

AHARA KALPANA MENTIONED IN AYURVEDA CLASSICS W.S.R TO BRIHATRAYEE

Anju Elsa Roy^{1*} and T. V. Sreeni²

^{*1}P.G Scholar, Department of Rasasastra & Bhaishajya Kalpana, Govt. Ayurveda College,
Thiruvananthapuram, Kerala, India.

²Professor, Department of Rasasastra & Bhaishajya Kalpana, Govt. Ayurveda College,
Thiruvananthapuram, Kerala, India.

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*Corresponding Author

Anju Elsa Roy

P.G Scholar, Department of
Rasasastra & Bhaishajya
Kalpana, Govt. Ayurveda
College,
Thiruvananthapuram,
Kerala, India.

ABSTRACT

Diet has an important role for the maintenance of positive health in individuals, health and diseases are the outcome of *ahara* (food). Ayurvedic literature describes about *Trayopasthambha*, it helps to maintain a disease free life. A healthy person should take a balanced diet having all the six tastes in moderate amount. *Charaka acharya* mentioned wholesome food is one of the causes of growth and development of living being, while unwholesome food produces disease. Some of these *ahara vargas* cannot be used without applying the Kalpana. Use of this *Kalpana* make the raw *dravyas* suitable to human body. Acharyas have mentioned a *kritanna varga*, which include the processed food articles. *Charaka Samhita*, *Susruta Samhita* and *Ashtanga sangraha* are the *brihatrayee*, they were described *ahara*

kalpanas in their treatise. In *Charaka samhita* 209 *ahara* preparations were found, where as in *susrutha samhita* and *Ashtanga Sangraha* were found 191 and 193 preparations respectively.

KEYWORDS: *Trayopasthambha*, *Ahara vargas*, *Kritanna varga*, *Brihatrayee*, *Ahara kalpanas*.

INTRODUCTION

Diet or food is the source of life, strength, and others. In *Ayurveda* body is said to be made up of *panchamahabhutas* and hence food also need to be *panchamahabhutic*. This science deals with prevention of diseases and encourages the maintenance of health. Ayurveda described three pillars (*Trayopasthambha*); *Ahara*, *Nidra* and *Bramhacharya*. which helps to maintain a

disease free life. In *Ayurveda* classics *dravyas* generally classified in to *ahara* and *oushada*. *Ahara kalpana* originated from two words *Ahara* and *Kalpana*. *Ahara* is a common term used since years ago, in *Sabda kalpadruma*^[1] the word *Ahara* means it is a substance which swallowed through throat. *Acharya* chakrapani describes *ahara* means anything that consumed, it includes both diet and drugs. Substance that taken through *Anna nali* is called *Ahara*, it is the opinion of Dalhana.

According to *Charaka*^[2] *acharya* mentioned wholesome food is one of the causes of growth and development of living being, while unwholesome food produces disease. The difference between health and disease correlated to wholesome and unwholesome diet. *Ahara* being important for life (*pranadharana*), is more important than medicine, so *ahara* has been called *maha bhaishajya*.^[3] All living beings in the universe require food (*anna*). Complexion (*varna*), clarity (*prasada*), good voice (*sauswarya*), longevity (*jivita*), genius (*pratibha*), happiness (*sukham*), satisfaction (*tuṣṭi*), nourishment (*pusti*), strength (*balam*) and intellect (*medha*) are all conditioned by food.^[4] Some of these *ahara vargas* cannot be used without applying the *Kalpana*. Use of this *Kalpana* make the raw *dravyas* suitable to human body. *Ahara vargas* can be modified in to another form based on the need of the patient or healthy persons, means this can alter the properties of the *ahara dravya*. *Acharyas* have mentioned a *kritanna varga*, which include the processed food articles. *Ahara kalpana* is a unique concept in *ayurveda*, properties of *Ahara varga dravya* can changed with the help of *Kalpana*. It includes the selection of *Ahara varga dravya* based on the person, and converted into a suitable form. The same material after being subjected to various *Kalpanas* shows opposite properties. If *Ahara kalpana* or *kritanna varga*, mentioned for healthy individuals (*Swastya*), whereas *pathya Kalpana* mentioned for diseased persons (*Atura*). In this article, tried to collect the scattered details of *Aharakalpanas* described in *brihatrayee*.

MATERIALS AND METHODS

Data collected from classical textbooks like *Charaka Samhita*, *Susruta Samhita* and *Astanga sangraha*.

I. CHARAKA SAMHITA^[5]

Sl No	Kalpana	Chapter No
1.	Yavagu – 28	Cha. Su II
2.	Udamantha	Cha. Su VI
3.	Manda - Lohitasali	Cha. Su XV
4.	vilepi -Sali, no sneha & lavana	Cha. Su XV

5.	vilepi -Sali odana, Sneha lavana yukta mudga yusha	Cha. Su XV
6.	Mamsa rasa – lavaka, pinchala, add lavana with ushna jala	Cha. Su XV
7.	Mantha – trikadu, triphala, madhu, vidanga, ajamoda, sakthu	Cha. Su XXIII
8.	Mantha – 1 part each sugar, pippali, taila,ghrita, madhu + 2 part sakthu	Cha. Su XXIII
9.	Mantha – kharjura, mridwika, vrikshamla, amlaki, dadima, parusaka, amlika	Cha. Su XXIII
10.	Mantha- sweet or sour thing like dadima + with or without Sneha	Cha. Su XXIII
11.	Peya, vilepi, manda	Cha. Su XXVII
12.	laja peya, laja manda, manda – sakthu, dadima, pipali, sunti	Cha. Su XXVII
13.	Sudauda odana and adauda odana	Cha. Su XXVII
14.	Odana with mamsa, saka, vasa, taila, ghrita, majja, phala	Cha. Su XXVII
15.	Odana with masa, tila, mudga and milk	Cha. Su XXVII
16.	Kulmasha (yava paste + hot water)	Cha. Su XXVII
17.	Krita and akrita yusha (amla or anamla)	Cha. Su XXVII
18.	Sakthu (roasted corn- flour)	Cha. Su XXVII
19.	Vatya (porridge from fried barley)	Cha. Su XXVII
20.	Saskuli (paste of rice + tila fried in oil)	Cha. Su XXVII
21.	Dhaana (germinated yava)	Cha. Su XXVII
22.	Madhukroda (flour + honey and frying)	Cha. Su XXVII
23.	Pindaka (Madhukroda prepared in bolus)	Cha. Su XXVII
24.	Poopa /pishika (type of cake)	Cha. Su XXVII
25.	Poopalika (sweet cake fried in ghee or oil)	Cha. Su XXVII
26.	Vesavara	Cha. Su XXVII
27.	Phala, mamsa, vasa, saka, palala, kshaudra preparation	Cha. Su XXVII
28.	Kshirapupa (milk pastry)	Cha. Su XXVII
29.	Godhuma paushtika (wheat preparations)	Cha. Su XXVII
30.	Prthuka (pressed paddy)	Cha. Su XXVII
31.	Yaavacipita (pressed barley)	Cha. Su XXVII
32.	Supya (pulses – mudga, masha preparations)	Cha. Su XXVII
33.	Vimardaka (ripe, unripe, soft, fried preparation)	Cha. Su XXVII
34.	Rasaala (curd + twak, ela, patra, nagakesara, nagara, +sugar)	Cha. Su XXVII
35.	Raga (sugar, saindava, vrikshamla, parushaka, jambu, rajika)	Cha. Su XXVII
36.	Shadava (both sweet and sour substances)	Cha. Su XXVII
37.	Sukta (mastu + sugar, honey, ferment for 3 days)	Cha. Su XXVII
38.	Sindaki	Cha. Su XXVII
39.	Yavagu, vilepi (pippali, chavya, chitraka, sringavera)	Cha. Vi.VII
	Pupalika (mulakaparni swarasa + boiled Sali)	Cha. Vi.VII
40.	Udasvit (water+buttermilk), pippali, chavya, chitraka, sringavera	Cha. Vi.VII
41.	Pupalika, sashkuli, vartika, pupa, dhaana	Cha. chi.II
42.	Payasa (milk, masa, shali, svadamstra+vidari)	Cha. chi.II
43.	Vrisya mamsadi pupalika	Cha. chi.II
44.	Vrishya utkarika (sarkara, ghrita, madhu, jala, godhuma)	Cha. chi.II
45.	Manda, yavagu, peya	Cha. chi.III
46.	Laja sakthu, madhu, sarkara, phala rasa	Cha. chi.III
47.	Mudga yusha, mamsa rasa	Cha. chi.III

