

TIME-EFFICIENT AND THERAPEUTIC AYURVEDIC RECIPES IN CONTEMPORARY LIFESTYLE

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ABSTRACT

Purpose: Ayurveda has given three pillars for healthy state of life in which food is given very firstly which shows its importance to maintain physical as well as mental health. In today's modernized era people always prefer short way they like to eat the fast food the quicker it to be cooked the sooner it creates health problems. Here we will explore the quick food recipes mentioned in Ayurveda. **Methods:** Literally review of various Ayurvedic classics, research papers & various internet sources. **Results:** Food is important factor to maintain balance between body, mind and sense organ. In Ayurveda there are different methods of food preparation are given which include *payasa (kheer)*, *polika (poori)*, *athangarika (malida)*, *vatak (bade)* etc. Fast and easy-to-prepare which helps in improving immunity, decrease disease progression and improve health.

Conclusion: In this contemporary era this type of quick and healthy ayurvedic food should be used instead of street food and junk food. It will help people in their fast-going life with easy to cook healthy & tasty recipes which given in our Ayurvedic classics to achieve health and well-being.

KEYWORDS: Ayurveda, Quick Food, Aahara.

INTRODUCTION

In today's world, where people are too busy with their routines, they desire to do everything quickly, even if it means using vehicles. Without considering the impact on health, people like to prepare pizza, spaghetti, noodle, and use ready-to-cook packets. All of us eat primarily

to satisfy our hunger, but do we realise that eating can also have some positive effects on our health. So what is the point of consuming such food. Ayurveda has two approaches to achieving good health: preventative and curative, with the emphasis always being on prevention rather than cure. The preventive approach is achieved through three pillars of life: *Ahar (eating)*, *Nindra (sleep)*, and *Bramcharya (celibacy)* to achieve equilibrium between body, mind, and spirit. Where food plays a key to achieve happiness, heaven & salvation by healthy state of body and mind it totally depends on wholesome and unwholesome food.

Fast food, junk food, street food, or food recipe shows are all popular on the internet, and individuals all over the world are attempting to create new food recipes in order to experiment with new flavours and more visually appealing presentation methods. For this maximum time, they utilise cheese, chilli flakes, semi-cooked pulses or vegetables, various sauces, condensed milk, and other ingredients in incorrect combinations and cooking procedures. As a result, all of these begin to build up toxins in the body, which might eventually result in disease.

REVIEW OF LITERATURE

The present work had reviewed a number of relevant literatures

- Ayurvedic classics
- Internet sources
- Previous research papers
- Books / Journals

As per Ayurveda each and every substance made by five elements Space, Air, Fire, Water and Earth. Similarly human body also made up of these five elements and proper food is required to keep it alive. Each and every individual are different from each other so their body needs also be different. That's why the same nutritious food is not as good for everyone. Food is a basic source of energy but in this contemporary era most of the disease occurs not only because of unwholesome food but also due to preparation of wholesome food in inappropriate way.

Ayurveda categories food into different groups like Vegetables, Fruits, Pulses, Cereals, Milk, Fish, Birds, etc. with individual's qualities. Also describe wholesome combination and unwholesome one along with different food preparation methods. Quality of food become change at different stages when it is uncooked, semi cooked, properly cooked or over cooked.

Dietary roles and regulations are also very beautifully described in Ayurveda. Only and only when proper food is taken in proper way then it can balance nutritional values in body and provide energy and immunity.

OBJECTIVES

In ayurvedic classics there were so many quick and healthy food recipes were given along with their effect on health. Simple cooking techniques with deep rooted knowledge to maintain health or overcome a disease condition. Adopt an ayurvedic style of cooking in day-to-day life to improve awareness of combination of food substance along with method of preparation.

METHODOLOGY

1. PAYASA



Take milk, add 8th part of rice or wheat to it, put it on low flame till rice or wheat are properly cooked.

2. POLIKA

A) Sweet

Roast chickpeas split and grind it with half quantity of jaggery then prepare a soft dough. Make medium size puri and fry it in sesamum oil on low flam.



B) Namakin

Roast chickpeas split and make its powder. Add salt, powder of cumin seeds and asafetida as per taste.

Prepare a smooth dough with wheat flour and roll it and give it shape of puri, now place the above prepared mixture in middle of puri. Bring the edges of the dough together and join them at the center, press it on the top and roll to get medium thickness.



Fry it in sesamum oil on low flame till getting brownish color.

