

# Caraka Samhita – Class 6

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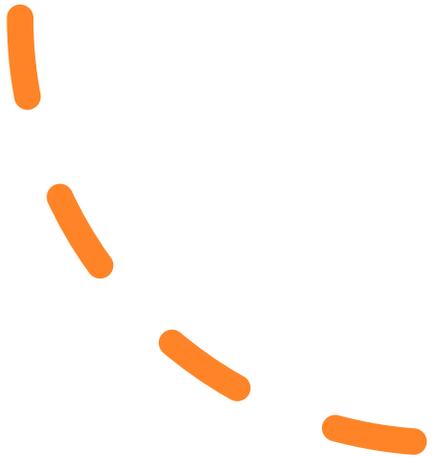
DoctorRekha  
AYURVEDA

# What have we learned so far?

History of Ayurveda	Definition of Ayurveda	Doshas, Dhatus, Pancamahabhutas	Sense organs, the mind and the soul	Good conduct	How to assess your prakriti?
Doshas in detail – qualities, seats, actions	Causes of diseases	Concept of Agni	Urges of the body and the mind	Daily Routine	Nasya in detail
Dhumapana in detail	Ritucharya	Incompatible foods	Properties of Substances - Rasa, Virya, Vipaka, Prabhava	Hita & Ahita Ahara	10 Rules of Eating
		Factors affecting quality of food	Qualities of ghee, honey & sesame oil		

# Chapters covered in today's class

Caraka Samhita Sutra Sthana Chapter 27 Annapana Vidhi (Part 1)



# Functions of Ahara

Agni depends on  
the fuel. Fuel is  
ahara

Food becomes  
energy for the mind

Food nourishes the  
dhatus

Food gives strength,  
complexion and  
clarity to the sense  
organs

# Nature of food

- Water content – produces kleda
- Salt – Vishyandi – produces slime
- Kshara (alkali) – Pachana (burning), bad for eyes & reproductive fluids
- Honey - sandhana (joining)
- Ghee – sneha (oiliness)
- Milk – Jivana (ojus)
- Meat – brimhana (nourishment)
- Meat soup – preenana (gives joy)
- Sura madya (beer) - Skin, flesh – causes flabbiness (My 2 cents: beer increases fat deposition in the body. The loss of strength of muscles and tissues is due to fat deposition)

# Nature of food (contd.)

- Seedhu madyam – weight loss
- Red wine – Deepana
- Phanitam – Chaya of dosha
- Curd – inflammation
- Sesame oil cakes – debility
- Black gram – Feces
- Most sour foods except pomegranate and amla are pitta increasing
- Most sweet foods increases Kapha except wheat, honey, old rice, red rice, barley
- Most bitter foods are vata increasing and bad for fertility except Giloy, leaves of Patola & bamboo shoots
- Most pungent foods are vata increasing and bad for fertility except dry ginger and pippali (long pepper)

# Types of Foods

- Shooka dhanya/ cereals - Grains with husk (paddy, wheat)
- Shamee dhanya – Pulses
- Mamsa – meat
- Shaaka – leafy veggies
- Phala – fruits
- Harita – salads
- Madya – alcohols
- Ambu – water based
- Gorasa – Milk products
- Ikshuvikara – food products from sugarcane
- Kritanna – Cooked foods
- Aharayoni (Upadamsha) - Curries



# Cereals

# Rice

- Virya – cold
- Rasa, Vipaka – sweet
- Slightly vata increasing
- Slightly causes constipation
- Snigdha
- Brimhana
- Sukla – mutrala
- Most common & the best - Red rice (rakta shali) –reduces thirst, balances all doshas



# Jnavara Rice (Shashtika Shali)

- Virya – cold
- Snigdha
- Not very guru
- Sweet taste
- Reduces 3 doshas
- Sthira
- Best form of Jnavara rice is the one with black and white colour than just white



# Yava (Indian Barley)

- Ruksha
- Sheeta
- Not very guru
- Sweet taste
- Increases Vata, Urine, Feces
- Sthira
- Reduces Sleshma vikara – obesity
- Balya
- Reduces Kapha & Pitta



# Wheat

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Sandhana

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Vata subsiding

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Sweet taste

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Sheeta

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Jivana

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Brimhana

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Vrishya

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Snigdha

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Sthira

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Guru



A top-down view of various pulses arranged on a dark, textured surface. The pulses are organized into several distinct groups: a large pile of bright red kidney beans in a black bowl on the right; a cluster of yellow split lentils in a black bowl at the bottom left; a group of green split peas in the lower center; a group of white beans with black spots (black-eyed peas) at the bottom; a group of white beans in the center; a group of light brown chickpeas at the top left; and a group of dark blue/black beans on the left. The word "Pulses" is written in white, sans-serif font in the center of the image.

Pulses

# Mudga (Green Gram)

- Best lentil
- Astringent, sweet taste
- Ruksha
- Sheeta
- Vipaka – Katu
- Lakhu
- Has the quality Vishada
- Subsides Kapha & Pitta



# Masha (Black gram)

- Vrishya
- Best for subsiding Vata
- Snigdha
- Ushna
- Sweet taste
- Guru
- Balya – strengthening
- Increases feces
- Improves fertility



# Rajamasha (Cowpeas)

- Causes loose motions
- Improves taste
- Reduces Pitta, Kapha, Sukla, AmlaPitta (reflux)
- Has sweet and astringent taste
- Increase Vata
- Ruksha
- Guru
- Vishada



# Kulatha (Horse gram)

- Ushna
- Kashaya
- Vipaka – sour
- Reduces Vata, Kapha, Sukla
- Constipating
- Good for diseases – piles, asthma, cough, hiccup
- My 2 cents - Don't use with sour foods



# Chickpeas & Masoor Dal

- Lakhu
- Sheeta
- Sweet, astringent taste
- Ruksha
- Great to consume as soup for diseases of Pitta & Kapha
- Used for external application too
- Masoor is constipating
- Sweet pea is extremely vata aggravating



# Sesame seeds

- Snigdha
- Ushna
- Sweet, spicy, bitter, astringent taste
- Great for skin
- Great for hair growth
- Great for building strength of the body
- Subsides Vata
- Increases Kapha & Pitta



# Other dals

- Toor dal (pigeon peas) – Subsides Kapha & Pitta
- Flat beans – Increases Vata & Pitta





Meat

# Goat meat/ mutton

- Very sheeta
- Guru
- Not snigdha
- Does not increase any dosha
- Has the same qualities of dhatus
- Anabhisyadi – does not block channels
- Nourishing (Brimhana)

# Peacock meat

- Improves eyesight, hearing, voice, memory, intellect
- Increases agni
- Anti ageing
- Improves skin lustre
- Improves longevity
- Balya
- Subsides Vata
- Nourishes dhatus – mamsa, shukla

# Chicken

- Snigdha
- Ushna
- Improves fertility, voice, strength of the body
- Nourishing
- Very much vata subsiding
- Increases sweat (due to heat)

# Pork

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Snigdha

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Nourishing, body building, balya

