

भारतीय खाद्य संरक्षा एवं मानक प्राधिकरण

(स्वास्थ्य एवं परिवार कल्याण मंत्रालय)

(विज्ञान एवं मानक विभाग)

एफएसएसआई

एफ डी ए भवन, कोटला रोड, नई दिल्ली-११०००२

fssai

ईमेल: ayurveda-aahara@fssai.gov.in

दिनांक 01 अक्टूबर 2024

NOTICE FOR INVITING PUBLIC COMMENTS

A compendium of Ayurveda Aahara based on the recipes mentioned in 71 authoritative books for Ayurveda Aahara as per the Food Safety and Standards (Ayurveda Aahara) Regulations, 2022 has been prepared for facilitating Food Business Operators (FBOs) for manufacturing of Ayurveda Aahara.

2. Before the same is finalized, the comments/views/suggestions of the stakeholders are solicited.

3. The comments/suggestions if any, should be furnished to FSSAI in the prescribed format (enclosed in the Annexure-I) within a period of **30 days** of the publication of this notice on the website through email (ayurveda-aahara@fssai.gov.in).

4. It may kindly be noted that only such of the comments/suggestions would be taken into consideration as are furnished with supporting scientific evidence or excerpts of Authoritative Ayurveda Textbooks.

Signed by Ravindra Singh
Date: 01-10-2024 16:57:06

(Dr. Ravinder Singh)
Director (Science and Standards)

Encl. as above

For Wider Circulation

(requesting to kindly place in your websites)

1. The Under Secretary, Ministry of Ayush, NBCC Office Block-III (2nd Floor), East Kidwai Nagar, New Delhi-110023.
2. The Director General, Central Council for Research in Ayurvedic Sciences, Janakpuri, New Delhi -110058.
3. The Vice Chancellor, National Institute of Ayurveda Jorawar Singh Gate, Amer Road JAIPUR - 302002 Rajasthan.
4. The Director, All India Institute of Ayurveda, Sarita Vihar, New Delhi – 110076.

Annexure-I

Subject: Seeking public comments on index of Ayurveda Aahara compendium comprising list of recipes included in Ayurveda Aahara

FORMAT FOR SENDING THE COMMENTS AND SUGGESTIONS

S.No.	Name and Address of the Organization/Person, contact number and Email	Ayurveda Aahara (along with Sub-Serial Number)	Relevant section on which comments are being provided	Comments/ Suggestion	Rationale	Reference to the supporting Scientific Evidence or Excerpts of Authoritative Ayurveda Textbooks	Remarks; if any

Index

Sl. No.	Aahara Kalpana	Name of Recipes and References		
01	Alikamatsya (Snack made from black gram)	01.1	Alikamatsya/ Alikamaccha (Snack made from black gram)	Bha. Ni. 11/66-67, Bho. Ku. siddhanna prakaran (bhakshya vishesh)
02	Angarakarkati (Bati/wheat flour bread)	02.1	Angara karkati	Bha.Ni.11/33-34 Bho. Ku., siddhanna prakaran (bhakshya vishesh), Ksh. Ku. 10 th utsava
03	Asava (fermented beverages)	03.1	Kharjurasava	Vd.Chi. 5/430
04	Avaleha (Confectionery)	04.1	Kushmanda Avaleha	Vd.Chi12/82, Sha.Sam. (Ma. Kha.) 8/22-28, RTS & SPS part 1, pg.no.397
		04.2	Gudadi Avaleha	Vd.Chi.17/ 91
		04.3	Dadima Avaleha	Ay.S.S p. 547
		04.4	Arkilikahara Leha	Ka. Sa.Chi , dwivraniya chikitsa.
		04.5	Sahakaradi Lehya	Pa.Da 8/ 1-8
		04.6	Navanitadi Lehya	Vd.Chi 9/189
		04.7	Kushmanda Rasayana	Sa.Yo Lehya Prakarana
		04.8	Lashun Avaleha	Ka.Sa. lashunkalp
		04.9	Yavadi Leha	Ca.Chi.11/28
05	Bhakshya/ Bhakta	05.1	Bhakshyaraj	Pa.Da, 2/ 1-8, 2 / 9-20
		05.2	Bhakta	Bha.Ni.11/4-6
06	Chukra	06.1	Vrihat chukra	Cha.Da. 4/ 61
07	Dadhi/Curd Takra/Butter ilk	07.1	Dadhi	Pa.Da, 11/ 1-11
		07.2	Dadhi Guda	Abhi. Chi. 21/5
		07.3	Jiraka Dahi	Si. Bhe.Ma.4/17, atisara chikitsita
		07.4	Sarshapa Dahi	Ka. k. katutailkalp 3
		07.5	Takra	Bha.Ni.,11/162-163
		07.6	Ghol	Bha. Ni., 15/1,Takra varga
		07.7	Mathita	Bha.Ni. 15/1 Takra varga
		07.8	Udashvita	Bha.Ni. 15/1 Takra varga
		07.9	Chhachhika	Bha.Ni. 15/1 Takra varga
		07.10	Takrayoga	Bri.Ni.Ra. Chap-1, Ajirnadhikara, P-40 vol 5
		07.11	Agnivardhaka Takra	Ru.Ra, shloka 97
		07.12	Rochaka Takra	Ru.Ra, shloka 98
		07.13	Dveshahara Takra	Ru.Ra, shloka 99
		07.14	Divya Takra	Ru.Ra, shloka 100
		07.15	Piyusha Takra	Ru.Ra, shloka 101

		07.16	Temana Takra	Pa.Da 1/ 142-150
		07.17	KhalaTakra	Pa.Da 1/151-152
		07.18	TrikatuTakra	Pa.Da, 1/153-154
		07.19	Saindhavadi Takra	Ka. bhojankalpadhyaya chap 7
		07.20	Vyoshadi Takra	Ca.Chi.12/27
		07.21	Triushnadi Takra	Ca.Chi.13/102
		07.22	Pippalyadi Takra	Ca.Chi.13/102
		07.23	Sharkaradi Takra	Ca.Chi.13/103
		07.24	Yavanyadi Takra	Ca.Chi.13/103
		07.25	Madvadi Takra	Ca.Chi.13/105
		07.26	Hapushadi Takra	Ca.Chi.13/103
		07.27	Pippalimadhu Takra	Ca.Chi.13/105
		07.28	Yavaninagaradya Takra	Ca.Chi.14/99
		07.29	Virasika	Ka. Sa. visheshkalpadhyaya 8/ 105-106
		07.30	Rochaka	Ka. khi 4/ 36
08	Dali /Soopa	08.1	Pishtika	Bha.Ni.11/40
		08.2	Dali/Soopa	Bha.Ni.11/7-8, Kai. Ni. 5/90-91
		08.3	Mudga Soopa	Bho. Ku. , siddha anna prakarana, Pa.Da, 1/ 132-137,138-140
		08.4	Masha Soopa	Bho. Ku. Soopa prakaran, A.S. Su. 7/49.
		08.5	Kulattha Soopa	Pa.Da, 1/ 121-126
09	Ghrita	09.1	Goghrita	Pa.Da, 1/181-189
		09.2	Dhanyadi Ghrita	Bri. Ni.Ra., Ajirnadhikar, page no.34, vol 5
		09.3	Jirakadi Ghrita	Vd.Chi.14/ 56
		09.4	Guda Ghrita	Bhai.Ra. 27/36.
10	Ghritapura (Ghevar)	10.1	Ghritapura/Ghevara	Kai. Ni.5/151, Ksh. Ku. 10/90
		10.2	Gharapupakam	Ksh.ku. 10 th utsava
11	Guda (Jaggery preparations)	11.1	Triphala Guda	Bhai. Ra jwararogadhikara, chapt - 5/374.
12	Gulkanda	12.1	Gulkanda	Si. Bhe.Ma., jwara prakarana, 4/41
		12.2	Gulkanda Jala	Si. Bhe.Ma., atisara chikitsitam, pg. 174
13	Hamsini(Milk preparation)	13.1	Hamsini	Ksh. Ku.12/35
14	Hima	14.1	Amradihima	Sha.Sam (M. Kha. 4/2)
		14.2	Dhanyaka Hima	Sha.Sam (M. Kha. 4/7)
		14.3	Dhanyakadi Hima	Sha.Sam (M. Kha. 4/8), Yo. Ra. Daha chi.-21,22
		14.4	Ajmodadi Hima	Si. Bhe.Ma., jwara prakarana, 4/31
15	Indarika	15.1	Indarika	Ayu.Ma, pakvanna varga (16 th varga), Shloka 11

16	Kundalini (Jalebi)	16.1	Kundalini/ Jalebi	Bha.Ni.11/137-142, Ksh. Ku., 10/122
17	Jaliha(Mango preparation)	17.1	Jaliha	Bha.Ni.11/160-161
18	Kwathita (Kadhi)	18.1	Kwathika/ Kwathita	Bho. Ku. siddhanna prakaran (bhakshya vishesh), Bha.Ni.11/69
		18.2	Kadhi	Ayu.Ma,vyanjana varga (20 th varga), shloka 6 - 9
19	Kalka (Vimardika)	19.1	Shunthi Kalka	Vd. Chi-vol-2, shula prakranam, 24/ 66.
		19.2	Krishna Tila Kalka	Abhi.Chi.6/88
20	Kamblika	20.1	Kambalika	Sho. Ni. 984-985, A.S.Su 7/49 – 50, Ka.Khi. 4/54-57
21	Kanjika	21.1	Dhanyamla	Ru.Ra,shloka 92
		21.2	Karmarda Kanji	Ru.Ra, shloka 94
		21.3	Takra Kanji	Ru.Ra, shloka 95
22	Karpuranalika(Snack made of wheat flour)	22.1	Karpuranalika	Bho. Ku. siddhanna prakaran (bhakshya vishesh), Bha.Ni.11/117-118
23	Kashaya(Herbal tea)	23.1	Amradi Kashaya	Vd. Chi-vol-2, Trishna prakaranam
		23.2	Lajadi Kashaya	Vd. Chi-vol-2, Daha prakaranam
		23.3	Drakshadi Kashaya	Si. Bhe.Ma., jwara prakarana, 4/14
		23.4	Dhanyakadi Kashaya	Si. Bhe.Ma.,jwara prakarana, 4/22
		23.5	Pachana Kashaya	Sa.yo., kashaya prakaran shloka 1
		23.6	Krishna Jirakadi Kashaya	Si. Bhe.Ma., jwara prakarana, chaturtha guchha
024	Khada/Khala	24.1	Khada Kamblika	Su.su.46/375
		24.2	Balbilvadi Khada	Cha.Da. 3/43
		24.3	Kapitthadi Khada	Cha.Da. 6/ 16
		24.4	Kaitarya Khala	Pa.Da, 1/158
		24.5	Vishishta khala	Pa.Da, 1/159-164
025	Khand	25.1	Kushmand Khanda	Abhi.Chi13/ 37-46, Ay.S.S., Avaleha-Paka Prakaran, pg no. 535
		25.2	Shunthi Khanda	Abhi.Chi. 30/49 -51
		25.3	Khandamalaki	Vri.Ma. Parinamashuladhikar 27/60-64
026	Korvata	26.1	Korvata	Ru.Ra. shloka 22
027	Krishra (Kichhdi)	27.1	Krishra	Ayu.Ma. , pakvanna varga (15 th varga), (Bha.Ni.11/9), Bho. Ku.
028	Kshara	28.1	Yavakshara Pana	Vd.Chi.21/ 75
029	Ksheera	29.1	Dugdhayoga	Bri. Ni.Ra., pandurogadhikar, page no.39
		29.2	Sharkara Yukta Dugdha	Si. Bhe.Ma., swasthya samrakshana prakarana, 3/33.
		29.3	Golaka Dugdha	Ru.Ra, shloka 21

		29.4	Ksheera Kharjurika	Ayu.Ma pakvanna varga (15 th varga)
		29.5	Ksheersara	Ru.Ra., shloka 20
		29.6	Pippalyadi Ksheera	Bhai. Ra jwararogadhikara, 5/377
		29.7	Panchkola Ksheera	Ca.Chi 15/16
		29.8	Narikela Ksheerika	Ksh. Ku. 12 / 7-8
		29.9	Yava Ksheera	Ca.Chi.11/19
		29.10	Dugdha Kupika	Bha.Ni.11/132-135
		29.11	Sugandit Ksheera (Flavoured Milk)	Pa.Da. 10/ 11-21/ 109-110
		29.12	Ksheerapaka	Pa.Da. 10/ 3-9
		29.13	Panchmulishrita paya	Sha.Sam(M. Kha. 2/164)
		29.14	Trikantakadishrit paya	Sha.Sam(M. Kha. 2/165)
030	Kulmasha	30.1	Kulmasha	Kai. Ni.5/161-163
031	Lapsika (Sweet Dalia)	31.1	Lapsika	Kai. Ni.5/160, Bha.Ni.11/28
032	Mamsa	32.1	Shuddha Mamsa	Bha.Ni.11/80
		33.2	Takramamsa	Bha.Ni.11/87-89
		33.3	Sahardraka	Bha.Ni.11/86
		33.4	Talita Mamsa	Bha.Ni.11/94-95
		33.5	Shulya Palam	Bha.Ni.11/96
		33.6	Mamsa shringataka	Bha.Ni.11/99-102
		33.7	Siddha Mamsa Rasa	Bha.Ni.11/104-105
		32.8	Harisha	Bha.Ni.11/90-93
		32.9	Matsya ladduka	Ksh. Ku., 10/33
		32.10	Mamsa ladduka	Ksh. Ku., 10/39
		32.11	Tahari	Pa.Da, 1/ 81-85
		32.12	Vesavara	Su.su.46/369-370
		32.13	Yakshmahar Aja Mamsarasa	Ca.Chi.8/67
		32.14	Ullupta	Su.su.46/358
033	Manda	33.1	Manda	Kai. Ni.5/47-50
		33.2	Mudgadi Manda	Ga.Ni part 2, Kayacikitsa khande 5/34-36, Sho. Ni.953-960
		33.3	Vatyamanda	Sha.Sam (M. Kha. 2/175)
		33.4	Lajamanda	Sha.Sam (M. Kha. 2/176) Su.su.46/342, Yo.R.jwara chi.120.
		33.5	Mudgayavadi Manda	Ka. k. bhojankalpadhyaya
		33.6	Mudga Ardrakadi Manda	Ka. k. visheshkalpadhyaya
		33.7	Madhu manda	Bhai. Ra, Medhorogadhikara, 39/3
		33.8	Mandodaka	Ka. k. bhojankalpadhyaya shlok 70
034	Mandaka	34.1	Samita Mandaka	Bha.Ni.11/22, Ayu.Ma, pakvanna varga (15 th varga). Bho. Ku. Siddhanna prakaran , bhakshya vishesh
		34.2	Mandaka	Ksh. Ku. 10/73. , Ru.Ra. Shlok no.19

035	Mantha	35.1	Yavsaktumantha	Ma. Ni. 11/99-100, Sha.Sam (M. Kha. 3/12), Sho. Ni.1025-1028 Su.su.46
		35.2	Kharjuradimantha	Sha.Sam (M. Kha. 3/10), Yo.R.Madatya chi.- 47, Ga.Ni part 2, Kayacikitsakhand 17/27
		35.3	Masuradimantha	Sha.Sam (M. Kha. 3/11)
		35.4	Godadhimantha	Yo.R.Madatya chi.-48
		35.5	Pipplayadi Mantha	A.S.Su24/62-63
		35.6	Panchasara Mantha	A.S.Chi.3/16-17, A.Hri.Chi. 2/14
		35.7	Triushnadimantha	Ca.Su. 21/18
		35.8	Godhuma Mantha	Ca.Chi.15/226
		35.9	Dadimadi mantha	A.Hri.Chi. 2/15
036	Mashendri	36.1	Mashendri	Ru.Ra, shloka no.23
037	Modaka (Laddu)	37.1	Sevika Modaka	Bha.Ni.11/126
		37.2	Mudga Modaka	Bha.Ni.11/128
		37.3	Vesana modaka	Bha.Ni.11/131, Ayu. Chi. , kritannvarga 22/20
		37.4	Swalpa surana modaka	Cha.Da. 5/ 47, Yo.R.Arsha chi.-73
		37.5	Sindhutthadi Modaka	Cha.Da. 6/12
		37.6	Godhuma shali modaka	Ayu.Ma, pakvanna varga (15 th varga), shloka 3
		37.7	Marichyadi modaka	Yo.R.Arsha chi.-50
		37.8	Methi modaka	Abhi.Chi.64/92-95
		37.9	Churamamodaka	Bho. Ku., Siddhanna prakran (bhakshya vishesha)
		37.10	Dravaka modaka	Bho. Ku., Siddhanna prakran (bhakshya vishesha)
		37.11	Rajamasha modaka	Bho. Ku., Siddhanna prakran (bhakshya vishesha)
		37.12	Samita modaka	Bho. Ku., Siddhanna prakran (bhakshya vishesha)
		37.13	Til Modaka	Bho. Ku. Siddhanna prakran (bhakshya vishesha)
		37.14	Cittamodaka	Ksh. Ku.10/23
		37.15	Dadhi Laddu	Ksh. Ku. 10/16
		37.16	Kanika Laddu	Ksh. Ku. 10/ 27
		37.17	Godhuma churna Laddu	Ksh. Ku. 10/ 20
		37.18	Masha Laddu	Ksh. Ku.10/ 29
		37.19	Shaluka ladduka	Ksh. Ku. 10/ 44
038	Murabba	38.1	Amalaki Murabba	Ay. S.S., Avaleha-Paka Prakaran, pg no. 532, RTS & SPS, part 1, , pg.no.405

1. Alikamatsya/Alikamaccha (Snack made from black gram)

Name of formulation	01.1 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/English 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).				

02. Angarakarkati (Bati/Wheat flour bread)

Name of formulation	02.1 Angara karkati				
Reference	Bha.Ni.11/33-34, Bho. Ku. siddhanna prakaran (bhakshya vishesh), Ksh. Ku. 10 th utsava.				
Category	Khadita (Hard eatables)				
Label Claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	-				

3. Asava (Fermented beverages)

Name of formulation	3.1 Kharjurasava				
Reference	Vd.Chi.5/430				
Category	Pana (drinkable)				
Label Claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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 ingredients in the container, cover it with a lid, and seal the edges with clay-smeared 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.				

04. Avaleha

General Description:

Avaleha or Lehya is a semi-solid preparation of ingredients, 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 ingredients
- 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 ingredients 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 ingredients 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 ingredients like Bhallataka, 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	4.1 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/English 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>Coriandrum 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 ingredients 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	4.2 Gudadi Avaleha				
Reference	Vd.Chi.17/ 91				
Category	Lidha (Lickable)				
Label Claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Guda	Jaggery		1 part
	2.	Dadima	<i>Punica granatum</i> L.	Fruit rind	1 part
	3.	Draksha	<i>Vitis vinifera</i> L.	Fruit	1 part
	4.	Pippali	<i>Piper longum</i> L.	Fruit	1 part
	5.	Shunthi	<i>Zingiber officinale</i> Roxb	Rhizome	1 part
	6.	Matulunga	<i>Citrus medica</i> L.	Fruit	Qs
	7.	Madhu	Honey		Qs
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	4.3 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/English Name	Part Used	Ratio/Amount
	1.	Sharkara	Sugar		10 ser
	2.	Jala	Water		4 ser
	3.	Dadima	<i>Punica granatum</i> L.	Fruit	10 chatank

	4.	Prakshepa dravya - Jayaphala	<i>Myristica fragrans</i> Houtt	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	04.4 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/English 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	4.5 Sahakaradi Lehya				
Reference	Pa.Da 8/ 1-8				
Category	Lidha (Lickable)				
Label Claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	4.6 Navnitadi Lehya				
Reference	Vd.Chi 9/189				
Category	Lidha (Lickable)				
Label Claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Godugdha	Cow milk		Qs
	2.	Navanita	Butter		Qs
	3.	Takra	Buttermilk		Qs
	4.	Madhu	Honey		Qs
	5.	Sita	Sugar		Qs
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	4.7 Kushmanda Rasayana				
Reference	Sa.Yo Lehya Prakarana				
Category	Lidha (Lickable)				
Label Claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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.	Flower bud	1 pala

			Merr. & Perry		
	5.	Maricha	<i>Piper nigrum L.</i>	Fruit	1 pala
	6.	Jeeraka	<i>Cuminum cyminum L.</i>	Fruit	1 pala
	7.	Shunthi	<i>Zingiber officinale Rosc.</i>	Rhizome	1 pala
	8.	Tejpatra	<i>Cinnamomum tamala</i>	Leaves	1 pala
	9.	Pippali	<i>Piper longum L.</i>	Fruit	1 pala
	10.	Ghrita	Ghee		1 kudava
	11.	Sharkara	Sugar		8 pala
Method of preparation	Prepare lehya with the above ingredients 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	4.8 Lashuna Avaleha				
Reference	Ka.Sa. lashunkalp				
Category	Lidha (Lickable)				
Label Claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Lashuna	<i>Allium sativum L.</i>	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	4.9 Yavadi leha				
Reference	Ca.Chi.11/28				
Category	Lidha (Lickable)				
Label Claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Yava	<i>Hordeum vulgare</i> L.	Fruit	Qs
	2.	Godhuma	<i>Triticum aestivum</i> L.	Seed	Qs
	3.	Sharkara	Sugar		Qs
	4.	Jivaka	<i>Microstylis musifera</i> Ridley.	Rhizome	Qs
	5.	Rishabhaka	<i>Microstylis wallichii</i> L.	Rhizome	Qs
	6.	Madhu	Honey		Qs
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)				

5. Bhakshya / Bhakta

Name of formulation	5.1 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/English 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 ingredients) 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	5.2 Bhakta
Reference	Bha.Ni.11/4-6
Category	Ashita (Eatables)
Label Claim	Health benefit

Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	-				

6. Chukra

Name of formulation	6.1 Vrihat Chukra					
Reference	Cha.Da. 4/ 61					
Category	Pana (drinkable)					
Label Claim	Health benefit					
Ingredients	S. No.	Name of the Ingredients		Botanical Name/English 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>Emblica 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.	Chatu rjata	Dalchini	<i>Cinnamomum Zeylanicum</i> Breyn. B lume.	Bark	1 part
			Ela	<i>Elettaria Cardamomum</i> Maton.	Fruit	1 part
			Tejpatra	<i>Cinnamomum tamala</i>	Leaves	1 part
			Nagakes ara	<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 vititation 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	-

7. Dadhi/Curd

Takra/Butter milk

Name of formulation	7.1 Dadhi				
Reference	Pa.Da. 11/1-11				
Category	Lidha (Lickable)				
Label Claim	Health Benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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), Agnivardhaka (increases digestive fire).				
Contraindications if any	Avoid during night time.				
Special precautions	-				
Others	-				

Name of formulation	7.2 Dadhi Guda				
Reference	Abhi. Chi. 21/5				
Category	Lidha (Lickable)				
Label Claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	7.3 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/English 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 ingredients 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	7.4 Sarshap Dahi				
Reference	Ka. k. katutailakalp 3				
Category	Lidha (Lickable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English	Part Used	Ratio/Amount

			Name		
	1.	Sarshapa	<i>Brassica campestris</i> L.	Seed	Qs
	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	7.5 Takra				
Reference	Bha.Ni.,11/162-163				
Category	Pana (drinkable)				
Label claim	Health Benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Dadhi	Curd	-	1 part
	2.	Hingu	<i>Ferula asafoetida</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	7.6 Ghol				
Reference	Bha. Ni.,15/1, Takra varga				
Category	Pana (Drinkable)				
Label claim	Health Benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	7.7 Mathita				
Reference	Bha.Ni. 15/1 Takra varga				
Category	Pana (Drinkable)				
Label claim	Health Benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	7.8 Udashvita				
Reference	Bha.Ni. 15/1 Takra varga				
Category	Pana (Drinkable)				
Label claim	Health Benefit				

Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Dadhi	Curd		1 part
	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	7.9 Chhachhika				
Reference	Bha.Ni. 15/1 Takra varga				
Category	Pana (Drinkable)				
Label claim	Health Benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	7.10 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/English Name	Part Used	Ratio/Amount
	1.	Takra	Buttermilk	-	1 part
	2.	Jiraka	<i>Cuminum cyminum L.</i>	Fruit	Qs

	3.	Yavakshara	<i>Hordeum vulgare</i> L.	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 benefits	Laghu (light for digestion), ruksha (dry), katu (pungent).				
Classical Indications	Beneficial in Visuchika (Cholera).				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	7.11 Agnivardhaka Takra				
Reference	Ru.Ra, Shloka-97				
Category	Pana (drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Takra	Buttermilk	-	1 part
	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	7.12 Rochaka Takra
Reference	Ru.Ra, shloka 98

Category	Pana (drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Takra	Buttermilk	-	1 part
	2.	Saindhava lavana	Rock salt	-	Qs
	3.	Hingu	<i>Ferula asafoetida</i> Regel.	Oleo resin gum	Qs
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	7.13 Dveshahara Takra				
Reference	Ru.Ra, shloka 99				
Category	Pana (drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Dadhi	Curd	-	1 part
	2.	Saindhava lavana	Rock salt	-	Qs
	3.	Ela	<i>Elettaria Cardamomum</i> Maton.	Fruit	Qs
	4.	Shunthi	<i>Zingiber officinale</i> Rosc.	Rhizome	Qs
	5.	Jala	Water		Qs
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	7.14 Divya Takra				
Reference	Ru.Ra, shloka 100				
Category	Pana (drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Takra	Buttermilk	-	1 part
	2.	Karpura	<i>Cinnamomum karpura</i> L.	Sub. extract	Qs
	3.	Ardraka	<i>Zingiber officinale</i> Rosc.	Rhizome	Qs
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	7.15 Piyusha Takra				
Reference	Ru.Ra, shloka 101				
Category	Pana (drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Dadhi	Curd	-	I part
	2.	Saindhava lavana	Rock salt	-	Qs
	3.	Ardraka	<i>Zingiber officinale</i>	Rhizome	Qs

			Rosc.		
	4.	Hingu	<i>Ferula asafoetida</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 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	7.16 Temana Takra				
Reference	Pa.Da 1/ 142-150				
Category	Pana (drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Takra	Butter Milk	-	1 part
	2.	Tila taila	<i>Sesamum indicum</i> L.	-	Qs
	3.	Lashuna	<i>Allium sativum</i> L.	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</i> L	Fruit	Qs
	7.	Shunthi	<i>Zingiber officinale</i> Rosc.	Rhizome	Qs
	8.	Lavana	Salt		Qs
	9.	Jambiri nimbu	<i>Citrus lemon</i> L.) Burm. f.	Fresh fruit	Qs
	10.	Hingu	<i>Ferula asafoetida</i> Regel	Oleo resin gum	Qs
	11.	Maricha	<i>Piper nigrum</i> L.	Fruit	Qs
	12.	Matulunga	<i>Citrus medica</i> L.	Fresh	Qs

				fruit	
	13.	Karpura	<i>Cinnamomum karpuraa</i> L.) Nees & V Eberm.,	Sub. extract	Qs
	14.	Kasturi	Musk	-	Qs
	15.	Ketaki pushpa	<i>Pandanus tectorius</i> soland.	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	7.17 KhalaTakra				
Reference	Pa.Da 1/151-152				
Category	Pana (drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	7.18 Trikatu Takra				
Reference	Pa.Da, 1/153-154				
Category	Pana (drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	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 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	7.19 Saindhavadi Takra				
Reference	Ka. bhojankalpadhyaya chap 7				
Category	Pana (drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	7.20 Vyoshadi Takra				
Reference	Ca.Chi.12/27				
Category	Pana (drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	7.21 Triushnadi Takra				
Reference	Ca.Chi.13/102				
Category	Pana (drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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 lavana	Rock salt	-	Qs
Method of preparation	Prepare takra from the above-mentioned ingredients.				
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	7.22 Pippalyadi Takra				
Reference	Ca.Chi.13/102				
Category	Pana (drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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 ingredients.				
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	7.23 Sharkaradi Takra				
Reference	Ca.Chi.13/103				
Category	Pana (drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Takra	Butter milk	-	1 part
	2.	Sharkara	Sugar	-	Qs
	3.	Madhuka (yasti)	<i>Glycyrrhiza glabra</i> L.	Stem & root	Qs
Method of preparation	Prepare takra using the above mentioned ingredients.				
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	7.24 Yavanyadi Takra				
Reference	Ca.Chi.13/103				
Category	Pana (drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Takra	Butter milk	-	1 part
	2.	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 ingredients 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	7.25 Madvadi Takra				
Reference	Ca.Chi.13/105				
Category	Pana (drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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 ingredients 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	7.26 Hapushadi Takra				
Reference	Ca.Chi.13/103				
Category	Pana (drinkable)				
Label claim	Health benefit				
Ingredients	S.	Name of the	Botanical	Part Used	Ratio/Amount

	No.	Ingredients	Name/English Name		
	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 ingredients 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	7.27 Pippalimadhu Takra				
Reference	Ca.Chi.13/105				
Category	Pana (drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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 ingredients.				
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	7.28 Yavaninagaradya Takra				
Reference	Ca.Chi.14/99				
Category	Pana (drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	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	7.29 Virasika				
Reference	Ka. Sa. visheshkalpadhyaya 8/ 105-106				
Category	Pana (drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	7.30 Rochaka				
Reference	Ka. Khi. 4/ 36				
Label claim	Health benefit				
Category	Pana (drinkable)				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	-				

8. Dali /Soopa

Name of formulation	8.1 Pishtika				
Reference	Bha.Ni.11/40				
Category	Lidha (Lickable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	8.2 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/English 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 asafoetida</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	8.3 Mudga Soopa				
Reference	Bho. Ku., siddhanna prakarana, Pa.Da, 1/ 132-137,138-140				
Category	Ashita (eatable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Mudga	<i>Phaseolus radiatus</i> L.	Seed	1 part
	2.	Sharkara	Sugar	-	Qs
	3.	Ghrita	Ghee	-	Qs
	4.	Ela	<i>Elettaria Cardamomum</i> Maton.	Fruit	Qs
	5.	Jala	water		16 part
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	8.4 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/English Name	Part Used	Ratio/Amount
	1.	Masha	<i>Phaseolus mungo</i> L.	Seed	1 part
	2.	Hingu	<i>Ferula asafoetida</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 benefits	Black-gram soup is known to produce excessive amounts of faeces.
Classical Indications	-
Contraindications if any	-
Special precautions	-
Others	-

Name of formulation	8.5 Kulattha Soopa				
Reference	Pa.Da 1/ 121-126				
Category	Pana (Drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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 asafoetida</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	-

9. 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 ingredients 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 ingredients], 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 ingredients.

