

**A LITERARY REVIEW ON AAHARDRAVYA VARGAS FROM
ASHTANGHRIDAYA 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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1. 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 Ashtanghridaya 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.

2. 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.^[1] 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.^[2] 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.^[3] 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 4-5 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 Ashtanghriday.

3. AIM AND OBJECTIVES

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

4. MATERIALS AND METHODS

Materials – Authentic Ayurvedic Text which is Ashtanghridaya, 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 and Bruhan Aahar Dravya from Ashtanghriday Dravadravyavidnyaniya Chapter 5.^[4]

Aahar Varga Name	No.	Balya Ahar Dravya	English Name/Scientific Name/ Scientific Name	Reference
Drava Dravya Varga	1.	Pariyatryajanya Nadya jal	River water from Northeast rivers	A.H.Su.5/13
	2.	Gavam dugdha	Cow milk	A.H.Su.5/23
	3.	Dadhi	Curd	A.H.Su.5/31

	4.	Navneet	butter	A.H.Su.5/36
	5.	Ghrut	Clarified butter	A.H.Su.5/37
	6.	Kilat	Type of cheese	A.H.Su.5/41
	7.	Kurchika	Type of cheese	A.H.Su.5/41
	8.	piyush	Type of cheese	A.H.Su.5/41
	9.	Moran	Type of cheese	A.H.Su.5/41
	10.	Takravikar	Recepies from buttermilk	A.H.Su.5/41
	11.	Vasa	Muscle fat	A.H.Su.5/62
	12.	majja	Bone marrow	A.H.Su.5/62

AaharVarga Name	No	Bruhan Ahar Dravya	English Name/Scientific Name/Scientific Name	Reference
DravaDravya Varga	1.	Ikshurasa	Sugarcane juice	A.H.Su.5/43
	2.	tail	Sesame oil	A.H.Su.5/56

List of Balya and Bruhan Aahar Dravya from Ashtanghriday Annaswaroopvidnyaniya Chapter 6.^[5]

Aahar Varga Name	No.	Balya Ahar Dravya	English Name/Scientific Name	Reference
Aahardravaya Varga	1.	Shastishalli	Rice which grows in 60 days	A.H.Su.6/6
	2.	Jav	Barley	A.H.Su.6/12
	3.	Godhum	Wheat	A.H.Su.6/14
	4.	Maash	Udid/ Black gram	A.H.Su.6/20
	5.	Tila	Sesame	A.H.Su.6/21
	6.	Peya	Gruel	A.H.Su.6/27
	7.	Vilepi	Thick gruel	A.H.Su.6/28
	8.	Rasala	Sweet yogurt/ Shrikhand	A.H.Su.6/33
	9.	Pruthuka	Flattened Rice	A.H.Su.6/36
	10.	Saktu	Flour made from cereals and millets	A.H.Su.6/37
	11.	Vesavaar	Kheema	A.H.Su.6/39
	12.	Vartakadi pakshi	Birds from sparrow family	A.H.Su.6/56
	13.	Vileshayadi prani	Burrowing animals	A.H.Su.6/59
	14.	Varahamansa	Boar meat	A.H.Su.6/65
	15.	Haritaki	Terminalia chebula	A.H.Su.6/152
	16.	Amalaki	Embllica officinale	A.H.Su.6/156

Aahar Varga Name	No	Bruhan Ahar Dravya	English Name/Scientific Name	Reference
Anna Dravya Varga	1.	Rale	Setaria italica	A.H.Su.6/11
	2.	Mansa Saar	Meat soup	A.H.Su.6/31
	3.	Rasala	Sweet Yogurt	A.H.Su.6/33
	4.	Vartakadaya Pakshi	Birds from sparrow family	A.H.Su.6/55