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Improves fertility

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Reduces tiredness

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Subsides Vata

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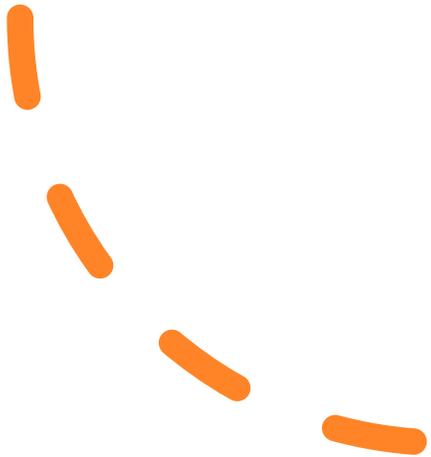
Guru

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Increases sweat

# Cow meat

- Good for subsiding Vata & atyagni (extreme Agni)
- Body building
- Useful in allergic rhinitis, Fever (vishama jwara), dry cough



# Buffalo meat

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Good for sleep

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Snigdha

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Ushna

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Sweer taste

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Aphrodisiac

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Guru

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Body building, strengthening, nourishing



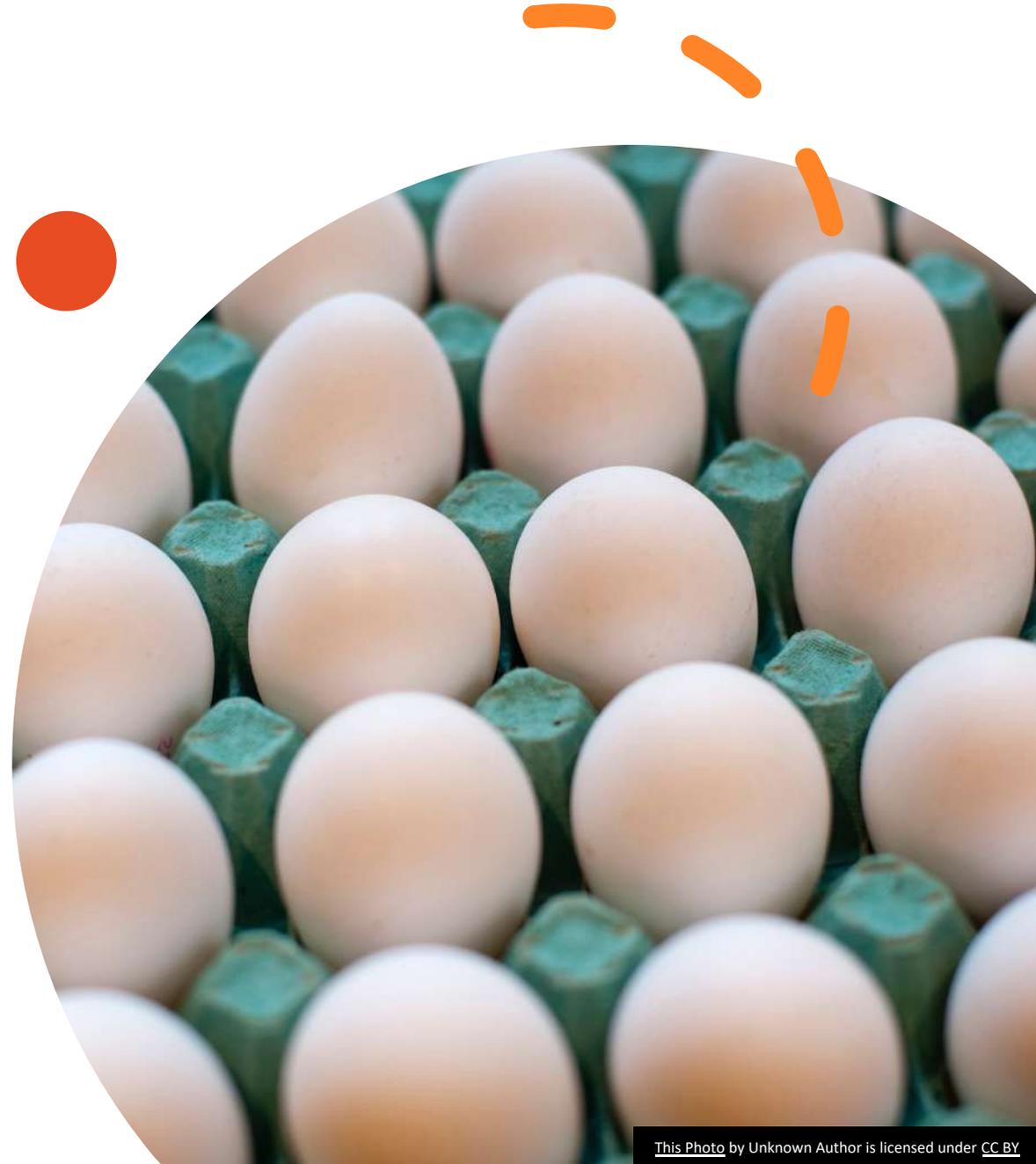
# Fish

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Guru	Ushna	Sweet taste	Balya
Brimhana	Subsides vata	Aphrodisiac	Increases all doshas
	Abhishyandi	Sea water fish are worse (salt)	

# Eggs

- Reduces fertility
- Good for cough, heart disease & recovery from injuries
- Sweet taste
- Avidahi – doesn't causes slime
- Gives quick boost of energy





Leafy veggies



# Cyclea peltata (Patha), Kasundi (Cassia occidentalis), Kacholam (Aromatic ginger)

- Subsides all 3 doshas
- Constipating except aromatic ginger
- Aromatic ginger – loose motions



# Kakamachi (Solanum nigrum)

- Subsides 3 doshas
- Rasyana (rejuvenative)
- Aphrodisiac
- Not too hot or cols
- Subsides skin diseases
- Not constipating



# Wild mustard

- Subsides 3 doshas
- Good for Piles, IBS
- Lakhu
- Constipating



# Curry leaves (Kala shakam)

- Spicy taste
- Deepana
- Subsides inflammation
- Subsides gara visha



# Charngeri (Oxalis)

- Deepana
- Ushna
- Constipating
- Subsides Kapha & Vata
- Great for piles, IBS
- My 2 cents: Charngeri ghrita is advised in loose motions and IBS.
- My 2 cents: Recipe – oxalis leaves, dry ginger powder added to buttermilk – great for subsiding loose motions



# Amaranth leaves (Tanduleeyakam)

- Ruksha
- Subsides mada, visha
- Subsides Pitta
- Very good for acid reflux
- Raktapitta (bleeding disorders)
- Sweet taste
- Cold



# Leaves of other plants

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Neem leaves

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Centella asiatica (Indian pennywort)- Gotu Kola

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Bitter goard

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Ash gourd

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Bakuchi (*Psoralea cordifolia*)

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Katuki (*Picorhiza kurora*)

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Vasha (*Adathoda vasica*)

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Punarnava (*Boerhavia diffusa*)

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Brinjal

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All these are Kapha, Pitta subsiding, bitter taste, cold and pungent Vipaka



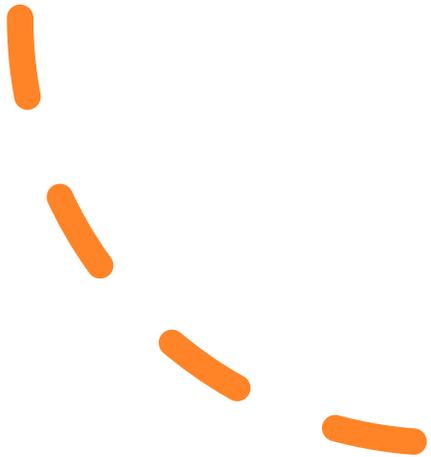
# Importance of cooking leafy veggies in ghee