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	9.1 Goghrita				
Reference	Pa.Da, 1/ 181-189				
Category	Pana (drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Ghrita	Ghee		Qs
	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	9.2 Dhanyadi ghrita				
Reference	Bri. Ni.Ra., Ajirnadhikar, page no.34, vol 5				
Category	Pana (drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Dhanyaka	<i>Coriandrum sativum</i> L	Fruit	½ part
	2.	Jiraka	<i>Cuminum cyminum</i>	Fruit	½ part

			<i>L.</i>		
	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	9.3 Jirakadi ghrita				
Reference	Vd.Chi14/ 56				
Category	Pana (drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	9.4 Guda ghrita
reference	Bhai.Ra 27/36 .
Category	Pana (drinkable)
Label claim	Health benefit

Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	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	-				

10. Ghritapura (Ghevar)

Name of formulation	10.1 Ghritapura/Ghevara				
Reference	Kai. Ni.5/151, Ksh. Ku.10/ 90				
Category	Khadita (Hard eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Dugdha	Milk	-	Qs
	2.	Samita	<i>Triticum aestivum</i> L	Seed	Qs
	3.	Narikela	<i>Cocos nucifera</i> L	Endosperm	Qs
	4.	Sharkara	Sugar	-	Qs
	5.	Ghrita	Ghee	-	Qs
	6.	Jala	water	-	Qs
	7.	Tila taila	Oil	-	Qs
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 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	10.2 Gharapupakam				
Reference	Ksh.ku. 10 th utsava				
Category	Khadita (Hard eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Maida	<i>Triticum aestivum</i> L.	-	Qs
	2.	Ghrita	Ghee	-	Qs
	3.	Sharkara	Sugar	-	Qs
	4.	Dugdha	Milk	-	Qs
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	-

11. Guda (Jaggery preparation)

Name of formulation	11.1 Triphala guda				
Reference	Bhai.Ra jwararogadhikara, 5/374				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Haritaki	<i>Terminalia chebula</i> Retz.	Fruit	1/3 part
	2.	Vibhitaki	<i>Terminalia belerica</i> Roxb	Fruit	1/3part
	3.	Amalaki	<i>Embllica officinalis</i> Gaertn.	Dried fruit	1/3 part
	4.	Guda	<i>Saccharum officinarum</i> L.	-	Qs
	5.	Jala	water		16 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	-				

12. Gulkanda

Name of formulation	12.1 Gulkanda				
Reference	Si. Bhe.Ma., jwara prakarana, 4/41.				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	12.2 Gulkand Jala				
Reference	Si. Bhe.Ma., atisara chikitsita, pg. 174				
Category	Ashita (Eatables)				
Label claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Bilwa	<i>Aegle marmelos</i> Correa ex Rosc.	Fruit pulp	Qs
	2.	Mustaka	<i>Cyperus rotundus</i> L.	Rhizome	Qs
	3.	Mishreya	<i>Foeniculum vulgare</i> Mill	Seed	Qs
	4.	Gulkand	<i>Rosa centifolia</i> L.	-	Qs
	5.	Jala	Water	-	Qs
	6.	Mishri	Sugar candy	-	Qs
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 benefits	Grahi (A drug which has appetizing and digestive qualities as well as 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	-

13. Hamsini (Milk preparation)

Name of formulation	13.1 Hamsini				
Reference	Ksh. Ku., 12 / 35				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Dugdha	Milk	-	1 part
	2.	Dadhi	Curd	-	1 part
	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	-				

14. Hima

Name of formulation	14.1 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/English Name	Part Used	Ratio/Amount
	1.	Amra	<i>Mangifera indica</i> L.	Seed	1/3 part
	2.	Jambu	<i>Syzygium cumini</i> L..	Seed	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	14.2 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/English Name	Part Used	Ratio/Amount
	1.	Dhanyaka	<i>Coriandrum 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)
Special precautions	-
Others	Anupana – Sharkara Time of consumptions - Morning

Name of formulation	14.3 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/English 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	14.4 Ajmodadi hima				
Reference	Si. Bhe.Ma., jwara prakarana, 4/31				
Category	Pana (drinkable)				
Label Claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Ajamoda	<i>Trachyspermum roxburghianum</i> (DC.)	Fruit	1/2 part

			Craib		
	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				

15. Indarika (Idli)

Name of formulation	15.1 Indarika				
Reference	Ayu.Ma, pakvanna varga (16 th varga), Shloka 11				
Category	Ashita (Eatables)				
Label Claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	-				

16. Kundalini (Jalebi)

Name of formulation	16.1 Kundalini/Jalebi				
Reference	Bha.Ni.11/137-142, Ksh. Ku., 10/122				
Category	Ashita (Etables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	-	Qs
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), ruch 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	-				

17. Jaliha (Mango preparation)

Name of formulation	17.1 Jaliha				
Reference	Bha.Ni.11/160-161				
Category	Pana (drinkables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Amra	<i>Mangifera indica</i> L.	Fruit	1 part
	2.	Rajika	<i>Brassica juncea</i> (L.) Czern. & Coss.	Seed	Qs
	3.	Lavana	salt	-	Qs
	4.	Fried Hingu	<i>Ferula asafoetida</i> Regel.	Oleo resin gum	Qs
	5.	Jala	Water		Qs
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	-				

18. Kwathita (Kadhi)

Name of formulation	18.1 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/English Name	Part Used	Ratio/Amount
	1.	Haridra	<i>Curcuma longa</i> L.	Rhizome	Qs
	2.	Hingu	<i>Ferula asafoetida</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 (asafoetida). 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 (asafoetida). 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	18.2 Kadhi				
Reference	Ayu.Ma,vyanjana varga (20 th varga), shloka 6 - 9				
Category	Pana (Drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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 ghrta 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	-

19. Kalka (Vimardika)

Name of formulation	19.1 Shunthi kalka				
Reference	Vd. Chi-vol-2, shula prakranam, 24/66.				
Category	Lidha (Lickable)				
Label claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	19.2 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/English 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)				

20. Kamblika

Name of formulation	20.1 Kambalika				
Reference	Sho. Ni. 984-985, A.S.Su 7/49 – 50, Ka.Khi. 4/54-57				
Category	Pana (Drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Mamsa	Meat	-	Qs
	2.	Phala	Fruit	Fruit	Qs
	3.	Dhanya	Grain	Seed	Qs
	4.	Jala	Water	-	Qs
	5.	Dadima	<i>Punica granatum</i> L.	Seed	Qs
	6.	Mulaka	<i>Raphanus sativus</i> L.	Root	Qs
	7.	Tila kalka	<i>Sesamum indicum</i> L.	Seed	Qs
	8.	Ardraka	<i>Zingiber officinarum</i> Rosc.	Rhizome	Qs
	9.	Sarshap beeja	<i>Brassica campestris</i> L.	Seed	Qs
	10.	Jiraka	<i>Cuminum cyminum</i> L.	Fruit	Qs
	11.	Hingu	<i>Ferula asafoetida</i> Regel.	Oleo resin gum	Qs
	12.	Takra	Buttermilk	-	Qs
	13.	Ghrita	Ghee	-	Qs
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	-				

21. Kanjika

Name of formulation	21.1 Dhanyamla				
Reference	Ru.Ra,shloka 92				
Category	Pana (Drinkable)				
Label Claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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 Roxb</i>	Rhizome	Qs
	5.	Hingu	<i>Ferula asafoetida Regel.</i>	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	21.2 Karmarda kanji				
Reference	Ru.Ra, shloka 94				
Category	Pana (Drinkables)				
Label Claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Kanji	fermented sour gruel	-	1 part
	2.	Karamarda	<i>Carissa carandas L.</i>	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	21.3 Takra kanji				
Reference	Ru.Ra, shloka 95				
Category	Pana (drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	-				

22. Karpuranalika (Snack made of wheat flour)

Name of formulation	22.1 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/English 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 karpuraa</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	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	-				

23. 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 1/8th.

Name of formulation	23.1 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/English Name	Part Used	Ratio/Amount
	1.	Amra	<i>Mangifera indica</i> L.	Seed	1/2part
	2.	Jambu	<i>Syzygium cumini</i> L. Skeels	Seed	1/2 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	23.2 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/English Name	Part Used	Ratio/Amount
	1.	Laja	Parched rice		1/4 part
	2.	Hribera	<i>Juniperus communis</i> L.	Fruit	1/4part
	3.	Chandana	<i>Santalum album</i> L.	Heart wood	1/4 part
	4.	Ushira	<i>Vetiveria zizaniodes</i> (L.) Nash.	Root	1/4 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)				

	1.	Dhanyaka	<i>Coriandrum sativum</i> L..	Fruit	1/3 part
	2.	Shunthi	<i>Zingiber officinale</i> Rosc.	rhizome	1/3 part
	3.	Nimbu	<i>Citrus limon</i> (Lilnn) Burm. F	Fruit	1/3 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	23.5 Pachana Kashaya				
Reference	Sa.yo. kashaya prakran shloka 1				
Category	Pana (Drinkable)				
Label Claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Musta	<i>Cyperus rotundus</i> Lunn.	Rhizome	1/6part
	2.	Chandana	<i>Santalum album</i> L..	Heart wood	1/6part
	3.	Shunthi	<i>Zingiber officinale</i> Rosc.	Rhizome	1/6part
	4.	Sugandhabala	<i>Pavonia odorata</i> Willd.	Root	1/6part
	5.	Parpataka	<i>Fumaria parviflora</i> Lam	Whole plant	1/6part
	6.	Usheera	<i>Vetiveria zizaniodes</i> (L.) Nash.	Root	1/6part
	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	23.6 Krishna jirakadi kashaya				
Reference	Si. Bhe.Ma., jwara prakarana, chaturtha guchha				
Category	Pana (Drinkable)				
Label Claim	Disease risk reduction				
Ingredients	S. N o.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Jala	Water		16 times
	2.	Sita	Sugar		Qs
	3.	Krishna jiraka	<i>Cuminum cyminum L.</i>	Fruit	1/3 part
	4.	Ela	<i>Elettaria Cardamomum Maton.</i>	Fruit	1/3 part
	5.	Twak	<i>Cinnamomum zeylanica L.</i>	Stem bark	1/3 part
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	-				

24. Khada/Khala

Name of formulation	24.1 Khada Kamblika				
Reference	Su.su.46/375				
Category	Lidha (Lickable)				
Label Claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	Dadima Rasa Siddha Yusha – BalaVardhaka, Kapha-Vatahara, Agni Deepan (increases digestive fire) Dadhi SidhaYusha – Kaphakaraka, BalaVardhaka, Snigdha, VataShamaka, Guru Chhach SidhaYusha – Pittakrita, Visha and RaktaPrakopaka				

Name of formulation	24.2 Balbilvadi khada				
Reference	Cha.Da. 3/43				
Category	Lidha (Lickable)				
Label Claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	24.3 Kapitthadi khada				
Reference	Cha.Da. 6/ 16				
Category	Lidha (Lickable)				
Label Claim	Disease risk reduction				
	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Kapittha	<i>Feronia limonia</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	24.4 Kaitarya Khala					
Reference	Pa.Da, 1/158					
Category	Lidha (lickable)					
Label Claim	Disease risk reduction					
Ingredients	S. No.	Name of the Ingredients		Botanical Name/English Name	Part Used	Ratio/Amount
	7.	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	
	8.	Kaitarya		<i>Myrica esculenta</i> Buch.-Ham.	Fruit	1/5 part

	9.	Lashunaa	<i>Allium sativum</i> L.	Bulb	1/5 part
	10.	Jiraka	<i>Cuminum cyminum</i> L.	Fruit	1/5 part
	11.	Punarnava	<i>Boerhavia diffusa</i> L.	Whole plant	1/5 part
	12.	Saindhava lavana	Rock salt	-	Qs
	13.	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	24.5 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/English Name	Part Used	Ratio/Amount
	1.	Maricha	<i>Piper nigrum</i> L.	Fruit	Ingredients 1-14 together 1 part
	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 asafoetida</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 parviflora</i> Lam	Whole plant	
	14.	Methi	<i>Trigonella foenum — graecum</i> L.	Seed	
	15.	Takra	Butter Milk		
	16.	Ghrita	Ghee		8 part
Method of preparation					Qs
	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	-				

25. Khanda

Name of formulation	25.1 Kushmand Khanda					
Reference	Abhi.Chi.13/37-46, Ay. S.S., Avaleha-Paka Prakaran, pg no. 535					
Category	Ashita (Eatables)					
Label Claim	Disease risk reduction					
Ingredients	S. No.	Name of the Ingredients		Botanical Name/English 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	½ pala
			Ela	<i>Elettaria Cardamomum</i> Maton.	Fruit	
			Tejpatra	<i>Cinnamomum tamal</i>	Leaves	
	7.	Maricha		<i>Piper nigrum</i> L.	Fruit	1/2 pala
	8.	Dhanyaka		<i>Coriandrum sativum</i> L.	Fruit	
	9.	Kshaudra		Honey		
	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 ½ pala of honey.					
Best use before	3 years					
Properties/Health benefits	Brimhana (Nourishes the body tissues), balya (strength promotor), varna prasadana (enhances complexion), vrishya (Aphrodisiac)					
Classical Indications	Raktapitta (Bleeding disorders), kshata ksheena (Weakness), jwara (fever)					
Contraindications if any	-					
Special precautions	-					
Others	-					

Name of formulation	25.2 Shunthi khanda					
Reference	Abhi.Chi. 30/49 -51					
Category	Ashita (Eatables)					
Label Claim	Disease risk reduction					
Ingredients	S. No.	Name of the Ingredients		Botanical Name/English 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	Dhatuvriddhikara (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	25.3 Khandamalaki					
References	Vri.Ma Parinamashuladhikar 27/60-64					
Category	Ashita (Eatables)					
Label Claim	Disease risk reduction					
Ingredients	S. No.	Name of the Ingredients		Botanical Name/English	Part Used	Ratio/Amount

				Name		
	1.	Kushmand		<i>Benincasa hispida</i> (Thunb) Cogn.	Fruit	½ tula
	2.	Ghrita		Ghee		½ prastha
	3.	Khand		Sugar		½ tula
	4.	Amalaki		<i>Embllica 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), Amlapitta (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	-

26. Korvata

Name of formulation	26.1 Korvata				
Reference	Ru.Ra. shloka 22				
Category	Ashita				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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 asafoetida</i> Regel.	Oleo resin gum	Qs
Method of preparation	Make korwat by cooking masha (urad) pithi in sesame oil processed with Maricha, Ardraka, jeeraka, saindhava, dalchini and hingu 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), Shwasa (Asthma), Agnimandhya (loss of appetite)				
Contraindications if any	-				
Special precautions	-				
Others	-				

27. Krishra (Kichhdi)

Name of formulation	27.1 Krishra (khichdi)				
Reference	Ayu.Ma, pakvanna varga (15 th varga), (Bha.Ni.11/9), Bho. Ku.				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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 asafoetida</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 Hingu and Ardraka paste. Drain all the water from the soaked rice and lentils, then dry roast them for 4–5 minutes. Add lavana, haridra, 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	-				

28. Kshara

Name of formulation	28.1 Yavakshara Pana				
Reference	Vd.Chi. 21/ 75				
Category	Pana (Drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Yavakshara	Alkali of Yava	Whole plant	1Masha
	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	-				

29. Ksheera

Name of formulation	29.1 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/English 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	Pandu (Anaemia), Kshaya (Pthisis), Sangrahani (Malabsorption syndrome)				
Contraindications if any	-				
Special precautions	-				
Others	Time of consumptions – At night				

Name of formulation	29.2 Sharkara Yukta Dugdha				
Reference	Si. Bhe.Ma., swasthya samrakshana prakarana, 3/ 33.				
Category	Pana (drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	29.3 Golaka Dugdha				
Reference	Ru.Ra, shloka 21				
Category	Pana (drinkable)				

Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	29.4 Ksheer kharjurika				
Reference	Ayu.Ma pakvanna varga (15 th varga)				
Category	Pana (Drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	29.5 Ksheersara				
Reference	Ru.Ra., shloka 20				
Category	Pana (Drinkable)				
Label claim	Health benefit				

Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Dugdha	Milk		1 part
	2.	Khand	Sugar		Qs
	3.	Maricha	<i>Piper nigrum</i> L.	Fruit	Qs
	4.	Ela	<i>Elettaria cardamomum</i> Maton.	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	29.6 Pippalyadi ksheera				
Reference	Bhai. Ra jwararogadhikara, 5/377.				
Category	Pana (Drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Mishri	Sugar		Qs
	2.	Ghrita	Ghee		Qs
	3.	Ksheer	Thickened milk		1 part
	4.	Pippali	<i>Piper longum</i> L.	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	29.7 Panch kola Ksheera					
Reference	Ca.Chi 15/16					
Category	Pana (Drinkable)					
Label claim	Health benefit					
Ingredients	S. No .	Name of the Ingredients		Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Panchkola	Pippali	<i>Piper longum</i> L.	Fruit	Qs
			Pippalimula	<i>Piper longum</i> L.	Root	Qs
			Chavya	<i>Piper retrofractum</i> Vahl.	Stem	Qs
			Chitraka	<i>Plumbago Zeylanica</i> L.	Root	Qs
			Shunthi	<i>Zingiber officinale</i> Roxb	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	29.8 Narikela Ksheerika					
Reference	Ksh. Ku. 12 / 7-8					
Category	Pana (Drinkable)					
Label claim	Health benefit					
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount	
	1.	Narikela	<i>Cocos nucifera</i> L.	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 benefits	Madhura (sweet), sheeta (cold in potency), snigdha (unctous)				
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	29.9 Yava ksheera				
Reference	Ca.Chi.11/19				
Category	Pana (Drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Yava	<i>Hordeum vulgare</i> L.	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	29.10 Dugdha kupika				
Reference	Bha.Ni.11/132-135				
Category	Pana (drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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), ruchī janaka (imparts taste), pushtikaraka (nourishes the body) drishti karaka (enhances vision)				
Classical Indications	Aruchi (Tastelessness), Daurbalya (Weakness), Karshya (Emaciation), Shukrakshaya (Deficiency of semen)				
Contraindications if any	diabetic				
Special precautions	-				
Others	-				

Name of formulation	29.11 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/English Name	Part Used	Ratio/Amount
	1.	Mahishi Ksheera	Buffalo Milk		1 part
	2.	Ketaki pushpa	<i>Pandanus tectorius</i> soland.	Flower	Qs
	3.	Madhu	Honey		Qs
	4.	Ardraaka	<i>Zingiber officinale</i> Rosc.	Rhizome	Qs
	5.	Sharkara	Sugar		Qs
	6.	Kadali phala	<i>Musa paradisiaca</i> L.	Fruit	Qs
	7.	Ghrita	Ghee		Qs
	8.	Amra phala	<i>Mangifera indica</i> L.	Fruit	Qs
	9.	Jati pushpa	<i>Jasminum officinale</i> L.	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 'Ghatika' 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	29.12 Ksheerapaka				
Reference	Pa.Da. 10/ 3-9				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Mahishi Ksheera	Buffalo Milk		Qs

	2.	Sugandhit pushpa	Aromatic Flowers	Flower	Qs
	3.	Jala	Water		Qs
	4.	Sharkara	Sugar		Qs
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	29.13 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/English 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 benefits	Ruksha (dry), kapha vatahara (alleviates kapha and vata dosha), Katu (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	29.14 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/English 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	-				

30. Kulmasha

Name of formulation	30.1 Kulmasha				
Reference	Kai. Ni.5/161-163				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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 radiatus</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	-				

31. Lapsika (Sweet Dalia)

Name of formulation	31.1 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/English 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 (unctous), 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	-				

32. Mamsa

Name of formulation	32.1 Shuddha Mamsa				
Reference	Bha.Ni.11/80				
Category	Khadita (Hard eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Mamsa	Meat	-	1part
	2.	Ghrita	Ghee	-	Qs
	3.	Hingu	<i>Ferula asafoetida</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	32.2 Takramamsa
Reference	Bha.Ni.11/87-89
Category	Khadita (Hard eatables)
Label claim	Health benefit

Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Ghrita	Ghee	-	Qs
	2.	Aja Mamsa	Goat meat		1 part
	3.	Haridra	<i>Curcuma longa</i> L.	Rhizome	Qs
	4.	Hingu	<i>Ferula asafoetida</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	32.3 Sahardraka				
Reference	Bha.Ni.11/86				
Category	Khadita (Hard eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	-

Name of formulation	32.4 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/English 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), driddata karaka (increase strength)				
Classical Indications	Aruchi (Tastelessness), Daurbalya (Weakness), Karshya (Emaciation)				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	32.5 Shulya palam				
Reference	Bha.Ni.11/96				
Category	Khadita (Hard eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	-
Special precautions	-
Others	-

Name of formulation	32.6 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/English 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 asafoetida</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	Ruchikaraka (imparts taste), brimhana (nourishes the body tissues),				

benefits	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), Daurblya (weakness), Karshya (Emaciation).
Contraindications if any	-
Special precautions	-
Others	-

Name of formulation	32.7 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/English 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	32.8 Harisha				
Reference	Bha.Ni.11/90-93				
Category	Khadita (Hard eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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 asafoetida</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	32.9 Matsya ladduka				
Reference	Ksh. Ku., 10/33				
Category	Khadita (Hard eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	32.10 Mamsa ladduka				
Reference	Ksh. Ku., 10/39				
Category	Khadita (Hard eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Mamsa	Meat		1 part
	2.	Tandula	<i>Oryza sativa</i> L.	Seed	Qs
	3.	Samita	<i>Triticum aestivum</i> L.	Seed	Qs
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	32.11 Tahari				
Reference	Pa.Da, 1/ 81-85				
Category	Khadita (Hard eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Mudga	<i>Phaseolus radiatus</i> L.	Seed	Qs
	2.	Tandula	<i>Oryza sativa</i> L.	Seed	Qs

	3.	Mamsa	Meat		1 part
	4.	Jala	Water		Qs
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 benefits	Madhura (sweet), tikta (bitter), laghu (easy to digest), ushna (hot in 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	32.12 Vesavara				
Reference	Su.su.46/369-370				
Category	Ashita (eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	32.13 Yakshmahar Aja Mamsarasa				
Reference	Ca.Chi.8/67				
Category	Khadita (Hard eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	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>Embolia 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	32.14 Ullupta				
Reference	Su.su.46/358				
Category	Khadita (Hard eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	Laghu (easy to digest)				

benefits	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	-

33. Manda

Name of formulation	33.1 Manda				
Reference	Kai. Ni.5/47-50				
Category	Pana (Drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	33.2 Mudgadi Manda				
Reference	Ga.Ni part 2, Kayacikitsa khande 5/34-36, Sho. Ni.953-960				
Category	Pana (Drinkables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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 asafoetida</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	33.3 Vatyamanda				
Reference	Sha.Sam, (M. Kha. 2/175)				
Category	Pana (Drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	33.4 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/English 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	33.5 Mudgayavadi Manda				
Reference	Ka. k. bhojankalpadhyaya				
Category	Pana (Drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Tandula	<i>Oryza sativa</i> L.	Seed	¼ part
	2.	Mudga	<i>Phaseolus radiatus</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	33.6 Mudga Ardrakadi Manda				
Reference	Ka. k. visheshkalpadhyaya				
Category	Pana (Drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Mudga	<i>Phaseolus radiatus</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	33.7 Madhu manda				
Reference	Bhai. Ra, Medhorogadhikara 39/3				
Category	Pana (Drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	33.8 Mandodaka				
Reference	Ka. k. bhojankalpadhyaya shlok 70				
Category	Pana (Drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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 radiatus</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	-				

34. Mandaka

Name of formulation	34.1 Samita Mandaka				
Reference	Bha.Ni.11/22, Ayu.Ma, pakvanna varga (15 th varga), Bho. Ku. Siddhanna prakaran , bhakshya vishesh				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	34.2 Mandaka				
Reference	Ksh. Ku. 10/73. Ru.Ra. Shlok no.19				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	-

35. 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	35.1 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/English 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	35.2 Kharjuradimantha				
Reference	Sha.Sam (M. Kha. 3/10), Yo.R.Madatyaya chi.-47, Ga.Ni part 2, Kayacikitsakhand 17/27				
Category	Pana (drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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>Emblica 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	35.3 Masuradimantha				
Reference	Sha.Sam (M. Kha. 3/11)				
Category	Pana (drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	35.4 Godadhimantha				
Reference	Yo.R.Madatya chi.-48				
Category	Pana (drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the	Botanical Name/English 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	35.5 Pipplayadi Mantha				
Reference	A.S.Su 24/62-63				
Category	Pana (drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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 satttu 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, satttu, ghrita, dadhimanda, kanji is beneficial in Mutrakrichha (difficult urination) and Udavarta (Disorders of reversed or altered visceral movement)				

Name of formulation	35.6 Panchasara mantha				
Reference	A.S.Chi.3/16-17, A.Hri.Chi. 2/14				
Category	Pana (drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	35.7 Triushnadimantha				
Reference	Ca.Su. 21/18				
Category	Pana (drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	35.8 Godhuma Mantha				
Reference	Ca.Chi.15/226				
Category	Pana (drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	35.9 Dadimadi mantha				
Reference	A.Hri. Chi. 2/15				
Category	Pana (drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Dadima seed	<i>Punica granatum</i> L.	Seed	1 part
	2.	Amalaki	<i>Embllica officinalis</i> Gaertn.	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), kaphavata shamaka (kapha vata shamaka)				
Classical Indications	Raktapitta (Bleeding disorders), Jatharagni mandhya (low digestive fire)				
Contraindications if any	-				
Special precautions	-				
Others	-				

36. Mashendri (Preparation made from black gram)

Name of formulation	36.1 Mashendri				
Reference	Ru.Ra, shloka no.23				
Category	Ashita (Etables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Masha	<i>Phaseolus mungo</i> L. non Rosc. & auct.	Seed	1 part
	2.	Hingu	<i>Ferula asafoetida</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	-				

37. Modaka

Name of formulation	37.1 Sevika modaka				
Reference	Bha.Ni.11/126				
Category	Ashita (eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Samita	<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	37.2 Mudga Modaka				
Reference	Bha.Ni.11/128				
Category	Ashita (eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Mudga	<i>Phaseolus radiatus</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 benefits	Laghu (light for digestion), grahi (absorbent and astringent activity), tridosha nashaka (alleviates all three doshas), madhura (sweet in taste), sheetala (cold in potency), ruchika (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	37.3 Vesana modaka				
Reference	Bha.Ni.11/131, Ayu. Chi., kritannvarga 22/20				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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), sheetala (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	37.4 Swalpa surana modaka				
Reference	Cha.Da. 5/ 47, Yo.R.Arsha chi.-73				
Category	Ashita (eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Maricha	<i>Piper nigrum</i> L.	Fruit	1 part
	2.	Shunthi	<i>Zingiber officinale</i>	Rhizome	2 part

			Rosc.		
	3.	Chitraka	<i>Plumbago Zeylanica L.</i>	Root	3 part
	4.	Surana	<i>Amorphophallus campanulatus</i> Blume	Corm	8 part
	5.	Guda	<i>Saccharum officinarum L.</i>	-	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	37.5 Sindhutthadi Modaka					
Reference	Cha.Da. 6/12					
Category	Ashita(eatables)					
Label claim	Health benefit					
Ingredients	S. No.	Name of the Ingredients		Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Saindhava lavana		Rock salt		Qs
	2.	Hingu		<i>Ferula asafoetida Regel.</i>	Oleo resin Gum	Qs
	3.	Triphala	Haritaki	<i>Terminalia chebula</i> L.	Fruit	Qs
			Vibhtaki	<i>Terminalia bellirica</i> L.	Fruit	
			Amalaki	<i>Emblica officinalis</i> Gaertn.	Fruit	
	4.	Ajwain		<i>Trachyspermum roxburghianum</i> (DC.) Craib	Fruit	Qs
	5.	Vyosha	Shunthi	<i>Zingiber officinale</i> Roxb	Rhizome	Qs

			Pippali	<i>Piper longum</i> L.	Fruit	Qs
			Maricha	<i>Piper nigrum</i> L.	Fruit	Qs
	6.	Guda		<i>Saccharum officinarum</i> L.	-	Qs
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	37.6 Godhuma shali modaka					
Reference	Ayu.Ma, pakvanna varga (15 th varga), shloka 3					
Category	Ashita (Eatables)					
Label claim	Health benefit					
Ingredients	S. No.	Name of the Ingredients		Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Godhuma		<i>Triticum aestivum</i> L.	Seed	1 part
	2.	Shali		<i>Oryza sativa</i> L.	Seed	Qs
	3.	Jala		water		Qs
	4.	Sharkara		Sugar		Qs
	5.	Ghrita		Ghee		Qs
	6.	Karpura		<i>Cinnamomum camphora</i> L.Nees & Eberm.	Sub. extract	Qs
	7.	Maricha		<i>Piper nigrum</i> L.	Fruit	Qs
	8.	Chatur jata	Twak	<i>Cinnamim zeylanicum</i> Blume	Stem bark	Qs
			Ela	<i>Elettaria cardamomum</i> Maton.	Fruit	Qs
			Patra	<i>Cinnamomum tamala</i>	Leaves	Qs
			Naga kesara	<i>Messua ferrea</i> L.	Stamen	Qs

