

LITERARY REVIEW ON MANDA, PEYA, VILEPI AND YAVAGU

Dr. Jignesh M. Katara^{*1}, Prof Dr. Ankitkumar M. Paneliya², Prof. Dr. Upendra U. Zala³

^{*1}Assistant Professor, Dept. of RSBK, J.J.A.M.C., Sivpuri Godhara.

²HOD and Professor, Post Graduate Dept. of RSBK, J.S.A.M., Nadiad.

³Professor, Post Graduate Dept. of RSBK, J.S.A.M., Nadiad.

Article Received on 04 August 2026,
Article Revised on 24 August 2026,
Article Published on 01 Sept. 2026,

<https://doi.org/10.5281/zenodo.22159556>

***Corresponding Author**

Dr. Jignesh M. Katara

Assistant Professor, Dept. of RSBK,
J.J.A.M.C., Sivpuri Godhara.



How to cite this Article: Dr. Jignesh M. Katara^{*1}, Prof. Dr. Ankitkumar M. Paneliya², Prof. Dr. Upendra U. Zala³. (2026). Literary Review On Manda, Peya, Vilepi And Yavagu. World Journal of Pharmaceutical Research, 15(17), 568-578.

This work is licensed under Creative Commons Attribution 4.0 International license.

ABSTRACT

Context: *Bhaishajya Kalpana* (Ayurvedic Pharmaceutics) can be broadly classified in two categories.^[1] *Ahara Kalpana*: *Manda, Peya, Vilepi, Yavagu, Yusha*, etc.^[2] *Aushadha Kalpana*: *Svarasa, Kalka, Kvatha, Sneha Kalpana* etc. *Ahara Kalpana* plays a vital role in maintaining the health of healthy persons and in diseased conditions too. *Acharya* Charaka has mentioned *Ahara Kalpana* such as *Manda, Peya, Vilepi* and *Yavagu* under *Kritanna Varga* because of their unique properties such as *Laghu, Dhatu Paushtikara, Pachana, Grahi, Balya, Deepana, Hradya, Kritanna Vargiya Kalpana* is also used after *Panchakarma* as *Samsarjana Krama*. It indicates that these formulations having nutritional values at some extents which increase the *Agni* of patients as well as maintain their strength. There is different perspective amongst *Acharya*

regarding the preparatory methods and proportion of ingredients of *Manda, Peya, Vilepi* and *Yavagu*. But *Acharya* Sharangdhara has mentioned these formulations in details. Based on this textual reference, rice and water are the main constituents of these formulations but the consistency of final product is different i.e., *Manda* is in liquid form as it is filtrate of mixture, *Peya* is homogenous mixture of rice and water, the consistency of *Vilepi* is thicker than *Peya*, while *Yavagu* thick or semisolid mixture of rice and water.

KEYWORDS: *Kritanna Varga, Manda, Peya, Vilepi, Yavagu.*

INTRODUCTION

Ahara Kalpana plays a vital role in maintaining the health of healthy persons and in diseased conditions too. *Acharya* Charaka has mentioned *Ahara Kalpana* such as *Manda*, *Peya*, *Vilepi* and *Yavagu* under *Kritanna Varga* because of their unique properties such as *Laghu*, *Dhatu Paushtikara*, *Pachana*, *Grahi*, *Balya*, *Deepana*, *Hradya*, *Kritanna Vargiya Kalpana* is also used after *Panchakarma* as *Samsarjana Krama*. It indicates that these formulations having nutritional values at some extents which increase the *Agni* of patients as well as maintain their strength.^[1]

1. *Manda Kalpana*

Derivation

The supernatant liquid which is derived from different rice preparations, curd etc, which is also sticky in nature is called as *Manda*.^[2]

