CHARKOKTA MAMSAVARGA - AN ELABORATIVE STUDY

Jayveer Singh Solanki

Assistant Professor Department Of Samhita Siddhant,
Dr. Pandit Shivsktilal Sharma Ayurvedic Medical College, Ratlam Madhya Pradesh, India

Email: drjayveers@gmail.com

ABSTRACT

Ahara is considered as base of life. Owing to its importance *Acharya Charaka* classified the food articles into 12 groups on the basis of their various properties and utilities. *Mamsavarga* is unique out of them, as all the other groups belong to vegetarian category. In *mamsavraga* animals are grouped as per their habit and habitats with the intention for categorical therapeutic uses, which is unique and different from contemporary animal classification. According to sample registration system baseline survey 2014 released by the registrar general of India, 71 % of Indians over the age of 15 are nonvegetarian and this percentage is more over worldwide but due to lack of awareness about quality and quantity of *mamsa* which they eat, people may fall into various diseases. On the other hand appropriate use of *mamsa* of various animals as described in *mamsavarga* can be helpful to accomplish both prevention and cure of the diseases. In this study *mamsavarga* is specifically categorized as per the qualities such as *brahmana* (nourishment) and its various therapeutic uses which facilitate people to use *mamsa* of various animals according to their nature (*Prakriti)* and convenience.

Keywords: *mamsa, ahara, brahmana* (nourishment), animal classification

INTRODUCTION

Ahara is one among three pillars of life. All the happiness and misery depend on its wholesomeness and unwholesomeness. If *pathya* is taken then no need of medicine and if *apathya* is taken there is no use of medicine. Both in health as well as in disease state, food play an important role. *Acharya charaka* classified the food articles into 12 groups on the basis of their various properties and utilities. This are *sukadhanya* (corns), *samidhyanya* (pulses), *mamsa* (meat), *saka* (vegetable), *phala* (fruit), *harita* (greens), *madya* (wine), *ambu* (water), *gorasa* (milk & its products), *ikasu vikara* (sugarcane & its products), krtanna (cooked food) and *aharopayogi* (adjuvant of food) respectively[1,2]. *Mamsavarga* is unique out of them, as all the other groups belong to vegetarian category. In this classification there are 158 animals are classified in as per their habit and habitats with the intention for categorical therapeutic uses which is unique and different from contemporary animal classification.

Table 1*: mamsavarga division* [3, 4]

S.no.	Types	No.	Modern classification [5]	characteristics	examples
1	Prasaha	29	Mammals - 18 Birds - 11	Animals who take their food by snatching	Bear, wolf, monkey, Fox, dog etc.
2	Bhumisaya	13	Mammals -6 reptile -6 amphibian-1	Those which lives in burrows	Python,frog, mongoose etc.
3	Anupa	9	Mammals - 9	Residing in marshy lands	Buffalo, elephant, Yak, rhinoceros etc.
4	Varisaya (Jalaja)	11	Mammals -3 rest are fishes, Mollusca etc.	Those which live in water	Fish, crocodile, Crab, tortoise etc.
5	Varicara (Jalacara)	28	Birds - 28	Those which move in water	Swan, crane, skimmer etc.
6	Jangala	17	Mammals - 17	Residing in dry land forests	Deer, sheep etc.
7	Viskira	21	Birds - 21	Disperse food before taking it	Quail, peacock, partridge etc.
8	Pratuda	30	Birds - 30	Strike at food article before taking it.	Pigeon, koel, bulbul etc.

In this division some animals like sheep and goat are not grouped in any particular category as they found both in *anupa* and *jangala desha*. According to their habitats various properties of their *mamsa* like *rasa, guna* and *karma* is given below.

Table 2: Properties of *mansavarga* [6, 7] –

Varga	Rasa	Guna	Dosh karma	Other karma
Prasaha, Bhushya, Anupa, Jalaja, Jalacara	*Madhura*	*Guru, usna, snighda*	*Vata Kappa Pitta*	*Varsya, brahman balavrdhka, upachya vardhka*
Viskira, Jangala, Pratuda	*Madhura, kasaya*	*Laghu,sita*	*Sannipata*	*Varsya, balya, Brahman*

Mamsa in today's scenario -

According to sample registration system (SRS) baseline survey 2014 released by the registrar general of India,71 % of Indians over the age of 15 are nonvegetarian and this percentage is more over worldwide. In India, 95% of goat meat produced is consumed locally. Pork (meat derived from pigs) is the most widely eaten meat in the world accounting for over 36% of the world meat intake. It is followed by poultry (chickens) about 35% [8].The qualities of meat of most commonly used animals according to Ayurveda and other sciences are given below.