Method of preparation	Prepare fibers from the 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	37.7 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/English Name	Part Used	Ratio/Amount
	1.	Maricha	<i>Piper nigrum</i> L.	Fruit	1 part
	2.	Shunthi	<i>Zingiber officinale</i> Rosc.	Rhizome	2 parts
	3.	Chitraka	<i>Plumbago Zeylanica</i> L.	Root	4 parts
	4.	Surana	<i>Amorphophallus campanulatus</i> Blume ex Decne	Tuber	8 parts
	5.	Guda	Jaggery		15 part
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	37.8 Methi modaka					
Reference	Abhi.Chi.64/92-95					
Category	Khadita (Hard eatables)					
Label claim	Health benefit					
Ingredients	S. No.	Name of the Ingredients		Botanical Name/English 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.	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 ingredients 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	37.9 Churmamodaka				
Reference	Bho. Ku., Siddhanna prakrana (bhakshya vishesha)				
Category	Khadita (Hard eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	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 fragrant it with karpura, etc., prepare laddus.				
Best use before	1 month				
Properties/Health benefits	-				
Classical Indications	-				
Contraindications if	Diabetes				

any	
Special precautions	-
Others	-

Name of formulation	37.10 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/English Name	Part Used	Ratio/Amount
	1.	Maida	<i>Triticum aestivum</i> L.		1 part
	2.	Ghrita	Ghee		Qs
	3.	Dugdha	Milk		Qs
	4.	Sharkara	Sugar		Qs
Method of preparation	Add a mixture of Dugdha and Ghrita 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	37.11 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/English 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	37.12 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/English 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 ghrita until it changes color. Remove it from the stove and let it cool. Add one-third quantity of khand, along with appropriate amounts of Ela, Lavanga and Maricha.				
Best use before	Within a day				
Properties/Health benefits	Alleviate pitta, impart taste and 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	37.13 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/English Name	Part Used	Ratio/Amount
	1.	Tila	<i>Sesamum Indicum</i> L.	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, strength promotor, alleviates vata dosha				
Classical Indications	Beneficial in skin diseases and ophthalmic disorders.				
Contraindications if any	Diabetes				
Special precautions	-				
Others	-				

Name of formulation	37.14 Cittamodaka				
Reference	Ksh. Ku.10/ 23				
Category	Khadita (Hard eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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, then immerse it in sugar syrup and scent it with karpura.				
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	Strength promotor, alleviates Vata and Pitta dosha, unctuous, aggravates Kapha and increases semen.				
Contraindications if	Diabetes				

any	
Special precautions	-
Others	-

Name of formulation	37.15 Dadhi Laddu				
Reference	Ksh. Ku. 10/16				
Category	Khadita (Hard eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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 curd, 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	37.16 Kanika Laddu				
Reference	Ksh. Ku. 10/27				
Category	Khadita (Hard eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	37.17 Godhum churna Laddu				
Reference	Ksh. Ku. 10/20				
Category	Khadita (Hard eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	37.18 Masha Laddu				
Reference	Ksh. Ku.10/29				
Category	Khadita (Hard eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English	Part Used	Ratio/Amount

			Name		
	1.	Masha	<i>Phaseolus mungo</i> L.non Rosc. & auct.	Seed	1 part
	2.	Sharkara	Sugar		Qs
	3.	Ghrita	Ghee		Qs
Method of preparation	Prepare 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 dosha, Aphrodisiac.				
Contraindications if any	Diabetes				
Special precautions	-				
Others	-				

Name of formulation	37.19 Shaluka ladduka				
Reference	Ksh. Ku. 10/44				
Category	Khadita (Hard eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Shaluka	Nelumbo nucifera	Roots	1 part
	2.	Ghrita	Ghee		Qs
	3.	Sharkara	Sugar		Qs
Method of preparation	Peel off and boil the Lotus rhizome then grind it and make a paste. Cook vermicelli using the paste and fry it in ghee. Then immerse 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	-				

38. Murabba

Name of formulation	38.1 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/English 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), Pittaprakopa, 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	Diabetes				
Special precautions	-				
Others	-				

Index

Sl. No.	Aahara Kalpana	Name of Recipes and References		
039	Navneet	39.1	Navneet	Pa.Da 1/171-178
040	Odana	40.1	Odana	Kai. Ni.5/1-2, A.Hri. Su. 6/30-31, Sho. Ni.968-971
		40.2	Mamsodana	Pa.Da 1/ 71-80
		40.3	Kukkutamamsatailodana	Pa.Da 1/97-102
		40.4	Labukamansodana	Pa.Da 1/92-96
		40.5	Sukshmamamansodana	Pa.Da 1/ 103-108
041	Paan (Nagavalli Patra)	41.1	Paan (nagavalli patra)	Si. Bhe.Ma., swasthya samrakshana prakarana, 3/23-24
042	Paka	42.1	Agastya Phala Paka	Pa.Da 1/ 287-294
		42.2	ShigruPhalaPaka	Pa.Da 1/ 285-286
		42.3	ErandabalaPhalaPaka	Pa.Da 1/ 284
		42.4	Shaka paka	Bha.Ni.11/107
		42.5	Pupaka	Sho. Ni. 984-985
		42.6	Katakarpaka	Bho. Ku. Siddhanna prakaran (bhakshya vishesha)
		42.7	Annapaka	Pa.Da 1/ 57-62
		42.8	KulatthadiVishishta Paka	Pa.Da 1/ 190-199
		42.9	Panasa Mishta Paka	Pa.Da 1/ 251-254
		42.10	Nishpava yukta panasa Phalapaka	Pa.Da 1/ 255-261
		42.11	Alsandi Phalapaka	Pa.Da 1/262
		42.12	Kshudradanti Phala Paka	Pa.Da 1/ 263-264
		42.13	RaktakshudraBrihatiPhalaPaka	Pa.Da 1/274-278
		42.14	Udumbar Phal Paka	Pa.Da 1/297-298
		42.15	Bala udumbar Phal Paka	Pa.Da 1/ 299-300
		42.16	PakwakushmandaPhalaPaka	Pa.Da 1/ 301-308
		42.17	NispavkushmandaPhala Pak	Pa.Da 1/ 309
		42.18	Tumbi PhalaPaka	Pa.Da 1/ 310
		42.19	SuranakandaPaka	Pa.Da 1/ 312-318
		42.20	VanasuranakandaPaka	Pa.Da 1/319-320
		42.21	Kumuda-utpalaKandaPaka	Pa.Da 1/321
		42.22	MulakakandaPaka	Pa.Da 1/ 322
		42.23	Tiktalabu Phala Paka	Pa.Da 1/360-363
		42.24	Tikta Patola Phala Paka	Pa.Da 1/ 367-368
		42.25	Karvalli Phala Paka	Pa.Da.1/395-408,1/409-421, 1/422-429
		42.26	Kaushataki Phala Paka	Pa.Da 1/ 430-431

		42.27	Bimbiphala Paka	Pa.Da 1/436-440
		42.28	Kalinga Phala Paka	Pa.Da 1/ 442-445
		42.29	Kuberaksha Parna Paka	Pa.Da 1/ 446-449
		42.30	Punarnava Patra Paka	Pa.Da 1/450-452
		42.31	Alarka Patra Shaka Paka	Pa.Da 1/453-456
		42.32	Kumaridala Paka	Pa.Da 1/ 457-461
		42.33	Vata Patra Paka	Pa.Da 1/476-477
		42.34	Shalmali Kusum parna paka	Pa.Da 1/480
		42.35	Chitrapaka	Pa.Da 1/86-91
		42.36	Ghrita Annapaka	Pa.Da 7/1-7, 8-12
		42.37	Chincha phala rasa yukta shaliAnnapaka	Pa.Da 7/12-15
		42.38	Kaitarya kalka yukta shali Annapaka	Pa.Da 7/16-17
		42.39	Sarshapa kalka yukta shali Annapaka	Pa.Da 7/18-19
		42.40	Dadhi yukta shaliAnnapaka	Pa.Da 7/21-25
043	Panaka	43.1	Amlikaphalapanakam	Bho. Ku. pg no. 231, Bha.Ni.11/153-154
		43.2	Amra Prapanaka	Bha.Ni.11/151, Si. Bhe.Ma., jwara prakarana, chaturtha guchha pg. no. 153, Ayu.Chi , kritannvarga 22/32
		43.3	Nimbukaphala panaka	Bha.Ni.11/155- 156, Yo.R.Arochaka chi., shloka - 17
		43.4	Dhanyaka panaka	Bha.Ni.11/157
		43.5	Drakshadi panaka	Cha.Da. 18/15
		43.6	Amra panaka	Ru.Ra., shloka 93
		43.7	Dhatri Panaka	Sho. Ni.1010-1012, Bhai. Ra., chardirogadhikara,19/ 17, Yo.R.Chhardi chi., shloka-34
		43.8	Chandana panaka	Yo.R.Chhardi chi., shloka -20
		43.9	Kashamaryadi panaka	Yo.R.Trishna chi.-20/20
		43.10	Dadimadi Panaka	A.S.Chi.9/12
		43.11	Sarodaka Panaka	A.S.Chi.14/18
		43.12	Ushiradi Panaka	Ka. Sa., madatyaya chikitsa shloka 42
		43.13	Mridvikadi Panaka	Ka.khi. 11/ 116-117
		43.14	Phala Pushpa Panaka	Pa.Da 4/21-27
		43.15	Parushaka-Kola Panaka	Su.su.46 /395
		43.16	Mridvika Panaka	Su.su.46/396
		43.17	Panaka (saguda)	Su.su.46/ 393-396
		43.18	Dhaniya Panakam	Bho. Ku., panaka prakaran
		43.19	Kshudramlakadi panaka	Vd. Chi-vol-2, Madatyaya

				roga prakaran
044	Paaniya	44.1	Shadangapaniya	Cha. Da 1/19, Abhi.Chi.5/182, Bhai. Ra, jwararogadhikara ,5/26, Ca.Chi.3/145, Sha.Sam(M. Kha. 2/160)
		44.2	Paniyajalam	Yo.R.Shulanidanam-78
		44.3	Hiberadipaniyatrayam	Cha.Da. 3/ 6
		44.4	Laghupanchamula panaka	Ca.Chi.8/69
		44.5	Rajyakshma panaka	Ca.Chi.8/70
		44.6	Tamalaki panaka	Ca.Chi.8/70
		44.7	Hribera di paniya	Ca.Chi.4/31
045	Parpata	45.1	Parpata	Bha.Ni.11/44
		45.2	Shali Parpata	Ayu.Ma, pakvanna varga (15 th varga)
		45.3	Masha Mudga Parpata	Ayu.Ma, pakvanna varga (15 th varga)
		45.4	Mudga Papad	Ru.Ra shloka 50
046	Payasa	46.1	Payas	Ru.Ra. shloka 16, Sho. Ni.972-973
		46.2	Nariyala kheera	Bha.Ni.11/17, Ayu.Ma, pakvanna varga (15 th varga)
		46.3	Kshirika	Bha.Ni.11/15
		46.4	Manaka payas	Cha.Da. 37/57-58
		46.5	Masha payasa	Cha.Da. 67/10
		46.6	Godhuma payas	Ca.Chi.15/228
		46.7	Sugandhit Godhuma Payasa	Pa.Da. 4/13-20
		46.8	Rajapayasam	Ksh.ku., 12 / 3
		46.9	Shashirekha Drink	Ksh. Ku., 12 /39
		46.10	LasunaPayasa (simple)	Pa.Da 4/1-7
		46.11	LasunaPayasa-(flavoured)	Pa.Da 4/8-12
		46.12	Erand phala payas	Cha.Da. 22/ 49
		46.13	Erandabijapayasam	Yo.R.Vatavyadhi chi.-161
047	Peya	47.1	Peya	Kai. Ni.5/44-45, Sho. Ni.961-962
		47.2	Mridvikadi Peya	Cha.Da. 1/25, Abhi.Chi.5/178
		47.3	Hriberadi peya	Cha.Da. 3/ 61
		47.4	Kapitthadi peya	Yo.R.Atisara chi.-51
		47.5	Panchamuladi peya	Yo.R.Atisara chi.-52, Abhi.Chi 5/179
		47.6	Jwarnashaka peya	Abhi. chi.5/177
		47.7	Chhaga peya	Abhi.Chi.16/10
		47.8	Panchakola peya	Abhi. chi.62 /47 A.Hri.Sha. 1/97, 2/11
		47.9	Chaturthika Jwarari peya	Bhai. Ra. jwararogadhikara

		5/393
47.10	Prishniparnyadi peya	Bhai. Ra, jwaratisaradhikara 6 /5, A.S.Ch.1/33, Cha.Ch.3/183
47.11	Shalparnyadi peya	Bhai. Ra, raktapittadhikara, 13/ 20.
47.12	Sthaulyahari peya	Bhai. Ra medhorogadhikara, 39/12.
47.13	Panchaprasritika peya	A.S.Su 25/71
47.14	Kamalotpaladi peya	A.S.Chi.3/20
47.15	Usheeradi peya	A.S.Chi.3/20
47.16	Hriberadi peya	A.S.Chi.3/21
47.17	Bhunimbadi peya	A.S.Chi.3/22
47.18	Shaliparnimudga peya	A.S.Chi.3/22
47.19	Prishniparni masura peya	A.S.Chi.3/22
47.20	Tilwakadi peya	A.S.Chi.5/135
47.21	Balaprishniparni peya	A.S.Chi.10/42
47.22	Bilwahriberadi peya	A.S.Chi.10/42
47.23	Shatyadi peya	A.S.Ch.19/8
47.24	Brihatpanchamula peya	A.S.Chi.1/35
47.25	Ashwathadi peya	A.S.Chi.1/35
47.26	Chavyadi peya	A.S.Chi.1/36
47.27	Amalakadi peya	A.S.Chi.1/38
47.28	Badaradi peya	A.S.Chi.1/38
47.29	Madhukadi peya	A.S.U.44/39
47.30	Sarivadi peya	A.S.U.46/26
47.31	Saindhavadi peya	A.S.U.24/16
47.32	Bala shaliparnyadi peya	A.Hri.Chi.9/13
47.33	Haritakyadi peya	A.Hri.Chi.9/14
47.34	Pippalyadi peya	Ca.Chi.14/89-90
47.35	Dadimadi peya	Ka.k., bhojankalpadhyaya, 7/ 53
47.36	Ksheera peya	Ka. K., bhojankalpadhyaya, 7/54
47.37	Kasahara Peya	Su. Sa. U. 52/25
47.38	Atisarahara Peya	Su.U. 40/91
47.39	Shwadamshtadi peya	Ca.Chi.3/182
47.40	Pippali amalaki yava peya	Ca.Chi.3/184
47.41	Mridvika Amlakadi peya	Ca.Chi.3/186
47.42	Baladi peya	Ca.Chi.3/187
47.43	Nagaramalaki peya	Ca.Chi.3/187
47.44	Padmotpaladi peya	Ca.Chi.4/44
47.45	Chandanadi peya	Ca.Chi.4/45
47.46	Kiratatiktadi peya	Ca.Chi.4/45
47.47	Kakolyadi peya	A.Hri.Sha. 2/5

	47.48	Brihat panchmuladi peya	A.Hri.Sha. 2/11
	47.49	Bilvadi peya	A.Hri.Sha. 2/19
	47.50	Prishniparnyadi peya	A.Hri.Chi. 1/28
	47.51	Laghupanchamuladi peya	A.Hri.Chi. 1/29
	47.52	Mahabrihat panchamuladi peya	A.Hri.Chi. 1/30
	47.53	Chavyadi peya	A.Hri.Chi. 1/31
	47.54	Koladi peya	A.Hri.Chi. 1/32
	47.55	Sita badaradi peya	A.Hri.Chi. 1/33
	47.56	Utpaladi peya	A.Hri.Chi. 2/16
	47.57	Ushiradi peya	A.Hri.Chi. 2/16
	47.58	Hriberadi peya	A.Hri.Chi. 2/17
	47.59	Chirayatadi peya	A.Hri.Chi. 2/18
	47.60	Vidarigandhadi peya	A.Hri.Chi. 2/18
	47.61	Balamuladi peya	A.Hri.Chi. 2/18
	47.62	Yavanyadi peya	A.Hri. Chi3/20-21
	47.63	Dashmula panchakoladi peya	A.Hri. Chi3/22
	47.64	Tiladi peya	A.Hri. Chi3/22
	47.65	Drakshadi peya	A.Hri. Chi3/36
	47.66	Chukrika Nagakesaradi Lajapeya	Cha.Da. 5/ 112, A.S.Chi.3/29, A.S.Chi.3/31, A.S.Chi.3/32, Abhi.Chi5/176
	47.67	Pippali nagara laja peya	Ca.Chi.3/179
	47.68	Chukrikadi lajapeya	Ca.Chi.14/199
	47.69	Hriberadi lajapeya	Ca.Chi.14/200
	47.70	Chitrakamuladi lajapeya	A.Hri. Chi.4/23
	47.71	Dashamuladi lajapeya	A.Hri. Chi. 4/23
	47.72	Shunthyadi lajapeya	A.S.Chi.1/31
	47.73	Kantakaryadi lajapeya	A.S.Chi.1/33
	47.74	Laghupanchamula lajapeya	A.S.Chi.1/34
	47.75	Nagakesaradi lajapeya	A.S.Chi.10/42
	47.76	Shunthi Dhanyakadi Lajapeya	A.Hri.Chi. 1/26-27

39. Navaneet

Name of formulation	39.1 Navneet				
Reference	Pa.Da, 1/ 171-178				
Category	Lidha (lickable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	-				

40. 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	40.1 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/English 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	40.2 Mamsodana				
Reference	Pa.Da, 1/71-80				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Tandula	<i>Oryza sativa</i> L.	Seed	1/4 th part
	2.	Kukkut Mamsa	Chicken meat		1/4 th 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	Sub. extract	Qs

			& Eberm.		
	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), Dhaturvridhikar (Promotes the growth and development of dhatus), Vranadoshaprashamana (Wound healing).				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	40.3 Kukkutamamsatailodana				
Reference	Pa.Da, 1/97-102				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Kukkuta Mamsa	Chicken		1/4 th part
	2.	Tandula	<i>Oryza sativa</i> L.	Seed	1/4 th part
	3.	Lavana	Salt		
	4.	Ghrita	Ghee		
	5.	Hingu	<i>Ferula asafoetida</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	40.4 Labukamansodana				
Reference	Pa.Da, 1/92-96				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Labuka Mamsa	Quail bird meat		1/4 th part
	2.	Tandula	<i>Oryza sativa</i> L.	Seed	1/4 th 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), aayuvardhaka (promotes longevity).				
Classical Indications	-				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	40.5 Sukshma mansodana				
Reference	Pa.Da, 1/ 103-108				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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 asafoetida</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 asafoetida, 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	-				

41. Paan (Nagavalli Patra)

Name of formulation	41.1 Paan (nagavalli patra)				
Reference	Si. Bhe.Ma., swasthya samrakshana prakarana, 3/23-24				
Category	Khadita (Hard eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	<i>Areca catechu</i> 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	Tambula patra- kashaya (astringent), ushna, (hot in potency) kapha vata nashaka (alleviates vata and kapha dosha) puga- ruksha, kashaya, kapha nashaka, pitta shamaka sudhachurna- kapha vata nashaka (alleviates vata and kapha dosha), ushna, (hot in potency) khadira sara- kapha (alleviates kapha dosha), raktapitta (bleeding disorders), krimi (anthelmintic), visha (anti venom), kushtha (skin diseases), mukha roga nashaka (alleviates mouth diseases)				
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	-				

42. Paka

Name of formulation	42.1 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/English 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.	Kshiravaṭaka			
	7.	Kushmanda vataka	<i>Benincasa hispida</i> (Thunb) Cogn.	Fruit	
	8.	Ghrita	Ghee		
	9.	Hingu	<i>Ferula asafoetida</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	42.2 ShigruPhalaPaka
Reference	Pa.Da, 1/ 285-286
Category	Lidha (lickable)

Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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 asafoetida</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	42.3 Bal Eranda Phala Paka				
Reference	Pa.Da, 1/ 284				
Category	Lidha (Lickable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English	Part Used	Ratio/Amount

			Name		
	1.	Erand phala	<i>Ricinus communis</i> L.	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 asafoetida</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	42.4 Shaka paka				
Reference	Bha.Ni.11/107				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Shaka	Green vegetables		1 part
	2.	Hingu	<i>Ferula asafoetida</i> Regel.	Oleo resin Gum	Qs
	3.	Jiraka	<i>Cuminum cyminum</i>	Fruit	Qs

			L.		
	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), Pratishayaya (Rhinitis)				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	42.5 Pupaka				
Reference	Sho. Ni. 984-985				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Ksheer	Milk		1 part
	2.	Ikshu rasa	<i>Saccharum officinarum</i> L.	Stem	Qs
	3.	Guda	Jaggery		Qs
	4.	Tila	<i>Sesamum Indicum</i> L.	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	42.6 Katakarpaka				
Reference	Bho. Ku. Siddhanna prakaran (bhakshya vishesha)				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Godhuma	<i>Triticum aestivum</i> L.	Seed	1 part
	2.	Chanaka	<i>Cicer arietum</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	42.7 Annapaka				
Reference	Pa.Da, 1/57-62				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	42.8 KulatthadiVishishta Paka				
Reference	Pa.Da, 1/ 190-199				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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 asafoetida</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	Acidity				

any	
Special precautions	-
Others	-

Name of formulation	42.9 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/English 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	42.10 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/English 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> L.	Seed	Qs
	8.	Hingu	<i>Ferula asafoetida</i> Regel.	Oleo resin Gum	Qs
	9.	Karpura	<i>Cinnamomum karpuraa</i> (L.) Nees & Eberm.	Sub. extract	Qs
	10.	Panasa (Jackfruit)	<i>Artocarpus 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	42.11 Alsandi Phalapaka				
Reference	Pa.Da, 1/262				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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 asafoetida</i> Regel.	Oleo resin Gum	Qs
	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), cardi tonic				
Classical Indications	Atisara (Diarrhoea), Agnimandhya (Loss of appetite)				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	42.12 Kshudradanti PhalaPaka				
Reference	Pa.Da, 1/ 263-264				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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 asafoetida</i> Regel.	Oleo resin Gum	Qs
	9.	Karpura	<i>Cinnamomum</i>	Sub.	Qs

			<i>karpura</i> (L.) Nees & Eberm.	extract	
Method of preparation	of	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	42.13 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/English 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 asafoetida</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	of	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	42.14 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/English 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	42.15 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/English 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 (erisipalus), Gulma (abdominal lump), Raktatisara(bloody diarrhea),Pramehahara (anti diabetic), kustha (Skin disease).				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	42.16 PakwakushmandaPhalaPaka				
Reference	Pa.Da, 1/ 301-308				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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 benefits	Kashaya (astringent), madhura (sweet in taste), katu (pungent), laghu (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	42.17 NispavkushmandaPhala Paka				
Reference	Pa.Da, 1/ 309				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Nishpava	<i>Dolichos lublub</i> L.	Seed	1 part
	2.	Kushmanda phala	<i>Benincasa hispida</i>	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 benefits	Amla (sour), madhura (sweet in taste), katu (pungent), guru (heavy to 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	42.18 Tumbi PhalaPaka				
Reference	Pa.Da, 1/ 310				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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 benefits	Kashaya (astringent), madhura (sweet in taste), katu (pungent), laghu (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	42.19 Suranakanda Paka				
Reference	Pa.Da, 1/ 312-318				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Surana	<i>Amorphophallus campanulatus</i> (Rosc.) Blume.	Corm	1 part
	2.	Samudra	Sea salt		Qs

		lavana			
	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 asafoetida</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	42.20 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/English Name	Part Used	Ratio/Amount
	1.	Vanasurana	Amorphophalus	Tuber	1 part

			dulbis		
	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 asafoetida</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	42.21 Kumuda-utpalaKandaPaka				
Reference	Pa.Da, 1/ 321				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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 asafoetida</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 benefits	Katu (pungent), madhura (sweet in taste), laghu (light for digestion), 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	42.22 Mulakakanda Paka				
Reference	Pa.Da, 1/ 322				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Mulaka Kanda	<i>Raphanus sativus</i> L.	Root	1 part
	2.	Samudra	Salt		Qs

		Lavana			
	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 asafoetida</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	42.23 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/English 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>	Stem	Qs

			L.		
	4.	Guduchi	Tinospora cordifolia (Willd.) Miers	Stem	Qs
	5.	Aromatic Ingredients			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 ingredients, 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	42.24 TiktaPatolaPhalaPaka				
Reference	Pa.Da, 1/ 367-368				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Patola phala	<i>Trichosanthes dioica</i> Rosc. (H)	Fruit	1 part
	2.	Nimbu	<i>Citrus limon</i> (Lilnn) Burm. F	Fruit	Qs
	3.	Karpura	<i>Cinnamomum karpuraa</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	42.25 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/English 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	42.26 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/English 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	42.27 Bimbiphala Paka				
Reference	Pa.Da, 1/ 436-440				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S.	Name of	Botanical	Part Used	Ratio/Amount

	No.	the Ingredients	Name/English Name		
	1.	Bimbi phala	<i>Coccinia indica</i> W& A	Fruit	1 part
	2.	Ghrita	Ghee		Qs
	3.	Hingu	<i>Ferula asafoetida</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), Pitthara (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	42.28 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/English 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 asafoetida</i> Regel.	Oleo resin Gum	Qs
	5.	Karpura	<i>Cinnamomum 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 benefits	Katu (pungent), tikta (bitter), laghu (light for digestion), ushna (hot in 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	42.29 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/English 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	42.30 Punarnava Patra Paka				
Reference	Pa.Da, 1/ 450-452				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	42.31 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/English Name	Part Used	Ratio/Amount
	1.	Alarka	<i>Calotropis gigante</i> L.	Leaves	1 part
	2.	Ankola	<i>Alangium salviifolium</i> (L.f.) Wang	Fruit	Qs
	3.	Hingu	<i>Ferula Asafoetida</i> Regel.	Oleo resin Gum	Qs
	4.	Karpura	<i>Cinnamomum 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	42.32 Kumaridala Paka				
Reference	Pa.Da, 1/457-461				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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 karpuraa</i> (L.) Nees & Eberm.	Sub. extract	Qs
Method of	Clean Ghrit kumari leaves and then place them in a cauldron and cook				

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

Name of formulation	42.33 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/English 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	42.34 Shalmali Pushpa Parna Paka				
Reference	Pa.Da, 1/ 480				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	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	42.35 Citrapaka				
Reference	Pa.Da, 1/ 86-91				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Rajshali	<i>Oryza species</i>	Seed	1 part
	2.	Saindhava	Salt		Qs
	3.	Ketaki pushpa	<i>Pandanus tectorius</i> soland.	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.	Kustumbhari	<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	-				

Name of formulation	42.36 Ghrita Annapaka				
Reference	Pa.Da 7/1-7, 8-12				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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 screwpine 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	42.37 Chinchā 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/English 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 asafoetida</i> Regel.	Oleo resin gum	Qs
	4.	Lashuna	<i>Allium sativum</i> L.	Bulb	Qs
	5.	Ardra	<i>Zingiber officinale</i> Rosc.	Rhizome	Qs
	6.	Pippali	<i>Piper longum</i> L.	Fruit	Qs
	7.	Sugandhit dravya	Aromatic Ingredients		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 Ardra. Make it fragrant by mixing it with aromatic ingredients.				
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	42.38 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/English 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 asafoetida</i> Regel.	Oleo resin Gum	Qs
	4.	Taila	Oil		Qs
	5.	Karpura	<i>Cinnamomum karpura</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	42.39 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/English 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 asafoetida</i> Regel.	Oleo resin gum	Qs
	5.	Taila	Oil		Qs
	6.	Sugandhit dravya	Aromatic Ingredients		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 ingredients.				
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	42.40 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/English 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	-				

43. Panaka

Name of formulation	43.1 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/English 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	43.2 Amra Prapanaka				
Reference	Bha.Ni.11/151, Si. Bhe.Ma., jwara prakarana, chaturtha guchha pg. no. 153, Ayu.Chi , kritannvarga 22/32				
Category	Pana (Drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	43.3 Nimbuphala panaka				
Reference	Bha.Ni.11/155- 156, Yo.R.Arochaka chi., shloka -17				
Category	Pana (Drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	43.4 Dhanyaka panaka				
Reference	Bha.Ni.11/157				
Category	Pana (Drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	43.5 Drakshadi panaka				
Reference	Cha.Da. 18/15				
Category	Pana (Drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Draksha	<i>Vitis vinifera</i> L.	Fruit	1/3 part
	2.	Kapittha	<i>Feronia limonia</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	43.6 Amra panaka				
Reference	Ru.Ra., shloka 93				
Category	Pana (Drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	43.7 Dhatri Panaka
Reference	Sho. Ni.1010-1012, Bhai. Ra., chardirogadhikara, 19/17, Yo.R.Chhardi chi., shloka-34
Category	Pana (Drinkable)
Label claim	Health benefit

Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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>Embllica 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	43.8 Chandanapanaka				
Reference	Yo.R.Chhardi chi., shloka -20				
Category	Pana (Drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Chandana	<i>Santalum album</i> L.	Heart wood	1 part
	2.	Amalaki	<i>Embllica 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	43.9 Kashamaryadi panaka				
Reference	Yo.R.Trishna chi.-20/ 20				
Category	Pana (Drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	43.10 Dadimadi Panaka				
Reference	A.S.Chi.9/12				
Category	Pana (Drinkable)				
Label claim	Health benefit				
Ingredients	S.	Name of	Botanical	Part Used	Ratio/Amount

	No.	the Ingredients	Name/English Name		
	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	43.11 Sarodaka Panaka				
Reference	A.S.Chi.14/18				
Category	Pana (Drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Sarodaka	water is processed from khadira and vijayasara		16 times
	2.	Darbha jala	<i>Desmostachya bipinnata</i> Stapf	Root	
	3.	Mulethi	<i>Glycirrhyza glabra</i> L.	Stem & root	1/3 part
	4.	Kapittha	<i>Feronia limonia</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	43.12 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/English Name	Part Used	Ratio/Amount
	1.	Ushira	<i>Vetivera 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	43.13 Mridvikadi Panaka				
Reference	Ka.khi. 11/116-117				
Category	Pana (Drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	43.14 Phala Pushpa Panaka				
Reference	Pa.Da, 4/21-27				
Category	Pana (Drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	<i>Feronia limonia</i> L.	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	43.15 Parushaka-Kola Panaka				
Reference	Su.su.46 /395				
Category	Pana (Drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	43.16 Mridvika Panaka				
Reference	Su.su.46/396				
Category	Pana (Drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	43.17 Panaka (saguda)				
Reference	Su.su.46/ 393-396				
Category	Pana (Drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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 of	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	43.18 Dhaniya Panaka				
Reference	Bho. Ku., panaka prakaran				
Category	Pana (Drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	43.19 Kshudramlakadi 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/English 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	-				