Definition

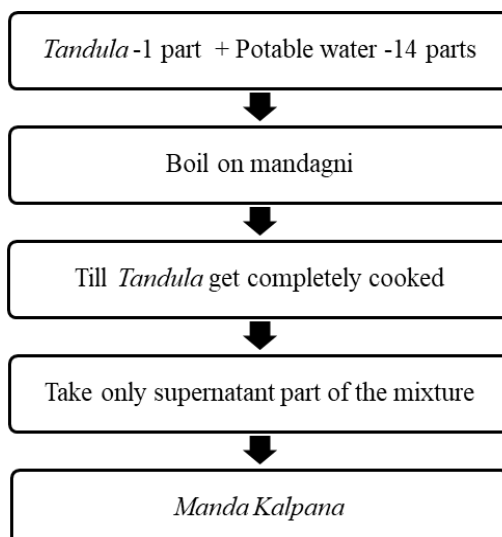
One part of rice and fourteen parts of water (1:14) are boiled together. the fluid [without grains] emerging thereby is called *Manda*.^[3]

According to *Acharya Sushruta* When rice boiled properly with water, the obtained liquid portion is called *Manda*.^[4]

Types^[5]

1. *Laja Manda*
2. *Vatya Manda*
3. *Ashtaguna Manda*

General Method of Preparation of *Manda*^[6]



Anupan

The fluid mixed with powder of *Shunthi* and *Saindhav* is good for *Dipan-Pachana*.^[11]

2. Peya Kalpana

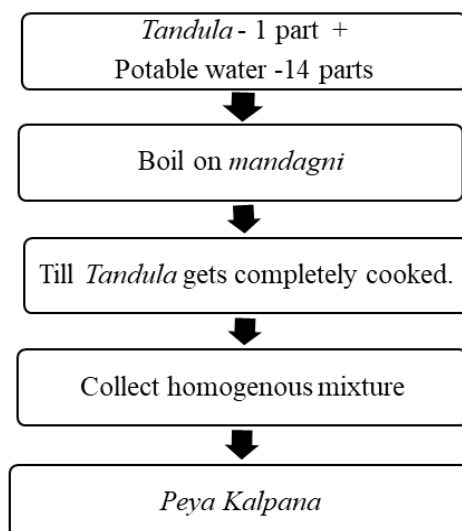
Derivation

The word *Peya* is derived from 'पा' *Dhatu* and 'यत्' *Pratyay*.^[12]

Definition

One part of rice and fourteen parts of water (1:14) slightly boiled into watery consistence is called *Peya*.^[13]

General Method of Preparation of *Peya*^[14]



Anupan

added with powder of *Shunṭi* and *Saindhva*, it kindles digestive fire, is digestive, cures abdominal pain due to indigestion, helps taste and relieves constipation.^[20]

3. *Vilepi Kalpana*

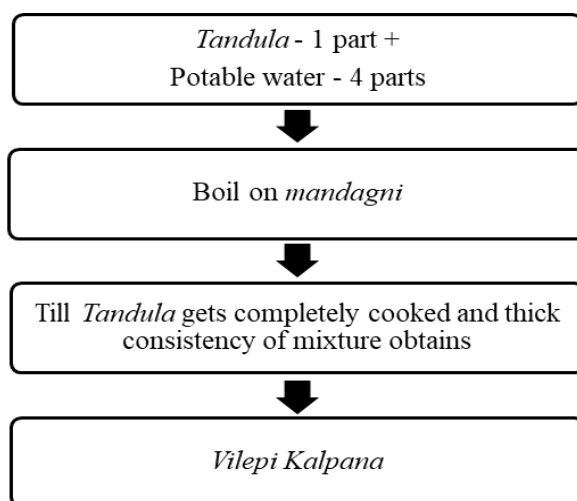
Derivation

That which has the *Lepana* nature and Ghana Sikta (Semi solid) consistency; it also has the capacity to remove the *Lipta Dosha* out of body and to impart strength is called as *Vilepi*.^[21]

