
Reference	Cha.Da.64/39, Pg.397, Ga.Ni, Triteeya khanda (Kaumartantra Balarogadhikar) 11/64 , Pg. 529				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Mocharasa	<i>Bombax ceiba</i> L.	Exudate	¼ part
	2.	Samanga (lajjalu)	<i>Mimosa pudica</i> L.	Whole plant	¼ part
	3.	Dhataki pushpa	<i>Woodfordia fruiticosa</i> (L.) Kurz	Flower	¼ part
	4.	Kamal Kesara	<i>Nelumbo nucifera</i> Gaertn.	Stamen	¼ part
	5.	Tandula	<i>Oryza sativa</i> L.	Seed	1/6 part of decoction
	6.	Jala	Water		16 part
Method of preparation	Common preparation method of Yavagu kalpana.				
Best use before	Within a day.				
Properties/Health benefits	Kashaya (astringent), tikta (bitter), sheeta (cold in potency), pichhil (slimy).				
Classical Indications	Bloody diarrhoea.				
Contraindications if	-				

any	
Special precautions	-
Others	

Name of formulation	Hikkashwasa Yavagu				
Reference	Ga.Ni, Part-2, Kayachikitsa khand 11/65 Pg. 369				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Shuddha Hingu	<i>Ferula asfoetida</i> Regel	Oleo resin gum	Qs
	2.	Sauvarchala Lavana	Black Salt		Qs
	3.	Krishna Jiraka	<i>Cuminum cyminum</i> L.	Fruit	¼ part
	4.	Vida lavana	Black salt		Qs
	5.	Pushkaramula	<i>Inula racemosa</i> Hook.f.	Root	¼ part
	6.	Chitraka	<i>Plumbago Zeylanica</i> L.	Root	¼ part
	7.	Karkatashringi	<i>Pistacia integerrima</i> Stewart ex Brandis.	Gall	¼ part
	8.	Tandula	<i>Oryza sativa</i> L.	Seed	1/6 part of decoction
9.	Jala	Water		16 part	
Method of preparation	Common preparation method of Yavagu.				
Best use before	Within a day.				
Properties/Health benefits	Ushna (hot in potency), kaphaghna (mitigates kapha dosha), deepana, (increases digestive fire), pachana (easy to digest).				
Classical Indications	Hikka (Hiccup), Shwasa (Asthma).				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Tridoshaghni Vyaghradi Yavagu
Reference	Cha.Da. 1/ 27, Pg. 4
Category	Ashita (Eatables)
Label claim	Health benefit

Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Kantakari	<i>Solanum surattense</i> Burm.f.	Whole plant	1/3 part
	2.	Yavasa	<i>Alhagi camelorum</i> Fisch.	Whole plant	1/3 part
	3.	Gokshura	<i>Tribulus terrestris</i> L.	Whole plant	1/3 part
	4.	Tandula	<i>Oryza sativa</i> L.	Seed	1/6 part of decoction
	5.	Jala	Water		16 part
Method of preparation	Yavagu processed with Kantakari, Duralabha, and Gokshura.				
Best use before	Within a day.				
Properties/Health benefits	Tridoshanashaka (alleviates all three doshas).				
Classical Indications	Jwara (Fever).				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Amradi Yavagu				
Reference	Sha. Sa. (M. Kha. 2/155)				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Amra	<i>Mangifera indica</i> L.	Fruit	1/3 part
	2.	Amrataka	<i>Spondias pinnata</i> (L.f.) Kurz	Fruit	1/3 part
	3.	Jambutwaka	<i>Syzygium cuminii</i> (L.) Skeels	Stem bark	1/3 part
	4.	Shali Tandula		Seed	1/6 part of decoction
	5.	Jala	Water		16 part
Method of preparation	Common preparation method of Yavagu.				
Anupana	None				
Properties/Health benefits	Amla (sour), madhura (sweet in taste), kashaya (astringent), sheeta (cold in potency), tridosahara (alleviates all three doshas), ruksha (dry), laghu (light for digestion), purishasangrahaniya (retains quantity of stool), mutrasangrahaniya (retains quantity of urine).				
Classical Indications	Grahani (Malabsorption syndrome).				
Contraindications if	-				

any	
Special precautions	-
Others	-

Name of formulation	Chitrakadi Yavagu				
Reference	Yo.R. Ajirna Chikitsa, 104				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Chitraka	<i>Plumbago Zeylanica L.</i>	Root	1/5 part
	2.	Shunthi	<i>Zingiber officinale</i> Roxb	Rhizome	1/5 part
	3.	Chavya	<i>Piper chaba</i> Hunter, non Blume.	Stem	1/5 part
	4.	Pippali	<i>Piper longum L.</i>	Fruit	1/5 part
	5.	Ajvayana	<i>Trachyspermum ammi</i> (L.) Sprague	Fruit	1/5 part
	6.	Tandula	<i>Oryza sativa L.</i>	Seed	1/6 part of decoction
	7.	Jala	Water		16 part
Method of preparation	Common preparation method of Yavagu.				
Best use before	Within a day.				
Properties/Health benefits	Madhura (sweet in taste), tikta (bitter), katu (pungent), ushna (hot in potency), ruksha (dry).				
Classical Indications	Gulma (Abdominal lump), Vatashula (pain due to vata dosha).				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Dashmuladi Yavagu				
Reference	Yo.R. Hikka Chikitsa, Shloka 18-19				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Dashmula	Shalaparni	<i>Desmodium gangeticum</i> DC.	Whole plant
			Prishnaparni	<i>Uraria picta</i> Desv.	Whole plant

		Brihati	<i>Solanum indicum</i> L.	Whole plant	1/10 part
		Kantakari	<i>Solanum surattense</i> Burm.f.	Whole plant	
		Gokshura	<i>Tribulus terrestris</i> L.	Whole plant	
		Bilwa	<i>Aegle marmelos</i> Correa ex Roxb	Stem bark	
		Agnimantha	<i>Clerodendrum phlomidis</i> L.	Stem bark	
		Shyonaka	<i>Oroxylum indicum</i> Vent.	Stem bark	
		Patala	<i>Stereospermum suaveolens</i> DC	Stem bark	
		Gambhari	<i>Gmelina arborea</i> Roxb	Stem bark	
2.	Shati		<i>Hedychium spicatum</i> Ham. Ex Smith	Rhizome	1/10 part
3.	Rasna		<i>Pluchea lanceolata</i> Oliver & Hem	Leaves	1/10 part
4.	Pippali		<i>Piper longum</i> L.	Fruit	1/10 part
5.	Shunthi		<i>Zingiber officinale</i> Rosc.	Rhizome	1/10 part
6.	Pushkarmula		<i>Inula racemosa</i> Hook. f.	Root	1/10 part
7.	Shringi		<i>Pistacia integerrima</i> Stewart ex Brandis.	Gall	1/10 part
8.	Amalaki		<i>Emblica officinalis</i> Gaertn.	Fruit	1/10 part
9.	Bharangi		<i>Clerodandrum serratum</i> (L.) Moon.	Whole plant	1/10 part
10.	Guduchi		<i>Tinospora cordifolia</i> (Willd.)	Stem	1/10 part
11.	Tandula		<i>Oryza sativa</i> L.	Seed	1/6 part of decoction
12.	Jala		Water		16 part
Method of preparation	Common preparation method of Yavagu.				

Best use before	Within a day.
Properties/Health benefits	Madhura (sweet in taste), tikta (bitter), katu (pungent), ushna (hot in potency), ruksha (dry).
Classical Indications	Kasa (Cough), Shwasa (Asthama), Hikka (Hiccup), Parshwashula (Intercostal neuralgia).
Contraindications if any	-
Special precautions	-
Others	Anupana - Madhu

Name of formulation	Hingawadi Yavagu				
Reference	Yo.R.Hikka Chikitsa, Shloka 20				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Hingu	<i>Ferula asfoetida</i> Regel	Oleo resin gum	Qs
	2.	Sauvarchala Lavana	Black Salt		Qs
	3.	Jiraka	<i>Cuminum cyminum</i> L.	Fruit	1/5 part
	4.	Vid lavana			Qs
	5.	Pushkarmula	<i>Inula racemosa</i> Hook. f.	Root	1/5 part
	6.	Chitraka	<i>Plumbago Zeylanica</i> L.	Root	1/5 part
	7.	Shati	<i>Hedychium spicatum</i> Ham.	Rhizome	1/5 part
	8.	Karkatashringi	<i>Pistacia integerrima</i> Stewart ex Brandis.	Gall	1/5 part
	9.	Tandula	<i>Oryza sativa</i> L.	Seed	1/6 part of decoction
10.	Jala	Water		16 part	
Method of preparation	Common preparation method of Yavagu.				
Best use before	Within a day.				
Properties/Health benefits	-				
Classical	Shwasa (Asthama), Hikka (Hiccup).				



Indications	
Contraindications if any	-
Special precautions	-
Others	-

Name of formulation	Mudgadi Yavagu				
Reference	Abhi. chi. 5/169-172				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Raktashali	<i>Oryza sativa</i> L.	Seed	1/7 part
	2.	Shashtik		Seed	1/7 part
	3.	Laja	<i>Oryza sativa</i> L.		1/7 part
	4.	Mudga	<i>Phaseolus radiatus</i> L. non Rosc. & auct.	Seed	1/7 part
	5.	Masura	<i>Lens culinaris</i> Medic	Seed	1/7 part
	6.	Chanaka	<i>Cicer arietinum</i> L.	Seed	1/7 part
	7.	Kulattha	<i>Dolichus biflorus</i> L.	Seed	1/7 part
	8.	Jala	Water		6 part
Method of preparation	Common preparation method of Yavagu.				
Best use before	Within a day.				
Properties/Health benefits	Shleshma vardhaka (increases phlegm).				
Classical Indications	Jwara (Fever).				
Contraindications if any					
Special precautions					
Others					

Name of formulation	Usheeradi Yavagu				
Reference	Abhi. Chi. 61/86				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Usheera	<i>Vetiveria Zizanioides</i> (L.)	Root	1/3 part

			Nash.		
	2.	Draksha	<i>Vitis vinifera</i> L.	Fruit	1/3 part
	3.	Madhuka	<i>Madhuca indica</i> J. F. Gmel.	Flower	1/3 part
	4.	Tandula	<i>Oryza sativa</i> L.	Seed	1/6 part of decoction
	5.	Jala	Water		16 part
Method of preparation	Common preparation method of Yavagu.				
Best use before	Within a day.				
Properties/Health benefits	-				
Classical Indications	Raktpitta (Bleeding disorder)				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Laghupanchmula Yavagu					
Reference	Bhai. Ra. Chardirogadhikara, Chapter 19, Shloka 3.					
Category	Ashita (Eatables)					
Label claim	Health benefit					
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount	
	1.	Laghupanchmula	Shalaparni	<i>Desmodium gangeticum</i> DC.	Whole plant	1/5 part
			Prishniparni	<i>Uraria picta</i> Desv.	Whole plant	1/5 part
			Kantakari	<i>Solanum surattense</i> Burm.f.	Whole plant	1/5 part
			Brihati	<i>Solanum indicum</i> L.	Whole plant	1/5 part
			Gokshura	<i>Tribulus terrestris</i> L.	Whole plant	1/5 part
	2.	Tandula	<i>Oryza sativa</i> L.	Seed	1/6 part of decoction	
3.	Jala	Water		16 part		
Method of preparation	Common preparation method of Yavagu.					
Best use before	Within a day.					
Properties/Health benefits	-					

Classical Indications	Vataja Chardi (Vomiting due to vata dosha).
Contraindications if any	-
Special precautions	-
Others	Anupana - Madhu

Name of formulation	Pippalyadi Yavagu				
Reference	A.S.Chi.2/105-106				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Pippali	<i>Piper longum</i> L.	Fruit	¼ part
	2.	Pippalimula	<i>Piper longum</i> L.	Root	¼ part
	3.	Yavani	<i>Trachyspermum ammi</i> (L.)	Fruit	¼ part
	4.	Chavya	<i>Piper chaba</i> Hunter, non Blume.	Stem	¼ part
	5.	Tandula	<i>Oryza sativa</i> L.	Seed	1/6 part of decoction
6.	Jala	Water		16 part	
Method of preparation	Common preparation method of Yavagu.				
Best use before	Within a day.				
Properties/Health benefits	Katu (pungent), ushna (hot in potency), ruksha (dry), kaphashamaka (pacifies kapha dosha).				
Classical Indications	Vata anulomaka (downward movement of flatus), Anaha (distention of abdomen due to obstruction to passage of urine and stools).				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Sarshapadi Yavagu				
Reference	A.S.Chi.5/136				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Sarshapa	<i>Brassica campestris</i> L.	Seed	1/8 part
	2.	Gandear	<i>Coleus forskohlii</i>	root	1/8 part

			Briq.		
	3.	Vidanga	<i>Embelia ribes</i> Burm.f	Fruit	1/8 part
	4.	Pippali	<i>Piper longum</i> L.	Fruit	1/8 part
	5.	Chitraka	<i>Plumbago zeylanica</i> L.	Root	1/8 part
	6.	Haritaki	<i>Terminalia chebula</i> Retz.	Fruit	1/8 part
	7.	Maricha	<i>Piper nigrum</i> L.	Fruit	1/8 part
	8.	Shunthi	<i>Zingiber officinale</i> Rosc.	Rhizome	1/8 part
	9.	Tandula	<i>Oryza sativa</i> L.	Seed	1/6 part of decoction
	10.	Jala	Water		16 part
Method of preparation	Common preparation method of Yavagu.				
Best use before	Within a day.				
Properties/Health benefits	Katu (pungent), tikta (bitter), ushna (hot in potency), ruksha (dry), krumighna (anthelmintic), deepana (increases digestive fire), pachana (easy to digest).				
Classical Indications	Kasa (Cough), Hikka (Hiccup), Shwasa (Asthma), Pinasa (Coryza), Pandu (Anaemia), Kshaya (Pthisis), Shotha (Inflammation), Karna shula (Earache).				
Contraindications if any	-				
Special precautions	-				
Others	Sahapana – Ghrita, lavana				

Name of formulation	Yavadi Yavagu				
Reference	A.S.Chi.7/70				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Yava	<i>Hordeum vulgare</i> L.	Fruit	1/6 part of decoction
	2.	Ghrita	Ghee		Qs
	3.	Taila	Oil		Qs
	4.	Pippali	<i>Piper longum</i> L.	Fruit	½ part
	5.	Amalaki	<i>Embllica officinalis</i> Gaertn.	Fruit	½ part
	6.	Jala	Water		16 part

Method of preparation	Common preparation method of Yavagu.
Best use before	Within a day.
Properties/Health benefits	Katu (pungent), ushna (hot in potency).
Classical Indications	Kaphaja Swarbheda (Hoarseness of voice due to kapha dosha).
Contraindications if any	-
Special precautions	-
Others	Pippali and shunthi should be taken after administration of Yavagu.

Name of formulation	Laghupanchamuladi yavagu					
Reference	A.S.Chi.11/5					
Category	Ashita (Eatables)					
Label claim	Health benefit					
Ingredients	S. No	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount	
	1.	Laghu panchmula	Shalaparni	<i>Desmodium gangeticum</i> DC.	Whole plant	1/14 part
			Prishniparni	<i>Uraria picta</i> Desv.	Whole plant	
			Kantakari	<i>Solanum surattense</i> Burm.f.	Whole plant	
			Brihati	<i>Solanum indicum</i> L.	Whole plant	
			Gokshura	<i>Tribulus terrestris</i> L.	Whole plant	
	2.	Panchakola	Pippali	<i>Piper longum</i> L.	Fruit	1/14 part
			Pippalimula	<i>Piper longum</i> L.	Root	
			Chavya	<i>Piper retrofractum</i> Vahl.	Stem	
			Chitraka	<i>Plumbago zeylanica</i> L.	Root	
			Nagara	<i>Cyperus rotundus</i> L.	Rhizome	
	3.	Bala	<i>Sida cordifolia</i> L.	Root	1/14 part	

	4.	Bilva	<i>Aegle marmelos</i> <i>Correa ex</i> Rosc.	Fruit	1/14 part
	5.	Patha	<i>Cissampelos</i> <i>pareira L.</i>	Root	1/14 part
	6.	Hingu	<i>Ferula</i> <i>asfoetida Regel.</i>	Oleo resin gum	1/14 part
	7.	Dhanyaka	<i>Coriandrum</i> <i>sativum L.</i>	Fruit	1/14 part
	8.	Jiraka	<i>Cuminum</i> <i>cuminum L.</i>	Fruit	1/14 part
	9.	Shati	<i>Hedychium</i> <i>spicatum Ham.</i>	Rhizome	1/14 part
	10.	Palasha	<i>Butea</i> <i>monosperma</i> (Lam) Kuntze	Stem bark	1/14 part
	11.	Hapusha	<i>Juniperus</i> <i>communis L.</i>	Fruit	1/14 part
	12.	Yavani	<i>Trachyspermum</i> <i>ammi (L.</i>	Fruit	1/14 part
	13.	Dadima	<i>Punica</i> <i>granatum L.</i>	Seed	1/14 part
	14.	Tintidika	<i>Tamarindus</i> <i>indica L.</i>	Fruit	1/14 part
	15.	Vida lavana			Qs
	16.	Tandula	<i>Oryza sativa L.</i>	Seed	1/6 part of decoction
	17.	Jala	Water		16 part
Method of preparation	Common preparation method of Yavagu.				
Best use before	Within a day.				
Properties/Health benefits	Tikta (bitter), katu (pungent), ushna (hot in potency), deepana (increases digestive fire), pachana (easy to digest), grahi (holding fluids /astringent activity).				
Classical Indications	Atisara (Diarrhoea).				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Madhukadi yavagu
Reference	A.S.Chi.11/18
Category	Ashita (Eatables)

Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Madhuka	<i>Madhuca indica</i> J.F.Gmel	Flower	1/5 part
	2.	Priyangu	<i>Calicarpa macrophylla</i> Vahl	Inflorescence	1/5 part
	3.	Katvanga	<i>Oroxylum indicum</i> Vent.	Fruit	1/5 part
	4.	Dadima	<i>Punica granatum</i> L.	Seed	1/5 part
	5.	Dadhi	Curd		1/5 part
	6.	Tandula	<i>Oryza sativa</i> L.	Seed	1/6 part of decoction
	7.	Jala	Water		16 part
Method of preparation	Common preparation method of Yavagu.				
Best use before	Within a day.				
Properties/Health benefits	Madhura (sweet in taste), Amla (sour), ushna (hot in potency)				
Classical Indications	Pittaja Atisara (Diarrhoea due to pitta dosha).				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Gokshuradi yavagu				
Reference	A.S.Chi.13/22, Ka. Khi. 4/82				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Gokshura	<i>Tribulus terrestris</i> L.	Whole plant	½ part
	2.	Kantakari	<i>Solanum surratense</i> Burm.f.	Whole plant	½ part
	3.	Tandula	<i>Oryza sativa</i> L.	Seed	1/6 part of decoction
	4.	Jala	Water		16 part
Method of preparation	Common preparation method of Yavagu.				
Best use before	Within a day.				
Properties/Health benefits	Madhura (sweet in taste), tikta (bitter), katu (pungent), ruksha (dry), vatashamaka (pacifies vata dosha), pittashamaka (pacifies pitta dosha).				
Classical Indications	Ashmari (Stone).				

Contraindications if any	-
Special precautions	-
Others	-

Name of formulation	Yava kola kulatthadi yavagu				
Reference	A.S.Chi.23/49				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Yava	<i>Hordeum vulgare</i> L.	Fruit	1/7 part
	2.	Kola	<i>Ziziphus mauritiana</i> Lam	Fruit	1/7 part
	3.	Kulattha	<i>Dolichus biflorus</i> L.	Seed	1/7 part
	4.	Matsya	Fish		1/7 part
	5.	Mulaka	<i>Raphanus sativus</i> L.	Root	1/7 part
	6.	Shigru	<i>Moringa oleifera</i> Lam	Leaf	1/7 part
	7.	Bilva	<i>Aegle marmelos</i> Correa ex Roxb	Fruit	1/7 part
	8.	Taila	Oil		Qs
	9.	Dadhi	Curd		Qs
	10.	Tandula	<i>Oryza sativa</i> L.	Seed	1/6 part of decoction
11.	Jala	Water		16 part	
Method of preparation	Common preparation method of Yavagu.				
Best use before	Within a day.				
Properties/Health benefits	Katu (pungent), ushna (hot in potency), guru (heavy to digest).				
Classical Indications	Vata roga (Diseases due to vata dosha).				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Kachhuradi yavagu
Reference	A.S. K.S. 6/49
Category	Ashita (Eatables)
Label claim	Health benefit



Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Kapikachhu	<i>Mucon prurita</i> Hook.	Seed	1/7 part
	2.	Dhataki	<i>Woodfordia fruticosa</i> (L.) Kurz	Flower	1/7 part
	3.	Bilva	<i>Aegle marmelos</i> Correa ex Rosc.	Fruit	1/7 part
	4.	Samanga	<i>Mimosa pudica</i> L.	Whole plant	1/7 part
	5.	Raktamuli	<i>Raphanus sativus</i> L.	Root	1/7 part
	6.	Masura	<i>Lens culinaris</i> Medic	Seed	1/7 part
	7.	Ashwattha shunga	<i>Ficus religiosa</i> L.		1/7 part
	8.	Tandula	<i>Oryza sativa</i> L.	Seed	1/6 part of decoction
	9.	Jala	Water		16 part
Method of preparation	Common preparation method of Yavagu.				
Best use before	Within a day.				
Properties/Health benefits	Madhura (sweet in taste), kashaya (astringent), tikta (bitter), sheeta (cold in potency), grahi (absorbent and astringent activity)				
Classical Indications	Atisara (Diarrhoea).				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Udumbaradi Yavagu				
Reference	A.S. K.S. 6/49				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Udumbar	<i>Ficus racemosa</i> L.	Fruit	1/7 part
	2.	Katvang	<i>Oroxylum indicum</i> Vent.	Fruit	1/7 part
	3.	Samanga	<i>Mimosa pudica</i> L.	Whole plant	1/7 part
	4.	Plaksha	<i>Butea monosperma</i> (Lam.) Kuntze	Fruit	1/7 part
	5.	Masura	<i>Lens culinaris</i>	Seed	1/7 part

			Medic		
	6.	Dhataki	<i>Woodfordia fruticosa</i> (L.) Kurz	Flower	1/7 part
	7.	Bala	<i>Sida cordifolia</i> L.	Root	1/7 part
	8.	Tandula	<i>Oryza sativa</i> L.	Seed	1/6 part of decoction
	9.	Jala	Water		16 part
Method of preparation	Common preparation method of Yavagu.				
Best use before	Within a day.				
Properties/Health benefits	Kashaya (astringent), sheeta (cold in potency), ruksha (dry), stambhan (inhibition of excess flow or secretions).				
Classical Indications	Atisara (Diarrhoea).				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Koshatakyadi Yavagu				
Reference	A.S.U.40/52				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Koshataki	<i>Luffa acutangula</i> (L.) Rosc.	Fruit	1/21 part
	2.	Chitraka	<i>Plumbago zeylanica</i> L.	Root	1/21 part
	3.	Patha	<i>Cissampelos pareira</i> L.	Root	1/21 part
	4.	Suryavalli			1/21 part
	5.	Amrita	<i>Tinospora cordifolia</i> (Willd.) Miers.	Stem	1/21 part
	6.	Abhaya	<i>Terminalia chebula</i> Retz.	Fruit	1/21 part
	7.	Shleshmataka	<i>Cordia dichotoma</i> Forst. f.	Stem bark	1/21 part
	8.	Shirisha	<i>Albizzia lebbeck</i> Bent	Stem bark	1/21 part
	9.	Haridra	<i>Curcuma longa</i> L.	Rhizome	1/21 part
	10.	Mudgaparni	<i>Vigna trilobata</i> (L.) Verdc.	Whole plant	1/21 part
	11.	Shweta Punarnava	<i>Trianthema portulacastrum</i> L.	Root	1/21 part
12.	Rakta	<i>Boerhavia diffusa</i> L.	Root	1/21 part	

		punarnava			
	13.	Bala	<i>Sida cordifolia</i> L.	Root	1/21 part
	14.	Pippali	<i>Piper longum</i> L.	Fruit	1/21 part
	15.	Maricha	<i>Piper nigrum</i> L.	Fruit	1/21 part
	16.	Shunthi	<i>Zingiber officinale</i> Rosc.	Rhizome	1/21 part
	17.	Ghrita	Ghee		qs
	18.	Madhu	Honey		qs
	19.	Apamarga	<i>Achyranthes aspera</i> Rosc.	Whole plant	1/21 part
	20.	Sariva	<i>Hemidesmus indicus</i> (L.) R.Br.	Root	1/21 part
	21.	Atibala	<i>Abutilon indicum</i> (L.	Root	1/21 part
	22.	Kantakari	<i>Solanum surattense</i> Burm.f.	Whole plant	1/21 part
	23.	Brahati	<i>Solanum indicum</i> L.	Whole plant	1/21 part
	24.	Tandula	<i>Oryza sativa</i> L.	Seed	1/6 part of decoction
	25.	Jala	Water		16 part
Method of preparation	Common preparation method of Yavagu.				
Best use before	Within a day.				
Properties/Health benefits	Tikta (bitter), katu (pungent), madhura (sweet in taste), ruksha (dry).				
Classical Indications	Vishavega (Poisoning).				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Madhuka Koshatakyadi yavagu				
Reference	A.S.U.40/53				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Madhuka	<i>Glycyrrhiza glabra</i> L.	Stem & root	¼ part
	2.	Koshataki	<i>Luffa acutangula</i> (L.) Rosc.	Fruit	¼ part
	3.	Chandana	<i>Santalum album</i> L.	Heart wood	¼ part
	4.	Padmakesara	<i>Nelumbo nucifera</i> Gaertn.	Stamen	¼ part