44. Paaniya

Name of formulation	44.1 Shadangpaniya				
Reference	Cha. Da 1/19, Abhi.Chi.5/182, Bhai. Ra, jwararogadhikara,5/26, 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/English 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	44.2 Paniyajalam				
Reference	Yo.R.Shulanidanam-78				
Category	Pana (Drinkable)				
Label Claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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, <i>non</i> Blume.	Stem	64 part
	4.	Chitraka	<i>Plumbago</i> <i>Zeylanica</i> L.	Root	
	5.	Shunthi	<i>Zingiber officinale</i> Rosc.	Rhizome	
	6.	Jala	<i>water</i>		
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	44.3 Hiberadipaniyatrayam				
Reference	Cha.Da. 3/ 6				
Category	Pana (Drinkable)				
Label Claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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		64 part
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	-

Name of formulation	44.4 Laghupanchamula panaka					
Reference	Ca.Chi.8/69					
Category	Pana (Drinkable)					
Label Claim	Disease risk reduction					
Ingredients	S. No.	Name of the Ingredients		Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Laghu panch mula	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	44.5 Rajyakshma panaka					
Reference	Ca.Chi.8/70					
Category	Pana (Drinkable)					
Label Claim	Disease risk reduction					
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	44.6 Tamalaki panaka				
Reference	Ca.Chi.8/70				
Category	Pana (Drinkable)				
Label Claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	44.7 Hriberadi paniya				
Reference	Ca.Chi.4/31				
Category	Pana (drinkable)				
Label Claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	-				

45. Parpata

Name of formulation	45.1 Parpata				
Reference	Bha.Ni.11/44				
Category	Ashita (Eatables)				
Label Claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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 asafoetida</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), Pratishaya (Coryza)				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	45.2 Shali Parpat				
Reference	Ayu.Ma, pakvanna varga (15 th varga)				
Category	Ashita (Eatables)				
Label Claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	45.3 Masha Mudga Parpata				
Reference	Ayu.Ma, pakvanna varga (15 th varga)				
Category	Ashita (Eatables)				
Label Claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Mudga	<i>Phaseolus radiatus</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	45.4 Mudga Papad				
Reference	Ru.Ra shlok 50				
Category	Ashita (Eatables)				
Label Claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Mudga	<i>Phaseolus radiatus</i> L.	Seed	1 part
	2.	Hingu	<i>Ferula asafoetida</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 papad (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	-				

46. Payasa

Name of formulation	46.1 Payasa				
Reference	Ru.Ra. shloka 16, Sho. Ni.972-973				
Category	Pana (drinkables)				
Label Claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	46.2 Nariyala kheera				
Reference	Bha.Ni.11/17, Ayu.Ma, pakvanna varga (15 th varga)				
Category	Pana (drinkables)				
Label Claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	46.3 Kshirika				
Reference	Bha.Ni.11/15				
Category	Pana (drinkables)				
Label Claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	46.4 Manaka Payasa				
Reference	Cha.Da. 37/57-58				
Category	Pana (drinkables)				
Label Claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	46.5 Masha payasa				
Reference	Cha.Da. 67/10				
Category	Pana (drinkables)				
Label Claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	46.6 Godhuma payasa				
Reference	Ca.Chi.15/228				
Category	Pana (drinkables)				
Label Claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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 benefits	Madhura (sweet in taste), sheeta (cold in potency), snigdha (unctuous)
Classical Indications	Atyagni (Increased digestive fire)
Contraindications if any	-
Special precautions	-
Others	-

Name of formulation	46.7 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/English 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	46.8 Rajapayasam
Reference	Ksh.ku., 12/ 3
Category	Pana (drinkables)
Label Claim	Health benefit

Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	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	46.9 Shashirekha Drink				
Reference	Ksh. Ku., 12 / 39				
Category	Pana (drinkables)				
Label Claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	46.10 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/English 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	46.11 Lasuna Payasa-(flavoured)				
Reference	Pa.Da, 4/8-12				
Category	Pana (drinkables)				
Label Claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	46.12 Eranda phala payasa				
Reference	Cha.Da.22/ 49				
Category	Pana (Drinkable)				
Label Claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	46.13 Erandabijapayasa				
Reference	Yo.R.Vatavyadhi chi.-161				
Category	Pana (drinkables)				
Label Claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	-				

47. 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	47.1 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/English Name	Part Used	Ratio/Amount
	1.	Tandula	<i>Oriza Sativa</i> L.	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	47.2 Mridvikadi Peya				
Reference	Cha.Da. 1/25, Abhi.Chi.5/178				
Category	Pana (Drinkables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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 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 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	47.3 Hriberadi peya				
Reference	Cha.Da. 3/ 61				
Category	Pana (Drinkables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	Antihemorrhagic				
Classical Indications	Raktatisara (Bloody diarrhoea)				
Contraindications if any	-				
Special precautions	-				
Others					

Name of formulation	47.4 Kapitthadipeya				
Reference	Yo.R. Atisara chi.-51				
Category	Pana (Drinkables)				
Label claim	Health benefit				

Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Kapittha	<i>Feronia limonia</i> L.	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	47.5 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/English Name	Part Used	Ratio/Amount
	1.	Panch amula	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	
			Chitraka	<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	47.6 Jwarnashaka peya				
Reference	Abhi. chi.5/177				
Category	Pana (Drinkables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	47.7 Chhaga peya
Reference	Abhi.Chi.16/10

Category	Pana (Drinkables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	47.8 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/English Name	Part Used	Ratio/Amount
	1.	Panc hako la	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 rotundus</i> L.	Rhizome	
	2.	Tandula		<i>Oryza sativa</i> L.	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	47.9 Chaturthika Jwarari peya				
Reference	Bhai. Ra. jwararogadhikara, 5/393				
Category	Pana (Drinkables)				
Label claim	Disease risk reduction				
Ingredients	S . N o .	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Changeri patra	<i>Oxalis corniculata</i> L.	Leaves	1000 leaves
	2.	Jala	Water		16Part
	3.	Tandula	<i>Oryza Sativa</i> L.	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	47.10 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.	Name of the	Botanical	Part Used	Ratio/Amount

	No.	Ingredients	Name/English Name		
	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	47.11 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/English 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 indicum</i> L.	Whole 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	47.12 Sthaulyahari peya				
reference	Bhai. Ra medhorogadhikara, 39/12.				
Category	Pana (Drinkables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	47.13 Panchaprasritika peya
Reference	A.S.Su 25/71
Category	Pana (Drinkables)

Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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 prasrta (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	47.14 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/English 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>Callicarpa 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	Madhura (sweet in taste), katu (pungent), sheeta (cold in potency),				

		Ingredients	Name		
	1.	Hribera	Pavonia odorata	Fruit	¼ part
	2.	Dhataki	Woodfordia Fruticosa (L.) Kurz	Flower	¼ part
	3.	Bilva	Aegle marmelos Correa ex Rosc.	Stem bark	¼ part
	4.	Duralabha	Fagonia cretica L.		¼ part
	5.	Tandula	Oryza sativa 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	47.17 Bhunimbadi peya				
Reference	A.S.Chi.3/22				
Category	Pana (Drinkables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Bhunimba	Andrographis paniculata		1/5 part
	2.	Sevyā			1/5 part
	3.	Jalada	Cyperus rotundus L.	Rhizome	1/5 part
	4.	Chandan ambu	Santalum album L.	Heart wood	1/5 part
	5.	Priyangu	Callicarpa macrophylla Vahl	infloroscence	1/5 part
	6.	Tandula	Oryza sativa 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	47.18 Shaliparnimudga peya				
Reference	A.S.Chi.3/22				
Category	Pana (Drinkables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Shalparni	<i>Desmodium gangeticum</i> DC.	Whole plant	½ part
	2.	Mudga	<i>Phaseolus radiatus</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	47.19 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/English Name	Part Used	Ratio/Amount
	5.	Prishaniparni	<i>Uraria picta</i> Desv.	Whole plant	½ part
	6.	Masura	<i>Lens culinaris</i> Medic	Seed	½ part
	7.	Tandula	<i>Oryza sativa</i> L.	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), ushna (hot in potency).
Classical Indications	Shotha (Inflammation), Atisara (Diarrhea)
Contraindications if any	-
Special precautions	-
Others	-

Name of formulation	47.20 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/English 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	47.21 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/English 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), tridosahara (alleviates all three doshas)				
Classical Indications	Raktaja arsha (Bleeding piles)				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	47.22 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/English 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	47.23 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/English 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</i> L.	Fruit	1/9 part
	6.	Vrikshamla		<i>Garcinia indica choicy</i>	Fruit	1/9 part
	7.	Yavakshaar		<i>Hordeum vulgare</i> L.	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</i> DC	Whole plant	1/9 part
			Prishniparni	<i>Uraria picta</i> Desv.	Whole plant	
			Brihati	<i>Solanum indicum</i> L.	Whole plant	
			Kantakari	<i>Solanum surattense</i> Burm.f.	Whole plant	
			Gokshura	<i>Tribulus terrestris</i> L.	Whole plant	
			Bilva	<i>Aegle marmelos</i> Correa ex Rosc.	Stem bark	
			Shyonaka	<i>Oroxylum indicum</i> Vent.	Stem bark	
			Patla	<i>Stereospermum suaveolens</i> DC	Stem bark	
			Gambhari	<i>Gmelina arbora</i> Roxb	Stem bark	
			Agnimantha	<i>Clerodendrum phlomidis</i> L.	Stem bark	

	11.	Ghrita	Ghee		qs
	12.	Taila	Oil		qs
	13.	Tandula	<i>Oryza sativa</i> L.	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	47.24 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/English Name	Part Used	Ratio/Amount
	1.	Brihata panch mula	Bilva	Aegle marmelos Correa ex Roxb	Stem bark	½ part
			Agnimantha	Clerodendrum phlomidis L.	Stem bark	
			Shyonaka	Oroxylum indicum Vent.	Stem bark	
			Patala	Stereospermum suaveolens DC	Stem bark	
			Gambhari	Gmelina arborea Roxb	Stem bark	
	2.	Yava		Hordeum vulgare L.	Whole plant	½ part
	3.	Tandula		Oryza sativa 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	47.25 Ashwathadi peya				
Reference	A.S.Chi.1/35				
Category	Pana (drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	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	47.26 Chavyadi peya				
Reference	A.S.Chi.1/36				
Category	Pana (Drinkables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	-				

Name of formulation	47.27 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/English Name	Part Used	Ratio/Amount
	1.	Amalaki	<i>Embllica 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	47.28 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/English 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	47.29 Madhukadi peya				
Reference	A.S.U.44/39				
Category	Pana (Drinkables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	Shalaparni	<i>Desmodium gangeticum</i> DC.	Whole plant	1/10 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	
	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	47.30 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/English 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	47.31 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/English 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	47.32 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/English 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	47.33 Haritakyadi peya				
Reference	A.Hri.Chi.9/14				
Category	Pana (Drinkables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	47.34 Pippalyadi peya				
Reference	Ca.Chi.14/89-90				
Category	Pana (Drinkables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	Piper chaba	Fruit	1/13 part
	5.	Shringaber	Trapa natans L.	Rhizome	1/13 part
	6.	Ajaji/jiraka	<i>Cuminum cyminum</i> L.	Fruit	1/13 part
	7.	jiraka	Carum carvi	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	Tamarandus indica 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	47.35 Dadimadi peya				
Reference	Ka.k., 7/53 bhojankalpadhyaya 7/53				
Category	Pana (Drinkables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	47.36 Ksheera peya				
Reference	Ka. K., bhojankalpadhyaya, 7/54				
Category	Pana (Drinkables)				
Label claim	Disease risk reduction				

Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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 (Fever), Atisara (Diarrhoea), Shrama (Tiredness), moha (Unconsciousness), Kasa (Cough), Hikka (Hiccough) and Trishna (Thirst).				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	47.37 Kasahara Peya				
Reference	Su. Sa. U. 52/25				
Category	Pana (Drinkables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	Katu (pungent), ushna (hot in potency), ruksha (dry), laghu (light for				

benefits	digestion)
Classical Indications	-
Contraindications if any	-
Special precautions	-
Others	Anupana - Madhu/ honey

Name of formulation	47.38 Atisarahara Peya				
Reference	Su.U 40/91				
Category	Pana (Drinkables)				
Label claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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 sativum</i> L.	Fruit	1/7 part
	7.	Shunthi	<i>Zingiber 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	47.39 Shwadamshtadi peya
Reference	Ca.Chi.3/182
Category	Pana (Drinkables)
Label claim	Disease risk reduction

Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	47.40 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/English 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	47.41 Mridvika Amlakadi peya				
Reference	Ca.Chi.3/186				
Category	Pana (Drinkables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	47.42 Baladi peya				
Reference	Ca.Chi.3/187				
Category	Pana (Drinkables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Bala	<i>Sida cordifolia</i> L.	Root	1/6 part
	2.	Vrikshamalaki	<i>Garcinia indica</i>	Fruit	1/6 part

			choicy		
	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	47.43 Nagaramalaki peya				
Reference	Ca.Chi.3/187				
Category	Pana (Drinkables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Nagara	<i>Cyperus rotundus</i> L.	Rhizome	½ part
	2.	Amalaki	<i>Emblica 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	47.44 Padmotpaladi peya				
Reference	Ca.Chi.4/44				
Category	Pana (Drinkables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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>Callicarpa macrophylla</i> Vahl	infloroscence	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 benefits	Madhura (sweet in taste), katu (pungent), tikta (bitter), sheeta (cold in otency), ruksha (dry), laghu (light for digestion)				
Classical Indications	Raktapitta (Bleeding disorder)				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	47.45 Chandanadi peya				
Reference	Ca.Chi.4/45				
Category	Pana (Drinkables)				
Label claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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					
47.46 Kiratatiktadi peya					
Reference					
Ca.Chi.4/45					
Category					
Pana (Drinkables)					
Label claim					
Disease risk reduction					
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Kiratatikta	<i>Swertia chirata</i> Buch.-Ham	Whole plant	1/3 part
	2.	Usheer	<i>Vetiveria 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	47.47 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/English 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 benefits	Madhura (sweet in taste), sheeta (cold in potency), snigdha (unctuous), 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	47.48 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/English Name	Part Used	Ratio/Amount
	1.	Gambhari	<i>Gmelina arbora</i>	Stem bark	1/6 part

			Roxb		
	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 ingredients 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	47.49 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/English 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	47.50 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/English 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	47.51 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/English 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	47.52 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/English 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	47.53 Chavyadi peya				
Reference	A.Hri.Chi. 1/31				
Category	Pana (drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	Katu (pungent), tikta (bitter), ushna (hot in potency), deepana (increases				

benefits	digestive fire), pachana (easy to digest)
Classical Indications	Koshtha vibaddha (Constipation), Koshtha ruja (Abdominal pain)
Contraindications if any	-
Special precautions	-
Others	-

Name of formulation	47.54 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/English Name	Part Used	Ratio/Amount
	1.	Kola	<i>Zyzyphus jujuba</i> Lam	Fruit	1/5 part
	2.	Vrikshamla	<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.				
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	47.55 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/English 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	47.56 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/English 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>Callicarpa 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	47.57 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/English 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	47.58 Hriberadi peya				
Reference	A.Hri.Chi. 2/17				
Category	Pana (drinkable)				
Label claim	Disease risk reduction				
Ingredients	S. No.	Name of the	Botanical Name/English Name	Part Used	Ratio/Amount

		Ingredients			
	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	47.59 Chirayatadi peya				
Reference	A.Hri.Chi. 2/18				
Category	Pana (drinkable)				
Label claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Chirayita	<i>Swertia chirayata</i> Buch.-Ham	Whole plant	1/3 part
	2.	Ushira	<i>Vetiveria zizaniodes</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	47.60 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/English Name	Part Used	Ratio/Amount
	1.	Vidarigandha	<i>Desmodium gangeticum DC.</i>	Whole plant	1 part
	2.	Mudga	<i>Phaseolus radiatus L.</i>	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	47.61 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/English Name	Part Used	Ratio/Amount
	1.	Bala mula	<i>Sida cordifolia L.</i>	Root	½ part
	2.	Harenuka	<i>Vitex negundo L.</i>	Seed	½ part
	3.	Tandula	<i>Oryza sativa L.</i>	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	47.62 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/English 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), Kosta shula (Abdominal pain).
Contraindications if any	-
Special precautions	-
Others	-

Name of formulation	47.63 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/English 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 arborea</i> Roxb	Stem bark	1/16 part
	8.	Shyonaka	<i>Oroxylum indicum</i> Vent.	Root	1/16 part
	9.	Agnimantha	<i>Clerodendrum phlomidis</i> L.	Root	1/16 part
	10.	Patala	<i>Stereospermum suaveolens</i> DC	Root	1/16 part
	11.	Shunthi	<i>Zingiber officinale</i> Roxb	rhizome	1/16 part
	12.	Chitraka	<i>Plumbago zeylanica</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 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	47.64 Tiladi peya				
Reference	A.Hri.Chi. 3/22				
Category	Pana (drinkable)				
Label claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	47.65 Drakshadi peya				
Reference	A.Hri.Chi. 3/36				
Category	Pana (drinkable)				
Label claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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 bipinnata</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	47.66 Chukrika Nagakesaradi Lajapeya				
Reference	Cha.Da. 5/ 112, A.S.Chi.3/29, A.S.Chi.3/31, A.S.Chi.3/32, Abhi.Chi. 5/176				
Category	Pana (Drinkables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	47.67 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/English 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	47.68 Chukrikadi lajapeya				
Reference	Ca.Chi.14/199				
Category	Pana (Drinkables)				
Label claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	47.69 Hriberadi lajapeya				
Reference	Ca.Chi.14/200				
Category	Pana (Drinkables)				
Label claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Hribera	<i>Juniperus communis</i> L.	Fruit	1/8 part
	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	47.70 Chitrakmuladi lajapeya				
Reference	A.Hri.Chi. 4/23				
Category	Pana (Drinkable)				
Label claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	47.71 Dashamuladi lajapeya				
Reference	A.Hri.Chi. 4/23				
Category	Pana (Drinkable)				
Label claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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 arbora</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 benefits	Madhura (sweet in taste), katu (pungent), tikta (bitter), ushna (hot in potency), tridosahara (pacifies all three doshas)				
Classical Indications	Kasa (Cough), Hikka (Hiccup), Shwasa (Asthma)				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	47.72 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/English 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	47.73 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/English Name	Part Used	Ratio/Amount
	1.	Kantakari	<i>Solanum Surattense</i> Burm.f.	Whole plant	½ part
	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	47.74 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/English 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	47.75 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/English 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	47.76 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/English 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	Katu (pungent), tikta (bitter), ushna (hot in potency), deepana				

benefits	(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	-

Index

Sl. No.	Aahara Kalpana	Name of Recipes and References		
048	Pinyaka	48.1	Pinyaka	A.S.Su 7/64
		48.2	Palala	Bha.Ni.11/182
049	Polika	49.1	Polika	Bho. Ku., Siddhanna prakran (bhakshya vishesha), Bha.Ni.11/26
		49.2	Angarapolika	Bho. Ku. Siddhanna prakran (bhakshya vishesha)
		49.3	Puranapolika	Bho. Ku. Siddhanna prakran (bhakshya vishesha)
050	Poopa/Pupika/Apupa	50.1	Pupa	Kai. Ni.5/172-175
		50.2	Godhum churna pupa	Bho. Ku., Siddhanna prakaran (bhakshya vishesha)
		50.3	Masha pupa	Bho. Ku., Siddhanna prakaran (bhakshya vishesha)
		50.4	Pishta apupa	Bho. Ku. , Siddhanna prakaran (bhakshya vishesha)
		50.5	Krimihar puplika	Su.U. 54/27
		50.6	Pupaka	Sho. Ni.984-985
		50.7	Pupika	Cha.Da. 41/28
		50.8	Pishtak pupika	Cha.Da. 7/ 4
		50.9	Apupam(soft cake)	Ksh. Ku. 10/ 109
051	Purika	51.1	Pudi	Bri. Ni.Ra., krimirogadhikar, page no.54
		51.2	Godhuma Purika	Bho. Ku. Siddhanna prakran (bhakshya vishesha)
		51.3	Masha Purika	Bha.Ni.11/48
		51.4	Chanaka Puri	Ksh. Ku., 10/119
052	Raga / Shadava	52.1	Raga shadav-1	Su.su.46/378
		52.2	Raga Shadava-2	Sho. Ni.1007-1009 A.S.Chi.9/14
		52.3	Shadava-1	A.S.Su 7/54 – 55
		52.4	Shadava-2	Ca.Chi.11/88-90
053	Rajhansini(Milk preparation)	53.1	Rajahamsini	Ksh. Ku., 12/37
054	Rasala(Curd Preparation)	54.1	Rasala(with sugar)	Bha.Ni.11/143, A.H.S. 6/35
		54.2	Rasala(with guda)	Ayu.Ma, shikhrini varga (18 th varga)
		54.3	Rasala (with madhu)	Ru.Ra, shlok 96
		54.4	Kapitthadi Rasala or	Ayu.Ma,shikhrini varga (18 th

			sikhirini	varga)
		54.5	Vrikkodara krit rasala	Ayu.Ma,shikhrini varga (18 th varga)
		54.6	Dwitiya shikhrini	Ayu.Ma,shikhrini varga (20 th varga)
		54.7	Amrarasakriti	Ksh. Ku., Twelfth Utsava, shloka 41
		54.8	Amrit prash shikhrini	Ayu.Ma, shikhrini varga (18 th varga)
		54.9	Chandramrita stravini shikhrini	Ayu.Ma, shikhrini varga (18 th varga)
		54.10	Kapithadi Shikhrini	Ayu.Ma, shikhrini varga (18 th varga)
		54.11	Rajikadisikhrini	Vd.Chi14/48
		54.12	Narangadi Shikhrini	Ayu.Ma,shikhrini varga (18 th varga)
055	Rotika	55.1	Rotika	Bha.Ni.11/30, Bho. Ku., Siddhanna prakaran (bhakshya vishesha).
		55.2	Yava rotika	Bha.Ni.11/35
		55.3	Balabhadrika rotika	Bha.Ni.11/36, Bho. Ku. Siddhanna prakaran (bhakshya vishesha).
		55.4	Chanaka rotika	Bha.Ni.11/39, Bho. Ku. Siddhanna prakaran (bhakshya vishesha).
		55.5	Dhumasi and jharjhari	Bha.Ni.11/37, Bho. Ku. Siddhanna prakaran (bhakshya vishesha).
		55.6	Bedhamika	Bha.Ni.11/41, Bho. Ku. Siddhanna prakaran (bhakshya vishesha).
056	Sampava	56.1	Sampava (gujiya)	Bha.Ni.11/17
057	Sattaka	57.1	Sattakam	Kai. Ni. 5/120-124
058	Shaktava(Saktu)	58.1	Masura sattu	Yo.R.Chhardi chi.-35
		58.2	Chanaka shaktava	Bha.Ni.11/169
		58.3	Shali shaktava	Bha.Ni.11/170
		58.4	Dhana	Bha.Ni.11/173, A.S.Su 7/59
		58.5	Laja	Bha.Ni.11/174, A.S.Su 7/58, A.H.S. 6/36, Sho. Ni., krittanna varga shloka - 1013-1014
		58.6	Chipita	Bha.Ni.11/176, Ayu.Chi kritannvarga 22/38
		58.7	Holaka	Bha.Ni.11/178
		58.8	Uchi	Bha.Ni.11/179

		58.9	Vyoshadhya saktu	Cha.Da. 36/10-15, Ca.Su 23/19-24
		58.10	Nimbadi saktu	Cha.Da. 52/25-26
		58.11	Parishushka	Ma. Ni.11/110
		58.12	Lambi	Ma. Ni.11/110
		58.13	Saktu	Bha.Ni.11/166
		58.14	Prithuka	A.S.Su 7/59
		58.15	Yava Bhojana	Su. Chi.18 /51
		58.16	Laja sattu	A.Hri.Chi. 2/15
		58.17	Yava saktu(sharkara mishrita)	A.Hri. Chi3/77
		58.18	Yava saktu(ksheera mishrita)	Ca.Chi.11/19
059	Sevika	59.1	Sevika	Bha.Ni.11/19, Bho. Ku. Siddhanna prakran (bhakshya vishesha)
060	Shaka/Vyanjan	60.1	Eravarvadimishritashaka vyanjana	Ru.Ra shloka 39
		60.2	Kadalistambhashaka	Pa.Da 1/ 200-210
		60.3	Vrintakashaka	Pa.Da 1/ 219-228
		60.4	Brihatishaka	Pa.Da 1/ 229-232
		60.5	Brihati Shakapaka(chitrapaka)	Pa.Da 1/ 233-236
		60.6	Panasa Phala Shaka(Amlayukta)	Pa.Da 1/ 238-246
		60.7	PanasaPhala Shaka(madhurayukta)	Pa.Da 1/ 247-250
		60.8	Chakravarta Shaka	Pa.Da 1/ 323-329
		60.9	Chakravarta Shaka(bharjita)	Pa.Da. 1/330-334
		60.10	NavavastukaShaka	Pa.Da 1/ 335
		60.11	ChulliShaka	Pa.Da 1/ 336-337
		60.12	LatachulliShaka	Pa.Da 1/ 338
		60.13	Chanakapatra Shaka	Pa.Da 1/349-353
		60.14	Tanduliyaka Shaka	Pa.Da 1/354-355
		60.15	Upodika Shaka	Pa.Da 1/358-359
		60.16	TiktakoshatakiPhalaShaka	Pa.Da 1/365-366
		60.17	Karvelli Patra Shaka	Pa.Da 1/369-372
		60.18	JivantipatraShaka	Pa.Da 1/373-376
		60.19	Palandu shaka	Ca.Chi.14/204
		60.20	Upodika shaka	Ca.Chi.14/204, Ka.Sa. madatyay chikitsa
		60.21	Arka Patra Shaka	Pa.Da 1/469-472
		60.22	Nimba Patra Shaka	Pa.Da 1/466-468
		60.23	Ikshuvalikagra Shaka	Pa.Da 1/482
		60.24	AkshivaPallavaShaka	Pa.Da 1/483

	60.25	Shilashaka	Pa.Da 1/484
	60.26	Dhatura Patra Shaka	Pa.Da 1/486-487
	60.27	Padma Patra Shaka	Pa.Da 1/488
	60.28	Kinshuka Patra Shaka	Pa.Da 1/489
	60.29	PalanduShaka	Pa.Da 1/493
	60.30	VasapatraShaka	Pa.Da 1/495-497
	60.31	Trivrutadi shaka	Ca.Chi.14/122
	60.32	Upodikadi shaka	Ca.Chi.14/123
	60.33	Suvarchaladi shaka	Ca.Chi.14/123
	60.34	Bimbhiphal vyanjan	Ru.Ra, shloka 36
	60.35	Nishpavaka phali vyanjan	Ru.Rashloka 35
	60.36	Kadaliphala vyanjana	Ru.Ra, shloka 82, 37, 81
	60.37	Brihatiphal vyanjana	Ru.Ra, shloka 71
	60.38	Sarivaphal vyanjana	Ru.Ra, shloka 70
	60.39	Girimalli phala vyanjana	Ru.Ra, shloka 64
	60.40	Pishtaphal vyanjana	Ru.Ra shloka 62
	60.41	Munivrikshaphal vyanjana	Ru.Ra shloka 49
	60.42	Surankand vyanjana	Ru.Ra shloka 25, 26
	60.43	Patola vyanjana	Ru.Ra shloka 61
	60.44	Koshataki vyanjana	Ru.Ra shloka 33
	60.45	Vartaka vyanjan	Ru.Ra shloka 34
	60.46	Tandulavartaka vyanjana	Ru.Ra, Shloka 40
	60.47	Karela vyanjan	Ru.Ra, Shloka 41
	60.48	kushamanda vyanjan	Ru.Ra, Shloka 42
	60.49	Kakoda phala vyanjana	Ru.Ra, Shloka 43
	60.50	Bathua vyanjan	Ru.Ra, Shloka 44
	60.51	Choulai vyanjan	Ru.Ra, Shloka 45
	60.52	Kasaundi vyanjan	Ru.Ra, Shloka 46
	60.53	Karkaru vyanjan	Ru.Ra, Shloka 47
	60.54	Kachari	Ru.Ra, Shloka 52
	60.55	Dhatri vyanjan	Ru.Ra, Shloka 53
	60.56	Vartaka vyanjana	Ru.Ra, Shloka 54
	60.57	Tanduliya vyanjana	Ru.Ra, Shloka 55
	60.58	Kutajapushpa vyanjana	Ru.Ra, Shloka 56
	60.59	Amra pallava vyanjana	Ru.Ra, Shloka 57
	60.60	Kolashimbi vyanjana	Ru.Ra, Shloka 58
	60.61	Koshataki vyanjana	Ru.Ra, Shloka 59
	60.62	Sem vyanjana	Ru.Ra, Shloka 60
	60.63	Patol vyanjana	Ru.Ra, Shloka 61
	60.64	Aranipatra vyanjana	Ru.Ra, Shloka 68
	60.65	Sarivaphala vyanjana	Ru.Ra, Shloka 70
	60.66	Takra Ardraka vyanjana	Ru.Ra, Shloka 72
	60.67	Naranga kesar vyanjana	Ru.Ra, Shloka 73
	60.68	Jambiri nimbu vyanjana	Ru.Ra, Shloka 74
	60.69	Bijapura kesar vyanjana	Ru.Ra, Shloka 76

