

AYURVEDIC NUTRITION: LIQUID FOODS

ASHTANGA HRIDAYA WITH DOCTOR
REKHA



Dr. Rekha Radhamony B.A.M.S



TOYAVARGA (WATER GROUP)

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BENEFITS OF GANGAMBU (RAINWATER)

Jeevanam tarpanam hridyam
hladi budhiprabodhanam | tanu
avyakta rasam mrishtam
sheetam lakhu amrutopamam |
gangambu nabahso brashtam
sprishtam tu arkendu marutai: |
hita ahitatwe tad bhooyo
deshakala avapekshate | |

The rainwater falling from the sky has the following benefits:

- Jeevanam = enlivening
- Tarpanam = satiating
- Hridya = good for the heart
- Hladi = giving joy
- Buddhi prabodhanam = stimulates the intellect
- Tanu = Thin
- Avyaktarasa = imperceptible taste
- Sheeta = cold potency
- Laghu = light to digest
- Amrutopama = like nectar

However, the qualities also depend upon the place of rain



TEST FOR QUALITY OF RAINWATER

- In a silver vessel boil rice with rainwater. The rice should will not get too moist or change its colour if the rainwater is pure.
- The properties described above are of rainwater collected in a clean vessel directly, soon after the start of rain. It should be consumed within a few hours as it loses its properties with time. With the increasing industrialization and pollution, the rainwater has lost its qualities nowadays. Hence, may not be good to consume anymore. 😊



AINDRAMAMBU (RAINWATER)

- Rainwater collected in a clean vessel, which has not changed its colour, taste or odor should be used for drinking always.
- In its absence, the water of the earth, which resembles rainwater in all its qualities, collected from a clean vast place that has black or white soil, which is exposed to sunlight and breeze is fit for drinking

SEA WATER

- Sea water should not be consumed except in the month of Ashwayuja (Autumn - September-October)
- It is said that during Ashvayuja there will be the appearance of Agastya nakshatra (the star Canopus) which is said to remove the poisonous properties of water on earth, hence one can use other kinds of water for drinking during this month.
- Do not attempt this 😊

CONTAMINATED WATER (DUSHTAJALA)

- Water which is dirty, mixed with mud, algae, weeds and leaves, which is not exposed to sunlight and wind, which is a mixture of old and fresh, which is thick, not easily digestible, frothy, containing worms, hot (by potency)
- Water that cause tingling of teeth by being very cold
- Rainwater which is non-seasonal
- Rainwater from the first rain of the season (before the appearance of Agastya Nakshatra, that is contaminated with the webs, saliva, urine, faces of spider etc., and other poisonous materials is not fit for drinking



WHAT HAPPENS IF YOU USE CONTAMINATED WATER FOR DRINKING OR BATHING?

trishna ananho udara jwaran
kuryat |

- Excessive thirst
- Bloating
- Ascitis
- Fever

BENEFITS OF RIVER WATER



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- Water from the rivers which flow into the western ocean (Arabian sea) that is sweet, and which has pure water (uncontaminated) is good for health
- Water from the rivers flowing into eastern ocean is not ideal for consumption
- Water flowing from the rivers originating from the Himalayas & Malaya mountains is good for health. If the water is stagnated, then it is unfit for drinking. This may give rise to filariasis, intestinal parasites, diseases of heart, throat and the head may occur
- Water from the rivers Prachya (gauda), Avanti (malwa) & Aparnata (konkana), Mahendra mountains, Sahya, Vindhya, are unfit for drinking and may cause diseases.
- Pariyatra – arising from the western part of Vindhya mountains (central India) are beneficial to the body
- During rainy season, rainwater is the best for consumption & river water the worst 😊

WHO SHOULD DRINK LESS QUANTITY OF WATER?

na ambu peyam ashaktyam va
swalpam alpagni gunmibhi:
pandu udara atisara arso
grahani roga sophibhi: |

If one has the following conditions, water should be consumed in less quantity

- Poor digestion
- Tumours of abdomen
- Anaemia
- Ascitis
- Diarrhoea
- Haemorrhoids
- Diseases of the duodenum
- Edema

In the above conditions, one can drink water if thirsty.