	5.	Tandula	<i>Oryza sativa</i> L.	Seed	1/6 part of decoction
	6.	Jala	water		16 part
Method of preparation	Common preparation method of Yavagu.				
Best use before	Within a day.				
Properties/Health benefits	-				
Classical Indications	Vishavega (poisoning)				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Vidaryadi gana yukta Yavagu				
Reference	A.Hri.Sha. 1/97-98				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Ghrita	Ghee		Qs
	2.	Dugdha	Milk		16 part
	3.	Vidari kanda	<i>Pueraria tuberosa</i> DC	Rhizome	1/20 part
	4.	Eranda	<i>Ricinus communis</i> L.	leaves	1/20 part
	5.	Meshashringi	<i>Gymnema sylvestre</i> R. Br	leaves	1/20 part
	6.	Shalaparni	<i>Desmodium gangeticum</i> DC.	Whole plant	1/20 part
	7.	Prishniparni	<i>Uraria picta</i> Desv.	Whole plant	1/20 part
	8.	Kantakari	<i>Solanum surattense</i> Burm.f.	Whole plant	1/20 part
	9.	Brihati	<i>Solanum indicum</i> L.	Whole plant	1/20 part
	10.	Gokshura	<i>Tribulus terrestris</i> L.	Whole plant	1/20 part
	11.	Sariva	<i>Hemidesmus indicus</i> (L.) R.Br.	Root	1/20 part
	12.	Hansa raja	<i>Adiatum lunulatum</i> Burm.	Whole plant	1/20 part
	13.	Punarnava	<i>Boerhavia diffusa</i> L.	Root	1/20 part
14.	Devadaru	<i>Cedrus deodara</i>	Heart	1/20 part	

			(Rosc.) Loud.	wood	
	15.	Mudgaparni	<i>Vigna trilobata</i> (L.) Verdc.	Whole plant	1/20 part
	16.	Mashaparni	<i>Teramnus labialis</i> Spreng.	Whole plant	1/20 part
	17.	Kapikacchu	<i>Mucuna prurita</i> Hook.	seed	1/20 part
	18.	Shatavari	<i>Asparagus racemosus</i> Willd.	Bulbous root	1/20 part
	19.	Meda	<i>Polygonatum cirrhifolium</i> Royle	rhizome	1/20 part
	20.	Jivanti	<i>Leptadenia reticulata</i> W.& A	Root	1/20 part
	21.	Rishabhaka	<i>Microstylis wallichii</i> L.	Rhizome	1/20 part
	22.	Jivaka	<i>Malaxis acuminata</i> D.Don	Rhizome	1/20 part
	23.	Tandula	<i>Oryza sativa</i> L.	Seed	1/6 part of decoction
Method of preparation	Common preparation method of Yavagu.				
Best use before	Within a day.				
Properties/Health benefits	Madhura (sweet in taste), snigdha (unctuous), tridosahara (alleviates all three doshas).				
Classical Indications	Sutika (Indicated in a women recently delivered).				
Contraindications if any	-				
Special precautions	-				
Others	Anupana – Ghrita and dugdha				

Name of formulation	Bilwadi Yavagu				
Reference	A.Hri.Chi.9/23				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Bilwa	<i>Aegle marmelos</i> Correa ex Roxb	Stem bark	1/5 part
	2.	Musta	( <i>Cyperus rotundus</i> L.)	Rhizome	1/5 part
	3.	Akshibhaishajya	<i>Symplocos racemosa</i> Rosc.	Stem bark	1/5 part
	4.	Dhatakpushpa	<i>Woodfordia fruticosa</i> (L.) Kurz	Flower	1/5 part

	5.	Shunthi	<i>Zingiber officinale</i> Roxb	Rhizome	1/5 part
	6.	Tandula	<i>Oryza sativa</i> L.	Seed	1/6 part of decoction
	7.	Jala	water		16 part
Method of preparation	Common preparation method of Yavagu.				
Best use before	Within a day.				
Properties/Health benefits	Katu (pungent), kashaya (astringent), ushna (hot in potency), grahi (astringent and absorbent activity).				
Classical Indications	Pakwatisara				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Kapitthadi yavagu				
Reference	A.Hri.Chi.9/24				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Kapittha	<i>Feronia linonia</i> (L.) swingle	Fruit	1/6 part
	2.	Kapikacchu	<i>Mucuna prurita</i> Hook.	seed	1/6 part
	3.	Bharangi	<i>Clerodendron serratum</i> L.	Whole plant	1/6 part
	4.	Juhi	<i>Jasminum auriculatum</i> Vahl.	flower	1/6 part
	5.	vata	<i>Ficus bengalensis</i> L.		1/6 part
	6.	Shleshamataka	<i>Cordia dichotoma</i> Forst. f.	Stem bark	1/6 part
	7.	Tandula	<i>Oryza sativa</i> L.	Seed	1/6 part of decoction
	8.	Jala	water		16 part
Method of preparation	Common preparation method of Yavagu.				
Best use before	Within a day.				
Properties/Health benefits	Tikta (bitter), katu (pungent), ushna (hot in potency), grahi (astringent and absorbent activity).				
Classical Indications	Pakwatisara .				
Contraindications if any	-				

Special precautions	-
Others	-

Name of formulation	Dadimadi Yavagu				
Reference	A.Hri.Chi. 9/24				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Dadima	<i>Punica granatum L.</i> ,	Seed	1/5 part
	2.	Sanaya	<i>Crotalaria verrucosa L.</i>	leaves	1/5 part
	3.	Karpasa	<i>Gossypium herbaceum L.</i>	Root	1/5 part
	4.	Shalmali	<i>Bombax ceiba L.</i>	Stem bark	1/5 part
	5.	Kadali	<i>Musa paradisiaca L.</i>	Fruit	1/5 part
	6.	Tandula	<i>Oryza sativa L.</i>	Seed	1/6 part of decoction
	7.	Jala	water		16 part
Method of preparation	Common preparation method of Yavagu kalpana.				
Best use before	Within a day.				
Properties/Health benefits	Tikta (bitter), Amla (sour), deepana (increases digestive fire), pachana (easy to digest).				
Classical Indications	Pakwaatisar .				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Vidangadi Yavagu				
Reference	A Hri.Chi.20/25				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Vayavidanga	<i>Embelia ribes Burm.f</i>	Fruit	1/5 part

	2.	Pippali	<i>Piper longum</i> L.	Fruit	1/5 part
	3.	Kalimaricha	<i>Piper nigrum</i> L.	Fruit	1/5 part
	4.	Pippalimula	<i>Piper longum</i> L.	Root	1/5 part
	5.	Shigru beeja	<i>Moringa oleifera</i> Lam	Seed	1/5 part
	6.	Takra	Butter milk		16 part
	7.	Tandula	<i>Oryza sativa</i> L.	Seed	1/6 part of decoction
Method of preparation	Common preparation method of Yavagu kalpana.				
Best use before	Within a day.				
Properties/Health benefits	Katu (pungent), ushna (hot in potency), ruksha (dry), krimighna (anthelmintic).				
Classical Indications	Shirogatakrimi (Worm infestation in head).				
Contraindications if any	-				
Special precautions	-				
Others	Sahapana – Sarji kshara				

Name of formulation	Yava koladi Yavagu				
Reference	A.H.U.26/39				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Yava	<i>Hordeum vulgare</i> L.	Fruit	1/3 part
	2.	Badar	<i>Zyzyphus mauritiana</i> Lam	Fruit	1/3 part
	3.	Kulattha	<i>Dolichus biflorus</i> L.	Seed	1/3 part
	4.	Saindhava lavana	Rock salt		Qs
	5.	Tandula	<i>Oryza sativa</i> L.	Seed	1/6 part of decoction
6.	Jala	water		16 part	
Method of preparation	Common preparation method of Yavagu kalpana.				
Best use before	Within a day.				
Properties/Health benefits	Tikta (bitter), katu (pungent), ushna (hot in potency).				
Classical Indications	Bhinna vran (Incised wound).				
Contraindications if any	-				
Special precautions	-				
Others	-				



Name of formulation	Shulanashaka Yavagu				
Reference	Ca.Su 2/18				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Pippali	<i>Piper longum</i> L.	Fruit	1/5 part
	2.	Pippalimula	<i>Piper longum</i> L.	Root	1/5 part
	3.	Chavya	<i>Piper retrofractum</i> Vahl.	Stem	1/5 part
	4.	Chitraka	<i>Plumbago zeylanica</i> L.	Root	1/5 part
	5.	Shunthi	<i>Zingiber officinale</i> Roxb	Rhizome	1/5 part
	6.	Tandula	<i>Oryza sativa</i> L.	Seed	1/6 part of decoction
7.	Jala	Water		16 part	
Method of preparation	Common preparation method of Yavagu kalpana.				
Best use before	Within a day.				
Properties/Health benefits	Katu (pungent), ushna (hot in potency), tikshan (penetrating), ruksha (dry), agnivardhaka (stimulates digestive fire), shulanashaka (relieves pain).				
Classical Indications	-				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Pachani, Grahi Yavagu				
Reference	Ca.Su 2/19				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Kapittha	<i>Feronia linonia</i> (L.) Swingle	Fruit	¼ part
	2.	Bilva	<i>Aegle marmelos</i> Correa ex Rosc.	Fruit	¼ part
3.	Changeri	<i>Oxalis corniculata</i>	Whole	¼ part	

			L.	plant	
	4.	Takra	Butter milk		16 part
	5.	Dadima	<i>Punica granatum</i> L.	Seed	¼ part
	6.	Tandula	<i>Oryza sativa</i> L.	Seed	1/6 part of decoction
Method of preparation	Common preparation method of Yavagu kalpana.				
Best use before	Within a day.				
Properties/Health benefits	Kashaya (astringent), tikta (bitter), ushna (hot in potency), ruksha (dry), grahi (astringent and absorbent activity), pachani (easy to digest).				
Classical Indications	-				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Panchmula Yavagu				
Reference	Ca.Su 2/19				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Shalaparni	<i>Desmodium gangeticum</i> DC.	Whole plant	1/5 part
	2.	Prishnaparni	<i>Uraria picta</i> Desv.	Whole plant	1/5 part
	3.	Kantakari	<i>Solanum surattense</i> Burm.f.	Whole plant	1/5 part
	4.	Brihati	<i>Solanum indicum</i> L.	Whole plant	1/5 part
	5.	Gokshura	<i>Tribulus terrestris</i> L.	Whole plant	1/5 part
	6.	Tandula	<i>Oryza sativa</i> L.	Seed	1/6 part of decoction
	7.	Jala	Water		16 part
Method of preparation	Common preparation method of Yavagu kalpana.				
Best use before	Within a day.				
Properties/Health benefits	Madhura (sweet in taste), ushna (hot in potency), ruksha (dry).				
Classical Indications	Vatavikara (Diseases due to vata dosha).				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Pittakaphatisar Nashini Yavagu				
Reference	Ca.Su 2/20				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Shalaparni	<i>Desmodium gangeticum</i> DC.	Whole plant	1/5 part
	2.	Bala	<i>Sida cordifolia</i> L.	root	1/5 part
	3.	Bilva	<i>Aegle marmelos</i> Correa ex Rosc.	Fruit	1/5 part
	4.	Prishnaparni	( <i>Uraria picta</i> Desv.)	Whole plant	1/5 part
	5.	Dadima	swaras ( <i>Punica granatum</i> L. L.	seed	1/5 part
	6.	Tandula	<i>Oryza sativa</i> L.	Seed	1/6 part of decoction
	7.	Jala	Water		16 part
Method of preparation	Common preparation method of Yavagu kalpana.				
Best use before	Within a day.				
Properties/Health benefits	Madhura (sweet in taste), ushna (hot in potency), snigdha (unctuous), tikta (bitter), kashaya (astringent).				
Classical Indications	Pittakaphajatisara (Diarrhea due to pitta and kapha dosha).				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Raktatisaraghani Yavagu				
Reference	Ca.Su2/21				
Category	Ashita (Eatables)				
Label claim	Disease risk reduction				
Ingredients	1.	Hribera	<i>Coleus vettiveroides</i> K. C Jacob),	Fruit	¼ part
	2.	Utpala	<i>Nymphaea stellata</i> Willd.	fruit	¼ part
	3.	Shunthi	<i>Zingiber officinale</i> Roxb	Rhizome	¼ part
	4.	Prishniparni	<i>Uraria picta</i> desv.	Whole plant	¼ part
	5.	Tandula	<i>Oryza sativa</i> L.	Seed	1/6 part of decoction

	6.	Jala	Water		16 part
Method of preparation	Common preparation method of Yavagu kalpana.				
Best use before	Within a day.				
Properties/Health benefits	Madhura (sweet in taste), sheeta (cold in potency), snigdha (unctuous).				
Classical Indications	Raktatisara (Diarrhoea with blood).				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Amatisaranashaka Yavagu				
Reference	Ca.Su 2/22				
Category	Ashita (Eatables)				
Label claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Ativisha	<i>Aconitum heterophyllum</i> Wall, Ex Royle	Rhizome	1/3 part
	2.	Nagara	<i>Cyperus rotundus</i> L.	Rhizome	1/3 part
	3.	Dadima swarasa	<i>Punica granatum</i> L.	Seed	1/3 part
	4.	Tandula	<i>Oryza sativa</i> L.	Seed	1/6 part of decoction
	5.	Jala	Water		16 part
Method of preparation	Common preparation method of Yavagu kalpana.				
Best use before	Within a day.				
Properties/Health benefits	Tikta (bitter), katu (pungent), Amla (sour), laghu (light for digestion), ruksha (dry).				
Classical Indications	Amatisara (Diarrhoea due to indigestion).				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Mutrakrichha nashaka Yavagu				
Reference	Ca.Su 2/24				
Category	Ashita (Eatables)				
Label claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount

	1.	Gokshura	<i>Tribulus terrestris</i> L.	Whole plant	½ part
	2.	Kantakari	<i>Solanum surattense</i> Burm.f.	Whole plant	½ part
	3.	Tandula	<i>Oryza sativa</i> L.	Seed	1/6 part of decoction
	4.	Jala	Water		16 part
Method of preparation	Common preparation method of Yavagu kalpana.				
Best use before	Within a day.				
Properties/Health benefits	Tikta (bitter), katu (pungent), madhura (sweet in taste), mutrala (diuretic).				
Classical Indications	Mutrakriccha (Difficulty in urination).				
Contraindications if any	-				
Special precautions	-				
Others	Sahapana - Phanita				

Name of formulation	Kriminashaka Yavagu				
Reference	Ca.Su2/23				
Category	Ashita (Eatables)				
Label claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Vayavidanga	<i>Embelia ribes</i> Burm.f	Fruit	¼ part
	2.	Pippalimula	<i>Piper longum</i> L.	Root	¼ part
	3.	Shigru	<i>Moringa oleifera</i> Lam	leaves	¼ part
	4.	Maricha	<i>Piper nigrum</i> L.	Fruit	¼ part
	5.	Takra	Butter milk		16 part
	6.	Tandula	<i>Oryza sativa</i> L.	Seed	1/6 part of decoction
Method of preparation	Common preparation method of Yavagu kalpana.				
Best use before	Within a day.				
Properties/Health benefits	Katu (pungent), ushna (hot in potency), ruksha (dry), krimighna (anthelmintic).				
Classical Indications	Krimiroga (Worm infestation) .				
Contraindications if any	-				
Special precautions	-				
Others	Sahapana – Sarji kshara				

Name of formulation	Pipasanashaka Yavagu				
Reference	Ca.Su 2/24				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Mridvika	<i>Vitis vinifera</i> L.	Fruit	¼ part
	2.	Sariva	<i>Hemidesmus indicus</i> (L.) R.Br.	Root	¼ part
	3.	Laja	<i>Oryza sativa</i> L.		1/6 part of decoction
	4.	Pippali	<i>Piper longum</i> L.	Fruit	¼ part
	5.	Shunthi	<i>Zingiber officinale</i> Rosc.	Rhizome	¼ part
	6.	Madhu	Honey		Qs
7.	Jala	Water		16 part	
Method of preparation	Common preparation method of Yavagu kalpana.				
Best use before	Within a day.				
Properties/Health benefits	Tikta (bitter), madhura (sweet in taste), katu (pungent), laghu (light for digestion).				
Classical Indications	Pipasa (Thirst).				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Vishanashaka Yavagu				
Reference	Ca.Su2/24				
Category	Ashita (Eatables)				
Label claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Somraji (bakuchi)-	<i>Psoralea corylifolia</i> L.	Seed	1 part
	2.	Tandula	<i>Oryza sativa</i> L.	Seed	1/6 part of decoction
3.	Jala	Water		16 part	
Method of preparation	Common preparation method of Yavagu kalpana.				
Best use before	Within a day.				
Properties/Health benefits	Katu (pungent), ushna (hot in potency), laghu (light for digestion).				
Classical Indications	Vishjanya roga (Disease due to poisoning).				
Contraindications if any	-				

any					
Special precautions	-				
Others	-				
Name of formulation	Snehanakaraka Yavagu				
Reference	Ca.Su2/26				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Ghrita	Ghee		Qs
	2.	Tila	<i>Sesamum indicum</i> L.		Qs
	3.	Lavana	Salt		Qs
	4.	Tandula	<i>Oryza sativa</i> L.	Seed	1 part of decoction
5.	Jala	Water		6 part	
Method of preparation	Common preparation method of Yavagu kalpana.				
Best use before	Within a day.				
Properties/Health benefits	Madhura (sweet in taste), katu (pungent), snigdha (unctuous), ushna (hot in potency).				
Classical Indications	Ruksha (Dryness in body).				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Rukshta Karaka Yavagu				
Reference	Ca.Su 2/26				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Kush root	<i>Desmostachya bippanata</i> Staph.	Root	½ part
	2.	Amalaki	<i>Emblca officinalis</i> Gaertn	Fruit	½ part
	3.	Shyamaka tandula			1/6 part of decoction
	4.	Tandula	<i>Oryza sativa</i> L.	Seed	
5.	Jala	Water		16 part	
Method of preparation	Common preparation method of Yavagu kalpana.				
Best use before	Within a day.				
Properties/Health benefits	Madhura (sweet in taste), katu (pungent), tikta (bitter), kashaya (astringent), sheeta (cold in potency), ruksha (dry).				

Classical Indications	Virukshana (drying).
Contraindications if any	-
Special precautions	-
Others	-

Name of formulation	Shwaskasanashaka Yavagu					
Reference	Ca.Su 2/27					
Category	Ashita (Eatables)					
Label claim	Disease risk reduction					
Ingredients	S. No.	Name of the Ingredients		Botanical Name	Part Used	Ratio/A mount
	1.	Dashmula	Shalparni	<i>Desmodium gangeticum</i> DC.	Whole plant	1/10 part
			Prishnaparni	<i>Uraria picta</i> Desv.	Whole plant	1/10 part
			Brihati	<i>Solanum indicum</i> L.	Whole plant	1/10 part
			Kantakari	<i>Solanum surattense</i> Burm.f.	Whole plant	1/10 part
			Gokshura	<i>Tribulus terrestris</i> L.	Whole plant	1/10 part
			Bilwa	<i>Aegle marmelos</i> Correa ex Roxb	Stem bark	1/10 part
			Agnimantha	<i>Clerodendrum phlomidis</i> L.	Stem bark	1/10 part
			Shyonaka	<i>Oroxylum indicum</i> Vent.	Stem bark	1/10 part
			Patala	<i>Stereospermum suaveolens</i> DC	Stem bark	1/10 part
			Gambhari	<i>Gmelina arborea</i> Roxb	Stem bark	1/10 part
	2.	Tandula		<i>Oryza sativa</i> L.	Seed	1/6 part of decoction
3.	Jala		Water		16 part	
Method of preparation	Common preparation method of Yavagu kalpana.					
Best use before	Within a day.					
Properties/Health benefits	Laghu (light for digestion), ruksha (dry), tikta (bitter), katu (pungent), madhura (sweet in taste).					



Classical Indications	Shwasa (Asthma), Kasa (Cough), Hikka (Hiccup).
Contraindications if any	-
Special precautions	-
Others	-

Name of formulation	Pakwashaya Shulanashaka Yavagu				
Reference	Ca.Su2/27				
Category	Ashita (Eatables)				
Label claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Yamaka (taila+ghee)			
	2.	Madira	Alcohol		
Method of preparation	Common preparation method of Yavagu kalpana.				
Best use before	Within a day.				
Properties/Health benefits	Snigdha (unctuous), madhura (sweet in taste).				
Classical Indications	Pakwashayagata shula.				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Rechaka Yavagu				
Reference	Ca.Su 2/28				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Mamsa	Meat		1/3 part
	2.	Shaka	Vegetable		1/3 part
	3.	Tila	<i>Sesamum indicum</i> L.	seed	1/3 part
	4.	Masha	<i>Phaseolus mungo</i> L. non Rosc. & auct.	seed	1/6 part of decoction
	5.	Jala	Water		16 part
Method of preparation	Common preparation method of Yavagu kalpana.				
Best use before	Within a day.				
Properties/Health	Katu (pungent), snigdha (unctuous), guru (heavy to digest), rechaka				

benefits	(carminative).
Classical Indications	-
Contraindications if any	-
Special precautions	-
Others	-

Name of formulation	Sangrahaka Yavagu				
Reference	Ca.Su2/35				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Amra asthi	<i>Mangifera indica</i> L.	seed	¼ part
	2.	Dadittha	<i>Feronia linonia</i> (L.)	Fruit	¼ part
	3.	Bilva	<i>Aegle marmelos</i> Correa ex Rosc.	Fruit	¼ part
	4.	Jambu asthi	<i>Syzygium cuminii</i> (L.) Skeels	seed	¼ part
	5.	Tandula	<i>Oryza sativa</i> L.	Seed	1/6 part of decoction
	6.	Jala	Water		16 part
Method of preparation	Common preparation method of Yavagu kalpana.				
Best use before	Within a day.				
Properties/Health benefits	Kashaya (astringent), madhura (sweet in taste), tikta (bitter), ruksha (dry), laghu (light for digestion), Sangrahika (absorbent and astringent).				
Classical Indications	-				
Contraindications if any	-				
Special precautions	-				
Others	-				

Others	-
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Name of formulation	Bhedini Yavagu				
Reference	Ca.Su2/29				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Kshaar			qs

	2.	Amlavetas	<i>Hippophae rhamnoides</i>	Fruit	½ part
	3.	Chitrakmula	<i>Plumbago zeylanica</i> L.	Root	½ part
	4.	Hingu	<i>Ferula asfoetida</i> Regel.	Oleo resin gum	qs
	5.	Tandula	<i>Oryza sativa</i> L.	Seed	1/6 part of decoction
	6.	Jala	Water		16 part
Method of preparation	Common preparation method of Yavagu kalpana.				
Best use before	Within a day.				
Properties/Health benefits	Katu (pungent), ushna (hot in potency), tikshna (penetrating), ruksha (dry), mala bhedaka (purgative).				
Classical Indications	-				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Vatanulomni Yavagu				
Reference	Ca.Su2/29				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Haritaki	<i>Terminalia chebula</i> Retz.	Fruit	1/3 part
	2.	Pippalmula	<i>Pipper longum</i> L.	Root	1/3 part
	3.	Shunthi	<i>Zingiber officinale</i> Rosc	Rhizome	1/3 part
	4.	Tandula	<i>Oryza sativa</i> L.	Seed	1/6 part of decoction
	5.	Jala	Water		16 part
Method of preparation	Common preparation method of Yavagu kalpana.				
Best use before	Within a day.				
Properties/Health benefits	Katu (pungent), ushna (hot in potency), ruksha (dry), laghu (light for digestion), Vataanuloman (helping easy movement /expulsion of vata), mala nisaraka (helping easy movement of stool).				
Classical Indications	-				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Ghritvyapada Nashini Yavagu				
Reference	Ca.Su2/30				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Takra	Buttermilk		16 part
	2.	Tandula	Oryza sativa L.	Seed	6 part of takra
Method of preparation	Common preparation method of yavagu kalpana.				
Best use before	Within a day.				
Properties/Health benefits	Laghu (light for digestion), Amla (sour), ruksha (dry).				
Classical Indications	Ghrita vyapadnashini (alleviates the complication by consumption of ghrita).				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Tailvyapadnashini Yavagu				
Reference	Ca.Su2/30				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Takra	Buttermilk		16 part
	2.	Pinyaka			1 part
	3.	Tandula	Oryza sativa L.	Seed	1/6 part of takra
Method of preparation	Common preparation method of Yavagu kalpana.				
Best use before	Within a day.				
Properties/Health benefits	-				
Classical Indications	Taila vyapada (Alleviates the complication by consumption of taila).				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Vishamjwarghni Yavagu				
Reference	Ca.Su 2/31				