		60.70	Amrataka vyanjana	Ru.Ra, Shloka 77
		60.71	Kushmanda vyanjana	Ru.Ra, Shloka 78
		60.72	Kacchimuli vyanjana	Ru.Ra, Shloka 79
		60.73	Dadhi ardraka vyanjana	Ru.Ra, Shloka 80
		60.74	Eravaruka Vyanjana	Ru.Ra, Shloka 83, 84
		60.75	Chanakapatra vyanjana	Ru.Ra, Shloka 85
		60.76	Kadaligarbha danda vyanjana	Ru.Ra, Shloka 87
		60.77	Vanshangura vyanjana	Ru.Ra, Shloka 88
		60.78	Amra manjari vyanjana	Ru.Ra, Shloka 89
		60.79	Ardraka Vyanjana	Ru.Ra, Shloka 102, 103
		60.80	Saguda bal bilwa	Vd. Jee. 2/15

48. Pinyaka

Name of formulation	48.1 Pinyaka				
Reference	A.S.Su. 7/64				
Category	Ashita (Eatable)				
Label Claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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 (gilt), drishti dushana				
Classical Indications	-				
Contraindications if any	Eye disorders				
Special precautions	-				
Others	-				

Name of formulation	48.2 Palala				
Reference	Bha.Ni.11/182				
Category	Ashita (Eatable)				
Label Claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Tila	<i>Sesamum indicum</i> L.	Seed	1 part
	2.	Guda /sharkara	<i>Saccharum officinarum</i> L.		qs
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), vataghnām (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	-				

49. Polika

Name of formulation	49.1 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/English 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 doshas.				
Classical Indications	Weakness, Loss of appetite				
Contraindications if any	-				
Special precautions	-				
Others	Anupana - One must eat polika along with lapsika				

Name of formulation	49.2 Angarapolika				
Reference	Bho. Ku. Siddhanna prakran (bhakshya vishesha)				
Category	Ashita (Eatables)				
Label Claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	49.3 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/English Name	Part Used	Ratio/Amount
	1.	Dal	Pulses		qs
	2.	Guda	Jaggery		qs
	3.	Godhuma	<i>Triticum aestivum</i> 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				

50. Poopa/Pupika/Apupa

Name of formulation	50.1 Pupa				
Reference	Kai. Ni.5/172-175				
Category	Ashita (eatable)				
Label Claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Godhuma	<i>Triticum aestivum</i> Linn	Seed	1 part
	2.	Madhu	Honey		Qs
	3.	Mudga	<i>Phaseolus radiatus</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	50.2 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/English 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	50.3 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/English 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	50.4 Pishta Apupa				
Reference	Bho. Ku. , Siddhanna prakaran (bhakshya vishesha)				
Category	Ashita (eatable)				
Label Claim	Health benefit				
Ingredients	S. No.	Name of the	Botanical Name/English Name	Part Used	Ratio/Amount

		Ingredients			
	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	50.5 Krimihar Puplika				
Reference	Su.U. 54/27				
Category	Ashita (eatable)				
Label Claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Mushakparni	<i>Merremia gangetica</i> (Linn.)	Whole plant	Qs
	2.	Yava	<i>Hordeum vulgare</i> Linn	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	Krimiropa (Antihelmintic)				
Contraindications if any	-				
Special precautions	-				
Others	Anupana - Kanji				

Name of formulation	50.6 Pupaka
Reference	Sho. Ni.984-985
Category	Pana (Drinkable)

Label Claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	50.7 Pupika				
Reference	Cha.Da. 41/28				
Category	Ashita (Eatables)				
Label Claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	50.8 Pishtak Pupika				
Reference	Cha.Da.7/ 4				
Category	Ashita (Eatables)				
Label Claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Aakhuparni	<i>Ipomea reniformis</i>	Whole plant	Qs
	2.	Yava flour	<i>Hordeum vulgare</i> Linn	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	50.9 Apupam (soft cake)				
Reference	Ksh. Ku. 10/ 109				
Category	Ashita (eatables)				
Label Claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Maida	<i>Triticum aestivum</i> 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	Kaphaja vikara (Diseases due to kapha dosha), Santarpan janya vikara, any
Special precautions		Madhumeha, santarpan janya vikara
Others		Anupana - Luke warm water

51. Purika

Name of formulation	51.1 Pudi				
Reference	Bri. Ni.Ra., krimirogadhikar page no.54				
Category	Khadita (Hard eatables)				
Label Claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	51.2 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/English 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 asafoetida</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	51.3 Masha Purika				
Reference	Bha.Ni.11/48				
Category	Khadita (Hard eatables)				
Label Claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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 asafoetida</i> Regel.	Oleo resin gum	Qs
	5.	Taila	Oil		Qs
	6.	Jala	Water		
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	51.4 Chanaka Puri				
Reference	Ksh. Ku.,10/119				
Category	Khadita (Hard eatables)				
Label Claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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 asafoetida</i> Regel.	Oleo resin gum	Qs
	6.	Lavanga	<i>Syzygium aromaticum</i> (L.) Merr M.Perry	Flower bud	Qs
	7.	Jala	water		
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	-				

52. Raag / Shadava

Name of formulation	52.1 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/English Name	Part Used	Ratio/Amount
	1.	Mudga	<i>Phaseolus Mungo</i>	Seed	Qs
	2.	Dadima	<i>Punica Granatum</i> L.	Fruit	Qs
	3.	Mridvika	Vitis Vinifera	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	52.2 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	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) Rasala is brimhana (constructive/tonic/nourishing), vrishya (aphrodisiac/ spermatopoietic), snigdha (demulcent/spermatopoietic), snigdha (demulcent/ unctous), balya (strength-promoter) and ruchiprada (relishing).				
Classical Indications	Raga and shāḍava alleviate trishna (Thirst), Murccha (Syncope), Mada (Intoxication), Chhardi (Emesis) and Shrama (Fatigue).				
Contraindications if any	-				

Special precautions	-
Others	-

Name of formulation	52.3 Shadava-1				
Reference	A.S.Su 7/54 – 55				
Category	Pana (drinkable)				
Label Claim	Disease risk reduction				
	S. No.	Name of the Ingredients	Botanical Name/English 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	52.4 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/English 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	-				

53. Rajhamsini (Milk preparation)

Name of formulation	53.1 Rajahamsini				
Reference	Ksh. Ku., 12/37				
Category	Pana (drinkable)				
Label Claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Mahisha 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	-				

54. Rasala (Curd Preparation)

Name of formulation	54.1 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/English 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	54.2 Rasala (with guda)					
Reference	Ayu.Ma, shikhrini varga (18 th varga)					
Category	Lidha (Lickable)					
Label Claim	Disease risk reduction					
Ingredients	S. No.	Name of the Ingredients		Botanical Name/English 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>Jaggery</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
			Nagakeshara	<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 (diarrhoea), Mutrakriccha (Dysuria)					
Contraindications if any	-					
Special precautions	-					
Others	-					

Name of formulation	54.3 Rasala (with madhu)				
Reference	Ru.Ra, shlok 96				
Category	Pana (Drinkables)				
Label Claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	54.4 Kapitthadi Rasala Shikhrini				
Reference	Ayu.Ma,shikhrini varga (18 th varga)				
Category	Lidha (Lickable)				
Label Claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Dadhi	Curd	-	64 part
	2.	Kapittha	<i>Feronia limonia</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, Kapitha, 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	54.5 Vrikodara krit rasala				
Reference	Ayu.Ma,shikhrini varga (18 th varga)				
Category	Lidha (Lickable)				
Label Claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	54.6 Dwitiya shikhrini				
Reference	Ayu.Ma,shikhrini varga (20 th varga)				
Category	Lidha (Lickable)				
Label Claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Dadhi	Curd	-	64 part
	2.	Twak	<i>Cinnamomum 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	54.7 Amrarasakriti				
Reference	Ksh. Ku., Twelfth Utsava, shloka 41				
Category	Lidha (Lickable)				
Label Claim	Disease risk reduction				
Ingredients	S.	Name of the	Botanical Name/English	Part Used	Ratio/Amount

	No.	Ingredients	Name		
	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	54.8 Amrit prash shikhrini				
Reference	Ayu.Ma, shikhrini varga (18 th varga)				
Category	Lidha (Lickable)				
Label Claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	54.9 Chandramrita sravini shikhirini				
Reference	Ayu.Ma, shikhrini varga (18 th varga)				
Category	Lidha (Lickable)				
Label Claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	54.10 Kapithadi Shikhrini					
Reference	Ayu.Ma, shikhrini varga (18 th varga)					
Category	Lidha (Lickable)					
Label Claim	Disease risk reduction					
Ingredients	S. No.	Name of the Ingredients		Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Dadhi		Curd	-	64 part
	2.	Kapittha		<i>Feronia limonia</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 cyminum</i> L.	Fruit	1 part
	7.	Ardraka		<i>Zingiber officinale</i> Rosc.	Rhizome	1 part
	8.	Bhutrina		<i>Cymbopogon citratus</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
			Nagakesara	<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 preparation	Mix Matulunga, Kapittha juice, Tamarind juice and Dadima with Sharkara; 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	54.11 Rajikadisikhrini				
Reference	Vd.Chi.14/48				
Category	Lidha (Lickable)				
Label Claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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 asafoetida</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, Kustha, 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	54.12 Narangadi Shikhrini				
Reference	Ayu.Ma,shikhrini varga (18 th varga)				
Category	Lidha (Lickable)				
Label Claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Naranga	<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	1 part
	5.	Jala	Water	-	1 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.	Madhuka	<i>Glycirriza glabra</i> L.	Root and stem	1 part
	11.	Saindhava lavana	Rock salt	-	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	-				

55. Rotika

Name of formulation	55.1 Rotika				
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/English 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	55.2 Yava rotika				
Reference	Bha.Ni.11/35				
Category	Khadita (Hard eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	55.3 Balabhadrika rotika				
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/English 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	55.4 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/English 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	55.5 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/English 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	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), Pratishyaya (Coryza)				
Contraindications if any	Beneficial in Vata vyadhi (disease due to vata dosha)				
Special precautions	-				
Others	-				

Name of formulation	55.6 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/English 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	-

56. Sampava

Name of formulation	56.1 Sampava (gujiya)				
Reference	Bha.Ni.11/17				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Samita	<i>Triticum aestivum</i> 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 karpura</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	-				

57. Sattaka

Name of formulation	57.1 Sattaka					
Reference	Kai. Ni. 5/120-124					
Category	Lidha (Lickable)					
Label claim	Health benefit					
Ingredients	S. No.	Name of the Ingredients		Botanical Name/English 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	Remove butter from Dadhi, rub it on a cloth after adding Trikatu, Dadima and Chitraka to prepare a Somaja Sattaka. Add Sharkara and Jeeraka to form Vardhamanaka Sattaka. Churn curd with Lavanga, Trikatu, Sharkara, Dadima and karpura to form Pramod Sattaka.					
Best use before	Within a day					
Properties/Health benefits	Deepana (increases digestive fire), swarya (improves voice) Ruchikaraka (imparts taste), Guru (heavy in digestion), Madhura (sweet in taste), Jeevaniya (life promotor).					
Classical Indications	-					
Contraindications if any	-					
Special precautions	-					
Others	-					

58. Shaktava (Saktu)

Name of formulation	58.1 Masura sattu				
Reference	Yo.R.Chhardi chi.-35				
Category	Sattu				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	58.2 Chanaka Shaktava				
Reference	Bha.Ni.11/169				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	58.3 Shali Shaktava				
Reference	Bha.Ni.11/170				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	58.4 Dhana				
Reference	Bha.Ni.11/173, A.S.Su 7/59				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	-				

Name of formulation	58.5 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/English 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	58.6 Chipita				
Reference	Bha.Ni.11/176, Ayu.Chi , kritannvarga 22/38				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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 promotor), 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	58.7 Holaka				
Reference	Bha.Ni.11/178				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	58.8 Uchi					
Reference	Bha.Ni.11/179					
Category	Ashita (Eatables)					
Label claim	Health benefit					
Ingredients	S. No.	Name of the Ingredients		Botanical Name/English 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	58.9 Vyoshadhya saktu					
Reference	Cha.Da. 36/10-15, Ca.Su. 23/19-24					
Category	Lidha (Lickable)					
Label claim	Disease risk reduction					
Ingredients	S. No.	Name of the Ingredients		Botanical Name/English 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 bellirica</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</i>	Oleo	1part

			<i>asafoetida Regel.</i>	resin Gum	
	14.	Kebuka mula	<i>Costus speciosus (Koerning)</i>	Root	1part
	15.	Ajwain	<i>Trachyspermum ammi (L.) Sprague</i>	Fruit	1part
	16.	Dhaniya	<i>Coriandrum sativum L.</i>	Fruit	1part
	17.	Chitraka	<i>Plumbago zeylanica L.</i>	Root	1part
	18.	Sauvarchal lavana			1part
	19.	Jiraka	<i>Cuminum cyminum L.</i>	Fruit	1part
	20.	Hapusha	<i>Juniperus communis L.</i>	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	58.10 Nimbadi saktu				
Reference	Cha.Da. 52/25-26				
Category	Ashita (Eatable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English	Part Used	Ratio/Amount

			Name		
	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	58.11 Parishushka				
Reference	Ma. Ni.11/110				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Mamsa	Meat		1 part
	2.	Hingu	<i>Ferula asafoetida</i> Regel.	Oleo resin Gum	qs
	3.	Ardra	<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, Ardra 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	58.12 Lambi				
Reference	Ma. Ni.11/110				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	58.13 Saktu				
Reference	Bha.Ni.11/166				
Category	Pana (Drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	a. Saktu is easily digestible (laghu), deepana (increases digestive fire), ruksha (dry) and increasing vata (vatala) b. Saktu when consumed in drinkable state or thin pasty form proves to be saturating (santarpana), cardi tonic (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).
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-varchasa (increases quantity of faeces).
Contraindications if any	-
Special precautions	-
Others	-

Name of formulation	58.14 Prithuka				
Reference	A.S.Su 7/59				
Category	Ashita (Eatable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	58.15 Yava Bhojana					
Reference	Su. Chi.18/ 51					
Category	Pana (Drinkable)					
Label claim	Health benefit					
Ingredients	S. No.	Name of the Ingredients		Botanical Name/English 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	58.16 Laja Sattu				
Reference	A.Hri.Chi. 2/15				
Category	Pana (Drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	58.17 Yava saktu (sharkara mishrita)				
Reference	A.Hri. Chi3/77				
Category	Pana (Drinkable)				

Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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 sattv. Then mix mishri and madhu into it.				
Best use before	Within a day				
Properties/Health benefits	Ruksha (dry), laghu (light for digestion), kapha pitta shamaka (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	58.18 Yava sattu (ksheera mishrita)				
Reference	Ca.Chi.11/19				
Category	Pana (Drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Yava Sattu	<i>Hordeum vulgare</i> L.	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	-				

59. Sevika

Name of formulation	59.1 Sevika				
Reference	Bha.Ni.11/19, Bho. Ku. Siddhanna prakran (bhakshya vishesha)				
Category	Ashita (Eatables)				
Label Claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	-				

60. Shaka/Vyanjan

Name of formulation	60.1 Eravarvadimishritashaka vyanjana				
Reference	Ru.Ra shloka 39				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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 melongena</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 asafoetida</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	60.2 Kadalistambhashaka
Reference	Pa.Da, 1/200-210
Category	Ashita (Eatables)
Label claim	Health benefit

Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Rajrambha Stambha	<i>Musa paradisiaca</i> L.	Fruit	1 part
	2.	Ghrita	Ghee	-	Qs
	3.	Hingu	<i>Ferula asafoetida</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	60.3 Vrintakashaka				
Reference	Pa.Da, 1/219-228				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Vrintaka	<i>Solanum melongena</i> L.	Fruit	1 part
	2.	Ardraka	<i>Zingiber officinale</i> Rosc.	Rhizome	Qs
	3.	Hingu	<i>Ferula asafoetida</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	60.4 Brihatishaka				
Reference	Pa.Da, 1/229-232				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Brihati	<i>Solanum indicum</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 asafoetida</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	60.5 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/English Name	Part Used	Ratio/Amount
	1.	Brihati	<i>Solanum indicum</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	60.6 Panasa Phala Shaka (Amlayukta)				
Reference	Pa.Da, 1/238-246				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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 asafoetida</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 karpura</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), daurgandhyashana (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	60.7 PanasaPhalaShaka (Madhurayukta)				
Reference	Pa.Da, 1/ 247-250				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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 asafoetida</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	60.8 Chakravarta Shaka
Reference	Pa.Da, 1/323-329

Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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 asafoetida</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), Agnivardhaka (Increases digestive fire), Grahni-hara (Mal-Absorption Syndrome), Asrhanashaka (Alleviates piles), Pittajaroganashaka (Alleviates the diseases due to pitta dosha).				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	60.9 ChakravartaShaka (bharjita)
Reference	Pa.Da., 1/ 330-334
Category	Ashita (Eatables)
Label claim	Health benefit

Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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 karpura</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	60.10 Navavastuka Shaka				
Reference	Pa.Da, 1/ 335				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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 karpura</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	60.11 ChulliShaka				
Reference	Pa.Da, 1/336-337				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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 asafoetida</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	60.12 LatachulliShaka				
Reference	Pa.Da, 1/338				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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 karpura</i> (L.) Nees & V Eberm.,	Sub. extract	Qs
	4.	Ardraka	<i>Zingiber officinale</i> Rosc.	Rhizome	Qs
	5.	Hingu	<i>Ferula asafoetida</i> Regel.	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 nigrhani (Expectorant)				
Contraindications if	-				

any	
Special precautions	-
Others	-

Name of formulation	60.13 Chanakapatra Shaka				
Reference	Pa.Da, 1/349-353				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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 asafoetida</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	60.14 Tanduliyaka Shaka				
Reference	Pa.Da, 1/354-355				
Category	Ashita (Eatables)				
Label claim	Health benefit				

Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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 asafoetida</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	60.15 Upodika Shaka				
Reference	Pa.Da, 1/358-359				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	60.16 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/English Name	Part Used	Ratio/Amount
	1.	Tikta koshataki	<i>Luffa acutangula</i>	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	Vatadoshhara (Alleviates vitiated vata dosha)				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	60.17 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/English Name	Part Used	Ratio/Amount
	1.	Karvalli patra	<i>Momordica</i>	Leaves	1 part

			<i>charantia</i> L.		
	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), Kaphadoshhara (Alleviates kapha dosha), Krimihara (Anthelmintic).				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	60.18 Jivantipatra Shaka				
Reference	Pa.Da, 1/373-376				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	60.19 Palandu shaka				
Reference	Ca.Chi.14/204				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	60.20 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/English Name	Part Used	Ratio/Amount
	1.	Upodika	<i>Basella alba</i> L.	Leaves	1 part
	2.	Badaramla rasa	<i>Ziziphus 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	60.21 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/English 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	Cinnamomum karpura (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	60.22 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/English Name	Part Used	Ratio/Amount
	1.	Nimba patra	Azadirachta indica A. Juss	Leaves	1 part
	2.	Punarnava patra	Boerhavia diffusa 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	60.23 Ikshuvalikagra Shaka				
Reference	Pa.Da, 1/482				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	60.24 AkshivaPallavaShaka				
Reference	Pa.Da, 1/483				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Akshiva patra	<i>Moringa oliefera L.</i>	Leaves	1 part
	2.	Ketaki pushpa	<i>Pandanus tectorius</i> Soland.	Flower	1 part
	3.	Vanshamula	<i>Bambusa arundinacea</i>	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	60.25 Shilashaka				
Reference	Pa.Da, 1/484				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Shilashaka mula	<i>Parmelia perlata</i> Arch	Root	1/6 part
	2.	Katuki	<i>Picrorhiza kurrooa</i>	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	60.26 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/English 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	60.27 Padma Patra Shaka
Reference	Pa.Da, 1/ 488

Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	60.28 Kinshuka Patra Shaka				
Reference	Pa.Da, 1/489				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	60.29 PalanduShaka				
Reference	Pa.Da, 1/493				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	60.30 Vasapatra Shaka				
Reference	Pa.Da, 1/ 495-497				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Vasa patra	<i>Adhatoda vasica</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	Kashaya (astringent), sheeta (cold), ruksha (dry), tikta (bitter), laghu				

benefits	(light for digestion).
Classical Indications	Kasahara (Relieves cough), Shwasahara (Relieves asthma).
Contraindications if any	-
Special precautions	-
Others	-

Name of formulation	60.31 Trivrutadi shaka				
Reference	Ca.Chi.14/122				
Category	Ashita (Eatables)				
Label claim	Health benefit				
	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Trivratpatra	<i>Operculina turpethum</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 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 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	60.32 Upodikadi shaka
---------------------	-----------------------

Reference	Ca.Chi.14/123				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	60.33 Suvarchaladi shaka				
Reference	Ca.Chi.14/123				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Suvarchlapatra	<i>Cleome viscosa</i>	Leaves	1/12 part
	2.	Louni patra		Leaves	1/12 part
	3.	Shatavari	<i>Asparagus racemosus</i>	Bulbous root	1/12 part

			Willd.		
	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 cumini</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. sativa 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	60.34 Bimbhiphal Vyanjana				
Reference	Ru.Ra, shloka 36				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English	Part Used	Ratio/Amount

			Name		
	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	60.35 Nishpavaka phali vyanjan				
Reference	Ru.Ra. shloka 35				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Tila	<i>Sesamum indicum</i> L	Seed	Qs
	2.	Saindhava lavana	Rock salt		Qs
	3.	Hingu	<i>Ferula asafoetida</i> Regel.	Oleo resin gum	Qs
	4.	Maricha	<i>Piper nigrum</i> L.	Fruit	Qs
	5.	Nishpava	<i>Dolichos lablab</i> L.	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	60.36 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/English Name	Part Used	Ratio/Amount
	1.	Kadali phala	Musa paradisiaca L.	Fruit	1 part
	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	60.37 Brihatiphal vyanjana				
Reference	Ru.Ra, shloka 71				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S.	Name of the	Botanical Name/English	Part Used	Ratio/Amount

	No.	Ingredients	Name		
	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	60.38 Sarivaphal vyanjana				
Reference	Ru.Ra, shloka 70				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Sarivaphala	<i>Hemidesmus indicus</i> L.	Fruit	1 part
	2.	Jiraka	<i>Cuminum cyminum</i> L.	Fruit	Qs
	3.	Dhanyaka	<i>Coriandrum sativum</i> L.	Fruit	Qs
	4.	Haridra	<i>Curcuma longa</i> L.	Rhizome	Qs
	5.	Hingu	<i>Ferula asafoetida</i> Regel.	Oleo resin gum	Qs
	6.	Tandula	<i>Oryza sativa</i> L.		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	Katu (pungent), tikta (bitter), ushna (hot in potency), laghu (light for				

benefits	digestion), Amla (sour)
Classical Indications	Aruchi (Tastelessness), Agnimandhya (loss of appetite), Krimi (Worm infestation).
Contraindications if any	-
Special precautions	-
Others	-

Name of formulation	60.39 Girimalli phala vyanjana				
Reference	Ru.Ra, shloka 64				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Girimallika (kutaja)	<i>Holarrhena antidysenterica</i> wall.	Fruit	1 part
	2.	Hingu	<i>Ferula asafoetida</i> Regel.	Oleo resin gum	Qs
	3.	Saindhava lavana	Rock salt		Qs
	4.	Maricha	<i>Piper nigrum</i> L.	Fruit	Qs
	5.	Tila taila	<i>Sesamum indicum</i> L		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	60.40 Pishtaphala vyanjana				
Reference	Ru.Ra shloka 62				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Pishta phala (Pumpkin)	<i>Cucurbita pepo</i>	Fruit	1 part
	2.	Hingu	<i>Ferula asafoetida</i>	Oleo resin	Qs

			<i>Regel.</i>	gum	
	3.	Saindhava lavana	Rock salt		Qs
	4.	Takra	Buttermilk		Qs
	5.	Tila taila	<i>Sesamum indicum</i> L		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	60.41 Munivrikshaphal vyanjana				
Reference	Ru.Ra shloka 49				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Munivriksha	<i>Sesbania grandiflora</i> L.	Fruit	1 part
	2.	Hingu	<i>Ferula asafoetida</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	60.42 Surankand vyanjana				
Reference	Ru.Ra shloka 25, 26				
Category	Ashita (Eatable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Surankanda	<i>Amorphophallus campanulatus</i> Blume ex Decne	Tuber	1 part
	2.	Hingu	<i>Ferula asafoetida</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	60.43 Patola vyanjana				
Reference	Ru.Ra shloka 61				
Category	Ashita (eatable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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 asafoetida</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	60.44 Koshataki vyanjana				
Reference	Ru.Ra shloka 33				
Category	Ashita (eatable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Koshataki	<i>Luffa acutangula</i> (L.) Rosc.	Fruit	1 part
	2.	Hingu	<i>Ferula asafoetida</i> Regel.	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	60.45 Vartaka vyanjan				
Reference	Ru.Ra shloka 34				
Category	Ashita (eatable)				
Label claim	Health benefit				

Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Vartaka	<i>Solanum melongena</i> L.	Fruit	1 part
	2.	Hingu	<i>Ferula asafoetida</i> Regel.	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	60.46 Tandulavartaka vyanjana				
Reference	Ru.Ra, Shloka 40				
Category	Ashita (eatable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	Katu (pungent), laghu (light for digestion), madhura (sweet in taste),				

benefits	snigdha (unctuous)
Classical Indications	Aruchi (Tastelessness), Agnimandhya (loss of appetite), Daurbalya (Weakness)
Contraindications if any	-
Special precautions	-
Others	-

Name of formulation	60.47 Karela vyanjan				
Reference	Ru.Ra, Shloka 41				
Category	Ashita (eatable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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 asafoetida</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	60.48 kushmanda vyanjan				
Reference	Ru.Ra, Shloka 42				
Category	Ashita (Eatable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Kushmanda	<i>Benincasa</i>	Fruit	1 part

			<i>hispida</i> (Thunb) Cogn.		
	2.	Hingu	<i>Ferula asafoetida</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	60.49 Kakoda phala vyanjana				
Reference	Ru.Ra, Shloka 43				
Category	Ashita (Eatable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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 asafoetida</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	60.50 Bathua vyanjan				
Reference	Ru.Ra, Shloka 44				
Category	Ashita (eatable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Dhanyaka	<i>Coriandrum sativum</i> L.	Fruit	1 part
	2.	Hingu	<i>Ferula asafoetida</i> Regel.	Oleo resin gum	Qs
	3.	Saindhava lavana	Rock salt		Qs
	4.	Ardra	<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 Ardra.				
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	60.51 Choulai vyanjan				
Reference	Ru.Ra, Shloka 45				
Category	Ashita (eatable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English	Part Used	Ratio/Amount

			Name		
	1.	Tanduliya	<i>Amaranthus spinosus</i> L.	Leaves	½ part
	2.	Karamardaka	<i>Carissa carandas</i> L.	Stem bark	½ part
	3.	Hingu	<i>Ferula asafoetida</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), Mutrakriccha (Dysuria), Vishahara (anti poisonous).				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	60.52 Kasaundi vyanjan				
Reference	Ru.Ra, Shloka 46				
Category	Ashita (eatable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	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), sransana (laxative)				

Classical Indications	Aruchi (Tastelessness), Agnimandhya (loss of appetite), Vibandha (Constipation), Visarpa (Erysipelas), Shwas (Asthma), Jwara (Fever),
Contraindications if any	-
Special precautions	-
Others	-

Name of formulation	60.53 Karkaru vyanjan				
Reference	Ru.Ra, Shloka 47				
Category	Ashita (eatable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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>Elettaria 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	60.54 Kachari vyanjan				
Reference	Ru.Ra, Shloka 52				
Category	Ashita (eatable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	1 part
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	60.55 Dhatri vyanjan				
Reference	Ru.Ra, Shloka 53				
Category	Ashita (eatable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	1 part
	4.	Hingu	<i>Ferula asafoetida</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	60.56 Vartaka vyanjana				
Reference	Ru.Ra, Shloka 54				
Category	Ashita (eatable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Vartaka	<i>Solanum melongena</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	60.57 Tanduliya vyanjana				
Reference	Ru.Ra, Shloka 55				
Category	Ashita (eatable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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 asafoetida</i>	Oleo resin	Qs

			Regel.	gum	
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 asafoetida.				
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	60.58 Kutajapushpa vyanjana				
Reference	Ru.Ra, Shloka 56				
Category	Ashita (eatable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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 asafoetida</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	60.59 Amra pallava vyanjana
Reference	Ru.Ra, Shloka 57

Category	Ashita (eatable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Amra	<i>Mangifera indica</i> L.	Leaves	1 part
	2.	Tila taila	<i>Sesamum indicum</i> L.		Qs
	3.	Saindhava lavana	Rock salt		Qs
	4.	Hingu	<i>Ferula asafoetida</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	60.60 Kolashimbi vyanjana				
Reference	Ru.Ra, Shloka 58				
Category	Ashita (eatable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Kakandola	White <i>Mucuna pruriens</i>	Fruit	1 part
	2.	Hingu	<i>Ferula asafoetida</i> Regel.	Oleo resin gum	Qs
	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	60.61 Koshataki vyanjana				
Reference	Ru.Ra, Shloka 59				
Category	Ashita (eatable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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 asafoetida</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	60.62 Sem vyanjana
Reference	Ru.Ra, Shloka 60
Category	Ashita (eatable)
Label claim	Health benefit

Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Sem	Beans	Seeds	1 part
	2.	Hingu	<i>Ferula asafoetida</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	60.63 Patol vyanjana				
Reference	Ru.Ra, Shloka 61				
Category	Ashita (eatable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	6.	Patola	<i>Trichosanthes dioica</i> Rosc. (H).	Fruit	1 part
	7.	Hingu	<i>Ferula asafoetida</i> Regel.	Oleo resin gum	Qs
	8.	Saindhava lavana	Rock salt		Qs
	9.	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	60.64 Aranipatra vyanjana				
Reference	Ru.Ra, Shloka 68				
Category	Ashita (eatable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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 asafoetida</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 asafoetida.				
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	60.65 Sarivaphala vyanjana				
Reference	Ru.Ra, Shloka 70				
Category	Ashita (eatable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Sarivaphala	<i>Hemidesmus indicus</i> (L.) R.Br.	Fruit	1 part
	2.	Jiraka	<i>Cuminum</i>	Fruit	Qs