- All kinds of leafy veggies - guru, ruksha, vishtambhi
- Hence should be cooked with ghee
- Eg. Spinach, ash gourd, etc
- My 2 cents: Most leafy veggies have mild toxins in it. When they are digested, it causes Vishtambha (gas formation and Ama)
- Ideal way of cooking leafy veggies is boiling in water, squeeze the water off and saute in ghee – does not cause ama



# Tender leaves of Banyan trees

- Great for pitta related loose motions



# Other leafy veggies used as medicines

- Giloy, harad leaves (Yellow myrobalan) – Subsides Kapha
- Bilwa tree leaves – Subsides Vata
- Shatavari leaves – Subsides Vata, Pitta
- Castor oil plant leaves – Lakhu, bitter, reduces constipation
- Sesame plant leaves – Causes loose motions

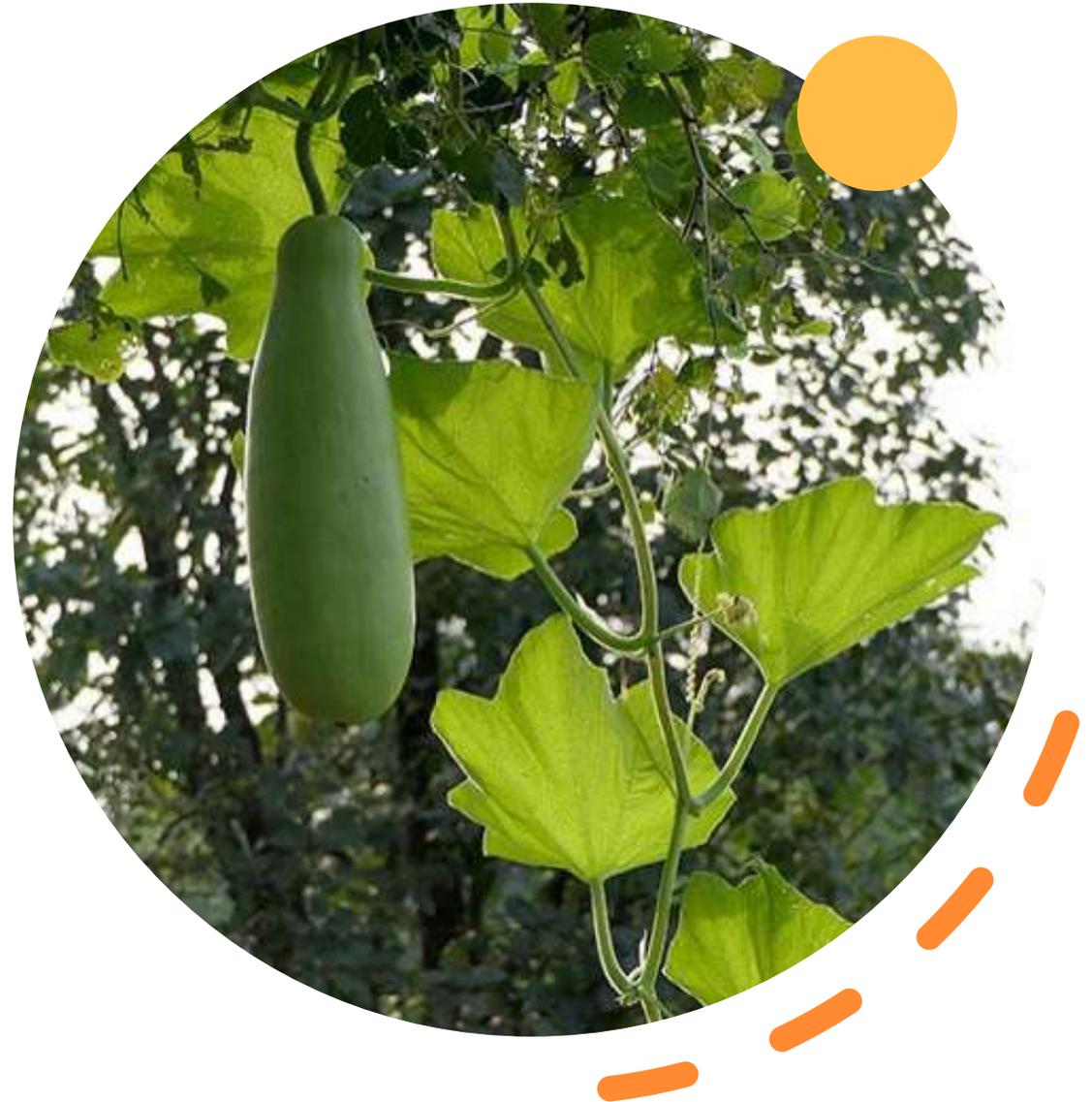
# Trapusa (Cucumber)

- Sweet taste
- Guru
- Cold
- Creates gas, ama
- Ruksha
- Increases urination
- Ripe cucumber cooked – great for burning sensation, thirst, tiredness, body pain



# Bottle guard

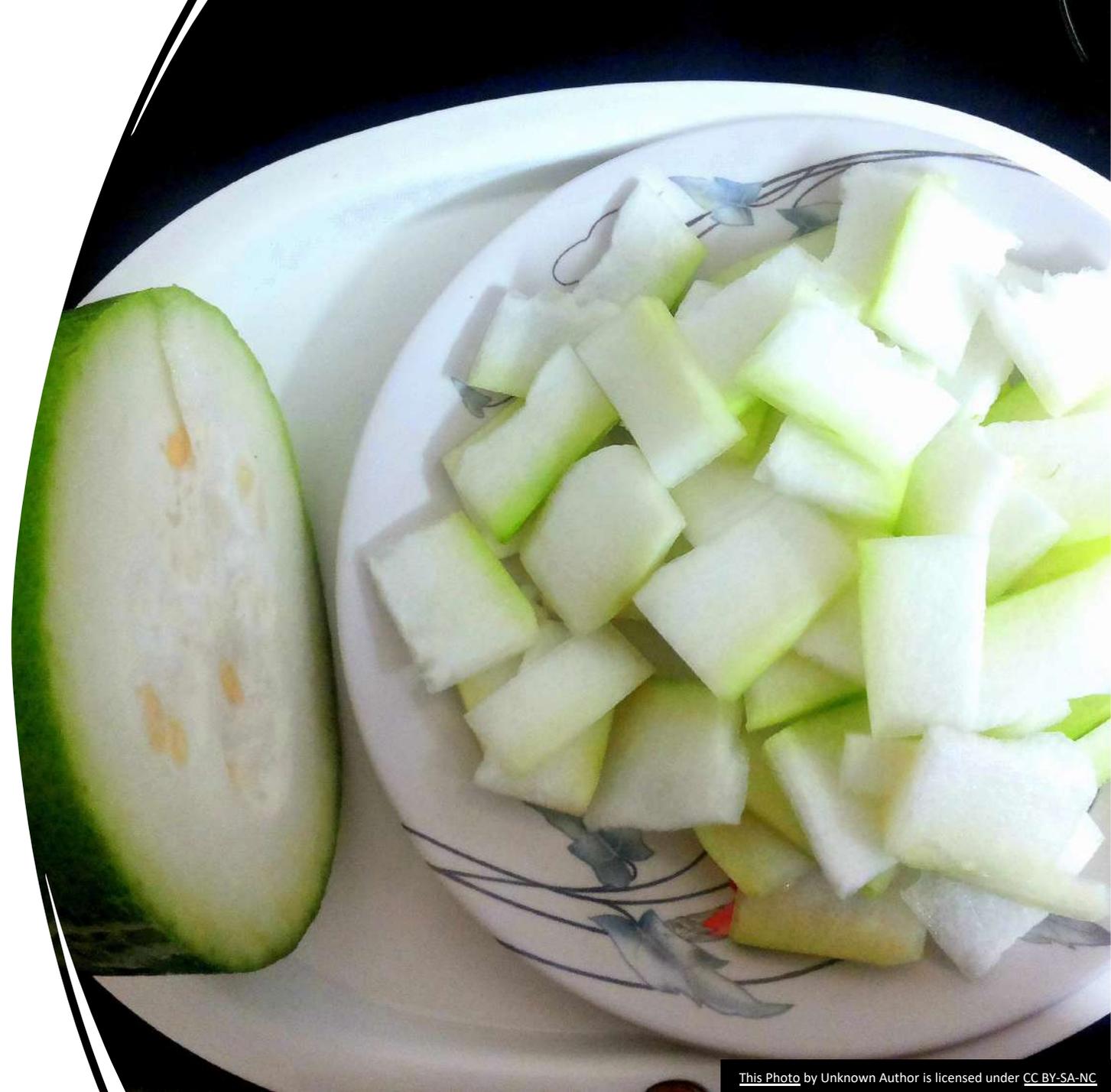
- Creates loose motions
- Ruksha
- Sheeta
- Guru



