

**A LITERARY REVIEW ON AAHARDRAVYA VARGAS FROM  
CHARAK SAMHITA TO STUDY BALYA AND BRUHAN DRAVYA  
AND RECEPIES WHICH CAN BE USED IN DIET OF  
KSHEERANNADA AND ANNADA CHILDREN ALTERNATIVE TO  
MILK**

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### ABSTRACT

This review discusses the growing concerns about children facing issues like slow growth, delayed development, and nutritional deficiencies. It highlights the importance of a good, healthy diet for kids, focusing on the challenges linked to the way we consume milk today. Problems such as added chemicals, poor processing, and contamination reduce the quality of modern milk, leading to digestion issues, the formation of undigested substances (Aama), and early-onset of Santarpanjanya diseases in children. Lactose intolerance, nutrient deficiencies, and lifestyle factors worsen the situation. The review suggests looking into alternative, nutritious options beyond milk, from Charak Samhita which is an authentic ayurvedic textbook along with some recepies from Sharangdhar Samhita and Sarth Bhavprash as well based on Ayurvedic principles.

**KEYWORDS:** Balya, Bruhan, Nutrition, Ksheerannada, Annada.

## INTRODUCTION

Sometimes growth retardation, delayed milestones, deficiency disorders can be seen in children. As Sharir Dhatu and their strength increases during this period; healthy, nutritious, balya, bruhan diet is important in growing period of children. Milk is the important component of children's diet and It is said to be the excellent Bruhan dravya.<sup>[1]</sup> Today it is not possible to get milk as fresh and full of nutrients as it used to be. Number of infectious diseases in animals has also been increased which causes threat of infection in milk as well. Adultration in milk is also increased due overpopulation and urbanization.

In some countries chemicals are added to milk to preserve it and many processes are done to increase its nutritional value. Most of times this milk is used directly (without boiling) and recepies like milkshakes, smooties are made out of it which technically falls under *Virudhdha aahar* concept from Ayurveda.<sup>[2]</sup> This type of milk is heavy to digest and recepies made out of it also becomes heavy to digest. Sometimes mothers give formula milk or cerelac mixture with this milk. Daily consumption of such full of preservative and chemically processd, cold and unboiled milk causes loss of appetite.<sup>[3]</sup> So, the consumed diet doesn't get fully digested and undigested slimy sticky substance called *Aama* is formed in body. Due to this ama and *strotorodha* many *Santarpanajanya* diseases get developed in very early age in children. Now a days changes in lifestyle such as waking up late, sleeping late, late night snacking, disturbed eating habits, increased usage of packed and instant food already cause *Agnimandya* in body and *Balyaavsatha* is naturally the kapha producing age this causes indigestion which results in *Kaphapradhan Vyadhi* Because this milk doesn't get fully digested, lactose intolerance can also get developed in some children. Deficiency of various nutrients occurs as the food don't get digested properly due to agnimandya. Some children are of *Kapha* dominant *prakruti* or after having *kaphapradhan aahar* having tendency to develop *kapha*, some don't like to have milk (*Asatmya*). Some mothers give full glass of milk to children before going to school or as evening snack, often this milk is cold and mixed with many markets available protein powder or energy drink mix. When taken on empty stomach the milk gets mixed with digestive acids and curdles and becomes heavy to digest causing *Agnimandya*.

It is not possible to get fresh milk in some remote areas due to inaccessibility. All this can cause deficiency of nutrients which we get from milk if we depend only on milk for nutrition. So, for nutrition of body, one must not be dependent only on milk. We must think about

options which we can use in absence of milk. Everyday every mother has to think<sup>[4-5]</sup> times a day that ‘what should I give to eat to my child now?’ If mother is a working woman, she doesn’t get much time to prepare food and thoughts of the food prepared should have all nutrients, it should be healthy and tasty too consumes her valuable time. This provokes me to think about what else could be given to children other than milk which is healthy and nutritious as well. In ayurveda it is mentioned that the materials having balya and bruhan properties helps in nutrition of body. So, In this review we are going to study the food and medicinal sources having balya and bruhan properties from charak Samhita.

## AIM AND OBJECTIVES

To collect the information regarding Balya and Bruhan Dravyas given in Charak Samhita which can be used in absence of or instead of milk in diet of children.

## MATERIALS AND METHODS

### Materials

Authentic Ayurvedic Text which is Charak Samhita, has been searched for the Dravyas having Balya and Bruhan properties along with recipes, preparation methods and application of dravyas in recipes. Articles in online and offline journals has also been thoroughly reviewed.

