



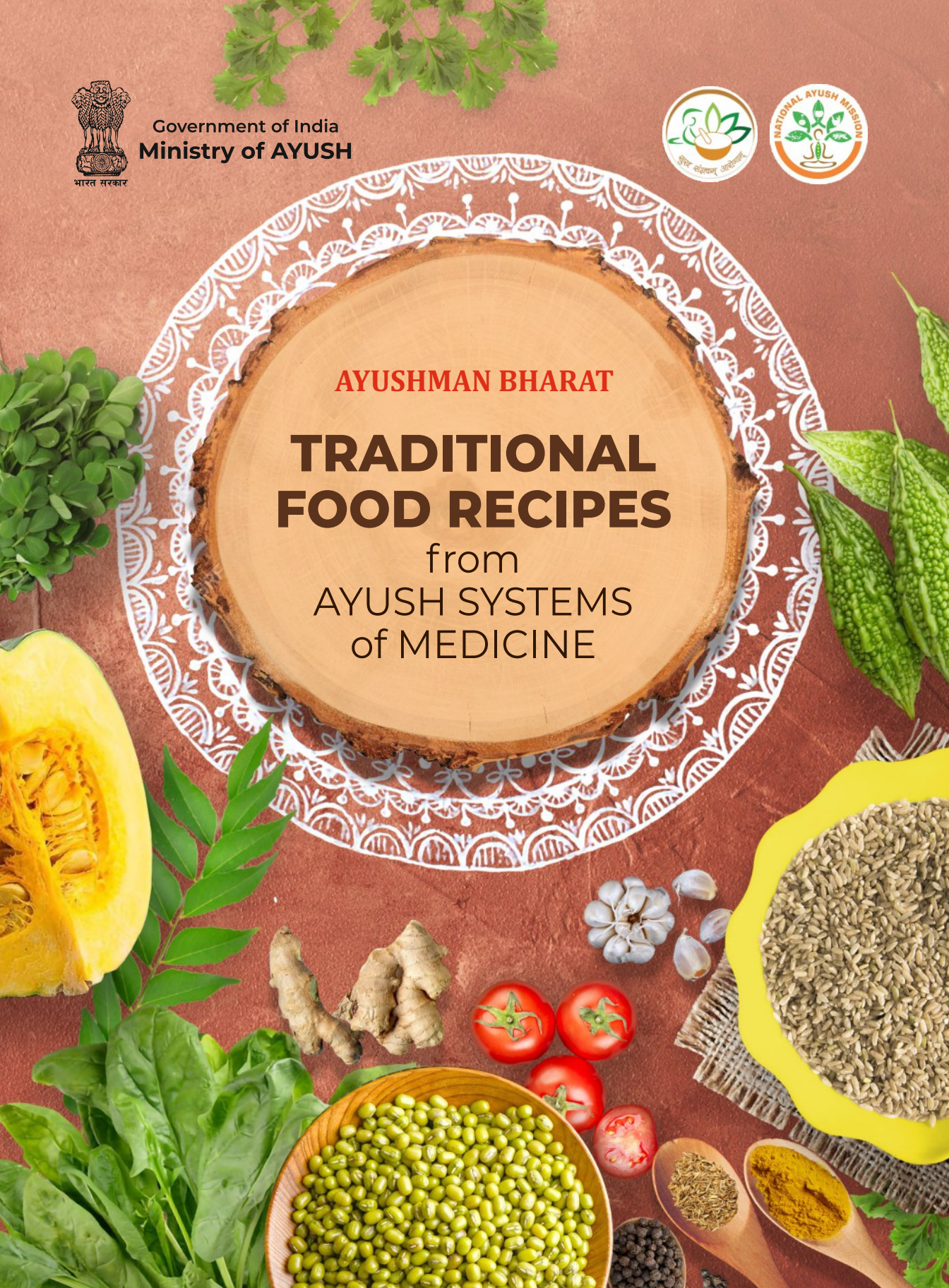
Government of India
Ministry of AYUSH



AYUSHMAN BHARAT

TRADITIONAL FOOD RECIPES

from
AYUSH SYSTEMS
of MEDICINE





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	Page:
Foreword	3
Preface	4
Preamble	5
Introduction	6

	Page:
1. Amalaki Panaka (Indian Gooseberry Drink)	9
2. Amla Squash	10
3. Takra (Buttermilk)	11
4. Khalam (Medicated Buttermilk)	12
5. Yusha (Medicated Soup)	13
6. Rasala (Medicated Curd)	14
7. Kharjuradi Mantha (Energy Drink)	15
8. Mamsa Rasam (Medicated Mutton Soup)	16
9. Ragi and Banana Smoothie	17
10. Kulattha Rasam (Horse Gram Rasam)	18
11. Peya (Medicated Rice Gruel)	19
12. Ardraka Paka (Ginger Barfi)	20
13. Madhuka Leha (Herbal Jam)	21
14. Lajardraka (Puffed Paddy Ginger Granules)	22
15. Gulkand (Rose Petal Jam)	23
16. Beetroot Halwa	24
17. Kharjur Laddoo	25
18. Niger Seeds Laddu	26
19. Apoopam (Rice Pancake)	27
20. Pumpkin and Big Beans Sweet Pancake	28
21. Gooseberry Stir Fry	29
22. Patrode (Colocasia Leaf Rolls)	30
23. Mixed Millet Drumstick Leaves Dosa	32
24. Besan-suji Pancake with Sesame Chutney	35
25. Different Varieties of Chutney	36
26. Recipes for Enhancing Lactation	39

	Page:
Acknowledgement	44





FOREWORD

AYUSH systems play a noteworthy role in taking care of health of the public. Proper nutrition is a key element of Health. Ministry of AYUSH is associated with POSHAN Abhiyaan or National Nutrition Mission, a Government of India's flagship programme since its inception. There is a broad scope for AYUSH intervention to provide proper nutrition to the public.

AYUSH systems of medicine has a vast treasure of knowledge covering all the aspects of health and nutrition. This booklet has been designed to create awareness in the community about the tradition based AYUSH food recipes, which not only help in recovery from the disease but also help in prevention of many disease conditions.

This booklet may be effectively utilized for empowering public for self-care for primary preventive healthcare and popularising the existing knowledge of AYUSH systems.

I urge the State/UT Governments to give this booklet a wider publicity and translate it into local languages for easy access by local population.

I congratulate the team of officers who have immensely contributed to this document.

Rajesh Kotecha
Secretary,

Ministry of AYUSH, Government of India





PREFACE

Hon'ble Prime Minister on the occasion of release of commemorative postal stamps and distribution of Yoga Awards on 30th August, 2019 had advocated to encourage traditional food recipes and to make it a part of food habits of people.

To take this forward and to provide thrust on generating awareness on how to maintain positive health and prevent diseases by adopting time-tested AYUSH based cooking, a first ever effort has been made to publish a book.

This booklet on traditional food recipes from AYUSH systems of medicine consists of selected food recipes from AYUSH systems including its ingredients, method of preparation, health benefits and contraindications. The objective of this booklet is to create awareness in the community regarding AYUSH based healthy food habits.

I congratulate all the contributors and Government of Kerala for valuable inputs. I urge the States/UT Governments to give this booklet a wider publicity and translate it into local languages for easy access by local population.

