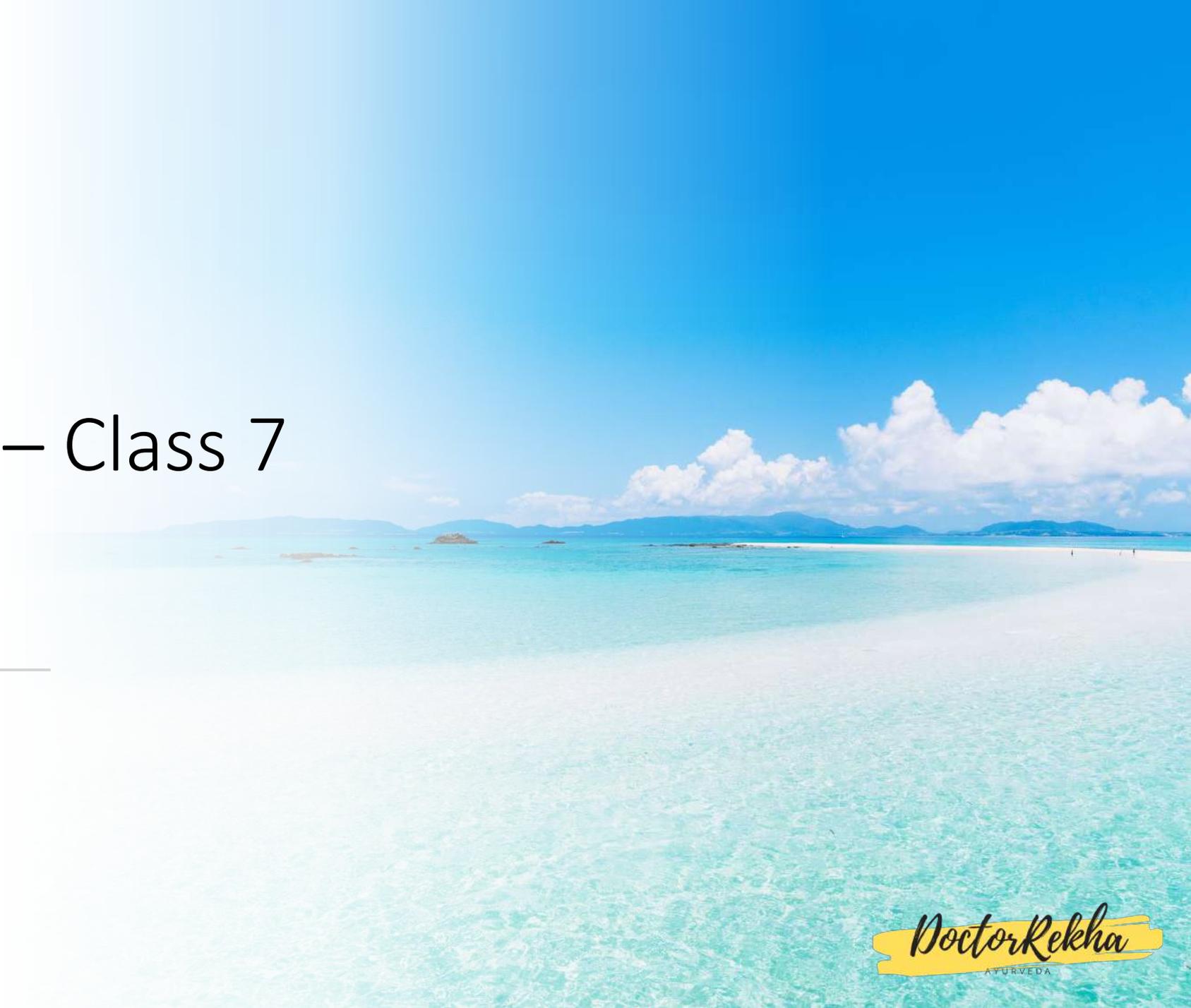




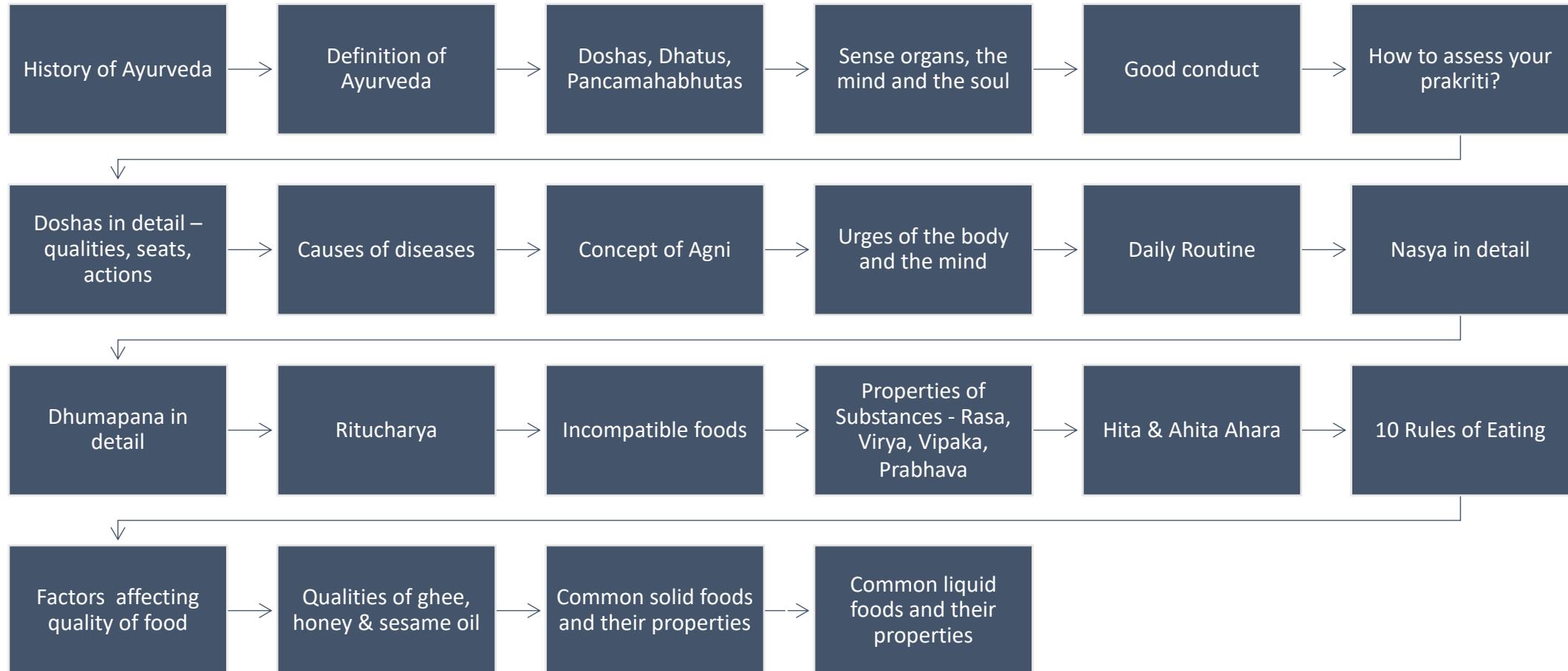
# Caraka Samhita – Class 7

Dr. Rekha Radhamony

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# What have we learned so far?





