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Ayurvedic recipes

I. Mridvika rag

Munakka- *Vitis vinifera*

Pippali- *Piper longum*

Marich – *Piper nigrum*

Ajwain- *Trachyspermum ammi*

Black salt

Small cardamom- *Elettaria cardamomum*

Cinnamon- *Cinnamomum zeylanicum*

Cumin- *Cuminum cyminum*

? Lemon

? Honey



- ? Take the seedless dry grapes (*munakka*), black salt, small cardamom (*Choti ilaichi*), peppar (*Marich*), Cumin (*Jeera*), cinnamon (*Dalchini*) and *Ajwain* grind these well with citrus lemon juice .
- ? At last add honey in it.
- ? This is how **MRIDVIKA RAAG** is prepared.

Benefits

- *Ruchi Karak*
- *Agni Deepak*
- *Indigestion*
- *Flatulence*
- *Abdominal pain*
- *Sciatica*
- *Katishul*
- *Anggat*
- *Amavata*



II. Nartaki roti

- ? Ragi flour -500gm
- ? Besan – 100gm
- ? Cumin , coriander , onion , saindhava lavana and ginger according to need

Properties of ragi

- Calcium present in it is good for healthy bones and teeth and prevents osteoporosis.
- The grain's seed coat is abundant in polyphenols and dietary fibers compared to rice, wheat, maize or wheat. The low glycemic index lessens the food cravings and maintains the digestive pace, consequently, keeping blood sugar within safe range.
- Vital amino acids like methionine and lysine present in it makes the skin tissues less prone to wrinkles and sagging.
- Ragi is an excellent source of natural iron and thus a boon for anemic patients.



Indications

- ? Diabetes
- ? Obesity
- ? Anemia
- ? Menopause
- ? Constipation

III. Brihan (bhaat) rice preparation

- Rakat shali - 250 gm
- Urad dal – 250 gm
- Safed til - 100 gm
- Adrak – 2gm
- Lashun – 2gm
- Dhaniya-2gm
- Jeera- 2gm
- Haldi – 2gm
- Lavang – 1gm
- Krishan marich – 2gm
- Saindhava lavana – as per required
- Ghee- 2 tsp



- ? Soak Dal and Rice in water .
- ? Roast spices and til taila in ghee.
- ? Roast daal and rice also
- ? Mix them all and add Saindhava lavana .

INDICATIONS

- Emaciation
- Weakness
- Postpartum diet
- Constipation
- Increase fertility
- Increased appetite
- To be consumed preferably in winters



IV. MOONG DAL PURAN POLI

- ? Wheat flour – $\frac{3}{4}$ cup
- ? Milk – $\frac{2}{3}$ cup
- ? Vegetable oil – 1 tsp
- ? Turmeric – $\frac{1}{4}$ tsp
- ? Saindhav salt – pinch
- ? Moong daal – $\frac{1}{2}$ cup (soaked in water)
- ? Jaggery – $\frac{1}{2}$ cup
- ? Cardamom powder – $\frac{1}{4}$ tsp
- ? Shunthi powder – $\frac{1}{4}$ tsp
- ? Fennel powder – $\frac{1}{4}$ tsp
- ? Saffron – few strands



1) Making the dough

In a mixture bowl add the whole wheat flour, turmeric and oil, mix them well. Now add milk little by little and knead it into soft dough. Rest it for 30 minutes

2) MOONG DAL STUFFING :-

- ? Cook moong daal well. Dal must not be too soft and mushy
- ? Mash the cooked dal well
- ? Heat a thick bottomed pan , add dal and grated jaggery till moisture evaporates
- ? Turn off the heat and add dry ginger powder, fennel powder and saffron strands



V. Lapsika

Diet preparation type – Lehya
Rasa - Madura (Sweet)

Ingredients –

- ? *Semolina/ Triticum aestivum* - 250 gm
- ? Cow ghee (876 Kcal./100 gm) – 100 gm
- ? Water – 250 ml (Milk – Optional)
- ? Lavanga (Cloves) – 2 gms
- ? Marich (Black Pepper) – 2 gms



Method of preparation

- ? Roast the semolina in a dry pan till its color change to light brown.
- ? In another pan take ghrita and then add roasted semolina into it.
- ? Keep stirring for few minutes till it gets well mixed with ghrita.
- ? Add water or milk into it slowly and keep stirring to avoid lump formation.
- ? Add sugar in it and keep stirring & adding milk till it gets cooked well and become semi liquid. Dry foods can be added as per interest (but digestion will become heavier).
- ? Turn off the flame.