# Ash gourd (fully ripe)

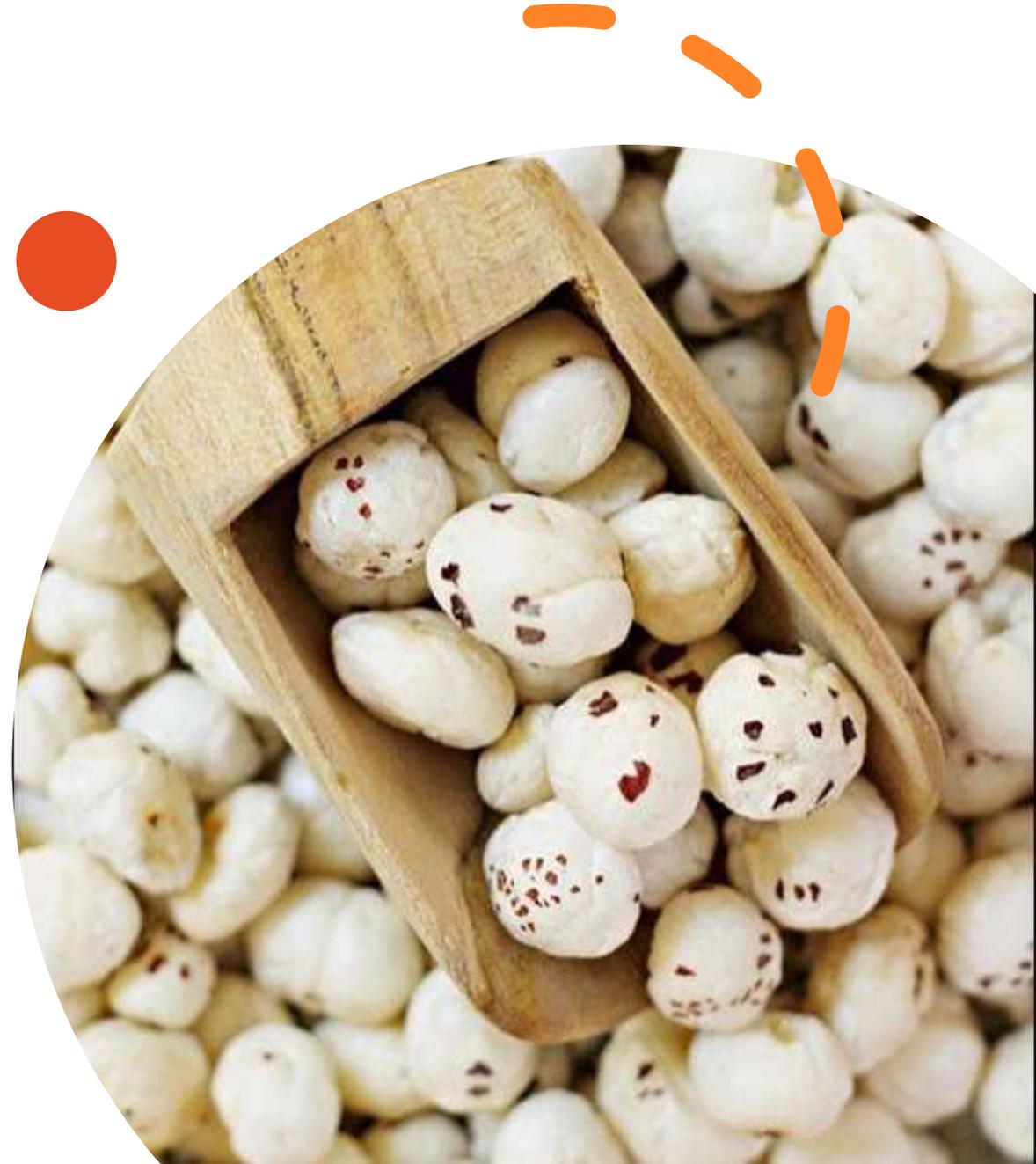
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- Kshara guna
- Sweet, sour taste
- Lakhu
- Increases urine, feces production
- Subsides all doshas



# Pushkara Beejam (Lotus seeds), Makhana

- Astringent, sweet taste
- Creates gas, ama in less quantities
- Good in Raktapitta
- Sweet Vipaka



# Vidari kanda (Pueraria tuberosa)\*

- Jeevana
- Aphrodisiac
- Nourishing
- Rasyana
- Good for throat
- Increases strength
- Sheeta
- Sweet taste
- Increases usine production



