

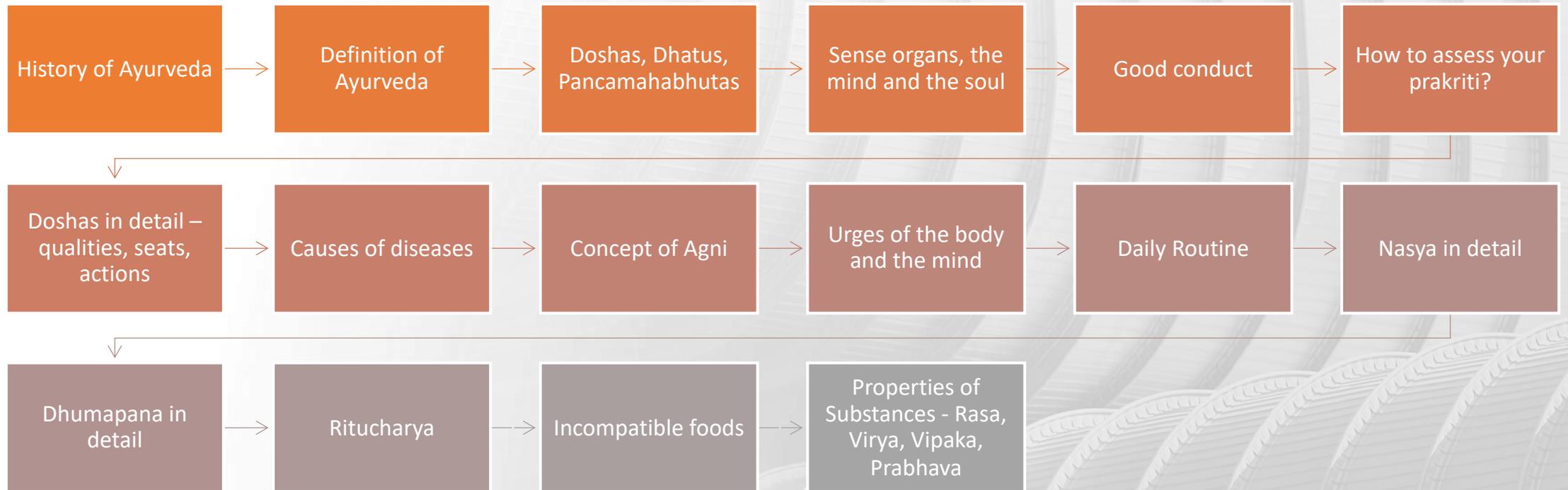


Caraka Samhita – Class 5

Dr. Rekha Radhamony



What we learned so far?





Dr. Rekha Radhamony

What are we going to learn today?

- Tridosha balancing foods, medicines, charyas
- Doshas and the 6 tastes
- Qualities of oil, ghee, honey
- Rules of eating

Chapters covered in today's class



Caraka Samhita Sutra
Sthana
Yajjapurusheeyam



Caraka Samhita Vimana
Sthana (Rasa Vimana
Adhyaya)

Types of food

- Aharatwam
- Sthavaram, jangamam
- Hitam, ahitam
- Use – Panam, Ashanam, Bhakshyam, Lehyam
- Perception of taste – 6 types based on taste
- 20 gunas
- Innfinte combinations – combinations of foods, processing, etc

Cause of health & disease

- Purusha Vriddhi → Prosperity (health) – Hita ahara
- Purusha Vipath → Danger (disease) – Ahita ahara

Hita Ahara

- Maintains balance of doshas
- Restores balance of imbalanced doshas

Opposite – ahita ahara

What are the hita aharas?

- Best of grains - red rice (njavara rice)
- Pulses – green gram
- Water – rain water
- Salt – rock salt
- Leafy veggies – adapatiyan (jeevanti)
- Meat – deer meat
- Birds – lava bird
- Fish – Rohita
- Ghee – cow ghee
- Milk – cow milk
- Fat from plant origin – Sesame oil
- Fat from animal origin – Fat of pork, chicken, goat, Chaluki fish fat, fat of white swan

What are the hita aharas? (Contd..)

Dr. Rekha Radhamony

- Rhizomes – Ginger
- Fruits – Black rapes
- Sugars – rock sugar

What are the ahita aharas?