			<i>cuminum L.</i>		
	3.	Dhanyaka	<i>Coriandrum sativum L.</i>	Fruit	Qs
	4.	Haridra	<i>Curcuma longa L.</i>	Rhizome	Qs
	5.	Hingu	<i>Ferula asafoetida</i> Regel.	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	60.66 Takra Ardraka vyanjana				
Reference	Ru.Ra, Shloka 72				
Category	Pana (Drinkables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Takra	Buttermilk		1 part
	2.	Ardraka	<i>Zingiber officinale</i> Rosc.	Rhizome	Qs
	3.	Saindhava lavana	Rock salt		Qs
	4.	Maricha	<i>Piper nigrum L.</i>	Fruit	Qs
	5.	Ela	<i>Elettaria Cardamomum</i> Maton.	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), Pratishyaya (Rhinitis)				
Contraindications if any	-				

Special precautions	-
Others	-

Name of formulation	60.67 Naranga kesar vyanjana				
Reference	Ru.Ra, Shloka 73				
Category	Ashita (eatable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	60.68 Jambiri nimbu vyanjana				
Reference	Ru.Ra, Shloka 74				
Category	Ashita (eatable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Jambira	<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	60.69 Bijapura kesar vyanjana				
Reference	Ru.Ra, Shloka 76				
Category	Pana (Drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Bijapura	<i>Citrus medica</i> L.	Fruit	1 part
	2.	Saindhava lavana	Rock salt		Qs
	3.	Hingu	<i>Ferula asafoetida</i> Regel.	Oleo resin gum	Qs
	4.	Jiraka	<i>Cuminum cyminum</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	60.70 Amratarka vyanjana				
Reference	Ru.Ra, Shloka 77				
Category	Ashita (eatable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount

	1.	Amrataka	<i>Spondias pinnata</i>	Fruit	1 part
	2.	Jala	Water		Qs
	3.	Saindhava lavana	Rock salt		Qs
	4.	Hingu	<i>Ferula asafoetida</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 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), Atisara (Diarrhoea)				
Contraindications if any	-				
Special precautions	-				
Others					

Name of formulation	60.71 Kushmanda vyanjana				
Reference	Ru.Ra, Shloka 78				
Category	Lidha (Lickable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	60.72 Kacchimuli vyanjana				
Reference	Ru.Ra, Shloka 79				
Category	Ashita (eatable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Mulaka	<i>Raphanus sativus</i> L.	Root	1 part
	2.	Saindhava lavana	Rock salt		Qs
	3.	Nimbu rasa	<i>Citrus limon</i> L. Burm. F	Fruit	Qs
	4.	Hingu	<i>Ferula asafoetida</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), Mutra-kriccha (Dysuria), Udarshula (Abdominal pain), Arsha (Piles), Ashmari (calculus)				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	60.73 Dadhi Ardraka vyanjana				
Reference	Ru.Ra, Shloka 80				
Category	Pana (Drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English	Part Used	Ratio/Amount

			Name		
	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	60.74 Eravaruka vyanjana				
Reference	Ru.Ra, Shloka 83, 84				
Category	Lidha (Lickable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	60.75 Chanakapatra vyanjana				
Reference	Ru.Ra, Shloka 85				
Category	Ashita (Eatable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	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	60.76 Kadaligarbha danda vyanjana				
Reference	Ru.Ra, Shloka 87				
Category	Ashita (Eatable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Kadali kanda	<i>Musa paradisiaca</i> L.	Fruit	1 part

	2.	Nimbu	<i>Citrus limon</i> L. 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	60.77 Vanshankura vyanjana				
Reference	Ru.Ra, Shloka 88				
Category	Ashita (eatable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Saindhava lavana	Rock salt		Qs
	2.	Nimbu swarasa	<i>Citrus limon</i> L. 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	60.78 Amra manjari vyanjana
---------------------	-----------------------------

Reference	Ru.Ra, Shloka 89				
Category	Ashita (Eatable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	60.79 Ardraka vyanjana				
Reference	Ru.Ra, Shloka 102, 103				
Category	Lidha (Lickable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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), Pratishayaya (Rhinitis)				

Contraindications if any	-
Special precautions	-
Others	

Name of formulation	60.80 Saguda bal bilwa				
Reference	Vd. Jee. 2/15				
Category	Khadit				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Guda	Jaggery		Qs
	2.	Bal bilwa	<i>Aegle marmelos</i> Correa ex Roxb	Unripe 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	-				

Index

S. No.	Aahara Kalpana	Name of Recipes and References		
061	Sharkara/Sharbata	61.1	Vanaphsa sharkara	Si.Bhe.Ma., Jwara prakarana, 4/44, Ay.S.S, Sharbat Prakaran, Pg. 573
		61.2	Dhanyaka sharbata	Si.Bhe.Ma., Jwara prakarana, 4/33
		61.3	Vasa sharbat	Ay.S.S, Sharbat Prakaran, Pg. 568
		61.4	Unnava sharbat	Ay.S.S, Sharbat Prakaran, Pg. 568 (Siddha Bhaishajya Manimala)
		61.5	Anar sharbat	Ay.S.S, Sharbat Prakaran, Pg. 569
		61.6	Kevada sharbat	Ay.S.S, Sharbat Prakaran, Pg. 569
		61.7	Khasa sharbat	Ay.S.S, Sharbat Prakaran, Pg. 570
		61.8	Giloy sharbat	Ay.S.S, Sharbat Prakaran, Pg. 570
		61.9	Gudahal sharbat	Ay.S.S, Sharbat Prakaran, Pg. 570 (Unani Siddha Yoga Sangriha)
		61.10	Gulvanapsha sharbat	Ay.S.S, Sharbat Prakaran, Pg. 571
		61.11	Gulab sharbat	Ay.S.S, Sharbat Prakaran, Pg. 571, RTS & SPS, Part 1, Pg.406
		61.12	Chandan sharbat	Ay.S.S, Sharbat Prakaran, Pg. 571, RTS & SPS, part 1, Pg. 406. (Rasa Tantra Sara)
		61.13	Nimbu sharbat	Ay.S.S, Sharbat Prakaran, Pg. 572, RTS & SPS, part 1, Pg.406.
		61.14	Santara sharbat	Ay.S.S, Sharbat Prakaran, Pg. 573 (Rasa Tantra Sara)
		61.15	Bilva sharbat	Ay.S.S, Sharbat Prakaran, Pg. 573
		61.16	Brahmi sharbat	Ay.S.S, Sharbat Prakaran, Pg. 573
		61.17	Falsa sharbat	Ay.S.S, Sharbat Prakaran, Pg. 574
		61.18	Raktashodhaka sharbata	Ay.S.S, Sharbat Prakaran, Pg. 574 (Rasa Tantra Sara)
		61.19	Apple sharbat	Ay.S.S, Sharbat Prakaran, Pg. 574 (Unani Siddha Yoga Sangriha)
		61.20	Shankhapushpi sharbat	Ay.S.S, Sharbat Prakaran, Pg. 575
		61.21	Ardraka sharbata	RTS & SPS, part 1, Pg.406
062	Shashkuli	62.1	Shashkuli	Bha.Ni.11/125, Bho. Ku., Siddhanna prakaran (Bhakshya vishesha)
063	Shukta	63.1	Madhushukta	Abhi.Chi57/14-15, V.M or Si.Yo.Sa., Karnarogadhikar 59/26
064	Tarpana	64.1	Kharjuradi tarpana	Ca.Chi.4/33
		64.2	Lajadi tarpana	Ca.Chi.4/34-35
		64.3	Mudgadi tarpana	Ga.Ni part 2, Kayachikitsa khand

				17/28
		64.4	Dadimadi tarpana	Ga.Ni part 2, Kayachikitsa khand 17/28
		64.5	Drakshadi tarpana	Ga.Ni, Part 2, Kayacikitsa khand17/28
		64.6	Laja tarpana	A.Hri. Chi. 1/36
065	Udaka	65.1	Ushnodaka	Sha.Sam (M. Kha. 2/162)
		65.2	Tandulodaka	Bhai. Ra., Grahani rogaadhikara, 8 /32, V.M or Si.Yo.Sa., Grahani 4/20
		65.3	Madhudaka	Bhai. Ra., Trishna rogaadhikara, 20/17
		65.4	Rudraksh jala	Bhai. Ra.,59/ 4
		65.5	Vyushit jala	Bhai. Ra., 59/ 11
		65.6	Jalpana rasayana	Bhai. Ra., 73/24
		65.7	Sharkarodaka	Bha.Ni.12/128, Bho. Ku.
		65.8	Lavangadi jala	Bri. Ni.Ra., Ajirnadhikar, Pg.43
		65.9	Dhanyodichya jala	Cha.Da. 3/ 15
		65.10	Pachaka jala	Ru.Ra, Shloka 90
		65.11	Pachanakari nimbu jala	Ru.Ra, shloka 90
		65.12	Sthiradi toya	Ca.Chi.16/114
		65.13	Draksha jala	Ca.Chi.16/114
		65.14	Amalaki jala	Ca.Chi.16/114
		65.15	Utkranodaka	Pa.Da 1/ 65-69
066	Vada	66.1	Masha vada	Bho. Ku. Bhakshya Prakaran, Pg. 54
		66.2	Takra vada	Bho. Ku., Siddhanna Prakaran (Bhakshya vishesha)
		66.3	Mappati	Bho. Ku., Siddhanna Prakaran (Bhakshya vishesha)
		66.4	Yogi Kohalvade	Bho. Ku., Siddhanna Prakaran (Bhakshya vishesha)
		66.5	Kurma Kohalvade	Bho. Ku., Siddhanna Prakaran (Bhakshya vishesha)
		66.6	Wheat Kohalvade	Bho. Ku., Siddhanna Prakaran (Bhakshya vishesha)
		66.7	Bimbade	Bho. Ku., Siddhanna prakaran (Bhakshya vishesha)
		66.8	Aval vade	Bho.Ku., Siddhanna Prakaran (Bhakshya vishesha)
		66.9	Dahi vade	Bho. Ku., Siddhanna prakaran (Bhakshya vishesha)
		66.10	Kohala vade	Ayu.Ma, Pakvanna varga (15 th varga)
		66.11	Kura vada	Ayu.Ma, Pakvanna varga (15 th

				varga), Bho. Ku., Siddhanna Prakaran (Bhakshya vishesha)
		66.12	Manda	Bho. Ku., Siddhanna Prakaran (Bhakshya vishesha)
067	Vataka	67.1	Shushka vataka	Bha.Ni.12/51
		67.2	Kanjika vataka	Bha.Ni.12/49
		67.3	Amlika vataka	Bha.Ni.12/52
		67.4	Mudga vataka	Bha.Ni.12/57, Ayu.Ma, Pakvanna varga (15 th varga)
		67.5	Masha vataka	Bha.Ni.12/55, Bho. Ku., Siddhanna prakaran (Bhakshya vishesha)
		67.6	MudgArdraka vataka	Bha.Ni.12/64
		67.7	Ajmodadya vataka	Cha.Da. 25/50-55, V.M or Si.Yo.Sa, Amavata adhikara 25/62-66
		67.8	Dadhi shali vataka	Ayu.Ma, Pakvanna varga (15 th varga)
		67.9	Gholvataka	Ru.Ra, Shloka 27
		67.10	Chincha vataka	Ru.Ra, Shloka 29
		67.11	Rajika vataka	Ru.Ra, Sloka 30
		67.12	Amla vataka	Ru.Ra, Shloka 31
		67.13	Amalaki phala vataka	Bho. Ku., Siddhanna Prakaran (Bhakshya vishesha)
		67.14	Amlika vataka	Bho. Ku., Siddhanna Prakaran (Bhakshya vishesha)
		67.15	Dadhivataka (curd Vadas)	Bho. Ku., Siddhanna Prakaran (Bhakshya vishesha)
		67.16	Kadalikusum vataka	Bho. Ku., Siddhanna Prakaran (Bhakshya vishesha)
		67.17	Kushmand vataka (Vadas made from pumpkin)	Bho. Ku., Siddhanna Prakaran (Bhakshya vishesha)
		67.18	Nimba kusum vataka (Vadas made from flowers of neem)	Bho. Ku., Siddhanna Prakaran (Bhakshya vishesha)
		67.19	Suranvataka	Bho. Ku., Siddhanna Prakaran (Bhakshya vishesha)
		67.20	Takravataka	Bho. Ku., Siddhanna Prakaran (Bhakshya vishesha)
068	Vatika/Vati	68.1	Karpura vatika	Ayu.Ma, Pakvanna varga (15 th varga)
		68.2	Kushmand vati	Bha.Ni.11/64
		68.3	Mudga vati	Bha.Ni.11/17
		68.4	Vesana vatika	Bha.Ni.11/79, Ayu. Ma, Pakvanna varga (15 th varga)
		68.5	Taila vatika	Ayu.Ma, Pakvanna varga (15 th varga)

		68.6	Kurvati	Ayu.Ma, Pakvanna varga (15 th varga)
		68.7	Cubukavati	Bho. Ku., Siddhanna Prakran (Bhakshya vishesha)
069	Vilepi	69.1	Vilepi	Kai. Ni., 5/42-44, Ca. Su 13/23, Sho. Ni. 963, A.S. Su 7/42, A. Hri. Su. 6/29, Su.su. 46
		69.2	Udaramaya nashaka Vilepi	Ga.Ni. Part 2, Kayachikitsa Khand 32/139
070	Yavagu	70.1	Yavagu	Kai. Ni.,5/37
		70.2	Vidangadi Yavagu	Cha.Da. 7/ 9, Ga. Ni, Part- 2, Kayachikitsa Khand 6/22
		70.3	Shulaghni Yavagu	Cha.Da. 26/42
		70.4	Samangaadi Yavagu	Cha.Da. 64/36
		70.5	Mocharasadi Yavagu	Cha.Da.64/39, Ga.Ni, Triteeya Khanda (Kaumar tantra, Balarog Adhikar) 11/64
		70.6	Pushkaramuladi Yavagu	Ga.Ni, Part-2, Kayachikitsa Khand, 11/65
		70.7	Vyaghradi Yavagu	Cha.Da. 1/ 27
		70.8	Amradi Yavagu	Sha. Sa. (M. Kha. 2/155)
		70.9	Chitrakadi Yavagu	Yo.R., Ajirna Chikitsa, Shloka 104
		70.10	Dashmuladi Yavagu	Yo.R., Hikka Chikitsa, Shloka 18-19
		70.11	Hingavadi Yavagu	Yo.R. Hikka Chikitsa, Shloka 20
		70.12	Mudgadi yavagu	Abhi. chi. 5/169-172
		70.13	Usheeradi Yavagu	Abhi. Chi. 61/86
		70.14	Laghupanchmula Yavagu	Bhai. Ra. Chardirog adhikara, 19/3
		70.15	Pippalyadi Yavagu	A.S.Chi.2/105-106
		70.16	Sarshapadi Yavagu	A.S.Chi.5/136
		70.17	YavadiYavagu	A.S.Chi.7/70
		70.18	Laghupanchamuladi Yavagu	A.S.Chi.11/5
		70.19	Madhukadi Yavagu	A.S.Chi.11/18
		70.20	Gokshuradi Yavagu	A.S.Chi.13/22, Ka. Khi. 4/82
		70.21	Yava kola kulatthadi Yavagu	A.S. Chi. 23/49
		70.22	Kachhuradi Yavagu	A.S. K.S. 6/49
		70.23	Udumbaradi Yavagu	A.S. K.S. 6/49
		70.24	Koshatakyadi Yavagu	A.S.U.40/52
		70.25	Madhuka Koshatakyadi Yavagu	A.S.U. 40/53
		70.26	Vidaryadi gana yukta Yavagu	A.H.Sha. 1/97-98
		70.27	Bilwadi Yavagu	A.Hri.Chi.9/23
		70.28	Kapitthadi yavagu	A.Hri.Chi.9/24
		70.29	Dadimadi Yavagu	A.Hri.Chi. 9/24

	70.30	Vidangadi Yavagu	A Hri.Chi.20/25
	70.31	Yava koladi Yavagu	A.Hri.U.26/39
	70.32	Shulanashaka Yavagu	Ca.Su. 2/18
	70.33	Pachani, Grahi Yavagu	Ca.Su. 2/19
	70.34	Panchmula Yavagu	Ca.Su. 2/19
	70.35	Pittakaphatisar Nashini Yavagu	Ca.Su. 2/20
	70.36	Raktatisaraghni Yavagu	Ca.Su. 2/21
	70.37	Amatisaranashaka Yavagu	Ca.Su. 2/22
	70.38	Mutrakrichhnashaka Yavagu	Ca.Su 2/24
	70.39	Kriminashaka Yavagu	Ca.Su 2/23
	70.40	Pipasanashaka Yavagu	Ca.Su 2/24
	70.41	Vishanashaka Yavagu	Ca.Su 2/24
	70.42	Snehanakaraka Yavagu	Ca.Su 2/26
	70.43	Rukshta Karaka Yavagu	Ca.Su 2/26
	70.44	Shwaskasanashaka Yavagu	Ca.Su 2/27
	70.45	Rechaka Yavagu	Ca.Su 2/28
	70.46	Sangrahaka Yavagu	Ca.Su 2/35
	70.47	Bhedini Yavagu	Ca.Su 2/29
	70.48	Vatanulomni Yavagu	Ca.Su 2/29
	70.49	Ghritvyapada Nashini Yavagu	Ca.Su 2/30
	70.50	Tailavyapadnashini Yavagu	Ca.Su 2/30
	70.51	Vishamjwarghni Yavagu	Ca.Su 2/31
	70.52	Kanthy Yavagu	Ca.Su 2/31
	70.53	Shukravaha Strotas Shula Shamanartha Yavagu	Ca.Su 2/32
	70.54	Shunthayadi Yavagu	Ka.Khi. 4/79
	70.55	Panchakola Yavagu	Ka.Khi. 4/79
	70.56	Kriminashaka Yavagu	Ka.Khi. 4/83
	70.57	Mridvikadi Yavagu	Ka.Khi. 4/84
	70.58	Vishanashaka yavagu	Ka.Khi. 4/84
	70.59	Godhuma Yavagu	Ka.Khi. 4/85, Ca.Su 2/25
	70.60	Godhuma Saindhavadi Yavagu	Ka.Khi. 4/85
	70.61	Tiladi Yavagu	Ka.Khi. 4
	70.62	Amradi Yavagu	Ka.Khi. 4/86
	70.63	Madvinashini Yavagu	Ka.Khi. 4/87
	70.64	Putikaranjadi Yavagu	Ka.Khi. 10/150
	70.65	Khadiradi Yavagu	Su. Chi.10
	70.66	Atisarahara Yavagu	Su.U.40/92
	70.67	Chhardihara Yavagu	Su.U.49/32
	70.68	Pippali Amalaki Yavagu	A.S.Ch.7/68
	70.69	Drakshadi Yavagu	Abhi.Chi.61/85
	70.70	Dashmula Yavagu	Vd. Chi16/ 54, Ka.Khi. 4/85
	70.71	Pippali nagaradi Yavagu	Ca.Chi.14/92
	70.72	Dashmuladi Yavagu	Ca.Chi.17/102
	70.73	Dhatakyadi Yavagu	Ca.Chi.4/46

		70.74	Masura Prishniparnyadi Yavagu	Ca.Chi.4/46
		70.75	Mudga Shalparnyadi Yavagu	Ca.Chi.4/46
		70.76	Harenuyadi Yavagu	Ca.Chi.4/47
		70.77	Baladi Yavagu	Ca.Chi.4/47
		70.78	Changeri Takra Yavagu	Ca.Chi.8/125
		70.79	Pippalayadi Yavagu	A.Hri.Chi. 1/30
		70.80	Lajadi Yavagu	Vd.Chi. 15/ 26
		70.81	Gokshura kantakari Yavagu	Cha.Da. 1/ 24

61. Sharkara/Sharbata

Name of formulation	61.1 Vanaphsa Sharkara				
Reference	Si. Bhe. Ma., Jwara Prakarana, 4/44, Ay.S.S, Sharbat Prakaran, Pg. 573				
Category	Pana (Drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Vanaphsa	<i>Viola odorata</i> L.	Leaves	1 Pala
	2.	Sharkara	Sugar		4 Pala
	3.	Jala	Water		8 Pala
Method of preparation	Soak Vanaphsa 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	61.2 Dhanyaka Sharbat				
Reference	Si. Bhe. Ma., Jwara Prakarana, 4/33				
Category	Pana (Drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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), tridosahara (pacifies all three doshas)				
Classical Indications	Pittaja jwara (Fever due to pitta dosha)				
Contraindications if any	-				
Special precautions	-				

Others	-
--------	---

Name of formulation	61.3 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/English 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	61.4 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/English Name	Part Used	Ratio/Amount
	1.	Unnava	<i>Ziziphus 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	Sheeta (cold in potency), Madhura (sweet in taste) pittahara (pacifies				

benefits	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	61.5 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/English 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	61.6 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/English 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 benefits	Sheeta (cold in potency), tarpana (saturating).				
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	61.7 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/English 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	61.8 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/English 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	61.9 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/English 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

Name of formulation	61.10 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/English 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	61.11 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/English Name	Part Used	Ratio/Amount
	1.	Gulab jala	<i>Rosa centifolia</i>	Leaves	1 Ser

			L.		
	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	61.12 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/English 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 (gonorrhea).				
Contraindications if any	-				

Special precautions	Cover the lid while boiling, otherwise the oil evaporates.
Others	Dose - 2-5 tola

Name of formulation	61.13 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/English Name	Part Used	Ratio/Amount
	1.	Nimbu	<i>Citrus limon</i> (L.) Burm. F	Fruit	1 times
	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	61.14 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/English 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	61.15 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/English 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	61.16 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/English 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 Shankhapushpi 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 benefits	Medhya (mental tonic).				
Classical Indications	Generalised weakness, Unmada (Insanity), Apasmara (Epilepsy), Hysteria, Murchha (Syncope), shiroruja (headache), mansika daurbalya (mental weakness), snayu daurbalya (ligamentary weakness), Anidra (Insomnia), glani (guilt).				
Contraindications if any	-				
Special precautions	-				
Others	Dose - 1-2 tola				

Name of formulation	61.17 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/English 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	61.18 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/English 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> Gaertn.		25 Nos
	5.	Sapistana			25 Nag
	6.	Hansa raja	<i>Adiantum 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 (Erysipelas), Vishphota (Blisters), kandu (itching), rashes, agnimandhya (digestive impairment).				
Contraindications if any	-				
Special precautions	-				
Others	Dose - 1-2 tola, BD				

Name of formulation	61.19 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/English 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				

Name of formulation	61.20 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/English 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	61.21 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/English 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 Cardamomum Maton.</i>	Fruit	3 Masha
	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	-				

62. Shashkuli

Name of formulation	62.1 Shashkuli				
Reference	Bha.Ni.11/125, Bho. Ku.Siddhanna Prakaran (Bhakshya vishesha)				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Samita	<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	-				

63. Madhushukta

Name of formulation	63.1 Madhushukta				
Reference	Abhi.Chi. 57/14-15, V.M or Si.Yo.Sa., Karnarogadhikar 59/26				
Category	Pana (drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Madhu	Honey		Qs
	2.	Jambira nimbu	<i>Citrus limon</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	-				

64. Tarpana

Name of formulation	64.1 Kharjuradi tarpana				
Reference	Ca.Chi.4/33				
Category	Pana (drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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>Emblica 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	64.2 Lajadi tarpana				
Reference	Ca.Chi.4/34-35				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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.

Name of formulation	64.3 Mudgadi tarpana				
Reference	Ga.Ni, Part-2, Kayachikitsa khand 17/28				
Category	Pana (Drinkables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Satin	<i>Cicer arietinum</i> L.	Seed	1 part
	2.	Mudga	<i>Phaseolus radiatus</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	64.4 Dadimadi tarpana				
Reference	Ga.Ni part 2, Kayachikitsa khand 17/28				
Category	Pana (Drinkables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Dadima	<i>Punica granatum</i> L.	Fruit	1 part
	2.	Amalaki	<i>Embllica officinalis</i> Gaertn.	Fruit	1 part
	3.	Mudga	<i>Phaseolus radiatus</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	Tarpana, laghu (light for digestion), Madhura (sweet in taste), snigdha				

benefits	(unctuous).
Classical Indications	Complications of Madatyaya (alcohol intoxication).
Contraindications if any	-
Special precautions	-
Others	-

Name of formulation	64.5 Drakshadi tarpana				
Reference	Ga.Ni part 2, Kayacikitsa khand 17/28				
Category	Pana (Drinkables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Draksha	<i>Vitis vinifera</i> L.	Fruit	1 part
	2.	Amalaki	<i>Embllica 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 radiatus</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	64.6 Laja tarpana					
Reference	A. Hri. Chi. 1/36					
Category	Pana (drinkable)					
Label claim	Health benefit					
Ingredients	S. No.	Name of the Ingredients		Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Laja sattu		Powder of roasted paddy grains		1 part
	2.	Jwara nasaka	Dadima	<i>Punica granatum</i> L.	Fruit	Qs

		phala rasa	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 sattv 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	-					

65. Udaka

Name of formulation	65.1 Ushnodaka				
Reference	Sha.Sam (M. Kha. 2/162)				
Category	Pana (drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Jala	Water		1 part
Method of preparation	Boil water and reduce it to 1/8 or ¼.				
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	65.2 Tandulodaka				
Reference	Bhai. Ra, Grahanirogadhikara, 8/32, V.M or Si.Yo.Sa., Grahani 4/20				
Category	Pana (Drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	65.3 Madhudaka				
Reference	Bhai. Ra. Trishnarogadhikara, 20/ 17				
Category	Pana (drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	65.4 Rudrakash jala				
Reference	Bhai. Ra, masurikarogadhikara, 59 / 4				
Category	Pana (drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	65.5 Vyushit jala				
Reference	Bhai. Ra, Masurikarogadhikara, 59/11				
Category	Pana (drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	65.6 Jalpana rasayana				
reference	Bhai. Ra, rasayanadhikara, 73/ 24.				
Category	Pana (drinkable)				
Label claim	Health benefit				
	S. No.	Name of the Ingredients	Botanical Name/English 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	65.7 Sharkarodaka				
Reference	Bha.Ni.12/128, Bho. Ku.				
Category	Pana (Drinkables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	65.8 Lavangadi jala				
Reference	Bri.Ni.Ra., ajirnadhikar, Pg.43				
Category	Pana (drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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 ingredients in water.				
Best use before	Within a day				
Properties/Health benefits	Katu (pungent), Kashaya (Astringent), sheeta (cold in potency), ruksha (dry).				
Classical Indications	Trishna (Thirst), Utklesh.				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	65.9 Dhanyodichya jala				
Reference	Cha.Da. 3/ 15				
Category	Pana (Drinkables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	65.10 Pachaka jala				
Reference	Ru.Ra, Shloka 90				
Category	Pana (Drinkables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount

	1.	Jala	Water		1 part
	2.	Chandana	<i>Santalum album</i> L.	Heartwood	Qs
	3.	Karpura	<i>Cinnamomum karpura</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	65.11 Pachanakari Nimbu jala				
Reference	Ru.Ra, Shloka 90				
Category	Pana (Drinkables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	65.12 Sthiradi toya				
Reference	Ca.Chi.16/114				
Category	Pana (drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	Pandu (Anaemia), Kamala (Jaundice).				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	65.13 Draksha jala				
Reference	Ca.Chi.16/114				
Category	Paana (drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	Pandu (Anaemia), Kamala (Jaundice).				
Contraindications if	-				

any	
Special precautions	-
Others	-

Name of formulation	65.14 Amalaki jala				
Reference	Ca.Chi.16/114				
Category	Paana (drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	Pandu (Anaemia), Kamala (Jaundice).				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	65.15 Utkranodaka				
Reference	Pa.Da, 1/ 65-69				
Category	Pana (drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	-

66. Vada

Name of formulation	66.1 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/English Name	Part Used	Ratio/Amount
	1.	Masha	<i>Phaseolus mungo</i> L. non Rosc. & auct.	Seed	1 part
	2.	Hingu	<i>Ferula asafoetida</i> 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	66.2 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/English	Part Used	Ratio/Amount

			Name		
	1.	Vadas		-	10 to 12 nos
	2.	Takra	Butter milk	-	3 glasses
	3.	Jiraka	<i>Cuminum cyminum</i> L.	Fruit	2 tsps
	4.	Lavana	Salt		Qs
	5.	Hingu	<i>Ferula asafoetida</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	66.3 Mappati				
Reference	Bho. Ku., Siddhanna prakaran (Bhakshya vishesha)				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Masha	<i>Phaseolus mungo</i> L. non Rosc. & auct.z	seed	2 cup
	2.	Grated Pumpkin	<i>Cucurbita pepo</i>	fruit	¾ cup
	3.	Ardra	<i>Zingiber officinale</i> Rosc.	rhizome	1tsp
	4.	Maricha	<i>Piper nigrum</i> L.	fruit	1tsp
	5.	Jiraka	<i>Cuminum cyminum</i> 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	66.4 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/English Name	Part Used	Ratio/Amount
	1.	Masha	<i>Phaseolus mungo</i> L. non Rosc. & auct.	Seed	1 cup
	2.	Grated Pumpkin	<i>Cucurbita pepo</i>	Fruit	1 cup
	3.	Ardraka	<i>Zingiber officinale</i> Rosc.	Rhizome	1tbsp
	4.	Maricha	<i>Piper nigrum</i> L.	Fruit	Qs
	5.	Jiraka	<i>Cuminum cyminum</i> L.	Fruit	1tsp
	6.	Saindhava lavana	Rock Salt		Qs
	7.	Methi	<i>Trigonella foenum-graecum</i> L.	Seed	1tsp
	8.	Jala	water		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	Alleviates pitta dosha and Rakta Dosha, laghu (light).				