48.	Yusha – amala anamla phala, jangala rasa	Cha. chi.III
49.	Yavagu yogas -10	Cha. chi.III
50.	Yusa – mudga, masura, canaka, kulatha makushta	Cha. chi.III
51.	Mamsa rasa – lava, kapinjala, ena, cakora, harina, sasa, kuranga	Cha. chi.III
52.	Panaka (hribera, Chandana, usira, musta, parpataka)	Cha. chi.IV
53.	Peya	Cha. chi.IV
54.	Tarpana (kharjura, mridvika, madhuka, parusaka)	Cha. chi.IV
55.	Tarpana (laja, jala, ghrita, madhu)	Cha. chi.IV
56.	Tarpana (dadima, amalaka)	Cha. chi.IV
57.	Bhojana (Sali, swastika, nivara, koradusha, prasantika, syamaka)	Cha. chi.IV
58.	Supa & yusa (mudga, masura, canaka, makushta, adhaki phala)	Cha. chi.IV
59.	Saka yusha (paola, nimba, vetragra plaksha etc)	Cha. chi.IV
60.	Mamsa rasa (paravata, kapota, lava, cakora, sasa, harina etc)	Cha. chi.IV
61.	Yavagu Kalpana	Cha. chi.IV
62.	Mamsa – sasa	Cha. chi.IV
63.	Mantha (madana, madhu, sarkara,)	Cha. chi.IV
64.	Vatya (boiled barley, pipali yusha, moolaka rasa, Sneha)	Cha. chi.V
65.	Mamsa (tuthiri, mayura, krauncha, vartaka)	Cha. chi.V
66.	Sali, madira sarpi, manda	Cha. chi.V
67.	Sali, jangala mamsa, gavya payas, ghrita, kharjura, amalaka etc	Cha. chi.V
68.	Purana dhanya, jangala mamsa, kulatha, mudga yusha	Cha. chi.V
69.	Suska moolaka yusha, pipali, nagara yusha	Cha. chi.V
70.	Takra +yavani Choorna, sanidava,	Cha. chi.V
71.	Mantha, yavaudana (cooked barley), dhaana (fried barley)	Cha. chi.VI
72.	Vatya (barley porridge), sakthu, apupa with mamsa rasa	Cha. chi.VI
73.	Mudga yusha, purana Sali odana, tikta saka	Cha. chi.VI
74.	Sastika, trinadhanya anna, with dandi ingundi taila	Cha. chi.VI
75.	Mantha (pana & yava bhavana)	Cha. chi.VI
76.	Purana dhanya, jangala mamsa, mudga, patola yusha	Cha. chi.VII
77.	Peya, Sakthu	Cha. chi.VII
78.	Mamsa rasa (lava,tithiri, Daksha, vartaka, lavana, amla, kadu rasa, taila), vatya	Cha. chi.VIII
79.	Mamsa rasa +yava, pipali, kulatha, nagara, dadima, amalaka	Cha. chi.VIII
80.	Moolaka, kulatha yusha with yava, godhuma Sali anna	Cha. chi.VIII
81.	Anna with dhanya, nagara, tamalaki	Cha. chi.VIII
82.	Jangala mamsa rasa +aja payas	Cha. chi.VIII
83.	Mudga, canaka, makushta yusa	Cha. chi.VIII
84.	Peyamantha (jambu, amra, bilwa, kapitha, nagara)	Cha. chi.VIII
85.	Khada (sour drink) +Sneha, amla	Cha. chi.VIII
86.	Rakta Sali +vyanjana+mamsa rasa	Cha. chi.VIII
87.	Sakthu with ksheera	Cha. chi.XI
88.	Modakah	Cha. chi.XI
89.	Sadava	Cha. chi.XI
90.	Navaanna, gramyanupa mamsa, suskasaka, gauda	Cha. chi.XII
91.	Dhaana, valooru, pishtanna	Cha. chi.XII
92.	Yavagu (jivanthi, ajaji, sati, karavi, citraka etc)	Cha. chi.XII
93.	Yusa – kulatha, pippali, or mudga, trikadu	Cha. chi.XII

