



Review Article

## ANCIENT CULINARY SCIENCE (*SOOPA SHASTRA*): IT'S USEFULNESS IN TODAY'S ERA IN HEALTH POINT OF VIEW

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### ABSTRACT

The role of *Ahara* is very important in human life. It is called sustenance of life which Acharyas refer as *Traya upstambha* that implies support of life. Acharya Charaka has mentioned the three supports of life, as food (*Ahara*) intake, sleep (*Nidra*) and observance of celibacy (*Brahmacharya*). In these three components *Ahara* is very important because it is *Panchabhautika*, human body is *Panchabhautik* and whatever diseases are caused also *Panchabhautika* and therefore our body would be formed as what we consumed food articles. Gradually human beings started taking cooked food items from raw food materials due to advancement of civilization. Later on because of evolution of food items, people used to consume varieties of cooked food items with enhanced nutrition and taste. Therefore *Ahara paka* process is very important for healthy human life. There are many methods of *Ahara paka* mentioned in *Ayurveda Shastra*. After cooking the quality of food item is transformed to a new improved quality from its original quality and this phenomenon is known as *Samskara* (food processing). That's why we can say that *Ahara* cooking (*Soopa Shastra*) method is an important art which changes quality of our diet accordingly as desired by us in terms of taste, nutrition, health condition and also according to seasonal variations. Therefore *Ahara paka* plays an important role in keeping people healthy and helps in treatment of ailing conditions and so *Ahara paka* method is very essential for day to day life. In this research work we have collected the various classical food items along with ingredients, method of preparation, quality and uses in various health conditions described in *Brihatrayee, Laghutrayee* and different other classics which will be benefited in different context of uses.

### INTRODUCTION

Food is assumed to be of utmost importance among the three basic needs of human life as compared to other two viz., clothing and shelter. The role of food is evident in constituting growth and development of all living beings. The science upon the food substances is also equally important. Indians had realized this significant role of food in human life even in the early phases of their development.

The concept of deification of food can be seen even in the *Annasukta* of *Rigveda* for the glorification of various food articles. The *Sanskrita* sources of ancient India indicate eminent contributions in the field of dietetics (*Pathyapathya nirnaya*), in the science of cooking (*Pakasastra*) and art of cooking (*Pakakala*).

Ayurveda, the ancient Indian medical science has given extreme importance to diet as it has been included in *Traya upstambha* i.e., three support of life. *Acharya Charak* has mentioned the three supports of life as intake of food, sleep and observance of *Brahmacharya*. Being supported by these three well regulated factors of life, the body is endowed with strength, complexion, growth and continues until the full span of life provided a person does not indulge in such regimen as are detrimental to health.<sup>[1]</sup> *Ahara* is most important for the survival of living beings and also increases the body strength and *Oja* (immunity)<sup>[2]</sup>.

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Among the three *Upstambha*, *Ahara* is considered foremost one because it helps in the formation of *Rasa*, *Vatadi doshas*, *Sapta dhatus* and *Mala*. One can't survive without food and food is said to be the root cause of sustenance of *Prana* (life). All living beings in the universe require food for complexion, clarity in voice, longevity, happiness, satisfaction, nourishment and intellect are conditioned by food.<sup>[3]</sup> Moreover food nourishes the body, produces strength, holds the body and enriches *Ayu*, *Teja*, *Utsaha*, *Smriti*, *Oja* and *Agni*.<sup>[4]</sup>

### History of Pakashastra

The *Soopa shastra* is one of the earliest works exclusively on the subjects of south Indian cookery. The first term, *Anna* come from the *Annasukta* of Rigveda 1500 BC.

### Cookery Traditions of India

*Soopa shastra* 1508 AD

*Bhojan Kuthoohala* 1670 AD

*Shiva tatva Rathnakara* 1700 AD

*Pakashastra* refers to the "science & art of cooking" as explained in the *Bhojanakutuhala* a 17<sup>th</sup> century work dealing with the ancient Indian principles of dietetics and culinary art.