Definition

One part of rice and four parts of water (1:4) cooked into a thick paste is *Vilepi*.^[22]

General Method of Preparation of *Vilepi*^[23]



4. *Yavagu Kalpana*

Derivation

The word '*Yavagu*' is derived from *Dhatu* 'यू' which means mixing. Rice etc *Dravya* is cooked with 16 times of water by adding different liquid media, is known as *Yavagu*.^[29]

Definition

One part of rice is boiled in sixteen parts of water (1:16) and reduced to half.^[30]

According to Acharya Kashyap (The substance) cooked with so many articles along with liquids except rice is called soup, and (cooked) with rice is *Yavāgū* (gruel).^[31]

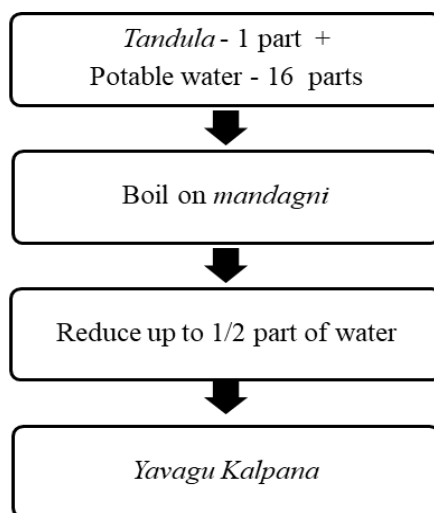
Types

According to ingredients

1. *Aushdhasidhha jala sadhita*
2. *Aushdha kalka sadhita*
3. Acharya Charaka has mentioned 28 different types of dravyas to prepared *Yavagu*.^[32]

According to Water proportion^[33]

1. *Shodashgunajalasadhita Yavagu*
2. *Shadgunajalasadhita Yavagu*

General Method of Preparation of Yvagu^[34]**Other Methods**

According to Acharya Sharangdhar It is prepared by boiling 1 part of *tandula* with 6 parts of water over mild heat until the particles are cooked. it has thick or semisolid consistency.^[35]

According to Acharya Bhavprakash *Yavāgu* is prepared by boiling rice etc. in six times their quantity of water till the grains becomes soft and remain solid with more of liquid portion.^[36]

According to Acharya Kashyap the gruel should be cooked with liquid (water) having twentieth part, fifteenth parts or tenth part of rice.^[37]

According to Acharya Sushruta the proportion of rice and water in, *Vilepi*, *Anna*, *Yavagu* and *Manda* is 1:4, 1:5, 1:6 and 1:14 respectively.^[38]

Yavagu Dosha

According to Acharya Kashyap Thick, liquid, cold, not having broken pieces of rice, slippery, white and non-palatable, these are collective abnormalities of *Yavāgūs* (gruels).^[41]

DISCUSSION

In ayurvedic classics Bruhatrayi they have not mentioned any proportion for making *Kritanna Vargiya Kalpana* where as in Laghutrayi they have mentioned proportion of rice and water specifically. Acharya Sharngdhar and Bhavprakash have specified proportion for preparation of *Kritanna Vargiya Kalpana* which makes it easy to prepared all *Kalpanas*. Because of their unique properties such as *Laghu*, *Dhatu Paushtikara*, *Pachana*, *Grahi*, *Balya*, *Deepana*, *Hradya*, *Kritanna Vargiya Kalpana* is also used after *Panchakarma* as *Samsarjana Krama*. The *Kritanna Vargiya Kalpana* is also described in various literature for *Saman Chikitsa*.

According to Sharangdhar and Bhavprakash Samhita *Manda* is prepared by 1:14 ratio of rice and water. Acharya Sharangdhara mentioned *Laja Manda*, *Vatya Manda* and *Ashtaguna Manda* with different ingredients. Apart from *Tandula Manda* prepared from *Yava* and *Mudga*. *Manda* is *Laghu*, *Sheeta*, *Deepana*, *Pachana*, *Grahi*, *Vatanulomaka*, *Kaphahara*. According to Acharya Bhavprakash *Manda* is *Jwaraghna*.