Dr. Rekha Radhamony

Grains – barley

Pulses – black gram

Water – water in rainy season

Salt – ushara salt

Green leafy veggies – mustard leaves

Meat – beef, pigeon meat, frog

Fish – prawns

Fats – fat of deer, elephant

Milk - deer milk

Fruits – Nikucha (kattukadachakka)

Plant based fats - Kusumbha sneham

What are the ahita aharas?

- Tubers – Colocasia (chembu)
- Sugars – Drava sarkara (Phanitam)

Dr. Rekha Radhamony



The Best Substances – Hita Dravya

Dr. Rekha Radhamony

One that sustains health of the body – Ahara

One which gives comfort – Water

One which relieves tiredness – Sura madyam

One which builds Ojus – Milk

One that helps to put on weight – Meat

One that helps to lose weight – Mutton soup

One that imparts taste – Salt

One that strengthens the heart - Sour taste

One that increases strength – Chicken

One that improves fertility – Crocodile semen

The Best Substances – Hita Dravya (contd..)

Dr. Rekha Radhamony

- One that subsides Kapha, Pitta – Ghee
- One that subsides Kapha, Vata – Sesame oil
- One that subsides Kapha – Honey
- One Panchakarma that subsides Kapha – Vamana
- One Panchakarma that subsides Pitta - Virechana
- One Panchakarma that subsides Vata – Vasti
- One that imparts softness – Sweating therapy
- One that imparts endurance to the body – Exercise
- One milk that is good for bleeding disorders, breast milk production, reduces tiredness – goat milk

The Best Substances – Hita Dravya (contd..)

Dr. Rekha Radhamony

- One fried food that subsides Vata & Kapha –
Murukku (Shashkuli)

Not the Best Substances – Ahita Dravya

- One that kills the taste – Tinduka (panachi)
- One that reduces fertility - Kshara
- One that affects throat & voice – Gavedhukam (Kapittha)
- One fat that causes unpleasant feeling – sheep fat
- One milk that increases Kapha & Pitta – Sheep milk
- One milk that induces sleep – Buffalo milk
- One that causes abhishyanda – Yoghurt
- One that causes weight loss, (dhatu loss) – Wild wheat (Gavedhuka)

Not the Best Substances – Ahita Dravya

- One that causes dryness – Kattu varaku (uddalaka annam)
- One that causes urine production – Sugarcane juice
- One that causes more stools – Barley
- One fruit that increases Vata – Jambu (njavaal pazham)
- One pulse that increases acidity & reflux – horse gram
- One lentil that increases Kapha & Pitta – black gram

Dr. Rekha Radhamony

Medicines

- One medicine for Anuvasana, Asthapana & Vamana – Madanaphala
- One medicine for sukha virechana – Trivrit (Operculine turpethum)
- One medicine for mridu virechana – Aragwadha (Cassia fistula)
- One medicine for tikshna virechana – milky latex of Snuhi (Euphorbia neriifolia)
- One medicine for Virechana Nasya – Kadaladi (Apamarga, [Achyranthes aspera](#))
- One medicine for Krimi – Vidanga (Embelia ribes)
- One medicine for poison – Shirisha (Nenmeni vaka, Albizia lebek)
- One medicine for Vata – Rasna
- One medicine for vaya sthapana – Amla

Medicines (contd.)

Dr. Rekha Radhamony

- One medicine for Pathya - Hareetaki
- One root medicine for Vata & for improving fertility – Castor oil plant roots
- One root medicine for Deepana, Pachana, for reducing bloating – Long pepper roots
- One root medicine for Deepana, Pachana, swelling near anus, hemorrhoids pain – Chitraka (*Plumbago zylanica*)
- One medicine for hiccups, swasa, kasa, pain in the flanks – Pushkaramoola (*Inus racemosa*)
- One medicine for Deepana, Pachana, stopping diarrhoea – Musta (*Cyperus rotundus*)
- One medicine for vomiting and stopping diarrhoea – Hrivera (*Iruveli, Coleus zeylanicus*)
- One medicine for Deepana, Pachana, stopping diarrhoea - Shyonaka (*Oroxylum Indicum*)
- One medicine for stopping diarrhoea, reduces Rakta Pitta – Anantamoolam (*Nannari, Hemidesmus indicus*)

Medicines (contd.)