### Bhojanakutuhala in Ayurveda

It is a typical *Sanskrita* work which deals with the principles of dietetics and culinary art (*Soopa Shastra*). This work is composed in the 17<sup>th</sup> century C.E. It is authored by Raghunatha Ganesa Nava Hasta, a Maratha Brahmin. The text compiles many pre-existing knowledge and ideas regarding food and cooking described in Sanskrita texts of the ancient period (upto 5th century C.E.) in comprehensive manner. *Bhojanakutuhala* of Raghunatha surin and Paakdarpana of king Nala which discuss exclusively the topics dietetics and culinary art are introduced in the third chapter. Content and analysis of the work *Bhojanakutuhala* has been done in the fourth chapter. Fifth chapter reflects dietetic aspects and the sixth chapter mainly discusses the preparation of various dishes.

### Soopa shastra of Mangarasa 1508 (AD)

*Soopa shastra* is an exclusive text on vegetarianism. The text is composed in *Vardhak shatpadi* a metrical form employing six lines per verse and this *Soopa Shastra* is arranged in 6 chapters comprising 358 *Slokas*. Mangarasa 3<sup>rd</sup> started his work stating that food is for nourishing the body and nine parts of plants viz., tree, shrubs, grass, creeper, tuber, stalk, leaf, flower and fruit are good for a healthy vegetarian diet. The six chapters of *Soopa shastra* are devoted to breads, snacks, drink, rice, curries and other dishes made of bamboo shoot and *Myrobalan* (*Amlaki*). The ingredients and cooking methods are

described in great details and even the types of utensils and ovens needed are described.

The first chapter describes the preparation of thirty five breads, sweet and snacks. The second chapter describes the preparation of various soft drinks salty, sour and sweet in taste. Third chapter is on nine types of *Payas* (pudding) eight types of cooked rice and twenty four types of mixed rice dishes. The remaining three chapters are on dishes made with various vegetables. These include recipes for twenty dishes with eggplant, sixteen dishes with jackfruit, twenty five dishes made with raw bananas and banana flowers. The last chapter contains recipes using bamboo shoots, myrobalan.

Some special type of food preparation such as *Krishra*, *Odan*, *Tapahari*, *Kambalika* etc are mention in *Brihatrayee*, *Laghutrayee* and various text of Ayurveda. So in this article we arranged most of recipe preparation described in various Ayurvedic classics starting from starter, main course and dessert and correlate with modern recipe.

### MATERIALS AND METHODS

1. Method of preparation of different type of recipe or *Ahara* or cuisine in *Samhita* i.e., *Brihatrayee*, *Laghutrayee* and various text of Ayurveda. Different preparation of food have good properties which are used to make a person healthy and also subside the symptoms of diseases are put in the article.
2. Most of the preparation of *Ahara*, described in *Kritanna varga* of *Sushrut samhita*, *Vajikaran chikitsa* of *Charak samhita*, *Ashtang Hridayam* and *Bhavprakash nighantu purva khand* are compiled here. Some food items mentioned in *Sharangadhar samhita*, *Kashyap Samhita* like *Mantha*, *Kambalika*, *Odan*, *Yush* etc are also incorporated here.
3. Documentation of the role of food preparations in the prevention and management of different metabolic disorder is done in this article by arranging various food items in terms of starter, main course, dessert etc along with their ingredients, methods of preparations, qualities and uses.

### REVIEW AND DISCUSSION

As per modern era there are so many recipes which are used in daily routine could be breakfast, lunch and dinner but during lunch and dinner sequentially we use as starter, main course, dessert in each time of meal. The culinary science of modern era is same as the ancient culinary science which is coming from *Veda* and Ayurveda. In cooking processes lot of ideas come from ancient culinary science which are used in modern culinary science in advanced form but there are so many differences of qualities in both culinary sciences. The food prepared by the ancient

culinary science has more good qualities than modern accordingly as per Ayurvedic text and keeping in view  
 culinary science in terms of health and nutrition of its beneficial importance.  
 science. So we described most of food preparation

