

**UNIQUE DIETARY PRESCRIPTIONS FROM KASHYAPA SAMHITA- A
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ABSTRACT

In Ayurveda, “Ahara” (diet) is foundational to maintain health and wellbeing, serving as more than just nourishment but as a key to balancing the three doshas vata, pitta and kapha that govern the body and mind. Ayurvedic dietary guidelines emphasize the qualities of food, seasonal variations, individual lifestyle, and digestive capacity. Special preparation like Yusha (a light detoxifying soup) and Yavagu (a hydrating soothing gruel) are tailored to support digestion, balance doshas and aids in recovery. The concept of mindful eating alongside, the seasonal and locally sourced food recommendations are essential for nurturing not only the body but also the mind and spirit. Hence an attempt to illustrate yusha Kalpana from kasyapa samhitha with its nutritional and therapeutic benefits.

KEYWORDS: Yusha, Yavagu, Ahara, Ayurveda, Kashyapa, diet.

INTRODUCTION

In Ayurveda, "ahara" (diet) is considered the cornerstone of health and well-being. Far beyond mere sustenance, Ayurveda views food as a vital tool for maintaining the balance of the three dosha vata, pitta, and kapha, which are essential bioenergetic forces that govern the body and mind. Many food articles are mentioned in treatise in different pathological conditions as well as to maintain health in different seasons.

Yusha is a type of Kritanna varga (cooked food preparation), mentioned in chapters of diet. It is indicated as a wholesome diet for a healthy or diseased person. Proper nutrition is central to this ancient holistic system, promoting physical, mental, and spiritual health.

Ayurvedic dietary principles: Ayurvedic dietary guidelines emphasize the qualities of food such as taste, energy, and post-digestive effect along with the importance of seasonal variations, individual lifestyle, and digestive capacity (agni). By aligning food choices with one's unique constitution (prakriti), Ayurveda aims to prevent and treat diseases, enhance vitality, and extend longevity.

Special significance of Yusha and Yavagu: Among the myriad dietary recommendations in Ayurveda, "Yusha" and "Yavagu" hold special significance. "YUSA" is a light, easily digestible soup made primarily from lentils or pulses. Yusha is recommended for its nourishing and detoxifying properties. It is particularly beneficial for balancing vata and pitta doshas and is often prescribed during recovery from illness or for those with weakened digestion. Yusha's simplicity and ease of digestion make it ideal for maintaining digestive health and providing gentle nourishment.

"YAVAGU" A gruel or thin porridge made from rice or barley, yavagu is celebrated for its hydrating and soothing qualities. It is particularly suitable for individuals with impaired digestion or during convalescence. Often used as a base for incorporating various medicinal herbs and spices, yavagu enhances therapeutic benefits, balances vata and pitta doshas, and supports overall vitality.^[1]

Mindful eating in Ayurveda: Ayurveda also advocates mindful eating practices, including consuming fresh, seasonal and locally sourced foods, adhering to proper meal timings, and fostering a harmonious eating environment. This holistic approach to diet not only nurtures the body but also balances the mind and uplifts the spirit, ensuring overall well-being.

Yusha kalpana in Kasyapa Samhita: Acharya Kasyapa has extensively discussed the preparation of various soups in the Kasyapa Samhita, Khilasthana. He defines yusha (soup) as a vital part of the Ayurvedic diet that liquifies and metabolizes food, aiding in digestion and absorption.^[2]

Definition of Yusha (Soup) and yavagu (Thin gruel): Yusha (soup) are referred to as liquid preparations made from lentils or pulses; whereas Yavagu (Thin gruel) is a gruel or thin porridge made from rice or barley.^[3,4]

Different soup mentioned in Kasyapa Samhita: Different soups are mentioned using vegetables, grains, fruits which can be used in pathological conditions as well as dietary supplements.

1. Soup of chitraka and moolaka: These soups made from the decoction cooked with stem leaves and root of chitraka, helps in treating colic, splenomegaly, piles, gulma, kushta, cardiac disorders and suppress kapha and vata. The same as moolaka soup.^[5]

2. Soup of Panchakola: Prepared from a combination of various herbs like Sati, Karkataki, Bilwa, Ajasringi, Poushkara, Dhataki Dhadhitta, Dadima phala, Changeri with samanga. It is known as good astringent. The same mixed with appetizers and salt is appetising.^[6]

3. Soup of Dhanya: Made from decoction of intact grains all in equal quantity except māṣa, tila, niṣpāva and sarsapa specially cooked with dvipa and dadima. This soup is beneficial in treating various digestive issues and enhancing overall health.^[7]