# Mustard leaves

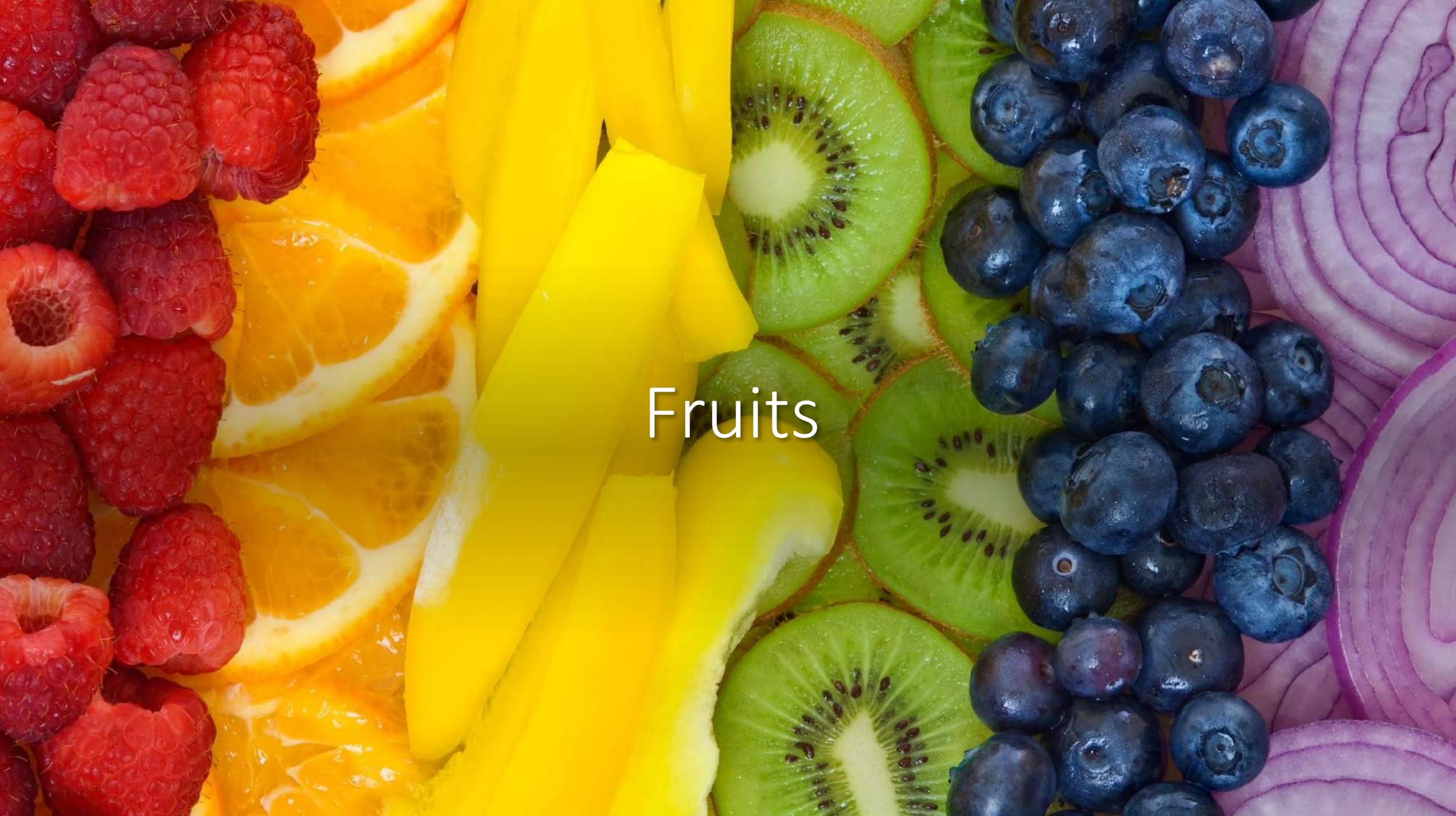
- Increases all 3 doshas
- Blocks feces and urine
- Extremely Ruksha
- Also colocasia leaves



# Mushrooms

- Poisonous mushrooms should be avoided (Sarpachatram)
- Other mushrooms can be used
- Increases allergic rhinitis & mucous
- Cold
- Sweet
- Heavy to digest





# Fruits

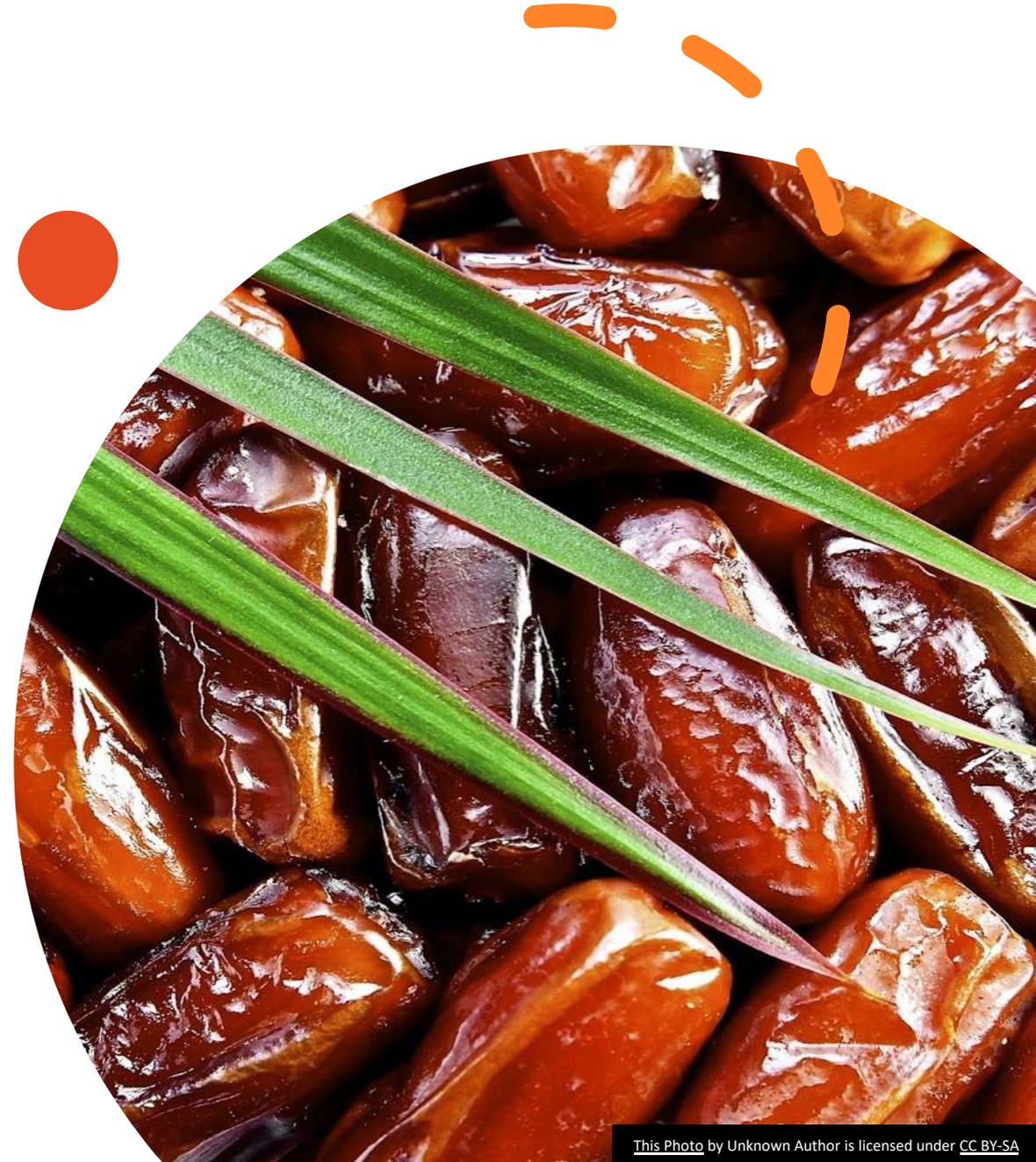
# Black grapes

- Useful in the following conditions
  - Thirst
  - Burning sensation
  - Fever
  - Asthma
  - Bleeding disorders
  - Injury
  - Tiredness
  - Emaciation
  - Vata, Pitta conditions
  - Flatulence
  - Hoarseness of voice
  - Bitter taste in the mouth
  - Dry mouth
  - Cough
- Increases fertility, nourishing, sweet taste, snigdha and sheeta



# Dates

- Sweet taste
- Nourishing
- Vrishya – aphrodisiac
- Heavy
- Cold
- Subsides Vata, Pitta
- Good for burning sensation, tiredness, injury etc



