



TRADITIONAL DIET RECIPES OF INDIA AND ITS IMPORTANCE IN AYURVEDA - A REVIEW

¹Vaishali khatale, ²Archana Bhaskarwar, ³Sarita Bedarakar, ⁴Jinal viramgama

¹B.A.M.S, M.D, PhD (Scholar) dravyagun vigyan, Assistant professor, Dept. of dravyagun vigyan, National Institute of Ayurveda, Jaipur, Rajasthan.

²B.A.M.S, M.D. dravyagun vigyan, Associate professor, Dept. of dravyagun vigyan, A.S.S. Sanchalit Ayurved Mahavidyalaya, Nashik, Maharashtra.

³B.A.M.S, M.D, PhD (Scholar) dravyagun vigyan, Assistant professor, Dept. of dravyagun vigyan, Sangam Sevabhavi Trust's Ayurveda Mahavidyalaya, Sangamner.

⁴B.A.M.S, M.D (Scholar). dravyagun vigyan, National Institute of Ayurveda, Jaipur, Rajasthan.

Corresponding Author: vaishukhatale@gmail.com

<https://doi.org/10.46607/iamj0512082024>

(Published Online: August 2024)

Open Access

© International Ayurvedic Medical Journal, India 2024

Article Received: 08/07/2024 - Peer Reviewed: 29/07/2024 - Accepted for Publication: 14/08/2024.



ABSTRACT

Ayurveda is an ancient science of life that always gives prime importance to food and medicine and maintains human beings' physical and mental state. Traditional Indian food preparation varies across the country. Traditional Indian recipes are so much similar to the recipes mentioned in ancient literature of Ayurveda due to their preparation methods and ingredients used in it. Ayurveda described brief information regarding diet, dietary guidelines, and the various *Ahar Kalpana* (food recipes) in their classical texts. Traditional Indian recipes are prepared by readily available food materials like grains, pulses, dairy products, meats, vegetables, fruits, spices, and honey according to their geographical condition and religious and cultural system. Some of the diet recipes such as *Krushara, Sattu, Prithuka, Modak, Shashkuli, Shak, Panak, Pathyakalpana, Rotika, Rag- Shadav, Parpat, Shikhirini, Veshavar, Bhakta*, Fermented food recipes, different Sweets which has more nutritional value and therapeutic effects so that it has great demand in international food market have been discussed in this review article. Health-conscious citizens worldwide will benefit from the knowledge of healthy traditional and ayurvedic

food. Nowadays, several new techniques and processing methods are used for food preparation and preservation. It is essential to research areas that analyse the nutritional value of traditional recipes of different regions of India prepared by new techniques and preservation methods and understand their safety and efficacy. So, this review article introduces the traditional recipes, and their benefits described in Ayurveda literature and also according to different regions of India.

Keywords: Healthy food, Traditional recipes, Ayurveda recipes, Indian perspective, Nutritional value, Commercial demand

INTRODUCTION

Ayurveda is an ancient science of life that promotes maintaining a healthy life and eliminating diseases. According to Ayurveda, *Ahara* (proper diet), *Nidra* (enough sleep) & *Brahmacharya* (sexual energy & activities) are the three *Upastambha* (pillars) of a healthy life. ^[1] The *ahar* (diet) is the most critical factor for sustaining life and eliminating and preventing many diseases. Many Indian traditional recipes are top-rated in Western countries due to their unique appearance, pleasant taste and aroma. *Acharya Charaka* clearly states that a proper diet taken in a proper manner gives the *Bala* (Strength), *Varna* (Complexion), nourishment to all *Saptadhatus*, *Oja* in body and alertness of senses. Ancient literature acknowledge to us the brief information about *ahar*, such as definition and synonyms of *ahar*, importance of *ahar*, classification of *apadravya*, their different recipes in different forms, cooking methods and utensils used for it, food serving method (*Thali*), *Viruddhaahar* (dietetic incompatibility), Wholesome and Unwholesome food, food consumption according to individuals *prakruti*, *agni*, palatability, *vidhi*, *karma*, *kala*, *desha*, *matra*.^[2] *Pathyavyavastha* mainly gives knowledge about foods for different diseases. ^{[3],[4]} Indian traditional food recipes vary according to ingredients available according to their geographical conditions like season, soil, water, sources of availability, need of consumption, different religions and cooking methods. Many traditional recipes are mentioned in the ancient ayurveda literature with great medicinal value. This article proposes to overview some traditional recipes, and their benefits mentioned in ayurveda literature and also introduces the preparation of some recipes, especially in different regions of India, according to their culture and reli-

gions, and also their health benefit on a scientific basis.