- One medicine for Vata, samgrahi, deepana, Kapha – rakta sroto vibandha shamanam – Guduchi (Giloy, *Tinospora cordifolia*)
- One medicine for Vata, Kapha, samgrahi, deepana – Shree phalam (Koovalam, *Aegle marmelos*)
- One medicine for deepana, pachana, samgrahi, tridosha shamana – Ativisha (*Aconitum heterophyllum*)
- One medicine for samgrahi, Rakta Pitta shamana – Bhumi champa (*Kaempferia rotunda*), petals of lotus, water lily
- One medicine for Pitta, Kapha – Bhallataka (*Tragia involucrata*)
- One medicine for Rakta Pitta – Gandha Priyangu (*Callicarpa tomentosa*)

Medicines (contd.)

- Mutrakrichra, Vata – Gokshura (*Tribulus terrestris*)
- One spice that is digestive, carminative, breaks down feces, pushes feces down, Vata Kapha subsiding – Hingu (*asafoetida*)
- One drink that subsides IBS, problems due to overconsumption of ghee, inflammation, piles – buttermilk
- One soup for IBS, piles, weakness – Mutton soup
- One drink for rejuvenation – milk with ghee
- One food for bloating, gas and improves fertility – laja + ghee
- One treatment for strong teeth and taste – Oil pulling with sesame oil

Medicines

- One medicinal paste for reducing burning sensation, sweating and skin diseases – vetiver roots
- One medicine for taste, eyes, hair, fertility, good voice, complexion, heals ulcers etc – licorice
- One natural remedy for Prana & consciousness – Wind
- One natural remedy for Ama, pain, cold, pain – Agni

Charya (Lifestyle)

- One charya for good health – eating at the right time
- One charya to increase Agni – eating according to Agni
- One guna of good food – Tritpi (satisfaction)
- One charya that leads to bad health – Vega dharana
- One that gives comfort to the mind – Alcohol
- One that lead of lack of Dhee, Dhriti, Smriti – Alcohol
- One that helps with sukha digestion – eating once a day
- One that leads to debility – excessive sex

Charya (Lifestyle)

- One that causes infertility – Sukla vega dharanam, du:kha
- One that reduces lifespan – skipping meals, sex outside marriage
- One that causes weight loss – eating less
- Ultimate apathya – over exertion
- One that causes ‘alakshmi’ – sex during periods
- One that increases longevity – Brahmacharya
- One emotion that increases sperm production –Fantasy
- One emotion that worsens disease conditions – Sadness, eka rasa abhyasam
- One that causes tiredness, weakness – Not sleeping

Diseases

- One which has to be surgically removed – Fetus that is not viable
- One disease that can be avoided – Indigestion
- One condition where one should avoid exertion, sex, exercise, tikshna medicines – pregnancy
- One condition which is not very treatable – Sannipata rogas
- One condition that takes a long time to treat – skin diseases
- One condition – worst of all diseases – TB
- Oushadha bhumi (medicinal place)– Himalayas

Pathyam & Apathyam

- “Paathyam patho anapetam”
- Patha – way
- Anapetam – does not deviate
- Eg. Red rice – Pathya taram (excellent Pathyam)

Rasa & Dosha

- Exceptions are there.
- Eg. Guduchi has bitter taste. But does not increase Vata because it is ushna

No.	Dosha	Aggravating tastes	Alleviating tastes
1	Vata	Pungent, bitter, astringent	Sweet, sour, salty
2	Pitta	Pungent, sour, salty	Sweet, bitter, stringent
3	Kapha	Sweet, sour, salty	Pungent, bitter, astringent

The best medicines for Doshas

- V - Taila
- P - Ghee
- K – Honey

- Does not give immediate effect; have to be used for a long time.