Category	Ashita (Eatables)				
Label claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Go-mamsa	Beaf		½ part
	2.	Dadima	<i>Punica granatum L.</i>	Seed	½ part
	3.	Tandula	<i>Oryza sativa L.</i>	Seed	1/6 part of decoction
	4.	Jala	Water		16 part
Method of preparation	Common preparation method of Yavagu kalpana.				
Best use before	Within a day.				
Properties/Health benefits	Guru (heavy to digest), madhura (sweet in taste), kashaya (astringent), Amla (sour)				
Classical Indications	Vishamajwara (Intermittent fever).				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Kanthya Yavagu				
Reference	Ca.Su 2/31				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Yava	<i>Hordeum vulgare L.</i>	Fruit	1/6 part of decoction
	2.	Ghrita	Ghee		Qs
	3.	Taila	Oil		Qs
	4.	Pippali	<i>Piper longum L.</i>	Fruit	½ part
	5.	Amalaki	<i>Emblica officinalis Gaertn.</i>	Fruit	½ part
	6.	Jala	Water		16 part
Method of preparation	Common preparation method of Yavagu kalpana.				
Best use before	Within a day.				
Properties/Health benefits	Guru (heavy to digest), katu (pungent), Amla (sour), ushna (hot in potency), Kanthya (Substance promoting health and functioning of the throat).				
Classical Indications	Kanthgatroga (Disease of throat).				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Shukravaha Strotas Shula Shamanartha Yavagu				
Reference	Ca.Su2/32				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Tamrachuda	Kukkutmamsa		1 part
	2.	Tandula	<i>Oryza sativa</i> L.	Seed	1/6 part of decoction
	3.	Jala	Water		16 part
Method of preparation	Common preparation method of Yavagu kalpana.				
Best use before	Within a day.				
Properties/Health benefits	Ruksha (dry), ushna (hot in potency), madhura (sweet in taste), <b>shukra margshula shaman.</b>				
Classical Indications	-				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Shunthayadi yavagu				
Reference	Ka.Khi. 4/79				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Shunthi	<i>Zingiber officinale</i> Rosc.	Rhizome	1/7 part
	2.	Maricha	<i>Piper nigrum</i> L.	Fruit	1/7 part
	3.	Pippali	<i>Piper longum</i> L.	Fruit	1/7 part
	4.	Changeri	<i>Oxalis corniculata</i> L.	Whole plant	1/7 part
	5.	Bilva	<i>Aegle marmelos</i> Correa ex Rosc.	Fruit	1/7 part
	6.	Kapittha	<i>Feronia linonia</i> (L.) Swingle	Fruit	1/7 part
	7.	Dadima	<i>Punica granatum</i> L.	Seed	1/7 part
	8.	Tandula	<i>Oryza sativa</i> L.	Seed	1/6 part of

					decoction
	9.	Jala	Water		16 part
Method of preparation	Common preparation method of Yavagu kalpana.				
Best use before	Within a day.				
Properties/Health benefits	Katu (pungent), ushna (hot in potency), ruksha (dry).				
Classical Indications	Sangrahaka (absorbent and astringent activity), deepaka (stimulates digestive fire), pachaka (easy to digest).				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Panchakola yavagu				
Reference	Ka.Khi. 4/79				
Category	Ashita (Eatables)				
Label claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Pippali	<i>Piper longum</i> L.	Fruit	1/5 part
	2.	Pippalimula	<i>Piper longum</i> L.	Root	1/5 part
	3.	Chavya	<i>Piper retrofractum</i> Vahl.	Stem	1/5 part
	4.	Chitraka	<i>Plumbago zeylanica</i> L.	Root	1/5 part
	5.	Nagara	<i>Cyperus rotundus</i> L.	Rhizome	1/5 part
	6.	Tandula	<i>Oryza sativa</i> L.	Seed	1/6 part of decoction
	7.	Jala	Water		16 part
Method of preparation	Common preparation method of Yavagu kalpana.				
Best use before	Within a day.				
Properties/Health benefits	Katu (pungent), ushna (hot in potency), ruksha (dry), vatashamaka (pacifies vata dosha).				
Classical Indications	Vata roga (Diseases due to vata dosha).				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Kriminashak Yavagu
Reference	Ka.Khi. 4/83

Category	Ashita (Eatables)				
Label claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Vidanga	<i>Embelia ribes</i> Burm.f	Fruit	1/3 part
	2.	Sahajan	<i>Moringa oleifera</i> Lam.	Seed	1/3 part
	3.	Pippalimula	<i>Piper longum</i> L.	Root	1/3 part
	4.	Sarji kshara			qs
	5.	Takra	Buttermilk		16 part
	6.	Tandula	<i>Oryza sativa</i> L.	Seed	1/6 part of decoction
Method of preparation	Common preparation method of Yavagu kalpana.				
Best use before	Within a day.				
Properties/Health benefits	Katu (pungent), tikta (bitter), ushna (hot in potency), ruksha (dry), laghu (light for digestion), Kriminashaka (anti-helminthic).				
Classical Indications	Gulma (Abdominal lump), Kasa (Cough), Grahini (Malabsorption syndrome). Kriminashaka (Antihelminthic).				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Mridvikadi yavagu				
Reference	Ka.Khi. 4/84				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Mridvika	<i>Vitis vinifera</i> L.	Fruit	1/3 part
	2.	Laja	<i>Oryza sativa</i> L.		1/6 part of decoction
	3.	Pippali	<i>Piper longum</i> L.	Fruit	1/3 part
	4.	Sariva	<i>Hemidesmus indicus</i> (L.) R.Br.	Root	1/3 part
	5.	Madhu	Honey		Qs
	6.	Jala	Water		16 part
Method of preparation	Common preparation method of Yavagu kalpana.				
Best use before	Within a day.				
Properties/Health benefits	Katu (pungent), tikta (bitter), ruksha (dry), ushna (hot in potency).				
Classical Indications	Pipasa (Thirst).				
Contraindications if any	-				



any	
Special precautions	-
Others	-

Name of formulation	Vishanashaka yavagu				
Reference	Ka.Khi. 4/84				
Category	Ashita (Eatables)				
Label claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Bakuchi	<i>Psoralea corylifolia</i> L.	Seed	1 part
	2.	Tandula	<i>Oryza sativa</i> L.	Seed	1/6 part of decoction
	3.	Jala	Water		16 part
Method of preparation	Common preparation method of Yavagu kalpana.				
Best use before	Within a day.				
Properties/Health benefits	Katu (pungent), ushna (hot in potency), ruksha (dry), Vishnashaka (anti venom).				
Classical Indications	Vishanashaka (destroys the effect of poison).				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Godhuma Yavagu				
Reference	Ka.Khi. 4/85, Ca.Su2/25				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Godhuma	<i>Triticum aestivum</i> L.	Seed	1 part
	2.	Jala	Water		6 part
Method of preparation	Common preparation method of Yavagu kalpana.				
Best use before	Within a day.				
Properties/Health benefits	Madhura (sweet in taste), guru (heavy to digest), snigdha (unctuous), balya (strength promotor).				
Classical Indications	Krishatanashaka (alleviates emaciation).				
Contraindications if any	-				
Special precautions	-				

Others	-
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Name of formulation	Godhuma Saindhavadi yavagu				
Reference	Ka.Khi. 4/85				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Godhuma	<i>Triticum aestivum</i> L.	Seed	1 part
	2.	Ghrita	Ghee		Qs
	3.	Saindhava lavana	Rock salt		Qs
	4.	Jala	Water		6 part
Method of preparation	Common preparation method of Yavagu kalpana.				
Best use before	Within a day.				
Properties/Health benefits	Madhura (sweet in taste), ushna (hot in potency), deepana (increases digestive fire), pachana (easy to digest), snigdha (unctuous), Balakaraka (strength promotor).				
Classical Indications	-				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Tiladi yavagu				
Reference	Ka.Khi. 4, Shloka 85				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Tila	<i>Sesamum indicum</i> L.	Seed	1/3 part
	2.	Masha	<i>Phaseolus mungo</i> L. non Rosc. & auct.	Seed	1/6 part of decoction
	3.	Ghrita	Ghee		Qs
	4.	Mamsa	Meat		1/3 part
	5.	Shaka	Vegetables		1/3 part
	6.	Jala	Water		16 part

Method of preparation	Common preparation method of Yavagu kalpana.
Best use before	Within a day.
Properties/Health benefits	Ushna (hot in potency), laghu (light for digestion), katu (pungent), tikta (bitter), snigdha (unctuous).
Classical Indications	Snehani (Uncting), Malbhedani (Purgative).
Contraindications if any	-
Special precautions	-
Others	-

Name of formulation	Amradi Yavagu				
Reference	Ka.Khi. 4/86				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Aamra asthi	<i>Mangifera indica</i> L.	seed	¼ part
	2.	Jamun asthi	<i>Syzygium cumini</i> (L.) Skeels	seed	¼ part
	3.	Kapittha	<i>Feronia linonia</i> (L.) swingle	Fruit	¼ part
	4.	Bilva	<i>Aegle marmelos</i> Correa ex Rosc.	Fruit	¼ part
	5.	Tandula	<i>Oryza sativa</i> L.	Seed	1/6 part of decoction
	6.	Jala	Water		16 part
Method of preparation	Common preparation method of Yavagu kalpana.				
Best use before	Within a day.				
Properties/Health benefits	Amla (sour), kashaya (astringent), tikta (bitter), ushna (hot in potency), ruksha (dry), Vibandha (solidifies the faeces/constipating).				
Classical Indications	-				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Madvinashini Yavagu				
Reference	Ka.Khi. 4/87				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount

	1.	Upodika	<i>Basella alba</i> L.		½ part
	2.	Dadhi	Curd		½ part
	3.	Tandula	<i>Oryza sativa</i> L.		1/6 part of decoction
	4.	Jala			16 part
Method of preparation	Common preparation method of Yavagu kalpana.				
Best use before	Within a day.				
Properties/Health benefits	Sheeta (cold in potency), madhura (sweet in taste).				
Classical Indications	Mada (Intoxication), Vidahnashaka (Destroys burning sensation).				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Putikaranjadi Yavagu				
Reference	Ka.Khi. 10/150				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Putikaranja	<i>Caesalpinia crista</i> L.		½ part
	2.	Vatyalaka			½ part
	3.	Tandula	<i>Oryza sativa</i> L.	Seed	1/6 part of decoction
	4.	Jala	Water		16 part
Method of preparation	Make Yavagu by mixing fried leaves of putikaranja or flowers of vatyalaka with sour substances.				
Best use before	Within a day.				
Properties/Health benefits	Madhura (sweet in taste), amla (sour), tikta (bitter), grahi (absorbent and astringent activity).				
Classical Indications	For the prevention of Virechanatiyoga (bouts of purgation do not develop).				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Khadiradi Yavagu
Reference	Su. Chi.10

Category	Ashita (Eatables)				
Label claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Khadira	<i>Acacia catechu</i> (L.f.) Willd.	Heart wood	1 part
	2.	Tandula	<i>Oryza sativa</i> L.	Seed	1/6 part of decoction
	3.	Jala	Water		16 part
Method of preparation	Common preparation method of Yavagu kalpana.				
Best use before	Within a day.				
Properties/Health benefits	Kashaya (astringent), tikta (bitter), sheeta (cold in potency), ruksha (dry).				
Classical Indications	Kushtha (Skin diseases).				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Atisarahara Yavagu				
Reference	Su.U.40/92				
Category	Ashita (Eatables)				
Label claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Aralutwaka	<i>Ailanthus excelsa</i> (Roxb	Stem bark	1/5 part
	2.	Priyangu	<i>Callicarpa macrophylla</i> Vahl	Whole plant	1/5 part
	3.	Mulethi	<i>Glycyrrhiza glabra</i> L.	Stem & root	1/5 part
	4.	Dadima leaves	<i>Punica granatum</i> L.	Leaves	1/5 part
	5.	Dadhi	Curd		1/5 part
	6.	Tandula	<i>Oryza sativa</i> L.	Seed	1/6 part of decoction
	7.	Jala	Water		16 part
Method of preparation	Take above ingredient each 1 karsha and make a paste with curd. Add 1 prastha water to make Yavagu.				
Best use before	Within a day.				
Properties/Health benefits	Madhura (sweet in taste), tikta (bitter), ushna (hot in potency), ruksha (dry), grahi (absorbent and astringent activity), krimighna (antihelmintic).				
Classical Indications	Atisara (Diarrhoea).				

Contraindications if any	-
Special precautions	-
Others	-

Name of formulation	Chhardihara Yavagu/ Karanjapatra Siddha Yavagu				
Reference	Su.U.49/32				
Category	Ashita (Eatables)				
Label claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Kapikacchu	<i>Mucuna prurita</i> Hook.	Seed	½ part
	2.	Yashtimadhu	<i>Glycyrrhiza glabra</i> L.	Stem & root	½ part
	3.	Tandula	<i>Oryza sativa</i> L.	Seed	1/6 part of decoction
	4.	Jala	Water		16 part
Method of preparation	Common preparation method of Yavagu kalpana.				
Best use before	Within a day.				
Properties/Health benefits	Madhura (sweet in taste), snigdha (unctuous), sheeta (cold in potency).				
Classical Indications	Chhardihara (alleviates Vomiting).				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Pippali Amalaki yavagu				
Reference	A.S.Ch.7/68				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Ghrita	Ghee		Qs
	2.	Tila Taila	<i>Sesamum Indicum</i> L.		Qs
	3.	Pippali	<i>Piper longum</i> L.	Fruit	½ part
	4.	Amalaki	<i>Emblca officinalis</i> Gaertn	Fruit	½ part
	5.	Tandula	<i>Oryza sativa</i> L.	Seed	1/6 part of

	6.	Jala	Water		decoction 16 part
Method of preparation	Common preparation method of Yavagu kalpana.				
Best use before	Within a day.				
Properties/Health benefits	Katu (pungent), ushna (hot in potency).				
Classical Indications	Kaphaja Swarbheda (Hoarseness of voice due to kapha dosha).				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Drakshadi yavagu				
Reference	Abhi.Chi 61/85				
Category	Ashita (Eatables)				
Label claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Draksha	<i>Vitis vinifera</i> L.	Fruit	¼ part
	2.	Bala	<i>Sida cordifolia</i> L.	Root	¼ part
	3.	Dhatri	<i>Emblica officinalis</i> Gaertn.	Fruit	¼ part
	4.	Madhuka	<i>Modhuca indica</i> J. F. Gmel.	Flower	¼ part
	5.	Ksheer	Milk		16 part
6.	Tandula	<i>Oryza sativa</i> L.	Seed	1/6 part of decoction	
Method of preparation	Common preparation method of Yavagu kalpana.				
Best use before	Within a day.				
Properties/Health benefits	-				
Classical Indications	Garbhini raktapitta (Bleeding disorder in pregnant women).				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Dashmula Yavagu				
Reference	Vd. Chi16/ 54, Ka.Khi. 4/85				
Category	Ashita (Eatables)				
Label claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount

	1.	Shunthi	<i>Zingiber officinale</i> Roxb	Rhizome	1/11 part
	2.	Bilva	<i>Aegle marmelos</i> Correa ex Roxb	Stem bark	1/11 part
	3.	Shyonaka	<i>Oroxylum indicum</i> Vent.	Stem bark	1/11 part
	4.	Gambhari	<i>Gmelina arbora</i> Roxb)	Stem bark	1/11 part
	5.	Patala	<i>Stereospermum</i> <i>suaveolens</i> DC	Stem bark	1/11 part
	6.	Agnimantha	<i>Clerodendrum</i> <i>phlomidis</i> L.	Stem bark	1/11 part
	7.	kantakari	<i>Solanum surattense</i> Burm.f.	Whole plant	1/11 part
	8.	Brihati	<i>Solanum indicum</i> L.	Whole plant	1/11 part
	9.	Shalparni	<i>Desmodium</i> <i>gangeticum</i> DC	Whole plant	1/11 part
	10.	Prishniparni	<i>Uraria picta</i> Desv.	Whole plant	1/11 part
	11.	Gokshura	<i>Tribulus terrestris</i> L.	Whole plant	1/11 part
	12.	Tandula	<i>Oryza sativa</i> L.	Seed	1/6 part of decoction
	13.	Jala	Water		16 part
Method of preparation	Common preparation method of Yavagu kalpana.				
Best use before	Within a day.				
Properties/Health benefits	-				
Classical Indications	Kasa (Cough), Hikka (Hiccup), deepana (increases digestive fire), Vrishya (Aphrodisiac).				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Pippali nagaradi yavagu				
Reference	Ca.Chi.14/92				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount



	1.	Pippali	<i>Piper longum</i> L	Fruit	½ part
	2.	Nagara	<i>Cyperus rotundus</i> L.	Rhizome	½ part
	3.	Takra	Butter milk		16 part
	4.	Tandula	<i>Oryza sativa</i> L.	Seed	1/6 part of decoction
Method of preparation	Prepare the Yavagu as per common method of preparation. Then add Takra to it and sprinkle Maricha powder.				
Best use before	Within a day.				
Properties/Health benefits	Ushna (hot in potency), katu (pungent), tikta (bitter), ruksha (dry), laghu (light for digestion).				
Classical Indications	Arshapathya (wholesome in piles).				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Dashmuladi Yavagu					
Reference	Ca.Chi.17/102					
Category	Ashita (Eatables)					
Label claim	Disease risk reduction					
Ingredients	S. No.	Name of the Ingredients		Botanical Name	Part Used	Ratio/Amount
	1.	Shali tandula		<i>Oryza sativa</i> L.	Seed	1/6 part of decoction
	2.	Dashmula	Shalaparni	<i>Desmodium gangeticum</i> DC.	Whole plant	1/10 part
			Prishnaparni	<i>Uraria picta</i> Desv.	Whole plant	
			Brihati	<i>Solanum anguivi</i> Lam.	Whole plant	
			Kantakari	<i>Solanum surattense</i> Burm.f.	Whole plant	
			Gokshura	<i>Tribulus terrestris</i> L.	Whole plant	
			Bilwa	<i>Aegle marmelos</i> Correa ex Roxb	Stem bark	
			Agnimantha	<i>Clerodendrum phlomidis</i> L.	Stem bark	
Shyonak	<i>Oroxylum</i>	Stem				

			<i>indicum</i> Vent.	bark	
		Patala	<i>Stereospermum suaveolens</i> DC	Stem bark	
		Gambhari	<i>Gmelina arbora</i> Roxb	Stem bark	
3.	Shati		<i>Hedychium spicatum</i> Ham. Ex.Smith	Rhizome	1/10 part
4.	Rasna		<i>Pluchea lanceolata</i> Oliver & Hem	Leaves	1/10 part
5.	Pippalimula		<i>Piper longum</i> L.	Root	1/10 part
6.	Pushkaramula		<i>Inula racemosa</i> Hook. f.	Root	1/10 part
7.	Karkatashringi		<i>Pistacia integerrima</i> Stewart ex Brandis.	Gall	1/10 part
8.	TAmalaki		<i>Phyllanthus fraternus</i> Webst.	Fruit	1/10 part
9.	Bharangi		<i>Clerodandrum serratum</i> (L.) Moon.	Whole plant	1/10 part
10.	Guduchi		<i>Tinospora cordifolia</i> (Willd.) Miers.	Stem	1/10 part
11.	Nagara		<i>Cyperus rotundus</i> L.	Rhizome	1/10 part
12.	Jala		Water		16 part
Method of preparation	Common preparation method of Yavagu kalpana.				
Best use before	Within a day.				
Properties/Health benefits	Katu (pungent), tikta (bitter), ushna (hot in potency), ruksha (dry), laghu (light for digestion).				
Classical Indications	Kasa (Cough), Hridyagraha (condition of tightness in precordial region), Parshwapida (intercostal neuralgia), Hikka (Hiccup) and Shwas roga (Asthma).				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Dhatakyadi yavagu				
Reference	Ca.Chi.4/46				
Category	Ashita (Eatables)				
Label claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Dhataki	<i>Woodfordia fruticosa</i> (L.) Kurz	Flower	Qs
	2.	Dhanavyas	<i>Fagonia cretica</i> L.		½ part
	3.	Bilwa	<i>Aegle marmelos</i> Correa ex Roxb	Fruit	½ part
	4.	Madhu	Honey		Qs
	5.	Sharkara	Sugar		Qs
	6.	Tandula	<i>Oryza sativa</i> L.	Seed	1/6 part of decoction
7.	Jala	Water		16 part	
Method of preparation	Common preparation method of Yavagu kalpana.				
Best use before	Within a day.				
Properties/Health benefits	Madhura (sweet in taste), katu (pungent), tikta (bitter), sheeta (cold in potency), ruksha (dry), laghu (light for digestion).				
Classical Indications	Raktapitta (Bleeding disorder).				
Contraindications if any	-				
Special precautions	-				
Others	After get cooled, add Madhu and Sharkara in it.				

Name of formulation	Masura prishniparnyadi yavagu				
Reference	Ca.Chi.4/46				
Category	Ashita (Eatables)				
Label claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Masura	<i>Lens culinaris</i> Medic	seed	½ part
	2.	Prishaniparni	<i>Uraria picta</i> Desv.	Whole plant	½ part
	3.	Madhu	Honey		qs
	4.	Sharkara	Sugar		qs
	5.	Tandula	<i>Oryza sativa</i> L.	Seed	1/6 part of decoction
6.	Jala	Water		16 part	
Method of preparation	Common preparation method of Yavagu kalpana.				
Best use before	Within a day.				
Properties/Health	Madhura (sweet in taste), tikta (bitter), sheeta (cold in potency),				

benefits	ruksha (dry), laghu (light for digestion).
Classical Indications	Raktapitta (Bleeding disorder).
Contraindications if any	-
Special precautions	-
Others	After get cooled, add Madhu and Sharkara in it.

Name of formulation	Mudga Shalparnyadi Yavagu				
Reference	Ca.Chi.4/46				
Category	Ashita (Eatables)				
Label claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Mudga	<i>Phaseolus radiates</i> L.	Seed	½ part
	2.	Shalaparni	<i>Desmodium gangeticum</i> DC.	Whole plant	½ part
	3.	Madhu	Honey		qs
	4.	Sharkara	Sugar		qs
	5.	Tandula	<i>Oryza sativa</i> L.	Seed	1/6 part of decoction
6.	Jala	Water		16 part	
Method of preparation	Common preparation method of Yavagu kalpana.				
Best use before	Within a day.				
Properties/Health benefits	Madhura (sweet in taste), tikta (bitter), sheeta (cold in potency), ruksha (dry), laghu (light for digestion).				
Classical Indications	Raktapitta (Bleeding disorder).				
Contraindications if any	-				
Special precautions	-				
Others	After get cooled, add Madhu and Sharkara in it.				

Name of formulation	Hare nukadi Yavagu				
Reference	Ca.Chi.4/47				
Category	Ashita (Eatables)				
Label claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Harenu	<i>Vitex negundo</i> L.	Seed	1 part
	2.	Madhu	Honey		Qs
	3.	Sharkara	Sugar		Qs
	4.	Tandula	<i>Oryza sativa</i> L.	Seed	1/6 part of decoction
5.	Jala	Water		16 part	
Method of preparation	Common preparation method of Yavagu kalpana.				

Best use before	Within a day.
Properties/Health benefits	Madhura (sweet in taste), tikta (bitter), sheeta (cold in potency), ruksha (dry), laghu (light for digestion).
Classical Indications	Raktapitta (Bleeding disorder).
Contraindications if any	-
Special precautions	-
Others	After get cooled, add Madhu and Sharkara in it.

Name of formulation	Baladi Yavagu				
Reference	Ca.Chi.4/47				
Category	Ashita (Eatables)				
Label claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Bala	<i>Sida cordifolia</i> L.	Root	1 part
	2.	Ghrita	Ghee		Qs
	3.	Sharkara	Sugar		Qs
	4.	Madhu	Honey		Qs
	5.	Tandula	<i>Oryza sativa</i> L.	Seed	1/6 part of decoction
6.	Jala	Water		16 part	
Method of preparation	Common preparation method of Yavagu kalpana.				
Best use before	Within a day.				
Properties/Health benefits	Madhura (sweet in taste), sheeta (cold in potency), laghu (light for digestion).				
Classical Indications	Raktapitta (Bleeding disorder).				
Contraindications if any	-				
Special precautions	-				
Others	After get cooled, add Madhu and Sharkara in it.				