### Methods

The terms such as Balam, Balyam, Balavardhanam, Balyaa, Balaprada, Balakrud, Bruhanam, Bruhanatmaka, Bruhano, Bruhan, Bruhani are screened out. Then the drugs are arranged in tabular form according to property. Then some basic recepies from Sharangdhar Samhita and Sarth Bhavprakash are arranged in tabular form with alternative ingredients having balya and bruhan properties which can be used in those recepies. After studying the Dravyas and recipe preparation, the practical applications of dravyas were analysed thoroughly and arranged systematically. The dravyas are as follows.

### List of Balya Aahar Dravya from Charak Samhita Sutrasthana Annapanavidhi chapter 27.

AaharVarga Name	No	Balya Ahar Dravya	English Name/Scientific Name	Reference
Shukdhanya	1.	yav	Barley	Cha.Su.27/19,20
shamidhanya	1.	Maash	Black gram	Cha.Su.27/24
	2.	Tila	Sesame	Cha.Su.27/30

Mansavarga	1.	Prasah varga mans	Meat of animals/birds which lives in burrows	Cha.Su.27/65
	2.	Hans mansa	Geese meat	Cha.Su.27/65
	3.	Mayura mansa	Peacock meat	Cha.Su.27/64
	4.	Kombadyache Mansa	Chicken meat	Cha.Su.27/67
	5.	Ghorpad Mansa	Common Indian monitor meat	Cha.Su.27/71
	6.	Chimniche Mansa	Sparrow meat	Cha.Su.27/75
	7.	Varah Mansa	pork	Cha.Su.27/79
	8.	Sarva Matsya	Fish	Cha.Su.27/81
	9.	Rohit Matsya	Labeo rohita fish	Cha.Su.27/83
	10.	khadga Mans	Rhinosaur meat	Cha.Su.27/84
	11.	Chatakanam Andani	Geese like bird's eggs	Cha.Su.27/86
Kandavarga				
	1.	Munjatak Kanda	Salep orchid/ Orchis latifolia Linn	Cha.Su.27/119
	2.	Vidarikanda	Indian kudzu/ Pueraria tuberosa	Cha.Su.27/121
Falvarga				
	1.	Aamratam/Ambada	Roselle / Hibiscus sabdariffa	Cha.Su.27/129
	2.	Naarikel	Coconut	Cha.Su.27/130
	3.	Pakva Amra	Ripe mango	Cha.Su.27/139
	4.	Vatam/Badam	Almond	Cha.Su.27/157
	5.	mukulak	Pistachio	Cha.Su.27/157
	6.	Akroad	Walnut	Cha.Su.27/157
	7.	Abhishuk / Jardalu	Type of pistachio	Cha.Su.27/157
	8.	Nikuch	Pine nuts	Cha.Su.27/157
	9.	Urumaan	prunes	Cha.Su.27/157
	10.	Palandu	onion	Cha.Su.27/175
Jalavarga				
	1.	Hemant Varsha Jal	Rain water of Hemant season's rain	Cha.Su.27/205
Dugdha Varga				
	1.	Ashwa Dugdha	Horse milk	Cha.Su.27/221
	2.	Hastini Dugdha	Elephant milk	Cha.Su.27/223
	3.	Stri Stanya	Human milk	Cha.Su.27/224
	4.	Dadhi	Curd/yogurt	Cha.Su.27/225
Krutanna Varga				
	1.	Peya	Gruel	Cha.Su.27/250
	2.	Mansarasa sidhdha shali	Rice with chicken soup	Cha.Su.27/259
	3.	Saktu	Saktu flour	Cha.Su.27/263
	4.	Fal janit padarth	Delicacies made from fruits	Cha.Su.27/268
	5.	Maans janit padarth	Delicacies made from non veg	Cha.Su.27/268
	6.	Vasa janit padarth	Delicacies made from meat fat	Cha.Su.27/268
	7.	Shaak janit Padarth	Delicacies made from leafy vegetables	Cha.Su.27/268
	8.	Palal Janit padarth	Delicacies made from meat	Cha.Su.27/268
	9.	Kshaudra Janit Padarth	Delicacies made from honey	Cha.Su.27/268

	10.	Vesvaar	Minced meat	Cha.Su.27/270
	11.	Mrudupaak Bhakshya		Cha.Su.27/275
	12.	Rasala	Shrikhand/sweet hung yogurt	Cha.Su.27/278
	13.	Amra Amalak leha	Mango amla chutney/sauce	Cha.Su.27/282
Aaharyogi Varga -				
	1.	Tail	Oil	Cha.Su.27/287
	2.	Majja	Marrow	Cha.Su.27/295
	3.	Vasa	Meat fat	Cha.Su.27/295
	4.	Mansa	meat	Cha.Su.27/311
	5.	Mansarasa	Chicken soup	Cha.Su.27/312