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

Name of formulation	66.5 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/English Name	Part Used	Ratio/Amount
	1.	Wheat Flour	<i>Triticum aestivum</i> L.	Seed	1 cup
	2.	Mudga	<i>Phaseolus radiatus</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 asafoetida</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 preparation	Thoroughly mix all the ingredients and keep the mixture aside for 10 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	66.6 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/English Name	Part Used	Ratio/Amount
	1.	Wheat Flour	<i>Triticum aestivum</i> L.	Seed	1 cup
	2.	Mudga	<i>Phaseolus radiatus</i> L	Seed	1 cup
	3.	Masha	<i>Phaseolus mungo</i> 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	66.7 Bimbade				
Reference	Bho. Ku., Siddhanna prakaran (Bhakshya vishesha)				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S.	Name of the	Botanical	Part Used	Ratio/Amount

	No.	Ingredients	Name/English Name		
	1.	Marrow of Pumpkin	<i>Cucurbita pepo</i>	Fruit	3 cups
	2.	Jiraka	<i>Cuminum cyminum L.</i>	Fruit	1 tsp
	3.	Dalchini	<i>Cinnamomum Zeylanicum</i> Breyn. (Blume.	Stem bark	¼ tsp
	4.	Lavana	salt		Qs
	5.	Rice or Wheat Flour	<i>Oryza sativa L.</i>	Seed	½ cup
	6.	Ardra	<i>Zingiber officinale</i> Rosc.	Rhizome	½ tsp (paste)
	7.	Hingu	<i>Ferula asafoetida</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 Ardra. 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 Ardra, Cumin seeds, Asafoetida 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	66.8 Avalvade				
Reference	Bho. Ku., Siddhanna prakaran (Bhakshya vishesha)				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Tandula	<i>Oryza sativa L.</i>	Seed	1 cup
	2.	Amalaki	<i>Embllica</i>	Fruit	2

			<i>officinalis</i> Gaertn.		
	3.	Tila	<i>Sesamum indicum</i> L.	Seed	2 tsp
	4.	Lavana	Salt		Qs
	5.	Hingu	<i>Ferula asafoetida</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	66.9 Dahivade				
Reference	Bho. Ku., Siddhanna prakaran (Bhakshya vishesha)				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	66.10 Kohala vade				
Reference	Ayu.Ma, Pakvanna varga (15 th varga)				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	-				

Name of formulation	66.11 Kura vada
---------------------	-----------------

Reference	Ayu.Ma, Pakvanna varga (15 th varga), Bho. Ku., Siddhanna Prakaran (Bhakshya vishesha)				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Pishta	<i>Pistacia vera</i> L.	Fruit	Qs
	2.	Hingu	<i>Ferula asafoetida</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	66.12 Manda				
Reference	Bho. Ku. Siddhanna prakaran (Bhakshya vishesh)				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	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.				

67. Vataka

Name of formulation	67.1 Shushka vataka				
Reference	Bha.Ni.12/51				
Category	Ashita (Edibles)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Masha	<i>Phaseolus mungo</i> L.non Rosc. & auct.	Seed	1 part
	2.	Ardra	<i>Zingiber officinale</i> Rosc.	Rhizome	Qs
	3.	Haridra	<i>Curcuma longa</i> L.	Rhizome	Qs
	4.	Hingu	<i>Ferula asafoetida</i> Regel.	Oleo resin gum	Qs
	5.	Taila	Oil		Qs
Method of preparation	Prepare the Pishtika of Masha with Lavana, Ardra, 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	67.2 Kanjika vataka				
Reference	Bha.Ni.12/49				
Category	Ashita (Edibles)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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 asafoetida</i> Regel.	Oleo resin gum	Qs
	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	67.3 Amlika vataka				
Reference	Bha.Ni.12/52				
Category	Ashita (Edibles)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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 asafoetida</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	-

Name of formulation	67.4 Mudga vataka				
Reference	Bha.Ni.12/57, Ayu.Ma, Pakvanna varga (15 th varga)				
Category	Ashita (Edibles)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Mudga	<i>Phaseolus radiatus</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 asafoetida</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	67.5 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/English Name	Part Used	Ratio/Amount

	1.	Masha	<i>Phaseolus mungo</i> L.non Rosc. & auct.	Seed	1 part
	2.	Hingu	<i>Ferula asafoetida</i> <i>Regel.</i>	Oleo resin gum	Qs
	3.	Lavana	Salt		Qs
	4.	Ardraka	<i>Zingiber</i> <i>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	67.6 Mudga Ardraka vataka				
Reference	Bha.Ni.12/64				
Category	Ashita (Edibles)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Mudga	<i>Phaseolus radiatus</i> L.	Seed	1 part
	2.	Hingu	<i>Ferula asafoetida</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	67.7 Ajmodadya vataka				
Reference	Cha.Da. 25/50-55, V.M or Si.Yo.Sa, Amavatatadhikara 25/62-66				
Category	Ashita (Edibles)				
Label claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Ajmoda	<i>Trachyspermum roxburghianum</i> (DC.) Craib	Fruit	40 gm
	2.	Maricha	<i>Piper nigrum</i> L.	Fruit	40 gm
	3.	Pippali	<i>Piper longum</i> L.	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</i> L.	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</i> L.	Fruit	40 gm
	10.	Shunthi	<i>Zingiber officinale</i> Roxb	Rhizome	400gm
	11.	Vidhara	<i>Argyrea 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

Name of formulation	67.8 Dadhi shali vataka				
Reference	Ayu.Ma, Pakvanna varga (15 th varga)				
Category	Ashita (Edibles)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	67.9 Gholvataka				
Reference	Ru.Ra, Shloka 27				
Category	Ashita (Edibles)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Saindhava	Rock salt		Qs
	2.	Ardraka	<i>Zingiber officinale</i> Rosc.	Rhizome	Qs
	3.	Hingu	<i>Ferula asafoetida</i> Regel.	Oleo resin gum	Qs
	4.	Jiraka	<i>Cuminum</i>	Fruit	Qs

			<i>cuminum L.</i>		
	5.	Maricha	<i>Piper nigrum L.</i>	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	67.10 Chinchavataka				
Reference	Ru.Ra, Shloka 29				
Category	Ashita (Edibles)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Tila taila	<i>Sesamum indicum L.</i>		Qs
	2.	Chincha	<i>Tamarindus indica L.</i>	Fruit	Qs
	3.	Guda	Jaggery		Qs
	4.	Maricha	<i>Piper nigrum L.</i>	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	67.11 Rajika vataka
Reference	Ru.Ra, Shloka 30
Category	Ashita (Edibles)
Label claim	Health benefit

Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Rajika	<i>Brassica juncea</i> (L.) Czern. & Coss.	Seed	Qs
	2.	Hingu	<i>Ferula asafoetida</i> Regel.	Oleo resin gum	Qs
	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 (antihelmintic), udara roga (abdominal diseases).				
Classical Indications	Aruchi (Tastelessness), Agnimandhya (loss of appetite).				
Contraindications	-				
Special precautions	-				
Others					

Name of formulation	67.12 Amla vataka				
Reference	Ru.Ra, Shloka 31				
Category	Ashita (Edibles)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Jiraka	<i>Cuminum cyminum</i> L.	Fruit	Qs
	2.	Saindhava lavana	Rock salt	-	Qs
	3.	Dadhi	Curd	-	Qs
	4.	Maricha	<i>Piper nigrum</i> L.	Fruit	Qs
	5.	Ela	<i>Elettaria Cardamomum</i> Maton.	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 (Asafoetida), 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	67.13 Amalaki phala vataka				
Reference	Bho. Ku., Siddhanna prakaran (Bhakshya vishesha)				
Category	Ashita (Edibles)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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 asafoetida</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	67.14 Amlika vataka				
Reference	Bho. Ku., Siddhanna prakaran (Bhakshya vishesh)				
Category	Ashita (Edibles)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Masha	<i>Phaseolus mungo</i> L.non Rosc. & auct.	Seed	1 part
	2.	Hingu	<i>Ferula asafoetida</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	67.15 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/English 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	67.16 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/English Name	Part Used	Ratio/Amount
	1.	Kadali	<i>Musa Paradisiaca</i>	Flower	1 part

		kusum	/ Plantain flower		
	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	67.17 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/English 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 graecum</i> L.	Seed	Qs
	5.	Ardraka	<i>Zingiber officinale</i> Rosc.	Rhizome	Qs
	6.	Jiraka	<i>Cuminum yminum</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	67.18 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/English 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	67.19 Suranvataka				
Reference	Bho. Ku., siddhanna prakaran (bhakshya vishesh)				
Category	Ashita (Edibles)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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 asafoetida</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	67.20 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/English 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 asafoetida</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	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.				
Best use before	Within a day.				
Properties/Health benefits	-				
Classical Indications	-				
Contraindications	-				
Special precautions	-				

Others	-
--------	---

68. Vatika/Vati

Name of formulation	68.1 Karpura vatika				
Reference	Ayu.Ma, Pakvanna varga (15 th varga)				
Category	Ashita (Eatable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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), sthairyra 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	68.2 Kushmand vati				
Reference	Bha.Ni.11/64				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount

	1.	Masha	<i>Phaseolus mungo</i> L. Non Rosc. & auct.	Seed	Qs
	2.	Hingu	<i>Ferula asafoetida</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	68.3 Mudga vati				
Reference	Bha.Ni.11/17				
Category	Ashita (Etables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Mudga	<i>Phaseolus radiatus</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), ruchikaraka (imparts taste), laghu (light for digestion).				
Classical Indications	Daurbalya (Weakness), Aruchi (Tastelessness).				

Contraindications if any	-
Special precautions	-
Others	Anupana – Water

Name of formulation	68.4 Vesana vatika				
Reference	Bha.Ni.11/79, Ayu.Ma, Pakvanna varga (15 th varga)				
Category	Ashita (Etables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	68.5 Taila vatika				
Reference	Ayu.Ma, Pakvanna varga (15 th varga)				
Category	Ashita (Eatable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	68.6 Kurvati				
Reference	Ayu.Ma, Pakvanna varga (15 th varga)				
Category	Ashita (Eatable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	68.7 Cubukavati				
Reference	Bho. Ku., Siddhanna prakran (Bhakshya vishesha)				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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 is Vesana. Prepare the vada from Vesana and immerse in kvathika.
Best use before	Within a week.
Properties/Health benefits	Imparts taste, causes constipation, strengthening and nourishes the tissues.
Classical Indications	-
Contraindications if any	-
Special precautions	-
Others	-

69. 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	69.1 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/English 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	69.2 Udaramaya nashaka Vilepi				
Reference	Ga.Ni part 2, Kayachikitsa khand 32/139				
Category	Ashita (Eatables)				
Label Claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	-

70. 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	70.1 Yavagu				
Reference	Kai. Ni.,5/37				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	70.2 Vidangadi Yavagu				
Reference	Cha.Da. 7/ 9, Pg. 78, Ga.Ni Part 2, Kayachikitsa khand 6/22				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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 (Anthelminthic).				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	70.3 Shulaghni Yavagu				
Reference	Cha.Da. 26/42				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	70.4 Samangadi Yavagu
---------------------	-----------------------

Reference	Cha.Da. 64/36				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Samanga (lajjalu)	<i>Mimosa pudica</i> L.	Whole plant	¼ part
	2.	Dhataki pushpa	<i>Woodfordia Fruticosa</i> (L.) Kurz	Flower	¼ part
	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	70.5 Mocharasadi Yavagu				
Reference	Cha.Da.64/39, Ga.Ni, Triteeya khanda (Kaumartantra Balarogadhikar) 11/64				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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 Fruticosa</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	70.6 Pushkaramuladi Yavagu				
Reference	Ga.Ni, Part-2, Kayachikitsa khand 11/65				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Shuddha Hingu	<i>Ferula asafoetida</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	70.7 Vyaghradi Yavagu				
Reference	Cha.Da. 1/ 27				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	70.8 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/English 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	Oryza species	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	70.9 Chitrakadi Yavagu				
Reference	Yo.R. Ajirna Chikitsa, 104				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	70.10 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/English Name	Part Used	Ratio/Amount
	1.	Dashmula	Shalaparni	<i>Desmodium gangeticum</i> DC.	Whole plant	1/10 part
			Prishnaparni	<i>Uraria picta</i> Desv.	Whole plant	
			Brihati	<i>Solanum indicum</i> L.	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	
			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>	Root	1/10 part

			Hook. f.		
	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	70.11 Hingavadi Yavagu				
Reference	Yo.R.Hikka Chikitsa, Shloka 20				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/ Amount
	1.	Hingu	<i>Ferula asafoetida</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>	Root	1/5 part

			Hook. f.		
	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 Indications	Shwasa (Asthama), Hikka (Hiccup).				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	70.12 Mudgadi Yavagu				
Reference	Abhi. chi. 5/169-172				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Raktashali	<i>Oryza sativa</i> L.	Seed	1/7 part
	2.	Shashtik	<i>Oryza species</i>	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>Dolichos 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	70.13 Usheeradi Yavagu				
Reference	Abhi. Chi. 61/86				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Usheera	<i>Vetiveria Zizanioides</i> (L.) Nash.	Root	1/3 part
	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	70.14 Laghupanchmula Yavagu					
Reference	Bhai. Ra. Chardirogadhikara, 19/3.					
Category	Ashita (Eatables)					
Label claim	Health benefit					
Ingredients	S. No.	Name of the Ingredients		Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Laghupanchmula	Shalaparni	<i>Desmodium gangeticum</i> DC.	Whole plant	1/5 part
			Prishniparn	<i>Uraria picta</i>	Whole	1/5 part

			i	Desv.	e plant	
			Kantakari	<i>Solanum surattense</i> Burm.f.	Whol e plant	1/5 part
			Brihati	<i>Solanum indicum</i> L.	Whol e plant	1/5 part
			Gokshura	<i>Tribulus terrestris</i> L.	Whol e 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	70.15 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/English 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	Common preparation method of Yavagu.				

preparation	
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	70.16 Sarshapadi Yavagu				
Reference	A.S.Chi.5/136				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Sarshapa	<i>Brassica campestris</i> L.	Seed	1/8 part
	2.	Ganddeer	<i>Coleus forskohlii</i> Briq.	root	1/8 part
	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	70.17 Yavadi Yavagu				
Reference	A.S.Chi.7/70				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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>Emblica 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	70.18 Laghupanchamuladi yavagu					
Reference	A.S.Chi.11/5					
Category	Ashita (Eatables)					
Label claim	Health benefit					
Ingredients	S. No.	Name of the Ingredients		Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Laghu panchmula	Shalaparni	<i>Desmodium gangeticum</i> DC.	Whole plant	
			Prishniparni	<i>Uraria picta</i> Desy.	Whole plant	

		Kantakari	<i>Solanum surattense</i> Burm.f.	Whole plant	1/14 part
		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> Correa ex Rosc.	Fruit	1/14 part
5.	Patha		<i>Cissampelos pareira</i> L.	Root	1/14 part
6.	Hingu		<i>Ferula asafoetida</i> Regel.	Oleo resin gum	1/14 part
7.	Dhanyaka		<i>Coriandrum sativum</i> L.	Fruit	1/14 part
8.	Jiraka		<i>Cuminum cyminum</i> L.	Fruit	1/14 part
9.	Shati		<i>Hedychium spicatum</i> Ham.	Rhizome	1/14 part
10.	Palasha		<i>Butea monosperma</i> (Lam) Kuntze	Stem bark	1/14 part
11.	Hapusha		<i>Juniperus communis</i> L.	Fruit	1/14 part
12.	Yavani		<i>Trachyspermum ammi</i> (L.	Fruit	1/14 part
13.	Dadima		<i>Punica granatum</i> L.	Seed	1/14 part
14.	Tintidika		<i>Tamarindus indica</i> L.	Fruit	1/14 part

	15.	Vida lavana			Qs
	16.	Tandula	<i>Oryza sativa</i> L.	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	70.19 Madhukadi yavagu				
Reference	A.S.Chi.11/18				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Madhuka	<i>Madhuca indica</i> J.F.Gmel	Flower	1/5 part
	2.	Priyangu	<i>Callicarpa 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	70.20 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/English 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	70.21 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/English 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>Dolichos 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>	Leaf	1/7 part

			Lam		
	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	70.22 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/English Name	Part Used	Ratio/Amount
	1.	Kapikachhu	<i>Mucuna prurita</i> Hook.	Seed	1/7 part
	2.	Dhataki	<i>Woodfordia</i> <i>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	70.23 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/English 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> Medic	Seed	1/7 part
	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	70.24 Koshatakyadi Yavagu
Reference	A.S.U.40/52
Category	Ashita (Eatables)

Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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 punarnava	<i>Boerhavia diffusa</i> L.	Root	1/21 part
	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	Common preparation method of Yavagu.				

preparation	
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	70.25 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/English 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	70.26 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/English	Part Used	Ratio/Amount

			Name		
	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</i> <i>sylvestre</i> R. Br	leaves	1/20 part
	6.	Shalaparni	<i>Desmodium</i> <i>gangeticum</i> DC.	Whole plant	1/20 part
	7.	Prishniparni	<i>Uraria picta</i> Desv.	Whole plant	1/20 part
	8.	Kantakari	<i>Solanum</i> <i>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</i> <i>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> (Rosc.) Loud.	Heart wood	1/20 part
	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</i> <i>racemosus</i> Willd.	Bulbous root	1/20 part
	19.	Meda	<i>Polygonatum</i> <i>cirrhifolium</i> Royle	rhizome	1/20 part
	20.	Jivanti	<i>Leptadenia</i> <i>reticulata</i> W.& A	Root	1/20 part
	21.	Rishabhaka	<i>Microstylis</i> <i>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	70.27 Bilwadi Yavagu				
Reference	A.Hri.Chi.9/23				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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 (Diarrhoea)				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	70.28 Kapitthadi yavagu
Reference	A.Hri.Chi.9/24

Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Kapittha	<i>Feronia limonia</i> L.	Fruit	1/6 part
	2.	Kapikacchu	<i>Mucuna prurita</i> Hook.	seed	1/6 part
	3.	Bharangi	<i>Clerodendrum 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 (Diarrhoea).				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	70.29 Dadimadi Yavagu				
Reference	A.Hri.Chi. 9/24				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Dadima	<i>Punica granatum</i> L.),	Seed	1/5 part
	2.	Sanaya	<i>Crotalaria verrucosa</i> L.	leaves	1/5 part
	3.	Karpasa	<i>Gossypium herbaceum</i> L.	Root	1/5 part
	4.	Shalmali	<i>Bombax ceiba</i> L.	Stem bark	1/5 part

	5.	Kadali	<i>Musa paradisiaca</i> L.	Fruit	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	Tikta (bitter), Amla (sour), deepana (increases digestive fire), pachana (easy to digest).				
Classical Indications	Pakwatisar (Diarrhoea). .				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	70.30 Vidangadi Yavagu				
Reference	A Hri.Chi.20/25				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Vayavidanga	<i>Embelia ribes</i> Burm.f	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	70.31 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/English 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>Dolichos 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	70.32 Shulanashaka Yavagu				
Reference	Ca.Su 2/18				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	70.33 Pachani, Grahi Yavagu				
Reference	Ca.Su 2/19				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Kapittha	<i>Feronia limonia</i> L.	Fruit	¼ part
	2.	Bilva	<i>Aegle marmelos</i> Correa ex Rosc.	Fruit	¼ part
	3.	Changeri	<i>Oxalis corniculata</i> L.	Whole plant	¼ part
	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	70.34 Panchmula Yavagu
Reference	Ca.Su 2/19
Category	Ashita (Eatables)

Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	70.35 Pittakaphatisar Nashini Yavagu				
Reference	Ca.Su 2/20				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	70.36 Raktatisaraghani Yavagu				
Reference	Ca.Su. 2/21				
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	70.37 Amatisaranashaka Yavagu				
Reference	Ca.Su. 2/22				
Category	Ashita (Eatables)				
Label claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	70.38 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/English 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	70.39 Kriminashaka Yavagu				
Reference	Ca.Su. 2/23				
Category	Ashita (Eatables)				
Label claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	70.40 Pipasanashaka Yavagu				
Reference	Ca.Su. 2/24				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	70.41 Vishanashaka Yavagu				
Reference	Ca.Su. 2/24				
Category	Ashita (Eatables)				
Label claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	-				
Special precautions	-				
Others	-				

Name of formulation	70.42 Snehanakaraka Yavagu				
Reference	Ca.Su. 2/26				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	70.43 Rukshta Karaka Yavagu				
Reference	Ca.Su. 2/26				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Kush root	<i>Desmostachya bipinnata</i> Staph.	Root	½ part
	2.	Amalaki	<i>Embllica 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	70.44 Shwaskasa nashaka Yavagu				
Reference	Ca.Su. 2/27				
Category	Ashita (Eatables)				
Label claim	Disease risk reduction				
Ingredients	S.	Name of the Ingredients	Botanical	Part	Ratio/A

	No.		Name/English Name	Used	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	70.45 Rechaka Yavagu
Reference	Ca.Su. 2/28
Category	Ashita (Eatables)

Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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 benefits	Katu (pungent), snigdha (unctuous), guru (heavy to digest), rechaka (carminative).				
Classical Indications	-				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	70.46 Sangrahaka Yavagu				
Reference	Ca.Su.2/35				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Amra asthi	<i>Mangifera indica</i> L.	seed	¼ part
	2.	Dadittha	<i>Feronia limonia</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	-

Name of formulation	70.47 Bhedini Yavagu				
Reference	Ca.Su.2/29				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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 asafoetida</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	70.48 Vatanulomni Yavagu				
Reference	Ca.Su.2/29				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	70.49 Ghritvyapada Nashini Yavagu				
Reference	Ca.Su.2/30				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Takra	Buttermilk		16 part
	2.	Tandula	<i>Oryza sativa</i> 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	70.50 Tailvyapadnashini Yavagu				
Reference	Ca.Su.2/30				
Category	Ashita (Eatables)				
Label claim	Health benefit				

Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	70.51 Vishamjwarghni Yavagu				
Reference	Ca.Su. 2/31				
Category	Ashita (Eatables)				
Label claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Go-mamsa	Beaf		½ part
	2.	Dadima	<i>Punica granatum</i> L.	Seed	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	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	70.52 Kanthya Yavagu				
Reference	Ca.Su. 2/31				
Category	Ashita (Eatables)				

Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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>Emblica officinalis</i> Gaertn.	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	70.53 Shukravaha Strotas Shula Shamanartha Yavagu				
Reference	Ca.Su.2/32				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Tamrachuda	chicken		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), shukra margshula shaman.				
Classical Indications	-				
Contraindications if any	-				
Special precautions	-				

Others	-
--------	---

Name of formulation	70.54 Shunthayadi yavagu				
Reference	Ka.Khi. 4/79				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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 limonia</i> L.	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	70.55 Panchakola yavagu				
Reference	Ka.Khi. 4/79				
Category	Ashita (Eatables)				
Label claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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>	Stem	1/5 part

			Vahl.		
	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	70.56 Kriminashaka Yavagu				
Reference	Ka.Khi. 4/83				
Category	Ashita (Eatables)				
Label claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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-helmintic).				
Classical Indications	Gulma (Abdominal lump), Kasa (Cough), Grahini (Malabsorption syndrome). Kriminashaka (Antihelminthic).				
Contraindications if any	-				
Special precautions	-				

Others	-
--------	---

Name of formulation	70.57 Mridvikadi yavagu				
Reference	Ka.Khi. 4/84				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	-				
Special precautions	-				
Others	-				

Name of formulation	70.58 Vishanashaka yavagu				
Reference	Ka.Khi. 4/84				
Category	Ashita (Eatables)				
Label claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	70.59 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/English 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	-				

Name of formulation	70.60 Godhuma Saindhavadi yavagu				
Reference	Ka.Khi. 4/85				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	70.61 Tiladi yavagu				
Reference	Ka.Khi. 4/ 85				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	70.62 Amradi Yavagu				
Reference	Ka.Khi. 4/86				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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 limonia</i> L.	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	70.63 Madvinashini Yavagu				
Reference	Ka.Khi. 4/87				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	70.64 Putikaranjadi Yavagu				
Reference	Ka.Khi. 10/150				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S.	Name of the	Botanical	Part Used	Ratio/Amount

	No.	Ingredients	Name/English Name		
	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	70.65 Khadiradi Yavagu				
Reference	Su. Chi.10				
Category	Ashita (Eatables)				
Label claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	70.66 Atisarahara Yavagu				
Reference	Su.U.40/92				
Category	Ashita (Eatables)				
Label claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	70.67 Chhardihara Yavagu				
Reference	Su.U.49/32				
Category	Ashita (Eatables)				
Label claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	70.68 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/English 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>Embllica officinalis</i> Gaertn	Fruit	½ 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	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	70.69 Drakshadi yavagu				
Reference	Abhi.Chi 61/85				
Category	Ashita (Eatables)				
Label claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	70.70 Dashmula Yavagu				
Reference	Vd. Chi. 16/ 54, Ka.Khi. 4/85				
Category	Ashita (Eatables)				
Label claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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 suaveolens</i> DC	Stem bark	1/11 part
	6.	Agnimantha	<i>Clerodendrum 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 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	70.71 Pippali nagaradi yavagu				
Reference	Ca.Chi.14/92				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	70.72 Dashmuladi Yavagu
---------	-------------------------

formulation						
Reference	Ca.Chi.17/102					
Category	Ashita (Eatables)					
Label claim	Disease risk reduction					
Ingredients	S. No.	Name of the Ingredients		Botanical Name/English 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 indicum</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 indicum</i> Vent.	Stem 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 & H e m	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</i>	Gall	1/10 part

			<i>integerrima</i> Stewart ex Brandis.		
	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	70.73 Dhatakyadi yavagu				
Reference	Ca.Chi.4/46				
Category	Ashita (Eatables)				
Label claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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

	1.	Mudga	<i>Phaseolus radiatus</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	70.76 Harenuyadi Yavagu				
Reference	Ca.Chi.4/47				
Category	Ashita (Eatables)				
Label claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	70.77 Baladi Yavagu
Reference	Ca.Chi.4/47
Category	Ashita (Eatables)

Label claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	70.78 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/English 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 (Diarrhoea in Tuberculosis).				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	70.79 Pippalayadi Yavagu				
Reference	A.Hri.Chi. 1/30				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	70.80 Lajadi yavagu				
Reference	Vd.Chi. 15/ 26				
Category	Pana (Drinkable)				
Label claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Laja	Parched rice		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 radiatus</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	70.81 Gokshura kantakari yavagu				
Reference	Cha.Da.1/ 24				
Category	Pana (Drinkables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	Oryza species	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 intercostal neuralgia), Shirahshulanashaka (relieves headache), Bastishulanashaka (relieves urinary ailments).				
Contraindications if any	-				
Special precautions	-				
Others	-				

Index

Sl. No.	Aahara Kalpana	Name of Recipes and References		
071	Yusha	71.1	Yusha	Kai. Ni.5/62-68
		71.2	Vatavinashana Yusha	Cha.Da. 22/78
		71.3	Panchamushtik Yusha	Ga.Ni part 2, Kayachikitsa khand 406 pg. 103-104
		71.4	Hikka shwasanashak Yusha yoga	Ga.Ni part 2, Kayachikitsakhand11/70
		71.5	Kulatthadi Yusha	Ga.Ni part 2, Kayachikitsa khand 23/32 , Yo.R.Shula chi. , shloka-27
		71.6	Udararoga nashaka Yusha	Ga.Ni part 2, Kayachikitsa khand 32/56
		71.7	Navanga Yusha	Cha.Da. 11/21, Ga.Ni part 2, Kayachikitsakhand 10/41, Yo.R.Kasa chi., shloka-42
		71.8	Mudga Lajadi Yusha	Vd. Chi15/23
		71.9	Saptamushtika Yusha	Yo.R.jwara chi., shloka-36, Sha.Sam(M. Kha. 2/157-158
		71.10	Shadanga Yusha	Yo.R.Atisara chi., Shloka 120- 123
		71.11	Dwitiya shadanga Yusha	Yo.R.Atisara chi, shloka-4
		71.12	Kasamardakadi Yusha	Yo.R.Hikka, shloka-21
		71.13	Lajadi Yusha	Yo.R.Chhardi chi , shloka 21
		71.14	Yavadi Yusha	Abhi. chi.61 /169-172
		71.15	Mudga Amalaki Yusha	Bhai. Ra, chardirogadhikara, 19/ 3
		71.16	Tarpanartha Yusha	Bhai. Ra, madhatyarogadhikara, 22/2-3.
		71.17	Mudga Yusha	A.S.Su 7/48, A. Hri. Su. 6/33
		71.18	Kulattha Yusha	A.S.Su 7/48, A.H.Su 6/33
		71.19	Masha Yusha	A.S.Su 7/49
		71.20	Mudga Kantakaryadi Yusha	A.S.Chi.5/136
		71.21	Mudga Shigruvadi Yusha	A.S.Chi.6/22
		71.22	Nimbadi Yusha	A.S.Chi.6/23
		71.23	Kantakaryadi Yusha	A.S.Chi.6/23
		71.24	Chitrakadi Yusha	A.S.Chi.6/25
		71.25	Jwaranashaka Yusha	A.Hri.Chi. 1/74
		71.26	Chanasya Yusha (The Yusha prepared from black gram)	Bho. Ku., Siddhanna prakran (bhakshya vishesha)
		71.27	Masura Yusha	Bho. Ku., Siddhanna prakran (bhakshya vishesha)