Benefits

- ? **Alleviates Vata and Pitta and Improve Kapha.**
- ? Provides **nourishment**. Therefore, it can be used in growing aged children, pregnant women, patient with debility where extra source of energy is required.
- ? Good for individuals with increased **BMR** e.g. Hyperthyroidism, Sportsperson.
- ? Best for infants during **weaning period** and it is tastier as well.
- ? Good for **old aged people** with poor mastication power or poor/no denture.
- ? Act as extended source of energy and give a good sense of fullness because it does not get digested at once (Guru and Triptikara).



VI. Masha Vataka

Diet preparation type – Bhakshya

Rasa- Madhur (Sweet)

Ingredients

Black gram/ *Vigna mungo* – 250 gm

Saindhava Salt – acc. to taste

Ginger (*Zingiber officinale*) – 5 gms

Asafoetida/ *Ferula assafoetida* – $\frac{1}{2}$ tsf

Mustard oil/ *Brassica campestris* – 500 ml



METHOD OF PREPARATION

- ? Soak the black gram in water for whole night.
- ? Grind it and add salt, ginger and asafoetida in to the batter.
- ? Make small pieces and fry it in mustard oil.
- ? Once the *Vataka* (Balls) are slightly golden, turn over with slotted spoon and continue to fry till evenly golden color appear.

BENEFITS

- Provide strength to the body.
- Relieves constipation.
- Good for increased digestive strength.
- Aphrodisiac.
- Good for lactating mother



VII. Mudga Yusha

Diet preparation type – Peya

Rasa – Kashaya (Astringent)

Ingredients:

- ? Mudga (Green gram)/*Vigna radiata* – 1 Part (100 gram)
- ? Rock salt- according to taste
- ? *Trikatu* powder i.e. Dry Zinger, Black pepper, Long pepper – 6 gm
- ? Water – 18Part (1800 ml)
- ? Ghritta – 10 gms

METHOD

- ? Wash the Mudga pulse with water and soak for 5 to 6 hours.
- ? Add 18 times water as well as other ingredients and turn on flame.
- ? Cook for 15 to 20 minutes.

BENEFITS

- Pacify both **Pitta and Kapha**.
- Laghu (Easily digestible)
- Ruksha(Dry) – Good for disorders of Kapha Dosha, Prameha, Edema, Inflammations.
- Grahi (Absorbent) – Beneficial for Diarrhea, IBS, Typhoid and other GIT inflammatory conditions.
- Jwarnashak - (Can be given in fever)
- Beneficial for eyes.



VIII. Takra

Diet preparation type – Peya

Rasa – Kashaya (Astringent)

Ingredients:

- ? Curd – 1 ltr
- ? Water – 250ml (1/4th of curd)
- ? Saindhava Lavana (Rock salt) – According to taste.
- ? Roasted Cumin - According to taste.

METHOD

- Pour the curd/Yogurt in a pot.
- Add water in it.
- Churn the prepared mixture well.
- When it becomes homogeneous, add rock salt and cumin in it according to taste & serve it



BENEFITS

- *Takra* (buttermilk) has immense health benefits and destroys various ailments.
- In *Bhavprakash* it is mentioned that one who uses *Takra* daily, never experiences any problems of health. As diseases cured by *Takra*, never occurs again.
- For human being *Takra* on the earth is as important as *Amrita*(nectar) for God in the heaven.
- It stimulates the power of digestion and has special importance in the treatment of many diseases like *Arsha*, (*Hemorrhoid*), *Udara Roga* (*abdominal disorders*) & *Grahani*(*I.B.S.*).



When *Takra* is used judiciously, it alone can prevent and treat various diseases like :

- ? *Arsha* (Haemorrhoids).
- ? *Bhagandara* (Fistula in anus).
- ? *Grahani* (I.B.S.).
- ? *Atisara* (Diarrhoea).
- ? *Aruchi* (Anorexia).
- ? *Shotha* (Oedema).
- ? *Trishna* (Dehydration).
- ? *Medohara* (Obesity).
- ? *Prameha* (Diabetes).
- ? *Kushtha* (Skin disorders).
- ? *Krimi Roga* (Worm infestation).



IX. Krishna (Khichadi)

- ? Rice (Oryza sativa) - 100 gms
- ? Mudga (Yellow split Green gram) – 100 gms
- ? Saindhava Lavana (Rock Salt) – 10 gms
- ? Ginger (Zingiber officinale) – 5 gm
- ? Hingu (Ferula asafetida) – 500 mg
- ? Ghritta - 50 gms (Optional)



- ? Wash rice and pulse and soak for half an hour.
- ? Take all contents in a pan and add water as per requirement.
(For Semi Liquid/water rich Krishna add water five times of contents and for dry krishna add water double of contents).
- ? Cook at medium flame for ten minutes.
- ? In the end stage of cooking add salt, ginger, asafetida into it.
- ? Ghrita can also be added while boiling the rice and pulse.