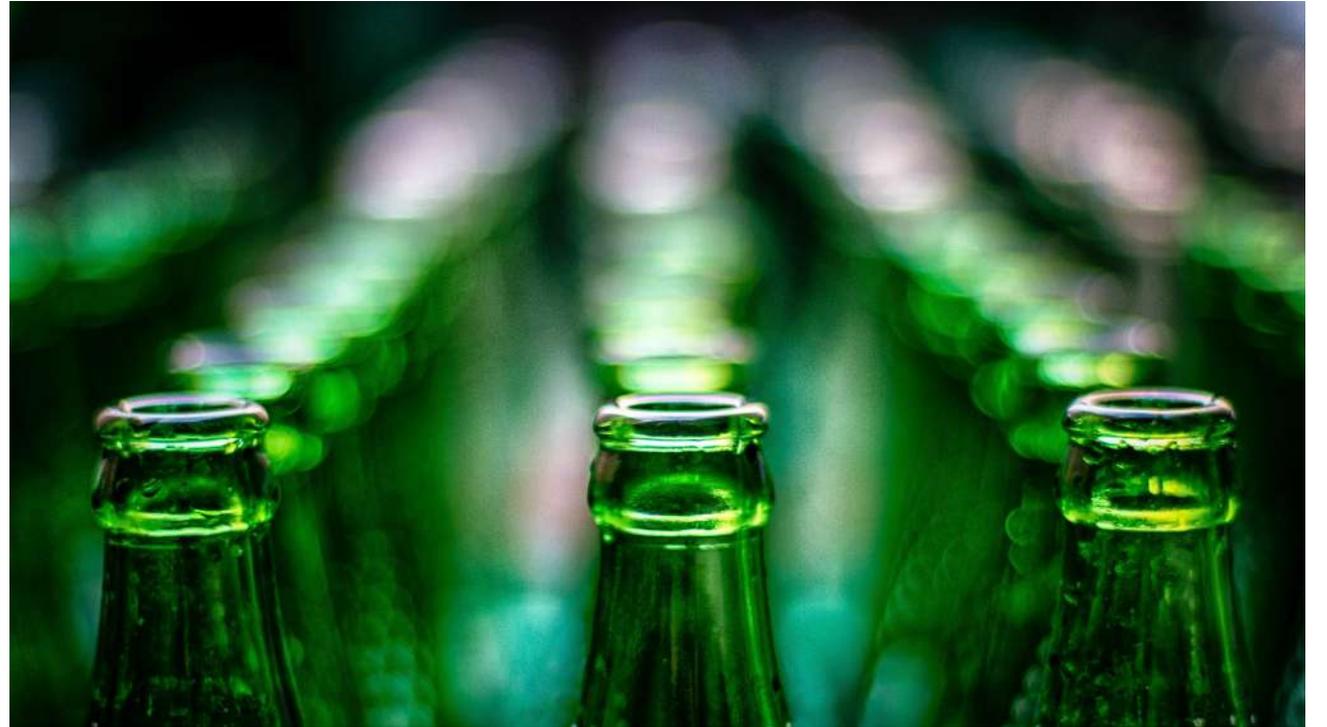
# Chapter covered in today's class

Dr. Rekha Rahamony

Caraka Samhita  
Sutra Sthana  
Chapter 27  
Annapana Vidhi  
(Part 2)



# Alcohols





# Basic qualities of all alcohols

Dr. Rekha Rahamony

- Rasa – Amla
- Vipaka – Amla
- Virya – Ushna

# Beer (Sura madyam)

Dr. Rekha Rahamony

Good for people who are weak & thin

Retention of urine

IBS

Haemorrhoids

Increases breastmilk

Increases blood

Subsides vata



# Rock sugar wine (Sarkara madyam)

Dr. Rekha Rahamony

- Improves taste
- Gives 'sukha lahari'
- Aromatic
- Subsides urinary symptoms
- Improves complexion
- Enhances Agni
- Good for the heart



# Boiled sugarcane wine (Pakwarasam)

Dr. Rekha Rahamony

Improves taste

Deepana

Hridya - good for the heart

Subsides inflammation, piles, weakness

Subsides dyslipidemia

Improves complexion



# Unboiled sugarcane wine (Sheeta rasikam)

Dr. Rekha Rahamony

Relieves constipation

Subsides constipation, gas

Clarity to voice

Improves complexion

Lekhana (scraping)