Material and Methods

Many Traditional diet recipes were mentioned in ancient literature, Like Vedas, Samhita, and *Nighantu* and some ancient books based on traditional recipes like “*Nalapakadarpanam*”, “*Kshemakutuhalam*”, “*Bhojankutuhalam*”, “*Ruchivadhu-galaratnamala*” etc. All data was searched by utilising manual and electronic means, putting the keywords like “Traditional food”, “Indian food”, “Diet recipe”, “*Ayurved Ahar*”, and “*Pathyakaalpana*”—after that all data analyses and then organized in systemic manner. The organized data include the brief knowledge about diet and dietary guidelines, Ayurvedic *pathya kalpana* and their therapeutical uses in different diseases and also after doing the *Panchakarma* therapy, preparation methods of traditional recipes according to other regions of India and their benefits for healthy life on the scientific basis.

Results

Traditional Indian food preparations vary across the countries; every community had a unique food belief system. Many recipes made traditionally with grains, pulses, vegetables, dairy products, meat, and spices have medicinal properties. The recipes are made with grains like wheat, jwar, bajara, ragi, and rice, which are rich sources of carbohydrates and pulses like green gram, black gram, horse gram, lentil, bengal gram, and red gram, all are sources of proteins. Some grains contain trypsin inhibitors, which have antinutritional properties, but traditional food processing techniques help to remove trypsin inhibitors.^[5] India is divided into the Northern, Southern, Western and Eastern regions, and each region has their cultural

history. So that some recipes are made in daily routine and some on a special occasion or festive time. In many ancient books of ayurveda, the topic “*kru-tanna varga*” was mentioned, i.e., class of cooked foods. This *acharya* mentioned the different *Pathyakalpana* (recipes for a healthy diet) and also the health benefits of it.^[6, 7]

A) Some recipes described in Samhita and Nighantu are as follow-

1) *Manda* (Supernatant part /watery portion) - This is prepared by using *Shali* (rice) and water in 1:14 proportion. Washed rice boiled with 14 parts of water over a mild fire until the rice particles are properly cooked. Then, supernatant water will be drained. The ‘*Lajamand*’ is a type of *manda* recipe prepared with *Laja* (Parched rice) and is useful in reliving tiredness. It is carminative, digestive, and sweet in taste, as well as *anulomak* (pacifies *Vata Dosh*).^[8, 9, 10]

2) *Peya*- The preparation method is similar to *Manda*. An equal portion of *siktha* (gravely part) and supernatant water were collected in a separate vessel. It is quickly digestible, stops loose motion, nourishes tissue, and is used in *Udar rog* (Abdomen pain), weakness, and thirst.^{[8], [9], [10]}

3) *Vilepi* (thick rice gruel)-The proportion of rice and water is 1:4, which is taken and cooked. A maximum solid portion with little liquid is taken. It is *grahi* (constipation), relieves thirst and is Carminative, Stomachic. It is helpful for those suffering from wounds, eye diseases and *panchakarma* therapy.^[8, 9, 10, 11]

4) *Yush*- Cooking pulses in the 16th part of water and collecting the watery part. Maximum liquid portion with little solid is taken. Ghee, *saindhava* salt, turmeric powder, ginger, and *asafetida* may added in the case of *Krutayush*. It is easy to digest and less likely to cause bloating and indigestion.^{[8], [9], [10]}

5) *Mamsarasa*- Cooked meat with water. After complete cooking of meat, maximum liquid portion with little solid is taken.^[8]

6) *Sattu*- Roast all pulses and cereals like Barley, Wheat, and Bengal gram and grind it, then sieve and mix with water (1:14). It is *Balya* (strength), *Vrushya*

(Aphodisiac), *Malabhedak* (Production of faeces) and increases *Vata dosha*.^[8]

7) *Veshavar*- Meat soup prepared from the flesh of animals and seasoned with spices. It is heavy to digest and increases strength.^[8]

8) *Rag-shadava*- *Rag* means *chutany*, and *shadava* means pickles. It is tasty, sour, sweet, salty in taste, increases digestive fire, and *Hrudya* (heart tonic).^[8]