Name of formulation	Changeri Takra Yavagu				
Reference	Ca.Chi.8/125				
Category	Ashita (Eatables)				
Label claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Changeri	<i>Oxalis corniculata</i> L.	Whole plant	½ part
	2.	Dadima	<i>Punica granatum</i> L.	seed	½ part

	3.	Takra	Buttermilk		16 part
	4.	Tandula	<i>Oryza sativa</i> L.	Seed	1/6 part of decoction
Method of preparation	Common preparation method of Yavagu kalpana.				
Best use before	Within a day.				
Properties/Health benefits	Amla (sour), ushna (hot in potency), ruksha (dry), laghu (light for digestion), vatapittashamaka (pacifies vata and pitta dosha).				
Classical Indications	Atisara in Rajyakshma (Diarrhea in Tuberculosis).				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Pippalayadi Yavagu				
Reference	A.Hri.Chi. 1/30				
Category	Ashita				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Pippali	<i>Piper longum</i> L.	Fruit	½ part
	2.	Amalaki	<i>Emblica officinalis</i> Gaertn.	Fruit	½ part
	3.	Yava	<i>Hordeum vulgare</i> L.	Fruit	1/6 part of decoction
	4.	Ghrita	Ghee		Qs
	5.	Jala	Water		16 part
Method of preparation	Prepare Yavagu with Pippali, Amalaki and Yava then add ghrita to it.				
Best use before	Within a day.				
Properties/Health benefits	Mala and vata anulomana (downward movement of stool and flatus).				
Classical Indications	Vibandha (Constipation).				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Lajadi yavagu				
Reference	Vd.Chi. 15/ 26				
Category	Pana (Drinkable)				
Label claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount

	1.	Laja	<i>Oryza sativa</i> L.		1/6 part of decoction
	2.	Masura	<i>Lens culinaris</i> Medic	Seed	1/3 part
	3.	Yava	<i>Hordeum vulgare</i> L.	Fruit	1/3 part
	4.	Mudga	<i>Phaseolus radiates</i> L.	Seed	1/3 part
	5.	Madhu	Honey		Qs
	6.	Jala	Water		16 part
Method of preparation	Mix Laja, Masura, Yava, Mudga to form Yavagu, then mix it with Madhu.				
Best use before	Within a day.				
Properties/Health benefits	Madhura (sweet in taste), laghu (light for digestion), sheeta (cold in potency), ruksha (dry).				
Classical Indications	Trishna (Thirst), Chhardi (Emesis).				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Parshvadipidahara yavagu				
Reference	Cha.Da. 1/ 24, Pg. 4				
Category	Pana (Drinkables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Gokshura	<i>Tribulus terrestris</i> L.	Whole plant	½ part
	2.	Kantakari	<i>Solanum surattense</i> Burm.f.	Whole plant	½ part
	3.	Rakta shali		seed	1/6 part of decoction
	4.	Jala	Water		16 part
Method of preparation	Take peya of Rakta shali rice processed with Gokshura and Kantakari.				
Best use before	Within a day.				
Properties/Health benefits	Shulanashaka (relieves pain).				
Classical Indications	Parshvashulnashaka (relieves from intercostal neuralgia), Shirahshulanashaka (relieves headache), Bastishulanashaka (relieves from urinary ailments).				
Contraindications if any	-				
Special precautions	-				

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	72.39	Gaudika	Sho. Ni.shloka 981
	72.40	Tapahari	Bho. Ku. Siddhanna prakran (bhakshya vishesha)
	72.41	Tapahari (satandula)	Bha.Ni.11/11
	72.42	Vedhnika	Ayu.Ma, pakvanna varga (15 <sup>th</sup> varga)
	72.43	Vishyandana	Kai. Ni.5/145-147
	72.44	Phenika	Bha.Ni.11/17
	72.45	Godhuma Phenika	Bho. Ku. Siddhanna prakran (bhakshya vishesha), Ayu.Ma, pakvanna varga (15 <sup>th</sup> varga)
	72.46	Masha pishtaka phenika	Ayu.Ma, pakvanna varga (15 <sup>th</sup> varga)
		Pradara hara peya (drinkable)	Bhai. Ra, pradharogadhikara, chpt .66, shlok no.11.

# Yusha

Common preparation method of Yusha Kalpana. –

Prepare Yusha by cooking pulses/legumes in 16 parts of water. Mix 1 part of Mudga and all ingredients in a vessel, adding 16 parts of water. Cook the mixture over medium flame until it reaches a thick consistency.

Name of formulation	Yusha				
Reference	Kai. Ni.5/62-68				
Category	Pana (Drinkable)				
Label claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Shimbi dhanya	Lentils	Seed	1 part
	2.	Jala	Water	-	16 parts
Method of preparation	Add water to Mudga in the vessel. Cook it over medium flame until it reaches a thick consistency.				
Best use before	Within a day.				
Properties/Health benefits	Krita Yusha is guru (heavy in digestion) and akrita Yusha is laghu (light for digestion), sheetavirya (cold in potency), agnideepaka (stimulates digestive fire), madhura (sweet in taste).				
Classical Indications	Raktapitta (Bleeding disorders), Hridya (Cardiotonic), Jwara (Fever), Vrana (Wound), Urdhva jatrugata roga (disease affecting head and neck), Trishna (Thirst), Daha (Burning).				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Vatavinashana Yusha				
Reference	Cha.Da. 22/78, pg.140				
Category	Pana (Drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Patola phala	<i>Trichosanthes dioica</i> Rosc. (H).	Fruit	½ part
	2.	Bala	<i>Sida cordifolia</i> L.	Root	½ part
	3.	Jala	Water		16 parts
	4.	Shimbi dhanya	Lentils	Seed	1 part
Method of preparation	Prepare the soup using patola fruits and bala following the common preparation method.				
Best use before	Within a day.				
Properties/Health benefits	Vatanashaka (alleviates vata dosha), tikta (bitter), madhura (sweet in taste), sheeta (cold in potency), laghu (light), increases the production of semen.				
Classical Indications	Daurbalya (Weakness)				
Contraindications if any	-				

Special precautions	-
Others	-

Name of formulation	Panchamushtik Yusha				
Reference	Ga.Ni part 2, Kayachikitsa khand /103-104				
Category	Pana (Drinkable)				
Label claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Yava	<i>Hordeum vulgare</i> L.	Fruit	1 Pala
	2.	Kola	<i>Zizyphus Jujuba</i> Lam	Fruit	1 Pala
	3.	Kulattha	<i>Dolichus biflorus</i> L.	Seed	1 Pala
	4.	Mudga	<i>Phaseolus radiates</i> L. non Rosc. & auct.	Seed	1 Pala
	5.	Mulaka	<i>Raphanus sativus</i> L.	Root	1 pala
	6.	Shunthi	<i>Zingiber officinale</i> Rosc.	Rhizome	1 Pala
	7.	Jala	Water		8 parts
Method of preparation	Take all ingredients together and cook the mixture in 8 times water. Reduce to 1/8th part.				
Best use before	Within a day.				
Properties/Health benefits	Deepana (increases digestive fire) pachana (easy to digest), vatashamaka (pacifies vata dosha), ushna (hot in potency).				
Classical Indications	Sannipataja Jwara (Fever due to all doshas), Shula (Pain), Gulma (Abdominal lump), Kasa (Cough), Shwasa (Asthama), Kshaya (Pthisis), Jwara (Fever).				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Hikka shwasa nashaka Yusha yoga				
Reference	Ga.Ni part 2, Kayachikitsa khand 11/70 pg.370				
Category	Pana (Drinkable)				
Label claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Kasamarda	<i>Cassia occidentalis</i>	Fruit	1/3 part

			L.		
	2.	Shigru	<i>Moringa Oliefera</i> Lam	Leaves	1/3 part
	3.	Dry Radish	<i>Raphanus sativus</i> L.	Root	1/3 part
	4.	Shimbi dhanya	lentils	Seed	1 part
	5.	Jala	water		16 parts
Method of preparation	Common preparation method of Yusha Kalpana.				
Best use before	Within a day.				
Properties/Health benefits	Ushna (hot in potency), katu (pungent), tikta (bitter), ruksha (dry).				
Classical Indications	Hikka (Hiccup), Shwasa Roga (Asthma)				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Kulatthadi Yusha					
Reference	Ga.Ni part 2, Kayachikitsa khand 23/32 ,Yo.R.Shula chi. , shloka-27.					
Category	Pana (Drinkable)					
Label claim	Disease risk reduction					
Ingredients	S. No.	Name of the Ingredients		Botanical Name	Part Used	Ratio/Amount
	1.	Saindhava Lavana		Rock Salt		Qs
	2.	Vyosha	Shunthi	<i>Zingiber officinalis</i> <i>Rosc</i>	Rhizome	½ part
			Pippali	<i>Piper longum</i> L.	Fruit	
			Maricha	<i>Piper nigrum</i> L.	Fruit	
	3.	Dhana lava				1 part
	4.	Kulattha		<i>Dolichus biflorus</i> L.	Seed	
	5.	Hingu		<i>Ferula asfoetida</i> Regel	Oleo gum resin	Qs
	6.	Sauvarchala Lavana		Salt		Qs
7.	Dadima		<i>Punica granatum</i> L.	Seed	½ part	
8.	Ghrita		Ghee		Qs	

	9.	Jala	Water		16 parts
Method of preparation	Common preparation method of Yusha Kalpana.				
Best use before	Within a day.				
Properties/Health benefits	Deepana (increases digestive fire), pachana (easy to digest), ushna (hot in potency).				
Classical Indications	Vatika Shoola (Pain due to vata dosha).				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Udararoga nashaka Yusha				
Reference	Ga.Ni part 2, Kayachikitsa khand 32/56 pg.698				
Category	Pana (Drinkable)				
Label claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Snuhi Kshira	<i>Euphorbia neriifolia</i> L.	Exudate	1 part
	2.	Tandula	<i>Oryza sativa</i> L.	Seed	1 part
	3.	Jala	Water		16 parts
Method of preparation	Prepare the Yusha using rice processed in snuhi kshira.				
Best use before	Within a day.				
Properties/Health benefits	Ushna (hot in potency)				
Classical Indications	Udara Roga (Abdominal diseases).				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Navanga Yusha				
Reference	Cha.Da. 11/21, Ga.Ni part 2, Kayachikitsakhanda 10/41, Yo.R.Kasa chi., shloka-42.				
Category	Pana (Drinkable)				
Label claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Mudga	<i>Phaseolus radiates</i> L. non Rosc. & auct.	Seed	1 part
	2.	Yava	<i>Hordeum vulgare</i> L.	Fruit	



	3.	Kulattha	<i>Dolichos biflorus</i> L.	Seed	
	4.	Amalaki	<i>Emblica officinalis</i> Gaertn.	Fruit	1/6 part
	5.	Dadima	<i>Punica granatum</i> L.	Seed	1/6 part
	6.	Karkandhu	<i>Zizyphus nummularia</i> (Burm.f.)	Fruit	1/6 part
	7.	Mulaka	<i>Raphanus Sativus</i> L.	Root	1/6 part
	8.	Shunthi	<i>Zingiber officinale</i> Rosc	Rhizome	1/6 part
	9.	Pippali	<i>Piper longum</i> L.	Fruit	1/6 part
	10.	Jala	Water		16 parts
Method of preparation	Common preparation method of Yusha Kalpana.				
Best use before	Within a day.				
Properties/Health benefits	Amla (sour), katu (pungent), ushna (hot in potency), laghu (light for digestion).				
Classical Indications	Kaphaja Kasa (Cough due to kaphaja dosha).				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Panchmuladi Yusha					
Reference	Ni. Ra., Nidansaha chikista					
Category	Pana (Drinkable)					
Label claim	Disease risk reduction					
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/A mount	
	1.	Panchamula	Bilwa	<i>Aegle marmelos</i> Correa ex Roxb	Stem bark	¼ part
			Agnimantha	<i>Clerodendrum phlomidis</i> L.	Stem bark	
			Shyonaka	<i>Oroxylum indicum</i> Vent.	Stem bark	
			Patala	<i>Stereospermum suaveolens</i> DC	Stem bark	
			Gambhari	<i>Gmelina arborea</i> Roxb	Stem bark	
	2.	Chitraka	<i>Plumbago zeylanica</i> L.	Root	¼ part	

	3.	Haritaki	<i>Terminalia Chebula Retz.</i>	Fruit	¼ part
	4.	Vidanga	<i>Embelica ribes Burm.f.</i>	Fruit	¼ part
	5.	Ksheer	Milk		16 parts
	6.	Ghrita	ghee		Qs
	7.	Shimbi Dhanya	lentils	Seed	1 part
	8.	Guda	<i>Saccharum officinarum L.</i>		Qs
Method of preparation	Common preparation method of Yusha Kalpana.				
Best use before	Within a day.				
Properties/Health benefits	Ushna (hot in potency), deepana (increases digestive fire), pachana (easy to digest), krimighna (anthelmintic).				
Classical Indications	Pinasa (Chronic rhinitis).				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Mudga lajadi Yusha				
Reference	Vd. Chi15/23				
Category	Pana (Drinkable)				
Label claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Mudga	<i>Phaseolus radiates L.</i>	Seed	1 part
	2.	Laja	<i>Oryza sativa L.</i>		
	3.	Madhu	Honey		Qs
	4.	Sharkara	Sugar		Qs
	5.	Jala	Water		16 parts
Method of preparation	Fry Mudga without oil and prepare Yusha following the common method. Administer it with Laja, Madhu, and Sharkara.				
Best use before	Within a day.				
Properties/Health benefits	-				
Classical Indications	Chardhi (Emesis), Atisara (Diarrhoea), Daha (Burning), Jwara (Fever).				
Contraindications if any	-				
Special precautions	-				

Others	-
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Name of formulation	SaptamushtikaYusha				
Reference	Yo.R.jwara chi., shloka-36, Sha.Sam M. Kha. 2/157-158.				
Category	Pana (Drinkable)				
Label claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Kulattha	<i>Dolichos biflorus</i> L.	Seed	1 part
	2.	Yava	<i>Hordeum vulgare</i> L.	Fruit	
	3.	Mudga	<i>Phaseolus radiates</i> L.	Seed	
	4.	Kola	<i>Zizyphus mauritiana</i> Lam.	Fruit	¼ part
	5.	Mulaka	<i>Raphanus sativus</i> L.	Root	¼ part
	6.	Shunthi	<i>Zingiber officinale</i> Rosc.	Rhizome	¼ part
	7.	Dhanyaka	<i>Coriandrum sativum</i> L.	Fruit	¼ part
8.	Jala	Water		16 parts	
Method of preparation	Common preparation method of Yusha Kalpana.				
Best use before	Within a day.				
Properties/Health benefits	Madhura (sweet in taste), tikta (bitter), katu (pungent), ushna (hot in potency), ruksha (dry).				
Classical Indications	Kaphapittahara (alleviates kapha and pitta dosha), Sannipataja jwara (high fever due to vitiation of all doshas).				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	ShadangaYusha				
Reference	Yo.R.Atisara chi., Shloka 120- 123				
Category	Pana (Drinkable)				
Label claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Mugda	<i>Phaseolus radiatus</i> L.	Seed	1 part
	2.	Takra	Buttermilk		16 parts
	3.	Mamsarasa	Meat soup		
4.	Dhanyaka	<i>Coriandrum</i>	Fruit	½ part	

			<i>sativum L.</i>		
	5.	Jiraka	<i>Cuminum cyminum L.</i>	Fruit	½ part
	6.	Saindhava lavana	Rock salt		Qs
Method of preparation	Common preparation method of Yusha Kalpana.				
Best use before	Within a day.				
Properties/Health benefits	Madhura (sweet in taste), katu (pungent), sheeta (cold in potency), agni deepaka (stimulates digestive fire)				
Classical Indications	Grahnidoshanashaka (alleviates malabsorption syndrome), Aruchi (Tastelessness), Jwara (Fever), Pravahika (Dysentery).				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Dwitiya shadanga Yusha				
Reference	Yo.R. Atisara chi, shloka-4				
Category	Pana (Drinkable)				
Label claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Bilwa	<i>Aegle marmelos Correa ex Rosc.</i>	Stem bark	1/6 part
	2.	Dhanyaka	<i>Coriandrum sativum L.</i>	Fruit	1/6 part
	3.	Jiraka	<i>Cuminum cyminum L.</i>	Fruit	1/6 part
	4.	Patha	<i>Cissampelos Pareira L.</i>	Stem bark	1/6 part
	5.	Shunthi	<i>Zingiber officinale Rosc.</i>	Rhizome	1/6 part
	6.	Tila	<i>Sesamum Indicum L.</i>	Seed	1/6 part
	7.	Shimbi dhanya	Lentils	Seed	1 part
8.	Jala	Water		16 parts	
Method of preparation	Common preparation method of Yusha Kalpana.				
Best use before	Within a day.				
Properties/Health benefits	Katu (pungent), tikta (bitter), ushna (hot in potency), ruksha (dry).				
Classical Indications	Atisara (Diarrhoea).				
Contraindications if	-				

any	
Special precautions	-
Others	-

Name of formulation	Kasamardakadi Yusha				
Reference	Yo.R.Hikka, shloka-21 pg.37				
Category	Pana (Drinkable)				
Label claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Kasamarda patra	<i>Cassia occidentalis</i> L.	Leaves	1/3 part
	2.	Shigru	<i>Moringa oleifera</i> Lam	Leaves	1/3 part
	3.	Shushka mulaka	<i>Raphanus sativus</i> L.	Root	1/3 part
	4.	Shimbi dhanya	Lentils	Seed	1 part
	5.	Jala	Water		16 parts
Method of preparation	Common preparation method of Yusha Kalpana.				
Best use before	Within a day.				
Properties/Health benefits	-				
Classical Indications	Hikka (Hiccup), Shwasa (Asthma).				
Contraindications if any	-				
Special precautions	-				
Others	Anupana - Ghrita, dadhi.				

Name of formulation	Lajadi Yusha				
Reference	Yo.R.Chhardi chi , shloka.-21, pg.358				
Category	Pana (Drinkable)				
Label claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Laja	<i>Oryza sativa</i> L.		¼ part
	2.	Masura	<i>Lens culinaris</i> Medic	Seed	¼ part
	3.	Yava	<i>Hordeum vulgare</i> L.	Fruit	¼ part

	4.	Mudga	<i>Phaseolus radiates</i> L.	Seed	¼ part
	5.	Jala	Water		16 parts
Method of preparation	Common preparation method of Yusha Kalpana. Then add ela, fragrant substances, sweet, bitter substances and quenched water from the lump of roasted clay is beneficial in thirst.				
Best use before	Within a day.				
Properties/Health benefits	-				
Classical Indications	Pittaja chardi (Vomiting due to pitta dosha), Trishna (Thirst).				
Contraindications if any	-				
Special precautions	-				
Others	Anupana – Madhu				

Name of formulation	Yavadi Yusha					
Reference	Abhi. chi.61 /169-172					
Category	Pana (Drinkable)					
Label claim	Disease risk reduction					
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/ Amount	
	1.	Yava	<i>Hordeum vulgare</i> L.	Fruit	1 part	
	2.	Kulatha	<i>Dolichos biflorus</i> L.	Seed		
	3.	Mudga	<i>Phaseolus radiatus</i> L.	Seed		
	4.	Masha	<i>Phaseolus mungo</i> L. non Rosc. & auct.	Seed		
	5.	Dwi panch moola	Shalparni	<i>Desmodium gangeticum</i> DC.	Whole plant	1/7 part
			Prishnaparni	<i>Uraria picta</i> Desv.	Whole plant	
			Brihati	<i>Solanum anguivi</i> Lam.	Whole plant	
			Kantakari	<i>Solanum surattense</i> Burm.f.	Whole plant	
			Gokshura	<i>Tribulus terrestris</i> L.	Whole plant	
6.	Bilwa	<i>Aegle marmelos</i> Correa ex Roxb	Stem bark	1/7 part		
7.	Agnimantha	<i>Clerodendrum</i>	Stem bark	1/7 part		

			<i>phlomidis L.</i>		
	8.	Shyonaka	<i>Oroxylum indicum Vent.</i>	Stem bark	1/7 part
	9.	Patala	<i>Stereospermum suaveolens DC</i>	Stem bark	1/7 part
	10.	Gambhari	<i>Gmelina arbora Roxb</i>	Stem bark	1/7 part
	11.	Jiraka	<i>Cuminum cyminum L.</i>	fruit	1/7 part
	12.	Saindhava lavana	Rock salt		qs
	13.	Ghrita	Ghee		qs
	14.	Jala	Water		16 parts
Method of preparation	Boil the ingredients from Yava to Dwipanchamoola water and reduce it to ¼. Add Takra, fried Jiraka, Ghrita, and Saindhava lavana to it.				
Best use before	Within a day.				
Properties/Health benefits	-				
Classical Indications	Vata shula (pain due to vata dosha), makkala shula (severe pain in the abdomen below umbilicus due to accumulation of collected blood after delivery).				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Mudga Amalaki Yusha				
Reference	Bhai. Ra, chardirogadhikara, chpt 19, shloka 3.				
Category	Pana (Drinkable)				
Label claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Mudga	<i>Phaseolus radiates L.</i>	Seed	1
	2.	Amalaki	<i>Emblica officinalis Gaertn</i>	Fruit	1
	3.	Jala	Water		16 parts
Method of preparation	Common preparation method of Yusha Kalpana.				
Best use before	Within a day.				
Properties/Health benefits	-				

Classical Indications	Vataja Chardi (Vomiting due to vata dosha) .
Contraindications if any	-
Special precautions	-
Others	Anupana - Ghrita, saindhava lavana.

Name of formulation	Tarpanartha Yusha				
reference	Bhai. Ra, madhatyarogadhikara, chapt.22, shloka 2-3.				
Category	Pana (Drinkable)				
Label claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Mudga	<i>Phaseolus radiatus</i> L.	Seed	1 part
	2.	Kalaya	<i>Pisum sativum</i> L.	Seed	
	3.	Dadima	<i>Punica granatum</i> L.	Seed	1/5 part
	4.	Amalaki	<i>Emblica officinalis</i> Gaertn	Fruit	1/5 part
	5.	Draksha	<i>Vitis vinifera</i> L.	Fruit	1/5 part
	6.	Khajura	<i>Phoenix dactylifera</i> L.	Fruit	1/5 part
	7.	Parushaka	<i>Grewia asiatica</i> (L.	Fruit	1/5 part
	8.	Jala	Water		16 parts
Method of preparation	Common preparation method of Yusha Kalpana.				
Best use before	Within a day.				
Properties/Health benefits	-				
Classical Indications	Madatyaya (Alcohol intoxication).				
Contraindications if any	-				
Special precautions	-				
Others	-				



Name of formulation	MudgaYusha				
Reference	A.S.Su 7/48, A. Hri. Su. 6/33				
Category	Pana (Drinkable)				
Label claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Mudga	<i>Phaseolus radiates</i> L.	Seed	1 part
	2.	Jala	Water		16 parts
Method of preparation	Common preparation method of Yusha Kalpana.				
Best use before	Within a day.				
Properties/Health benefits	Laghu (light for digestion), tikta (bitter), sheeta (cold in potency).				
Classical Indications	Vrana (Wound), kantha Roga (Throat diseases), Netra roga (Disease of the eye).				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Kulattha Yusha				
Reference	A.S.Su 7/48, A.H.Su 6/33				
Category	Pana (Drinkable)				
Label claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Kulattha	<i>Dolichos biflorus</i> L.	Seed	1 part
	2.	Jala	Water		16 parts
Method of preparation	Common preparation method of Yusha Kalpana.				
Best use before	Within a day.				
Properties/Health benefits	Vata anulomaka (downward movement of flatus).				
Classical Indications	Gulma (Abdominal lump), Tuni (Neuralgic pain), Pratituni (Renal ureteric colic).				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Masha Yusha				
Reference	A.S.Su 7/49				
Category	Pana (Drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Masha	<i>Phaseolus mungo</i> L., non Rosc. & auct.	Seed	1 part
	2.	Jala	Water		16 parts
Method of preparation	Common preparation method of Yusha Kalpana.				
Best use before	Within a day.				
Properties/Health benefits	Prabhuta abhyantar malakarak, ushna (hot in potency), katu (pungent).				
Classical Indications	-				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Mudga Kantakaryadi Yusha				
Reference	A.S.Chi.5/136				
Category	Pana (Drinkable)				
Label claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Kantakari	<i>Solanum surattense</i> Burm. F.	Whole plant	½ part
	2.	Mudga	<i>Phaseolus Radiatus</i> L.	Seed	1 part
	3.	Hingu	Ferula Asfoetida (Regel)	Oleo resin gum	qs
	4.	Saindhava	Rock Salt		qs
	5.	Amalaki	<i>Embllica officinale</i> Gaertn.	Fruit	½ part
	6.	Jala	Water		16 parts
Method of preparation	Common preparation method of Yusha Kalpana.				
Best use before	Within a day.				
Properties/Health benefits	Tikta (bitter), katu (pungent), laghu (light for digestion), ruksha (dry), kapha pitta shamaka (pacifies kapha and pitta dosha).				
Classical Indications	Kasa (Cough).				