# Figs

- Increases weight
- Nourishing
- Guru
- Vishtambhi (gas, ama)
- Cold



# Tala Phala (Panam nonku) & Coconut

- When ripe Brimhana (nourishing)
- Snigdha
- Cold
- Gives strength
- Sweet



# Star fruit

- Sweet, sour, astringent taste
- Creates vishtambha
- Heavy
- Cold
- Increases P, K
- Grahi (constipating)
- Cleans the mouth



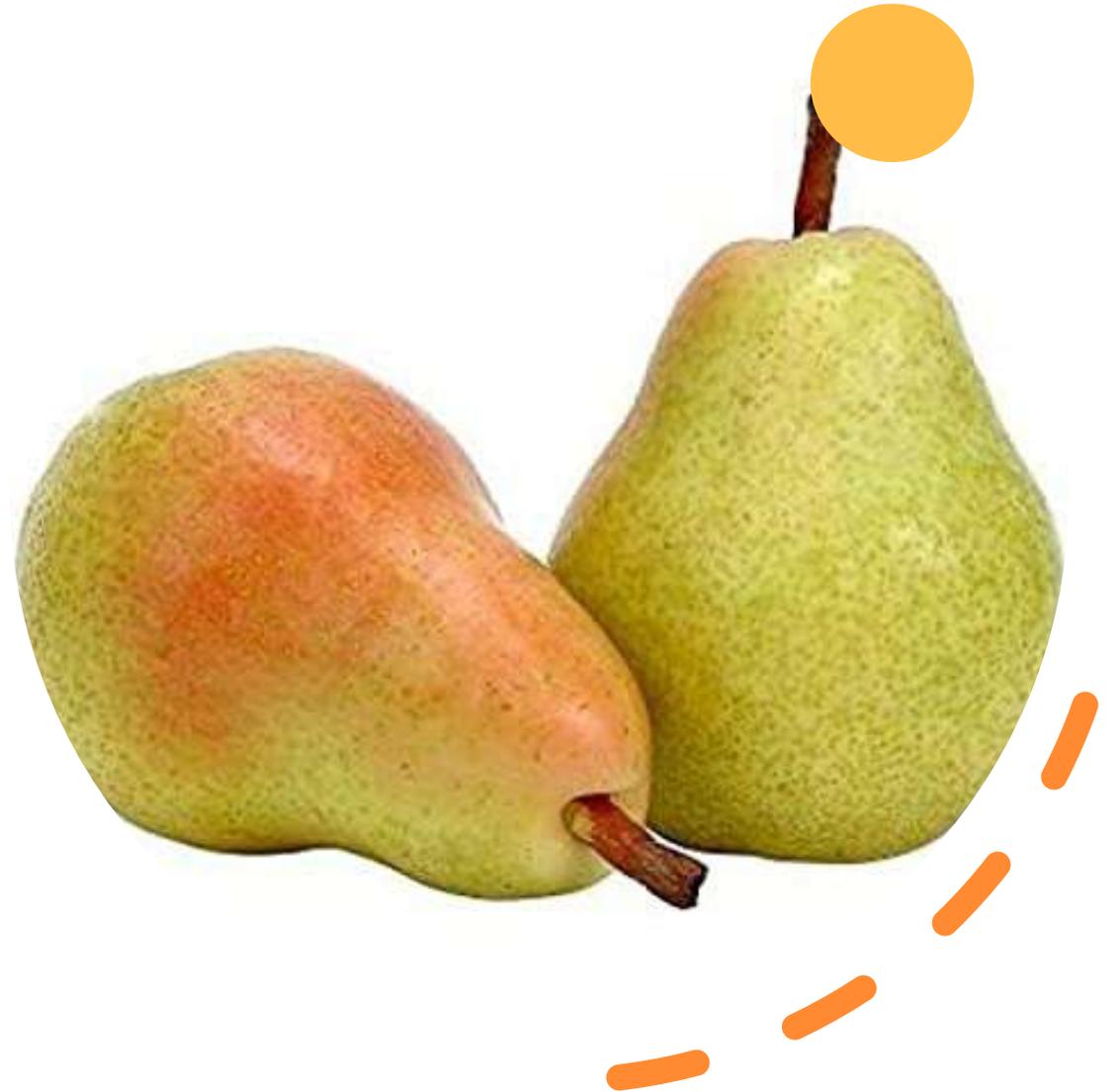
# Ripe plum

- Not very hot
- Heavy
- Very sweet
- Digests easily
- Nourishing
- Does not cause too much increase in doshas



# Pears

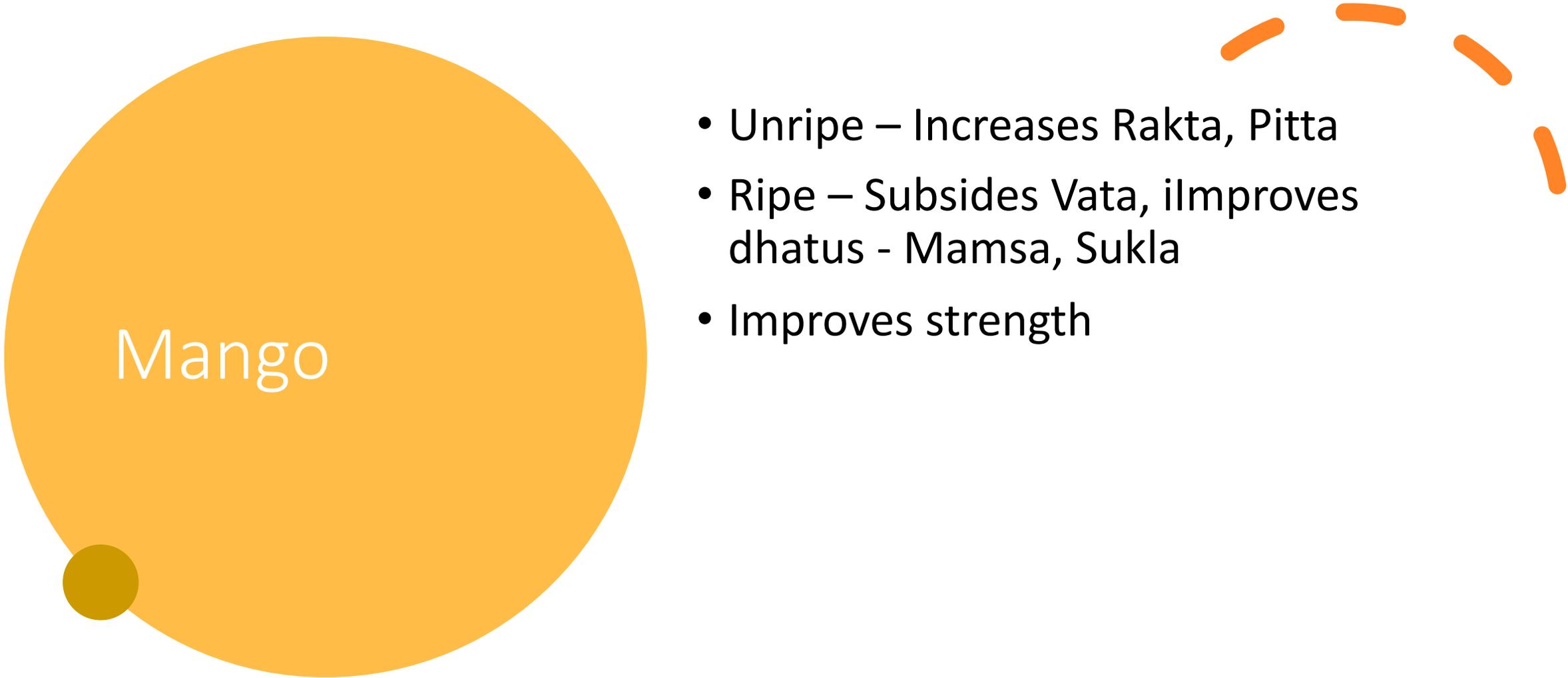
- Increases Vata
- Astringent, sweet
- Guru
- Sheeta