4. Soup of dadhi manda and takra: The soup prepared out of Dadhi manda or Butter milk, useful in treating disease of head, ears, eyes, cardiac disease, hemicrania and mixed with taila and masha in anorexia and diarrhea till the disease is present.^[8]

5. Soup of Kulatha: This soup, made from kulattha, is effective in treating diseases caused by the imbalance of all three doshas, especially vata and kapha.^[9]

6. Soup of Phala: The phala yūṣa made with unripe fruits of kapittha, bilva, badara, dvāka, dadima and cūta eradicates chronic diarrhoea.^[10]

7. Soup of flowers: The soup should be prepared with flowers of sana, śalmali, dhātaki, padma, saugandhika, kovidāra and karbudāra. This soup of flowers cooked with dadima (then used) without oil and sour substances is beneficial in asrgdara (menometrorrhagia), raktapitta (bleeding diathesis), burning sensation and (in diseases of) abdomen and eyes.^[11]

8. Soup of leaves: Made by decocting the leaves of bilva, śobhāñjana, eranda and amra with water, this pacifies vata.^[12]

9. Soup of bark: The valkayūṣa (soup of bark) made by decocting bark of dadima, āmrāta, jambū and cirabilva with dadhi-manda (curd water) cures diarrhoea.^[13]

10. Soup of tender leaves: (The soup) prepared with (decoction of) tender leaves of nyagrodha, udumbara, aśwattha, plakṣa, kālā, palāśa and kamala and medicated with ghrta and dadima, this pallavayūṣa (soup of tender leaves) is mainly beneficial In all the diseases of pitta, abortion, burning sensation and kaṭukini.^[14]

11. Other soups: Soups of punarnavā, rāsnā, cāngerī and balā, prepared separately with curd and ghrta are said to be eradivative of vāta.^[15]

12. Soup of Kampillaka: The young rohita fishes be cooked with water, the same decoction be recooked with cooked one kudava quantity of vinegar, kanji and whey-water etc. liquids already cooked with five palas of Jaggery. This kambalika either without fat or mixed with mustard oil is pacifier of diseases of vata, is anabolic, promoter of strength and cooked with oil of tila, increases the sexual pleasure, sleep and desires (appetite).^[16]

13. Maha yusha: Appetising pañcamūla, fruits of madhura group of drugs, all grains as mentioned eariler, dhānyaka, marica, kākoli, kṣīrakākoli, kāśmari, parūṣaka, badara, kulattha, rāsnā, eranda, punarnavā, two pala gokṣura, young sigru and palāśa should be cooked with one drona of water till 1/4th remains; (this should be again cooked) with one prastha each of curd, kāñjī, vinegar, oil and ghrta and hundred young raddish without leaves. This great cooked soup medicated adding vyoṣa is praised in all the diseases caused by combination of dosas, excess increase of fire (digestive/metabolic), insomnia, stiffness of body, chin' and eyes. This soup should be mixed with equal quantity of meat-soup, and then adding paste of tila is for eradication of chronic diarrhoea.^[17]

14. Soup of Laśuna: The soup of lasuna, capable of eradicating vāta.

15. Soup of Mūlaka: The supreme (physician) after squeezing the young raddishes boil in water then frying the same with oleaginous substances, add in this the adana (praksepa) substance. This soup definitely cures all the diseases.^[18]

Table 1: Drugs mentioned in different soup.^[19,20,21]

No.	Drugs	Botanical name	Family	Therapeutic use
1	Chitraka	Plumbago zeylanica	Plumbaginaceae	Dipana, Pachana
2	Mulaka	Raphanus sativus	Brassicaceae	Pachana
3	Sati	Hedychium spicatum	Zingiberaceae	Jwaraghna, kasa, swasa, hikka, raktashodhakax
4	Karkataki	Pistacia chinensis	Anacardiaceae	Swasahara, Kasahara, Rochaka,