However, all healthy persons should drink less water except in the months of autumn & summer

EFFECT OF DRINKING WATER & FOOD

Sama sthoola krisha bhukta
mathya antha pradhama ambu
pa: |

- Drinking water between meals is good for the health and helps to keep a normal body weight
- Drinking water before meals lead to weight loss
- Drinking water after meals lead to weight gain

BENEFITS OF ROOM TEMPERATURE WATER (SHEETAM AMBU)

sheetam madatyaya glani
moorcha chardi shrama
bhraman | trishna ushna daha
pitta asra vishani ambu
niyachhati | |

Drinking normal room temperature water is beneficial in the following conditions:

- Madatyaya = alcoholic intoxication
- Glani = exhaustion
- Murcha = fainting
- Chardi = vomiting
- Shrama = debility (fatigue)
- Bhrama = giddiness
- Trushna = excessive thirst
- Ushna = heat (of the sun)
- Pittasra = bleeding disorders
- Visha = poison

QUALITIES OF HOT WATER (USHNAJALA)

deepanam pachanam kantyam
laku ushnam vasti shodhanam
|

The qualities of hot water are the following:

- Deepanam = stimulates hunger
- Pachanam = helps digestion
- Kantyam = good for the throat
- Laghu = easily to digest
- Vasti shodhanam = cleanses the urinary bladder

CONDITIONS WHERE DRINKING HOT WATER IS BENEFICIAL

hidhma adhmana anila
shleshma sadya shuddhi nava
jware | kasa ama peenasa
swasa parswarukshu cha
shasyate ||

- Hiccup
- Flatulence
- Aggravation of vata
- Aggravation of kapha
- Someone who has just done purificatory treatments
- Fever
- Cough
- Indigestion
- Rhinitis
- Asthma
- Body pain

BENEFITS OF WATER BOILED & COOLED DOWN TO ROOM TEMPERATURE

Anabhishtyandi laghu cha toyam
kwathet sheetalam |

- Water that is first boiled and then cooled is good for health.
- It does not clog the channels (anabhishtyandi)
- Light to digest (laghu)
- Good for pitta conditions



WATER KEPT OVERNIGHT

- Unfit for drinking
- Increases tridosha



QUALITIES OF COCONUT WATER

Qualities of tender coconut water are the following:

- Quenches thirst
- Reduces pitta
- Reduces vata
- Promotes digestion
- Cleansing the urinary bladder

TENDER COCONUT WATER BENEFITS

Nalikerodakam snigdham swadu
vrishyam himam laghu |

The benefits of drinking tender coconut water are the following:

- Unctuous
- Sweet taste
- Aphrodisiac
- Cooling
- Easy to digest



MILK & MILK PRODUCTS (KSHEERA VARGA)

GENERAL QUALITIES OF MILK

swadu paka rasam snigdham
ojasyam dhatu vardhanam |
vata pitta haram vrishyam
shleshmalam guru sheetalam ||

- Swadupaka rasam = sweet post-digestive taste
- Snigdham = unctuous
- Ojovardhanam = increases Ojas
- Dhatuvardhanam = nourishes and increases body tissues
- Vata pitta haram = mitigates vata and pitta
- Vrushyam = aphrodisiac
- Shleshmalam = increases kapha
- Guru = heavy to digest
- Sheetalam = cold potency