Roshan Jaggi
Joint Secretary,

Ministry of AYUSH, Government of India



PREAMBLE

Food plays pivotal role in maintenance of good health. The AYUSH systems like Ayurveda recommend judicious diet plan for maintenance of wellbeing. The emphasis has been given to proper selection of ingredients, cooking method and eating manners. The food regime has been recommended based on the status of digestion, climate, habitat, habituation and health condition of a person. India is well known for its diverse food habits with regional diversity. Being indigenous, the food preparations are intertwined with the recommendations of traditional healthcare systems popular in the particular region

Presently, various cook books on Indian recipes are available, but this publication focuses more on the health related aspects of food. The ingredients and cooking methods have been meticulously chosen in the book to obtain maximum benefits from locally available resources and food practices.

However, the book contains indicative general guidelines and therefore the users may make necessary modifications in the recipes as per their own choice, taste and availability of the ingredients in their region

Hope this book will be a useful resource material for public health programmes that focus on nutrition and preventive health care. The States/UTs may customize this publication and translate to local languages for wider use by the needy population.

Dr. A. Raghu
Joint Advisor (Ay.)

Dr. Sulochana Bhat
Nodal Officer





INTRODUCTION

Sustenance of living beings is dependent on food. Many food recipes are unique to particular region and culture. Indigenous concepts about food are also inter-woven with basic principles of health. Contemporary modern food science describes food based on its nutritional values derived from proteins, carbohydrates, fats vitamins, minerals while traditional systems like Ayurveda dietetics place greater emphasis on inherent properties of food, its compatibility and rules of food consumption etc.

There is a lot of similarity between AYUSH dietetics and traditional foods in India. Intake of wholesome food and its proper digestion play a pivotal role in growth, development and nourishment. Benefits of food can be achieved only when taken judiciously, customized to the individual and according to the health condition, status of digestion, climate, habitat and habituation of a person. The following recommendations may be generally followed to obtain optimal benefit from food:

- **Know your food:** Keenly observe your own health and eat what suits you.
- **Eat with a pleasant mind:** Psychological status is very important while taking food. It is better to wait for some time and avoid food when you are depressed or tensed. Even the wholesome food taken in right amount does not get digested if the individual is in the state of anger, fear, worry or depressed.
- **Do not eat without desire:** The food taken without having desire may result in indigestion, anorexia, vomiting and colic.
- **Enjoy the taste of food:** Tasty foods bestow pleasantness of mind, strength, nourishment, enthusiasm, exhilaration, satisfaction and happiness.
- **Eat fresh and warm food:** It is better to consume food within one hour of its preparation. The warm and fresh food is tasty and results in fast digestion, proper absorption.





- **Avoid reheating of food:** Frequent reheating should be avoided so as to preserve nutrition and other properties of food.
- **Should not eat repeatedly:** The individual eating continuously or repeatedly suffers from indigestion, body ache, metabolic diseases etc.
- **Proper dinner:** Dinner should be lighter than lunch and taken at least three hours before bedtime and take a few steps after dinner then lie on the left side for initial 10-15 minutes while sleeping.
- **Food ingredients:** One should regularly take cereals (whole grains, red & old rice), pulses, dairy products, fruits, vegetables to compensate the daily nutritional requirements. Select the food as per the seasonal and local availability and keeping in view of the traditional practices and avoid any unnecessary combinations of food.
- **What to avoid:** Observe your health and decide the food that suits you. Follow the advice of your healthcare provider.
- **Seasonal consideration:** During winter and rainy season cold and frozen food are best avoided, but spices are beneficial and should be included in diet. Similarly during summer, food with cooling properties and liquid foods are better. Contamination of food is common during rainy season and therefore due care should be taken to avoid falling sick by keeping food safe and clean and taking it fresh.

India has a very rich tradition of diverse food practices in different parts of the Country. Most of us are unaware of the treasure trove that has been passed down to us by our own ancestors. This compilation of recipes is largely a comprehensive exploration of traditional systems of eating for health and nourishment, interpreted for use in our own time. This book encompasses cooking methods of some selected traditional food items and their health benefits. However, it contains only indicative general guidelines and therefore the users of the book may make necessary modifications in the recipes as per their own choice and availability of the ingredients in their region.





SELECTED
TRADITIONAL
FOOD RECIPES





AMALAKI PANAKA

(Indian Gooseberry Drink)

Panaka are our traditional health drinks with natural ingredients. Panaka can be prepared with nutritional fruits or roots and diluted with boiled, cooled water with sugar, jaggery, salt, and honey as required.

Ingredients	Quantity
Amalaki, Indian gooseberry (<i>Phyllanthus emblica</i>)	- 1/2 kg
Tala/Kharjura guda, (Palm/date jaggery) or sugar	- 1 kg
Dry ginger powder	- 5 gm
Finely powdered cardamom	- 5 gm
Honey	- as needed

Total quantity: 6-7 glasses (1-1.2 litre)

Method of preparation

First of all steam cook the gooseberries, grind them into a paste after de seeding extract juice. After adding a bit more water (300 ml), the pulp can again be squeezed to get more juice. Palm sugar is made into syrup by boiling in 200 ml water. Sugar or jaggery can be added if palm sugar is not available. Mix it with the prepared gooseberry juice. Stir the solution well and panaka is ready.

Health benefits

It can be used as a healthy soft drink as it acts as immediate energy supplement. It is rich source of calcium, potassium, vitamin C, B complex and antioxidants. It is good for osteoarthritis, athero-scleriosis, anemia, peptic ulcer, urinary tract infection, dysentery and high blood pressure.

Contradictions

Diabetes mellitus as it contains sugar/jaggery/honey.





AMLA SQUASH

Ingredients	Quantity
Amla (Indian gooseberry) pulp	- 1 kg
Candy sugar (Mishri)	- 2 kg
Rock salt	- 10 gm
Roasted cumin seed powder	- 10 gm
Black pepper powder	- 5 gm
Black salt	- 5 gm
Water	- 1 litre

Servings: 3 litres

3 times water to be added for serving, may adjust the quantity of water as per the required taste.

Method of preparation

Boil amla and de-seed. Keep it aside until cools and make pulp by grinding. In a large vessel, take sugar, and add equal quantity of water, heat it so that sugar dissolves completely. Sugar syrup should be made double or 2.5 times quantity of Alma Pulp. Take the pulp in a big vessel, slowly add sugar syrup and mix it well. When the pulp and syrup are properly mixed, take a little bit mixture in a small bowl to mix spices. Add roasted jeera powder, rock salt, black pepper and black Salt. Mix contents of both bowls well and keep it in glass jar. If you put in fridge than no need of preservatives otherwise add 0.75 gm Potassium metabisulfite (K.M.S.)/per kg.

Health benefits

Amla is an excellent source of Vitamin C, hence it helps to boost immunity, metabolism and prevents infections, including cold and cough. This cooling drink is useful in acid peptic disorders, constipation, anemia and eye strain.





TAKRA (Butter Milk)

Ingredients		Quantity
Curd	-	1 cup
Cold water	-	1 cup
Lemon juice	-	2 tablespoons
Minced fresh ginger	-	1 tablespoon
Fresh curry leaves (chopped)	-	1/2 cup
Asafoetida	-	1/2 teaspoon
Oil	-	1 teaspoon
Mustard seeds (Yellow or black)	-	1 teaspoon
Curry leaves	-	4
Cumin seeds	-	1/2 teaspoon

Total quantity: 1 glass

Method of preparation

In a blender/mixer combine curd, water, lemon juice, ginger, asafoetida, and a pinch of rock salt. At this stage coriander leaves or mint leaves can be added. Blend well and set aside. For seasoning, heat oil in a medium skillet over medium heat until simmering. Add mustard seeds and curry leaves and cook until the mustard seeds begin to crackle and pop. Add to butter milk and stir well.