PROPERTIES

- Nourishing and provide Strength.
- Improve reproducibility
- Guru (Heavy in nature) – Provide energy for prolonged time period because of delay in digestion.
- Nourishes Pitta & Kapha.
- Increase intellect.
- Give Feeling of fullness.
- Give bulk to stool and urine.



X. Sattu Barfi

- ? Roasted Black chickpeas flour – 250 gms
- ? Roasted Barley flour – 60 gms
- ? Jaggery powder – 100 gms
- ? Cow Ghrita – 200 gms
- ? Dry fruits - Optional

METHOD

- Mix all the ingredients well.
- Place them in the mold.
- Refrigerate for one hour.
- Take it out of refrigerator and cut into square pieces.



BENEFITS

- ? Stimulates digestion.
- ? Alleviates Vata –Pitta.
- ? Provide strength.
- ? Aphrodisiac.
- ? Nourishes all Dhatus.
- ? Reduce tiredness.
- ? To be prescribed in Greeshma Ritu/Summer season , Varsha ritu/(rainy season) according to Ayurvedic texts.



XI. Narikela Kshirika

Ingredients:

Grated Narikela/Coconut – 250 gms

Cow milk – 2ltr

Cow Ghrita – 50 gms

Sharkara/Sugar – 70 gms approx.

METHOD

- Roast the grated coconut in Ghrita till fragrant spreads and color starts changing.
- Add Milk to it and stir well.
- Cook on low or medium flame for 20 to 30 minutes.
- Add sugar in the end and heat for 2 minutes.



USES

- ? Sheetal (Cold) in nature so good to alleviate Pitta Dosha or Rakta Pitta (Bleeding) disorders.
- ? Madhura (Sweet) and Snigdha (Smoothing) Nourishing – Good for Children, pregnant, postpartum period and general weakness.
- ? Guru (Heavy to digest) – Therefore it must be recommended to those who have good Jatharagni (digestive strength)
- ? Can be recommended in condition of increased BMR e.g. Low body weight as per age and sex.
- ? Veerya Vardhaka – Good to improve reproductive power for both male and female.



XII. Shikhrini/Rasala

- ? Dadhi (Curd) – 1.5 kg
- ? Khand (Sugar) – 100 gms
- ? Ghee (Clarified butter) – 80 gms
- ? Madhu (Honey) – 60 gms
- ? Marich (Black pepper) – 5 gms
- ? Shunthi (Dried ginger) – 5 gms
- ? Chaturjata - 8 gms
 - (Twak-Cinnamon, Patra- Cinnamomum tamala, Ela-Cardamom, Nagakesara- Mesua ferrea)



METHOD

- ? Mix all the ingredients
- ? Powdered camphor is used to impart fragrance to the mixture.
- ? This recipe is called Sikharini/ Rasala.

USES

- Nourishes and strengthens all sense organs.
- Provides instant energy in *Greeshma Ritu* (summer) and *Sharad Ritu* (autumn) induced weakness.
- Cures all diseases.
- Treats bleeding disorders.
- Stimulates the digestive strength.
- Promotes growth.
- Promotes reproductive strength.
- Induce Smoothness, Sweet, Cooling and laxative effect.
- Treats thirst, burning sensation and rhinitis.



XIII. Shunthi Modaka & Suji Modaka

- ? Semolina – 750 gm
- ? Shunthi (Zingiber Officinale) – 15 gm
- ? Cow Ghrita – 100 gm
- ? Refined sugar – 750 gm
- ? Honey – 100 gm
- ? Cow Milk – 250 ml
- ? Cardamom/ *Elettaria cardamomum* – 4 no.
- ? Fennel seeds (*Foeniculum vulgare*) – 5 gm
- ? Dry Fruits like Raisins, Almonds etc - Optional



METHOD

- ? Heat Ghrita in a pan and fry semolina and shunthi in it on low to medium flame.
- ? When it turns light transfer into a plate and set aside to cool.
- ? Add cardamom, fennel seeds and refined sugar and blend them together.
- ? Now add honey or Milk as a binding agent to the mixture.
- ? Make Modaka/small balls of the mixture.

USES

- Provides strength.
- Laghu (Easily digestible).
- Alleviates **Vata**.
- Good for **blood related disorders**.
- Used during postpartum period because it acts as **galactogogue** and provides extra energy.
- Reduce muscle pain and soreness caused at the time of labour.



XIV. Pathya kalpana :- it includes manda , peya , vilepi and yavagu rice has to be boiled over moderate fire with water

MANDA – one part of rice with 14 times of water and only water is to be consumed . It is light , digestive ,and with ghee and black pepper it pacify the vata dosha .