BENEFITS OF COW'S MILK

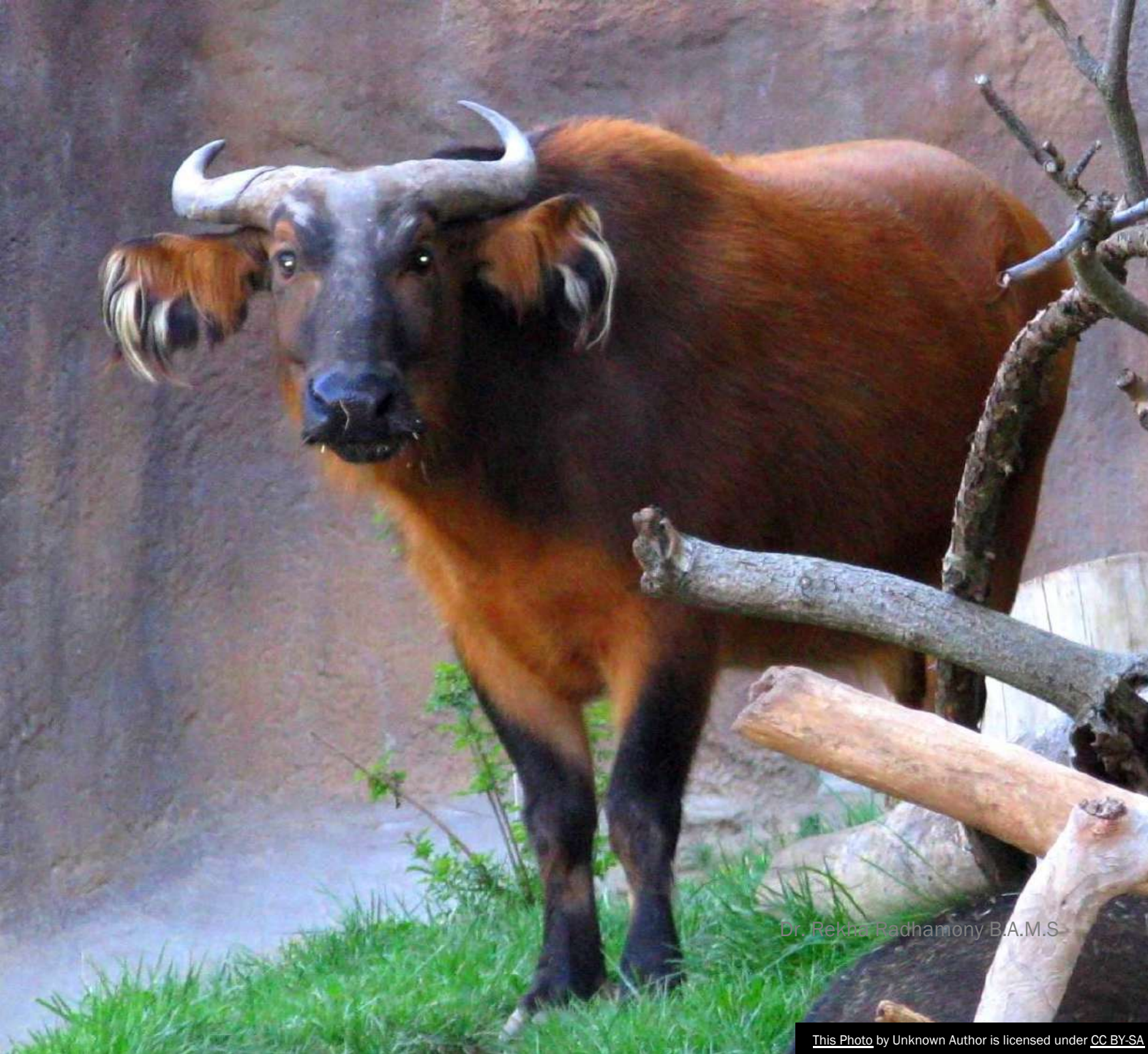
atra gavyam tu rasayanam
kshataksheena hitam medhyam
balyam stanyakaram saram | |

- Jeevaneeyam = promotes long life
- Rasayanam = anti aging
- Kshataksheena hitam – good for those emaciated after chest injury
- Medhyam – increases intelligence
- Balyam – strengthening
- Stanyakaram – promotes breast milk production
- Saram = laxative action

BENEFITS OF COW'S MILK IN DISEASE CONDITIONS

Shrama bhrama mada alakshmi
shwasa kasadi trit kshudha: |
jeernajwaram mutrakrichram
rakta pittam cha nashayet

- Exhaustion
- Giddiness
- Intoxication
- Alakshmi - In-auspiciousness
- Dyspnea
- Cough
- Severe thirst and hunger
- Chronic fever
- Dysuria
- Bleeding disorders



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BUFFALO MILK BENEFITS (MAHISHA KSHEERAM)

- Great for people with good digestion
- Who suffer from insomnia
- Cooling

hitam atyagni anidrebhyo:
gariyo mahisham himam |



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GOAT MILK BENEFITS (AJA KSHEERAM)

Goat drinks more water & always active, eats grass which is katu (spicy) and tikta (bitter). Hence goat milk is light to digest

Great remedy for the following conditions

- Emaciation
- Fever
- Asthma
- Bleeding disorders
- Diarrhoea

Atyambupana vyayama katu tiktaashanair laghu |
ajam shosha jwara swasa rakta pitta atisarajit ||