9) *Krushara* (khichadi)- Wash the rice and green gram, then *saindha* salt, *asafetida*, ginger paste fried into ghee and add soaked rice and lentils in it and roast. Add turmeric powder and water to it and cook over a medium flame. It is an aphrodisiac, and diuretic used for constipation, and good for mental and gut health and reproductive health. Increases *Pitta* and *Kaph dosha*.^[12]

10) *Payasya /Kshirika* (khira)- Milk is boiled up to condensed to thick and reduced to half. Then rice fried in ghee is added to milk and cooked. Sugar is added according to taste. It is heavy to digest, gives strength and nourishment to the body, and pacifies *Pitta*, *Raktapitta*, and *Vata dosha*. *Kshirika*, made from coconut, is cool, heavy to digest, sweet, and oily, gives nourishment and pacifies the *Raktapitta*.^[12]

11) *Bhakta* (Cooked rice) - Wash rice and boil it into 14 parts of water. When rice is cooked, remove the supernatant part. I left cooked rice called *bhakta*. It is delicious and easy to digest.^[12]

12) *Pruthuk* (Chivada / Flaked/ beaten rice)- It can be taken raw or partially cooked and fried. It is heavy to digest, strengthens the body, pacifies *Vata* and increases *Kapha dosha*, excreted faeces.^[8, 13]

13) *Parpat* (Papad) - It is a thin Indian wafer made up of black gram, spices and rock salt. It maintains gut health. When roasted, it will be more tasty, dry, and increase digestive fire. *Parpat* made by *Mudga* (green gram) is healthy and easy to digest.^[14]

14) *Shashkuli* (Khastapuri)-*Shashkuli* is stuffed dumplings of the paste of medicinal herbs wrapped into leaflets prepared from dough of maida flour and then fried in sesame oil. It is appeased *Pitta* and *Kapha dosha*.^[15]

15) *Panak (Sharabat)* - It is prepared with any *amla* (sour) or *anamla* (another taste excluding sour) fruits. Sugar dissolved in cold water and tamarind, mango, grapes, pineapple, and honey added. *Sharbat, made from unripe mango, enhances taste and refreshes a sensory organ. Sharabat of tamarind pacifies Vata and little increases Pitta and Kapha, which is very tasty and carminative. Sharbat prepared with lemon pacifies Vata, enhances taste and digests the food. It is a drink of nourishment that enhances taste, such as Hrudya (Cardio tonic)* [81][16].

16) Recipes of *Shak (Vegetables)*-^[17]

Rambhashak (Banana fruit): It is very tasty, enhances the intellectual power of the brain, and pacifies Pitta dosha

Vruntakshak (Brinjal) - It is carminative and aphrodisiac and pacifies Tridosha^[13]

Panasphala shak (Jackfruit) is easy to digest, carminative, enhances taste, and pacifies Vata—Pitta dosha.

Sahijanphalapak (Drumstick pods): It is useful in Prameha and eye disease, carminative, and enhances the complexion of the skin.

Tumbiphalpak (Bottle Gourd fruit)- It has a sweet, extraordinary potency.

Chakravarta /Vastuk/ Bathua shak (Lamb's Quarters leaf)-It is easy to digest, sweet, and useful in piles, eye disease and Pitta vikar.

Chanakpatrashak (Chickpea leaf)- It pacifies Pitta and Kapha.

Karvalliphala shak (Bitter Gourd fruit)-Pitta and Kaphashamak.

B) Traditional recipes consumed in different regions of India-

1) Northern Region-

The traditional food recipes of this region are influenced by the surrounding landscape from the Himalayas to the north. Mughalai and Kashmiri cuisines reflect dairy traditions in northern India, for example, dairy products like paneer, ghee, yoghurt, and buttermilk.^[18] Buttermilk helps to digest the food, enhances taste, is easy to digest, has hot potency and is useful in *Shopha* (swelling), *Arsha* (piles), *Pandurog*, *Garavisha* (toxins), and *Udar rog* (diseases related to abdomen).^[19,20] Agricultural harvesting in this region

is spices like cumin, mustard, saffron, grains like wheat, and rice. In Punjab, for breakfast, people mostly prefer to eat Parathas made with desi ghee, Vegetables, Puris (small fried roti) and Lassi (buttermilk).^[18] Roti made of wheat flour is heavy to digest, enhances the taste of the mouth, nourishes *Saptadhatu*, strengthens the body, pacifies Vata dosha, and increases *Kapha*.^[21]