# Wood apple (Kapittha)

- Unripe – Bad for the throat, increases Vata, constipating
- Ripe – Improves taste, subsides all doshas, subsides visha, heavy





# Mango

- Unripe – Increases Rakta, Pitta
- Ripe – Subsides Vata, improves dhatus - Mamsa, Sukla
- Improves strength

# Jambhu (Jamun)

- Causes Vishtambha
- Astringent, sweet taste
- Guru
- Sheeta
- Subsides K, P
- Extremely increases Vata
- Constipating





- Sheeta
- Sweet, Astringent
- Snigdha
- Heavy

Jackfruit,  
Banana



# Star Gooseberry (Cicca acida)

- Increases Vata
- Good for the heart
- Improves taste





# Kadamba, Chinese Plum

Subsides all doshas





# Vrikshamla (Garcinia cambogia)

- Constipating
- Ruksha
- Ushna
- Subsides Vata, Kapha



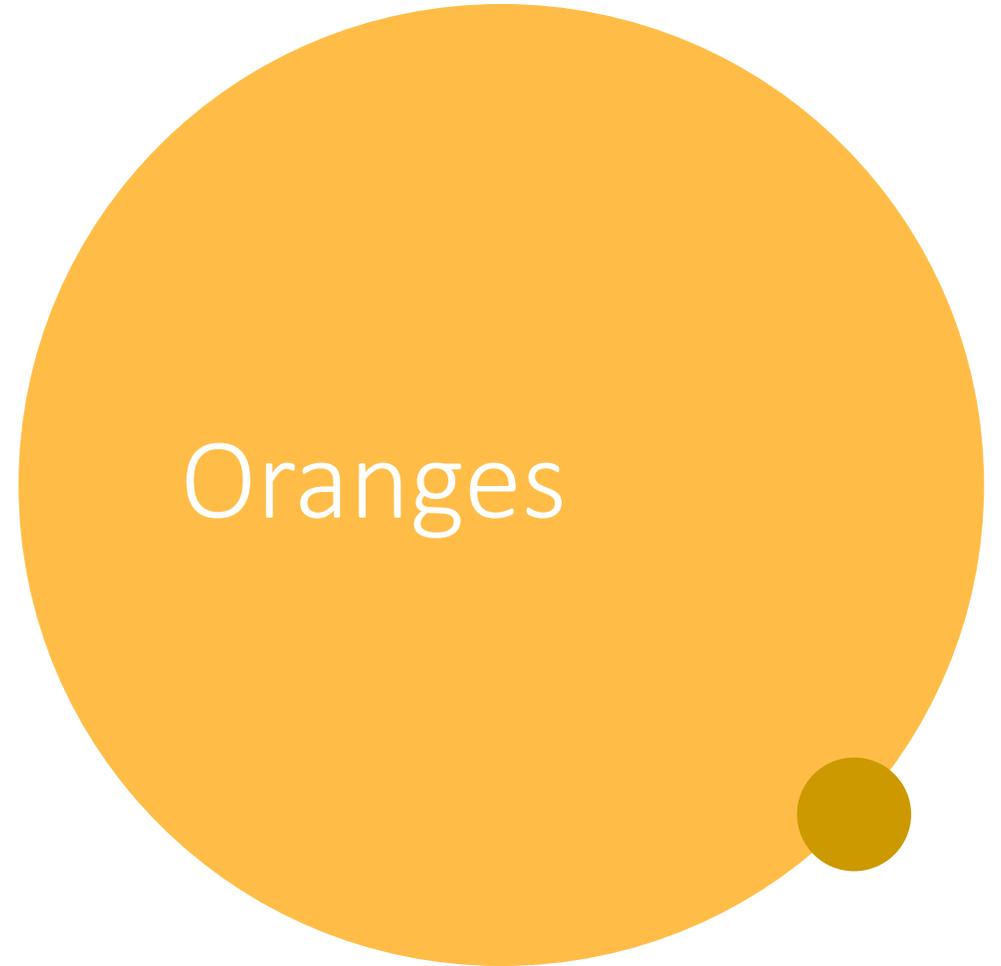
# Citron (Amlavetas)

Causes loose motions





- Slightly sour, sweet
- Improves heart health
- Difficult to digest (durjaram)
- Guru
- Subsides Vata
- Heavy



# Almonds, Apricots

- Guru
- Ushna
- Snigdha
- Balya
- Subsides V
- Nourishing
- Aphrodisiac
- Increases Kapha & Pitta



# Noni fruit (Akshaki)

- Subsides Pitta, Kapha
- Increases Vata
- Sour taste
- My 2 cents : Used in making a kind of beer (Susruta)