94.	Mamsa rasa – vishkira & jangala	Cha. chi.XII
95.	Purana Sali oryava anna with saka (patola, grnjanaka)	Cha. chi.XIII
96.	Raktasali,yava, mudga, yavagu, odana - jangala mamsa	Cha. chi.XIII
97.	Peya – asneha lavana	Cha. chi.XIII
98.	Peya with milk (syamaka, kodrava)	Cha. chi.XIII
99.	Peya (pipali, pipalimoola, citraka, nagara, ajaji etc +ghrita+taila	Cha. chi.XIV
100.	Khada (type of sour drink)	Cha. chi.XIV
101.	Yavagu (sati, palasa, pipali, nagara+takra, maricha)	Cha. chi.XIV
102.	Kulatha yusha, mulaka yusa, bilva, makushta yusa	Cha. chi.XIV
103.	Mamsa rasa with amla phala, takra	Cha. chi.XIV
104.	Rakta Sali, maha Sali, kalama, langala, sita, sarada, sustika anna	Cha. chi.XIV
105.	Saka (trivrit, dandi, cangeri)+ dadhi	Cha. chi.XIV
106.	Mamsa rasa (godha, Lopaka, marjara,ustra, go)+raktasali anna	Cha. chi.XIV
107.	Sali anna with aja ksheera	Cha. chi.XIV
108.	Peya (laja, cukrika, kesara etc)	Cha. chi.XIV
109.	Takra Kalpana	Cha. chi.XIV
110.	palandu +takra+upodika +badaramla /masura supa with takra	Cha. chi.XIV
111.	Sali, syamaka, kodrava anna + milk or masura mudga yusha	Cha. chi.XIV
112.	Sasa, ena, harina, kapinjala mamsa +amla Madhura	Cha. chi.XIV
113.	Palandu +mamsarasa, yusha, khada, yavagu	Cha. chi.XIV
114.	Navanita ghrita, ajamamsa, swastika, Sali, sura manda	Cha. chi.XIV
115.	Yavagu (cavya, twak, pipali, maricha, citraka etc +dadhi)	Cha. chi.XV
116.	Panchakola yusa/ moolaka yusha +dadima, takra, mamsarasa	Cha. chi.XV
117.	Jangala mamsarasa, mudga yusha, khada, dadima	Cha. chi.XV
118.	Suska moolaka yusha, kulatha yusha	Cha. chi.XV
119.	Sali,yava,godhuma +mudga, adaki, masoora yusha +mamsa rasa	Cha. chi.XVI
120.	Mamsarasa (barhi, tithiri, Daksha), +mulaka kulatha yusha, anna	Cha. chi.XVI
121.	Matulunga rasa, kshaudra, pipali, maricha, nagara	Cha. chi.XVI
122.	Matysa, sookara yusha	Cha. chi.XVII
123.	Purana Sali, sastika, godhuma yava anna	Cha. chi.XVII
124.	Yavagu	Cha. chi.XVII
125.	Utkarika (madhulika, tugakshiri, nagara, pipali)+ghee	Cha. chi.XVII
126.	Mamsa, salyodana	Cha. chi.XVII
127.	Peya, yusa, mamsa rasa, ksheera	Cha. chi.XVIII
128.	Sali, sastika, godhuma yava anna +gtamy anupa mamsa rasa	Cha. chi.XVIII
129.	Yusa, peya – 5 types	Cha. chi.XVIII
130.	Yavanna, kulatha mulaka yusa, dhanva bilesaya mamsarasa	Cha. chi.XVIII
131.	Mamsa rasa, yavagu	Cha. chi.XVIII
132.	Utkarika (tilvaka leaves +ghee)	Cha. chi.XVIII
133.	Yavagu, (sarsapa, gandira, vidanga, citraka, abhaya etc)	Cha. chi.XVIII
134.	Mudga yusa, + amalaka or sour dravya	Cha. chi.XVIII
135.	Vishkira pratuda mamsa rasa, yusa	Cha. chi.XVIII
136.	Takra, kanji, yavagu, tarpana, madhu	Cha. chi.XIX
137.	Yavagu, vilepi, khada, yusa, odana	Cha. chi.XIX
138.	Khada (bilva, tila, dadi, ghrita)	Cha. chi.XIX
139.	Yusa (yava, mudga, Sali, masa, tila, kola, bilva phala, ghrita,	Cha. chi.XIX

	taila)	
140.	Vyanjanas	Cha. chi.XIX
141.	Rakta Sali odana +ghee +amla dravya	Cha. chi.XIX
142.	Rakta Sali +aja payas	Cha. chi.XIX
143.	Paravata rasa +grita+sarkara	Cha. chi.XIX
144.	Phala yusa+ amla+sarkara	Cha. chi.XIX
145.	Payas anna	Cha. chi.XIX
146.	4 khada recipe	Cha. chi.XIX
147.	Mamsa rasa (tithiri, barhi, lava) + yusa (kola, kulatha. Bilva, yava)	Cha. chi.XX
148.	Laja mantha, laja peya, madhu, sarkara	Cha. chi.XX
149.	Sali odana, mudga yusa, mamsa rasa	Cha. chi.XX
150.	Yusa, mamsa rasa, takra,	Cha. chi.XX
151.	Raga, shadava, panaka	Cha. chi.XX
152.	Yusa, kamblika,(sour curry of meat & fish). Khada	Cha. chi.XX
153.	Kurchikas, kilata, mandaka, sandaki	Cha. chi.XXI
154.	Yavagu, sakthu with ghrita	Cha. chi.XXI
155.	Mantha, +madhu, sarkara	Cha. chi.XXI
156.	Yava Sali, ghrita	Cha. chi.XXI
157.	Purana Sali yusa	Cha. chi.XXI
158.	Mudga, masura, canaka yusa +saka /dadima amla	Cha. chi.XXI
159.	Rakta/ swta Sali, swastika	Cha. chi.XXI
160.	Yava, godhuma, Sali odana	Cha. chi.XXI
161.	Mantha, vatya, peya, payas anna,	Cha. chi.XXII
162.	Mamsa rasa, dhanya yusa, ghrita	Cha. chi.XXII
163.	Sali, sastika, etc anna, saka yusa, mamsa rasa	Cha. chi.XXIII
164.	Mamsa rasa with Sali anna	Cha. chi.XXIV
165.	Vesavara, pupalika	Cha. chi.XXIV
166.	Saka, pista anna, raga, shadava	Cha. chi.XXIV
167.	Sastikaanna + mamsa rasa / yusa, tarpana	Cha. chi.XXIV
168.	Yava, godhuma anna with mulaka kulatha yusha	Cha. chi.XXIV
169.	Raga with honey	Cha. chi.XXVI
170.	Saka yusha, gramyanupa mamsarasa,	Cha. chi.XXVI
171.	Yavagu, mamsa rasa, yusadi annapana	Cha. chi.XXVI
172.	Yava, syamaka. Kodrava bhojana	Cha. chi.XXVII
173.	Saka yusa with taila, without lavana	Cha. chi.XXVII
174.	Bhojana, mamsa rasa, yusa, saka, ksheera	Cha. chi.XXIX
175.	Vesavara (audaka prasaha anupa mamsa)	Cha. chi.XXIX
176.	Sarpi, ksheera, mamsa rasa, Sali, yava, godhuma, shastika anna	Cha. chi.XXX
177.	Sali, shastika, samyaka, priyangu, yava, venu yava bhojana	Cha. chi.XXX
178.	Vamsa, vetrakra, saka	Cha. chi.XXX
179.	Mudga, masura, kulatha yusa, mamsa rasa (sasa, kapinjala, ena)	Cha. chi.XXX
180.	Utkarika -20 recipe	Cha. Ka. I
181.	Modaka -20 recipe	Cha. Ka. I
182.	Saskuli - 16 recipe	Cha. Ka. I
183.	Pupa -16 recipe	Cha. Ka. I
184.	Sadava -10 recipe	Cha. Ka. I
185.	Palala – 1 recipe	Cha. Ka. III