The desert area of the northern regions like Rajasthan, have plenty of pickles and a variety of pulses days^[18]. *Dal-bati –churama*, buttermilk, ghee, and yoghurts are also consumed in Rajasthan due to the dry and hot air climate. So that moisture and smoothness in the body and prevent excess dehydration. Pulses are a rich source of proteins. Cooked dal is *vishtambhakararak*, dry, with astonishing potency. If pulses are roasted and the outer cover of it is removed before cooking, then it will be easy to digest.^[12] *Bati (Angarkarkati)* is easily digestible and aphrodisiac, nourishes the body, increases digestive fire and is useful in respiratory diseases such as *Pinas*, *Shwas*, and *Kasa*.^[21]

2) Southern Region-

This region has a humid climate and sea coastal area. The resulting tropical climate leads to a rice-based diet. Rice has a sweet taste, astonishing potency, is oily, easy to digest, enhances taste and voice, and is a diuretic, and pacifies *Pitta dosha*.^[22] Most dishes are made up of rice and consumption along with coconut, turmeric, chilly, and chutneys. *Idli, Sambar, coconut chutney, Kadubu, Upma, Ambali, Ragi-hurihittu, Enduri pitha* these are some of popular dishes of southern India. These all are grain-based staple foods. All grains have good calorific value, mainly from starch and proteins.

Idli- (steamed rice cakes) are prepared from fermented batter of rice and black gram and then steamed.^[23]

Black gram is heavy to digest, oily, enhances taste, aphrodisiac, increases *Pitta-Kapha* and fat in the body, and pacifies *Vata dosha* to be useful in respiratory diseases and facial paralysis.^[24] Black gram has natural fermentation microflora.^[25] Sour buttermilk is also used for it.^[26] The *Lactobacillus plantarum* and *Lactobacillus lactis* are present in *idli* batter, produc-

ing Vitamin B12 & Beta-galactosidase enzyme, enhancing the probiotic activity.^[27]

Kudubu- (Plate *Idli*) is another type of *Idli*. It is larger in size than the common *idli*.^[28]

Dosa - (seasoned pancake) made up of rice and black gram and sometime also added finger millet & horse gram as a primary ingredient for improvement of nutritional value of *dosa*. It is more digestible and nutritionally dense.^[29] Horse gram has hot potency, pacifies *Vata* and *Kapha dosha*, diuretic and useful in kidney stone, cold, cough, worms, obesity, burning.^[30]

In the state Odisha, the dish *dosa* is also called 'Chakuli'.^[31]

Susupe dosa is another type of *dosa* that is helpful for purification of lactating women's blood.^[32]

Ambali –It is dish of Karnataka and Tamilnadu. It is made up by batter of finger millet flour and water and followed by cooking and fermentation. This fermentation process increases concentration of thiamin, riboflavin, tryptophan and bioavailability of minerals.^[33, 34, 35, 36] It is considered as geriatric food but avoid consumption in winter and rainy season due its cold property.^[37]

Upma is type of porridge made by rice and it also popular dish.^[14]

Ugadipachadi is another south Indian dish made up by mango and jaggery is consumed on traditional 'New year' day and it has laxative effect.^[18]

Sunniundalu is dish made by barley, rice, jwar and it is curative urinary tract infection.^[18] Barley having astringent and sweet taste, cool potency, scraped excess fat, dry, heavy to digest, gives stability, enhance voice and useful in mental health and diarrhea, fever, respiratory disorders.^[38]

Sambar, *Rassam* made up by pulses, sour ingredients and some spices. Coconut is easily available so its chutneys as well as curries are more consumed in Kerala. The recipes mostly prepared with coconut oil or milk.^[18] Coconut oil is sweet, cool potency, easy to digest, aphrodisiac, cardio tonic, pacifies *Pitta* and useful in thirst. Coconut contain protein, calcium, oil, phosphorus, iron, vitamin C and B₁.^[39]

Ragihurhittu is flour popped finger millet. It is rich in dietary fibers and nutrients.

Enduri pitha is a flavoured cake prepared during the prathamashanti festival in Odisha.^[28]

Due to coastal region sea food like variety of fish, crabs are also consumed in Goa and Kerala.