	71.28	Rajshali Yusha	Pa.Da 6/15-27
	71.29	ShaliYusha	Pa.Da 6/1-14
	71.30	Mudga Kulatthadi Yusha	A.S.Chi.1/105
	71.31	Chitraka Yusha	Ka. khi.4 shloka 20
	71.32	MulakaYusha	Ka. khi.4, shloka 22
	71.33	Panchakola Yusha	Ka. khi.4, shloka 20
	71.34	Phala Yusha	Ka. khi.4, shloka 21
	71.35	Pushpa Yusha	Ka. khi.4, shloka 21
	71.36	Patra-Yusha	Ka. khi.4, shloka 21
	71.37	Valka-Yusha	Ka. khi.4, shloka 21
	71.38	PallavaYusha	Ka. khi.4, shloka 21
	71.39	Punarnavadi Yusha	Ka. khi.4, shloka 21
	71.40	MahaYusha	Ka. khi.4, shloka 21
	71.41	MulakaYusha(saghritha)	Ka. khi.4, shloka 21
	71.42	Shaliparnyadi Yusha	Ka.Khi. 11/118
	71.43	Shadanga Yusha	V.M or Si.Yo.S, Rajayakshmadhikara 10/2,3
	71.44	Kantakaryadi Yusha	Ga.Ni part 2, Kayachikitsakhand 10/99
	71.45	Grajanakadi KhadaYusha	Ca.Chi.14/202
	71.46	Changeri Khada Yusha	Ca.Chi.14/202
	71.47	Nyagrodha KhadaYusha	Ca.Chi.14/203
	71.48	Shushkamulaka Yusha	Ca.Chi.14/93
	71.49	Mamsa kulathadi Yusha	Ca.Chi.14/93
	71.50	Mamsa kapithadi Yusha	Ca.Chi.14/92
	71.51	Kulattha makushtaka Yusha	Ca.Chi.14/93
	71.52	Matulungadi Yusha	Ca.Chi.17/97
	71.53	Mudga Shigru beejadi Yusha	Ca.Chi.17/98
	71.54	Kasmarda patra Yusha	Ca.Chi.17/99
	71.55	ShobhanjanaYusha	Ca.Chi.17/99
	71.56	Shushka mulaka mudgadi Yusha	Ca.Chi.17/99
	71.57	Mudga Brihati Yusha	Ca.Chi.17/100
	71.58	Patola-Nimba Yusha	Su.su.46/ 370
	71.59	Amlvetasadi KhadaYusha	Ca.Chi.8/129
	71.60	Arjunadi KhadaYusha	Ca.Chi.8/129
	71.61	Jambupatra KhadaYusha	Ca.Chi.8/129
	71.62	Mranali patradi KhadYusha	Ca.Chi.8/129
	71.63	Krishnagandha KhadaYusha	Ca.Chi.8/129
	71.64	Shriparni KhadaYusha	Ca.Chi.8/129
	71.65	Madyanti KhadaYusha	Ca.Chi.8/129
	71.66	Yuthika KhadaYusha	Ca.Chi.8/129
	71.67	Dhatakipatra KhadaYusha	Ca.Chi.8/130
	71.68	Kashmaryadi Yusha	Ca.Chi.14/202
	71.69	Kulattha chanakadi Yusha	A.Hri.Chi. 1/71

072	Miscellaneous	71.70	Shigravadi Yusha	A.Hri. Chi 4/20
		71.71	Nimbadi Yusha	A.Hri. Chi 4/21
		71.72	Kantakaryadi Yusha	A.Hri. Chi 4/21
		71.73	Amritadi Yusha	A.Hri. Chi 4/22
		72.1	Kadaliphala yoga	Bri. Ni.Ra, Ajirnadhikar, pg-11
		72.2	Avantika and chandrika	Bho. Ku. Siddhanna prakran (bhakshya vishesha)
		72.3	Gharika	Bho. Ku. Siddhanna prakran (bhakshya vishesha)
		72.4	Kevalanna	Bho. Ku. Siddhanna prakran (bhakshya vishesha)
		72.5	Samyava	Bho. Ku. Siddhanna prakran (bhakshya vishesha)
		72.6	Shankarapala	Bho. Ku. Siddhanna prakran (bhakshya vishesha)
		72.7	Sharkarodari	Bho. Ku. Siddhanna prakran (bhakshya vishesha)
		72.8	Sudhapara	Bho. Ku. Siddhanna prakran (bhakshya vishesha)
		72.9	Sundatrika	Bho. Ku. Siddhanna prakran (bhakshya vishesha)
		72.10	Katika	Bho. Ku. Siddhanna prakran (bhakshya vishesha)
		72.11	Vedika	Ksh. Ku.,10/ 82
		72.12	Bhaimi	Ksh. Ku.10/86
		72.13	Chandrasahsa	Ksh. Ku., 10 / 87
		72.14	Annapaka	Pa.Da, 1/ 57-62
		72.15	Drakshadi yoga	Yo.R.mutrakruchha chi.-22
		72.16	Narikeladi yoga	Yo.R.mutrakruchha chi.-23
		72.17	Nagaradi yoga	Bhai.Ra, 32/ 11
		72.18	Guda deepyaka yoga	Bhai.Ra, , 55/4
		72.19	Garbhaposhaka yoga	Bhai.Ra, , 68/34
		72.20	kolasthiyoga	Bri. Ni.Ra., ajirnadhikar, pg.11
		72.21	Kadaliphala yoga	Bri. Ni.Ra., ajirnadhikar, pg.11
		72.22	Nimbursa yoga	Bri. Ni.Ra., krimirogadhikar, pg.39
		72.23	Mashadiyoga	Ga.Ni. Tritiya khanda Shalakyatantra Shirorogadhikar 1/20 pg. 14
		72.24	Masha Supa Yoga	Ga.Ni. Tritiy khanda Kaumartantra Balarogadhikar 11/108
		72.25	Gudadi yoga	Vd. Chi-vol-2, chap. 34, sheetapitta prakaranam
		72.26	Shukta shringyadi yoga	Vd. Chi-vol-2, chap. 42, Madatyaya, roga prakaranm

	72.27	Chagadugdha yoga	Vd. Chi18/ 41
	72.28	Raktapittashamaka yoga	V.M or Si.Yo.Sa, Raktapittadhikara 9/25
	72.29	Pittajakasahara Yoga	V.M or Si.Yo.Sa, Kasadhikara 11/7, Vrindhmadhava or Siddhyog, Kasadhikar 11/8
	72.30	Arochakahar yoga	V.M or Si.Yo.Sa, Arochakadhikar 14/12
	72.31	Chhardihar yoga	V.M or Si.Yo.Sa, Chhardi adhikara 15/9
	72.32	Vajikara Masha Yoga	Su. Chi.26/29
	72.33	Nagaradi yoga	Ca.Chi.12/27
	72.34	Dadimadi rasa kalpana	Ka.Sa. madatyaya chikitsa
	72.35	Yavadi yoga	A.Hri. Chi. 3/77
	72.36	Karanjadi yoga	Ca.Chi.14/98
	72.37	Asita Kulattha Rasa	Pa.Da 1/168-169
	72.38	Sheeta Kulattha Ras	Pa.Da 1/165-167
	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 th 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 th varga)
	72.46	Masha pishtaka phenika	Ayu.Ma, pakvanna varga (15 th varga)

71. 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	71.1 Yusha				
Reference	Kai. Ni.5/62-68				
Category	Pana (Drinkable)				
Label claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	71.2 Vatavinashana Yusha				
Reference	Cha.Da. 22/78				
Category	Pana (Drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	71.3 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/English 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>Dolichos biflorus</i> L.	Seed	1 Pala
	4.	Mudga	<i>Phaseolus radiatus</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 (Asthma), Kshaya (Pthisis), Jwara (Fever).				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	71.4 Hikka shwasa nashaka Yusha yoga				
Reference	Ga.Ni part 2, Kayachikitsa khand 11/70				
Category	Pana (Drinkable)				
Label claim	Disease risk reduction				
Ingredients	S.	Name of the	Botanical	Part Used	Ratio/Amount

	No.	Ingredients	Name/English Name		
	1.	Kasamarda	<i>Cassia occidentalis</i> L.	Fruit	1/3 part
	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	71.5 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/English Name	Part Used	Ratio/Amount
	1.	Saindhava Lavana		Rock Salt		Qs
	2.	Vyosha	Shunthi	<i>Zingiber officinalis</i> Rosc	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>Dolichos biflorus</i> L.	Seed	
	5.	Hingu		<i>Ferula asafoetida</i> Regel	Oleo gum resin	Qs
	6.	Sauvarchala		Salt		Qs

		Lavana			
	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	71.6 Udararoga nashaka Yusha				
Reference	Ga.Ni part 2, Kayachikitsa khand 32/56				
Category	Pana (Drinkable)				
Label claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	71.7 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/English	Part Used	Ratio/Amount

			Name		
	1.	Mudga	<i>Phaseolus radiatus</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>Embllica 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	71.8 Mudga lajadi Yusha				
Reference	Vd. Chi.15/23				
Category	Pana (Drinkable)				
Label claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Mudga	<i>Phaseolus radiatus</i> L.	Seed	1 part
	2.	Laja	<i>Oryza sativa</i> L.		

	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	-				

Name of formulation	71.9 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/English 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 radiatus</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	71.10 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/English 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 sativum</i> L.	Fruit	½ part
	5.	Jiraka	<i>Cuminum cyminum</i> L.	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	71.11 Dwitiya shadangaYusha				
Reference	Yo.R.Atisara chi, shloka-4				
Category	Pana (Drinkable)				
Label claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Bilwa	<i>Aegle marmelos</i> <i>Correa ex Rosc.</i>	Stem bark	1/6 part
	2.	Dhanyaka	<i>Coriandrum sativum</i> L.	Fruit	1/6 part
	3.	Jiraka	<i>Cuminum cyminum</i> L.	Fruit	1/6 part
	4.	Patha	<i>Cissampelos</i>	Stem bark	1/6 part

			<i>Pareira L.</i>		
	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	71.12 Kasamardakadi Yusha				
Reference	Yo.R.Hikka, shloka-21				
Category	Pana (Drinkable)				
Label claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Kasamarda patra	<i>Cassia occidentalis L.</i>	Leaves	1/3 part
	2.	Shigru	<i>Moringa oleifera Lam</i>	Leaves or fruits	1/3 part
	3.	Shushka mulaka	<i>Raphanus sativus L.</i>	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	71.13 Lajadi Yusha				
Reference	Yo.R.Chhardi chi , shloka.-21				
Category	Pana (Drinkable)				
Label claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Laja	<i>Oryza sativa</i> L.	Puffed seeds	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 radiatus</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	71.14 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/English 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>	Seed	

			L. non Rosc. & auct.		
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 phlomidis</i> L.	Stem bark	1/7 part
8.	Shyonaka		<i>Oroxylum indicum</i> Vent.	Stem bark	1/7 part
9.	Patala		<i>Stereospermum suaveolens</i> DC	Stem bark	1/7 part
10.	Gambhari		<i>Gmelina arbora</i> Roxb	Stem bark	1/7 part
11.	Jiraka		<i>Cuminum cyminum</i> L.	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	71.15 Mudga Amalaki Yusha
---------------------	---------------------------

Reference	Bhai. Ra, chardirogadhikara, 19/ 3.				
Category	Pana (Drinkable)				
Label claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Mudga	<i>Phaseolus radiatus</i> L.	Seed	1
	2.	Amalaki	<i>Embllica officinalis</i> Gaertn	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	71.16 Tarpanartha Yusha				
reference	Bhai. Ra, madhatyarogadhikara, 22/2-3.				
Category	Pana (Drinkable)				
Label claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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>Embllica 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</i>	Fruit	1/5 part

			<i>asiatica</i> (L.)		
	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	71.17 MudgaYusha				
Reference	A.S.Su 7/48, A. Hri. Su. 6/33				
Category	Pana (Drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Mudga	<i>Phaseolus radiatus</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	71.18 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/English Name	Part Used	Ratio/Amount

			Name		
	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	71.19 Masha Yusha				
Reference	A.S.Su 7/49				
Category	Pana (Drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	71.20 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/English 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 Asafoetida (Regel)	Oleo resin gum	qs
	4.	Saindhava	Rock Salt		qs
	5.	Amalaki	<i>Emblica 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	71.21 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/English 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.				

			Name		
	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	71.24 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/English 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>Pistacia integrifolia</i>	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	71.25 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/English Name	Part Used	Ratio/Amount
	1.	Mudga	<i>Phaseolus radiatus</i> L.	Seed	1/5 part
	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	71.26 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/English	Part Used	Ratio/Amount

			Name		
	1.	Chanasya Yusha	<i>Cicer arietinum</i> L.	Whole plant	1 part
	2.	Hingu	<i>Ferula asafoetida</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	71.27 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/English Name	Part Used	Ratio/Amount
	1.	Masura	<i>Lens culinaris</i> Medic	Seed	1 part
	2.	Hingu	<i>Ferula asafoetida</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	71.28 Raja shali Yusha				
Reference	Pa.Da, 6/15-27				
Category	Pana (Drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Raja shali	Oryza species	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.	Ardra	<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	<i>Callophyllum innophyllum</i>	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	71.29 Shali Yusha				
Reference	Pa.Da, 6/1-14				
Category	Pana (Drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Shali	<i>Oryza sativa</i>	Seed	

			L.		
	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 cuminum</i> L.	Fruit	
	12.	Narangi pushpa	<i>Citrus reticulata</i> Blanco)	Flowers	
	13.	Shallaki phala	<i>Boswellia serrata</i> Rosc.	Fruit	
	14.	Patali pushpa		Flowers	
	15.	Karvira pushpa	<i>Nerium indicum</i> Mill	Flowers	
	16.	Mulaka	<i>Raphanus sativus</i> L.	Root	
	17.	Kana	<i>Piper longum</i> L.	Fruit	
	18.	Amra pushpa	<i>Mangifera indica</i> L.)	Flowers	
	19.	Puga pushpa	<i>Areca catechu</i> L.	Flowers	
	20.	Kasturi	Musk		
	21.	Kumbhi phala	<i>Carea arborea</i> Roxb	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 (<i>Nerium indicum</i> 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	-				

Name of formulation	71.30 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/English Name	Part Used	Ratio/Amount
	1.	Kulattha	<i>Dolichos 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 radiatus</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	71.31 Chitraka Yusha				
Reference	Ka. khi.4/20				
Category	Pana (Drinkable)				
Label claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	71.32 MulakaYusha				
Reference	Ka. khi.4/22				
Category	Pana (Drinkable)				
Label claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	71.33 Panchakola Yusha				
Reference	Ka. khi.4/20				
Category	Pana (Drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Shati	<i>Hedychium spicatum</i> Ham. ex Smith	Rhizome	1/5 part
	2.	Karkatshringi	<i>Pistacia integerrima</i> Stewart ex Brandis	Gall	1/5 part
	3.	Bilva	<i>Aegle marmelos</i> Correa ex Rosc.	Fruit	1/5 part
	4.	Ajshringi / Gudamar	<i>Gymnema 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	71.34 Phala Yusha				
Reference	Ka. khi.4/ 21				
Category	Pana (Drinkable)				
Label claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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 limonia</i> L.	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	71.35 Pushpa Yusha				
Reference	Ka. khi.4/ 21				
Category	Pana (Drinkable)				
Label claim	Disease risk Reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	<i>Crotalaria</i> sp.		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	71.36 Patra-Yusha				
Reference	Ka. khi.4/ 21				
Category	Pana (Drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	71.37 Valka Yusha				
Reference	Ka. khi.4/21				
Category	Pana (Drinkable)				
Label claim	Disease risk Reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Dadima	<i>Punica granatum</i> L.	Stem bark	¼ part
	2.	Amratoka	<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	71.38 Pallava Yusha				
Reference	Ka. khi.4/21				
Category	Pana (Drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	71.39 Punarnavadi Yusha
---------------------	-------------------------

Reference	Ka. khi.4/21				
Category	Pana (Drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Punarnava	<i>Boerrhavia 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	71.40 MahaYusha				
Reference	Ka. khi.4/ 21				
Category	Pana (Drinkable)				
Label claim	Disease risk Reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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</i>	Fruit	1/22 part

			<i>sativum</i> L.		
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	1/22 part
		Maricha	<i>Piper nigrum</i> L.	Whole plant	
		Pippali	<i>Piper longum</i>	Fruit	

			L.		
	25.	Shimbi dhanya	lentils	Seed	1 part
	26.	Jala	Water		16 parts
Method of preparation	Cook Deepaniya panchmula, fruits of the Madhura group of ingredients, 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	71.41 MulakaYusha (saghritha)				
Reference	Ka. khi.4/ 21				
Category	Pana (Drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	71.42 Shaliparnyadi Yusha				
Reference	Ka.Khi. 11/118.				
Category	Pana (drinkable)				
Label claim	Disease risk Reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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 radiatus</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 benefits	Madhura (sweet in taste), ushna (hot in potency), snigdha (unctuous).				
Classical Indications	Fever associated with diarrhoea.				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	71.43 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/English 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	71.44 Kantakaryadi 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/English 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	71.45 Grajanakadi KhadaYusha				
Reference	Ca.Chi.14/202				
Category	Pana (drinkable)				
Label claim	Disease risk Reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	71.46 Changeri KhadaYusha				
Reference	Ca.Chi.14/202				
Category	Pana (drinkable)				
Label claim	Disease risk Reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	71.47 Nyagrodha KhadaYusha				
Reference	Ca.Chi.14/203				
Category	Pana (drinkable)				
Label claim	Disease risk Reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	71.48 Shushkamulaka Yusha				
Reference	Ca.Chi.14/93				
Category	Pana (drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	Madhura (sweet in taste), katu (pungent), ushna (hot in potency).				

benefits	
Classical Indications	Pathya of Arshas (Wholesome in Piles).
Contraindications if any	-
Special precautions	-
Others	-

Name of formulation	71.49 Mamsa kulathadi Yusha				
Reference	Ca.Chi.14/93				
Category	Pana (drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	71.50 Mamsa kapitthadi Yusha				
Reference	Ca.Chi.14/92				
Category	Pana (drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Daditha (kapittha)	<i>Feronia limonia</i> L.	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	71.51 Kulattha makushtaka Yusha				
Reference	Ca.Chi.14/93				
Category	Pana (drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	71.52 Matulungadi Yusha				
Reference	Ca.Chi.17/97				
Category	Pana (drinkable)				
Label claim	Disease risk Reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English	Part Used	Ratio/Amount

			Name		
	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 radiatus</i> L.	Seed	1part
	9.	Jala	Water		16 parts
Method of preparation	First Boil the leaves of all ingredients 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	71.53 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/English Name	Part Used	Ratio/Amount
	1.	Mudga	<i>Phaseolus radiatus</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	71.54 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/English Name	Part Used	Ratio/Amount
	1.	Mudga	<i>Phaseolus radiatus</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 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 ingredients 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	71.55 ShobhanjanaYusha				
Reference	Ca.Chi.17/99				
Category	Pana (drinkable)				
Label claim	Disease risk Reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Mudga	<i>Phaseolus radiatus</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 ingredients 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	71.56 Shushka mulaka mudgadi Yusha				
Reference	Ca.Chi.17/99				
Category	Pana (drinkable)				
Label claim	Disease risk Reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Mudga	<i>Phaseolus radiatus</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 ingredients 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	71.57 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/English Name	Part used	Ratio/Amount
	1.	Mudga	<i>Phaseolus radiatus</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	71.58 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/English 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	71.59 Amlavetasadi KhadaYusha				
Reference	Ca.Chi.8/129				
Category	Pana (drinkable)				
Label claim	Disease risk Reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount

	1.	Amlvetasa	<i>Garcinia pedunculata</i> Rosc.	Fruit	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	71.60 Arjunadi KhadaYusha				
Reference	Ca.Chi.8/129				
Category	Pana (Drinkable)				
Label claim	Disease risk Reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Arjuna patra	<i>Terminalia arjuna</i> W&A.	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 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	71.61 Jambupatra KhadaYusha				
Reference	Ca.Chi.8/129				
Category	Pana (Drinkable)				
Label claim	Disease risk Reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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 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	71.62 Mranali patradi Khada Yusha
Reference	Ca.Chi.8/129
Category	Pana (Drinkable)
Label claim	Disease risk Reduction

Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Mranalipatra	Vitevaria zizanoides	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	71.63 Krishnagandha KhadaYusha				
Reference	Ca.Chi.8/129				
Category	Pana (Drinkable)				
Label claim	Disease risk Reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Krishnagandha	Moringa oliefera	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 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	71.64 Shriparni KhadaYusha				
Reference	Ca.Chi.8/129				
Category	Pana (Drinkable)				
Label claim	Disease risk Reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Shriparni	<i>Gmelina arborea</i> Roxb	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	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	71.65 Madyanti KhadaYusha				
Reference	Ca.Chi.8/129				
Category	Pana (Drinkable)				
Label claim	Disease risk Reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	71.66 Yuthika KhadaYusha				
Reference	Ca.Chi.8/129				
Category	Pana (Drinkable)				
Label claim	Disease risk Reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Yuthika	Jasminum oleander	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	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	71.67 Dhatakipatra KhadaYusha				
Reference	Ca.Chi.8/130				
Category	Pana (Drinkable)				
Label claim	Disease risk Reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	71.68 Kashmaryadi Yusha				
Reference	Ca.Chi.14/202				
Category	Pana (Drinkable)				
Label claim	Disease risk Reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	71.69 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/English 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	71.70 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/English 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 radiatus</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	71.71 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/English Name	Part Used	Ratio/Amount
	1.	Nimba	<i>Azadirachta</i>	Stem bark	¼ part

			<i>indica</i> A. Juss		
	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 radiatus</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	71.72 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/English 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 radiatus</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	71.73 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/English 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 radiatus</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	-				

72. Miscellaneous

Name of formulation	72.1 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/English 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	72.2 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/English Name	Part Used	Ratio/Amount
	1.	Masha	<i>Phaseolus mungo</i> L. non Rosc. & auct.	Seed	1 part
	2.	Mudga	<i>Phaseolus radiatus</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	72.3 Gharika				
Reference	Bho. Ku. Siddhanna prakrana (bhakshya vishesha)				
Category	Ashita (Eatable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	72.4 Kevalanna
Reference	Bho. Ku. Siddhanna prakran (bhakshya vishesha)
Category	Ashita (Eatable)
Label claim	Health benefit

Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	72.5 Samyava				
Reference	Bho. Ku. Siddhanna prakran (bhakshya vishesha)				
Category	Ashita (Eatable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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>Buchnanania 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	72.6 Shankarapala				
Reference	Bho. Ku. Siddhanna prakran (bhakshya vishesha)				
Category	Ashita (Eatable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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>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	72.7 Sharkarodari				
Reference	Bho. Ku. Siddhanna prakran (bhakshya vishesha)				
Category	Ashita (Eatable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	72.8 Sudhapara
Reference	Bho. Ku. Siddhanna prakran (bhakshya vishesha)

Category	Ashita (Eatable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Samita rava /suji	Triticum aestivum L.	Seed	1 part
	2.	Kharbura rava			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	72.9 Sundatrika				
Reference	Bho. Ku. Siddhanna prakran (bhakshya vishesha)				
Category	Ashita (Eatable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Taila	Oil	-	Qs
	2.	Ghrita	Ghee	-	Qs
	3.	Godhuma	Triticum aestivum 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	72.10 Katika				
Reference	Bho. Ku. Siddhanna prakran (bhakshya vishesha)				
Category	Ashita (Eatable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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 asafoetida</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	72.11 Vedika				
Reference	Ksh. Ku.,10 /82				
Category	Ashita (Eatable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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 asafoetida</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	72.12 Bhaimi				
Reference	Ksh. Ku. 10/86				
Category	Ashita (Eatable)				
Label claim	Health benefit				
Ingredients	S.	Name of the	Botanical	Part Used	Ratio/Amount

	No.	Ingredients	Name/English Name		
	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.	Ardra	<i>Zingiber officinale</i> Rosc.	Rhizome	Qs
	5.	Dalchini	<i>Cinnamomum Zeylanicum</i> Breyn. (Blume.	Stem bark	Qs
	6.	Sharkara	Sugar	-	Qs
Method of preparation	Knead wheat flour with excess ghee and fill it with Narikela, Mridvika, Ardra, 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	72.13 Chandrahasa				
Reference	Ksh. Ku., 10/ 87				
Category	Ashita (eatable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	72.14 Annapaka				
Reference	Pa.Da, 1/ 57-62				
Category	Ashita (Eatable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	72.15 Drakshadi yoga				
Reference	Yo.R.mutrakruchha chi.-22				
Category	Ashita (Eatable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	72.16 Narikeladi yoga				
Reference	Yo.R.mutrakruchha chi.-23				
Category	Ashita (Eatable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	72.17 Nagaradi yoga				
reference	Bhai.Ra, 32/11				
Category	Ashita (eatable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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</i>	-	1 pala

			<i>officinarum</i> L.		
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				

Name of formulation	72.18 Guda deepyaka yoga				
reference	Bhai.Ra, 55/4				
Category	Ashita (eatable)				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	72.19 Garbhaposhaka yoga				
reference	Bhai.Ra, 68/34.				
Category	Pana (drinkable)				
Label claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Ksheer	Milk		1 part
	2.	Shunthi	<i>Zingiber</i>	Rhizome	Qs

			<i>officinale</i> Roxb		
	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	72.20 Kolasthiyoga				
Reference	Bri. Ni.Ra., ajirnadhikar, pg.11				
Category	Lidha (lickable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	72.21 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/English 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	72.22 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/English 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	72.23 Mashadiyoga				
Reference	Ga.Ni. Tritoia khanda Shalakyatantra Shirorogadhikar 1/20				
Category	Pana (Drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Masha	<i>Phaseolus mungo</i> L. non Rosc. &	Seed	1 part

			auct.		
	2.	Mudga	<i>Phaseolus radiatus</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	72.24 Masha Supa Yoga				
Reference	Ga.Ni. Tiritiy khanda Kaumartantra Balarogadhikar 11/108				
Category	Pana (Drinkables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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 ingredients. Then you give Masha Yusha in dry Cough of Children.				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	72.25 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/English 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	-				
Special precautions	-				
Others					

Name of formulation	72.26 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/English 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	Mix fine powder of Shukta, Sauvarchala Lavana, Karkatshringi,					

preparation	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	72.27 Chagadugdha yoga				
Reference	Vd. Chi. 18/ 41				
Category	Pana (drinkable)				
Label claim	Disease risk reduction				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	72.28 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/English Name	Part Used	Ratio/Amount
	1.	Vastuka beeja	<i>Chenopodium album</i> L.	Seed	1 part
	2.	Tanduliyaka	<i>Amaranthus</i>	Seed	1 part

		beeja	<i>spinosus</i> L.		
	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	72.29 Pittaja kasahara yoga				
Reference	V.M or Si.Yo.Sa, Kasadhikara 11/7, Vrindhmadhava or Siddhayoga, Kasadhikar 11/8.				
Category	Lidha (lickable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Draksha	<i>Vitis vinifera</i> L.	Fruit	1 part
	2.	Madhuka	<i>Madhuca 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	72.30 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/English 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	72.31 Chhardihara yoga				
Reference	V.M or Si.Yo.Sa, Chhardi adhikara 15/9.				
Category	Pana (drinkable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Mudga	<i>Phaseolus radiatus</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	72.32 Vajikara Masha Yoga				
Reference	Su. Chi.26/29				
Category	Ashita (eatable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	72.33 Nagaradi yoga				
Reference	Ca.Chi.12/27				
Category	Ashita (Eatable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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 aama 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	72.34 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/English 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	72.35 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/English	Part Used	Ratio/Amount

			Name		
	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	72.36 Karanjadi yoga				
Reference	Ca.Chi.14/98				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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 sattv	<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	72.37 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/English 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 asafoetida</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	72.38 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/English Name	Part Used	Ratio/Amount
	1.	Kulathha	<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 asafoetida</i> Regel.	Oleo resin gum	Qs
	5.	Saindhava lavana	Rock salt		Qs
Method of preparation	Extract juice from Kulathha (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), Kshutkrita (Loss of appetite), Hridya (Cardiotonic).				
Contraindications if any	-				
Special precautions	-				
Others	-				

Name of formulation	72.39 Gaudika				
Reference	Sho. Ni.shloka 981				
Category	Ashita (Eatable)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	72.40 Tapahari				
Reference	Bho. Ku. Siddhanna prakran (bhakshya vishesha)				
Category	Ashita (Eatables)				

Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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 asafoetida</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.				

Name of formulation	72.41 Tapahari (satandula)				
Reference	Bha.Ni.11/11				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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 asafoetida</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	71.42 Vedhnika				
Reference	Ayu.Ma, pakvanna varga (15 th varga)				
Category	Ashita (Eatables)				
Label claim	Health benefit				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Masha pishta	<i>Phaseolus mungo</i> L. non Rosc. & auct.	Seed	1 part
	2.	Mudga pishta	<i>Phaseolus radiatus</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	71.43 Vishyandana					
Reference	Kai. Ni.5/145-147					
Category	Pana (Drinkables)					
Ingredients	S. No.	Name of the Ingredients		Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Dugdha		Milk		1 part
	2.	Dahi		Curd		1 part
	3.	Raktashali		Oryza species	Seed	Qs
	4.	Tila		Sesamum indicum L	Seed	Qs
	5.	Priyala		Buchnanian lanzan Spreng.	Fruit	Qs
	6.	Panasa		Artocarpus heterophyllus Lamk.	Fruit	Qs
	7.	Abjabeeja			Seed	Qs
	8.	Sarpi		Ghee		1 part
	9.	Sharkara		Sugar		Qs
	10.	Trikatu	Shunthi	Zingiber officinale Roxb	Qs	Qs
			Maricha	Piper nigrum L.	Fruit	Qs
			Pippali	Piper longum L.	Fruit	Qs
	11.	Karpura		Cinnamomum karpura (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	71.44 Phenika				
Reference	Bha.Ni.11/17				
Category	Ashita (Eatable)				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English 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	71.45 Godhuma Phenika				
Reference	Bho. Ku. Siddhanna prakran (bhakshya vishesha), Ayu.Ma, pakvanna varga (15 th varga)				
Category	Ashita (Eatable)				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	1.	Godhuma	<i>Triticum</i>	Seed	1 part

			<i>aestivum</i> L.		
	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	71.46 Masha pishtaka phenika				
Reference	Ayu.Ma, pakvanna varga (15 th varga)				
Category	Ashita (Eatable)				
Ingredients	S. No.	Name of the Ingredients	Botanical Name/English Name	Part Used	Ratio/Amount
	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	-				