186.	Sakthu-1 recipe	Cha. Ka. III
187.	Mamsa rasa – 1 recipe	Cha. Ka. III
188.	Krsara – 1 recipe	Cha. Ka. V
189.	Mamsa rasa -7 recipe	Cha. Ka. VI
190.	Modaka -5 recipe	Cha. Ka. VII
191.	Panaka – 5 recipes	Cha. Ka. VII
192.	Tarpana	Cha. Ka. VII
193.	Kanji – 2 recipes	Cha. Ka. VII
194.	Sadava,raga, mamsarasa, utkarika, yusa	Cha. Ka. VII
195.	Mamsa rasa, yusa,	Cha. Ka. VIII
196.	Mamsa rasa – 3 recipes	Cha. Ka. XII
197.	Mudga yusa & mamsa rasa – 8 recipes	Cha. Ka. XII
198.	Yavagu – 3 recipes	Cha. Ka. XII
199.	Utkarika – 1 recipe	Cha. Ka. XII
200.	Modaka – 2 recipes	Cha. Ka. XII
201.	Peya, vilepi, akrita krita yusa	Ch. Si. I
202.	Jangala mamsa rasa	Ch. Si. I
203.	Sali anna, mamsa rasa	Ch. Si. III
204.	Yusa,ksheera, mamsa rasa	Ch. Si. III
205.	Peya, tarpana	Ch. Si. VI
206.	Yavagus	Ch. Si. VIII
207.	Peya, mamsa rasa	Ch. Si. XII

II. SUSRUTHA SAMHITA^[6]

Sl No	Kalpana	Chapter No
1.	Sali shastika yava godhuma anna, dadhi, ksheera, ghrita	Su. Su. XV
2.	Masa, tila, kalaya, kulatha, nishpava, harita saka	Su. Su. XIX
3.	Vallora, krsara, payasa, dadi, takra	Su. Su. XIX
4.	Jirna Sali odana with mamsa rasa	Su. Su. XIX
5.	Mudga yusa	Su. Su. XIX
6.	Sakthu, vilepi	Su. Su. XIX
7.	Tila pista vikriti, ikshu vikriti	Su. Su. XXI
8.	Payasa, krsara, anupaoudaka mamsa	Su. Su. XXI
9.	Madanaphala yavagu	Su. Su. XLIII
10.	Modaka	Su. Su. XLIV
11.	Mudga yusha	Su. Su. XLIV
12.	Yavagu, utkarika	Su. Su. XLIV
13.	Takra kurchika	Su. Su. XLV
14.	Kilada	Su. Su. XLV
15.	Matysansika,khanda sarkara, manna	Su. Su. XLV
16.	Pinyaka, suska saka	Su. Su. XLVI
17.	Sindaki	Su. Su. XLVI
18.	Laja manda	Su. Su. XLVI
19.	Peya, vilepi, payasa	Su. Su. XLVI
20.	Krsara, odana	Su. Su. XLVI
21.	Bhrasta saka, supa, ullupta	Su. Su. XLVI
22.	Mamsarasa	Su. Su. XLVI
23.	Saurava	Su. Su. XLVI

24.	Khaniska	Su. Su. XLVI
25.	Vesavara	Su. Su. XLVI
26.	Mudga yusa	Su. Su. XLVI
27.	Raga – sadava (pickle)	Su. Su. XLVI
28.	Mulaka yusa. Kulatha yusa	Su. Su. XLVI
29.	Muda amalaka yusa	Su. Su. XLVI
30.	Yava kola kulatha yusa	Su. Su. XLVI
31.	Khada, kamblika	Su. Su. XLVI
32.	Khadayavagu, khadava, panaka	Su. Su. XLVI
33.	Vataka (cake)	Su. Su. XLVI
34.	Rasala	Su. Su. XLVI
35.	Sakthu, mantha	Su. Su. XLVI
36.	Ghritapura (ghoduma,	Su. Su. XLVI
37.	Madhusirsakh (madhumastaka)	Su. Su. XLVI
38.	Samyava – godguma, madhu, ghrita, ksheera	Su. Su. XLVI
39.	Pupa	Su. Su. XLVI
40.	Sattaka (supramoda)- dadi, lavana, dadima beeja, vyosha	Su. Su. XLVI
41.	Visyanda (goduma, ghrita, sheera, guda)	Su. Su. XLVI
42.	Phenaka (wheat flour, sarkara, ghrita)	Su. Su. XLVI
43.	Palala (tilakuta)	Su. Su. XLVI
44.	Saskuli (godhuma +ghee)	Su. Su. XLVI
45.	Paushtika bhakshya	Su. Su. XLVI
46.	Vaidala bhakshya	Su. Su. XLVI
47.	Phala mamsa ikshu vikriti	Su. Su. XLVI
48.	Kulmasha (yavachoorna, hot water)	Su. Su. XLVI
49.	Vatya	Su. Su. XLVI
50.	Dhana (roasted grains)	Su. Su. XLVI
51.	Ulumba (holaka) – roasted green gram	Su. Su. XLVI
52.	Pruthuka (flattened rice)	Su. Su. XLVI
53.	Soopoudana	Su. Su. XLVI
54.	Katvaram (butter milk)	Su. Su. XLVI
55.	Matysa, kulatha, amla, masa, tila, anna	Su. Sa. II
56.	Sarpi ksheera samskrita Sali odana	Su. Sa. II
57.	Sali godhuma pistanna	Su. Sa. IV
58.	Ksheera mamsarasa	Su. Sa. IV
59.	Yavagu	Su. Sa. VIII
60.	Shastika odana with payas	Su. Sa. X
61.	Payas, navanita samsrishta ahara, mamsa rasa	Su. Sa. X
62.	Yavagu	Su. Sa. X
63.	Ksheera yavagu, Sneha yavagu	Su. Sa. X
64.	Yava, kola, kulatha siddha mamsarasa with saalyodana	Su. Sa. X
65.	Asneha lavana yavagu	Su. Sa. X
66.	Vesavara, krsara	Su. Chi. II
67.	Sali anna, mamsarasa. Ksheera, ghrita, yusa	Su. Chi. III
68.	Mamsa rasa, dhanya yusa	Su. Chi. IV
69.	Pancha payasa	Su. Chi. V
70.	Sneha utkarika	Su. Chi. V
71.	Matysa pisita vesavara	Su. Chi. V