Good for inflammation, ascitis, piles



# Barley wine (Yava suramandam)

Dr. Rekha Rahamony

- Ruksha
- Ushna
- Increases V, P



# Wheat wine (Madhulika)

Dr. Rekha Rahamony

- Heavy
- Vishtambhi
- Increases Kapha



# Amlakanchikam (Veppukadi)

Dr. Rekha Rahamony

VEPPUKADI is in liquid form used for Dhara and Avagaha procedures. – Ingredients:

Dhanya (*Oryza sativa*)

Flattened Rice

Horse Gram

Puffed rice

Common millet (*Panicum miliaceum*)

Foxtail millet (*Panicum italicum*)

Shunthi (Dried Ginger)

Lemon

Ajamoda (*Apium graveolens*)

It is a fermented liquid, otherwise known as "DHANYAMLA DHARA"



# Amlakanchi

External application:

- Subsides burning sensation
- Reduces inflammation

Internal use:

- Subsides vata kapha
- Does not cause loose motion or constipation
- Deepana
- Ushna

Dr. Rekha Rahamony



# Qualities of Alcohol

Dr. Rekha Rahamony

- Harsha dayakam: gives pleasure
- Preenanam – satisfying
- Subsides fear, sadness, lethargy
- Gives strength, nourishment
- “Satwikai: vidhivat yuktya peetam syat amritam tatha”
- If alcohol is consumed by a satwik person according to Vidhi & Yukti it is similar to nectar



Jala vargam  
(Water)

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# Water

- Rain water collected directly from the sky has different properties in based on seasons, the vessel in which it is collected, etc
- New rain of rainy season is the worst
- The best seasons to collect rain water is winter, autumn, spring. Autumn is the best
- Out of season rains – increases all 3 doshas
- Running water in rivers which passes through rocks etc are good for drinking
- Sea water – salty, increases all 3 doshas, has 'ama gandha



# Milk & Milk Products

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# Cow milk

Dr. Rekha Rahamony

## 10 Gunas

- Rasa – Madhura
- Virya – cold
- Mridu - soft
- Snigdha – oily
- Bahalam – viscous
- Slakshna – smooth
- Pichhila – slimy
- Guru
- Manda
- Prasanna (clear)

Ojus has all these qualities. Hence drinking milk increases Ojus

Best of Jeevaniya

Rasayana

# Buffalo milk



Much heavier, colder & oily than cow milk



Good for subsiding 'atyagni'



Good for sleep



My 2 cents: Susruta mentions buffalo milk to be "maha abhishyadi" & "vahni nashanam"

# Camel milk

Ruksha

Ushna

Slightly salty

Lakhu

Subsides bloating, intestinal worms, inflammation, piles, ascitis

# Goat milk

Rasa – Kashaya, madhura

First let us understand the properties of a goat

Lean

Drinks a lot of water

Does a lot of physical activity

Eats grass that are pungent, hot, bitter, taste

Same qualities for goat milk

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



# Qualities of Goat Milk (Jhaag Payas)

Dr. Rekha Rahamony

- Rasa: astringent, sweet
- Virya – sheeta
- Constipating
- Lakhu
- Subsides Pitta, Rakta, diarrhoea, TB, cough, fever
- My 2 cents: TB was an epidemic in the olden times. So goat milk was given to them as it was lakhu, and subsided fever. Also improves Ojus. Goat milk diluted with water is a good replacement for breastmilk especially if the goat is not tied at one place and with lots of physical activity

# Breast Milk

Jeevanam

Brihanam

Satmya

Snehana

Good for bleeding disorders – Nasya

Eye pain – Nasya & tarpana



# Dadhi – Curd/ yoghurt

Dr. Rekha Rahamony

- Rochana – imparts taste
- Deepana
- Vrishya
- Snigdha
- Balya
- Vipaka – amla
- Virya – ushna
- Vatahara
- Brimhana
- Helpful in sinusitis, diarrhoea, cold fever (seetaka jwara), vishama jwara, loss of taste, urine retention, emaciation
- Do not use in autumn, summer and spring
- Not good for diseases due to Kapha, Rakta & Pitta