3) Eastern Region-

This region has a humid climate and extensive rivers and lakes. Fish is a very popular food, and a variety of sweets are also consumed. The *Rasgolla*, *Gulab jamun*, *Sandesh* are popular sweet dishes of west Bengal. Fish made with yoghurt and spices.^[18]

4) Western region-

In western region of India people consumed vegetarian as well as non- vegetarian food. The kokan is a coastal area of Maharashtra and people consumed fish, meat, coconut, dry fruits, mango due to the seasonal availability. The various grains, pulses, fresh fruits, sweets also consumed. "kadhi" (*kwathita*) made by kokam, curd, besan is famous dish of kokan region. Kadhi is easy to digest, tasty, increases digestive fire, pacifier of *Kapha* and *Vata* and useful in constipation.^[40] Kokam having sour taste, hot potency, *sharabat* of ripe fruit useful in *Pittaj vikar*.^[41] The *Vada* made by bengal gram flour (*besan*) is called 'Vesanvatika/ Fulauri'. It is deepened into that *kadhi*. This *besan vada* is very tasty, strengthen, heavy to digest.^[42]

Sweets like *Puranpoli*, *Bundi* and *MotichurLaddu*, *Jalebi*, *Modak*, *Besanbarfi*, *Coconut barfi*, *Shrikhand*, *Kheer*, *Amrakhand* are popular dishes of Maharashtra^[18]

Puranpoli- It is also called *Pupalika/Goundika* in ayurveda. It is made up with dough of wheat flour, salt, turmeric powder, water and ghee and then stuffed it with cooked gram flour, jaggery or sugar, ghee, cardamomum, (dry ginger). It is nourishing the body.^[43]

Bundi laddu (*mudgamodak*) made by green gram. It is easy to digest, pacifies *Tridosha* in body, tasty, sweet, cool, strengthen the body, useful in fever, healthy for eyes. *Motichurladdu* made by bengal gram flour (*besan*), and it is easy to digest, cool, paci-

fier of *Pitta*, *Kapha* and *raktavikar*, increases little *Vata* in body. [44]

Jalebi (kundalini) enhances taste and texture of skin, aphrodisiac, strengthen sensory organ [44].

Shrikhand /Rasala is a processed yoghurt with some aromatic spices like *kesar* (Saffron), cardamomum, *dalachini*, *adraka* (ginger), and *shunthi* (dry ginger). Mix all the above ingredients and strain through a clean cloth in a new jar. It is aphrodisiac, smooth, sweet, calm, and pacifies *Vata Pitta's* valuable dosha in thirst, burning, and cold. [8] *Amrakhanda* is like *shrikhanda* but flavoured with mango pulp.

Modak is a recipe made at Maharashtra's 'Ganesh Chaturthi' festival. It is stuffed dumplings with coconut and sugar paste, jaggery filling, dry fruit powder, and dry ginger. Cardamomum is wrapped into leaflets prepared from a dough of wheat flour or rice flour and steamed and eaten with ghee. [45]

Dhokala, *Phaphada*, and *Khichadi* are famous Gujarati dishes prepared with pulses. Pulses are very essential as a source of protein. *Dhokala* is prepared from the fermentation of Bengal gram and rice and steamed. [18,46] Bengal gram has an astringent taste, is dry, easy to digest, increases *Vata dosha* and pacifies *Pitta-Kapha* and *Rakta vikar*. [47] The antioxidant property of this fermented *dhokala* helps cure age-related and oxidative stress-induced degenerative diseases. [23]

DISCUSSION

The recipes mentioned in Ayurveda literature are very similar to traditional recipes made in different regions of India. Traditional recipes are made from grains, pulses, meat, dairy products, and vegetables with nutritious and medicinal properties. It is also called 'functional food' because it contains functional components which are helpful in weight management and blood sugar levels and support immunity. This functional property is enhanced by processing techniques such as sprouting, malting, and fermentation. [48] Fermentation of *Idli* batter improves the nutritional and protein efficacy value. [49] A homofermentative lactic acid bacterium, *Streptococcus faecalis*, regulates the acidity of the batter. [50] The fermenta-