Qualities of Taila

- Continuous use of taila alleviates Vata
- Taila is Snigdha, Ushna, Guru
- Vata is Ruksha, Cold, Light
- The stronger dominates over weaker – hence taila is the best for Vata

Qualities of Ghee

- Continuous use of ghee alleviates Pitta
- Ghee is sweet, cold and manda (dull)
- Pitta is amadhura (katu taste), hot and sharp

Qualities of Honey

- Honey is ruksha, tikshna, astringent taste
- Kapha is snigdha, manda and sweet taste

Ashta Ahara Vidhi Vishesha Ayatana (Eight factors determining the utility of food)

“Prakriti karana samyoga rashi desha kala upayoga samstha upayokta”

1. Prakriti (Nature)

- Prakriti – naturally existing properties of substances (Eg. Guru)
- Eg. Black gram – guru, green gram – lakhu, Pork – guru, Deer meat – light
- Natural also means not undergone any Samskaras

2. Karana (Processing of the substance)

- Processing leads to transformation of properties
- Examples of processing – exposure to fire, wind, water, washing, churning (manthana), storing, maturing, flavouring, frying, etc
- Eg.
- Red rice is guru, soaking in water makes it laghu
- Tandula (rice water - guru) when boiled and reduced changes into laghu
- Curd causes inflammation. Churning it turns it into buttermilk and reduces inflammation

3. Samyoga

- Combination of 2 or more substances
- Gives rise to new properties different than individual properties
- Eg. Individually ghee & honey is good but not in combination
- Fish and milk

4. Rashi (Quantity of Food)

- Matravat ahara – food in the right quantity is beneficial to the body
- Amatra ahara – Vitiates doshas

5. Desha (Habitat)

- Place of growth and distribution and suitability
- Eg. Medicinal plants collected from the Himalayas is more beneficial

6. Kala (Time)

- Kala stands for time of the day, and age of the individual
- Eg. Bala (childhood) more of Kapha diseases
- Eg. Navajwara – new fever – exercise and day napping has to be avoided

7. Upayoga Samstha (rules for eating)

- Depending on the symptoms of digestion
- Ahara vidhi vidhana

8. Upayokta (Habit of the individual)

Upayokta – one who consumes the food
Depends on okasatmya as well.

These 8 factors determine the utility of various types of food.

10 Rules of Eating (Ahara Vidhi Vidhana)

1. Ushna (Eat warm food)

- Food when taken warm, it is satiating
- Stimulates Agni
- Gets digested quickly
- Vata anulomana – downward movement of Vata
- Sleshmaam parihasayati – breaks down Kapha

2. Snigdha (eat foods with good fats)

- Oily food imparts taste
- Stimulates Agni
- Digests quickly
- Vata anulomana
- Develops, builds body
- Firmness to sense organs
- Promotes bala (strength)
- Varna prasadam (good complexion)

3. Matravat (Proper quantity)

- Food taken in the right quantity without disturbing V, P, K promotes longevity
- Easy passes downwards
- Doesn't disturb Agni
- Gets digested easily
- Stomach has 3 parts. One part of stomach has to be filled with solid food, the next part with liquids and third part should be left for Vata, Pitta, Kapha

4. Jirne Ashaniyat

- Food has to be taken after digestion of previous meal (If not dosha increase due to incomplete rasa digestion process)
- Increases appetite
- Clear belching
- Enters channels of circulation well
- Supports heart to function well
- Vata anulomana & clear passage of Vata
- Proper evacuation of feces, urine
- Helps nourish dhatus
- Promotes longevity

5.Virya Aviuddha

- There should not be contradicting potencies (cold with hot)
- Else may cause skin diseases, rakta dushti etc

6. Ishta Deshe, Ishta Sarva Upakarane

- Eat food at a comfortable place with the right equipment
- Else may lead to emotional strain (mano abhidhata)

7. Na ati drutam

- Do not eat food in a hurry
- Food taken fast may enter the wrong passage, may not enter the stomach properly, may cause obstruction in the chest region (hridaya pradesha)
- One may not be able to appreciate all Rasas

8. Na ati vilambitam

- One should not take food very slowly
- Lack of satisfaction
- May eat more than what is required
- Improper digestion

9. Ajaipana, Ahasana, Tanmana bhunjeeta

- One should not talk, laugh while eat
- Eat food with the body and mind (Tanmana bhunjeeta)

10. Atmanam abhisameekshya bhunjeeta

- One should consider one's own self while eating
- One should know if the food is suitable or unsuitable for him
- Satmya should be considered

Q+A