QUALITIES OF CAMEL MILK (OSHTRA KSHEERA)

Properties of camel milk are the following

- Dry
- Hot
- Salty
- Promotes hunger
- Light

Eeshad ruksho ushna lavanam
oushtrikam deepanam laghu |

BENEFITS OF CAMEL MILK

shastam vata kapha anaha krimi
sopha udara arshasam ||

- Vata disorders
- Kapha disorders
- Relieves worms, parasites infestation
- Edema
- Ascities
- Haemorrhoids



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BREAST MILK

- Breast milk is beneficial for the eyes
- For diseases of the eye due to Vata, Pitta & Rakta
- Injury to the eyes

Breast milk can be used as eye drops in various eye diseases. It is used in treatments like tarpana of the eyes (holding breast milk in the eyes) and ashotana (dhara with breast milk) and also for Nasya

Manusham vata pittasrik abhighata akshi rogajit | tarapanair ashotanair nasyair ||



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SHEEP MILK

- Not good for the heart
- Hot
- Increases pitta
- Increases kapha
- Relieves the following conditions
 - Vatavyadhi
 - Hiccup
 - Dyspnea

Ahridyam tu ushnam aavikam |
vatavyadhi haram hidhma shwasa pitta
kapha pradam ||



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ELEPHANT MILK BENEFITS

- Elephant milk imparts strength to the body
- Hastinya: sthairyakrit ||



MILK OF ONE-HOOFED ANIMALS (ZEBRAS, HORSES, DONKEYS)

- Hot
- Useful in vata disorders
- Slightly sour & salty
- Causes laziness

UNCOOKED MILK

Payo abhishyandi guru amam
yuktya shritamato anyadha |
bhavet gariyo atishritam dhara
ushna amritopamam

- Clogging of channels
- Heavy to digest
- Causes ama
- Yuktya sritam amritopamam = if boiled well, equal to nectar, otherwise poison
- Milk drawn directly from the nipple and served into the mouth is equal to nectar (if the cow is healthy 😊)

CURD

Amlapakarasam grahi guru
ushnam dadhi vatajit meda
shukla bala sheshma pitta rakta
agni sophakrit | rochishnu
shastam aruchou sheetake
vishamajware | peenase
mutrakrichre cha rooksham tu
grahani gade | |

- Sour taste
- Post-digestive taste is also sour
- Constipating
- Heavy to digest
- Hot
- Reduces vata
- Increases fat
- Increases semen production
- Increases kapha
- Helps improve strength of the body
- Helps improve the strength of digestion
- Useful in conditions like edema, bleeding disorders, anorexia



HOW TO USE CURD?

- Curd should not be eaten at nights
- Curd should not be made hot
- Curd should not be taken along with green gram soup
- Curd should only be used mixed with honey, ghee, sugar or amla
- It should not be taken daily
- If used daily, it may cause/worsen fever, bleeding disorders, skin diseases, anemia and dizziness.



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TAKRA (FAT-LESS BUTTERMILK) - PROPERTIES

- Light to digest
- Has sour & astringent tastes
- Improves strength of digestion
- Balances Kapha and Vata

- Takram laghu kashaya amlam
deepanam kapha vata jit |

BENEFITS OF TAKRA

sopha udara arsho grahani
dosha mutra graha aruchi |
gulma pleeha ghrita vyapat gara
pandu amayan jayet |

- Edema
- Ascites
- Hemorrhoids
- IBS
- Urine infection
- Dysuria
- Anorexia
- Splenomegaly
- Bloating
- Ghritavyapat = indigestion caused by excess consumption of ghee
- Poisoning
- Anemia



MASTU (WATERY PART OF CURD)

- Similar to buttermilk
- Promotes movement of fluids inside the body
- Cleanses the channels of the body
- Relieves constipation
- Easy to digest

mastu saram srota shodhi vishtambha
jit laghu ||

NEW BUTTER (NAVANEETA)

Navaneetam navam vrishyam
sheetam varna bala agni krit |
samgrahi vata pittasrik kshaya
arsho arddita kasajit |
kseerodbhavam tu samgrahi
rakta pitta akshiroga jit |

- Aphrodisiac
- Coolant
- Improves skin complexion
- Improves strength
- Improves strength of digestion
- Constipating
- Balances Vata, Pitta
- Detoxifies blood
- Chronic respiratory disorders leading to emaciation
- Hemorrhoids
- Paralysis
- Cough

