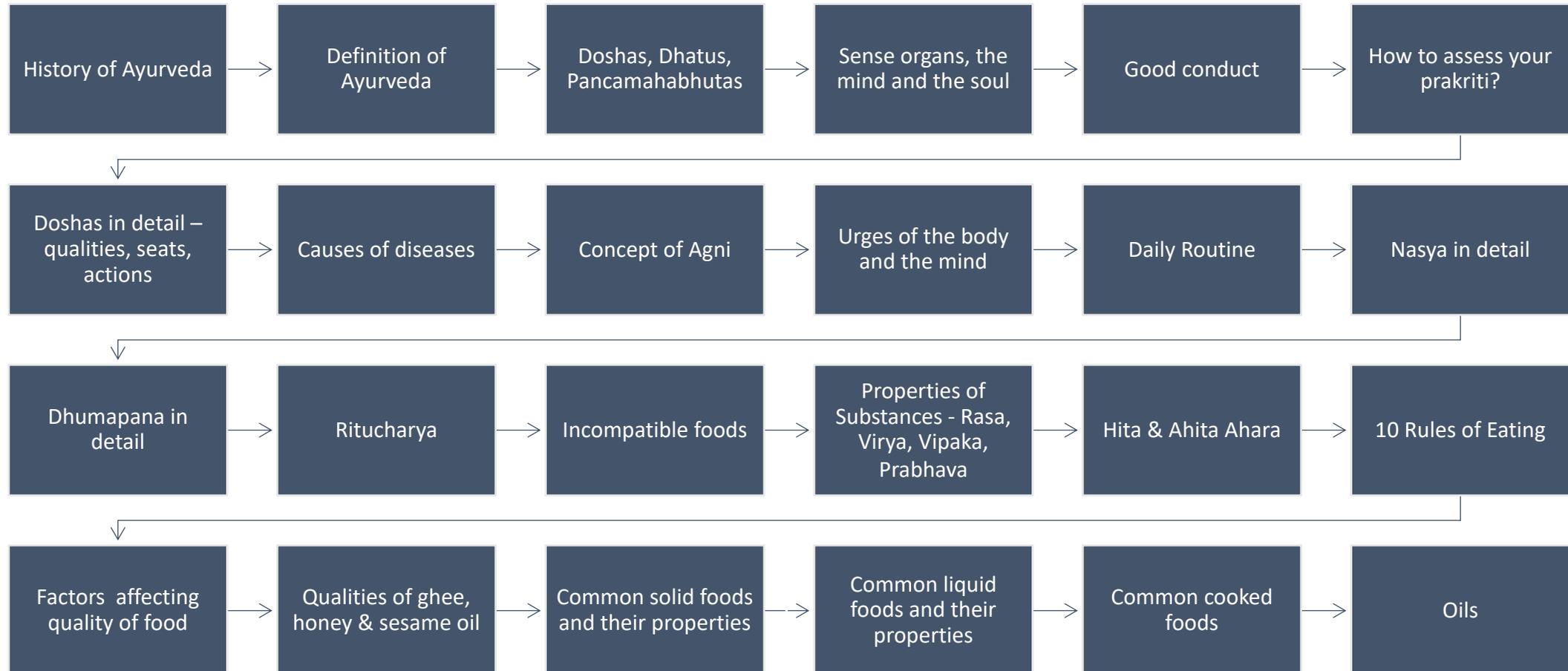


Caraka Samhita – Class 8

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What have we learned so far?



Chapter
covered in
today's class

- Caraka Samhita Sutra Sthana Chapter 27 Annapana Vidhi (Part 3)



Saktu

- Any roasted grain powder in water (eg. Roasted chickpea flour)
- Mixed with water in a drink – great for instant energy
- Satisfying
- Imparts strength instantly
- Ideal – red rice powder – sweet, lakhu, sheeta, subsides fever, nausea

My 2 cents

Easy for digestion

Ojus improving

If added, with salt even better



Roasted barley made into a thin gruel (Yavakam)

Great for flatulence, sinusitis,
diabetes, Thyroid, etc

Dhana (Roasted barley)

- Scraping
- Durjaratwam – reduces Agni, appetite
- Nourishing
- Instant energy
- Dry & vishtambhi
- Used in weight loss
- Consumed similar to ‘avalose’ powder



Nourishing & tarpana recipes

Shashkuli

Virooda dhana = Roasted sprouted barley

Shashkuli

Madhukroda – grains made into a batter, fried and dipped in honey like Gulab Jamun

Pindhakam (Kozhukkatta)

Poopalika (Neyyappam)

Ksheerapooa: Milk + sugar cane juice + rice batter

Payasam - Made with milk, rock sugar, sesame seeds, honey

Wheat poori made with ghee



Prithuka (Poha, flattened rice)

- Guru
- Has to be consumed in very limited quantity after roasting well

Kitchen Corner - Try It



Anna (Lentil fritters)

- Eg. Parippuvada
- Vata increasing, ruksha, cold
- Has to be taken in limited quantities
- Should be added with salt, spices and ghee



General rule

- Cooked foods that are Sthoola (big), Kathina (hard) are Guru, takes long time to digest should be consumed sparingly
- Gives bala, nourishment to the body

My 2 cents:

What decides if a food is light or heavy?