**List of Bruhan Aahar Dravya from Charak Samhita Sutrasthan Annapanavidhi chapter 27.**

AaharVarga Name	No	Balya Ahar Dravya	English Name/Scientific Name	Reference
Shukdhanya	1.	Raktashali	Red Rice	Cha.Su.27/10
	2.	Godhum	Wheat	Cha.Su.27/21
Mansavarga	1.	Aja mans	Goat meat	Cha.Su.27/61
	2.	Mesh mansa	Sheep Meat	Cha.Su.27/62
	3.	Charanayudha Mansa	Chicken meat	Cha.Su.27/67
	4.	Shallak Mansa	Common Indian monitor meat	Cha.Su.27/71
	5.	Varah Mansa	pork	Cha.Su.27/78
	6.	Matsya	fish	Cha.Su.27/81
	7.	khadga Mans	Rhino Saur meat	Cha.Su.27/85
	8.	Mansaguna	meat	Cha.Su.27/87
Kandavarga				
	1.	Munjatak Kanda	Salep orchid/ Orchis latifolia Linn	Cha.Su.27/119
	2.	Vidarikanda	Indian kudzu/ Pueraria tuberosa	Cha.Su.27/121
Falvarga				
	1.	Mrudvika	Raisins	Cha.Su.27/125
	2.	Kharjur	Dates	Cha.Su.27/127
	3.	Aamratam/Ambada	Roselle / Hibiscus sabdariffa	Cha.Su.27/129
	4.	Naarikel	Coconut	Cha.Su.27/130
	5.	Taala fal	Ice apple/ Indian tala tree	Cha.Su.27/130
	6.	Aarushaka	plum	Cha.Su.27/133
	7.	Vatam/Badam	Almond	Cha.Su.27/158
	8.	Mukulak/Pista	Pistachios	Cha.Su.27/158
	9.	Akroad	Walnut	Cha.Su.27/158
	10.	Abhishuk / Jardalu	Type of pistachio	Cha.Su.27/158
	11.	Nikuch	Pine nuts	Cha.Su.27/158
	12.	Urumaan	prunes	Cha.Su.27/158
Dugdha Varga				
	1.	Kilat	Type of cheese	Cha.Su.27/235
Krutanna Varga				
	1.	Mansa Sahit Shali	Rice and chicken	Cha.Su.27/259
	2.	Fal Bhakshya Padarth	Delicacies made from fruits	Cha.Su.27/268

	3.	Vasa Bhakshya Padarth	Delicacies made from	Cha.Su.27/268
	4.	Mansa Bhakshya Padarth	Delicacies made from non veg	Cha.Su.27/268
	5.	Shaak Bhakshya Padarth	Delicacies made from vegetables	Cha.Su.27/268
	6.	Palal Bhakshya padarth	Delicacies made from honey	Cha.Su.27/268
	7.	Kshaudra Bhakshya Padarth	Delicacies made from honey	Cha.Su.27/268
	8.	Rasala	Shrikhand/Sweet hung yogurt	Cha.Su.27/278
	9.	Amra Amalak leha	Mango amla chutney/sauce	Cha.Su.27/282
Aharyogi Varga				
	1.	Majja	Marrow	Cha.Su.27/295
	2.	Vasa	Meat fat	Cha.Su.27/295
	3.	Mansa	meat	Cha.Su.27/295

### List of Aahar Kalpanas From Authentic Texts with reference, easy preparation method

And commonly used other traditional ingredients.