**Table 1: The type of Dishes, Method of Preparation, Ingredients and their Qualities**

S.No	Food	Ingredient	Method of Preparation	Quality
1.	<i>Tapahari</i> (pulses and grain soup) <sup>[5,6]</sup>	Urad daal, rice, turmeric, ghee, salt, ginger, <i>Hing</i>	Make the <i>Bati</i> of grinded pulse → fry it in turmeric mixed ghee and simultaneously roast washed rice → then add sufficient water and cook it → during cooking mix salt ginger, asofoetida.	It promotes strength, aphrodisiac, nourishing, delicious, heavy
2.	<i>Veshwara</i> ( <i>Mamsa</i> soup) <sup>[7,8,9,10]</sup>	Boneless meat, ghee, rock salt, turmeric, <i>Hing</i>	Take pan and fry turmeric and asofoetida in ghee, then cut the boneless meat into small pieces, after washing and after draining plenty of water, roast slowly in the above pan. When complete water is evaporated from meat it is pounded on stony slab and it is mix with water and again cooked.	It is heavy in nature, unctous, promotes strength and allays disorders of <i>Vata</i>
3.	<i>Sharbaat</i> <sup>[11]</sup>	Sugar, normal water, cardmom, clove, camphor and <i>Marich</i>	Dissolve the white sugar in normal water and add cardmom, clove, camphor and <i>Marich</i> powder	Enhance semen, increase muscle power, appetiser, light in digestion, delicious
4.	<i>Amlika phala Panak</i> <sup>[12,13]</sup>	Lemon juice 1 part, sugar syrup 6 part, clove <i>Marich</i>	Mix both lemon juice and sugar syrup and add clove, <i>Marich</i> .	Similar to feni in properties.
5.	<i>Dhanayak Panak</i> <sup>[14], [15]</sup>	Powder coriander, sugar syrup camphor, muddy pot	Filter grinded coriander with the help of cloth and add sufficient amount of sugar syrup and camphor for flavour keep all these mixture in muddy pot.	<i>Pitta</i> Pacifying
6.	<i>Jali</i> <sup>[16]</sup>	Raw mangoes, <i>Rayi</i> (masturd), <i>Saindhav</i> salt, asofoetida powder	Grinded raw mangoes are added. Dissolve mixture of <i>Rayi</i> and <i>Saindhav</i> salt in water then filter and mix roasted asofoetida powder.	Treat the stiffness of tongue, clear the vocal cord, increase digestive power.
7.	<i>Mantha</i> <sup>[17]</sup>	Coarse powder drug, cold water	1 part of coarse powder of drugs is soaked in 4 part of cold water for 2-4 hour and churned well filtered, <i>Matra 2 Pala</i>	Provides strength immediately and remove thirst and fatigue
8.	<i>Mathari</i> <sup>[18]</sup>	Maida flour, ghee, water, sugar syrup, small cardamom, clove, camphor, <i>Marich</i> ,	Maida flour add ghee and water make a <i>Tikiya</i> and fry it in ghee. Dip the <i>Tikiya</i> in sugar syrup and also add small cardamom, clove, camphor <i>Marich</i> powder. When it gets soaked a lot, then take it out.	Promoting weight and strength, Highly sweet, delicious, Increased digestive power