GHEE (GHRITA)

Shastam dheer smriti medhagni bala
ayu shukla chakshusham | bala
vridhha prajakanta soukumarya
swaraardhinaam | kshata kheena
pareesarpa pitta sastra agni
glapitatmanam | vata pitta visha
unmada sosha alakshmi jwarapaham
| snehanam uttam sheetam vayasa:
sthapanam ghritam | sahasraveeryam
vidhibhi: shritam karma sahasrakrit |
mada apasmara moorchaaya shira:
karna akshi yonijaan | puranam jayati
vyadheen vranashodhana ropanam
||

- Ghee is ideal for improving intellect, memory, retaining power, strength of the body, longevity, fertility, voice quality, and for eye health
- Good for old and young alike, emaciated and for one wishes to have more offspring
- Ghee is good for those suffering from emaciation as a result of injury to lungs, Parisarpa (herpes), injury from weapons, and fire, disorders of Vata and Pitta origin, poison, insanity, suffering from inauspicious activity (witchcraft, etc.) and fevers



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GHEE

- Best of all oils
- Cooling
- Anti-ageing
- Capable of giving a thousand good effects by thousand ways of processing

- Snehnam uttamam sheetam vayasa: sthapanam param |



PURANA GHRITA (OLD GHEE)

- Useful in the following conditions
- Intoxication
- Epilepsy
- Fainting
- Diseases of the head, ear, eye and female reproductive system.
- Old ghee cleanses and heals wounds

TYPES OF MILK PREPARATIONS

- Kilata (solid substance obtained by heating curd)
 - Piyusha (Colostrum of cow until it becomes thin – up to 3 days old)
 - Kurchika (solid substance obtained by heating buttermilk)
 - Morata (sour, thin liquid part left after heating buttermilk)
- These are strengthening, increase the semen, sleep and Kapha, causes constipation, heavy to digest, and aggravates the Doshas

THE BEST & THE WORST MILK

- Cow's milk is the best
- Sheep milk is the worst



IKSHU VARGA

(SUGARCANE JUICE & ITS PRODUCTS)

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IKSHURASA (SUGARCANE JUICE)

- Laxative
- Heavy to digest
- Unctuous
- Brimhana – nutritive, improves weight
- Increases kapha
- Increases urine volume
- Aphrodisiac
- Cooling
- Useful in bleeding disorders
- Taste & post-digestive taste is sweet

SUGARCANE

- The tip of shoots of sugarcane has salt taste.
- If the roots, shoots and worm-infested parts of the cane is crushed together, the juice gets mixed with dirty material. It leads to burning sensation, indigestion and constipation

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HALF COOKED MOLASSES - (PHANITAM)

- Heavy to digest
- Blocks the channels
- Causes mild increase of Tridosha
- Cleanses the urine by increasing its quantity



JAGGERY/ MOLASSES (GUDAM)

- Does not increase kapha to a large extent
- Increases the volume of faeces and urine
- If not purified or prepared well, may cause intestinal parasites, kapha disorders, and can affect tissues like fat, blood, muscles & bone marrow !
- Old jaggery is good for consumption, great for the heart
- New jaggery increases kapha and causes indigestion



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BROWN SUGAR (MATSYANDIKA), ETC.

- Brown sugar (matsyandika) < Khanda (sugar candy) < Sita (white crystalline sugar)
- Aphrodisiac
- Good for the emaciated, wounded and in bleeding disorders
- Good in conditions of aggravated vata



YASA SARKARA

- All types of sugars are useful in burning sensation, thirst, vomiting, fainting and bleeding diseases
- Among the products of sugarcane juice, sugar (sita) is the best and Phanita (half cooked molasses) is the least



MADHU (HONEY)

- Good for the eyes (vision)
- Breaks up hard masses (chedi)
- Relieves thirst
- Balances Kapha

CONDITIONS IN WHICH HONEY IS USEFUL?