tion of *Dosa* increases may lead to increases in the protein content in it. [37] *Ambali* is considered a senior food because of its high calcium content and low starch resistance in finger millet. [37] Many traditional Indian grain products may contain higher amounts of resistant starches [51]. *Ragihurhittu* is composed of slow cell wall degradation components, which are helpful in preparation of fiber rich food. [52] Black gram proteins are deficient in methionine and cysteine amino acids; this lowers the biological value of proteins, and fermentation enhances the nutritional quality of the blend of black gram and rice. [53] The traditional food In India there is the "Thali" method i.e all food items are served simultaneously on an individual serving tray. According to Ayurveda, *Shadarasaahar*, all taste diets should be included in the serving tray. It maintains your health. Only one taste of food consumed daily is a health hazard. [54] So, *thali* consists of a typical meal prepared from grains and pulses, salad or raitas, papad, pickles, and chutney. They are a source of carbohydrates, proteins, albumin, fat, and different vitamins, which strengthen the body, produce energy to perform daily work, and enhance the sensory organs. Certain lactic acids and moulds have been found to produce antibodies and bacteriocins. The substances in traditional fermented foods have been found to have a protective effect against certain types of cancer. After eating a meal, commonly use a breath freshener and digestive aid called *Paana*. Betel leaf has kashaya (astringent), tikta (bitter) and katu (pungent) taste, is fast digested, has hot potency, eliminates the lousy odour of mouth and cleans it, and is beneficial for digestion, *kaphaj vikar*, and enhances the taste. Betel leaf contains aromatic volatile oil in which one carbolic acid 'Chavicol' is present and has antiseptic properties. [55] *Paana* is prepared with betel leaves, lime paste, *khadirsara* (kattha), betel nuts, clove, and cherry. Nowadays, many additional ingredients are used in the preparation of *Paana* to increase flavour and taste. Roasted or without roasted Fenugreek, it is also taken after a meal with added *Saindhav* salt. Flavored coated fenugreek in various forms is also available in the market. Some people consume butter milk after or

after meals, which has digestive properties. Some are eaten as *Amala* candy (Indian gooseberry coated with sugar syrup). It is also helpful in digestion, especially in *Pittavikar*, and is one of the ingredients in the *Triphala* powder formulation.

CONCLUSION

Many traditional recipes have various medicinal benefits for a healthy life. It is also recognised as a functional food. Traditional diet recipes are very similar to Ayurveda *Ahar kalpana* (diet recipes). Traditionally, Indian cooking has been handed down from generation to generation of human beings by demonstrations and orally. It is essential to compile and promote the authenticated processing and preservation method of various traditional recipes for their nutritional value and to understand the benefits scientifically. So that people become more aware of its nutritional and therapeutic benefits to a more significant extent in the recent globalization era. Modern methods like Hazard Analysis and Critical Control Points (HACCP) are also essential to assure food safety so that commercially, traditional food has more advantages.

REFERENCES

1. Dr Bramhanand Tripathi, Charak samhita, Sutrasthan, Chaukhamba surbharati publication, the year 2008. P.238.
2. Dr. Bramhanand Tripathi, Charak samhita, Sutrasthan, Chaukhamba surbharati publication, year 2008, P.500.
3. T. Mamta, P. Anurag, C. Poonam, G. Pawankumar, G. A. Kumar. Ayurvedic approach for management of ageing-related disorder. Int J Res Ayurveda Pharma, 4 (2013).P.27-30.
4. Srikanth N. Pathya-Apathya (do's & don't's) ayurvedic advocacy on conducive diet and lifestyle in health and disease. Conference certificate course in health promotion through Ayurveda and Yoga.
5. Egonlety M & Aworh OC. Effect of soaking, dehulling, cooking and fermentation with *Rhizopus oligosporus* on the oligosaccharides, trypsin inhibitor, phytic acid and tannins of Soybean (*Glycine max* Merr.) cowpea (*Vigna unguiculata* L. Walp) and ground bean (*Macrotylomegeocarpa* Harms). J Food Engin 2003; 56: P.249-54.
6. Dr Bramhanand Tripathi, Charak samhita, Sutrasthan, Chaukhamba surbharati publication, year 2008. P.531.
7. Pro. Krushnachanda Chunekar. Bhavaprakash Nighantu, Krutanna varga, Chaukhamba Bharati Academy, edition 2010, P.709-730.
8. Dr Bramhanand Tripathi, Charak samhita, Sutrasthan, Chaukhamba Surbharati publication, the year 2008. P. 531-535.
9. Acharya Shriradhakrushna Parashar, Sharangdhar samhita, Swati enterprise, edition March 1984. P. 222-224.
10. Acharya Balkrushna. Ruchivadhugalaratnamala, Divyaprakashana, edition 5 Jan. 2014, P.8.
11. Dr. Bramhanand Tripathi, Ashtanghrudya, Sutrasthan, Chaukhamba surbharati publication, P.92-95.
12. Pro. Krushnachanda Chunekar. Bhavaprakash Nighantu, Krutanna varga, Chaukhamba Bharati Academy, edition 2010, P.709-710.
13. Pro. Krushnachanda Chunekar. Bhavaprakash Nighantu, Krutanna varga, Chaukhamba Bharati Academy, edition 2010, P.719.
14. Pro. Krushnachanda Chunekar. Bhavaprakash Nighantu, Krutannavarga, Chaukhamba Bharati Academy, edition 2010, P.714.
15. Pro. Krushnachanda Chunekar. Bhavaprakash Nighantu, Krutannavarga, Chaukhamba Bharati Academy, edition 2010, P.722.
16. Pro. Krushnachanda Chunekar. Bhavaprakash Nighantu, Krutannavarga, Chaukhamba Bharati Academy, edition 2010, P.725-726.
17. Dr. Indradev Tripathi. Pakadarpan, Chaukhamba Sanskrit Bhavan publication, edition 4. Vi.Sa. 2076, P. 33-60.
18. T. Krishnakumar. Traditional Foods of India. DOI:10.13/40/R.G.2.2.18647.11684.P.6.
19. Dr Bramhanand Tripathi, Charak samhita, Sutrasthan, Chaukhamba Surbharati publication, the year 2008. P.527.
20. Pro. Krushnachanda Chunekar. Bhavaprakash Nighantu, Takravarga, Chaukhamba Bharati Academy, edition 2010, P.754-756.
21. Pro. Krushnachanda Chunekar. Bhavaprakash Nighantu, Krutannavarga, Chaukhamba Bharati Academy, edition 2010, P.712-713.
22. Pro. Krushnachanda Chunekar. Bhavaprakash Nighantu, Dhanyavarga, Chaukhamba Bharati Academy, edition 2010, P. 623.
23. K. N. Agrawal, S. K. Bhasin. Feasibility studies to control acute diarrhoea in children by feeding fer-