Contraindications if any	-
Special precautions	-
Others	-

Name of formulation	Mudga Shigruvadi Yusha				
Reference	A.S.Chi.6/22				
Category	Pana (Drinkable)				
Label claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Shigru	<i>Moringa oleifera</i> Lam	leaves	¼ part
	2.	Vartaka	<i>Solanum melongena</i> L.	Fruit	¼ part
	3.	Mudga	<i>Phaseolus Radiatus</i> L.	Seed	½ part
	4.	Kulattha	<i>Dolichos biflorus</i>	Seed	½ part
	5.	Kasaundi			¼ part
	6.	Adusa	<i>Adhatoda vasica</i>	Leaves	¼ part
	7.	Jala	Water		16 parts
Method of preparation	Prepare the Yusha from above mentioned ingredients in kulattha and dashmoola kwath.				
Best use before	Within a day.				
Properties/Health benefits	Katu (pungent), tikta (bitter), ushna (hot in potency), ruksha (dry), kapha vatashamaka (pacifies vata and kapha dosha).				
Classical Indications	Hikka (Hiccup), Shwasa (Asthma).				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Nimbadi Yusha				
Reference	A.S.Chi.6/23				
Category	Pana (Drinkable)				
Label claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Nimba	<i>Azadirachta indica</i> A.	Whole plant	¼ part

			Juss		
	2.	Brihati	<i>Solanum indicum</i> L.	Whole plant	¼ part
	3.	Matulunga	<i>Citrus medica</i> L.	Fruit	¼ part
	4.	Patola	<i>Trichosanthes dioica</i> Rosc. (H).	Leaves	¼ part
	5.	Shimbi dhanya	Lentils	Seed	1 part
	6.	Jala	Water		16 parts
Method of preparation	Prepare the Yusha in Dashmoola Kwatha.				
Best use before	Within a day.				
Properties/Health benefits	Katu (pungent), tikta (bitter), kaphavata shamaka (pacifies vata and kapha dosha).				
Classical Indications	Hikka (Hiccup), Shwasa (Asthma).				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Kantakaryadi Yusha				
Reference	A.S.Chi.6/23				
Category	Pana (Drinkable)				
Label claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Kantakari	<i>Solanum surratense</i> Burm.f.	Whole plant	1/5 part
	2.	Duralabha	<i>Fagonia cretica</i> L.	Whole plant	1/5 part
	3.	Shringi	<i>Gymnema sylvestris</i> R. Br.	Gall	1/5 part
	4.	Bilva	<i>Aegle marmelos</i> Correa ex Rosc.	Fruit	1/5 part
	5.	Gokshura	<i>Tribulus terrestris</i> L.	Whole plant	1/5 part
	6.	Shimbi dhanya	lentils	Seed	1 part
	7.	Jala	Water		16 parts
Method of preparation	Common preparation method of Yusha Kalpana.				
Best use before	Within a day.				

Properties/Health benefits	Katu (pungent), tikta (bitter), ushna (hot in potency), ruksha (dry)
Classical Indications	Hikka (Hiccup), Shwasa (Asthma).
Contraindications if any	-
Special precautions	-
Others	-

Name of formulation	Chitrakadi Yusha				
Reference	A.S.Chi.6/25				
Category	Pana (Drinkable)				
Label claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Chitraka	<i>Plumbago zeylanica</i> L.	Root	1/3 part
	2.	Ajjaji	<i>Cuminum cyminum</i> L.	Fruit	1/3 part
	3.	Shringi	<i>Gymnema sylvestre</i> R. Br.	Gall	1/3 part
	4.	Sauvarchala	Black salt		qs
	5.	Shimbi dhanya	Lentils	Seed	1 part
	6.	Jala	Water		16 parts
Method of preparation	Common preparation method of Yusha Kalpana.				
Best use before	Within a day.				
Properties/Health benefits	Katu (pungent), ushna (hot in potency), ruksha (dry), pittavardhaka (aggravates pitta dosha), kaphavata shamaka (pacifies kapha and vata dosha).				
Classical Indications	Hikka (Hiccup), Shwasa (Asthma).				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Jwara nashaka Yusha				
Reference	A.Hri.Chi. 1/74				
Category	Pana (Drinkable)				
Label claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Mudga	<i>Phaseolus</i>	Seed	1/5 part

			<i>radiates</i> L.		
	2.	Masura	<i>Lens culinaris</i> Medic	Seed	1/5 part
	3.	Chanaka	<i>Cicer arietinum</i> L.	Seed	1/5 part
	4.	Kulattha	<i>Dolichos biflorus</i> L.	Seed	1/5 part
	5.	Makustha		Seed	1/5 part
	6.	Jala	Water		16 parts
Method of preparation	Common preparation method of Yusha Kalpana.				
Best use before	Within a day.				
Properties/Health benefits	Laghu (light for digestion), tikta (bitter), madhura (sweet in taste).				
Classical Indications	Jwara (Fever).				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Chanasya Yusha				
Reference	Bho. Ku., Siddhanna prakran (bhakshya vishesha).				
Category	Pana (Drinkable)				
Label claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Chanasya Yusha	<i>Cicer arietinum</i> L.	Whole plant	1 part
	2.	Hingu	<i>Ferula asfoetida</i> Regel	Oleo resin gum	qs
	3.	Shunthi	<i>Zingiber officinale</i> Rosc	Rhizome	1 part
	4.	Lavana	Salt		qs
	5.	Jala	Water		16 parts
Method of preparation	Common preparation method of Yusha Kalpana, with the addition of Lavana, Shunti, and Hingu.				
Best use before	Within a day.				
Properties/Health benefits	Ushna (hot in potency), katu (pungent), ruksha (dry), deepana (increases digestive fire), pachana (easy to digest).				
Classical Indications	Daha (burning sensation), Prameha (Diabetes).				

Contraindications if any	-
Special precautions	-
Others	-

Name of formulation	Masura Yusha				
Reference	Bho. Ku., Siddhanna prakran (bhakshya vishesha).				
Category	Pana (Drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Masura	<i>Lens culinaris</i> Medic	Seed	1 part
	2.	Hingu	<i>Ferula asfoetida</i> Regel	Oleo resin gum	qs
	3.	Shunthi	<i>Zingiber officinale</i> Rosc.	Rhizome	1 part
	4.	Lavana	Salt		qs
	5.	Jala	Water		16 parts
Method of preparation	Common preparation method of Yusha Kalpana, with the addition of Lavana, Shunti, and Hingu.				
Best use before	Within a day.				
Properties/Health benefits	Aggravates Vata, alleviates Kapha and Pitta.				
Classical Indications	-				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Raja shali Yusha				
Reference	Pa.Da, Chapter 6/15-27.				
Category	Pana (Drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Raja shali	<i>Oryza species</i>	Seed	1 part
	2.	Kanji	Fermented sour gruel		1/21 part
	3.	Jala	Water		16 parts

	4.	Dadhi	Curd		1/21 part
	5.	Saindhava lavana	Rock salt		qs
	6.	Methi	<i>Trigonella foenum-graecum</i> L.	Seed	1/21 part
	7.	Jiraka	<i>Cuminum cyminum</i> L.	Fruit	1/21 part
	8.	Palandu	<i>Allium cepa</i> L.	Bulb	1/21 part
	9.	Ardraka	<i>Zingiber officinale</i> Roxb	Rhizome	1/21 part
	10.	Kayaphala	<i>Myrica esculenta</i> Buch – Ham	Fruit	1/21 part
	11.	Dhanyaka	<i>Coriandrum sativum</i> L.	Fruit	1/21 part
	12.	Matulunga	<i>Citrus medica</i> L.	Fruit	1/21 part
	13.	Ketaki pushpa	<i>Pandanus odoratissimus</i> L.f	Flower	1/21 part
	14.	Shallaki pushpa	<i>Boswellia serrata</i> Rosc.	Flower	1/21 part
	15.	Amra phala	<i>Mangifera indica</i> L.	Fruit	1/21 part
	16.	Narikela	<i>Cocos nucifera</i> L.	Endosperm	1/21 part
	17.	Maricha	<i>Piper nigrum</i> L.	Fruit	1/21 part
	18.	Jati pushpa	<i>Jasminum officinale</i> L.	Flower	1/21 part
	19.	Naranga pushpa	<i>Citrus reticulata</i> Blanco)	Flower	1/21 part
	20.	Bilva phala	<i>Aegle marmelos</i> Correa ex Roxb	Fruit	1/21 part
	21.	Kalhara pushpa		Flower	1/21 part
	22.	Saranga phala		Fruit	1/21 part
	23.	Ela	<i>Elettaria Cardamomum</i> Maton.	Fruit	1/21 part
	24.	Stabakam pushpa		Flower	1/21 part
Method of preparation	Mix Rajashali flour with Kanji in a 1:5 proportion, cook it in water. Then mix it with curd and filter using thick cloth. Season the preparation				



	with Saindhava, powder of Methika, Jeeraka and Ela, along with pieces of Palndu, Ardraka, and Matulunga. Add the flower of Ketaki, fruit of Amra and shallaki. In some pots, drop pieces of fruits, sprout, and flowers of Amra. In others, include the cluster of Maricha and blossoms of jasmine. Following the above method, add various flowers and fruits in order to prepare various soups of fruits and flowers.
Best use before	Within a day.
Properties/Health benefits	Madhura (sweet in taste), amla (sour), katu (pungent), ushna (hot in potency), laghu (light for digestion).
Classical Indications	Vrishya (Aphrodisiac), Balya (strength promotor), Shramahara (removes fatigue).
Contraindications if any	-
Special precautions	-
Others	-

Name of formulation	Shali Yusha				
Reference	Pa.Da, Chapter 6/1-14.				
Category	Pana (Drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Shali	<i>Oryza sativa</i> L.	Seed	
	2.	Kanji	Fermented sour gruel		
	3.	Dhanyaka	<i>Coriandrum sativum</i> L.	Fruit	
	4.	Kaidairaya	<i>Artocarpus integrifolia</i> L.f	Fruit	
	5.	Dadhi	Curd		
	6.	Ketaki pushpa	<i>Pandanus odoratissimus</i> L, f	Flowers	
	7.	Bijapur or Any Citrous Fruit	<i>Citrus medica</i> L.	Fruit	
	8.	Nagkeshara	<i>Mesua ferrea</i> L.	Stamen	
	9.	Dadima pushpa	<i>Punica granatum</i> L.	Flowers	
	10.	Amra phala	<i>Mangifera indica</i> L.	Fruit	
11.	Ajaji	<i>Cuminum</i>	Fruit		

			<i>cuminum L.</i>		
	12.	Narangi pushpa	<i>Citrus reticulata Blanco)</i>	Flowers	
	13.	Shallaki phala	<i>Boswellia serrata Rosc.</i>	Fruit	
	14.	Patali pushpa		Flowers	
	15.	Karvira pushpa	<i>Nerium indicum Mill</i>	Flowers	
	16.	Mulaka	<i>Raphanus sativus L.</i>	Root	
	17.	Kana	<i>Piper longum L.</i>	Fruit	
	18.	Amra pushpa	<i>Mangifera indica L.)</i>	Flowers	
	19.	Puga pushpa	<i>Areca catechu L.</i>	Flowers	
	20.	Kasturi	Musk		
	21.	Kumbhi phala	<i>Carea arborea Roxb</i>	Fruit	
	22.	Vasanti pushpa		Flowers	
	23.	Malhara pushpa		Flowers	
	24.	Balervaruka			
	25.	Nameru			
	26.	Jala	Water		16 parts
Method of preparation	Make paste of Shali and mix with Kanji. Then boil in water. During this process, add the powders of Dhanyaka and Kayaphala. When the paste is properly cooked, remove it from the fire and let it cool. Mix equal quantities of fine curd to it and filter it with white linen. After filtering, place it in many large pots fitted with holes made by pugpatta. Place a flower of Ketaki (screw pine) in each pot, and drop fruits and flowers in every pot to enhance its taste. Among the pots containing the prepared soup, mix pieces of Amla phala, Nagekesara and the flower of Dadima properly. Similarly, in some pots, mix Amra phala, Ajaji , the flower of Narangi, flower of Shallaki, fragrant flower of Karavira (Nerium indicum Mill), pieces of Mulaka, flower of Amra, Punnaga, and Puga pushpa and Kasturi. Following the above method, add various flowers and fruits in order to prepare various soups of fruits and flowers.				
Best use before	Within a day.				
Properties/Health benefits	Madhura (sweet in taste), amla (sour), kashaya (astringent), ruksha (dry), sheeta (cold in potency).				
Classical Indications	Pittahara (alleviates pitta dosha), Shramahara (alleviates fatigue).				
Contraindications if any	-				
Special precautions	-				

Others	-
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Name of formulation	Mudga Kulatthadi Yusha				
Reference	A.S.Chi.1/105				
Category	Pana (Drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Kulattha	<i>Dolichus biflorus</i> L.	Seed	¼ part
	2.	Chanaka	<i>Cicer arietinum</i> L.	Seed	¼ part
	3.	Kalaya	<i>Pisum sativum</i> L.	Seed	¼ part
	4.	Mudga	<i>Phaseolus radiates</i> L.	Seed	¼ part
	5.	Jala	Water		16 parts
Method of preparation	Common preparation method of Yusha Kalpana.				
Best use before	Within a day.				
Properties/Health benefits	Ruksha (dry), laghu (light for digestion), katu (pungent), tikta (bitter), kashaya (astringent), madhura (sweet in taste), ruchikaraka (imparts taste), hridya (cardiotonic)				
Classical Indications	Jwara (Fever)				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Chitraka Yusha				
Reference	Ka. khi.4/20				
Category	Pana (Drinkable)				
Label claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Chitraka	<i>Plumbago zeylanica</i> L.	Root	1 part
	2.	Shimbi dhanya	Lentils	Seed	1 part
	3.	Jala	Water		16 parts
Method of preparation	Prepare ChitrakaYusha by the decoction of root, stem, and leaves of chitraka.				
Best use before	Within a day.				

Properties/Health benefits	Katu (pungent), ushna (hot in potency), tikshna (penetrating), laghu (light for digestion), ruksha (dry).
Classical Indications	Grahani (Malabsorption syndrome), Soola (Colic), Pleeha (Splenomegaly), Arsas (Piles), Gulma (Abdominal lump), Kustha (Skin disorders), Hridya roga (Cardiac disorders) and Suppresses kapha and vata.
Contraindications if any	-
Special precautions	-
Others	-

Name of formulation	MulakaYusha				
Reference	Ka. khi.4/22				
Category	Pana (Drinkable)				
Label claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Mulaka	<i>Raphanus sativus</i> L.	Root	1 part
	2.	Shimbi dhanya	Lentils	Seed	1 part
	3.	Jala	water		16 parts
Method of preparation	Common preparation method of Yusha Kalpana.				
Best use before	Within a day.				
Properties/Health benefits	Laghu (light for digestion), katu (pungent), tikta (bitter), ushna (hot in potency).				
Classical Indications	Grahani (Malabsorption syndrome), Soola (Colic), Pleeha (Splenomegaly), Arsas(Piles), Gulma (Abdominal lump), Kustha (Skin disorders), Cardiac disorders and Suppresses kapha and vata.				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Panchakola Yusha				
Reference	Ka. khi.4/20				
Category	Pana (Drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Shati	<i>Hedychium spicatum</i> Ham. ex Smith	Rhizome	1/5 part
	2.	Karkatshringi	<i>Pistacia</i>	Gall	1/5 part

			<i>integerrima</i> Stewart ex Brandis		
	3.	Bilva	<i>Aegle marmelos</i> Correa ex Rosc.	Fruit	1/5 part
	4.	Ajshringi / Gudamar	<i>Gymnema</i> <i>sylvestris</i> R. Br.	Leaves	1/5 part
	5.	Pushkarmula	<i>Inula racemose</i> Hook.f.	Root	1/5 part
	6.	Shimbi dhanya	Lentils	Seed	1 part
	7.	Jala	Water		16 parts
Method of preparation	Common preparation method of Yusha Kalpana.				
Best use before	Within a day.				
Properties/Health benefits	Tikta (bitter), kashaya (astringent), ushna (hot in potency), vatakapha shamaka (pacifies vata and kapha dosha), atyanta sangrahi (constipation).				
Classical Indications	-				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Phala Yusha				
Reference	Ka. khi.4, shloka 21				
Category	Pana (Drinkable)				
Label claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Dadima	<i>Punica granatum</i> L.	Seed	1/5 part
	2.	Amra	<i>Magnifera indica</i> L.	Fruit	1/5 part
	3.	Kapittha	<i>Feronia linonia</i> (L.) swingle	Fruit	1/5 part
	4.	Bilva	<i>Aegle marmelos</i> Correa ex Rosc.	Fruit	1/5 part
	5.	Badara	<i>Ziziphus mauritiana</i> Lam.	Fruit	1/5 part

	6.	Shimbi dhanya	Lentils	Seed	1 part
	7.	Jala	Water		16 parts
Method of preparation	Common preparation method of Yusha Kalpana.				
Best use before	Within a day.				
Properties/Health benefits	Amla (sour), tikta (bitter), kashaya (astringent), ushna (hot in potency), ruksha (dry), grahi.				
Classical Indications	Jirna atisara (Chronic diarrhoea).				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Pushpa Yusha				
Reference	Ka. khi.4/ 21				
Category	Pana (Drinkable)				
Label claim	Disease risk Reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Dadima	<i>Punica granatum</i> L.	seed	1/8 part
	2.	Shalmali	<i>Bombax ceiba</i> L.	Stem bark	1/8 part
	3.	Dhataki	<i>Woodfordia fruticosa</i> (L.) Kurz	flower	1/8 part
	4.	Saugandhik			1/8 part
	5.	Kovidara	<i>Bauhinia purpurea</i> L.	Stem bark	1/8 part
	6.	Karvudara	<i>Bauhinia variegata</i> L.	Stem bark	1/8 part
	7.	Shana			1/8 part
	8.	Padma	<i>Nelumbo nucifera</i>	flower	1/8 part
	9.	Shimbi dhanya	Lentils	seed	1 part
	10.	Jala	water		16 parts
Method of preparation	Common preparation method of Yusha Kalpana without using oil and sour substances.				
Best use before	Within a day.				
Properties/Health benefits	Kashaya (astringent), amla (sour), sheeta (cold in potency).				
Classical Indications	Asrigdara (Menometrorrhagia), Raktapitta (Bleeding disorders), Daha (Burning), Udara (Ascites), Chakshuroga (diseases of eye).				
Contraindications if	-				

any	
Special precautions	-
Others	-

Name of formulation	Patra-Yusha				
Reference	Ka. khi.4/ 21				
Category	Pana (Drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Bilva	<i>Aegle marmelos</i> Correa ex Rosc.	fruit	1/6 part
	2.	Shigru	<i>Moringa oleifera</i> Lam	Leaves	1/6 part
	3.	Eranda	<i>Ricinus communis</i> L.	Leaves	1/6 part
	4.	Bala	<i>Sida cordifolia</i> L.	Leaves	1/6 part
	5.	Rasna	<i>Pluchea lanceolata</i> Oliver & Hiem	Leaves	1/6 part
	6.	Amra patra	<i>Mangifera indica</i> L.	Leaves	1/6 part
	7.	Shimbi dhanya	Lentils	Seed	1 part
	8.	Jala	Water		16 parts
Method of preparation	Common preparation method of Yusha Kalpana.				
Best use before	Within a day.				
Properties/Health benefits	Madhura (sweet in taste), katu (pungent), tikta (bitter), ushna (hot in potency), snigdha (unctuous).				
Classical Indications	Vatanashaka (alleviate vata dosha).				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Valka Yusha				
Reference	Ka. khi.4/21				
Category	Pana (Drinkable)				
Label claim	Disease risk Reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Dadima	<i>Punica granatum</i> L.	Stem bark	¼ part
	2.	Amrataka	<i>Spondias pinnata</i> (L. f.) Kurz.	Stem bark	¼ part
	3.	Jambu	<i>Syzygium cumini</i> (L.) Skeels	Stem bark	¼ part
	4.	Chirbilva	<i>Holoptelea intergrifolia</i> Planch.	Stem bark	¼ part
	5.	Shimbi dhanya	Lentils	Seed	1 part
	6.	Jala	Water		16 parts
Method of preparation	Common preparation method of Yusha Kalpana.				
Best use before	Within a day.				
Properties/Health benefits	Kashaya (astringent), sheeta (cold in potency), ruksha (dry), sugandhi (aromatic), stambhana (Inhibition of excess flow or secretions).				
Classical Indications	Atisara (Diarrhoea).				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Pallava Yusha				
Reference	Ka. khi.4/21				
Category	Pana (Drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Kamala	<i>Nelumbo nucifera</i> Gaertn.	Tender leaves	1/7 part
	2.	Plaksha	<i>Ficus lacor</i> Buch. Ham	Tender leaves	1/7 part
	3.	Ashwattha	<i>Ficus religiosa</i> L.	Tender leaves	1/7 part
	4.	Udumbara	<i>Ficus glomerata</i> Rosc.	Tender leaves	1/7 part



	5.	Nyagrodha	<i>Ficus bengalensis</i> L.	Tender leaves	1/7 part
	6.	Palasha	<i>Butea monosperma</i> (Lam) Kuntze	Tender leaves	1/7 part
	7.	Dadima	<i>Punica granatum</i> L.	Seed	1/7 part
	8.	Ghrita	Ghee		qs
	9.	Shimbi dhanya	Lentils	Seed	1part
	10.	Jala	Water		16 parts
Method of preparation	Common preparation method of Yusha Kalpana.				
Best use before	Within a day.				
Properties/Health benefits	Kashaya (astringent), tikta (bitter), sheeta (cold in potency), stambhan (inhibition of excess flow or secretions).				
Classical Indications	Pittaroga (diseases due to pitta dosha), Garbhapata (Abortion), Daha (Burning).				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Punarnavadi Yusha				
Reference	Ka. khi.4/21				
Category	Pana (Drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Punarnava	<i>Boerhavia diffusa</i> L.	Root	1/5 part
	2.	Rasna	<i>Pluchea lanceolata</i> oliver & Hiem	leaves	1/5 part
	3.	Changeri	<i>Oxalis corniculata</i> L.	Whole plant	1/5 part
	4.	Bala	<i>Sida cordifolia</i> L.	Root	1/5 part
	5.	Dadhi	Curd		1/5 part
	6.	Shimbi dhanya	Lentils	Seed	1part
	7.	Jala	Water		16 parts
Method of preparation	Common preparation method of Yusha Kalpana. Prepare soups separately with curd and ghrita using punarnava, rasna, changeri, and				

	bala.
Best use before	Within a day.
Properties/Health benefits	Katu (pungent), tikta (bitter), madhura (sweet in taste), amla (sour), kashaya (astringent), ushna (hot in potency), ruksha (dry), vatanashaka (alleviates vata dosha).
Classical Indications	-
Contraindications if any	-
Special precautions	-
Others	-

Name of formulation	MahaYusha				
Reference	Ka. khi.4/ 21				
Category	Pana (Drinkable)				
Label claim	Disease risk Reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Deepaniya Panchamoola		Root	1/22 part
	2.	Madhura phal varg		Fruit	1/22 part
	3.	Sampurna dhanya		Seed	1/22 part
	4.	Dhanyaka	<i>Coriandrum sativum</i> L.	Fruit	1/22 part
	5.	Maricha	<i>Piper nigrum</i> L.	Fruit	1/22 part
	6.	Kakoli	<i>Lilium polyphyllum</i> D.Don	Rhizome	1/22 part
	7.	Ksheerakakoli	<i>Roscoea procera</i> Wall.	Rhizome	1/22 part
	8.	Gambhari	<i>Gmelina arbora</i> Roxb	Stem bark	1/22 part
	9.	Phalsa	<i>Grewia asiatica</i> L.	Fruit	1/22 part
	10.	Kola	<i>Zyzyphus jujuba</i> Lam	Fruit	1/22 part
	11.	Kulattha	<i>Dolichos biflorus</i> L.	Seed	1/22 part
12.	Rasna	<i>Pluchea lanceolata</i> Oliver & Hem	Leaves	1/22 part	

	13.	Eranda	<i>Ricinus communis</i> L.	Root	1/22 part
	14.	Punarnava	<i>Boerhavia diffusa</i> L.	Root	1/22 part
	15.	Gokshura	<i>Tribulus terrestris</i> L.	Whole plant	1/22 part
	16.	Shigru	<i>Moringa oleifera</i> Lam	Leaves	1/22 part
	17.	Palasha	<i>Butea monosperma</i> (Lam) Kuntze	Flower	1/22 part
	18.	Dadhi	Curd		1/22 part
	19.	Kanjika	Fermented sour gruel		1/22 part
	20.	Shukta			1/22 part
	21.	Tila Taila	<i>Sesamum Indicum</i> L.		qs
	22.	Ghrita	Ghee		qs
	23.	Mulaka	<i>Raphanus sativus</i> L.	Root	1/22 part
	24.	Trikatu	Shunthi	<i>Zingiber officinale</i> Roxb	Rhizome
			Maricha	<i>Piper nigrum</i> L.	Whole plant
			Pippali	<i>Piper longum</i> L.	Fruit
	25.	Shimbi dhanya	lentils	Seed	1 part
	26.	Jala	Water		16 parts
Method of preparation	Cook Deepaniya panchmula, fruits of the Madhura group of drugs, all grains, Dhanyaka, Maricha, Kakoli, Kheerakakoli, Kashmari, Parushaka, Badara, Kulattha, Rasna, Eranda, Punarnava, Gokshura, Shigru, and Palash with water until 1/4th remains. Cook the mixture again with curd, kanji, vinegar, oil, and ghrita, along with a hundred radishes without leaves. Seasoning with Vyosha.				
Best use before	Within a day.				
Properties/Health benefits	-				
Classical Indications	Sannipathika roga (diseases caused by combination of doshas), Tikshna agni (excess increase of digestive/metabolic fire), Anidra(insomnia), Stambana (stiffness of body, chin and eyes). This soup should be mixed with equal quantity of meat-soup. For alleviation of chronic diarrhoea add the paste of Tila.				
Contraindications if	-				

any	
Special precautions	-
Others	-

Name of formulation	MulakaYusha (saghrita)				
Reference	Ka. khi.4/ 21				
Category	Pana (Drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Mulaka	<i>Raphanus sativus</i> L.	Root	1 part
	2.	Ghrita	Ghee		qs
	3.	Shimbi dhanya	lentils	Seed	1part
	4.	Jala	Water		16 parts
Method of preparation	Common preparation method of Yusha Kalpana. Cook the radish in water, then fry them with oleaginous substances. Add this to the yusha.				
Best use before	Within a day.				
Properties/Health benefits	Katu (pungent), tikta (bitter), madhura (sweet in taste), ushna (hot in potency), ruksha (dry), Sarva roganashaka (alleviates all the diseases).				
Classical Indications	-				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Shaliparnyadi Yusha				
Reference	Ka.Khi. 11/118.				
Category	Pana (drinkable)				
Label claim	Disease risk Reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Shalparni	<i>Desmodium gangeticum</i> DC.	Whole plant	½ part
	2.	Prishniparni	<i>Uraria picta</i> Desv.	Whole plant	½ part
	3.	Mudga	<i>Phaseolus radiates</i> L.	Seed	1 part
	4.	Jala	Water		16 parts
Method of preparation	Common preparation method of Yusha Kalpana.				
Best use before	Within a day.				
Properties/Health	Madhura (sweet in taste), ushna (hot in potency), snigdha (unctuous).				