# Curd (contd.)

Dr. Rekha Rahamony

Mandakam (Curd without sourness)

- Creates Abhishyanda
- Increases tridoshas exp P,K
- Constipating – causes build up of tridoshas leading to ama related disorders

The top thick layer of curd (~cream of curd) - Saram

- Increases sukla

The water that forms above curd

- Subsides Kapha & Vata
- Opens the blocked channels



# Takram

Dr. Rekha Rahamony

- Subsides inflammation, piles, IBS, urine retention, ascites, loss of taste, disorders due to excess consumption of oily foods, anemia, gara visha



# My 2 cents on buttermilk

- Magical drink
- For digestive system, urinary system, circulatory system, production of blood
- Gara can cause diseases like cancer
- Nothing subsides gara visha like buttermilk



# Navaneetam (Freshly made butter)

- Deepana
- Constipating
- Good for the heart
- Subsides IBS, piles, bels palsy, loss of taste



# Ghee

Dr. Rekha Rahamony

- Increases smriti (memory), buddhi (intellect), agni, sukla, Ojus, Kapha, medas
- Subsides V, P, Visha, psychosis, debility, 'alakshmi', fever
- Best of all sneha dravyas
- Virya – cold
- Taste – sweet
- Vipaka – sweet
- If used based on vidhi – Sahasravirya, Sahasrakarma



# My 2 cents

- Ghee not made from milk (alkaline medium) as available in commercial ghee
- Ghee made by churning curd (acidic medium)
- Ghee from milk will be heavier, increases kapha manifold, causes blockage of channels
- Brahmighrita – can pass blood brain barrier. (Same as sahacharadi kashayam) – useful in Parkinsonism



# Purana ghrita (old ghee)

- Subsides intoxication, epilepsy, stupor, debility, psychosis, gara visha, fever, reproductive system related pains, ear pain, headache
- If 100 year old, even better



# Other milk products

Paneer, condensed milk, cheese, Moradam (milk from a cow after 7 days of delivery – yellow in colour)

- Has to be used only if Agni is good
- Helps sleep better



# Cheese (Takrapinda) & Paneer (Takrakurchika)

- Vishada
- Guru
- Ruksha
- Constipating

A vibrant green sugarcane field occupies the foreground, with rows of tall stalks stretching towards the horizon. In the background, a large industrial facility, likely a sugar mill, is visible, featuring several tall, cylindrical silos and a central building with a blue roof. To the right, a white wind turbine stands against a clear blue sky with a few wispy clouds. The overall scene depicts a modern, sustainable agricultural and industrial landscape.

Ikshuvarga (Sugarcane products)



# Fresh sugarcane

Dr. Rekha Rahamony

If crushed and bite with teeth

- Aphrodisiac
- Subsides Pitta
- Virya – sheeta
- Snigdha
- Sara
- Brimhana
- Taste – sweet

If 'yantrapeedita'

- Causes vidaha



# Gudam (Jaggery)

Dr. Rekha Rahamony

- Increases dhatus – Majja, Rakta, Medas, Mamsa
- Increases intestinal worms and parasites



# Rock sugar (guda sarkara)

Dr. Rekha Rahamony

- Aphrodisiac
- Subsides weakness, tiredness
- Snigdha



# Honey

Dr. Rekha Rahamony

- Based on the kind of honey bees from which honey is taken, there are 4 kinds of honey
- Makshikam – (from red honey bees) – dark colour honey – the best
- Bhraamaram – very light colour honey
- Pouttikam (from big honey bees) – Mostly seen in forests in middle east, Afghanistan, etc. – honey in the colour of ghee
- Kshoudra (small honey bees) – known as “cheruthen” mostly seen in India (Kerala)