- mented milk preparations. Actimel and Indian Dahi. Eur J Clin Nutr, 56(Suppl 4) (2002), P. 556-559.
24. Pro. Krushnachanda Chuneekar. Bhavaprakash Nighantu, Dhanyavarga, Chaukhamba Bharati Academy, edition 2010, P.631.
 25. Acharya K.T. Indian Food: A Historical Companion. Delhi: Oxford University Press; 1994.
 26. R. Radhakrishnan Murty, H.S. Desikachar, M. Srinivasan, V. Subrahmanyam. Studies on Idli fermentation. II. Relative participation of black gram flour and rice semolina in the fermentation. J Sci Ind Res (c), 20 C (1961), P. 342-345.
 27. B. K. Iyer, R. S. Singhal, L. Ananthanarayan. Characterisation and in vitro probiotic evaluation of lactic acid bacteria isolated from Idli batter. Food Sci Technol, 50 (2013), P.1114-1121.
 28. Preetam Sarkar, L. Kumar DH, C. Dhumal. Traditional Ayurvedic Foods of Indian origin. Journal of Ethnic Foods, Vol.2, issue 3, Sep. 2015, P.97-109.
 29. B.D. Palanisamy, V. Rajendran, S. Sathyaseelan, R. Bhat, B.P. Venkatesan. Enhancement of Nutritional value of Finger millet-based food (Indian dosa) by co-fermentation with Horse gram flour. Int J Food Sci Nutr, 63 (2012), P. 5-15.
 30. Pro. Krushnachanda Chuneekar. Bhavaprakash Nighantu, Dhanyavarga, Chaukhamba Bharati Academy, edition 2010, P.638.
 31. A. Roy, B. Moktan, P.K. Sarkar. Traditional technology is used to prepare legume-based fermented foods of Orissa. Indian J Tradit Knowl, 6 (2007), P.12-16.
 32. S. Hegade, N. Yenagi, B. Kasturiba. Indigenous knowledge of the traditional and qualified Ayurveda practitioners on the nutritional significance and use of red rice in medicine. Indian J Tradit Knowl, 12(2013). P. 506-511.
 33. Y. Deosthale, V. Mohan, K.V. Rao. Varietal differences in protein, lysine and leucine content of grain Sorghum. J Agric Food Chem, 18 (1970), P. 644-646.
 34. Mithi- Mwikyas, Ooghe W, Van camp J, Ngundi D and Hughebaert. Amino acid profiles after sprouting, autoclaving and lactic acid fermentation of Finger millet (Eleusinecoracan) and Kidney beans (Phaseolus vulgaris L.) J Agric Food Chem 2000; 48;3081-5.
 35. Alia S and Geer vanip. An assessment of the protein quality and Vit. B content of commonly used fermented products of legumes and millets. J Sci Food Agric 1981; 32: P.837-42.
 36. Sripriya G, Antony U, Chandra J. Changes in carbohydrates, free amino acids, organic acids, phytate and HCL extractability of minerals during germination and fermentation of Finger millet (Eleusinecoracana), Food chem 1997; 58:P.345-50.
 37. Mangala SL, Malleshi NG, Tharanathan RN. Resistant starch from differently processed rice and ragi (Finger millet). Eur Food Res Technol 1999; 209:P.32-7.
 38. Pro. Krushnachanda Chuneekar. Bhavaprakash Nighantu, Dhanya varga, Chaukhamba Bharati Academy, edition 2010, P.628.
 39. Pro. Krushnachanda Chuneekar. Bhavaprakash Nighantu, Amradiphalavarga, Chaukhamba Bharati Academy, edition 2010, P.547.
 40. Pro. Krushnachanda Chuneekar. Bhavaprakash Nighantu, Krutannavarga, Chaukhamba Bharati Academy, edition 2010, P.717.
 41. Pro. Krushnachanda Chuneekar. Bhavaprakash Nighantu, Amradiphalavarga, Chaukhamba Bharati Academy, edition 2010, P.588.
 42. Pro. Krushnachanda Chuneekar. Bhavaprakash Nighantu, Krutannavarga, Chaukhamba Bharati Academy, edition 2010, P.718.
 43. Acharya Balkrishna. Bhojankutuhalam, pratham-paricched, Divyaprakashana, ISBN-978-81-89235-90-1, P.49.
 44. Pro. Krushnachanda Chuneekar. Bhavaprakash Nighantu, Krutannavarga, Chaukhamba Bharati Academy, edition 2010, P.723-724.
 45. Acharya Balkrishna. Ayurved Mahodadhi (Sushena Nighantu), Pakvannaguna varga, Patanjali-Divyaprakashana, ISBN-978-81-89235-91-5, P.95-102.
 46. Stein Kraus K. Handbook of Indigenous fermented foods. 2nd edition. Boca Ratan: CRC Press; 1995.
 47. Pro. Krushnachanda Chuneekar. Bhavaprakash Nighantu, Dhanyavarga, Chaukhamba Bharati Academy, edition 2010, P.636.
 48. Hotz C and Gibson RS. Traditional food-processing and preparation practices to enhance the bioavailability of micronutrients in plant-based diets. J Nutr 2007; 137:P.1097-100.
 49. Reddy NR, Sathe SK, Pierson MD & Salunkhe DK. Idli, an Indian fermented food: A review. J Food Quality 1982; 5:89-101.
 50. Mukharjee SK, Albury MN, Pederson CS, Vanveen AG & Steinkraus KH. Role of Leuconostoc mesenteroides in leavening the batter of Idli, an Indian fermented food: A review. J Food Quality 1982; 5: 89-101.