72.	Purana samyaka, kodrava, udala, Sali + suska moolaka yusa, patola rasa, jangala mamsa without ghrita, saka without lavana	Su. Chi. V
73.	Yusa, ksheera, mamsa rasa	Su. Chi. V
74.	Sali, shastika, yava, godhuma anna + sarpi+ksheera nimba yusa, patola yusa	Su. Chi. VI
75.	Ksheera sarpi odana	Su. Chi. VI
76.	Yavagu, yusa	Su. Chi. VII
77.	Ghrita yavagu	Su. Chi. VII
78.	Krsara, payasa	Su. Chi. VIII
79.	Mudga yusa with nimbapatra yusa	Su. Chi. VIII
80.	Nimba toya siddha mudga	Su. Chi. IX
81.	Dhana, ulumbaka (green barley fried)	Su. Chi. X
82.	Kulmasa (barley flour stam with sour liquid), apupa (sweet cake)	Su. Chi. X
83.	Purnakosa (barley flour filled with boiled pulses)	Su. Chi. X
84.	Utkarika, (semi solid preparation)	Su. Chi. X
85.	Shaskuli (barley flour mixed with tila), kunavi (yava parpati)	Su. Chi. X
86.	Sarpi odana with amalaka yusa	Su. Chi. X
87.	Khadirodaka siddha mridu odana with sarpi	Su. Chi. X
88.	Sali, shastika, yava, godhuma, kodrava, udalaka anna	Su. Chi. XI
89.	Chanaka. Adaki, mugda, kulatha yusa, jangala mamsa rasa	Su. Chi. XI
90.	Yavagu	Su. Chi. XI
91.	Payasa (rice cooked with milk)	Su. Chi. XIV
92.	Jangala mamsarasa	Su. Chi. XIV
93.	Shastika odana with payas	Su. Chi. XIV
94.	Vesavara, krsara, ksheera, payasa,	Su. Chi. XVI
95.	Peya	Su. Chi. XVI
96.	Sigru moola jala siddha odana with sidharthaka	Su. Chi. XVI
97.	Yava,kola, kulatha yusa	Su. Chi. XVI
98.	Yavanna, mudga rasa, srigavera, patola, nimba	Su. Chi. XVIII
99.	Bhojana with mamsa rasa	Su. Chi. XIX
100.	Yavanna	Su. Chi. XIX
101.	Mudga yusa alavana and alpa Sneha	Su. Chi. XXIII
102.	Mudga ulumba	Su. Chi. XXIII
103.	Masha or krsara	Su. Chi. XXV
104.	Utkarika with varaha medas and ghrita	Su. Chi. XXVI
105.	Shaskuli (tila, pyas, basta anda)	Su. Chi. XXVI
106.	Pupalika – pipali, masa, Sali,yava, godhuma, ghrita	Su. Chi. XXVI
107.	Mudgamalaka yusa, alavana, alpa Sneha	Su. Chi. XXVI
108.	Ghrita odana	Su. Chi. XXVII
109.	Sali, shastika, kasheera, sarkara	Su. Chi. XXVIII
110.	Sarpi odana, alavana amalaka yusa	Su. Chi. XXVIII
111.	Yavanna +payas, sarpirodana	Su. Chi. XXVIII
112.	Tavaka, yava, pipali, madhu – bojana	Su. Chi. XXVIII
113.	Yavagu, tandula, yusa, mamsa rasa, or vilepi	Su. Chi. XXXI
114.	Bhrasta mamsa rasa	Su. Chi. XXXI
115.	Snigda yavagu, supa	Su. Chi. XXXI

116.	Paya sidhs yavagu	Su. Chi. XXXI
117.	Yava, kola, kulatha with pipali, ksheera	Su. Chi. XXXI
118.	Syamaka kodrava anna	Su. Chi. XXXI
119.	Takra, pinyaka, saktu	Su. Chi. XXXI
120.	Peya	Su. Chi. XXXIII
121.	Ksheera, yusa (krita and akrita), mamsa rasa	Su. Chi. XXXVIII
122.	Yavagu with swalpa tandula	Su. Chi. XXXIX
123.	Vilepi	Su. Chi. XXXIX
124.	Mudga yusa, asnigda lavana	Su. Chi. XXXIX
125.	Odana with mamsa rasa	Su. Chi. XXXIX
126.	Saka, soopa anna, mamsa	Su. Ka. I
127.	Simbi yusa with ghrita and kshoudra	Su. Ka. I
128.	Yavagu	Su. Ka. V
129.	Mamsa rasa, sarpi, kshoudra, dadhi	Su. Ka. V
130.	Sarapunkha apupa	Su. Ka. VII
131.	Sali shastika odana with ushna payas	Su. Ka. VII
132.	Pinyaka, palala	Su. Ka. VII
133.	Anupa mamsa, vesa vara, payasa	Su. U. IX
134.	Gramya, anupa, oudaka mamsa rasa, phala rasa	Su. U. IX
135.	Yavanna	Su. U. XXIV
136.	Tila, masha yavagu	Su. U. XXIV
137.	Mudga, kulatha, masha	Su. U. XXVI
138.	Payasa, matsya pisita, krsara	Su. U. XXVI
139.	Yava, shastika anna + vyosa, kshara	Su. U. XXVI
140.	Patla, mugda, kulatha yusa	Su. U. XXVI
141.	Bhojana – jangala mamsa, ksheeranna, ghrita	Su. U. XXVI
142.	Madhumastaka, samyava, ghritapura	Su. U. XXVI
143.	Laja, payas, Sali odana	Su. U. XXXI
144.	Matysa odana, krsara, palala	Su. U. XXXII
145.	Payasa with purodasa	Su. U. XXXV
146.	Mamsarasa odana	Su. U. XXXIX
147.	Mudga yusa odana	Su. U. XXXIX
148.	Patola nimba yusa	Su. U. XXXIX
149.	Yavagu	Su. U. XXXIX
150.	Mudga, masura, canaka, kulatha, makusta yusa	Su. U. XXXIX
151.	Tamrachuda mamsa	Su. U. XXXIX
152.	Yavanna vikriti, sarpi, madya	Su. U. XXXIX
153.	Sali, shastika anna with ksheera	Su. U. XXXIX
154.	Mudgadi yusa	Su. U. XL
155.	Sali, shastika anna, pippali	Su. U. XL
156.	Yavagu, shada, yusa	Su. U. XL
157.	Mudga rasa	Su. U. XL
158.	Kosakara, ghrita, laja, madhu, sita	Su. U. XL
159.	Kulmasa, curd, sura	Su. U. XL
160.	Yava godhuma Sali anna with mamsa rasa	Su. U. XLI
161.	Slukhoshna mamsarasa with saindava, trikadu	Su. U. XLII
162.	Valloora, moolaka, matsya, suska saka	Su. U. XLII
163.	Payasa, krsara, snigda pisita	Su. U. XLII

164.	Kulatha yusa and lavaki yusa with saindava, maricha	Su. U. XLII
165.	Ushna ksheera, yavagu, snigda mamarasa	Su. U. XLII
166.	Ghratapura (gheura)with varuni	Su. U. XLII
167.	Paalasam, dhanwaja mamsa rasa, Sali, yava anna, yusa, mamsa rasa	Su. U. XLII
168.	Pisita odana, dadhi with palala	Su. U. XLIII
169.	Jangala mamsa rasa with amalaka and kola	Su. U. XLIV
170.	Sali yava anna	Su. U. XLIV
171.	Peya with swalpa tandula	Su. U. XLV
172.	Mamsa rasa, yusa with suganda dravya and Sneha	Su. U. XLV
173.	Payas, jangala mamsa rasa, satina yusa, Sali shastika anna	Su. U. XLV
174.	Jangala mamsa rasa with dadima, yava and lohita Sali	Su. U. XLVI
175.	Sadava, lava tithiri rasa, mudga satina yusa with ghrita	Su. U. XLVII
176.	Tikta katu saskrita mamsa rasa and yusa	Su. U. XLVII
177.	Yavanna vikriti, jangala mamsa rasa	Su. U. XLVII
178.	Mamsodaka or mashodaka	Su. U. XLVIII
179.	Mudga amalaka yusa with sarpi, saindhava	Su. U. XLIX
180.	Vishkira mamsarasa with phalamla	Su. U. XLIX
181.	Yavagu and payasa with sarpi	Su. U. L
182.	Kulatha yusa and mamsa rasa	Su. U. LI
183.	Gudoudana with sarpi	Su. U. LIII
184.	Payasa with Yastimadhu	Su. U. LIII
185.	Masa, pistanna, salooka, kesara	Su. U. LIV
186.	Palala, apupa, pisita, pinyaka	Su. U. LIV
187.	Yavagu	Su. U. LVI
188.	Payasa with Sali	Su. U. LXI
189.	Shastika, yava, nivara, kodrava, mudga anna	Su. U. LXIV
190.	Mamsa rasa – lavadi vishkira	Su. U. LXIV
191.	Navanna, sakthu, yava, shastika, godhuma and Sali	Su. U. LXIV