benefits	
Classical Indications	Fever associated with diarrhoea.
Contraindications if any	-
Special precautions	-
Others	-

Name of formulation	Shadanga Yusha				
Reference	V.M or Si.Yo.S, Rajayakshmadhikara 10/2-3.				
Category	Pana (drinkable)				
Label claim	Disease risk Reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Pippali	<i>Piper longum</i> L.	Fruit	¼ part
	2.	Yava	<i>Hordeum vulgare</i> L.	Fruit	½ part
	3.	Kulattha	<i>Dolichos biflorus</i> L.	Seed	½ part
	4.	Nagara	<i>Cyperus rotundus</i> L.	Rhizome	¼ part
	5.	Dadima	<i>Punica granatum</i> L.	Seed	¼ part
	6.	Amalaki	<i>Emblica officinalis</i> Gaertn	Fruit	¼ part
	7.	Ghrita	Ghee		Qs
8.	Jala	Water		16 parts	
Method of preparation	Common preparation method of Yusha Kalpana.				
Best use before	Within a day.				
Properties/Health benefits	Ushna (hot in potency), deepana (increases digestive fire), pachana (easy to digest), katu (pungent), tikta (bitter).				
Classical Indications	Shosha (Cachexia).				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Kandakaryadi Yusha
Reference	Ga.Ni part 2, Kayachikitsa khand 10/99.
Category	Pana (Drinkables)
Label claim	Disease risk Reduction

Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Kantakari	<i>Solanum surratense</i> Burm.f.	Whole plant	¼ part
	2.	Mudga	<i>Phaseolus radiatus</i> L.	Seed	1 part
	3.	Haridra	<i>Curcuma longa</i> L.	Rhizome	¼ part
	4.	Amalaki	<i>Emblica officinalis</i> Gaertn.	Fruit	¼ part
	5.	Amlavetas	<i>Hippophae rhamnoides</i>	Fruit	¼ part
	6.	Jala	Water		16 parts
Method of preparation	Common preparation method of Yusha Kalpana.				
Best use before	Within a day.				
Properties/Health benefits	Ushna (hot in potency).				
Classical Indications	All types of Kasa (Cough).				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Grajanakadi KhadaYusha				
Reference	Ca.Chi.14/202				
Category	Pana (drinkable)				
Label claim	Disease risk Reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Grajanaka	<i>Daucus carota var. sativa</i> DC.	Fruit	½ part
	2.	Shalmali twaka	<i>Bombax ceiba</i> L.	Stem bark	½ part
	3.	Shimbi dhanya	Lentils	Seed	1
	4.	Jala	Water		16 parts
Method of preparation	Preparation of Yusha with Takra is Khada. Prepare Yusha using the general method and add Dadhisara (Buttermilk) to it.				
Best use before	Within a day.				
Properties/Health benefits	Ushna (hot in potency), kashaya (astringent), tikta (bitter), laghu (light for digestion).				
Classical Indications	Raktarshas (Bleeding piles).				

Contraindications if any	-
Special precautions	-
Others	-

Name of formulation	Changeri KhadaYusha				
Reference	Ca.Chi.14/202				
Category	Pana (drinkable)				
Label claim	Disease risk Reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Chukrika /changeri	<i>Oxalis corniculata</i> L.	Whole plant	1part
	2.	Shimbi dhanya	lentils	Seed	1part
	3.	Jala	Water		16 parts
Method of preparation	Prepare Yusha using the general method and add dadhisara (buttermilk) to it.				
Best use before	Within a day.				
Properties/Health benefits	Amla (sour), ushna (hot in potency), laghu (light for digestion).				
Classical Indications	Raktarshas(Bleeding piles).				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Nyagrodha KhadaYusha				
Reference	Ca.Chi.14/203				
Category	Pana (drinkable)				
Label claim	Disease risk Reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Nyagrodha (vata) shunga	<i>Ficus bengalensis</i> L.		1part
	2.	Shimbi dhanya	lentils	Seed	1part
	3.	Jala	Water		16 parts
Method of preparation	Prepare Yusha using the general method.				
Best use before	Within a day.				
Properties/Health benefits	Kashaya (astringent), sheeta (cold in potency), ruksha (dry), laghu (light for digestion).				
Classical Indications	Raktarshas (Bleeding piles).				

Contraindications if any	-
Special precautions	-
Others	-

Name of formulation	Shushkamulaka Yusha				
Reference	Ca.Chi.14/93				
Category	Pana (drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Shushkamulaka	<i>Raphanus sativus</i> L.	Root	1/2 part
	2.	Chaga mamsa rasa	Goat meat	Meat soup	1/2 part
	3.	Shimbi dhanya	lentils	Seed	1part
	4.	Jala	Water		16 parts
Method of preparation	Prepare the Yusha using the general method, then add Chaga mamsa rasa, Dadima rasa to it.				
Best use before	Within a day.				
Properties/Health benefits	Madhura (sweet in taste), katu (pungent), ushna (hot in potency).				
Classical Indications	Pathya of Arshas (Wholesome in Piles).				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Mamsa kulathadi Yusha				
Reference	Ca.Chi.14/93				
Category	Pana (drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Kulattha	<i>Dolichos biflorus</i> L.	Seed	1 part
	2.	Chaga mamsa rasa	Goat meat	Meat soup	1 part
	3.	Jala	Water		16 parts
Method of preparation	Prepare the Yusha using the general method, then add Chaga mamsa rasa, Dadima rasa to it.				
Best use before	Within a day.				
Properties/Health benefits	Katu (pungent), tikta (bitter), madhura (sweet in taste), ushna (hot in potency), ruksha (dry).				
Classical Indications	Pathya of Arshas (Wholesome in piles).				



Contraindications if any	-
Special precautions	-
Others	-

Name of formulation	Mamsa kapitthadi Yusha				
Reference	Ca.Chi.14/92				
Category	Pana (drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Daditha (kapittha)	<i>Feronia linonia</i> (L.) Swingle	Fruit	1/3 part
	2.	Bilwa	<i>Aegle marmelos</i> Correa ex Rosc.	Fruit	1/3 part
	3.	Chaga mamsa rasa	Goat meat	Meat soup	1/3 part
	4.	Shimbi dhanya	lentils	Seed	1part
	5.	Jala	Water		16 parts
Method of preparation	Prepare the Yusha using the general method, then add Chaga mamsa rasa, Dadima rasa to it.				
Best use before	Within a day.				
Properties/Health benefits	Ushna (hot in potency), katu (pungent), tikta (bitter), ruksha (dry), laghu (light for digestion).				
Classical Indications	Pathya of Arshas (Wholesome in piles).				
Contraindications if any	-.				
Special precautions	-				
Others	-				

Name of formulation	Kulattha makushtaka Yusha				
Reference	Ca.Chi.14/93				
Category	Pana (drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Kulattha	<i>Dolichos biflorus</i> L.	Seed	1 part
	2.	Makusthaka (motha)	<i>Phaseolus aconitifolius</i>	Seed	
	3.	Chaga mamsa rasa	Goat meat	Meat soup	1 part
	4.	Jala	Water		16 parts

Method of preparation	Prepare the Yusha using the general method, then add Chaga mamsa rasa, Dadima rasa to it.
Best use before	Within a day.
Properties/Health benefits	Ushna (hot in potency), katu (pungent), tikta (bitter), ruksha (dry), laghu (light for digestion).
Classical Indications	Pathya of Arshas (Wholesome in piles).
Contraindications if any	-
Special precautions	-
Others	-

Name of formulation	Matulungadi Yusha				
Reference	Ca.Chi.17/97				
Category	Pana (drinkable)				
Label claim	Disease risk Reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Matulunga patra	<i>Citrus medica</i> L.	Leaves	1/5 part
	2.	Nimbapatra	<i>Azadirachta indica</i> A. Juss	Leaves	1/5 part
	3.	Kulaka patra	<i>Tricosanthes dioica</i> Rosc.	Leaves	1/5 part
	4.	Shunthi	<i>Zingiber officinale</i> Roxb)	Rhizome	1/5 part
	5.	Pippali	<i>Piper longum</i> L.	Fruit	1/5 part
	6.	Maricha	<i>Piper nigrum</i> L.	Fruit	1/5 part
	7.	Kshara	Alkali	Whole plant	qs
	8.	Mudga	<i>Phaseolus radiates</i> L.	Seed	1part
9.	Jala	Water		16 parts	
Method of preparation	First Boil the leaves of all drugs in water, following the Shadangpaniya method. Then, prepare Mudga Yusha according to the general method processed water. Before serving, add Trikatu churna and Kshara to it.				
Best use before	Within a day.				
Properties/Health benefits	Katu (pungent), tikta (bitter), ushna (hot in potency), ruksha (dry), laghu (light for digestion).				
Classical Indications	Hikka (Hiccup), Shwasa (Asthma).				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Mudga Shigru beejadi Yusha				
Reference	Ca.Chi.17/98				
Category	Pana (drinkable)				
Label claim	Disease risk Reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Mudga	<i>Phaseolus radiates</i> L.	Seed	1part
	2.	Saindhava lavana	Rock salt		qs
	3.	Yava kshaar	<i>Hordeum vulgare</i> L.	Whole plant	qs
	4.	Shigru beeja	<i>Moringa oleifera</i> Lam	Seed	½ part
	5.	Maricha	<i>Piper nigrum</i> L.	Fruit	½ part
6.	Jala	Water		16 parts	
Method of preparation	Add saindhava, yava kshar, shigru beeja powder, and maricha powder to the prepared mudga Yusha.				
Best use before	Within a day.				
Properties/Health benefits	Katu (pungent), tikta (bitter), ushna (hot in potency), ruksha (dry), laghu (light for digestion).				
Classical Indications	Hikka (Hiccup) - Shwasa (Asthma).				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Kasmarda patra Yusha				
Reference	Ca.Chi.17/99				
Category	Pana (drinkable)				
Label claim	Disease risk Reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Mudga	<i>Phaseolus radiates</i> L.	Seed	1 part
	2.	Kasmarda patra	<i>Cassia occidentalis</i> L.	Leaves	¼ part
	3.	Saindhava lavana	Rock salt		qs
4.	Shunthi	<i>Zingiber</i>	Rhizome	¼ part	

			<i>officinale</i> Roxb		
	5.	Pippali	<i>Piper longum</i> L.	Fruit	¼ part
	6.	Maricha	<i>Piper nigrum</i> L.	Fruit	¼ part
	7.	Jala	Water		16 parts
Method of preparation	First boil the leaves of all drugs in water following the shadangpaniya method. Then prepare Mudga Yusha using this processed water. Before serving, add Trikatu churna and Kshara into it.				
Best use before	Within a day.				
Properties/Health benefits	Katu (pungent), tikta (bitter), ushna (hot in potency), ruksha (dry), laghu (light for digestion).				
Classical Indications	Hikka (Hiccup), Shwasa (Asthma).				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	ShobhanjanaYusha				
Reference	Ca.Chi.17/99				
Category	Pana (drinkable)				
Label claim	Disease risk Reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Mudga	<i>Phaseolus radiates</i> L.	Seed	1part
	2.	Shobhanjana	<i>Moringa oleifera</i> Lam	Stem bark	¼ part
	3.	Saindhava lavana	Rock salt		qs
	4.	Shunthi	<i>Zingiber officinale</i> Roxb	Rhizome	¼ part
	5.	Pippali	<i>Piper longum</i> L.	Fruit	¼ part
	6.	Maricha	<i>Piper nigrum</i> L.	Fruit	¼ part
	7.	Jala	Water		16 parts
Method of preparation	First, boil the leaves of all drugs in water following the Shadanga paniya method. Then prepare Mudga Yusha using this processed water. Before serving, add Trikatu churna and Kshara in it.				
Best use before	Within a day.				
Properties/Health benefits	Katu (pungent), tikta (bitter), ushna (hot in potency), ruksha (dry), laghu (light for digestion).				
Classical Indications	Hikka (Hiccup), Shwasa (Asthma).				
Contraindications if	-				

any	
Special precautions	-
Others	-

Name of formulation	Shushka mulaka Yusha				
Reference	Ca.Chi.17/99				
Category	Pana (drinkable)				
Label claim	Disease risk Reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Mudga	<i>Phaseolus radiates</i> L.	Seed	1
	2.	Shushka mulaka	<i>Raphanus Sativus</i> L.	Root	¼ part
	3.	Saindhava lavana	Rock salt		qs
	4.	Shunthi	( <i>ingiber officinale</i> Roxb	Rhizome	¼ part
	5.	Pippali	<i>Piper longum</i> L.	Fruit	¼ part
	6.	Maricha	<i>Piper nigrum</i> L.	Fruit	¼ part
	7.	Jala	Water		16 parts
Method of preparation	First, boil the leaves of all drugs in water following the Shadanga paniya method. Then, prepare Mudga Yusha using this processed water. Before serving, add Trikatu churna and Kshara in it.				
Best use before	Within a day.				
Properties/Health benefits	Katu (pungent), tikta (bitter), ushna (hot in potency), ruksha (dry), laghu (light for digestion).				
Classical Indications	Hikka (Hiccup), Shwasa (Asthma).				
Contraindications if any					
Special precautions					
Others					

Name of formulation	Mudga Brihati Yusha				
Reference	Ca.Chi.17/100				
Category	Pana (drinkable)				
Label claim	Disease risk Reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part used	Ratio/Amount
	1.	Mudga	<i>Phaseolus radiates</i> L.	Seed	1 part

	2.	Brihati	<i>Solanum indicum</i> L.	Whole plant	1/5 part
	3.	Shunthi	<i>Zingiber officinale</i> Roxb	Rhizome	1/5 part
	4.	Pippali	<i>Piper longum</i> L.	Fruit	1/5 part
	5.	Maricha	<i>piper nigrum</i> L.	Fruit	1/5 part
	6.	Dadhi	Curd		1/5 part
	7.	Jala	Water		16 parts
Method of preparation	Prepare Mudga Yusha by using swarasa of Brihati. Then add Dadhi, Shunthi, Pippali, Maricha and Ghrita in it.				
Best use before	Within a day.				
Properties/Health benefits	Katu (pungent), tikta (bitter), ushna (hot in potency), ruksha (dry), laghu (light for digestion).				
Classical Indications	Hikka (Hiccup), Shwasa (Asthma).				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Patola-Nimba Yusha				
Reference	Su.su.46/ 370				
Category	Pana (drinkable)				
Label claim	Disease risk Reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Patola	<i>Trichosanthes dioica</i> Rosc. (H).	Leaves	½ part
	2.	Nimba	<i>Azadirachta indica</i> A. Juss	Leaves	½ part
	3.	Shimbi dhanya	Lentils	Seed	1 part
	4.	Jala	Water		16 parts
Method of preparation	Common preparation method of Yusha Kalpana.				
Best use before	Within a day.				
Properties/Health benefits	Tikta (bitter), ruksha (dry), sheeta (cold in potency), kapha and meda shoshan, pittanashaka (alleviates pitta dosha), deepana (increases digestive fire).				
Classical Indications	Hridhya (Cardio tonic), krimi (Worm infestation), Kustha (Skin diseases), Jwara (Fever).				

Contraindications if any	-
Special precautions	-
Others	-

Name of formulation	Amlvetasadi KhadaYusha				
Reference	Ca.Chi.8/129				
Category	Pana (drinkable)				
Label claim	Disease risk Reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Amlvetasa patra	<i>Garcinia pedunculata</i> Rosc.	Leaves	1/3 part
	2.	Dadima rasa	<i>Punica granatum</i> L.	Seed	1/3 part
	3.	Ghrita	Ghee		qs
	4.	Matulunga	<i>Citrus medica</i> L.	Fruit	1/3 part
	5.	Saindhava lavana	Rock salt		qs
	6.	Shimbi dhanya	Lentils	Seed	1 part
	7.	Jala	Water		16 parts
Method of preparation	Make the Khada Yusha from Amlavetas patra. Then, add the required quantity of Ghrita, Amalaki, and Lavana to it.				
Best use before	Within a day.				
Properties/Health benefits	Amla (sour), ushna (hot in potency), ruksha (dry), laghu (light for digestion), vatapittashamaka (pacifies vata and pitta dosha), sangrahi (absorbent and astringent activity).				
Classical Indications	Atisara in Rajyakshma (Diarrhoea in tuberculosis).				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Arjunadi KhadaYusha				
Reference	Ca.Chi.8/129				
Category	Pana (Drinkable)				
Label claim	Disease risk Reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Arjuna patra	<i>Terminalia arjuna</i> W&	Leaves	1/3 part

			A.		
	2.	Dadima rasa	<i>Punica granatum</i> L.	Seed	1/3 part
	3.	Ghrita	Ghee		qs
	4.	Matulunga	<i>Citrus medica</i> L.	Fruit	1/3 part
	5.	Saindhava lavana	Rock salt		qs
	6.	Shimbi dhanya	Lentils	Seed	1 part
	7.	Jala	Water		16 parts
Method of preparation	Make the Khada Yusha from arjuna patra. Then, add the required quantity of ghrita, Amalaki, and lavana to it.				
Best use before	Within a day.				
Properties/Health benefits	Amla (sour), ushna (hot in potency), ruksha(dry), laghu (light for digestion), vatapittashamaka (pacifies vata and pitta dosha), sangrahi (absorbent and astringent activity).				
Classical Indications	Atisara in Rajyakshma (Diarrhoea in tuberculosis).				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Jambupatra KhadaYusha				
Reference	Ca.Chi.8/129				
Category	Pana (Drinkable)				
Label claim	Disease risk Reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Jambupatra	<i>Syzygium cumini</i> (L.) skeels	Leaves	1/3 part
	2.	Dadima rasa	<i>punica granatum</i> L.	Seed	1/3 part
	3.	Ghrita	Ghee		qs
	4.	Matulunga	<i>Citrus medica</i> L.	Fruit	1/3 part
	5.	Saindhava lavana	Rock salt		qs
	6.	Shimbi dhanya	Lentils	Seed	1 part
	7.	Jala	Water		16 parts
Method of preparation	Make the Khada Yusha from Jambu patra. Then, add the required quantity of Ghrita, Amalaki, and Lavana to it.				
Shelf -Life	Within a day.				
Properties/Health	Amla (sour), ushna (hot in potency), kashaya (astringent), laghu (light				



benefits	for digestion), sangrahi (absorbent and astringent activity).
Classical Indications	Atisara in Rajyakshma (Diarrhoea in tuberculosis).
Contraindications if any	-
Special precautions	-
Others	-

Name of formulation	Mranali patradi KhadYusha				
Reference	Ca.Chi.8/129				
Category	Pana (Drinkable)				
Label claim	Disease risk Reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Mranalipatra		Leaves	1/3 part
	2.	Dadima rasa	<i>Punica granatum</i> L.	Seed	1/3 part
	3.	Ghrita	Ghee		qs
	4.	Matulunga	<i>Citrus medica</i> L.	Fruit	1/3 part
	5.	Saindhava lavana	Rock salt		qs
	6.	Shimbi dhanya	Lentils	Seed	1 part
	7.	Jala	Water		16 parts
Method of preparation	Make the Khada Yusha from Mranali patra. Then, add the required quantity of Ghrita, Amalaki, and Lavana to it.				
Best use before	Within a day.				
Properties/Health benefits	Amla (sour), ushna (hot in potency), kashaya (astringent), laghu (light for digestion), sangrahi (absorbent and astringent activity).				
Classical Indications	Atisara in Rajyakshma (Diarrhoea in tuberculosis).				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Krishnagandha KhadaYusha				
Reference	Ca.Chi.8/129				
Category	Pana (Drinkable)				
Label claim	Disease risk Reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Krishnagandha		Stem bark	1/3 part
	2.	Dadimarasa	<i>Punica granatum</i>	Seed	1/3 part

			L.		
	3.	Ghrita	Ghee		qs
	4.	Matulunga	<i>Citrus medica</i> L.	Fruit	1/3 part
	5.	Saindhava lavan	Rock salt		qs
	6.	Shimbi dhanya	Lentils	Seed	1 part
	7.	Jala	Water		16 parts
Method of preparation	Make the Khada Yusha from Krishnagandha patra. Then, add the required quantity of Ghrita, Amalaki, and Lavana to it.				
Best use before	Within a day.				
Properties/Health benefits	Amla (sour), ushna (hot in potency), kashaya (astringent), laghu (light for digestion), sangrahi (absorbent and astringent activity).				
Classical Indications	Atisara in Rajyakshma (Diarrhoea in tuberculosis).				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Shriparni KhadaYusha				
Reference	Ca.Chi.8/129				
Category	Pana (Drinkable)				
Label claim	Disease risk Reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Shriparni	<i>Gmelina arborea</i> Roxb	Stem bark	1/3 part
	2.	Dadimarasa	<i>Punica granatum</i> L.	Seed	1/3 part
	3.	Ghrita	Ghee		qs
	4.	Matulunga	<i>Citrus medica</i> L.	Fruit	1/3 part
	5.	Saindhava lavana	Rock salt		qs
	6.	Shimbi dhanya	Lentils	Seed	1 part
	7.	Jala	Water		16 parts
Method of preparation	Make the Khada Yusha from Shriparni patra. Then, add the required quantity of Ghrita, Amalaki, and Lavana to it.				
Best use before	Within a day.				
Properties/Health benefits	Amla (sour), ushna(hot in potency), kashaya (astringent), laghu (light for digestion), sangrahi (absorbent and astringent activity).				
Classical Indications	Atisar in Rajyakshma (Diarrhoea in tuberculosis).				
Contraindications if any	-				

Special precautions	-
Others	-

Name of formulation	Madyanti KhadaYusha				
Reference	Ca.Chi.8/129				
Category	Pana (Drinkable)				
Label claim	Disease risk Reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Madyanti	<i>Lawsonia inermis</i> L.	Leaves	1/3 part
	2.	Dadimarasa	<i>Punica granatum</i> L.	Seed	1/3 part
	3.	Ghrita	Ghee		qs
	4.	Matulunga	<i>Citrus medica</i> L.	Fruit	1/3 part
	5.	Saindhava lavana	Rock salt		qs
	6.	Shimbi dhanya	Lentils	Seed	1 part
	7.	Jala	Water		16 parts
Method of preparation	Prepare the Khada Yusha from Madayanti patra. Then, add the required quantity of Ghrita, Amalaki, and Lavana to it.				
Best use before	Within a day.				
Properties/Health benefits	Sangrahi (absorbent and astringent activity), Amla (sour), ushna (hot in potency), kashaya (astringent), laghu (light for digestion)				
Classical Indications	Atisara in Rajyakshma (Diarrhoea in tuberculosis)				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Yuthika KhadaYusha				
Reference	Ca.Chi.8/129				
Category	Pana (Drinkable)				
Label claim	Disease risk Reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Yuthika		Leaves	1/3 part
	2.	Dadima rasa	<i>Punica granatum</i> L.	Seed	1/3 part
	3.	Ghrita	Ghee		qs
	4.	Matulunga	<i>Citrus</i>	Fruit	1/3 part