According to Sharangdhar and Bhavprakash Samhita, *Peya* is prepared by 1:14 ratio of rice and water respectively. Acharya Kashyap has mentioned proportion of rice and water which is 1:20 for *Peya*. *Peya* is *Laghu*, *Deepan*, *Pachana*, *Vtanulomaka*, *Dhatupustikara*. According to Acharya Bhavprakash and Vagbhata *Peya* is *Jwaraghna* and *Kukshirogahara*.

According to Sharangdhar and Bhavprakash Samhita *Vilepi* is prepared by 1:4 ratio of rice and water respectively. *Vilepi* is *Madhura*, *Laghu*, *Deepana*, *Rochaka*, *Grahi*, *Vrushya*. According to Acharya Bhavprakash *Vilepi* is *Jwaraghna* and *Chakshurogahara*, whereas Acharya Sushruta has said *Jwaraghna* and *Atisarhara*.

According to Acharya Sharangdhar *Yavagu* is prepared by two methods one 1:16 ratio of rice and water respectively and another with 1:6 ratio of rice and water respectively. Similarly, Acharya Bhavprakash and Sushruta have also mentioned same ratio i.e., 1:6. According to Acharya Kashyap for making *Yavagu* proportion of rice and water is 1:20, 1:15 and 1:10 respectively. Acharya Charaka has mentioned 28 different types of dravyas to prepared

Yavagu. Acharya Sharanghar has mentioned two different types of Yavagu according to ingredients. Yavagu is Tarpan, Balya, Dhatupustikar, Vatashamaka, Laghu, Deepan.

Table No 1: Showing Properties of Manda. ^[7,8,9,10]

Properties	Charak Samhita	Sushruta Samhita	Ashtang Hridaya	Bhavprakash Samhita
Deepan	+	+	-	+
Agnidipaka	+	-	-	-
Vatanulomaka	-	+	+	-
Truptikar	+	-	+	-
Laghavkar	-	-	+	-
Pachak	+	+	+	+
Hradhya	-	+	-	-
Dhatusamyak	-	-	+	+
Strotomardav	-	-	+	-
Balya	+	-	+	+
Lghu	+	-	-	+
Grahi	-	-	-	+
Shita	-	-	-	+
Pittasleshmahara	-	-	-	+
Santarpan	-	-	-	+

Table No 2: Showing Rogaghnata of Manda.

Indication	Charak Samhita	Sushruta Samhita	Ashtang Hridaya	Bhavprakash Samhita
Jwaraghna	-	-	-	+

Table No 3: Showing Properties of Peya. ^[15,16,17,18,19]

Properties	Charak Samhita	Sushruta Samhita	Sharangdhar Samhita	Ashtang Hridaya	Bhavprakash Samhita
Truptikar	+	+	-	+	-
Agnidipaka	+	+	-	+	-
Swedagnijanani	+	+	-	-	+
Vatanulomani	+	+	-	-	+
Pachaka	-	+	-	+	-
Deepan	-	+	-	+	-
Laghu	-	+	-	-	+
Bastishodhana	-	+	-	-	-
Hradhya	-	+	-	-	-
Pathya	-	+	-	+	-
Laghavkara	-	-	-	-	-
Grahi	-	-	+	-	-
Balya	-	-	+	+	+
Kanthya	-	-	+	-	-
Kshudhahara	-	-	-	-	-
Trushnahara	-	-	-	-	-

<i>Glanihara</i>	-	-	-	-	-
<i>Malanulomni</i>	-	-	-	+	-
<i>Kaphahara</i>	-	-	+	-	-
<i>Dhatupustikara</i>	-	-	+	-	+

Table No 4: Showing Rogaghnata of Peya.