III. ASTANGA SAMGRAHA^[7]

Sl No	Kalpana	Chapter No
1.	Vilesaya, oudaka, anupa, prasaha mamsa	A. Sam. Su. IV
2.	Guda pishta	A. Sam. Su. IV
3.	Masa, ikshu, ksheera vikriti, vasa, taila odana	A. Sam. Su. IV
4.	Yava, godhuma, jangala mamsa	A. Sam. Su. IV
5.	Sahakara (mango juice mixed with sugar)	A. Sam. Su. IV
6.	Mantha, jangala mriga pakshi mamsa	A. Sam. Su. IV
7.	Sali, shastika, godhuma, yava, mudga, anna	A. Sam. Su. IV
8.	Patola, amalaka, draksha, jangala anna	A. Sam. Su. IV
9.	Kilada	A. Sam. Su. VI
10.	Manda, peya, vilepi, odana	A. Sam. Su. VII
11.	Mamsa rasa, mudga yusa	A. Sam. Su. VII
12.	Kulatha supa, masa supa	A. Sam. Su. VII
13.	Khada, kambalika	A. Sam. Su. VII
14.	Raga, sadava, mantha, rasala	A. Sam. Su. VII
15.	Panaka, laja, pruthuka	A. Sam. Su. VII
16.	Dhana, saktu, pinyaka, mamsa	A. Sam. Su. VII

17.	Saskuli with tila	A. Sam. Su. IX
18.	Mulaka with masa supa	A. Sam. Su. IX
19.	Takra siddha kampalika	A. Sam. Su. IX
20.	Peya, yusa, mamsa rasa, vyanjana	A. Sam. Su. X
21.	Khala, khattwara, kambalika, ragasadava, sattaka	A. Sam. Su. X
22.	Yava, kulatha, masa, shaskuli, yavasukta, Uddalakanna	A. Sam. Su. XIII
23.	Kulatha, yava, syamaka, mudga	A. Sam. Su. XXIV
24.	Mantha with sita, kshoudra	A. Sam. Su. XXIV
25.	Yava, godhuma anna	A. Sam. Su. XXIV
26.	Khala, yava, uddala, syamaka, kodrava	A. Sam. Su. XXV
27.	Pacha prasruta peya	A. Sam. Su. XXV
28.	Sneha bhrista yavagu	A. Sam. Su. XXV
29.	Phanita, krisara, kambalika	A. Sam. Su. XXV
30.	Masa yukta payasa, mamsa rasa with ghrita	A. Sam. Su. XXV
31.	Sunti rasa with sarkara	A. Sam. Su. XXV
32.	Yava, kola, kulatha, with ghrita	A. Sam. Su. XXV
33.	Mamsa rasa, ksheera, dadhi, masa, tila, palala	A. Sam. Su. XXVII
34.	Yavagu manda, mamsa rasa	A. Sam. Su. XXVII
35.	Purana rakta Sali tandula without adding lavana, Sneha	A. Sam. Su. XXVII
36.	Peya, vilrepi, krita akriya yusa. Mamsa rasa	A. Sam. Su. XXVII
37.	Jangala mamsa rasa	A. Sam. Su. XXVIII
38.	Yusa, ksheera, mamsa rasa	A. Sam. Su. XXVIII
39.	Saluki, saivala, vallura	A. Sam. Su. XXXV
40.	Snigda yusa or mamsa rasa bhojana	A. Sam. Su. XXXVI
41.	Sali, shastika, yava, godhuma anna	A. Sam. Su. XXXVIII
42.	Mudga, masura, adaki, satina yusa and jangala mamsa rasa	A. Sam. Su. XXXVIII
43.	Saka yusa with Sneha	A. Sam. Su. XXXVIII
44.	Yavaka with payas	A. Sam. Sa. I
45.	Sali odana with sarpi, ksheera	A. Sam. Sa. I
46.	Palala, ksheera, dadhi	A. Sam. Sa. III
47.	Snigda yavagu	A. Sam. Sa. III
48.	Sali Choorna with madhu, sarkara	A. Sam. Sa. IV
49.	Mamsa rasa	A. Sam. Sa. IV
50.	Trina dhanya, Sali, shastika peya	A. Sam. Sa. IV
51.	Mudga yusa	A. Sam. Sa. IV
52.	Yavagu without Sneha, lavana	A. Sam. Sa. IV
53.	Payas with mamsa rasa	A. Sam. Sa. IV
54.	Yavagu mixed with aja ksheera	A. Sam. Sa. IV
55.	Kukkuda, kapinjala, tithiri, mamsa rasa	A. Sam. Sa. IV
56.	Rakta Sali odana with mudga yusa	A. Sam. Sa. IV
57.	Syena, utkrosana, matsya, godha, sikhi, kukkuda mamsa rasa	A. Sam. Sa. IV
58.	Peya, manda	A. Sam. Chi. I
59.	Yavagu	A. Sam. Chi. I
60.	Bhrasta tanndula yavagu or odana	A. Sam. Chi. I
61.	Dakalavanika yusa	A. Sam. Chi. I
62.	Rakta Sali, shastika Sali anna	A. Sam. Chi. I
63.	Mudga, kulatha yusa, saka yusa	A. Sam. Chi. I
64.	Jangala Mamsa rasa	A. Sam. Chi. I