			<i>medica L.</i>		
	5.	Saindhava lavana	Rock salt		qs
	6.	Shimbi dhanya	Lentils	Seed	1 part
	7.	Jala	Water		16 parts
Method of preparation	Prepare the Khada Yusha from Yuthika patra. Then, add the required quantity of ghrita, Amalaki, and Lavana to it.				
Best use before	Within a day.				
Properties/Health benefits	Sangrahi (absorbent and astringent activity), Amla (sour), ushna (hot in potency), kashaya (astringent), laghu (light for digestion).				
Classical Indications	Atisara in Rajyakshma (Diarrhoea in tuberculosis)				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Dhatakipatra KhadaYusha				
Reference	Ca.Chi.8/130				
Category	Pana (Drinkable)				
Label claim	Disease risk Reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Dhatakipatra	<i>Woodfordia fruticosa</i> (L.) Kurz	Leaves	1/3 part
	2.	Dadimarasa	<i>Punica granatum</i> L.	Seed	1/3 part
	3.	Ghrita	Ghee		qs
	4.	Matulunga	<i>Citrus medica</i> L.	Fruit	1/3 part
	5.	Saindhava lavana	Rock salt		qs
	6.	Shimbi dhanya	Lentils	Seed	1 part
	7.	Jala	Water		16 parts
Method of preparation	Prepare the Khada Yusha from Dhataki patra. Then, add the required quantity of Ghrita, Amalaki, and Lavana to it				
Best use before	Within a day.				
Properties/Health benefits	Amla (sour), sheeta (cold in potency), kashaya (astringent), laghu (light for digestion), sangrahi (absorbent and astringent activity)				
Classical Indications	Atisara in Rajyakshma (Diarrhoea in tuberculosis)				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Kashmaryadi Yusha				
Reference	Ca.Chi.14/202				
Category	Pana (Drinkable)				
Label claim	Disease risk Reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Kashmariya	<i>Gmelina arborea</i> Roxb	Stem bark	¼ part
	2.	Amalaki	<i>Emblica officinalis</i> Gaertn.	Fruit	¼ part
	3.	Karbudara	<i>Bauhinia vareigata</i> Blume	Stem bark	¼ part
	4.	Amalakiphala	Citrus fruits	Fruit	¼ part
	5.	Shimbi dhanya	Lentils	Seed	1 part
	6.	Jala	Water		16 parts
Method of preparation	Common preparation method of Yusha Kalpana.				
Best use before	Within a day.				
Properties/Health benefits	Amla (sour), laghu (light for digestion).				
Classical Indications	Rakta Arshas (Bleeding piles).				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Kulattha chanakadi Yusha				
Reference	A.Hri.Chi. 1/71				
Category	Pana (drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Kulattha	<i>Dolichos biflorus</i> L.	Seed	1 part
	2.	Chanaka	<i>Cicer arietinum</i> L.	Seed	
	3.	Hridya dravya			1/3 part
	4.	Dadima beeja	<i>Punica granatum</i> L.	Seed	1/3 part
	5.	Tikta dravya			1/3 part
	6.	Saindhava lavana	Rock salt		qs
	7.	Jala	Water		16 parts

Method of preparation	Prepare Yusha using Kulattha and Chanaka. Add Dadima and Maricha in it.
Best use before	Within a day.
Properties/Health benefits	Laghu (light for digestion), ruksha (dry), hridya (cardiotonic), ruchikara (imparts taste).
Classical Indications	Kaphaja jwara (Kapha dosha predominant fever).
Contraindications if any	-
Special precautions	-
Others	-

Name of formulation	Shigravadi Yusha				
Reference	A.Hri. Chi 4/20				
Category	Pana (Drinkable)				
Label claim	Disease risk Reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Shigru	<i>Moringa oleifera</i> Lam	Leaves	1/5 part
	2.	Vartaka	<i>Solanum melongena</i> L.	Fruit	1/5 part
	3.	Kasaghna	<i>Cassia occidentalis</i> L.	Stem bark	1/5 part
	4.	Vrisha	<i>Justicia adhatoda</i>	Leaves	1/5 part
	5.	Mulaka	<i>Raphanus sativus</i> L.	Root	1/5 part
	6.	Jala	Water		16 parts
	7.	Mudga	<i>Phaseolus radiates</i> L.	Seed	1 part
Method of preparation	Prepare a Kwatha using ingredients numbered 1 to 5. Utilize the Kwatha to make Mudga Yusha.				
Best use before	Within a day.				
Properties/Health benefits	Katu (pungent), tikta (bitter), sheeta (cold in potency), tridosahara (alleviates all three doshas).				
Classical Indications	Shwasa (Asthma), Hikka (Cough).				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Nimbadi Yusha				
Reference	A.Hri. Chi 4/21				
Category	Pana (Drinkable)				
Label claim	Disease risk Reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Nimba	<i>Azadirachta indica</i> A. Juss	Stem bark	¼ part
	2.	Patola	<i>Trichosanthes dioica</i> Rosc. (H)	Stem bark	¼ part
	3.	Brihati	<i>Solanum indicum</i> L.	Whole plant	¼ part
	4.	Matulunga	<i>Citrus medica</i> L.	Fruit	¼ part
	5.	Jala	Water		16 parts
	6.	Mudga	<i>Phaseolus radiates</i> L.	Seed	1 part
Method of preparation	Prepare a Kwatha using ingredients numbered 1 to 4. Utilize the Kwatha to make Mudga Yusha.				
Best use before	Within a day.				
Properties/Health benefits	Katu (pungent), tikta (bitter), sheeta (cold in potency), kapha pitta shamaka (pacifies kapha and pitta dosha).				
Classical Indications	Shwasa (Asthma), Hikka (Cough).				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Kantakaryadi Yusha				
Reference	A.Hri. Chi 4/21				
Category	Pana (Drinkable)				
Label claim	Disease risk Reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Kantakari	<i>Solanum surattense</i> Burm.f.	Whole plant	1/5 part
	2.	Duralabha/javasha	<i>Fagonia cretica</i> L.	Whole plant	1/5 part
	3.	Shringi	<i>Pistacia integerrima</i> Stewart	gall	1/5 part

	4.	Bilva majja	<i>Aegle marmelos</i> Correa ex Roxb	Fruit pulp	1/5 part
	5.	Gokshura	<i>Tribulus terrestris</i> L.	Whole plant	1/5 part
	6.	Jala	Water		16 parts
	7.	Mudga	<i>Phaseolus radiates</i> L.	Seed	1parts
Method of preparation	Prepare a Kwatha using ingredients numbered 1 to 5. Utilize the Kwatha to make Mudga Yusha.				
Best use before	Within a day.				
Properties/Health benefits	Tikta (bitter), madhura (sweet in taste), ushna (hot in potency), kaphavata shamaka (pacifies kapha and vata dosha).				
Classical Indications	Shwasa (Asthma), Hikka (Cough).				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Amritadi Yusha				
Reference	A.Hri. Chi 4/22				
Category	Pana (Drinkable)				
Label claim	Disease risk Reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Amrita	<i>Tinospora cordifolia</i> (Willd.) Miers.	Stem	1/2 part
	2.	Chitraka mula	<i>Plumbago zeylanica</i> L.	Root	1/2 part
	3.	Kulattha	<i>Dolichos biflorus</i> L.	Seed	1/2 part
	4.	Mudga	<i>Phaseolus radiates</i> L.	Seed	1/2 part
	5.	Jala	Water		16 parts
Method of preparation	Prepare the Kwath of ingredients numbered 1 to 3. Utilize the Kwath to make Mudga Yusha.				
Best use before	Within a day.				
Properties/Health benefits	Katu (pungent), tikta (bitter), kashaya (astringent), ushna (hot in potency), tridosahara (alleviates all three doshas).				
Classical Indications	Shwasa (Asthma), Hikka (Cough).				
Contraindications if	-				



any	
Special precautions	-
Others	-

## **Miscellaneous**

Name of formulation	Kadaliphala yoga				
Reference	Bri. Ni.Ra., ajirnadhikar, pg..11				
Category	Ashita (Eatable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Kadali phala	<i>Musa paradisiaca</i> L.	Fruit	1 part
	2.	Ghrita	Ghee		qs
Method of preparation	Take ripe banana fruit with ghee.				
Best use before	Within a day.				
Properties/Health benefits	Madhura (sweet in taste), snigdha (unctuous), sheeta (cold in potency), guru (heavy to digest).				
Classical Indications	Bhasmaka roga (polyphagia with muscular wasting), Tikshnagni (increased digestive fire).				
Contraindications if any	Manda agni person (Loss of appetite).				
Special precautions	-				
Others	-				

Name of formulation	Avantika and Chandarika				
Reference	Bho. Ku. Siddhanna prakrana (bhakshya vishesha)				
Category	Ashita (Eatable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Masha	<i>Phaseolus mungo</i> L. non Rosc. & auct.	Seed	1 part
	2.	Mudga	<i>Phaseolus radiates</i> L.	Seed	1 part
	3.	Tandula	<i>Oryza sativa</i> L.	Seed	1 part
	4.	Jala	Water		Qs
	5.	Ghrita	Ghee		Qs
	6.	Taila	Oil		Qs
Method of preparation	Prepare Avantika by cooking powdered black-gram, green-gram, or rice flour by steaming. It is called chandarika when cooked in oil.				
Best use before	Within a day.				
Properties/Health benefits	Chandarika is Vrishya (Aphrodisiac), Balya (strengthening), Guru (heavy), Ruchya (tasty). It aggravates Kapha. It treats severe flatulence, Mala graha (constipation), Gulma.				
Classical Indications	-				
Contraindications if any	-				

Special precautions	-
Others	-

Name of formulation	Gharika				
Reference	Bho. Ku. Siddhanna prakrana (bhakshya vishesha)				
Category	Ashita (Eatable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Tandula	<i>Oryza sativa</i> L.	Seed	1 part
	2.	Masha	<i>Phaseolus mungo</i> L. non Rosc. & auct.	Seed	Qs
	3.	Jiraka	<i>Cuminum cyminum</i> L.	Fruit	Qs
	4.	Jala	Water		Qs
	5.	Sharkarodaka	Sugar syrup		Qs
	6.	Taila	Oil		Qs
	7.	Ghrita	Ghee		Qs
Method of preparation	Make dough of rice flour with hot, pure water or sugar syrup and shape the mixture into balls, and cook in ghee or oil. This preparation is known as Gharika. Combine fried rice grains with an equal amount of broken black-gram, add uncooked rice flour, and mix until well blended. Then, incorporate cumin seeds and other ingredients into the mixture, shaping the dough into round rope-like coils after adding curds. Finally, cook these coils in oil.				
Best use before	Within a day.				
Properties/Health benefits	Ruchya (Impart taste) and Balya (strengthening).				
Classical Indications	-				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Kevalanna				
Reference	Bho. Ku. Siddhanna prakran (bhakshya vishesha)				
Category	Ashita (Eatable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount

	1.	Tandula	<i>Oryza sativa</i> L.	Seed	1 adhaka
	2.	Jala	Water		6 adhaka
Method of preparation	Soak rice grains in water. Then cook the rice grains in water using pure and dry blazing wooden logs. This preparation is called Kevalanna.				
Best use before	Within a day.				
Properties/Health benefits	-				
Classical Indications	-				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Samyava				
Reference	Bho. Ku. Siddhanna prakran (bhakshya vishesha)				
Category	Ashita (Eatable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Godhuma	<i>Triticum aestivum</i> L.	Seed	1 part
	2.	Ela	<i>Elettaria Cardamomum Maton.</i>	Fruit	Qs
	3.	Lavanga	<i>Syzygium aromaticum</i> (L.) Merr M.Perry	Flower bud	Qs
	4.	Karpura	<i>Cinnamomum karpuraa</i> (L.) Nees & V Eberm.,	Sub. extract	Qs
	5.	Maricha	<i>Piper nigrum</i> L.	Fruit	Qs
	6.	Ghrita	Ghee		Qs
	7.	Jala	Water		Qs
	8.	Sita	sugary syrup		Qs
	9.	Narikela	<i>Cocos nucifera</i> L.	Endosperm	Qs
10.	Priyala	<i>Buchnanian lanzan</i> Spreng.	Seed	Qs	
Method of preparation	Fry papad (prepared from wheat flour and ghee) in ghee. Powder them, sieve, and mix with sugar. Add Ela, Karpura, Lavanga, Narikela and seeds of Priyala to this powder. Prepare rotis from the flour mixed with ghee.				
Best use before	Within a day.				
Properties/Health benefits	Balya (Promotes growth), vrishya (aphrodisiac), madhura (sweet and heavy), alleviates pitta and vata, ruchya (imparts taste).				

Classical Indications	Recommended for those with a strong digestive fire.
Contraindications if any	-
Special precautions	-
Others	-

Name of formulation	Shankarapala				
Reference	Bho. Ku. Siddhanna prakran (bhakshya vishesha)				
Category	Ashita (Eatable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Godhuma	<i>Triticum aestivum</i> L.	Seed	1 part
	2.	Ela	<i>Elettaria Cardamomum Maton.</i>	Fruit	Qs
	3.	Lavanga	<i>Syzygium aromaticum</i> (L.) Merr M.Perry	Flower bud	Qs
	4.	Karpura	<i>Cinnamomum karpura</i> (L.) Nees & V Eberm.,	Sub. extract	Qs
	5.	Maricha	<i>Piper nigrum</i> L.	Fruit	Qs
	6.	Ghrita	Ghee	-	Qs
	7.	Jala	Water	-	Qs
	8.	Sita	sugary syrup	-	Qs
Method of preparation	Knead wheat flour with ghee and water, prepare balls with it, and fry these balls in ghee until their water content evaporates. Immerse these vada in sugary syrup. This dish, is called Mandal, and Polika (Bread) is prepared from it. Cut this Polika into small triangles and cook them in ghee. Then immerse them in sugary syrup before drawing them out.				
Best use before	Within a day.				
Properties/Health benefits	-				
Classical Indications	-				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Sharkarodari				
Reference	Bho. Ku. Siddhanna prakran (bhakshya vishesha)				
Category	Ashita (Eatable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Godhuma	<i>Triticum aestivum</i> L.	Seed	1 part
	2.	Lavanga	<i>Syzygium aromaticum</i> (L.) Merr M.Perry	Flower bud	Qs
	3.	Karpura	<i>Cinnamomum karpura</i> (L.) Nees & V Eberm.,	Sub. extract	Qs
	4.	Pippali	<i>Piper longum</i> L.	Fruit	Qs
	5.	Ghrita	Ghee	-	Qs
	6.	Jala	Water	-	Qs
	7.	Sita	Sugary syrup	-	Qs
Method of preparation	Knead wheat flour dough ghee, by adding with Lavanga (cloves), Pippali (long pepper), Karpura, and Sita (sugar). Fry these pieces in ghee. This preparation is called karpuranalika. Cook them in excess ghee. This preparation is called sharkarodari. Its properties are similar to that of karpuranalika.				
Best use before	Within a day.				
Properties/Health benefits	Balya (Promotes growth), vrishya (aphrodisiac), madhura (sweet and heavy), alleviates pitta and vata, ruchya (imparts taste).				
Classical Indications	Recommended for those with a strong digestive fire.				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Sudhapara				
Reference	Bho. Ku. Siddhanna prakran (bhakshya vishesha)				
Category	Ashita (Eatable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Samita rava /suji	<i>Triticum aestivum</i> L.	Seed	1 part

	2.	Kharbura rava	<i>Cucumis melo</i> L.	Fruit	1 part
	3.	Sharkara	Sugar	-	Qs
	4.	Ghrita	Ghee	-	Qs
Method of preparation	Mix very fine Samita rava or kharbura rava with equal quantity of sugar and solidified ghee. Roll the mixture into balls (the size of gooseberries). Place the balls in a silver vessel, cover it with a silver lid, and cook on fire until the lid becomes hot. Take out the balls.				
Best use before	Within a day.				
Properties/Health benefits	Vrishya (aphrodisiac), vatapithahara (alleviates pitta and vata), imparts taste, Balya (promotes growth), ruchya (tasty), Varnyam (complexion) and Netryam (improves ophthalmic health).				
Classical Indications	-				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Sundatrika				
Reference	Bho. Ku. Siddhanna prakran (bhakshya vishesha)				
Category	Ashita (Eatable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Taila	Oil	-	Qs
	2.	Ghrita	Ghee	-	Qs
	3.	Godhuma	<i>Triticum aestivum</i> L.	Seed	1 part
Method of preparation	Float flattened balls of flour in a cooking vessel containing heated oil and ghee. Render these balls soft as they bloom during the cooking process.				
Best use before	Within a day.				
Properties/Health benefits	Sundatrika is strengthening, causes burning sensation, alleviates kapha and greatly aggravates pitta.				
Classical Indications	-				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Katika				
Reference	Bho. Ku. Siddhanna prakran (bhakshya vishesha)				
Category	Ashita (Eatable)				



Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Takra	Butter milk		4 glasses
	2.	Ghrita	Ghee		½ cup
	3.	Shunthi	<i>Zingiber officinale</i> Roxb	Rhizome	½ inch piece
	4.	Maricha	<i>Piper nigrum</i> L.	Fruit	½ tsp
	5.	Chavya	<i>Piper retrofractum</i> L.	Fruit	½ tsp
	6.	Chitraka	<i>Plumbago zeylanica</i>	Fruit	1 tsp
	7.	Pippali	<i>Piper longum</i>	Fruit	½ tsp
	8.	Pippalimula		Root	½ tsp
	9.	Dhanyaka	<i>Coriandrum sativum</i> L.	Fruit	1 tsp
	10.	Jiraka	<i>Cuminum cyminum</i> L.	Fruit	½ tsp
	11.	Saindhava	Rock Salt		1 tsp
	12.	Ajwain (Jarana)			1 tsp
	13.	Dadima	<i>Punica granatum</i>	seed	2 tbs
	14.	Haritaki	<i>Terminalia chebula</i> L.	fruit	1 tsp
	15.	Amalaki	<i>Emblica officinalis</i> Gaertn.	fruit	2 nos
	16.	Hingu	<i>Ferula asfoetida</i> Regel.	Oleo resin gum	a pinch
Method of preparation	Grind all the ingredients into a paste, and add this paste to the buttermilk containing butter. Mix thoroughly, then boil the buttermilk for 10 minutes and remove it from the fire.				
Best use before	Within a day.				
Properties/Health benefits	Vatakapha hara (alleviates vata and kapha), Ruchya (imparting taste), Atisara (Diarrhoea), Soola (colic pain) and Gulma (resulting from vitiation of vata), Tikshna (stimulates weakened digestive fire).				
Classical Indications	Kasa and Swasa (cough and dyspnoea).				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Vedika				
Reference	Ksh. Ku., 10 <sup>th</sup> Utsava, Shloka 82				
Category	Ashita (Eatable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Masha	<i>Phaseolus mungo</i> L. non Rosc. & auct.	Seed	1 part
	2.	Yavani	<i>Trachyspermum ammi</i> L.	Fruit	Qs
	3.	Hingu	<i>Ferula asfoetida</i> Regel.	Oleo resin gum	Qs
	4.	Maida	<i>Triticum aestivum</i> L.	-	Qs
	5.	Saindhava	Rock salt	-	Qs
Method of preparation	Mix flour of Masha with Yavani, Hingu and Lavana. Then, use this mixture as a filling for Maida.				
Best use before	Within a day.				
Properties/Health benefits	Katu (pungent), tikta (bitter), madhura (sweet in taste), guru (heavy to digest), ushna (hot in potency), alleviates vata and is soft, hot, heavy and digestive.				
Classical Indications	-				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Bhaimi				
Reference	Ksh. Ku. 10 <sup>th</sup> Utsava, Shloka 86				
Category	Ashita (Eatable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Godhuma	<i>Triticum aestivum</i> L.	Seed	1 part
	2.	Narikela	<i>Cocos nucifera</i> L.	Endosperm	Qs
	3.	Mridvika	<i>Vitis vinifera</i> L.	Fruit	Qs
	4.	Ardraka	<i>Zingiber officinale</i> Rosc.	Rhizome	Qs
	5.	Dalchini	<i>Cinnamomum</i>	Stem bark	Qs

			<i>Zeylanicum</i> Breyn. (Blume.		
	6.	Sharkara	Sugar	-	Qs
Method of preparation	Knead wheat flour with excess ghee and fill it with Narikela, Mridvika, Ardraka, Dalchini and Sharkara. Cook the mixture on low heat in a copper vessel until it makes a rattling sound.				
Best use before	Within a day.				
Properties/Health benefits	Madhura (sweet in taste), guru (heavy to digest), katu (pungent), snigdha (unctuous).				
Classical Indications	-				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Chandrasahsa				
Reference	Ksh. Ku., 10 <sup>th</sup> Utsava, Shloka 87				
Category	Ashita (eatable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Godhuma	<i>Triticum aestivum</i> L.	Seed	1 part
	2.	Maricha	<i>Piper nigrum</i> L.	Fruit	Qs
	3.	Mridvika	<i>Vitis vinifera</i> L.	Fruit	Qs
	4.	Karpura	<i>Cinnamomum karpura</i> (L.) Nees & V Eberm.	Sub. extract	Qs
	5.	Sharkara	Sugar		Qs
Method of preparation	Cook wheat flour in ghee and then dip it in sugar-rich milk strained through a cloth. Place the mixture in a vessel and pour it in small quantities into excess ghee. Cook it until it does not stick to the ladle. Once cooked, add dry Mridvika, Maricha, and Karpura to it.				
Best use before	Within a day.				
Properties/Health benefits	Madhura (sweet in taste), katu (pungent), snigdha (unctuous) guru (heavy to digest).				
Classical Indications	-				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Annapaka
Reference	Pa.Da, Chapter 1/ 57-62

Category	Ashita (Eatable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Tandula	<i>Oryza sativa</i> L.	Seed	1 part
	2.	Jala	Water	-	Qs
	3.	Takra	Buttermilk	-	Qs
	4.	Dugdha	Milk	-	Qs
Method of preparation	Take the rice grains in cauldron (cooking pot or pan), by adding water. Then, place the cauldron on the stove. Stir the rice frequently with a ladle as it cooks, and when the middle part of the rice shows slight hardness, incorporate Takra, Dugdha or Jala. Once removed from the stove, place it on hot charcoal (Angara). When it becomes soft.				
Best use before	Within a day.				
Properties/Health benefits	Madhura (sweet in taste), Amla (sour), sheeta (cold in potency), deepana (increases digestive fire), pachana (easy to digest).				
Classical Indications	Promotes longevity and health.				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Drakshadi yoga				
Reference	Yo.R.mutrakruchha chi.-22				
Category	Ashita (Eatable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Draksha	<i>Vitis vinifera</i> L.	Fruit	1 part
	2.	Mastu	Supernatant water of curd		1part
Method of preparation	Take equal quantities of Draksha and Mastu, prepare a kalka from them.				
Best use before	Within a day.				
Properties/Health benefits	-				
Classical Indications	Pittaja mutrakruchha (Dysuria due to pitta dosha).				
Contraindications if any	-				
Special precautions	-				
Others	Anupana – Mastu/ Dugdha + guda				

Name of formulation	Narikeladi yoga				
Reference	Yo.R.mutrakruchha chi.-23				
Category	Ashita (Eatable)				

Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Narikela	<i>Cocos nucifera</i> L.	Endosperm	1 part
	2.	Guda	<i>Saccharum officinarum</i> L.		Qs
	3.	Dhanyaka	<i>Coriandrum sativum</i> L.	Fruit	Qs
Method of preparation	Mix the Guda and Dhanyaka churna with coconut water.				
Best use before	Within a day.				
Properties/Health benefits	-				
Classical Indications	Daha (Burning), Mutrakrichha (Dysuria), Raktapitta (Bleeding disorders)				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Nagaradi yoga				
reference	Bhai.Ra, gulamrogadhikara, chap.32/11.				
Category	Ashita (eatable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Nagara	<i>Cyperus rotundus</i> L.	Rhizome	½ pala
	2.	Tila churna	<i>Sesamum indicum</i> L.	Seed	2 pala
	3.	Guda	<i>Saccharum officinarum</i> L.	-	1 pala
Method of preparation	Mix all the ingredients uniformly and administer with warm milk.				
Best use before	Within a day.				
Properties/Health benefits	-				
Classical Indications	Vataja gulma (Abdominal lump due to vata dosha), Udavarta (Disorders of reversed or altered visceral movement), Yonishula (Pain in female genital tract).				
Contraindications if any	-				
Special precautions	-				

Others	Anupana - Ushna ksheer
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Name of formulation	Guda deepyaka yoga				
reference	Bhai.Ra, udarsheetpittakothadhikara, chapter 55/4.				
Category	Ashita (eatable)				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Guda	<i>Saccharum officinarum</i> L.		1 part
	2.	Ajwain	<i>Trachyspermum ammi</i> (L.) Sprague	Fruit	Qs
Method of preparation	Administer a mixture of Guda powder and Ajwain.				
Best use before	Within a day.				
Properties/Health benefits	-				
Classical Indications	Udard (kapha predominant urticaria), Sheetpitta (vata predominant Urticaria).				
Contraindications if any	-				
Special precautions	-				
Others	Cures urticaria within 7 days.				