3. ANGARKARKATI

Take wheat flour mix it with 8th part of chickpeas split flour and some butter(ghee) then add carrom seeds, asafetida, salt as per taste. Squeeze it very well and roll it in small size then press in middle then roll it and cooked in smoke less fire to turn red but not get burnt.

4. ANGARIKA

One type of chapati cooked with wheat flour added with sugar and ghee.

**5. VATAKA**

Take flour of black gram split or green gram beans add salt, black pepper powder, asafoetida,

dry zinger powder as per taste.

Mix them well then add some water to make a thick paste.

Make medium size balls and deep fry it in ghee or sesame oil till they become brownish golden.



6. INDARI

Fistful roll of black gram split flour and green gram beans flour added with salt, asafoetida, cumin seeds and zinger paste.

Then steamed in vessel filled with water then fry it.

It can be taken in fried only or with some sour substances like tomato chatani or date-tamarind chatani.



7. PANAKA

Panaka means drinks which are prepared with fruits like grapes, tamarind, phalsa, lemon, mango etc.

This drink has to be taken along with powder of sugar, black pepper, dry zinger, camphor,

cinnamon, cardamom.



RESULT

1) Payasa

A) Rice Payasa

- Heavy to digest but give strength and provide nourishment to body.
- Increases quantity and quality of semen.
- Sweet and cold in nature which relives hyperactivity.

B) Wheat Payasa

- This one is also good in hyper acidic and hyper gastric condition.
- But this increase body weight, blood cholesterol level and body fat.

2) Polika

A) Sweet

- Strengthening, alleviator of exhaustion, semen enhancer, anabolic.
- Wholesome in case of breathing difficulties and cardiac problems.

B) Namakin

- Easily digestible and alleviator of joint pain.

3) Angarkarkati

- Increases appetite and easy to digest.
- Increases immunity and give strength to body
- Wholesome in case of breathing difficulties and cardiac disease.

4) Angarika

- Very aphrodisiac but heavy to digest.

5) Vataka**A) Black gram split**

- Increases taste buds but aggravated burning sensation.
- Wholesome in bell's palsy, depression and anorexia.

B) Green gram beans

- Heavy to digest but give strength to body and increases semen by increasing thirst and hunger.
- But this also Increases blood pressure so must have to avoid in hypertensive patients.

6) Indari**A) Black gram split**

- Strengthening, relishing, semen enhancer but heavy to digest.

B) Green gram beans

- Easily digestible but have less qualities.

7) Panaka**A) Grapes**

- Beneficial for heart, diuretic.
- Alleviator of thirst, exhaustion, fatigue, vomiting, burning sensation and delusion

B) Phalasa and Indian plum

- Good for heart and constipating.

C) Unripe mango

- Vata shamak but if use regularly cause kapha and pitta disorders.

D) Ripe mango

- Hot in potency, heavy to digest
- Aphrodisiac and strengthening, increase taste sensation and skin lustre and complexion.

E) Lemon

- Very sour in taste, good appetizer and able to digest all kind of undigested food.

DISCUSSION

Now a days people become more conscious regarding what to eat and how to eat that's why

they frequently search on internet regarding qualities and nutritional values of different fruits, vegetables, cereals, pulses, milk products etc. As well as consult with nutritionist or dietician for healthy eating and healthy living. But when we combine the food or process the food it's quality totally change and sometimes it creates adverse effects. Also there was 18 types of unwholesome food combinations mentioned in Ayurvedic classics, so before using any dishes one should look at the qualities of prepared item not the qualities of ingredients used in it.

CONCLUSION

In this present work an effect has been made to fulfil the need of society with self-care and self-love by adopt a ayurvedic way of cooking with proper and wholesome combination of food substances to achieve healthy and immune state of body and mind. Unlike modern fast foods that often compromise nutritional quality and contribute to the development of lifestyle disorders, the Ayurvedic recipes discussed—such as *Payasa*, *Polika*, *Vataka*, *Indari*, and *Panaka*—are designed with a deep understanding of digestion (*Agni*), body constitution (*Prakriti*), and food compatibility (*Ahara Vidhi*). These preparations not only provide essential nourishment but also exhibit therapeutic properties, supporting immunity, metabolic balance, and overall well-being. Importantly, Ayurveda highlights that the method of preparation, combination of ingredients, and mindful consumption are as crucial as the food itself, thereby preventing the formation of toxins (*Ama*) and promoting optimal health. Therefore, integrating these time-efficient, wholesome, and scientifically relevant Ayurvedic dietary practices into daily life can serve as a sustainable strategy for preventive healthcare, ultimately bridging the gap between traditional wisdom and contemporary nutritional needs.

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