	5.	Aajyamansa	Goat meat	A.H.Su.6/62
	6.	Aavikmansa	Sheepmeat	A.H.Su.6/63
	7.	Mahishamansa	Male buffalo meat	A.H.Su.6/64
	8.	Munjata Shaka	Salep orchid/ Orchis latifolia Linn	A.H.Su.6/82
	9.	vidari	Pueraria tuberosa	A.H.Su.6/84
	10.	Mocha	Banana	A.H.Su.6/118,119
	11.	Kharjura	dates	A.H.Su.6/118,119
	12.	Panasa	Jackfruit	A.H.Su.6/118,119
	13.	Narikela	Coconut	A.H.Su.6/118,119
	14.	Parushka	Grewia asiatica	A.H.Su.6/118,119
	15.	Aamratam	Roselle / Hibiscus sabdariffa	A.H.Su.6/118,119
	16.	Tala	Ice apple/ tala palm	A.H.Su.6/118,119
	17.	Kashmari	Gmelina arborea	A.H.Su.6/118,119
	18.	Rajadana	Manilkara hexandra	A.H.Su.6/118,119
	19.	Madhukam	Mohua	A.H.Su.6/118,119
	20.	Sauvira	Junglee ber/ Indian jujube	A.H.Su.6/118,119
	21.	Bora	Ziziphus mauritiana	A.H.Su.6/118,119
	22.	Falgu	Fig	A.H.Su.6/118,119
	23.	Vatam	Almond	A.H.Su.6/118,119
	24.	Abhikshuka	Plum	A.H.Su.6/118,119
	25.	Akshoda	Walnut	A.H.Su.6/118,119
	26.	Mukul	Pista	A.H.Su.6/118,119
	27.	Nikochakam	Pinenut	A.H.Su.6/118,119
	28.	Urumana	Apricot	A.H.Su.6/118,119
	29.	Priyal	Charoli	A.H.Su.6/118,119
	30.	Mahalunga Saal	Citrus medica/ citron	A.H.Su.6/130
	31.	Bhallatak twak/Majja	Semicarpus anacardium	A.H.Su.6/132

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 recepie.	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 cooks strain it remove the rice particles from it. Consume the remaining water with saindhav and dry ginger powder.	Rice, Brown rice, barley etc.	Ksheeranna da and Annada
2.	Peya	Sharangdhar Samhita, Madhyam Khand 2/ 168	Cook coarsely grounded rice in 14 times water. After the rice grains cooks Consume it without straining. Add saindhav and dry ginger powder.	Rice, Brown rice, barley etc.	Ksheeranna da and Annada
3.	Modified	Indian	Roast the grain flour in	Flour prepared from – rice,	Ksheeranna da

	Peya	Traditional Method. Anubhut Kalpana	pan, add water to it, make it in semiliquid consistency lastly add saindhav and cumin powder, dry ginger powder or sugar.	Brown rice, Barley, Wheat, foxtail millet, ragi, Bajra, Rajgira (Amaranth), Pearl millet, Laja (puffed rice)	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.	Ksheeranna da 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.	Ksheeranna da and Annada
5.	Lapsika	Bhavprakash, Krutanna varga 28,29	Take Coarsly 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) consistency. Add clove and black pepper powder in small amount. and consume.	Grains can be used are – rice, brown rice, barley, millets, pulses, lentils.	Ksheeranna da and Annada
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	Ksheeranna da 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.	Ksheeranna da and Annada
8.	Saktu Mantha	Sharangdhar Samhita, Madhyam Khand 3/ 12	Take Flour of Saktu made from Wheat, roasted chick pea dal and jeera and mix it with jiggery dissolved water.	Can be made with – Barley, Wheat etc.	Ksheeranna da and Annada
9.	Odana	Bhavprakash, Krutanna varga	Take rice grains wash them properly, keep them aside	Made with all types of rice.	Ksheeranna da and Annada

		4,5,6	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.		
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.	Ksheeranna da and Annada
11.	Modak	Sharangdhar Samhita, Madhyam Khand 7/ 101	Take flour, roast it in ghee, add sugar to it bind it to make laddoo or balls.	All type of grains flour like rice, barley, whe at, millets and aill types of pulses like black gram, green gram, lentils etc.	Annada
12.	Khanda	Bhaishajya Ratnavali, Shoolrogachi kitsa 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 cool down and make pieces out of it.	Can use ash gourd, coconut, bottle gourd, pumpkin, yam, sweet potato, all types of tuberous vegetables, dates, banana, jackfruit, fig, almonds, apricot s, walnuts, pistachio, pinenuts, plum, amla etc.	Annada

5. RESULT AND CONCLUSION

There are 12 Balya dravyas and 2 Bruhan dravyas mentioned in Dravadravyavidnyaniya chapter of Ashtanghriday. There are 16 Balya Dravyas and 31 Bruhan dravyas are mentioned in Annaswaroopvidnyaniya chapter of Ashtanghriday.

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

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