Name of formulation	Garbhaposhaka yoga				
reference	Bhai.Ra, garbinirogadhikara, chapter .68/34.				
Category	Pana (drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Ksheer	Milk		1 part
	2.	Shunthi	<i>Zingiber officinale</i> Roxb	Rhizome	Qs
	3.	Madhuka	<i>Madhuca indica</i> J.F.Gmel	Flower	Qs
	4.	Devdaru	<i>Cedrus deodara</i> (Rosc.) Loud	Heart wood	Qs
Method of preparation	Process milk with Madhuka, Shunthi, and Devdaru.				
Best use before	Within a day.				
Properties/Health benefits	-				
Classical Indications	Garbha shula				
Contraindications if any	-				

Special precautions	-
Others	-

Name of formulation	Kolasthiyoga				
Reference	Bri. Ni.Ra., ajirnadhikar, pg..11				
Category	Lidha (lickable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Badar (kola)	<i>Zyzyphus jujube</i> Lam	Fruit	1 part
Method of preparation	Powder Badar majja and administer it with water.				
Best use before	Within a day.				
Properties/Health benefits	Madhura (sweet in taste), ruksha (dry), sheeta (cold in potency).				
Classical Indications	Bhasmaka roga (Polyphagia with muscular wasting).				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Kadaliphala yoga				
Reference	Bri. Ni.Ra., ajirnadhikar, pg.11				
Category	Ashita (eatable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Kadali phala	<i>Musa paradisiaca</i> L.	Fruit	1 part
	2.	Ghrita	Ghee		Qs
Method of preparation	Eat ripe banana fruit with ghee for 41 days.				
Best use before	Within a day.				
Properties/Health benefits	Madhura (sweet in taste), snigdha (unctuous), sheeta (cold in potency), guru (heavy to digest).				
Classical Indications	Bhasmaka roga (Polyphagia with muscular wasting), Tikshagni (Increased digestive fire).				
Contraindications if any	Mandagni person (person within low digestive fire).				
Special precautions	-				
Others	-				

Name of formulation	Nimburasa yoga				
Reference	Bri. Ni.Ra., krimirogadhikar, pg..39				
Category	Pana (drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Nimbu	<i>Citrus lemon</i> (L.) Burm.f.	Fruit	1 part
	2.	Tintidika	<i>Tamarindus indica</i> L.	Fruit	1 part
Method of preparation	Mix tamarind (Amlika) with lemon juice and then administer it.				
Best use before	Within a day.				
Properties/Health benefits	Amla (sour), ushna (hot in potency), snigdha (unctuous), laghu (light for digestion).				
Classical Indications	Shosha (Cachexia), Kaphanashaka (Alleviates kapha dosha).				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Mashadiyoga				
Reference	Ga.Ni. Tritiya khanda Shalakyatantra Shirorogadhikar 1/20 pg.14				
Category	Pana (Drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Masha	<i>Phaseolus mungo</i> L. non Rosc. & auct.	Seed	1 part
	2.	Mudga	<i>Phaseolus radiates</i> L.	Seed	1part
	3.	Kulattha	<i>Dolichos biflorus</i> L.	Seed	1 part
	4.	Ghrita	Ghee		Qs
Method of preparation	Take Masha, Mudga, or Kulattha. boil them in water. Afterward fry in Ghrita.				
Best use before	Within a day.				
Properties/Health benefits	Ushna (hot in potency), vatashamaka (pacifies vata dosha).				
Classical Indications	Vatajanya shiroroga (Headache due to vata dosha).				
Contraindications if any	-				



Special precautions	-
Others	Anupana – Milk

Name of formulation	Masha Supa Yoga				
Reference	Ga.Ni. Tritiy khanda Kaumartantra Balarogadhikar 11/108				
Category	Pana (Drinkables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Masha	<i>Phaseolus mungo</i> L. non Rosc. & auct.	Seed	1 part
	2.	Ghrita	Ghee	-	Qs
	3.	Krishna	<i>Piper longum</i> L.	Fruit	Qs
Method of preparation	Prepare Masha Yusha by cooking it in Ghrita and add some Krishna powder.				
Best use before	Within a day.				
Properties/Health benefits	Ushna (hot in potency), deepana (increases digestive fire), pachana (easy to digest), kaphagna (alleviates kapha dosha).				
Classical Indications	First you have to do Stanyashodhana of Mother with Stanyashodhaka drugs. Then you give Masha Yusha in dry Cough of Children.				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Gudadi yoga				
Reference	Vd. Chi-vol-2, chap. 34, sheetapitta prakaranam				
Category	Ashita (Eatable)				
Label claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Yavani	<i>Trachyspermum ammi</i> (L.)	Fruit	Qs
	2.	Guda	<i>Saccharum officinarum</i> L.		1 part
Method of preparation	Use Yavani with Guda.				
Best use before	Within a week.				
Properties/Health benefits	Madhura (sweet in taste), ushna (hot in potency), snigdha (unctuous).				
Classical Indications	Udarda (kapha predominant urticaria) cure within 7 days.				
Contraindications if any	-				

any	
Special precautions	-
Others	

Name of formulation	Shukta shringyadi yoga					
Reference	Vd. Chi-vol-2, chap. 42, Madatyaya, roga prakaranm					
Category	Pana (Drinkable)					
Label claim	Health benefit					
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount	
	1.	Shukta	Amla dravya	-	Qs	
	2.	Sauvarchala lavana	Black salt	-	Qs	
	3.	karkatashringi	<i>Pistacia integerrima</i> Stewart.	Gall	Qs	
	4.	Trikatu	Shunthi	<i>Zingiber officinale</i> Rosc	Rhizome	Qs
			Maricha	<i>Piper nigrum</i> L.	Fruit	Qs
			pippali	<i>Piper longum</i> L.	Fruit	Qs
	5.	Ardraka	<i>Zingiber officinale</i> Rosc.	Rhizome	Qs	
6.	Yavani	<i>Trachyspermum ammi</i> (L.)	Fruit	Qs		
7.	Madya	Alcohol		Qs		
Method of preparation	Mix fine powder of Shukta, Sauvarchala Lavana, Karkatshrungi, Trikatu, Ardraka, and Yavani in Madhya (alcohol), then administer it.					
Best use before	Within a day.					
Properties/Health benefits	Amla (sour), kashaya (astringent), katu (pungent), ushna (hot in potency), ruksha (dry).					
Classical Indications	Vataja madatyaya (Alcoholism).					
Contraindications if any	-					
Special precautions	-					
Others	-					

Name of formulation	Chagadugdha yoga				
Reference	Vd. Chi18/ 41				
Category	Pana (drinkable)				
Label claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount

	1.	Ajadugdha	Goat milk		1 part
	2.	Shunthi	<i>Zingiber officinale</i> Roxb	Rhizome	Qs
Method of preparation	Boil Ajadugdha mixed with Shunthi Churna and administer it.				
Best use before	Within a day.				
Properties/Health benefits	Katu (pungent), madhura (sweet in taste), snigdha (unctuous), laghu (light for digestion).				
Classical Indications	Hikka (Hiccup).				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulations	Raktapittashamaka yoga				
References	V.M or Si.Yo.Sa, Raktapittadhikara 9/25.				
Category	Lidha (lickable)				
Label claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Vastuka beeja	<i>Chenopodium album</i> L.	Seed	1 part
	2.	Tanduliyaka beeja	<i>Amaranthus spinosus</i> L.	Seed	1 part
	3.	Madhu	Honey		Qs
Method of preparations	Powder the ingredients and administer with honey.				
Best use before	Within a day.				
Properties/Health benefits	Ruksha (dry), laghu (light for digestion), madhura (sweet in taste), kashaya (astringent).				
Classical Indications	Raktapitta (Bleeding disorders).				
Contraindications if any	-				
Precautions	-				
Others	Anupana – Madhu				

Name of formulation	Pittaja kasa hara yoga				
Reference	V.M or Si.Yo.Sa, Kasadhikara 11/7, Vrindhmadhava or Siddhyoga, Kasadhikar 11/8.				
Category	Lidha (lickable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount

	1.	Draksha	<i>Vitis vinifera</i> L.	Fruit	1 part
	2.	Madhuka	<i>Modhuca indica</i> J. F. Gmel.	Flower	1 part
	3.	Kharjura	<i>Phoenix dactylifera</i> L.	Fruit	1 part
	4.	Pippali	<i>Piper longum</i> L.	Fruit	Qs
	5.	Maricha	<i>Piper nigrum</i> L.	Fruit	Qs
	6.	Ghrita	Ghee	-	Qs
	7.	Madhu	Honey	-	Qs
Method of preparation	Powder Draksha, Madhuka, Kharjura, Pippali, and Maricha, then mix and administer with Ghrita and Madhu (Honey).				
Best use before	Within a day.				
Properties/Health benefits	Pittashamaka (pacifies pitta dosha), madhura (sweet in taste), katu (pungent),				
Classical Indications	Pittaja kasa (Cough due to pitta dosha).				
Contraindications if any	-				
Special precautions	-				
Others	Anupana – Madhu.				

Name of formulation	Arochakahar yoga				
Reference	V.M or Si.Yo.Sa, Arochakadhikar 14/12.				
Category	Lidha (lickable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Karvi	<i>Carum Carvi</i> L.	Fruit	Qs
	2.	Ajaji	<i>Cuminum cyminum</i> L.	Fruit	Qs
	3.	Maricha	<i>Piper nigrum</i> L.	Fruit	Qs
	4.	Draksha	<i>Vitis vinifera</i> L.	Fruit	Qs
	5.	Vrikshamla	<i>Garcinia indica</i> choisy	Fruit	Qs
	6.	Dadima	<i>Punica granatum</i> L.	Seed	Qs
	7.	Sauvarchala			Qs
	8.	Guda	<i>Saccharum officinarum</i> L.		Qs
9.	Madhu	Honey		Qs	
Method of preparation	Take all the above ingredients and mix them with Guda (Jaggery) and Honey (Madhu).				
Best use before	Within a day.				
Properties/Health benefits	Ushna (hot in potency), katu (pungent), madhura (sweet in taste).				

Classical Indications	Aruchi (Tastelessness), Agnimandhya (loss of appetite).
Contraindications if any	-
Special precautions	-
Others	-

Name of formulation	Chardihara yoga				
Reference	V.M or Si.Yo.Sa, Chardi adhikara 15/9.				
Category	Pana (drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Mudga	<i>Phaseolus radiates</i> L.	Seed	1 part
	2.	Laja	parched rice	-	1 part
	3.	Madhu	Honey	-	Qs
	4.	Sharkara	Sugar.	-	Qs
Method of preparation	Mix Laja (parched rice), Madhu (Honey), and Sharkara (Sugar) into the decoction prepared from roasted Mudga.				
Best use before	Within a day.				
Properties/Health benefits	Laghu (light for digestion), madhura (sweet in taste), sheeta (cold in potency), laghu (light for digestion).				
Classical Indications	Chhardi (Vomiting), Atisara (Diarrhoea), Trishna (Thirst), Daha (Burning), Jwara (Fever).				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Vajikara Masha Yoga				
Reference	Su. Chi.26, shloka 29				
Category	Ashita (eatable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Masha	<i>Phaseolus mungo</i> L. non Rosc. & auct.	Seed	1 part
	2.	Madhu	Honey	-	Qs
	3.	Ghrita	Ghee	-	Qs
Method of preparation	Mix Masha with Madhu (Honey) and Ghee.				

Best use before	Within a day.
Properties/Health benefits	Katu (pungent), madhura (sweet in taste), ushna (hot in potency), ruksha (dry).
Classical Indications	Vajikarana (Aphrodisiac).
Contraindications if any	-
Special precautions	-
Others	Anupana – Dugdha.

Name of formulation	Nagaradi yoga				
Reference	Ca.Chi.12/27				
Category	Ashita (Eatable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Guda	<i>Saccharum officinarum</i> L.		1 part
	2.	Nagara	<i>Cyperus rotundus</i> L.	rhizome	Qs
Method of preparation	Take Nagara churna with Guda.				
Best use before	Within a day.				
Properties/Health benefits	Madhura (sweet in taste), ushna (hot in potency), tikta (bitter), katu (pungent), snigdha (unctuous).				
Classical Indications	Sadosha bhinna ama vibaddha varcha in shotha (intermittent passage of stool, watery stool and stool in abnormal consistency due to involvement of doshas).				
Contraindications if any	-				
Special precautions	-				
Others	Anupana – Ushnodaka.				

Name of formulation	Dadimadi rasa Kalpana				
Reference	Ka.Sa. madatyaya chikitsa				
Category	Pana (drinkable)				
Label claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Dadima	<i>Punica granatum</i> L.	seed	Qs
	2.	vida lavana	Artificial salt		Qs
	3.	Sauvarchala lavana	Black salt		Qs

	4.	Takra	Buttermilk		Qs
	5.	Ajaji	<i>Cuminum cyminum</i> L.	fruit	Qs
Method of preparation	Mix dadima rasa with vida lavana, sauvarchala lavana, jiraka, and a little takra to prepare dadimodaka (Madhya).				
Best use before	Within a day.				
Properties/Health benefits	Amla (sour), ushna (hot in potency), ruksha (dry).				
Classical Indications	Madatyaya (Alcohol intoxication).				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Yavadi yoga				
Reference	A.Hri. Chi. 3/77				
Category	Pana (Drinkable)				
Label claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Yava flour	<i>Hordeum vulgare</i> L.	fruit	1 part
	2.	Dugdha	Milk		Qs
	3.	Ghrita	Ghee		Qs
Method of preparation	Cook the Yava flour with milk, and add Ghrita before consumption.				
Best use before	Within a day.				
Properties/Health benefits	Guru (heavy to digest), madhura (sweet in taste), sheeta (cold in potency).				
Classical Indications	Urakshata with Jwara and Daha (burning sensation).				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Karanjadi yoga				
Reference	Ca.Chi.14/98				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Karanja patra	<i>Pongamia pinnata</i> (L.) Merr.	leaves	
	2.	Goghrita	Ghee		

	3.	Tila taila	<i>Sesamum indicum</i> L.		
	4.	Yava sattu	<i>Hordeum vulgare</i> L.	fruit	
Method of preparation	Fry Karanja patra in Yamaka Sneha (Goghrita and Tila taila), then sprinkle Yavasattu on it.				
Best use before	Within a day.				
Properties/Health benefits	Ushna (hot in potency), katu (pungent), tikta (bitter), snigdha (unctuous), laghu (light for digestion).				
Classical Indications	Vatavarcha anulomana (Helps in free downward movement/ expulsion of flatus and faeces).				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Asita Kulattha Rasa				
Reference	Pa.Da, 1/168-169.				
Category	Pana (drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Kulattha	<i>Dolichos biflorus</i> L.	Seed	1 part
	2.	Maricha	<i>Piper nigrum</i> L.	Fruit	Qs
	3.	Lehsun	<i>Allium sativum</i> L.	Bulb	Qs
	4.	Hingu	<i>Ferula asfoetida</i> Regel.	Oleo resin gum	Qs
	5.	Chitraka	<i>Plumbago zeylanica</i> L.	Root	Qs
	6.	Saindhava lavana	Rock salt	-	Qs
	7.	Aromatic Flowers		-	Qs
Method of preparation	Extract the juice of black Kulattha and add the appropriate quantities of powdered Maricha, Lehsun, Hingu, Chitraka, and Saindhava salt to it. Enhance its fragrance with aromatic flowers.				
Best use before	Within a day.				
Properties/Health benefits	Ushna (hot in potency), tikta (bitter), katu (pungent), ruksha (dry), tikshna (penetrating).				
Classical Indications	Vatahara (Alleviates vata dosha), Kaphahara (Alleviates kapha dosha), Loss of appetite, Abdomen pain.				
Contraindications if any	-				



Special precautions	-
Others	-

Name of formulation	Sheeta Kulattha Rasa				
Reference	Pa.Da, 1/165-167				
Category	Pana (drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Kulattha	<i>Dolichos biflorus</i> L.	Seed	1 part
	2.	Maricha	<i>Piper nigrum</i> L.	Fruit	Qs
	3.	Lehsun	<i>Allium sativum</i> L.	Bulb	Qs
	4.	Hingu	<i>Ferula asfoetida</i> Regel.	Oleo resin gum	Qs
	5.	Saindhava lavana	Rock salt		Qs
Method of preparation	Extract juice from Kulattha (horse gram) and mix it with Maricha and Lehsun powder. Add Hingu and Saindhava salt in appropriate quantities. Enhance its fragrance with aromatic flowers.				
Best use before	Within a day.				
Properties/Health benefits	Ushna (hot in potency), tikta (bitter), katu (pungent), ruksha (dry), tikshna (penetrating), promote hunger.				
Classical Indications	Sarvaroga hara (Alleviates all the diseases), Kshutkita (Loss of appetite), Hridya (Cardiotonic).				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Gaudika				
Reference	Sho. Ni.shloka 981				
Category	Ashita (Eatable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Stambhkari	Maize	Seed	1 part
	2.	Guda	<i>Saccharum officinarum</i> L.		Qs

Method of preparation	Prepare by incorporating Guda into doughs made of Stambhkari (corn flour).
Best use before	Within a day.
Properties/Health benefits	Brimhana (nourishing dhatus), guru (heavy to digest) , vatahara (alleviates vata dosha), vidahi (causes burning), pittakara (aggravates pitta dosha), sukrajanana (increase the production of semen), balya (strength promotor).
Classical Indications	Daurbalya (Weakness), Kshaya (Pthisis).
Contraindications if any	Madhumeha (Diabetes).
Special precautions	-
Others	-

Name of formulation	Tapahari				
Reference	Bho. Ku. Siddhanna prakran (bhakshya vishesha)				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Korvada (Dry black gram vadas)	<i>Phaseolus mungo</i> L. non Rosc. & auct.	seed	3 nos
	2.	Tandula	<i>Oryza sativa</i> L.	Seed	2½ cups
	3.	Ghrita	Ghee		3 tsp
	4.	Lavana	Salt		to taste
	5.	Haridra	<i>Curcuma longa</i> L.	Rhizome	¼ tsp
	6.	Hingu	<i>Ferula asfoetida</i> Regel.	Oleo resin gum	1 pinch
	7.	Ardraka	<i>Zingiber officinale</i> Rosc.	Rhizome	½ tsp
8.	Jala	Water	-	3 cups	
Method of preparation	Heat ghee in a thick-bottomed vessel. Crush the korvada into three or four pieces each and add the crushed vadas and turmeric powder to the ghee. Fry all vada pieces until properly done. Thereafter, add boiling water, Lavana, and Ardraka paste. Cover and cook on low flame until done.				
Best use before	Within a day.				
Properties/Health benefits	Strengthening, aphrodisiac, nourishing, and heavy. Further, it promotes growth, impart taste though it aggravates kapha.				
Classical Indications	-				
Contraindications if any	-				
Special precautions	-				
Others	If the basmati rice is new, reduce the amount of water to avoid the rice				

	becoming sticky.
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Name of formulation	Tapahari (satandula)				
Reference	Bha.Ni.11/11				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Masha	<i>Phaseolus mungo</i> L. non Rosc. & auct.	Seed	1 part
	2.	Saindhava lavana	Rock salt		Qs
	3.	Haridra	<i>Curcuma longa</i> L.	Rhizome	Qs
	4.	Hingu	<i>Ferula asfoetida</i> Regel.	Oleo resin gum	Qs
	5.	Ghrita	Ghee		Qs
6.	Ardraka	<i>Zingiber officinale</i> Rosc.	Rhizome	Qs	
Method of preparation	Mix Masha flour with water to form vati. Wash Tandula in water. Combine the Mash vati and Tandula, and fry them in ghee with a bit of Haridra (turmeric). Add water, lavana, Ardraka, and Hingu, and cook the mixture.				
Best use before	Within a day.				
Properties/Health benefits	Balya (strength promotor), vrishya (aphrodisiac), shleshma vardhaka (aggravates kapha dosha), brimhana (nourishing dhatus), santarpana (saturating), guru(heavy), ruchya (imparts taste) and pitta shamaka (pacifies pitta dosha).				
Classical Indications	Karshya (Emaciation), Daurbalya (Weakness), Shukrakshaya (Deficiency of semen).				
Contraindications if any	Kaphaja vyadhi (disorders due to Kapha dosha).				
Special precautions	-				
Others	-				

Name of formulation	Vedhnika				
Reference	Ayu.Ma, pakvanna varga (15 <sup>th</sup> varga)				
Category	Ashita (Eatables)				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Masha pishta	<i>Phaseolus mungo</i> L. non Rosc. & auct.	Seed	1 part
	2.	Mudga pishta	<i>Phaseolus radiates</i> L.	Seed	1 part
	3.	Godhuma pishta	<i>Triticum aestivum</i> L.	Seed	1 part
	4.	Ghrita	Ghee		Qs
Method of preparation	Soak Masha and Mudga in water, and then make a fine paste. Stuff this fine paste into the Godhuma (wheat flour) dough and either cook it thoroughly or fry it in oil.				
Best use before	Within a day.				
Properties/Health benefits	Balya (strength promotor).				
Classical Indications	-				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	Vishyandana				
Reference	Kai. Ni.5/145-147				
Category	Pana (Drinkables)				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Dugdha	Milk		1 part
	2.	Dahi	Curd		1 part
	3.	Raktashali	<i>Oryza species</i>	Seed	Qs
	4.	Tila	<i>Sesamum indicum</i> L	Seed	Qs
	5.	Priyala	<i>Buchnania lanzan</i> Spreng.	Fruit	Qs
	6.	Panasa	<i>Artocarpus heterophyllus</i> Lamk.	Fruit	Qs
	7.	Abjabeeja		Seed	Qs
	8.	Sarpi	Ghee		1 part
	9.	Sharkara	Sugar		Qs
10.	Trikatu	Shunthi	<i>Zingiber</i>	Qs	Qs

			<i>officinale</i> Roxb		
		Maricha	<i>Piper nigrum</i> L.	Fruit	Qs
		Pippali	<i>Piper longum</i> L.	Fruit	Qs
	11.	Karpura	<i>Cinnamomum karpura</i> (L.) Nees & V Eberm.	Sub. extract	Qs
Method of preparation	Cook an equal amount of Dugdha and Dahi until it reduces by half. Then, add Raktashali (red rice), Tila seeds, Priyala (a type of jujube), Abja seeds, and Panasa. Add Sarpi (clarified butter) in an amount equal to the Dugdha, and Sharkara. After cooking, add a mixture of Trikatu and Karpura.				
Best use before	Within a day.				
Properties/Health benefits	Madhura (sweet in taste), snigdha (unctuous), hridya (cardiotonic), guru (heavy to digest), kaphavardhaka (aggravates kapha dosha), vatanashaka (alleviates vata dosha), tarpaka (satiating), balavardhaka (strength promotor).				
Classical Indications	Vatavridddhi avastha, Alpakapha Avastha (When Vata dosha is more and Kapha is less).				
Contraindications if any	-				
Special precautions	-				
Others	Anupana –luke warm water				

Name of formulation	Phenika				
Reference	Bha.Ni.11/17				
Category	Ashita (Eatable)				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Samhita	<i>Triticum aestivum</i> L.	Seed	1 part
	2.	Ghrita	Ghee		Qs
	3.	Shali churna	<i>Oryza sativa</i> L.	seed	Qs
	4.	Sharkara	sugar		Qs
Method of preparation	Add more ghee to Samita and knead it on a wooden plank or shape it into sticks or threads. Cut it with a knife, mix it with Shali churna (rice flour), add a little water, and shape it into discs (samvruta). Fry each one separately in ghee. Once it puffs up, remove it and sprinkle sugar on top.				
Best use before	Within a day.				
Properties/Health benefits	As Manthaka				

Classical Indications	Aruchi (Loss of taste), Daurblya (Weakness), Karshya (Emaciation), Shukrakshaya (Oligospermia).
Contraindications if any	-
Special precautions	-
Others	-

Name of formulation	Godhuma Phenika				
Reference	Bho. Ku. Siddhanna prakran (bhakshya vishesa), Ayu.Ma, pakvanna varga (15 <sup>th</sup> varga)				
Category	Ashita (Eatable)				
Ingredients	S. No.	Name of the Ingredients	Botanical Name	Part Used	Ratio/Amount
	1.	Godhuma	<i>Triticum aestivum</i> L.	Seed	1 part
	2.	Jala	Water		Qs
	3.	Sharkara	sugar		Qs
Method of preparation	Knead Godhuma flour with ghee and shape it into long, thin pieces. Arrange these pieces side by side on a wooden slab. combine them into a single rounded disc. Knead the ball to create a spherical disc. Fry this disc in ghee until it develops multiple layers. Finally, sprinkle Sharkara mixed with fragrant ingredients over it.				
Best use before	Within a day.				
Properties/Health benefits	Promotes growth, imparts taste, is aphrodisiac, strengthening, grahi (astringent and absorbent activity), light, sweet in taste and in post-metabolic effect and alleviates all the three doshas.				
Classical Indications	Chardi (Vomiting), Daha (burning sensation in mouth), Amlapitta and is suited for filling the stomach.				
Contraindications if any	-				
Special precautions	-				
Others	The Phenika that is prepared from wheat flour is light, imparts taste, is quickly metabolized in those that are strong. Phenika prepared from black-gram is heavy, unctuous and strengthening, promotes growth, increases semen and confers libido.				

Name of formulation	Masha pishtaka phenika				
Reference	Ayu.Ma, pakvanna varga (15 <sup>th</sup> varga)				
Category	Ashita (Eatable)				
Ingredients	S.	Name of the	Botanical	Part Used	Ratio/Amount

	No.	Ingredients	Name		
	1.	Masha pishtaka	<i>Phaseolus mungo</i> L. non Rosc. & auct.	Seed	1 part
Method of preparation	As like Phenika preparation.				
Best use before	Within a day.				
Properties/Health benefits	Guru (heavy to digest), balya (strength promotor), brimhana (nourishing dhatus), shukrala (increase production of shukra).				
Classical Indications	Shukrakshaya (Oligospermia), Karshya (Emaciation), Daurbalya (Weakness).				
Contraindications if any	-				
Special precautions	-				
Others	-				