				Atisarajit, Chardigna
5	Vilwa	Aegle marmelose	Rutaceae	Dipana pachana grahi hridya
6	Ajasringi	Gymnema sylvestre	Asclepiadaceae	Dipana samsamana
7	Poushkara	Inula racemosa	Asteraceae	Hikkaswasakasaharanam
8	Dhataki	Woodfordia fruticosa	Lythraceae	Trishnahara, sthabhak, Vishagna, Vranahara, Sandhaniaya
9	Dwipa	Plumbago zeylanica	Plumbaginaceae	Agnivardhana, Swarya, Balakara, Varnya, Sthairyakara, Vrishya.
10	Dadimaphala	Punica granatum	Punicaceaea	Dahahara, Jwarahara, Tarpana, Balya, Medya
11	Changeri	Oxalis corniculata	Oxalidaceae	Ruchya Deepana, Atisarahara
12	Samanga	Mimosa pudica	Leguminosae	Atisarahara, Raktapittahara, Sophagna
13	Masha	Vigna mungo	Leguminosae	Balya, Brimhana, Tarpana, Sramsana
14	Tila	Sesamum indicum	Pedaliaceae	Balya, dipan, Medya, Dantya, Vranahara, Grahi,
15	Nishpava	Dolichos lablab	Leguminosae	Visha nasaka, Shothagna, Sukra nasana, Chakshushya
16	Sarshapa	Brassica juncea	Criciferae	Hridya, Agni vardhaka, Kushtagna
17	Dadhitha	Limonia acidissima	Rutaceae	Hridya, Deepana, Pachana
18	Dadima	Punica granatum	Punicaceae	Dahahara, Jwarahara, Tarpana, Balya, Medya
19	Kulatha	Dolichos biflorus	Leguminosae	Asmari bhedana (Prabhava) Vatanuloni, Hikka swasa kasagna Krimigna
20	Kapitha	Feronia limonia	Rutaceae	Sangrahi, Lekhana, Vishagna, Kantashodhana, Hridya
21	Bilwa	Aegle marmelose	Rutaceaea	Dipana pachana grahi hridya
22	Badara	Ziziphus jujuba	Rhamnaceae	Tritsamana, Amagna, Deepana, Grahi, Ruchya
23	Dvaraka			
24	Chuta	Spondias pinnata	Anacardeaceae	Ruchya, Sara, Tarpana, Brimhana, Balya
25	Shaana	Crotalaria verrucosa	Fabaceae	Ajirnajwaradoshagni, Vamini, Raktadoshanut.
26	Salmali	Bombax ceiba	Bombaceae	Rasayana, Balya, Varnya, Sthambana
27	Dhataki	Woodfordia fruticosa	Lythraceae	Trishnahara, sthabhak, Vishagna, Vranahara, Sandhaniaya
28	Padma	Nelumbo nucifera	Nelumbonaceae	Varnya, Vrishya, Pittahara, Daha asrahara, Stanyaprada
29	Sougandhika	Nymphaea alba	Nymphaeaceae	Sangrahi, Raktapitta prasamana, Daha, Sramahara
30	Kovidara	Bauhinia variegata (red variety)	Caesalpinaceae	Grahi, Kushtagna, Krumighna, Useful in Gandamala, Gudabhramsa, Pittasra, Pradara, Kasa.
31	Karbudara	Bauhinia variegata (white variety)	Caesalpinaceae	Grahi, Krimighna, Kushtaghna, Gandamalahara, Kasanut.
32	Shobhanjana	Moringa oleifera	Moringaceae	Deepana, Rochana, Vibandakrit, Sukrala, Hridya, Chakshushya
33	Eranda	Ricinus communis	Euphorbiaceae	Dipana, Krimighna, Sothahara, sulahara
34	Bala	Sida cordifolia	Malvaceae	Balya. Grahi, Ojovardhaka, Sthambana, Rasayana.