- Toxicity
- Hiccup
- Bleeding conditions
- Diabetes
- Urinary tract diseases
- Skin diseases
- Worm infestation
- Vomiting
- Chronic respiratory diseases, cough, cold
- Diarrhea
- Cleanses wounds
- Heals wound quickly
- Increases Vata
- Dry
- Astringent and sweet

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HEATING HONEY

Ushnam ushnaram ushne sa
yuktam cha ushnair nihanthi tat
||

- Crystallized honey – Madhu Sarkara is similar to honey in properties
- Honey can kill you, if used after heating it, by those suffering from great heat, used during hot season, hot country or with hot foods
- But honey does not cause any harm when used warm for producing vomiting or for administration of Niruha (decoction enema) because it comes out of the body before it undergoes digestion

A glass bowl filled with yellow oil, surrounded by sesame seeds and a woven basket.

TAILA VARGA

OILS

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OILS

- Oils are generally like their source (oil seed). Sesame oil is the most important among all oils.



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SESAME OIL

- Cleanses and detoxifies skin
- Good for the eyes
- Pierces into deep tissues
- Hot
- Balances Kapha
- Useful for both obese and emaciated people.
- Useful to relieve constipation & worm infestation
- When it is processed with other herbs, it is very beneficial in various diseases



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CASTOR OIL BENEFITS

- Bitter, pungent and sweet in taste
- Laxative
- Hard to digest
- Useful in enlargement of the scrotum (hernia), abdominal tumors, diseases caused by vata and kapha, ascites, intermittent fevers, pain and swelling of the waist, genitals, abdomen and back
- Capable of penetrating deep
- Hot in potency
- Bad smell
- Oil of red variety of castor seeds is still more penetrating, hot in potency and sticky and has a bad smell



MUSTARD OIL (SARSHAPA TAILA)

- Pungent
- Hot in potency
- Penetrating deep
- Reduces kapha, semen and vata
- Easy to digest
- Causes bleeding diseases, rashes on the skin, skin diseases, hemorrhoids, ulcers, and worms (bacteria etc).

AKSHA TAILA (OIL OF VIBHITAKI)

- Aksa Taila – oil obtained from seeds of Vibhitaki is sweet, cold in potency good for the hair, hard to digest, mitigates Pitta and Vata





NEEM OIL

- Neem oil – is not very hot (slightly hot) in potency, bitter, anti microbial, useful in skin diseases and mitigates Kapha

LINSEED OIL & SAFFLOWER OIL (UMA KUSUMBHA TAILA)

- Taila of uma & kusumbha are hot in potency, produces disease of the skin, aggravate kapha and pitta

VASA (MUSCLE FAT), MAJJA (BONE MARROW), FAT

- Mitigates vata
- Increases strength
- Increases Kapha, Pitta
- Similar in properties to the meat of animals from which this is obtained

A hand holding a wine glass filled with red wine against a cloudy sky background. The glass is tilted, and the wine is swirling. The text 'MADYA VARGA' is overlaid in white, bold, uppercase letters across the middle of the glass. Below it, a thin white horizontal line spans the width of the glass, and the word 'WINES' is written in white, uppercase letters below the line.

MADYA VARGA

WINES

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MADYA

- All madya stimulates digestion
- Improves taste
- Teekshna – sharp, penetrates deep
- Ushna – hot
- Give satisfaction and nourishment
- Slightly sweet, bitter and pungent in taste, slightly astringent
- Sour in taste and at the end of digestion
- Laxative
- Improves voice
- Improves health, talent, colour and complexion
- Easy to digest



NOTE ABOUT MADYA

- Beneficial to those having loss of sleep or excess sleep for both lean and stout persons
- It is non- viscid, capable of entering through minute pores and cleansing them, mitigates Vata and Kapha, all these if used judiciously; but used otherwise, they act like poison

WINE

Fresh & old wine

- Fresh wine is hard to digest
- Increases all doshas
- Old wine decreases all doshas

Who should not drink wine?

- Wine should not be consumed hot
- It should not be consumed by a person undergoing Virechana (purgation) panchakarma therapy
- It should be avoided by a hungry person
- Wines which are very strong or very weak, which are very clear (like water) or very turbid and those which are spoilt, should not be used

BEER (SURA)

- Sura is useful in abdominal tumors, enlargement of the abdomen, hemorrhoids, duodenal diseases
- Sura is lubricating, hard to digest, mitigates Vata, causes increase of fat, blood, milk, urine and kapha
- Sura is prepared by fermenting a mixture of water, flour of rice, jaggery etc., somewhat like the beer of the present day