Table 3: Properties of *mamsa* of some animal [9, 10] –

Animal	Guna	Dosha karma	Other karma	
Aja (goat)	Neither to cold in potency nor too havey	Does not vitiate any dosa	Homologous to body mamsa	Bramhan
Kukkuta (cock)	Unctuous, hot in potency	Alleviates vata	Produce sweating, promotes strength	Aphrodisiac, nourishing

Varaha (Pork)	Unctuous, heavy	Alleviates vata	Produce sweating, promotes strength	Aphrodisiac, nourishing

Table 4: Nutrient Composition of some Meat [11] -

Nutrient	Calories Per 3 oz.(85.04gm) of cooked meat	Fat (g)	Saturated Fat (g)	Protein (g)	Cholesterol (mg)	Iron (mg)
Goat	122	2.6	0.79	23	63.8	3.2
Chicken	162	6.3	1.7	25	76.0	1.5
Pork	180	8.2	2.9	25	73.1	2.7
Lamb	175	8.1	2.9	24	78.2	1.4

***Brahmana* (nourishment) property of mamsa –**
Substance that is used for Brimhana (nourishing) karma possesses heavy, cold, soft, unctuous, thick, gross, slimy, sluggish, stable and smooth qualities[12] . Most of the animal's *mamsa* also have qualities like heavy, cold, soft and unctuous.

Table 5: protein contents of some foods [13]

Food	Protein (gm. per 100 gm. of food)
Milk	3.2 -4.3
Meat	18-26
Egg	13.0
Fish	15-23
Cereals	6-13

Pulses	21-28
Vegetables	1-4

On analyzing protein contents of some foods, apart from having high quantity of protein mamsa also have essential amino acids, unsaturated fatty acids, various vitamins and minerals which make it highly nutritive food, which helps to get ideal body built.

Various other aspects of *mamsa* –

1. *Mamsa according to season* – In winter *mamsa* of Aquatic, marshy animals which are fatty and in summer & rainy season animals & birds of aired climate to be used.

2. *Mamsa as non-compatible diet* –

Table 6*: Mamsa* as non-compatible diet[14]

Mamsa	Other food material	Reason not to be taken
Fish	Milk	Obstruct channels, vitiates the blood
Domestic ,marshy, aquatic animals	honey, jaggery, milk, radish, sesamum, black gram	Deafness, blindness, tremors, dumbness, even death
Pigeon (fried in mustard oil)	Milk & honey	Obstruct channel, dilate blood vessels, disease of throat, even death
Parakeet	fried in mustard oil	Aggravate pitta
Crane	Varuni & kulmasa	Sudden death
Pork	Hot things	Vitiates dosa

3. *Mamsa in various diseases* – In *prameha, kustha, visarp, vatasonita, udar roga ,hikaa, sawasa* and *kasa mamsa* of *jangala, viskara, pratuda* are indicated as *pathya* whereas *Prasaha, bhushya, Anupa, Jalaja, Jalacara mamsa* are as *apathya*.

DISCUSSION

The division of food articles in 12 groups and division of *Mamsavarga* into eight types is unique classification by *Acharya Charaka*. Out of eight divisions *Varicara, Viskira, Pratuda* have birds' *anupa & jangala* have mammals and *Prasaha, Bhumisaya, Varisaya* have mammals, birds & other animals in their groups

which shows diversity of their habit and habitats. *Prasaha, bhumisaya, Anupa, Jalaja, Jalacara* mamsa are *heavy* and *Viskira, Jangala, Pratuda* mamsa are *light in digestion.* So according to *agnibala* a person should take *mamsa*. In winter season as person has good digestive power so aquatic, marshy animals which are fatty in nature, their *mamsa* should be used on the other hand in summer & rainy season Animals & birds of aired climate which are light & easy to digest should be used.

Goat meat due to its properties of low calorie, total fat, saturated fat and cholesterol has been considered as the ideal red meat, whereas it is also regarded best therapeutic meat in *rajayaksma*[15]. *Cock, Partridge* etc. are also advised in various disease conditions like *hikka, swasa and kasa. Brahmana* (nourishment) property of mamsa is explained on the basis of *samanya siddhant* and with help of other content like protein with essential amino acids, unsaturated fatty acids, various vitamins and minerals which make it highly nutritive food. Like *fish* with *milk* there are many other examples of various *Mamsa as non-compatible* with other food items due to various reasons like vitiation of dosha, Obstruct channel, dilates blood vessels etc. So person must take care of compatibility of *mamsa* with other food which has taken along with *mamsa*.

CONCLUSION

In *mamsavarga* animals are grouped as per their *habit and habitats* with the intention for categorical *therapeutic uses*, which is unique and different from contemporary animal classification. High protein contents with essential amino acids, unsaturated fatty acids, various vitamins and minerals which make it highly nutritive food, which helps to get ideal body built but due to lack of awareness about quality and quantity of *mamsa* which people eat they may fall into various diseases. On the other hand appropriate knowledge of *mamsa* of various animals as describe in *mamsavarga,* facilitates people to use *mamsa* of various animals according to their nature (*prakriti*), need and convenience.

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