Health benefits

It is easier to digest than other dairy products due to presence of lactic acid in buttermilk. It is best drink to combat dehydration due to gastro-enteritis. Buttermilk is a good source of calcium and phosphorus, as well as vitamin D. These nutrients are important for maintaining bone strength and in preventing degenerative bone diseases like osteoporosis.

Precaution

Buttermilk may have several downsides related to its salt content and potential to cause allergic reactions in some people with lactose intolerance. May be avoided in respiratory diseases, specially chilled one and during cold hours like early morning and night.





KHALAM (Medicated Buttermilk)

Ingredients		Quantity
Ginger	-	Small piece
Buttermilk	-	2 cups
Asafoetida	-	2 pinches
Turmeric powder	-	2 pinches
Rock salt	-	as per taste
Pepper	-	2 pinches

Total quantity: 1 glass

Method of preparation

Paste of ginger should be added to boiling buttermilk and further boiled for a minute. Add powdered asafoetida, rock-salt and pepper.

Health benefits

It is an appetizer and beneficial during recovery from any illness. Useful during cold, cough, digestive problems or any other health problem.

Precautions

Buttermilk may cause allergic reactions in some people with lactose intolerance.





YUSHA (Medicated Soup)

Yusha is the watery portion drained after cooking pulses. Green gram is standard pulse but other types of pulses also can be used. Salt, ghee or other oils, pepper, cumin seeds, coriander seeds etc. may be added to obtain desired taste and benefit.

Ingredients		Quantity
Green gram	-	50 gm
Water	-	200 ml
Salt	-	5 gm
Pepper	-	as per taste
Oil/ghee	-	10 ml
Mustard seeds	-	1/2 teaspoon
Fenugreek seeds-		6 to 8 seeds
Curry leaves	-	5 - 10
Lemon juice	-	1 teaspoon

Total quantity: 2 bowls (400ml)

Method of preparation

Cook green gram and take the substrate, add salt. Roast some pepper on flame, crush them and add to the substrate, boil for 3 minutes. Season with mustard, fenugreek and curry leaves. Add lime juice or dry raw mango powder. Yusha or delicious soup is ready. Coriander leaves, ajwain (carom seeds), garlic can be added as per the taste and availability.

Health benefits

Yusha is used as a nutritious drink and as adjuvant or vehicle (anupana) with medicines. It is easy to digest and less likely to cause bloating, indigestion and flatulence because of green gram and thymol of ajwain so can be used post-surgery, post-delivery to meet protein demands when digestion is weak. It contains less phytic acid so increases body's ability to absorb iron and other minerals. The high fibre and protein levels produce longer satiety times by increasing the satiety hormone cholecystokinin. The presence of large amount of magnesium makes it a potent BP regulator.





RASALA (Medicated Curd)

Curd, when churned with sugar and spices such as pepper is known as Rasala.

Ingredients		Quantity
Fresh curd	-	1 cup (150 ml)
Pepper powder	-	1/2 teaspoon (3 gm)
Jaggery /sugar	-	10 gm (2 teaspoons)
Salt	-	1/2 teaspoon (2 gm)
Butter/ghee	-	1 tea spoon
Mustard	-	1 tea spoon
Fenugreek	-	1/2 teaspoon (3 gm)
Cumin seeds	-	1/2 teaspoon (3 gm)
Crushed red chilli	-	1 or 2, as per taste
Curry leaves	-	5 to 6

Total quantity: 1 glass (200-250 ml)

Method of preparation

Pepper powder, jaggery and salt are added to fresh curd and blended well using a blender or traditional churning. Heat butter or ghee in a pan, splutter mustard seeds, add fenugreek seeds, cumin seeds, redchilies and curry leaves and use it for seasoning. Salt can be used in place of jaggery /sugar as per the taste and requirement. Rasala is ready to serve with roti, rice etc. or as a health drink by adding more water and lemon juice.

Health benefits

This recipe is rejuvenating, appetizing, carminative a probiotic & strength promoting and useful in inflammatory bowel diseases such as crohn's disease and colitis. It is recommended to take in summer and autumn. It is good for general debility and emaciation.

Contradiction

During respiratory illness.





KHARJURADI MANTHA (Energy Drink)

Mantha means mashed or well blended. The drink which is prepared by churning or blending the ingredients well and diluting with cold water is known as Mantha.

Ingredients		Quantity
Seedless grapes	-	30 gm
Soft dates	-	20 gm
Puffed paddy (laja) roasted	-	3 tea spoons (15 gm)
Jaggery	-	10 gm
Cold water	-	300 ml

No of Servings: 2 glasses (400 ml)

Method of preparation

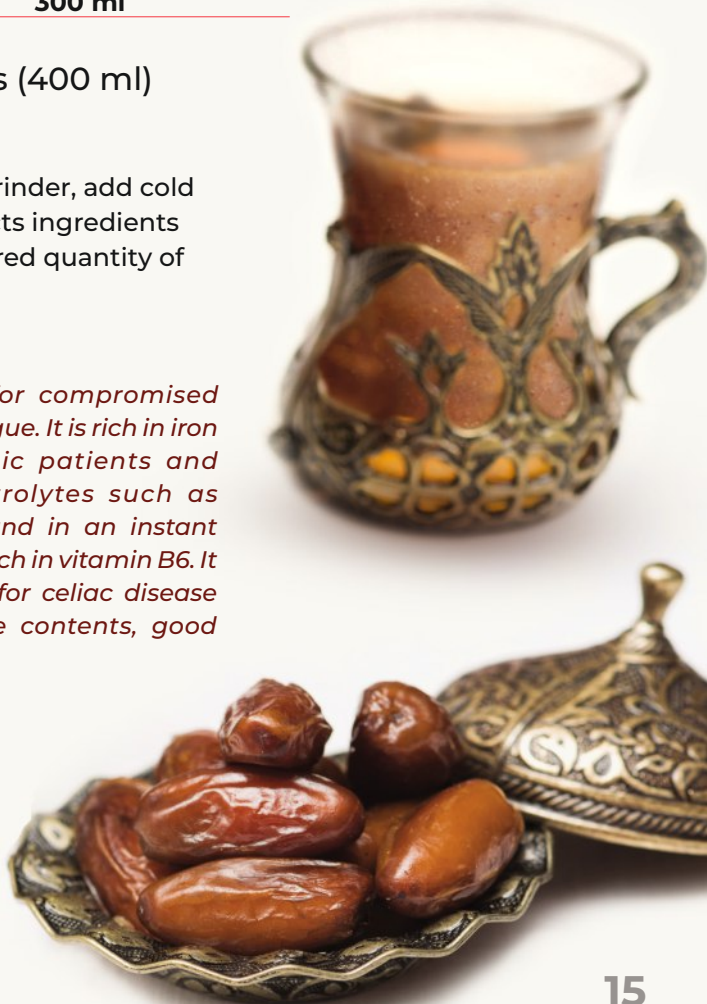
Blend the ingredients in a mixer grinder, add cold water and stir well. For better effects ingredients can be soaked for an hour in required quantity of water before blending.

Health benefits

It can work as energy booster for compromised digestive health, dehydration or fatigue. It is rich in iron so good for post-surgery, anemic patients and pregnant women. Rich in electrolytes such as potassium, magnesium, calcium and in an instant energy source and a body coolant. Rich in vitamin B6. It is gluten free so great alternative for celiac disease during flares and due to its fibre contents, good alternative for colitis, hemorrhoids.