No.	Aahar Kalpana	Preparation method reference	Preparation method in short	Commonly used other traditional Dravyas to use in this recipe.	Can be given to children
1.	Manda	Sharangdhar Samhita, Madhyam Khand 2/ 170	Cook coarsely grounded rice in 14 times water. After the rice grains cook, strain it, remove the rice particles from it. Consume the remaining water with saindhav and dry ginger powder.	Rice, Brown rice, barley etc.	Ksheerannada and Annada
2.	Peya	Sharangdhar Samhita, Madhyam Khand 2/ 168	Cook coarsely grounded rice in 14 times water. After the rice grains cook, consume it without straining. Add saindhav and dry ginger powder.	Rice, Brown rice, barley etc.	Ksheerannada and Annada
3.	Modified Peya	Indian Traditional Method. Anubhuta Kalpana	Roast the grain flour in pan, add water to it, make it in semiliquid consistency, lastly add saindhav and cumin powder, dry ginger powder or sugar.	Flour prepared from – rice, Brown rice, Barley, Wheat, foxtail millet, ragi, Bajra, Rajgira (Amaranth), Pearl millet, Laja (puffed rice)	Ksheerannada and Annada
4.	Yush	Sharangdhar Samhita, Madhyam Khand 2/ 154	Take Cooked Pulses and add 14 times water to it, let it cook for while and strain it. Consume the strained water. Sometimes it is tempered with Ghee, cumin and asafoetida	Green moong, Lentils, Hoarse gram, black chick peas.	Ksheerannada and Annada
4.	Vilepi	Sharangdhar Samhita, Madhyam Khand 2/ 166	Take 4 times water and cook grains in it. after cooking consume it with Saindhav.	Grains can be used are – rice, brown rice, barley, millets, pulses, lentils.	Ksheerannada and Annada
5.	Lapsika	Bhavprakash, Krutanna varga 28, 29	Take Coarsely grounded flour of grains and roast it in some ghee and add water with dissolved sugar to it. Cook it till it gets semiliquid(thick)	Grains can be used are – rice, brown rice, barley, millets, pulses, lentils.	Ksheerannada and Annada



			consistency. Add clove and black pepper powder in small amount. and consume.		
6.	Mansarasa	Bhavprakash, Krutanna varga 80, 81, 82	Meansed meat is roasted with ghee, saindhav and turmeric, asafoetida, add water as needed and cook the meat properly. Mash the cooked meat in that water and consume it with or without straining.	Meat, chicken, meansed fish, meansed meat etc	Ksheerannada and Annada
7.	Mantha	Sharangdhar Samhita, Madhyam Khand 3/ 19	Take 4 times water than coarsely grounded main Dravya. Keep it for rest for some time. Then whisk it nicely. Consume it with or without straining. Traditionally jiggery or sugar is added to make it taste sweet.	Can be made with - dates, raisins, lentils, barley, dried figs, dried apricots, dried plums, dried falsa, dried Kokum, pomegranate, dried Amla etc.	Ksheerannada and Annada
8.	Saktu Mantha	Sharangdhar Samhita, Madhyam Khand 3/ 12	Take Flour of Saktu made from Wheat, roasted chick pea daland jeera and mix it with jiggery dissolved water.	Can be made with - Barley, Wheat etc.	Ksheerannada and Annada
9.	Odana	Bhavprakash, Krutanna varga 4, 5, 6	Take rice grains wash them properly, keep them aside for some time and add 5 times water to it and cook. When it is fully cooked remove from stove and strain and remove the excess water (you can consume that water which is called as manda). Consume the rice.	Made with all types of rice.	Ksheerannada and Annada
10.	Krushara	Bhavprakash, Krutanna varga 9, 10	Take rice and dal in equal quantity and cook it in water. Add saindhav, ginger and asafoetida to it. Cook it properly and consume it.	Made with all types of rice and pulses and lentils.	Ksheerannada and Annada
11.	Modak	Sharangdhar Samhita, Madhyam Khand 7/ 101	Take flour, roast it in ghee, add sugar to it bind it to make ladoo or balls.	All type of grains flour like rice, barley, wheat, millets and all types of pulses like black gram, green gram, lentils etc.	Annada
12.	Khanda	Bhaishajya Ratnavali, Shoolrogachikitsa Prakaran.	Take grated coconut and cook it with ghee, milk, coconut water and sugar until it comes together and forms ball like structure. Put the mixture in tray and let it cool down after that make pieces out of it.	Can use ash gourd, bottle gourd, pumpkin, yam, sweet potato, all types of tuberous vegetables etc.	Annada
13.	Paak	Sharangdhar Samhita, Madhyam Khand 8/ 22	Take grated ash gourd, roast it with ghee, after water gets soaked fully add sugar and clove, cumin, coriander seed, long pepper, black pepper powder to it. Put it in tray and let it	Can use ash gourd, coconut, bottle gourd, pumpkin, yam, sweet potato, all types of tuberous	Annada

			cool down and make pieces out of it.	vegetables, dates, banana, jackfruit, fig, almonds, apricot s, walnuts, pistachio, pinenuts, plum, amla etc.	
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## RESULT AND CONCLUSION

There are 49 Balya dravyas and 37 Bruhan dravyas are mentioned in Annapanavidhi chapter of Charak Samhita.

According to texts the recipes and ingredients mentioned here have similar properties that of milk as well as they are having balya and Bruhan properties so they can be used as alternative to milk in Ksheerannada and Annada children.

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