Indication	Charak Samhita	Sushruta Samhita	Sharangdhar Samhita	Ashtang Hridaya	Bhavprakash Samhita
<i>Jwaraghna</i>	+	-	-	+	+
<i>Kukshirogahara</i>	+	-	-	+	+

Table No 5: Showing Properties of Vilepi. [24-25-26-27-28]

Properties	Charak Samhita	Sushruta Samhita	Sharangdhar Samhita	Ashtang Hridaya	Bhavprakash Samhita
<i>Tarpana</i>	+	+	+	-	+
<i>Grahi</i>	+	-	-	+	-
<i>Laghu</i>	+	+	-	-	+
<i>Hradhya</i>	+	+	+	+	+
<i>Balya</i>	-	+	-	-	+
<i>Pathya</i>	-	-	-	-	+
<i>Deepan</i>	-	+	-	-	+
<i>Bastshodhana</i>	-	+	-	-	-
<i>Vrushya</i>	-	+	-	-	-
<i>Santarpan</i>	-	+	-	-	-
<i>Vrushya</i>	-	+	-	-	-
<i>Bruhana</i>	-	+	+	-	-
<i>Lghavkar</i>	-	-	-	-	-
<i>Chakshusya</i>	-	-	-	+	-
<i>Agnidipan</i>	-	-	-	-	-
<i>Vranropan</i>	-	-	-	+	+
<i>Truptikar</i>	-	-	-	+	+
<i>Madhura</i>	-	-	+	-	-
<i>Pittanashan</i>	-	-	+	-	-

Table No 6: Showing Rogaghnata of Vilepi.

Indication	Charak Samhita	Sushruta Samhita	Sharangdhar Samhita	Ashtang Hridaya	Bhavprakash Samhita
<i>Jwaraghana</i>	-	+	-	-	+
<i>Atisarhara</i>	-	+	-	-	-
<i>Chakshuroghara</i>	-	-	-	+	+

Table No 7: Showing Properties of Yavagu. [39-40]

Properties	Sharangdhar Samhita	Bhavprakash Samhita
<i>Dipan</i>	-	+
<i>Balya</i>	+	-
<i>Tarpan</i>	+	-
<i>Dhatupustikar</i>	+	-

<i>Vatanashaka</i>	+	-
<i>Laghu</i>	-	+
<i>Truptukar</i>	-	+
<i>Bastishodhan</i>	-	+
<i>Glanihara</i>	-	+
<i>Pathya</i>	-	+

Table No 8: Showing Rogaghnata of Yavagu.

Indication	Sharangdhar Samhita	Bhavprakash Samhita
<i>Jwaraghna</i>	-	+
<i>Atisarhara</i>	-	+

CONCLUSION

It is beneficial in both healthy and diseased condition. It emphasizes *Ayurveda's* belief that the patients' digestive abilities are just as significant as the drug's properties. It provides all of the nutritional qualities because it provides food with all six tastes, which helps to preserve the Penta elemental essence of the body.

REFERENCE

1. Acharya Agnivesh. Charaka, Charaka Samhita, By-Kashinath Shastri, Sutrasthan, Annapanavidhiyaadhiyay 27/250, Edited by – Dr Gangasahaya Pandey. Chaukhamba Sanskrit Samsthan, Reprinte, 2012; 405.
2. Shabdakalpadrum by Raja Radhakantdev. Chaukhamba Amarbharti prakashan, Varansi, Part-3.
3. Sharangdhara Samhita of Pandit Sharanagdhara by Dr. Brahmanand Tripathi, Chaukhamba Surbharti Prakshan Varanasi, Madhyama Khanda 2/170 Pg.no.161.
4. Shushruta Samhita. by – Dr Ambikadutta Shashtri, Chaukhamba Sanskrit Samsthan, Reprinte 2012. Sutrasthan 46/347 Pg.no.271.
5. Sharangdhara Samhita of Pandit Sharanagdhara by Dr. Brahmanand Tripathi, Chaukhamba Surbharti Prakshan Varanasi, Madhyama Khanda 2/170 Pg.no.161.
6. Bhavaprakasa of Bhavamisra. translated by Prof.K.R.Srikantha Murthy, Chaukhamba krishnadas Academy Varansi, vol.2. Madhyama Khanda 1/224 Pg.no.31.
7. Acharya Agnivesh. Charaka Samhita. By-Kashinath Shastri, Edited by –Dr Gangasahaya Pandey. Chaukhamba Sanskrit Samsthan, Reprinte 2012. Sutrasthan 27/251 Pg. no. 405.
8. Shushruta Samhita. by – Dr Ambikadutta Shashtri, Chaukhamba Sanskrit Samsthan, Reprinte, 2012. Sutrasthan 46/342.