Contradictions

Not advisable for diabetics because of high glycemic index. Puffed rice is rich in carbohydrates, therefore, too much use may lead to obesity.





MAMSA RASAM

(Medicated Mutton Soup)

Ingredients	Quantity
Mutton (legs of goat only)	- 200 gm
Pippali or black pepper	- 10 gm
Yava , barley, (<i>Hordeum vulgare</i>)	- 10 gm
Horse gram	- 10 gm
Dry ginger	- 10 gm

No. of Servings: 2-3 soup bowls (500-600ml)

Method of preparation

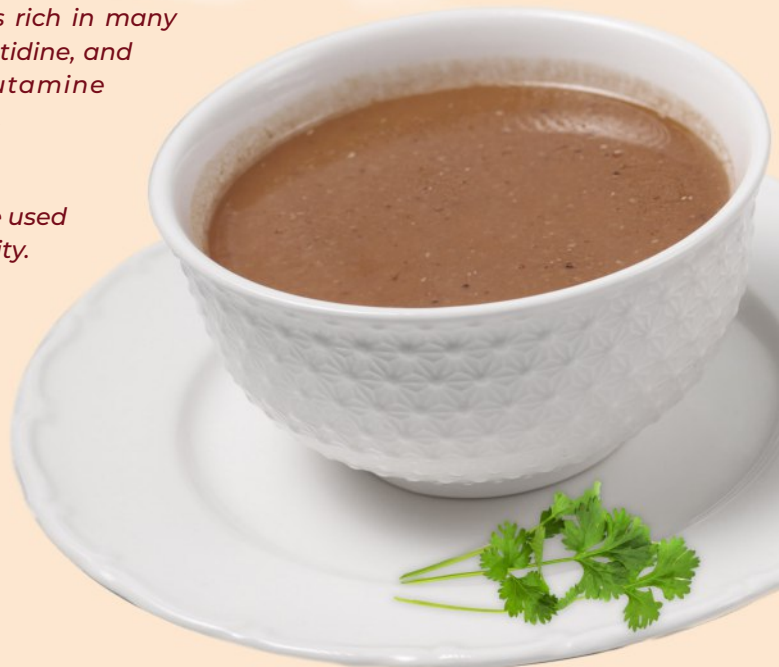
Small pieces of mutton and powdered barley, horse gram and dry ginger should be boiled in 750ml of water and reduced to 200ml. Filter after cooling.

Health benefits

It gives nourishment to the body by improving digestion and taste. It is protein source, mineral reservoir, relieves joint pain due to presence of glucosamine, hyaluronic acid and chondroitin. It improves immune system due to presence of amino acids like proline, arginine, glutamine. It is rich in many amino acids such as cystine, histidine, and glycine and compound-L-Glutamine which may reduce inflammation.

Precaution

Mutton soup, broth etc. should be used after considering digestive capacity.





RAGI AND BANANA SMOOTHIE

A Smoothie is a thick, creamy and cold beverage made from pureed raw fruits, vegetables and sometimes dairy products, typically using a blender. The healthfulness of a smoothie depends on its ingredients and their proportions. Many smoothies include large or multiple servings of fruits and vegetables, which are recommended in a healthy diet and intended to be a meal replacement.

Ingredients		Quantity
Ragi powder/ flakes	-	3 spoons (45 gm)
Ripe banana	-	1-1/2 (120 gm)
Jaggery or palm sugar	-	15 gm
Milk/ coconut water/ butter milk		
coconut milk/ plain water	-	200 ml

No. of servings: 1 glass (250-300 ml)

Method of preparation

Roast washed and dried ragi, make fine powder. If ragi flakes are available, soak for 5 minutes. In a blender add banana, jaggery / palm sugar, ragi flakes or powder and blend for few seconds. Then add the liquid of choice and then blend for some or time till it is smooth and homogeneous.

Health benefits

This smoothie is an ideal breakfast for all age groups. Jaggery is rich in iron and minerals. Ragi is a great source of iron and calcium. Healthy alternative for celiac patients if coconut milk is used instead of normal milk as it is naturally gluten-free and alkaline. Because of its high nutritional content, longer satiety and it is recommended as a weaning food for babies. It is good for blood pressure because of its high potassium and magnesium and low sodium levels. Aids milk production in lactating mothers. It is rich in antioxidants and amino acids (especially tryptophan) which help to provide relief from conditions like anxiety, hypertension, depression and migraine.

Precaution

Diabetics and obese persons can have without jaggery.





KULATTHA RASAM (Horse Gram Rasam)

Ingredients		Quantity
Cooked horse gram	-	2 cups (60 gm)
Tamarind / lemon juice	-	20 gm/ 1 spoon
Tomatoes	-	1 chopped
Curry leaves	-	5-6 (5 gm)
Garlic paste	-	2 tea spoons
Pepper-cumin seeds paste	-	2 tea spoons
Mustard seeds	-	1 tea spoon
Salt	-	to taste (1 tea spoon)
Cooking oil	-	to season (5 ml)

No. of servings: 2-3 bowls (300-400 ml)

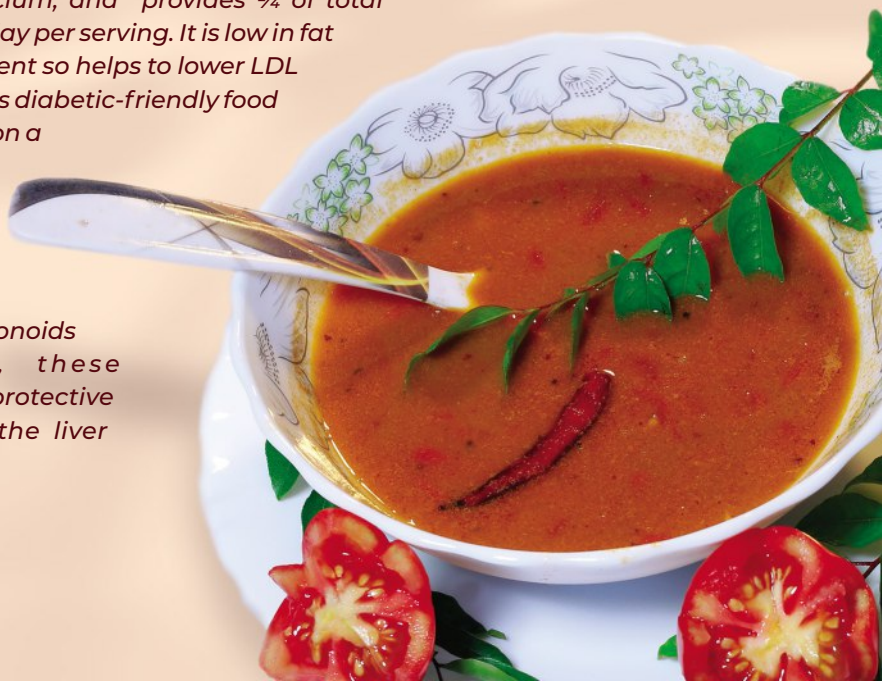
Method of preparation

Clean wash and soak horse gram for 4 hours. Steam, cool and drain the substrate. Heat 1 tea spoon of oil/ghee in a pan, add mustard seeds, curry leaves and red chillies, allow to splutter. Add chopped tomatoes and sauté till they are soft. Add 2 tea spoons of garlic paste and sauté till raw smell goes off, add tamarind and salt and boil. Jaggery, black pepper, cumin seeds, lemon juice, curry leaves are optional. Add horse gram substrate. When the mixture boils and cooks remove from the flame mash well and serve hot.