**Main Course**

	<b>Food</b>	<b>Ingredient</b>	<b>Method of Preparation</b>	<b>Properties</b>
1.	<i>Bhaat</i> (cooked rice) [19,20,21,22]	1 part rice, 5 part water	Washed rice grain is cooked and after cooking <i>Manda</i> is separated, after separation of <i>Manda</i> this cooked rice is known as <i>Odan</i> .	It increases digestive power, It is delicious and easily digestible.
2.	<i>Daal</i> (cooked Pulses) <sup>[23,24]</sup>	1 part daal, 16 part water, 1/8th part of <i>Pippali</i> <i>Shunthi</i> , <i>Saindhav lavan</i> .	Any type of particular daal curry is prepared seasoning with <i>Pippali</i> , <i>Shunthi</i> and <i>Saindhav lavan</i> .	It is <i>Vistambha Karak</i> (constipative) and <i>Ruksha</i> (dry in nature).
3.	<i>Krishara</i> ( <i>Khichhadi</i> ) [25,26,27]	1 part pulse, 1 part rice, Quantity sufficient amount of water, rock salt, ginger, <i>Hing</i> (asafoetida).	Equal amount of pulses and rice are mixed and cooked. Required amount of rock salt, ginger and asafoetida are added.	It Increases semen quantity, promotes weight gain. It is heavy, delayed in digestion, increases memory and is also <i>Vistambhi</i> (constipated).
4.	<i>Manda</i> (Nan roti) <sup>[28]</sup>	Maida (flour), pot	Soft dough is prepared after kneading it nicely, and it is spread like a chapati. It is put on the reverse side of bottom of the pot to prepare this naan roti on low flame.	It is nourishing, increases semen quantity, promotes strength, and is also unctous, heavy and delicious.
5.	<i>Polika</i> (Rumali roti) <sup>[29]</sup>	Maida (flour), pan	First kneading of the flour is done and thin roti is made like a papad, after that it is put on the pan to bake it.	It is taken along with <i>Lapsi</i> (halwa). Quality is same as <i>Manda</i>
6.	Chapati (Roti) <sup>[30]</sup>	Wheat flour, pan,	The wheat flour is kneaded properly and round balls are made and these balls are spread with rolling pin to make a little thick roti. Then putting it on the pan it is made half baked first in low flame and then again by keeping it in very high flame it is perfectly baked	It promotes strength and weight, it is delicious, nourishes the body and is heavy.
7.	<i>Angar Karkati</i> [31,32] ( <i>Baati</i> )	Wheat flour,	After adding water to dry wheat flour hard dough is made and out of this hard dough some flat circular balls are made and after that it is roasted slowly on smokeless fire.	It is weight and bulk promoting, increases semen quantity, Light, increases digestive power, Also it provides strength, allays common cold and respiratory diseases
8.	<i>Balabhadrika</i> (chamasi rotika) <sup>[33]</sup>	Urad (pulse) flour	The flour prepared by grinding the dry Urad (pulse) is known as <i>Chamsi</i> and the cooking method is same as roti.	It is <i>Ruksha</i> , <i>Ushna</i> properties, promotes strength and also appetiser.
9.	Yava Roti <sup>[34]</sup>	Yava flour	Cooking method is as same as roti	It relishing, light in nature, increases amount of stool, semen and allays <i>Kapha</i> .

10	<i>Dhoomasi roti</i> <sup>[35]</sup>	Urad Pulses	<i>Urad daal</i> (pulses) is soaked in water, next peels are removed and is dried in sunlight. When it becomes dry, grind it in mill and prepare flour. Cooking method is same as roti.	It subsides <i>Kapha</i> and <i>Pitta</i>
11	<i>Chanak Roti</i> <sup>[36]</sup>	Dry gram flour	Cooking method is same as roti	It is <i>Ruksha, Guru, Vistambhi</i> (constipative), not beneficial for eye
12	<i>Kavyita (Kadhi)</i> <sup>[37]</sup>	<i>Arihan</i> (besan dissolve in water), <i>Takra</i> , ghee or oil for fry, asafoetida, turmeric, <i>Marich</i> , <i>Saindhav</i> salt	Put ghee or oil in a pan and fry asafoetida and turmeric then add <i>Arihan</i> and <i>Takra</i> left sometime for cook also mix the <i>Marich</i> and <i>Saindhav</i> salt.	It is good appetiser, light, increases digestive power and also cure constipation.
13	<i>Adrak Bda</i> <sup>[38]</sup> ( <i>Mudgadravat ak</i> )	Mung daal, asafoetida, Ginger, <i>Marich</i> , cumin, lemon juice, ajawain, Batuloi (POT), cloth	First make <i>Pithi</i> of <i>Moong daal</i> and fried it on oil, mash it with hands Take roasted asafoetida small piece of ginger, powder of <i>Marich</i> , cumin, lemon juice, <i>Ajawain</i> and mix all of them. Take batuloi fill with water and put a cloth over it and keep <i>Moong pithi</i> on top and cooked with steam, then make round balls and fill the aforesaid powdered substance inside it, cook it in oil then after cooking soaked in curry.	It is relishing, light, enhances digestive power and also cure constipation.
14	Besan vatika <sup>[39]</sup> (Fulouri)	Gram flour	Make Bari of gram flour, if soaked in curry then it becomes fulauri.	It is relishing and cause constipation it promotes strength.
15	Vedhmika <sup>[40]</sup> (Bedmi pudi)	Wheat flour, <i>Urad</i> pulses	The pudi made by kneading wheat flour and fill <i>Urad pithi</i> inside its dough.	It promotes strength, aphrodisiac, delicious, heavy, enhance Lactation. Its pacifying <i>Gudkeel, Arditvaat</i> , respiratory and <i>Parinam shool</i> .
16	Poorika (Kachauri fry in tail, ghee) <sup>[41]</sup>	<i>Urad pithi</i> , <i>Saindhav</i> salt, ginger, asafoetida, maida flour	Mix <i>Saindhav lavan</i> , ginger, and asafoetida in <i>Urad pithi</i> , put it inside a dough of <i>Maida</i> flour and roll it into fine roti cooked it in oil	It is delicious, relishing, heavy, unctous and also promotes strength.
17	<i>Shulya Palam (Kabab)</i> <sup>[42], [43], [44]</sup>	Meat, ghee, salt, Pointed Iron rode for barbecue, smokeless fire	Slowly cook meat (mashed liver part) over barbecue after adding salt, ghee by keeping it at some distance over smokeless fire.	It is delicious, relishing, and also increases digestive power.
18	<i>Takra mamsa (Akhani)</i> <sup>[45]</sup>	Ghee, turmeric, asofoetida, mashed meat, <i>Jeera</i> , <i>Takra</i>	Firstly fry turmeric and asofoetida with ghee, after that add the pieces of meat (mutton) with some water and cook again at low flame finally add jeera mix <i>Takra</i> in already cooked mutton soup	It is heavy to digest, unctous, promotes strength and allays <i>Vataja</i> disorders