9. Acharya Vagbhata. Ashtang hridayam. K.R Srikantha Murthy, Sutrasthan 6/26-27 Pg no.79.
10. Bhavaprakasa of Bhavamisra. translated by Prof.K.R.Srikantha Murthy, Chaukhamba krishnadas Academy Varansi, vol.2. Madhyama Khanda 1/225-226 Pg.no.31.
11. Sharangdhara Samhita of Pandit Sharanagdhara by Dr. Brahmanand Tripathi, Chaukhamba Surbharti Prakshan Varanasi, Madhyama Khanda 2/170 Pg.no.161.
12. Shabdakalpadrums by Raja Radhakantdev. Chaukhamba Amarbharti prakashan, Varansi, Part-3.
13. Sharangdhara Samhita of Pandit Sharanagdhara by Dr. Brahmanand Tripathi, Chaukhamba Surbharti Prakshan Varanasi, Madhyama Khanda 3/167 Pg.no.160.
14. Bhavaprakasa of Bhavamisra. translated by Prof.K.R.Srikantha Murthy, Chaukhamba krishnadas Academy Varansi, vol.2, Madhyama Khanda 1/227 Pg.no.31.
15. Acharya Agnivesh. Charaka Samhita. By-Kashinath Shastri, Edited by –Dr Gangasahaya Pandey. Chaukhamba Sanskrit Samsthan, Reprinte 2012. Sutrasthan 27/250 Pg.no. 405.
16. Shushruta Samhita. by – Dr Ambikadutta Shashtri, Chaukhamba Sanskrit Samsthan, Reprinte 2012. Sutrasthan 46/342-43 Pg.no.271.
17. Sharangdhara Samhita of Pandit Sharanagdhara by Dr. Brahmanand Tripathi, Chaukhamba Surbharti Prakshan Varanasi, Madhyama Khanda 3/167 Pg.no.160.
18. Acharya. Vagbhata. Ashtang hridayam. K.R Srikantha Murthy, Sutrasthan 6/28 Pg.no.79.
19. Bhavaprakasa of Bhavamisra. translated by Prof.K.R.Srikantha Murthy, Chaukhamba krishnadas Academy Varansi, vol.2, Madhyama Khanda 1/228-229 Pg.no.31.
20. Bhavaprakasa of Bhavamisra. translated by Prof.K.R.Srikantha Murthy, Chaukhamba krishnadas Academy Varansi, vol.2, Madhyama Khanda 1/230 Pg.no.31.
21. Shabdakalpadrums by Raja Radhakantdev. Chaukhamba Amarbharti prakashan, Varansi, Part-3.
22. Sharangdhara Samhita of Pandit Sharanagdhara by Dr. Brahmanand Tripathi, Chaukhamba Surbharti Prakshan Varanasi, Madhyama Khanda 3/166 Pg.no.160.
23. Bhavaprakasa of Bhavamisra. translated by Prof.K.R.Srikantha Murthy, Chaukhamba krishnadas Academy Varansi, vol.2, Madhyama Khanda 1/242 Pg.no.33.
24. Acharya Agnivesh. Charaka Samhita. By-Kashinath Shastri, Edited by –Dr Gangasahaya Pandey. Chaukhamba Sanskrit Samsthan, Reprinte 2012. Sutrasthan 27/251 Pg.no.405.
25. Shushruta Samhita. by – Dr Ambikadutta Shashtri, Chaukhamba Sanskrit Samsthan, Reprinte 2012. Sutrasthan 46/344-46 Pg.no.271.