# Qualities of honey

Increases Vata

Guru

Sheeta

Subsides Rakta,  
Pitta, Kapha

Sandhanakaram  
(joining)

Chedana  
(excisive,  
cutting)

Ruksha

Taste – kashaya,  
madhura



# Heating of honey

It is poisonous

- Using warm honey
- Honey used by someone with 'ushna' body

Due to natural 'visha swabhava' of honey

Because it is guru, sheeta, and ruksha at the same time, use 'alpa matra' (sparingly)



# My 2 cents

- Honey is sheeta
- It should subside heat of the body
- Instead, it dangerously increases heat
- This is not due to “sheeta” property
- This is because of “visha swabhava”



# Ama due to honey

Dr. Rekha Rahamony

- There is nothing worse than Ama due to overconsumption of honey
- It can lead to poisoning of the body and severe debility
- For ama, we usually give kapha subsiding treatment which is 'ushna'
- But in Ama due to honey, it is the opposite
- Hence this is a severe case - Chikitsa Viruddha

M2C – anaphylactic shock due to pollen on honey



# Cooked Foods



# Light rice gruel (Peya)

Dr. Rekha Rahamony

- Subsides hunger, thirst, tiredness, weakness, ascites, fever
- Increases Agni & causes sweating
- Helps easy elimination of gas, feces

My 2 cents:

Extremely important food in the treatment of fever

Fever – mostly due to Ama, blocked channels

Peya - helps sweating – opens blocked channels, improves Agni

Thus helps subside fever



# Vilepi (Rice gruel with 75% rice and 25% water)

Dr. Rekha Rahamony

- Tarpana
- Grahi
- Lakhu
- Hridya

My 2 cents: Rice gruel in lepana form.



# Rice water (Mandam)

Dr. Rekha Rahamony

Improves Agni

Vata anulomana

Clears the channels

Increases sweating

Good for people who have undergone Lankhana, Snehapana, Virechana

Good after snehapana, once ghee is digested, when the patient feels thirsty

Pranadharana – maintains life (due to lakhu, deepana)



# Laja Peya (Puffed rice gruel)

Dr. Rekha Rahamony

Laja peya (Puffed rice gruel)

- Good for people who have lost voice
- Reduces lethargy



# Laja Mandam

Dr. Rekha Rahamony

Laja mandam (Puffed rice boiled – clear water that forms on the top)

- Subsides diarrhoea
- Subsides thirst
- Causes nourishment of dhatus
- Auspicious
- Improves Agni
- Subsides burning sensation and stupor

My 2 cents: (In diabetes patients, when they go into hypoglycemia, I give lajamandam)



# Sanskrita Lajamandam

Dr. Rekha Rahamony

Lajamandam processed with ghee and herbs into a soup

- Improves strength
- Good for the aged, children, weakness in women, sukumaras
- Good for improving Agni
- Subsides vishama Agni

My 2 cents : Better than just lajamandam because adding ghee & spices improves agni better



# Lajamandam pomegranate recipe

Dr. Rekha Rahamony

- Boil laja
- Add sour pomegranate + pippali + dry ginger
- Pathya – good for subsiding all diseases
- Subsides hunger, thirst
- Helps to flush out doshas (if stuck) after Virechana & Vamana



# Laja powder

Dr. Rekha Rahamony

- Rasa – Astringent, sweet
- Lakhu
- Potency - cold



# Rice dishes

Dr. Rekha Rahamony

Warm cooked rice

- Washed rice boiled in lots of water and strained
- Lakhu

Cooked rice which has turned cold and is not strained and removed water, not cooked well

- Guru

Fried raw rice

- Good for Gara & Kapha disorders

Odanam – Rice cooked with veggies, sesame oil, ghee, pomegranate, animal fats and meat

- Brimhana – nourishing

Kulmasham – Rice cooked with sesame seeds, black gram (urad dal), milk, and green gram

- Guru, increases Vata, causes diarrhoea



Thank you