Health benefits

It is high in iron, calcium, and provides ¼ of total protein required in a day per serving. It is low in fat and high in fibre content so helps to lower LDL levels and body fat. It is diabetic-friendly food and keeps you warm on a cold winter day.

Horse gram is recommended in urinary calculi. The raw seeds of horse gram have flavonoids and polyphenols, these compounds confer protective properties towards the liver and gall bladder.





PEYA (Medicated Rice Gruel)

Ingredients		Quantity
Red rice	-	300 gm
Water	-	1500 ml
Salt	-	to taste
Mustard	-	1/2 tea spoon
Cumin seeds	-	1 tea spoon
Fenugreek seeds-		1/4 tea spoon
Dry ginger	-	1/4 inch piece
Cinnamon	-	1/4 inch piece
Cardamom	-	1 No.
Cloves	-	2 No.
Coconut milk/milk -		100 ml

Total quantity: 1 litre

Method of preparation

Wash the rice and soak for 5 to 10 minutes. Meanwhile roast the mustard, fenugreek & cumin seeds and powder them coarsely. Boil water in a pressure cooker, add salt and washed rice, add the powder, stir well and close the lid of the cooker. Cook on medium flame till 4-5 whistles. Remove the lid when there is no more steam and empty into a serving bowl. You may add coconut milk or milk. Serve hot with any stir fried vegetables and chutney.

Health benefits

Natural red color acts as an anti-oxidant that counteracts free radicals. Its low sugar and glycemic content and appreciable amount of iron, zinc, manganese, calcium and fibre makes it an desirable dietary option for heart patients, diabetics as well as for those with high blood pressure and obesity. It is good for gut health and also helps in controlling the pulmonary functions because of its rich magnesium, iron and medium chain fatty acids content.

Contradiction

Coconut milk used in Peya can be substituted with water if not suitable to any person due to fatty content.





ARDRAKA PAKA (Ginger Barfi)

Ingredients	Quantity
Ginger	- 250 gm
Jaggery	- 250 gm
Clarified butter (Ghee)	- 125 gm
Dry ginger powder	- 25 gm
Cumin	- 25 gm
Black pepper	- 25 gm
Naagkesar (<i>Mesua ferrea</i>), if available	- 25 gm
Cardamom	- 25 gm
Cinnamon	- 25 gm
Indian bay leaf	- 25 gm
Long pepper	- 25 gm
Coriander powder	- 25 gm
Vidanga (<i>Embelia ribes</i>), if available	- 25 gm

Total quantity- 20 small pieces

Method of preparation

In a heavy bottom pan add jaggery, cook till a thick syrup is formed. Then add grated ginger, stir and cook for 5-7 minutes on low flame. Add ghee and mix well, cook for another 5-10 minutes. Now add the powder of all above ingredients and cook for another 5-10 minutes and spread the content on plate greased with ghee. Sesame seeds may be added to make it bulky and augment health benefits. Let it cool before cutting in pieces in any shape. When cooled, store in an air tight container. It remains for about a month.

Health benefits

This preparation helps in improving appetite and digestion. Useful in prevention and management of sore throat, cold and cough.

Precaution

Because it is hot in nature, it may be taken in appropriate quantity and never in empty stomach. Best to avoid in acid peptic disorders.





MADHUKA LEHA (Herbal Jam)

Leha is herbal jam / granule known by varied names based on the type of cooking (through steam or by frying in oil/ghee).

Ingredients	Quantity
Mahua, Madhuka flowers (<i>Madhuka indica</i>)	- 80 gm
Dates	- 80 gm
Raw banana	- 80 gm
Green gram	- 80 gm
Sugar candy	- 700 gm
Bay leaf, (<i>Cinnamomum tamala</i>)-	6 gm
Cinnamon	- 6 gm
Pippali (long pepper), (<i>Piper longum</i>)	2 gm
Cardamom	- 2 gm
Honey	- 10 ml
Ragi/arrow root powder (optional)	1 to 2 tea spoons

Total quantity: 400 gm

Method of preparation

Steam cook seedless dates and banana, then grind it into thick paste, sauté it in ghee, add sugar candy syrup into it and stirwell. When it becomes thick, add cardamom powder etc. into it. Add honey when it becomes cool. It can be dried and powdered with ragi (pearl millet) / arrow root powder.

Health benefits

It is a good pediatric food comprised of carbohydrates, easily digestible proteins and minerals, but to be given in small quantities only. Mahua flowers have been traditionally used as cooling agent, tonic, aphrodisiac and analgesic. Mahua flower helps in augmentation of breast milk. It has antihelmintic properties and also beneficial in acute and chronic tonsillitis, pharyngitis as well as bronchitis.





LAJARDRAKA

(Puffed Paddy Ginger Granules)

Ingredients		Quantity
Laja/ puffed paddy	-	1/2 kg
Sugar candy	-	1/2 kg
Ginger	-	50 gm
Ghee (preferably cow)	-	25 ml

Amount: 500-600 gm

Method of preparation

Fry the finely chopped ginger in ghee. Prepare sugar candy syrup (consistency is unbroken strands between fingers), add powdered puffed paddy and ginger to the syrup and stir well.

Health benefits

Appetizer, carminative and digestive, gluten free, food having reasonable amount of protein and iron, so can be given to people having weak digestive power. It may be a good alternative for relieving morning sickness in pregnancy and to combat chemotherapy associated nausea if taken in small quantities. The ginger used in this recipe can reduce pain and stiffness in osteoarthritis or rheumatoid arthritis.

Contraindication

This recipe is high in refined carbohydrate which can disrupt blood glucose and saturated fats, so is not recommended for diabetics, cardiac patients or in obesity.





GULKAND (Rose Petal Jam)

Ingredients		Quantity
Rose petals	-	250 gm
Sugar	-	250 gm

Total quantity: 450 to 500 gm

Method of preparation

Collect fresh, preferably desi rose petals, sort and wash well, dry thoroughly. May crush or finely chop the petals. Mix the petals with sugar in an airtight jar. Keep the jar in sunlight for 2-3 weeks. Stir well everyday with clean dry spoon. Desired adult dose of gulkand is 2 to 3 tablespoons, it may be blended in milk to make a cooling drink.

Health benefits

Helps in digestion, improves health of gut flora and intestinal mucus. Reduces hyper acidity and thus useful in peptic ulcers and mouth ulcers. Pregnant women and kids can safely consume gulkand to relieve constipation. It helps in controlling various skin issues like pimples, boils, blemishes etc. Provides restful sleep, increases urine output so can help in reducing edema or patients having water retention due to various reasons.

Contraindications

Since it contains sugar, those with diabetes should strictly avoid. In addition, obese people may consume this in small quantity.





BEETROOT HALWA

Ingredients		Quantity
Beetroot	-	2 (300 gm)
Ghee	-	2 to 3 tbsp
Milk	-	300 ml
Sugar	-	1/2 cup (100 gm)
Cashew nuts	-	10 to 12 (finely chopped)
Almonds	-	8 to 10 (finely chopped)
Raisins	-	1 table spoon
Cardamom	-	as per taste

Method of preparation

Pour 2 table spoons ghee in a pan, as it melts, add washed, peeled and grated beetroot to it. Stir and roast on medium flame for 2 to 3 minutes, then add milk, cook it on low or medium flame until it becomes dense. Now add sugar and cook till liquid content gets evaporated. Add chopped and roasted dry fruits such as cashews and almonds.