19	<i>Shaak Paak</i> [46], [47]	Shaak, asafoetida, cumin, rock salt, <i>Aam churna</i> powder, oil	Fry asafoetida and cumin seeds in the oil and add the chopped pieces of <i>Shaak</i> into it. Wait till <i>Shaka</i> is cooked well afterwards add rock salt, <i>Aam churna</i> , asofoetida and then cooked for a few more time (until water content completely dries up), here we have <i>Shak Paka</i>	
20	<i>Saktavah (Sattu)</i> [48], [49]	Rice, barley, or other <i>Dhanya</i>	Mix ground roasted rice, barley and other type of <i>Dhanya</i>	<i>Sadyobalakarah</i> (instant energetic drink),
21	<i>Chanak Yava Saktavah</i> [50]	Gram, barley	Peel off the roasted gram and mix barley (one fourth of gram) and later grind all of them	Take it with ghee and sugar in summer season
22	<i>Pind Rasa</i> [51]	Sugar, <i>Mamsa</i> , pulse powder, cow milk, <i>Ghrit</i> , wheat powder, <i>Vamslochan</i> (bamboo shoot powder), clove	An <i>Utkarika</i> should be prepared by adding six drugs, sugar, dehusked grains of <i>Maasa</i> , <i>Tugakshiri</i> , milk, ghee and powder of wheat along with ghee. When it is not fully boiled, it should be removed and squeezed. To this, the meat soup of <i>Kukkuta</i> , which is sweet fragrant and hot, should be added so that the whole thing become semisolid. This preparation is called <i>Pinda rasa</i>	It promotes virility, nourishment and strength. By the use of this recipe, a person get extremely excited as result of which, he acquires the stallion like vigour in sexual intercourse.
23	<i>Vrishya Anda Rasa</i> [52]	Fish egg, <i>Ghrit</i>	A person should take the extract of the eggs of fish, fried with ghee	Aphrodisiac
24	<i>Vrishya Shashatika udan</i> [53]	<i>Shathi</i> rice, ghee, sugar, honey	By taking the rice of <i>Sastika</i> which is white like the rays of moon, along with milk ghee in liberal quantity, sugar and honey	It is consume with milk A man become sexually excited
25	<i>Ghunghari</i> [54,55,56]	Grains, water	Soaked wheat, gram, pulses In water until they puffed up.	It is heavy, <i>Ruksha</i> (causes roughness) and also <i>Mala bhedan</i> (laxative)
26	<i>Vrishya Utkarika (Paapadi)</i> [57]	<i>Mishri</i> powder, <i>Go ghrit</i> , honey, wheat powder,	<i>Mishri</i> powder 100 <i>Palas</i> , <i>Go ghrit</i> 50 <i>Palas</i> , honey 25 <i>Pala</i> , should be mixed together and boiled in 25 <i>Palas</i> of water. When it becomes semisolid, 25 <i>Palas</i> of wheat flour should be added. The paste, thus prepared, should be spread over stone, which is clean and smooth. It should be kneaded by repeatedly spreading it. from out of this dough, <i>Utkarikas</i> should be prepared by boiling	The man becomes capable of including in sex acts with women, in an elephants vigour
27	<i>Kambalika</i> [58]	Small fishes, vinegar, <i>Kaanji</i> , butter milk, <i>Kutajbeej</i> , jaggery,	Boiled small sized <i>Rohu</i> fishes are cooked with vinegar ( <i>Sirka</i> ), <i>Kaanji</i> and butter milk. Flame up again after adding <i>Kutajbeej</i> and jaggery (5 <i>Pala</i> ) into it.	Useful in <i>Vataja</i> and <i>Kaphaja</i> disorders. It promotes strength and also nourishing.