51. Nigudkar MR. Estimation of resistant starch content of selected routinely consumed Indian food preparations. *Curr Res Nutr Food Sci*, 2 (2014), P. 73-83.
52. Subba Rao MV & Muralikrishna G. Carbohydrates & their degrading enzymes from native and malted finger millet (Ragi, *Eleusinecoracana*, Indaf -15). *Food Chem* 2000; 69:175-80.
53. V. Pandhye, D. Salunkhe. Biochemical studies on black gram (*Phaseolus mungo* L.) seeds: amino acid composition & subunit constitution of fractions of the proteins. *J Food Sci*, 44 (1979), P. 606-614.
54. Dr. BramhanandTripathi, *Charak samhita*, Sutrasthan, Chaukhamba surbharati publication, year 2008. P. 454.
55. Pro. Krushnachandachunekar. Bhavaprakash Nighantu, Guduchyadi varga, Chaukhamba Bharati Academy, edition 2010, P.260.

Source of Support: Nil

Conflict of Interest: None Declared

How to cite this URL: Vaishali khatale et al: Traditional diet recipes of India and its importance in Ayurveda- A Review. *International Ayurvedic Medical Journal* {online} 2024 {cited August 2024} Available from: http://www.iamj.in/posts/images/upload/1449_1457.pdf