Health benefits

Packed with essential nutrients, beetroots are a great source of fiber, folate (vitamin B9), manganese, potassium, iron, and vitamin C. Beetroots have been associated with numerous health benefits, including improved blood flow, lower blood pressure, and increased exercise performance. It is useful in case of constipation and anemia.

Contra indications

Diabetes mellitus due to presence of sugar.





KHARJUR LADDOO

Ingredients		Quantity
Kharjur (dates)	-	250 gm
Cashew	-	10
Badaam (almonds)	-	10
Grated dry coconut (optional)-		100 gm

Total quantity: 10 to 12 laddoos

Method of preparation

Separate seeds from the dates and cut in small pieces. Cut the cashew and almonds also in small pieces and slightly roast in the pan with 2 spoons of ghee. Now mix the kharjur pieces in pan and roast for 3-5 minutes. Take out all the mixture from the pan and make small sized laddoos and roll it over the grated coconut. Roasted sesame seeds or khs khas (poppy seeds) may be used instead of coconut.

Health benefits

Date laddoos are highly nutritious, which contain fiber and antioxidants and therefore useful for maintenance of good health. It can work as energy booster in fatigue specifically for weak, pregnant women and during convalescent period.

Precaution

Not advisable for diabetics.





NIGER SEEDS LADDU

Ingredients	Quantity
Niger seeds (<i>Guizotia abyssinica</i>)	- 150 gm
Dates	- 1/2 cup
Jaggery	- 1 cup

Ingredients for 10 laddu

Method of preparation

Roast the niger seeds, cool and grind well. Cut the dates into small pieces, powder the jaggery. Mix all the products and make into small Laddu.

Health benefits

Niger seeds are rich in macro and micro minerals and can play a great role in combating malnutrition. Niger seeds consist of good amount of antioxidants and anti-inflammatory compounds. Magnesium, potassium and zinc are some of the key minerals that are found in niger seeds, which help to stabilize circadian rhythms and also induce the release of certain neurotransmitters that the body needs for proper rest. Niger seeds are inexpensive source of iron to improve anemia in risk groups like adolescent girls, athletes.

Contraindications

The regular use of niger seeds may reduce the blood pressure and therefore anyone on medication for high blood pressure should take precautions accordingly. Using too much of niger seed may lead to weight gain.





APOOPAM (Rice Pancake)

Ingredients		Quantity
Palm jaggery	-	20 gm
Rice flour (preferably brown)	-	25 gm
black pepper	-	1/4 tea spoon (2 gm)
Cardamom	-	5 gm (2-3)
Indian bay leaf (<i>Cinnamomum tamala</i>)	-	2 no's

Total quantity: 6-7 number of pancakes

Method of preparation

Roast the rice flour in a flat pan on a low flame. To this roasted rice flour, add powdered black pepper and cardamom, mix well. Heat jaggery in a pan with 100 ml of water and prepare thin syrup. Add the flour mixture to it and knead well to make soft dough. Fill the dough in cones made out of Indian bay leaf or banana leaves and steam for 10-15 minutes. Delicious cake is ready.

Health benefits

It is gluten free and makes an alternative for celiac patients. A rich source of iron and several other nutrients like magnesium, potassium, and calcium. Palm jaggery positively impacts digestive health by activating enzymes and cleansing the system. Palm jaggery helps relieve cold and cough. It is full of composite carbohydrates and is easier to digest.

Contradiction

This recipe has high amount of carbohydrate which may cause unhealthy spikes in blood sugar, making them unsuitable for diabetics.





PUMPKIN AND BIG BEANS SWEET PANCAKE

Ingredients	Quantity
A ripe pumpkin cut into small pieces	- 1 cup (150 gm)
Cowpeas/ soybeans	- 1/2 cup (25 gm)
Ragi flour	- 30 gm
Jaggery syrup	- 15 gm
Scraped coconut	- 30 gm
Ghee	- 10 ml

Total quantity: 4-5 pancakes

Method of preparation

Soak cowpeas / soybeans for 4 hours, cook well in a pressure cooker, then add pumpkin pieces and cook further with a glass of water. Add ragi flour and boil for a few minutes, keep stirring, add jaggery syrup, scraped coconut and ghee, mix well. Make small pancakes.

Health benefits

Pumpkins contain antioxidants such as alpha-carotene, beta-carotene and beta-cryptoxanthin. Pumpkin has high vitamin A, E, C, Iron and folate, which can help boost immune system. It is also one of the best sources of lutein and zeaxanthin, two compounds linked to lower risks of age-related macular degeneration and cataract. It is source of soluble dietary fibre and protein, which play significant role in reducing bad cholesterol. They also contain steroid compounds called phytosterols, that are effective in maintaining the standard cholesterol levels. It is also source of various minerals like calcium, magnesium, zinc so can be used to improve bone density. It is an excellent food for diabetics as well if salt is used in place of jaggery or sugar.





GOOSEBERRY STIR FRY

The gooseberry pickle is one of the delicious pickle recipe from Southern India. Contrary to other pickle preparations, pepper powder is used here for a spicy flavor.

Ingredients		Quantity
Indian gooseberry	-	1/2 kg
Gingelly oil	-	30 ml
Curry leaves	-	50 gm
Black pepper	-	5 gm (or as required)
Turmeric powder	-	3 gm
Salt	-	5 gm

Amount: 300 gm

Method of preparation

Wash the gooseberries and dry well, cut and remove seeds. In an iron pan pour the gingili oil and stir fry the gooseberries. Add curry leaves, pepper powder, turmeric powder and salt and mix well. Asafoetida powder (hing) can be used for a unique taste.

Health benefits

It supports liver function, improves eyesight. Amla has a high fibre content and presence of tannic acid helps to relieve constipation. It is a potent antioxidant and effective in chronic conditions. Amla is loaded with chromium which aids in reducing bad cholesterol and also helps stimulate insulin production, thereby reducing the blood glucose level in diabetics. It is rich in Poly Unsaturated Fatty Acids (PUFA), Monounsaturated Fatty Acids (MUFA) thus a healthy food for heart. Amla is most recommended home remedy for anemia as well as acid peptic problems.





PATRODE (COLOCASIA LEAF ROLLS)

Ingredients	Quantity
Colocasia (<i>Colocasia esculenta</i>)	
leaves medium sized	- 16 (30 gm)
Rice	- 2 cups (120 gm)
Red chillies	- 8 (5 gm) as per choice
Coriander seeds	- 4 tea spoon (20 gm)
Turmeric powder	- 1 tea spoon (5 gm)
Grated coconut	- 1/2 cup (30 gm)
Tamarind	- lemon sized ball (10gm)
Jaggery	- lemon sized ball (10gm)
Salt	- as per taste
For tempering	
Grated coconut	- 15 gm
Powdered jaggery	- 20 gm
Mustard seeds	- 1 tea spoon (5gm)
Red chili	- 2 (3 gm)
Curry leaves	- 10 (5 gm)
Oil	- 4 tea spoon (20gm)

No. of pieces: 15-20

Method of preparation

Soak rice for 8hours, grind it along with grated coconut, chilli powder, turmeric powder, asafoetida powder, tamarind and salt. Take 12 -16 colocasia leaves, wash thoroughly, drain water, flip them over on the non-shiny side and remove the veins with a knife if they are hard. Smear the paste evenly on the entire non shiny side of the leaf, place another leaf over the previous leaf and smear the paste. Similarly add 5 to 6 leaves and smear the paste. Fold the sides and roll them over to a cylindrical shape, apply paste on all sides and fold the edges in. Once done, tie with a thread to hold them together, steam cook for 30 minutes.