65.	Yava Choorna with milk and ghrita	A. Sam. Chi. II
66.	Panchamoola yavagu	A. Sam. Chi. II
67.	Drakshadi mantha	A. Sam. Chi. III
68.	Peya and yusa	A. Sam. Chi. III
69.	Mamsa rasa, saka yusa	A. Sam. Chi. III
70.	Laja, godhuma with milk and sita	A. Sam. Chi. III
71.	Gramya, anupa, oudaka mamsa	A. Sam. Chi. IV
72.	Sali, shastika, yava, godhuma anna	A. Sam. Chi. IV
73.	Yava, syamaka, kodrava anna, mudga yusa	A. Sam. Chi. IV
74.	Sali, shastika anna with mamsa rasa	A. Sam. Chi. IV
75.	Mamsa rasa. Ksheera, peya and yusa	A. Sam. Chi. IV
76.	Yava, kulatha, mudga, mamsa rasa	A. Sam. Chi. IV
77.	Yava Choorna, ksheera, sarpi	A. Sam. Chi. V
78.	Sakthu cooked in ksheera	A. Sam. Chi. V
79.	Ghrita bharjitha kravya mamsa	A. Sam. Chi. V
80.	Sakthu with ghrita, kshoudra and mantha	A. Sam. Chi. V
81.	Jangala mamsa, vartaka, vilesya mamsa	A. Sam. Chi. V
82.	Mudga yusa with amalaka	A. Sam. Chi. V
83.	Ksheera, yusa, mamsa rasa	A. Sam. Chi. V
84.	Yusa, peya	A. Sam. Chi. VI
85.	Yavagu with sarpi, mamsa rasa with Madhura dravya	A. Sam. Chi. VII
86.	Sali, shastika, yava, mudga, godhuma anna	A. Sam. Chi. VII
87.	Vesavara or mamsa rasa	A. Sam. Chi. VII
88.	Yusa or rasika	A. Sam. Chi. VII
89.	Gudodana with sarpi	A. Sam. Chi. VII
90.	Payasa	A. Sam. Chi. VII
91.	Talisadi modaka	A. Sam. Chi. VII
92.	Khala	A. Sam. Chi. VII
93.	Yusa, mamsa rasa, kambalika, khala, raga, shadava	A. Sam. Chi. VIII
94.	Mantha, yavagu, of laja with madhu, sita	A. Sam. Chi. VIII
95.	Sali, shastika anna with vyanjana and mudga yusa	A. Sam. Chi. VIII
96.	Peya, mantha	A. Sam. Chi. VIII
97.	Kulatha, dhanwa mamsa rasa, yavasana	A. Sam. Chi. VIII
98.	Mantha, vatya, yavagu	A. Sam. Chi. VIII
99.	Soolya mamsa	A. Sam. Chi. IX
100.	Saka, sakthu with Sneha	A. Sam. Chi. IX
101.	Mamsa rasa, raga, sadava	A. Sam. Chi. IX
102.	Godhuma, masa vikriti with ardrika (coriander leaves)	A. Sam. Chi. IX
103.	Yava, godhuma bhojana with kulatha yusa	A. Sam. Chi. IX
104.	Chaga mamsa rasa	A. Sam. Chi. IX
105.	Raga, panaka	A. Sam. Chi. IX
106.	Yava, godhuma bhojana with mamsa rasa	A. Sam. Chi. IX
107.	Shastika, Sali, mudga, yava, with sarpi	A. Sam. Chi. IX
108.	Sakthu mantha	A. Sam. Chi. X
109.	Takra, mastu, yusa, ghrita, ksheera, taila	A. Sam. Chi. X
110.	Laja peya, khala	A. Sam. Chi. X
111.	Dhanwa mriga, pakshi, mamsa rasa	A. Sam. Chi. X
112.	Palandu taken with mamsa rasa and yavagu	A. Sam. Chi. X

113.	Chaga mamsa with payas, shastika, Sali	A. Sam. Chi. X
114.	Yavagu with takra	A. Sam. Chi. XI
115.	Mudga, masa, tila, yusa	A. Sam. Chi. XI
116.	Aparajitha khala	A. Sam. Chi. XI
117.	Manda, yusa, peya, sakthu, mamsa rasa	A. Sam. Chi. XI
118.	Kapinjala mamsa rasa	A. Sam. Chi. XI
119.	Panchakola peya, amla takra	A. Sam. Chi. XII
120.	Yavagu with ghrita	A. Sam. Chi. XII
121.	Mamsa rasa with amla	A. Sam. Chi. XII
122.	Krsara, payasa with Sneha	A. Sam. Chi. XII
123.	Pista guda vaikrita	A. Sam. Chi. XII
124.	Oudaka, anupa mamsa, matsya	A. Sam. Chi. XII
125.	Yavagu with ghrita	A. Sam. Chi. XIII
126.	Panaka, raga, sadava	A. Sam. Chi. XIV
127.	Yavagu, kola, kulatha, yava yusa	A. Sam. Chi. XV
128.	Peya manda, mamsa rasa	A. Sam. Chi. XVII
129.	Anna with payas	A. Sam. Chi. XVII
130.	Kshira yavagu	A. Sam. Chi. XVII
131.	Gavya mootra bhavita shastika, tandula yavagu	A. Sam. Chi. XVII
132.	Sikhi, tithiri, Daksha mamsa rasa with katu and amla	A. Sam. Chi. XVIII
133.	Suska mulaka, kulatha yusa	A. Sam. Chi. XVIII
134.	Sakthu	A. Sam. Chi. XXI
135.	Sali, yava, godhuma, koradusa, kodrava mudga, masa	A. Sam. Chi. XXI
136.	Mamsa rasa	A. Sam. Chi. XXI
137.	Yavagu prepared with takra	A. Sam. Chi. XXII
138.	Gramya, anupa, oudaka mamsa, utkarika	A. Sam. Chi. XXIII
139.	Yavagu – yava, kola, kulatha, mulaka, dadhi, ghrita, taila	A. Sam. Chi. XXIII
140.	Mamsa rasa with dadhi	A. Sam. Chi. XXIII
141.	Yava, syamaka, kodrava, uddalaka anna, alavana, alpa sneha	A. Sam. Chi. XXIII
142.	Yava, godhuma, tila, mudga, masa payasa	A. Sam. Chi. XXIV
143.	Yava anna, jangala mriga pakshi mamsa	A. Sam. Chi. XXIV
144.	Utkarika or modaka	A. Sam. Kal. I
145.	Shaskuli	A. Sam. Kal. I
146.	Mantha with ikshuvaku rasa	A. Sam. Kal. I
147.	Pramathya	A. Sam. Kal. I
148.	Vesavara	A. Sam. Kal. II
149.	Sauviraka, tusodaka	A. Sam. Kal. II
150.	Tarpana with ghee	A. Sam. Kal. II
151.	Mantha mixed with ghrita, sita, kshoudra	A. Sam. Kal. III
152.	Peya with ksheera and madhu	A. Sam. Kal. III
153.	Peya	A. Sam. Kal. VII
154.	Ksheeranna	A. Sam. U. I
155.	Priyalamajjadi modaka	A. Sam. U. I
156.	Matha, sakthu with more sita	A. Sam. U. I
157.	Payasa with madhu and sarpi	A. Sam. U. II
158.	Palala, yavaka, sakthu pindaka	A. Sam. U. IX
159.	Peya, vilepi, jangala mamsa rasa asana	A. Sam. U. XIV
160.	Vatya with alpa Sneha, lavana	A. Sam. U. XVII