- Dravya samyogam (combination)
- Samskaram (adding ghee, spices, cooking, frying etc)
- Dravya manam - quantity

Rasala (Spiced Yoghurt)

- Fresh thick yoghurt spiced with with dry ginger powder, cardamom, bay leaf, nutmeg powder, rock sugar and cumin seeds
- Snigdha
- Increases strength
- Imparts taste





Sweet churned yoghurt

- Shikhirini – Churned yoghurt (buttermilk) with cream added with jaggery is snehana, nourishing, good for the heart, subsides Vata



Panakam

- A juice made with grapes, dates, plum, honey, sugarcane juice
- Guru
- Vishtambhi
- Nourishing

Jam made of Amla & Mango (Leham)

- Nourishing
- Increases strength
- Sweet
- Snigdha
- Guru
- Increases weight





Vinegar (Shuktam)

- Prepared by acetic acid fermentation
- Increases R, P, K
- Vata anulomana



Oils



Sesame oil

- Taste - Sweet
- Anurasa – Kashaya
- Sukshma
- Ushna
- Vyavayi (spreads easily)
- Increases P
- Blocks feces and urine
- Does not increase Kapha, but Vata subsiding
- Uttama
- Improves memory, intellect, Agni, complexion of skin, strength of body
- In combinations with other herbs – ‘Sarvarogapaham’
- In the olden times, Asura kings used sesame oil – no graying, no diseases, no tiredness, extra strength



Castor oil

- Sweet taste
- Guru
- Increases K
- The best for subsiding VataRakta, ascitis, heart diseases, chronic fever



Mustard oil

- Pungent taste
- Hot
- Increases P, R
- Subsides K, Sukla, Vata
- Kanthukothavinashanam – subsdies itching



Chironji seed oil (Priyala)

- Sweet
- Increases Kapha
- Guru
- Not very hot
- Good for Vata, Pitta combination conditions



Flaxseed oil/ Linseed oil (Atasi tailam)

- Sweet, sour taste
- Vipaka – pungent taste
- Ushna
- Increases R, P
- Good for Vata

Safflower oil (Kusumbha tailam)



- Ushna
- Vipaka – Pungent
- Guru
- Causes Vidaha (burning sensation)
- Increases all 3 doshas



Spices



Dry ginger

- Slightly snigdha
- Deepana
- Vrishya
- Ushna
- Subsides Vata & Kapha
- Vipaka – Madhura
- Good for the heart
- Imparts taste
- “Vishwabheshajam” – universal medicine for almost all diseases



Pippali (Long pepper)

- If fresh – Increases Kapha, Sweet taste, Guru, Snigdha
- If dry –
- Pungent taste
- Ushna
- Vrishya
- Subsides K, V

Black pepper

- Not vey hot
- Avrishya
- Lakhu
- Imparts taste
- Chedana
- Shoshana
- Improves agni
- Subsides K, V
- Trikatu – dry ginger, pippali & black pepper





Asafoetida (Hingu)

- Subside V, K
- Subsides blockage of feces
- Rasa – Katu
- Ushna
- Deepana
- Laghu
- Subsides stomach pain
- Increases pachana
- Imparts taste



Rock Salt

- Imparts taste
- Deepana
- Vrishya
- Good for the eyes
- Causes vidaha
- Subsides tridoshas
- Sweet taste
- Best among all salts



Cumin, black cumin, fennel, ajwain, corriander seeds

- Subsides durgandha
- Increases taste
- Deepana
- Subsides V,K

Meat soup

- Good for the heart
- Nourishing
- Increases strength
- Like nectar for weak, skinny, women with menstrual dysfunction, and one who wishes strength and good complexion
- Subsides all diseases if used based on vidhi & yukti
- Improves lifespan, voice, complexion, memory, intellect, sense organs
- Especially good for people who does a lot of exercise, exertion, excessive coitus, and alcohol – if used daily, can stay away from the bad effects



Vegetables

One should not use green leafy vegetables which are:

Infested with parasites

Dry due to over-exposure of wind and sunlight

Produced not in season

Cooked without adding fats

Cooked without washing with water and straining it

Green leafy veggies can be cooked without adding fats too

Anupana

A drink to be taken after consuming a medicine

Has to be opposite to the qualities of what is consumed but should not cause Viruddha

Helps with satisfaction, nourishment, energy, brimhana, satiety

Helps digest, break down food for easy absorption

Examples of anupana

Milk : Good for people who have done fasting, walked long distance, sex, exposure to sun's heat, exertion

Meat soup : In TB, dhatu kshaya conditions

Beer : For the skinny, to improve dhatu pushti

Honey + water : For weight loss

Alcohol – Lazy, depressed, weak, low Agni, insomniac

Drink water
right after
food

- Not advisable
- Causes dryness (reduces aharajanya sneha)
- Increases doshas



A word from Caraka

- We have discussed about some of the common foods
- It is difficult to explain all foods
- There is no substance (food) that is not a medicine
- “Na anoushadham kinchit”



Factors determining Guru & Lakhu qualities

1. Samskara: Red rice is guru, laja (fried red rice) is lakhu
2. Matra: Guru food has to be consumed less, lakhu more
3. Agni: High agni, guru is okay

A hand is shown from the bottom left, holding a glowing, golden orb. The background is a soft, warm sunset or sunrise with a blurred horizon and a rainbow-like glow. The overall mood is serene and hopeful.

Who should consider Guru-Lakhu more?

- Alpa bala
- People who does not do any work, lazy
- Not having good health
- Sukamaras and sukumaris
- Sukha sheelas

Who does not have to consider Guru & Lakhu

One who has

- Good Agni
- People habituated to having heavy foods
- Who exercises daily
- One who eats a lot of food habitually (Mahodara)

Who can prevent any disease?

- Always eating “pathya food” based on Agni
- Constantly striving to improve Agni
- One who recites Pranavamantra & considers eating food as divine (Homa)
- One who eats “Satmya” food

Such a person has no reason to get diseases?

Final few words from Caraka

- “Prana: pranabhritaam annam”
- The life of living beings is food
- Food moves the world
- Purusharthas are based on food
- One who eats “hita” food can live a 100 years without diseases



Thank you