# Vegetables

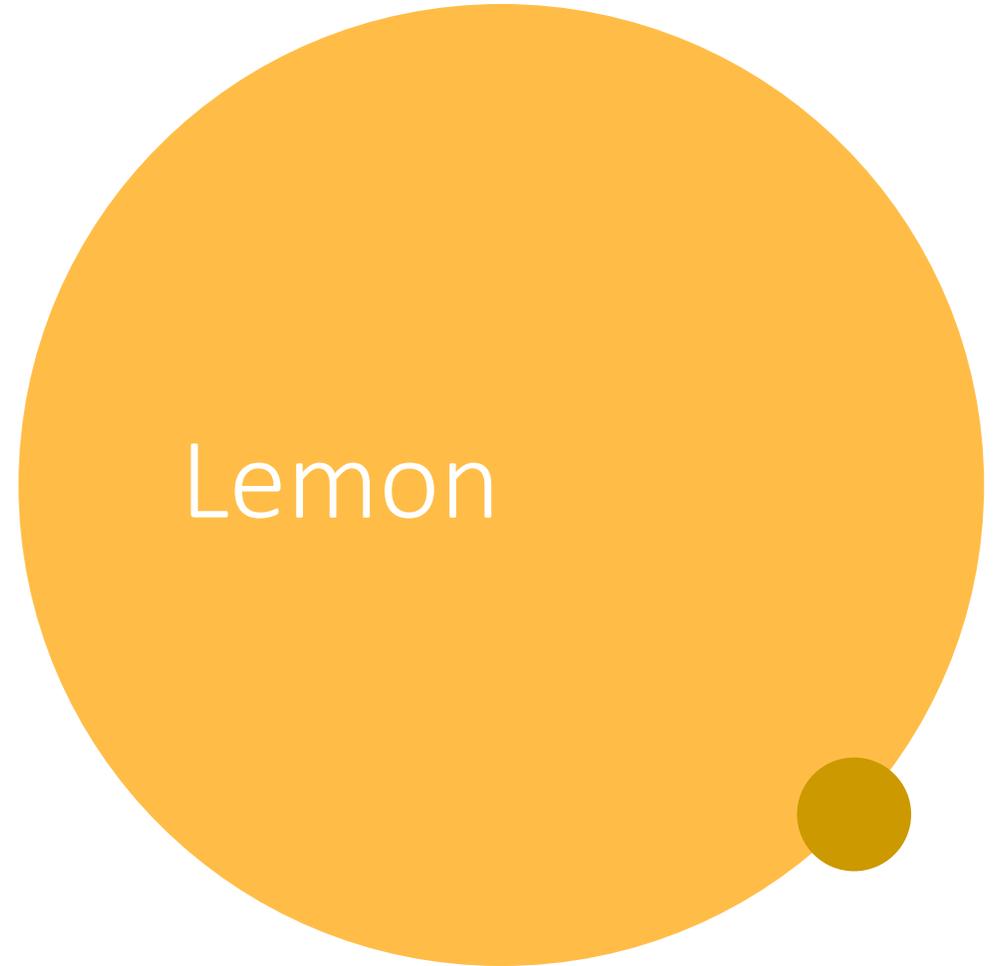
# Ginger

- “Ardrakam Vishwabhashajam”
- Improves taste
- Deepana
- Aphrodisiac
- Swarasa (squeezed juice) – good for constipation, Vata Kapha diseases, blocked channels
- My 2 cents – No Kashaya without dry ginger. Nothing improves agni as dry ginger, can be used in all diseases - vishwabhashajam



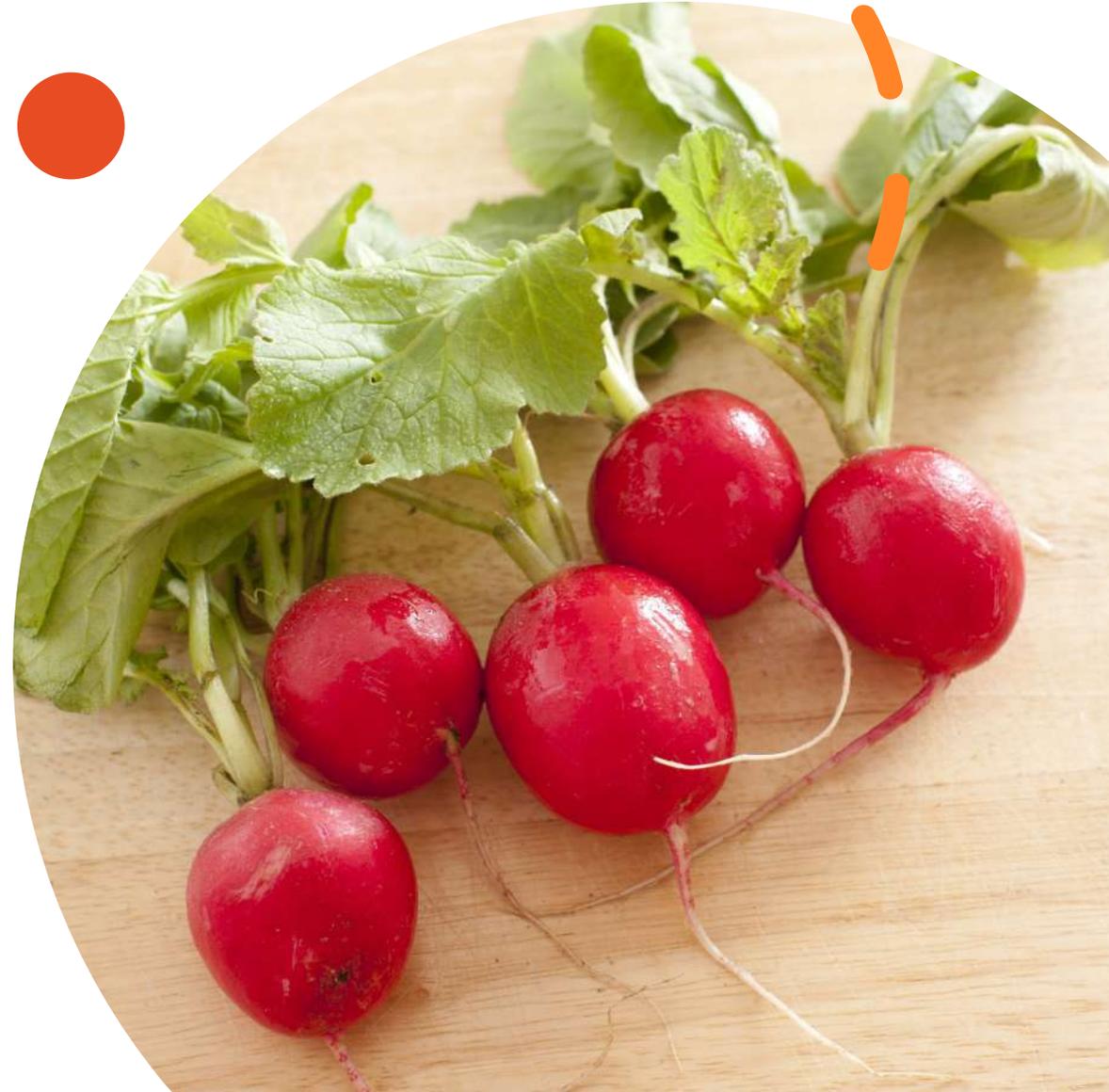


- Improves taste
- Deepana
- Tikshna
- Aromatic
- Cleanses mouth
- Subsides Kapha & Vata
- Subsides Krimi (parasites)
- Pachana of ingested food



# Radish

- Subsides all 3 doshas (if tender) & cooked with oil, ghee
- If ripe – highly increases tridoshas
- Radish cooked without adding oil – Increases Kapha, Vata



# Tulsi

- Good for hiccup, cough, visha, pain in the flanks
- Increases P
- Subsides K, V
- Subsides bad breath & body smell





- Good for the heart
- Increases Pitta

Moringa,  
Fennel, Black  
Pepper



A photograph of several lemongrass stalks lying on a rustic wooden surface. The stalks are light green and yellowish, with some dried, brownish parts. A semi-transparent white circle is overlaid on the left side of the image, containing text.

# Lemongrass

- Pumstaghna – Kills male fertility
- Pungent taste
- Cleans the mouth
- Ruksha
- Ushna
- My 2 cents – continuous use of eucalyptus, tulsi, cardamom, cloves, cinnamon, lemon grass are not advised though great spices. Can lead to dhatu kshaya vikaras in the long run. All of these are ruksha, ushna, tikshna, vishada – hence long term - all are pumsta nashaka.

# Ajwain, Corriander seeds

- Improves taste
- Aromatic
- Not too spicy
- Increases all 3 doshas by continued use





# Shallots (Grinjanakam)

- Constipating
- Tikshna
- Good for Piles (Vata Kapha specifically – not bleeding)
- Good for sweating
- Can be used as food by non-Pitta people



# Onions

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- Increases Kapha, Vata
- Onions are not Pitta hara (does not cause too much Pitta increase)
- Good for everyday consumption
- Balya
- Guru
- Vrishya
- Imparts taste

# Garlic

- Good for the following conditions
  - Krimi
  - Skin diseases
  - Vitiligo (Kilasam)
  - Gulma (Flatulence)
- Vatahara
- Snigdha
- Ushna
- Vrishya
- Heavy
- Spicy taste





Thank You!