161.	Mamsa rasa with ghrita	A. Sam. U. XIX
162.	Vesavara, utkarika	A. Sam. U. XIX
163.	Jangala mamsarasa with vyosa, dadima, saindava	A. Sam. U. XXIV
164.	Yusa or bala mulaka yusa	A. Sam. U. XXIV
165.	Tila, masa palala, yavagu	A. Sam. U. XXIV
166.	Peya with saindava, masa	A. Sam. U. XXIV
167.	Yava, canaka anna	A. Sam. U. XXIV
168.	Utkarika	A. Sam. U. XXVIII
169.	Yavagu, with gavya and chaga mamsa	A. Sam. U. XXVIII
170.	Vesavara, krsara, utkarika, payasa	A. Sam. U. XXX
171.	Jirna Sali odana with mamsa rasa	A. Sam. U. XXX
172.	Yava, kola, kulatha yusa without Sneha	A. Sam. U. XXXI
173.	Yavagu with saindava	A. Sam. U. XXXI
174.	Sali, mamsa rasa, ksheera, ghrita	A. Sam. U. XXXII
175.	Kulatha yusa	A. Sam. U. XXXIII
176.	Purana dhanya anna	A. Sam. U. XXXV
177.	Yava, palala	A. Sam. U. XXXVII
178.	Varaha mamsa with kulatha yusa	A. Sam. U. XXXIX
179.	Yavanna	A. Sam. U. XXXIX
180.	Yavagu	A. Sam. U. XL
181.	Peya	A. Sam. U. XLIV
182.	Palala, guda	A. Sam. U. XLVI
183.	Sali, shastika, koradusha, priyangu, mudga	A. Sam. U. XLVII
184.	jangala mamsa rasa and vyanjana	A. Sam. U. XLVII
185.	Yava, takra, ghrita	A. Sam. U. XLVII
186.	Vishkira mamsa rasa	A. Sam. U. XLIX
187.	Yavagu with out lavana	A. Sam. U. XLIX
188.	Mamsa rasa with payas	A. Sam. U. XLIX
189.	Payasa with sita, ksheera, madhu	A. Sam. U. L
190.	Masha shastika payasa	A. Sam. U. L
191.	Pupalikas	A. Sam. U. L
192.	Utkarika with sita, masa, godhuma	A. Sam. U. L
193.	Shastika anna with ghrita and mudga yusa	A. Sam. U. L

DISCUSSION

In *Ayurveda* science, refers the proper diets and eating habits, explain about the different types of foods that is most favourable to healthy person and diseased persons. In classical textbooks Acharyas described *Ahara Kalpanas* are *Manda*, *Peya*, *Yavagu*, *Yusha*, *Vilepi*, *Odana*, *Mamsarasa*, *Kurchika*, *Kilada*, *Krisara*, *Sakthu*, *Vatya*, *Sashkuli*, *Dhana*, *madhukroda*, *Pindaka*, *Poopa (Pishtika)*, *Poopalika*, *Vesavara*, *Rasala*, *Raga*, *shadava*, *Khada*, *Kambalika*, *Udasvit*, *Payasa*, *Panaka*, *Mantha*, *Modaka*, *Palala*, *Ulupta*, *Pruthuka*, *Phenika*, *Sattaka* and others. All of these *Ahara kalpanas* were prepared when the *ahara varga* dravyas were subjected to *Toya Agni sannikarsha*. *Ahara kalpanas* used for different purposes, mainly *Samsarjana* to improve *agni bala* eg; *Manda*, *Peya* and others, *Sodhana*

karma to deliver the *Sodhana dravyas* eg, *Madanaphala modaka* and others, whereas for *Shamana karma* drugs were delivered to target areas by *Ahara kalpanas* eg; *Yavagoos*, *Apupa*, *Manda*, *Peya*, *Yavagu*, *Odana*, *Vilepi*, are prepared by using rice boiling in water, with ratios 1:14, 1: 14, 1:06, 4:14. 1:04 respectively.^[8] *Yusa* prepared by *mudga* boiled in water with ratio of 1:14^[9] or 1:18. *Mamsarasa*^[10] is the preparation *mamsa* boiled in water with a ratio of 1:16 till *mamsa* completely cooked or reduced to 1/4th. *Kurchika*^[11] prepared by adding *dadhi* or *takra* in *ksheera*, called *Dadhi kurchika* and *Takra kurchika* respectively. *Kilada*^[12] is the thick portion separated from the *ksheera kurchika*. *Krisara* is *yavagu bheda*, thicker than *yavagu*. *Sakthu*^[13] is the roasted flour of *godhuma*, *yava* etc, *Vatya*^[14], is the porridge prepared from fried *yava*. *Sashkuli*^[15] means paste of rice fried in *taila* or *ghrita*. De husked and fried *yava* is called *Dhana*.^[16] *Madhukroda*^[16], is the flour fried and mixed with *madhu*. *Pindaka* is the *Madhukroda*, converted into bolus form. *Poopa (Pishtika)*^[17], is a type of cake, which fried in *ghrita* or *taila* called *poopalikas*.^[18] *Vesavara* is the paste of bone less meat grinded with *pipali*, *maricha*, *sunti*, *guda* and *sarpi*.^[19] *Khada*, *Kambalika*,^[20] are the preparations of *takra* and *dadhi* respectively adding with *lavana*, *Sneha* and others. *Raga*, *shadava*,^[21] both are *yusa bheda*, prepared with *madura*, *amla rasa* and without other *rasas*. *Rasala*^[22] prepared by adding 1/4th quantity of sugar into *daddhi* and *jiraka*, *saindhva* etc. *Udasvit*^[23] is a *takra Kalpana*, in *takra* ½ quantity of water added but butter was not removed. *Payasa*^[24], is milk pudding, prepared with mixture of boiled rice, milk added with sugar or jaggery. *Panaka*^[25], is prepared by dissolving sugar, or jaggery in *Kashaya*, *Arka*, or *Swarasa*. *Mantha*^[25] is the mixture flour added with ghee, and cold water. *Pruthuka*^[26] is the pressed paddy, produce strength. *Modaka*^[27], is laddu, ball of sweets. *Palala* is the dried meat, whereas *Ulupta*^[28], is *parisushka mamsa* made into paste and cooked. *Phenika*^[29] is prepared by flour wheat added with sugar, made in to slender sticks, dried, and fried in ghee. *Sattaka*^[29] is prepared with *lavanga*, *trikadu*, *khanda* (sugar candy) are added in curd, churned well and filtered. For a disease free life, acharyas emphasized on the food combinations, importance of food, cooking methods and others.

CONCLUSIONS

Various *Ahara kalpanas* described in the literatures, which makes our food healthy and suitable for the body. If *Ahara kalpana* or *kritanna varga*, indicated for healthy individuals (*Swastyas*), whereas *pathya Kalpana* indicated for diseased persons (*Aatura*). In *Brihatrayee* various *Ahara kalpanas* are described. Most of the *Ahara kalpanas* were prepared when the *ahara varga dravyas* were subjected to *Toya Agni sannikarsha*. In *ahara kalpanas* contains

not only the vegetarian ingredients, includes non vegetarian ingredients also. These *ahara kalpanas* influences on physical and mental activities of a person.

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