26. Sharangdhara Samhita of Pandit Sharanagdhara by Dr. Brahmanand Tripathi, Chaukhamba Surbharti Prakshan Varanasi, Madhyama Khanda 3/166 Pg.no.160.
27. Acharya. Vagbhata. Ashtang hridayam. K.R Srikantha Murthy, Sutrasthan 6/29 Pg.no.79.
28. Bhavaprakasa of Bhavamisra.translated by Prof.K.R.Srikantha Murthy, Chaukhamba krishnadas Academy Varansi, vol.2, Madhyama Khanda 1/243 Pg.no.33.
29. Shabdakalpadrum by Raja Radhakantdev. Chaukhamba Amarbharti prakashan, Varansi, Part-4.
30. Sharangdhara Samhita of Pandit Sharanagdhara by Dr. Brahmanand Tripathi, Chaukhamba Surbharti Prakshan Varanasi, Madhyama Khanda 3/152 Pg.no.146.
31. Kashyap Samhita edited and translated by Prof. (Km) P.V. Tewari, Chaukhambha Visvabharti, Varansi, Reprint, 2008. Khilasthan 4/18 Pg.no. 475.
32. Acharya Agnivesh. Charaka, Charaka Samhita, By-Kashinath Shastri, Sutrasthan, Annapanavidhiyaadhiyay 27/250, Edited by – Dr Gangasahaya Pandey. Chaukhamba Sanskrit Samsthan, Reprinte 2012; 405.
33. Sharangdhara Samhita of Pandit Sharanagdhara by Dr. Brahmanand Tripathi, Chaukhamba Surbharti Prakshan Varanasi, Madhyama Khanda 3/152 Pg.no.146.
34. Sharangdhara Samhita of Pandit Sharanagdhara by Dr. Brahmanand Tripathi, Chaukhamba Surbharti Prakshan Varanasi, Madhyama Khanda 3/152 Pg.no.146.
35. Sharangdhara Samhita of Pandit Sharanagdhara by Dr. Brahmanand Tripathi, Chaukhamba Surbharti Prakshan Varanasi, Madhyama Khanda 3/152 Pg.no.146.
36. Bhavaprakasa of Bhavamisra. translated by Prof.K.R. Srikantha Murthy, Chaukhamba krishnadas Academy Varansi, vol.2, Madhyama Khanda 1/240-41 Pg.no.33.
37. Kashyap Samhita edited and translated by Prof. (Km) P.V. Tewari, Chaukhambha Visvabharti, Varansi, Reprint 2008. Khilasthan 4/72 Pg.no.479.
38. Shushruta Samhita.by – Dr Ambikadutta Shashtri, Chaukhamba Sanskrit Samsthan, Reprinte 2012. Sutrasthan 46/381.
39. Sharangdhara Samhita of Pandit Sharanagdhara by Dr. Brahmanand Tripathi, Chaukhamba Surbharti Prakshan Varanasi, Madhyama Khanda 3/167 Pg.no.146.
40. Bhavaprakasa of Bhavamisra. translated by Prof.K.R.Srikantha Murthy, Chaukhamba krishnadas Academy Varansi, vol.2, Madhyama Khanda 1/241 Pg.no.33.
41. Kashyap Samhita edited and translated by Prof. (Km) P.V. Tewari, Chaukhambha Visvabharti, Varansi, Reprint 2008. Khilasthan 4/74 Pg.no.479.