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## Review Article

### AYURVEDIC COOKING TECHNIQUES TO RESOLVE DIGESTIVE TROUBLES: A REVIEW

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#### ABSTRACT

Ancient technique of food preparation explained in *Ayurvedic* treatise can be used in order to solve the digestive problems raised in present era due to faulty lifestyle and eating habits. Many of conditions can be resolved with dietetic changes. This review was planned to explore various cooking techniques in *Ayurvedic* literature to maintain the physiology of GI tract as well to solve the various digestive conditions. Present era is all about daily fast life along with mental and physical stress. This stress first of all disturbs the gastrointestinal secretions and physiology which ultimately creates gastric troubles. To explore the techniques and preparations the literature regarding *Krutanna Varga And Pathyakalpana* was referred. Presently 70-80 % of population is suffering from gastric troubles. The first ever solution explained in *Ayurved* is *Laghu Ahara Sevan*. This study is specially planned to explore the cooking techniques which can be easily performed by lay man and simple gastric problems can be solved with these methods. With the medicines indicated in various clinical conditions can be used to prepare food for patients. At the same time lot of recipes can be prepared to create interest or taste in food. This concept will be beneficial to developed branch of dietetics in Ayurveda and also will create opportunity in this field.

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## INTRODUCTION

An Ayurvedic recipe is an ancient technique which needs to be understand, nured, practiced and explored in modern era in an innovative manner. Whatever has been in born in natured has its specific roles in this divine world<sup>1</sup>. The same rule applies for Diet. Besides the property of nourishment it does prevent cares diseased person. To explore the techniques and preparations the literature regarding *Krutanna Varga And Pathyakalpana* was referred. Presently 70-80 % of population is suffering from gastric troubles. The first ever solution explained in *Ayurved* is *Laghu Ahara Sevan*.

Ayurveda itself has its own cooking methods, which comes under "*Krutanna varga*" i.e. prepared food. In present era digestive troubles are on top of the mount due to disturbed life style. Timings of *Ahar* are mismanaged leading to improper digestion and conditions like Hyperacidity, Diarrhoea, Vomiting.

## MATERIAL

When food items are enhanced with the things having medicinal property that too in tasty manner, they work in synergism<sup>2</sup> with the prescribed medicines. Even diseased person engulf it with interest<sup>3</sup>. This particularly help in increasing *Agni* (digestive fire) which ultimately helps in formation of *Prakrut Ahar Ras* leading to *Dhatuposhan* (nutrition).

The mechanism of action of this '*krutanna kalpana*' is based on '*Agni*' & condition of vitiated *Doshas*. The restoration of diminished or disturbed *Agni* (*Agnimandya*) which forms root cause of diseases<sup>4</sup> according to *Ayurveda* to normal state is work of *Krutanna Kalpana*.

The restored *Agni* is then maintained with same *Krutanna Kalpana* according to condition of *Doshas* and type of diseases. This is called as "*Pathyakalpana*" where word *Pathya* means a thing which is beneficial to every patient. The origin of *Pathya*<sup>5</sup> comes from '*Path*' which means channel or a way.

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Grains	Beans	Mixed	Fruits	Vegetable	Nonveg	Milk	Curd
Mand <sup>6</sup>	Yush	Khichdi	Juices	Fruit vegetables	Soup	Varios milk preparations like lajaksheer	Use in various preparation
Peya <sup>6</sup>	Soup	Spicy	Medicated	Leaves vegetables		Medicated milk	
Vilepee <sup>6</sup>	Dal	Non spicy		Mixed ones			
Rice	Spicy	Medicated		Medicated			
Various non spicy rice	Non spicy						
Medicated	Medicated						

According to *Charak* itself '*Pathya*' is a synonym of '*Chikitsa*' i.e. treatment. This means this concept itself have its own honor in Ayurveda field as *Acharya Yogaraj* said that, for treatment of diseases etiology, drug treatment and *Pathya* are three important factors which must be considered before starting treatment.

This article is all about preparations which are basic before learning the various recipes. One of the type of food given in *Ayurvedic* text as '*Shukdhanya*' i.e. food material like rice and wheat (grains) and other is '*Shimbidhanya*' i.e. beans like e.g. black beans, chick beans etc. On the basis of the type of food used various recipes can be as follows:

## DISCUSSION

Along with these various nice recipes can be advised as per disease, vitiation of *Doshas*, actual condition of *Agni* and stage of disease is concerned, all these preparations have their own indications which can be molded according to *Prakruti*, area, season. These preparations can be made tasty so that diseased person can easily digest it.

Basically Ayurvedic dietetic preparations are classified into two groups:

1. *Krutanna kalpana* for healthy individuals
2. *Pathya kalpana* for disease condition

Only the use of medicines in the *Pathya Kalpana*. Use of medicines as per disease can be introduced, e.g. brinjal fried with Erand (castor oil) are used in *Grudhrasi*, *Aamvat* etc

## CONCLUSION

*Ayurvedic* treatise have lot of knowledge regarding dietetics which can be introduced in specified manner as special branch in order to fight with various life style induced digestive troubles.

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