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PATRODE /COLOCASIA LEAF ROLLS (CHEMBILA APPAM)

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Once done and completely cooked, cut to circular pieces and serve hot with coconut oil or ghee or chutney. You may also roast on a frying pan sprinkling oil or deep fry after coating with bengal gram flour to get fritters. You may prepare tasty spicy patrode stir fry by cutting it into small cubes and stir frying along with mustard seeds, red chillies, curry leaves, grated coconut and salt to taste (a little jaggery powder is optional) and use it as a side dish. Instead of the rice batter, leaf rolls can be prepared using spicy tangy bengal gram floor batter containing coriander powder, red chilli powder, turmeric powder, cumin powder, tamarind water, gram flour, a little jaggery, salt and water.

Health benefits

Patrode is easily digestible. As they are rich in dietary fibres they help in easy bowel movement. Iron rich colocasia leaves help in improving the hemoglobin. The leaves contain phenols, tannins, flavonoids, glycosides, sterols which help in reducing chronic inflammation such as rheumatoid arthritis. Leaves have significant amounts of vitamin C and beta carotene.

Contraindications

Using too much of oil makes it unsuitable for cardiac patients, diabetics, obese etc. Too much spice is not recommended in acid peptic diseases.





MIXED MILLET DRUMSTICK LEAVES DOSA (Pancake)

Ingredients	Quantity
Pearl millet (Bajra)	- 30 gm
Foxtail millet (kangni) (Italian millet/setaria)	- 30 gm
Barnyard millet (sanwa)	- 30 gm
Sorghum (jowar)	- 30 gm
Finger millet (ragi)	- 30 gm
Little millet (samai)	- 30 gm
Black gram	- 60 gm
Fenugreek seeds	- 10 gm
Salt	- 5 gm
Drumstick leaves	- 30 gm

Total quantity: 10-15 pancakes

Method of preparation

Wash and soak all ingredients for 8 to 10 hours except salt and drumstick leaves. Grind the ingredients and allow it to ferment for around 6 to 8 hours. Spread the batter on a hot pan and sprinkle drumstick leaves over it. Apply ghee, roast it and turn the dosa on the other side. Crispy delicious millet dosa is ready.





MIXED MILLET DRUMSTICK LEAVES DOSA (Pancake)

Health benefits

Millets are rich source of magnesium which helps to reduce high blood pressure and the risk of heart attack, stroke, diabetes. Millets are rich in fibre and good for weight loss. The leaf of drumstick is rich in vitamin C, calcium, vitamin A, potassium and protein. Millet dosa is a perfect food for celiac patients since it is completely gluten-free. Millets specifically ragi and use of fenugreek seeds increase the production of breast milk in feeding mother.

Contradictions

Millets are safe when consumed in a moderate amount. People with thyroid problems need to restrict their consumption of millets due to goitrogen, a substance that interferes with the production of thyroid hormones. Restrict the use in case of any discomfort such as hyper acidity or bloating.





BESAN SUJI PANCAKE

Ingredients		Quantity
Besan (gram flour)	-	1 cup
Suji/Rawa (semolina)	-	2 cups
Butter milk	-	Sufficient to make batter
Capsicum (or any other vegetable of choice)		1
Onion	-	1
Garlic	-	4 cloves
Ginger	-	1 inch piece
Tomato	-	1
Green chili	-	1
Coriander leaves	-	2-3
Ghee/oil	-	For spreading on pan

Total quantity: 4 pieces

Method of preparation

Mix gram flour and suji with butter milk and make a batter. Keep the mixture for 15 minutes. Cut all the vegetables in small pieces and make a paste of ginger and garlic. Mix the vegetables and ginger garlic paste in the batter. Heat the pan and spread 1 spoon oil over it, pour the batter on heated pan and spread it evenly. Once cooked from one side then reverse and cook properly from both the sides.

Health benefits

This pancake is good for heart patients and diabetics. Vegetables and spices added in the recipe make it easy for digestion. It will also help in weight loss if taken in moderate quantity.





SESAME CHUTNEY

Besan suji pancake may be eaten with sesame chutney prepared as per following recipe.

Ingredients		Quantity
Black sesame	-	6 spoon
Coriander leaves	-	1 bowl
Garlic	-	6 cloves
Black pepper powder	-	1 spoon
Lemon juice	-	5 spoon
Cumin seeds	-	1 spoon
Peanut (optional)	-	2 spoon
Salt	-	As per need
Sugar	-	1 spoon
Water	-	As per need

Method of preparation

Roast the Sesame on low flame. Do not over heat or burn it, mix all the ingredients and grind it.

Health benefits

It is a rich source of vitamins and minerals. Also contains fiber which is healthy for heart and improves blood circulation in the body. Sesame is helpful in all neurological and degenerative problems. It is good for the hair and skin. It also contains antioxidants.





CHUTNEY PREPARATIONS

Chutney is an important ingredient for serving with any food item in India because it adds flavor and taste to the main dish. Chutney acts as an appetizer and also good for digestion. It aids availability of micro-nutrients from its ingredients. Chutney has multiple health benefits based on the ingredients used in it.

Common ingredients

Chutney can be made with fruits, vegetable, herb or spices. Most of the chutney recipes are made using coconut, mint leaves, coriander leaves, garlic, ginger, mango, tamarind, red chili, green chili, lime, peanut, cumin seeds, coriander seeds, cloves, black pepper, fenugreek, asafetida. Chutney, if stored in refrigerator stays for a couple of days, but it is always better to consume fresh.





General method of preparation

- Heat oil or ghee and add split black gram/bengal gram or peanut or gingili seeds or any other pulses of your choice, sauté on a low flame till they start turning maroon in colour. If coconut is not available, more quantity of grams/peanut/gingili seeds may be added.
- Once the ingredients get light brown in color, add dry spices such as red chilies cumin seeds, coriander seeds, cloves, black pepper, fenugreek, asafetida as per your taste. Stir till they become crisp.
- Then add fresh and wet ingredients such as tomatoes, curry leaves, various types of medicinal leaves as mentioned below. Stir till they soften on a low flame. Add tamarind/ raw mango/cocum/lime juice for sourness, salt and jaggery as per the taste.
- Once the mixture cools, grind alongwith required quantity of water in mixer, blender, manual pestle or grinder to a smooth paste. Soft ingredients such as vegetables and fruits may be added once the dry ingredients have been finely ground. Chutney with ingredients like fruits may be kept little course also.
- Curd may be added in place of water to get a different taste.
- Seasoning may be done for enhancing the taste with mustard seeds, dry red chilies and curry leaves if you want.

Precautions

Chutney should be always eaten in a small quantity as it is generally hot in nature. It is advisable to use salt and chilli in moderate quantity for best health benefits. Some ingredients with bitter and astringent taste like fenugreek may be used in moderate quantity.



COMMONLY AVAILABLE MEDICINAL PLANTS FOR CHUTNEY

Shigru, Drumstick leaves (*Moringa oleifera*) are useful in anemia and all nutritional deficiencies, arthritis.



Methika, Fenugreek leaves (*Trigonella foenum*), for diabetes, obesity, aches, pains, constipation.



Palak, Spinach (*Spinacia oleracea*) is useful in hyperacidity, anemia and constipation.



Parnayavani leaves (*Coleus aromaticus*) for loss of appetite, indigestion, cough & cold, to enhance lactation in nursing mothers and urinary problems.



Mandukparani (*Centella asiatica*) for sleeplessness, mental stress, anxiety.