LAJA MANDA :- Puffed rice with water . Specifically in diarrhea and pittaja problems as it is grahi

VATYA MANDA :- Roasted and powdered wheat and barley with water . It is light , grahi for vata and kapha disorders . It purifies the blood

ASTAGUNA MANDA :- moong daal , rice , coriander , shunthi , marich , pippali, saindhav , hinga , til taila with water for V – K Doshas .

XV. Peya :- one part of rice with four times of water . Equal rice and water to be consumed .

XVI. Vilepi :- one part of rice with 4 times of water. Only solid to be consumed.



XVII. Yavagu:- one part of rice with 6 times of water . More solid and less liquid to be consumed .

a) kalka sidha yavagu :- chitrak , pippali , shunthi in paste form for abdomen pain

b) if yavagu is prepared with vidanga , shigru , marich , it is anthelmintic

c) kwath sidha yavagu :- decoction of haritaki , sharkara for vata anulomana

d) mamsa rasa sidth yavagu :- meat soup is added recommended for vataja disorders.

XVIII. ODAN KALPANA:- one part of rice with 5 times of water for vata.

XIX. Krishara (khichadi) – one part of rice , 2 parts of moong dal with addition of sneha, saindhava, adraka, hing . It increase KP and pacify the vata dosha .

XX. Yusha – one part of kulatha , yava , moong is taken and boiled with 16 times of water .with addition to shunthi and pippali .

a) Akrita yusha

b) krita yusha



XXI. Dadhi takra kurchika:- milk and butter milk is heated together over mild fire till we get thicker consistency . Vata shamak , aphrodisiac

XXII. khada and kambli :- special preparation of yusha prepared by takra and any shami dhanya.

XXIII. Rasala :- curd is added with required amount of sugar , chilly , ghee and honey . This is churned properly and karpura is added for good odour.

XXIV. VISYANDAN :- Raw wheat flour is boiled with an equal quantity of ghee and milk to a state where it is neither solid nor too liquid .

XXV. Prithika :- any of the dhanya vishesh is soaked in water , later roasted till husk is removed . This is very heavy , increase potency and bala in the body .

XXVI. Mamsa rasa :- Chopped pieces of mamsa is boiled with 6 to 8 times of water

1) Akrita mamsa rasa

2) krita mamsa rasa



XXVII. Sadandpaniya kalpana :- musta , parpataka , usheer , chandana , udeechaya and nagar one part each with 64 times of water to be boiled to reduce half . Best recommended for thirst and fever .

1) **Sathu** – the powder of any roasted dhanya vishesh is called as sathu. Wheat , barley , rice , ragi can be used

XXVIII. Takra kalpana :- curd is taken in vessel and specified amount of water is added into it and churned it for 3 hours

1) **ruksha** – all butter is removed which is indicated in kapha dosha

2) **ardha sneha dhrit** – with half sneh is left – indicated in pitta dosha

3) **pooran sneha yukta** - with full sneha –indicated in vata dosha .



Homemade Protein Powders





XXVIII. Oats and Milk Protein Powder

Ingredients

- 1) Dry Nonfat milk powder- 3 cups
- 2) Instant dry oats-1 cup
- 3) Almonds-1 cup
- 4) Jaggery-optional

METHOD

-Blend everything in the mixer and store it in a clean jar

-Store it in a fridge if you want to keep it for long
-you can add it in smoothie, shake or milk



XIX. Oats, Nuts & Seeds Protein Powder

Ingredients

1/4 cup of almond, pistachios, walnuts, peanuts, soya beans, pumpkin seeds, flaxseed, chia seeds, oats and milk powder.

METHOD

- 1) dry roast nuts together in pan for 2-3 minutes on low flame.
- 2) Similarly dry roast all the seeds and oats and wait for them to cool down
- 3) In blender blend all the roasted ingredients with milk powder
- 4) You will get all the powdered consistency , sieve it and store it in a jar
- 5) You can add it to milk, shakes, porridges, halwas etc



XXX. SEEDS PROTEIN POWDER

Ingredients

1/4 cup hemp seeds

1/4 cup raw pumpkin seeds

1/4 cup raw sunflower seeds

1/4 cup flaxseeds

1/4 cup chia seeds

METHOD

- 1) Dry roast all the seeds in non stick pan
- 2) Blend all the seeds except hemp seeds
- 3) Blend hemp seeds separately
- 4) Combine all together



The disease can be cured without any medicine by just following wholesome regimen. Whereas even hundreds of medicines can't cure a disease in absence of wholesome regimen.

(Kaiyadeva Nighantu – 1/6)



Thank You

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