VIBHITAKA SURA

- Sura prepared from Vibhitaka is not very intoxicating, is easy to digest, good for health; not so harmful, (as other wines), useful in wounds, anemia, and leprosy and other skin diseases

BARLEY BEER (YAVA SURA)

- Causes constipation, difficult to digest, dry, aggravates all 3 doshas

FERMENTED DECOCTIONS (ARISHTA)

- Possess properties of the materials from which it is prepared
- Most intoxicating of all alcoholic beverages
- Useful in disease of the duodenum, anemia, skin diseases, hemorrhoids, dropsy, enlargement of the abdomen, fever, abdominal tumors, worms (intestinal parasites) and disorders of the spleen; is astringent, pungent and aggravates Vata

ASAVA (FERMENTED INFUSION)

- Asava prepared by using tubers, roots, fruits etc, is similar to shukta.
- Asava prepared by using Sandaki (balls of fried paddy mixed with spices, dried in sun and then deep fried in oil) and by other materials which have turned sour by lapse of time are appetizers and easy to digest.



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WINE FROM GRAPES (MARDWIKA)

- Scraping (lekhanam)
- Good for the heart
- Not very hot
- Sweet
- Laxative
- Increases pitta and vata slightly
- Useful in anemia, diabetes, hemorrhoids and intestinal parasites

WINE FROM DATES (KHARJURA)

- Inferior to the wine made from grapes
- Increases vata
- Hard to digest



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WINE MADE FROM SUGAR (SHARKARA)

- This wine is sweet smelling, sweet in taste, good for the heart, not very intoxicating and easy to digest.

WINE MADE FROM MOLASSES (GOUDA)

- Gouda prepared by using molasses increases volume of urine, feces and flatus, is nourishing and increasing hunger

WINE FROM SUGARCANE JUICE (SEEDHU)

- Sidhu (prepared from fermenting sugarcane juice) aggravates vata and pitta
- Decreases lubrication and diseases of kapha, obesity, dropsy, enlargement of the abdomen and hemorrhoids
- Wine made by cooking sugarcane juice is best

WINE PREPARED FROM HONEY (MADHVASVA)

- Breaks up hard masses (of Kapha etc)
- Penetrates deep
- Useful in diabetes, chronic nasal catarrh and cough

WINE MADE FROM TUBERS (SHUKTAM)

- Sukta (wine prepared from roots and tubers) increases the moisture of blood, pitta and kapha, expels vata in downward direction, very hot in potency, is penetrating, causes dryness, sour taste, good for the heart, increases taste (appetite), is Sara – promotes bowel movements (laxative), enhances hunger, is cold to touch, useful in anemia, diseases of the eye and worms.
- Sukta prepared by using jaggery, sugarcane, honey and grapes are easy to digest in their successive order.



DHANYAMLA

- This is a liquor prepared by fermenting the water in which rice and such other grains, pulses etc. have been slightly cooked or merely washed
- This is purgative, penetrating, hot in potency, aggravates pitta
- Cold to touch, relieves fatigue and exhaustion, increases appetite and hunger, useful in pain of the urinary bladder, ideal for use as Asthapana (decoction enema), good for the heart, easy to digest, balances vata and kapha
- Sauviraka and Tushodaka also possess similar properties, useful in worms, heart disease, abdominal tumor, hemorrhoids and anemia. These are prepared from de-husked barley and and barley-with-husk
- Shukta – fermented gruel, Dhanyamla, Sauviraka, Tushodaka etc. were in use since ancient times. But now a days beer, brandy etc. and such alcoholic beverages have replaced them

A black and white cow stands in a lush green field filled with yellow dandelions. The cow is facing left, and its body is covered in large black patches on a white background. The background shows a line of trees and a sky with scattered white and grey clouds. The text 'MUTRA VARGA' is overlaid in white, bold, sans-serif font across the middle of the cow's body.

MUTRA VARGA

URINE

URINE

- Urine of cow, goat, sheep, buffalo, elephant, horse, camel and donkey
- Easy to digest
- Hot
- Pungent taste, salt as secondary taste
- Sharp, penetrating
- Dry
- Aggravates pitta
- Useful in worms, dropsy, abdominal enlargement, flatulence, colic, anemia, aggravation of Kapha and Vata, abdominal tumors, loss of taste, poisoning, leukoderma, skin diseases and piles, and are easy to digest.



Q+A