

Medicinal properties of food grains, pulses, vegetables, fruits and spices

Preface

The word 'Ayurveda' means the 'Veda of life', that is, knowledge about life. Sages like Charak and Sushrut have always insisted that whatever information and knowledge are available for a useful and happy life should be incorporated in Ayurveda. All medical sciences should be considered as branches of Ayurveda.

Modern medicine provides detailed information on the functions of proteins, fats, carbohydrates, Vitamins, minerals and water and their quantity in every food item. It describes in detail the ill-effects of consuming these food items inadequately or excessively. It also describes a balanced diet and the proportion in which various food items should be included in the diet.

Another special feature of Ayurveda is that it has studied in depth, the qualities of each food item and their effects on the three doshas namely Vata, Pitta and Kapha, tissues like body fluids, blood, etc. and organs like the heart, brain, etc. Ayurveda accords an equal or rather a greater importance to diet than medication in ailments; hence, a Vaidya advises observance of dietary restrictions to maintain good health in every individual and to cure the patient. It emphasises that a patient may not take medication but he should certainly observe dietary restrictions. The reason is that one takes medicines in small doses of a teaspoonful or a tablet; however, food is consumed in a large quantity.

Ayurveda has classified food items and has stated the most beneficial and most harmful food item in each class.

To facilitate handling of this Text, it has been divided into two volumes for the sake of convenience of the readers. The science of dietetics will be understood totally only after reading both these volumes. This Text is useful not only to Vaidyas, doctors and students but to every individual. If one takes diet by studying this book, one can enjoy a long, healthy, useful and happy life.

Deity Vishnu is the Deity of food. We fervently pray unto Deity Vishnu to bless everyone with the best possible food so as to make physical, mental & spiritual progress and through it enjoy the Bliss of the divine nectar.

- Authors

Index

Chapter 1 : Cereals		
1. Bajra	2. Barley 3. Jowar	15
4. Maize	5. Panivaragu (vari)	18
6. Ragi	7. Rajgira 8. Rice (raw)	18
9. Red rice	10. Parboiled rice	22

11. Rice and mung dal kanji	12. Flattened rice	23	
13. Puffed rice	14. Wheat	23	
Chapter 2 : Pulses and legumes		27	
1. Bengal gram	2. Black gram	28	
3. Cow peas	4. Field bean	30	
5. Green gram	6. Horse gram	31	
7. Lentil	8. Moth bean	9. Peas	33
10. Red gram	11. Soya bean	35	
Chapter 3 : Leafy vegetables		39	
1. Amaranth (Tender)	2. Ambat chuka	40	
3. Bathua leaves	4. Brahmi	41	
5. Cabbage	6. Chakvat	42	
7. Colocasia leaves	8. Coriander leaves	44	
9. Fenugreek leaves	10. Fetid cassia	46	
11. Lettuce	12. Mint	47	
13. Shatavari	14. Spinach	48	
15. Amaranthus spinosus		50	
Chapter 4 : Tubers (Root vegetables)			
1. Arrowroot	2. Beet root	3. Carrot	52
4. Colocasia	5. Onion	6. Potato	54
7. Radish	8. Sago	9. Sweet potato	56
10. Tapioca	11. Water chestnut		59
12. Yam	13. Lotus seeds		60
Chapter 5 : Fruity vegetables		64	
1. Ash gourd	2. Bottle gourd		64
3. Bitter gourd	4. Brinjal		65
5. Cucumber	6. Drumstick	7. Ghosale	67

8. Kankoda	9. Kovai	10. Lady finger	69
11. Banana flower	12. Banana stem		72
13. Pumpkin	14. Ridge gourd		73
15. Snake gourd 16. Tomato (raw)			74
Chapter 6 : Fruits			77
1. Ambada	2. Amla	3. Apple	79
4. Pummelo	5. Bijapur	6. Berries	81
7. Bhavya	8. Kokam	9. Tarbuj	83
10. Karonda	11. Lemon	12. Sweet lime	84
13. Mango (ripe) 14. Orange 15. Pear			85
16. Pineapple 17. Pomegranate 18. Woodapple			89
19. Zizyphus	20. Bel fruit	21. Fig	91
22. Jambu	23. Phalsa	24. Watermelon	95
25. Banana (ripe) 26. Musk melon			97
27. Chibud	28. Toddy fruit	29. Grapes	98
30. Ripe papaya	31. Guava		102
32. Jackfruit	33. Sleshmatakaphal		103
34. Bullock's heart	35. Custard apple		106
36. Tamarind	37. Dates	38. Kharik	108
Chapter 7 : Spices and condiments			111
1. Asafoetida 2. Fennel seeds			111
3. Cardamom (green / small) 4. Chili			112
5. Clove	6. Common salt	7. Coriander	115
8. Cumin seed 9. Curry leaves			116
10. Fenugreek seed 11. Garlic			118
12. Ginger	13. Holy basil	14. Mango	120
15. Mustard	16. Nutmeg	17. Omum	124
18. Pepper	19. Tamarind	20. Turmeric	127