35	Rasna	Pluchea lanceolata	Zingiberaceae	Pachaka, Jwaraghna, Swasahara Sophahara, Vishahara
36	Amra	Mangifera indica	Anacardiaceae	Hridya, Varnakara, Ruchya, Kantamayaghna, Raktamamsabalaprada, Balya, Tarpana.
37	Amrataka	Spondias pinnata	Anacardiaceae	Ruchya, Sara, Tarpana, Brimhana, Balya
38	Jambu	Eugenia jambolana	Myrtaceae	Sangrahi, Rochana, Kantya, Lekhana, Krimighna, Swasahara
39	Chiravilwa	Holoptelea integrifolia	Ulmaceae	Arshoghna, Sulahara, Sophahara, Jwaraghna, Kushtagna, krimighna, Kandughna, Vishagna, Vranahara
40	Nyagrodha	Ficus bengalensis	Moraceae	Grahi, Yonidosahara, Varnya, Sthambana, Trishna hara, Visarpahara.
41	Udumbara	Ficua racemosa	Moraceae	Bhagna sandhanakrit, Varnya, Vrana sodhana, vrana ropana, sthambana, Dahan Murcha hara.
42	Aswatha	Ficus religiosa	Moraceae	Varnya, Yonidosahara, Vranya.
43	Plaksha	Ficus lacor	Moraceae	Vrana sodhana, Raktapittahara, Yoni shodhana, Sophahara
44	Palasa	Butea monosperma	Papilionaceae	Deepana, Vrishya, Vranajith, Gulmajith, Bhagnasandh-anakrit, Grahanihara, Arsha, Krimihara.
45	Kamala	Nelumbo nucifera	Nelumbonaceae	Varnya, Vrishya, Pittahara, Dahan asrahara, Stanyaprada
46	Punarnava	Boerhavia diffusa	Nyctaginaceae	Shotha nasana, Panduhara, Hridrogajith, Kasanut, Deepana, Ruchya, Vranahara, Udarahara.
47	Rasna	Pluchea lanceolata	Zingiberaceae	Pachaka, Jwaraghna, Swasahara Sophahara, Vishahara
48	Changeri	Oxalis corniculata	Oxalidaceae	Ruchya Deepana, Atisarahara
49	Bala	Sida cordifolia	Malvaceae	Balya. Grahi, Ojovardhaka, Sthambana, Rasayana.
50	Dhanyaka	Coriandrum sativum	Umbelliferae	Deepana, Mutrala, Jwaraghna, Grahi, Rochana, Hrudya, Dourgandya nasana, Trishna daha samana.
51	Maricha	Piper nigrum	Piperaceae	Dipana, Krimighna, Rochana, Chedana, Rasayana, Sulahara
52	Kakoli	Roscoea purpurea	Zingiberaceae	Sukrala, Brimhana, Sthanyakara, Jivana, Vrishya.
53	Kshirakakoli	Lilium polyphyllum	Liliaceae	Sukrala, Vrishya, Basti vishodhani, Jivana, Sthanyakara.
55	Kashmari	Gmelina arborea	Verbinaceae	Dipana, Pachana, Bhedana, Jwarahara, Aamahara
56	Parooshaka	Grewia asiatica	Tiliaceae	Vishtambi, Brimhana, Hrudya, Ruchiprada, Sophahara.
57	Badara	Ziziphus jujuba	Rhamnaceae	Trit samana, Amagna, Deepana, Grahi, Ruchya.
58	Gokshura	Tribulus terrestris	Zygophyllaceae	Sothahara, Mutrala, Balya, dipana. Hridya, Swasa-kasahara.

59	Sigru	Moringa oleifera	Moringaceae	Dipana, Rochana, Sangrahi, Hridya, Krimigna, Vishaghna.
60	Lasuna	Allium sativum	Liliaceae	Gulmahara, Vrushya, Meda-Swara-Varnakrit, Pachana, Jwaraghna, Rasayana, Kushtaghna, Switraghna, Balya, Shoolahara, Arshoghna

DISCUSSION

The ancient dietary practices are not only tailored to balance the doshas like Vata, Pitta, and Kapha, but also to harmonize with the individual's unique constitution (Prakriti) and the seasonal changes that influence one's health.

Incorporating mindful eating into these practices underscores Ayurveda's holistic approach. Mindful eating involves paying full attention to the experience of eating and drinking, both inside and outside the body. This practice helps individuals recognize their body's signals of hunger and fullness, leading to better digestion and absorption of nutrients, and fostering a deeper connection between food and well-being.

Yusha being easy to prepare, can be adopted easily as a diet in daily life. It is light, easily digestible, nourishing and have detoxifying properties. It is particularly beneficial for balancing vata and pitta doshas and is often prescribed during recovery from illness or for those with weakened digestion. Yusha's simplicity and ease of digestion make it ideal for maintaining digestive health and providing gentle nourishment.^[22,23]

Acharya Kasyapa has widely explained the concept of Yusha, including its different types with various drugs and indicated in various diseases. The therapeutic use of soups like Yusha, made from various herbs, spices, and grains, exemplifies the tailored approach of Ayurveda in managing health conditions. For instance, soups prepared with Chitraka and Moolaka are specifically beneficial for treating digestive disorders, while those made with Dadhi Manda and Takra are effective in addressing head, ear, and eye diseases. This individualized approach to nutrition and healing is a testament to the sophistication of Ayurvedic dietary practices.

CONCLUSION

Ayurveda emphasizes the importance of digestive power and recommends wholesome, easily digestible food for proper nutrition enriched with different fruits, vegetables and grains. The food we consume should incorporate Yushadi vyanjanas (yusha based preparations) for

optimal health benefits. By incorporating Yusha into our modern lifestyle, we can unlock the numerous benefits including enhanced digestion, boosted immunity and increased vitality.

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