Changeri, Woodsorrel (*Oxalis corniculata*) is useful in digestive and heart problems.

Tender leaves of Kakamachi (*Solanum nigrum*) make tasty chutney and will be beneficial in liver and spleen disorders.



Maricha, Black pepper (*Piper nigrum*) both raw and dry fruits make savory chutney and useful in loss of appetite, indigestion and cough & cold.

Haridra, Turmeric fresh Rhizome (*Curcuma longa*) for diabetes dyslipidemia, skin diseases, allergy.



Ardra, Ginger (*Zinziber officinale*) for digestive and respiratory problems.

Koshataki Ridge gourd (*Luffa acutangula*), useful in liver, spleen and skin diseases.





RECIPES FOR ENHANCING LACTATION

AYUSH systems like Ayurveda, Unani and Siddha recommend some food ingredients to enhance the process of recovery after delivery, to prevent puerperal complications for early involution of uterus, to increase quality and quantity of milk and for general wellbeing. Following easy recipes will be useful for women after delivery specially to increase the breast milk.





SPROUTED FENUGREEK STIR FRY

Ingredients	Quantity
Fenugreek sprouts	- 3 cups
Dates (optional)	- 6 in number
Raisins (optional)	- 10 in number
Ripe tomato	- 1
Turmeric powder	- 1/4 tea spoon
Salt	- to taste
Chopped chillies/ chili powder	- as per taste
Mango powder / lemon juice/ raw mango pieces	
Grated coconut or coriander leaves	- if available

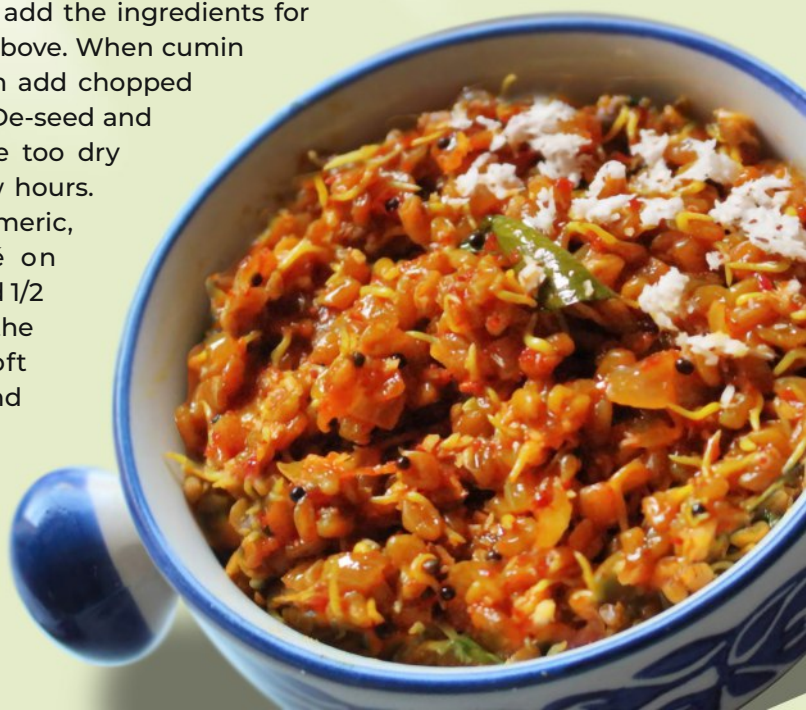
For tempering

Cooking oil	-	1 to 2 tea spoons
Mustard seeds	-	1/4 tea spoons
Cumin seeds	-	1/4 tea spoon
Fennel seeds	-	1/4 tea spoon

Total quantity: 2 bowls (1 or 2 servings)

Method of preparation

Wash and rinse fenugreek sprouts and drain the water. In a pan heat the oil and then add the ingredients for tempering as mentioned above. When cumin seeds start to crackle then add chopped green chillies and raisins. De-seed and slice the dates, if they are too dry then soak in water for few hours. Add sliced dates and turmeric, sprouts and salt, sauté on medium heat. You may add 1/2 cup water and mix. When the seed become slightly soft then add mango powder and cook to remove all the moisture. Garnish with grated coconut and coriander leaves, if available.





GREEN GRAM AND FENUGREEK CHILA

Ingredients		Quantity
Green gram sprouts	-	2 cups
Chopped fenugreek leaves	-	1 cup
Ginger	-	1 small piece
Bengal gram flour	-	2 tea spoons
Turmeric powder	-	1/4 tea spoon
Salt	-	as per taste
Ghee/oil	-	1 tea spoons

Total quantity: 2 in number (1 serving)

Method of preparation

Grind sprouts and ginger , add chopped fenugreek leaves bengal gram and salt powder to the batter. After 10-15 minutes, heat up a flat pan and with the help of ghee or oil cook thin and crispy chilas.





GREEN SOUP

Green leaves have long been used as a milk-boosting food. This light, flavorful soup made with fresh fenugreek or other edible leaves and dal water (supernatant of boiled pulses) not only improves breast milk but aids digestion and provides appropriate nutrition as well.

Ingredients	Quantity
Fenugreek/ spinach or any other green leaves	- 1 cup
Onion finely chopped	- 1/2 cup
Ripe tomato (finely chopped)	- 1
Garlic cloves (minced)	- 3-4
Dal water (supernatant of boiled pulses)	- 2 cups
Salt and pepper powder	- to taste
Oil	- 1 teaspoon

Total quantity: 2 cups (1 serving)

Method of preparation

Heat oil in a pan, add chopped onion, garlic and sauté until onions turn translucent, add the tomatoes and cook for a few more minutes. Now add cleaned and chopped green leaves and sauté until they soften, then add 2 cups of diluted dal water, salt and simmer for 15 minutes. Blend half of the quantity and then add this to the rest of the soup and simmer for another 5 minutes. Add pepper powder to taste.





WHOLE CEREAL VEGETABLE PULAV

Pulav and khichdi are easy to prepare, complete one-dish meals. Addition of green gram and various vegetables makes it nutritious and tasty. The spices add more medicinal value to the preparation. Pulav will be relatively dry preparation and adding more water while cooking makes it khichdi.

Ingredients	Quantity
Dalia (broken wheat or bulgur wheat)	- 1/2 cup
Green gram split or sprouted whole gram	- 1/2 cup
Cauliflower florets/chopped carrots or any other vegetables or green leaves	- 1 cup
Green chili/ pepper	- as per taste
Grated ginger	- 1/2 tablespoon
Chopped onion	- 1 small
Garlic	- 10 cloves
Ripe tomato	- 1 medium sized chopped
Cumin seeds	- 1 teaspoon
Carom seed	- teaspoon
Asafetida	- 1 pinch
Ghee/ oil	- 1 tablespoon
salt or	- to your taste

Total quantity: 2 cups (1 serving)

Method of preparation

In a bowl add dalia and green gram and wash well, then soak them in 2 cups of water for 10 to 15 minutes. Chop the vegetables, keep them aside. In a pressure cooker heat the ghee/ oil, add cumin seeds, carom seeds and asafoetida and fry them for 1 minute or until they become light brown & add onion, garlic and sauté. Now add soaked dalia and green gram, salt turmeric powder, pepper, cut vegetables and 2½ cups of water, mix well. Close the lid of the cooker and cook on medium heat. If you want to make khichdi then add 3½ cups of water.





ACKNOWLEDGEMENT

Guidance

Vd. Rajesh Kotecha, Secretary, Ministry of Ayush
Shri Roshan Jaggi, Joint Secretary, Ministry of Ayush

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