## Dessert

S. No	Food	Ingredient	Method of preparation	Properties
1.	Kheer (Payas) <sup>[59]</sup>	Rice, milk, ghee, sugar	Cook rice (roasted with ghee) in boiled milk, add sugar and ghee into it.	Delay digestion, nourishing, causes constipation ( <i>Vishtambhi</i> ), good for bleeding disorders.
2.	Narikel payas <sup>[60]</sup>	Coconut kernel, milk, cow ghee, sugar	Small pieces of coconut kernel, sugar, cow ghee are boiled with milk at low flame	Uncotous ( <i>Snigdha</i> ), cool ( <i>Sheeta</i> ), promotes strength, heavy, enhance semen, allays <i>Vata</i> disorders
3.	Semai <sup>[61]</sup> (Vermicelli)	Maida (flour), milk, ghee, sugar	Maida vermicelli (made up of flour, size of two barley) cooked in milk afterwards add ghee and sugar.	It is nourishing, promotes strength, heavy ( <i>Guru</i> ), <i>Grahi</i> (stool binder), heals fracture, delicious, pacifying <i>Vata</i> and <i>Pitta</i> ,
4.	<i>Lapsi</i> (Halwa) <sup>[62]</sup>	Flour, ghee, sugar, clove, <i>Maricha</i> (black pepper)	Firstly fry the flour in ghee after that add quantity sufficient amount of sugar and water, make it thick and add cloves, <i>Marich</i> etc.	It promotes strength, aphrodisiac, unctuous, heavy, delicious
5.	<i>Fenika</i> (feni) <sup>[63], [64]</sup>	Ghee, flour, Sattak (mixer of rice powder ghee and Water, used as <i>Lepa</i> on roti), sugar	Kneaded flour roll (with small amount of ghee and water) used to make roti like circular structure by adding <i>Sattaka</i> , after cutting the entire roll into pieces. Then fry these roti in ghee until they puffed up and dip them into sugar syrup.	Promoting weight and strength, highly sweet, delicious, increased digestive power
6.	<i>Gujhiya</i> <sup>[65,66]</sup> <i>Gaudika</i>	Maida flour, ghee, coconut, cardamom, clove, <i>Maricha</i> , mint, camphor chirongi.	Fill the stuff of smashed fried Maida roti, ghee, coconut powder, cardamom, clove, <i>Maricha</i> , mint, camphor Chironji etc. Into another Roti of Maida flour and close its mouth firmly and tactfully and fry it up.	Promoting weight and strength, highly sweet, delicious, increased digestive power
7.	Papad (Parpat) <sup>[67]</sup>	Urad flour ( <i>Dhuaans</i> ), asafoetida, turmeric, rock salt, cumin, Sajjikhar	Knead the Urad flour well with water. Add asafoetida, turmeric, rock salt, cumin, <i>Sajjikhar</i> in it and make dough and make roti	Very delicious to eat after roasting on fire, enhance digestive power.
8.	<i>Dugdh koopika</i> <sup>[68]</sup>	Rice powder, cheese, milk, ghee, sugar syrup.	Fried cone ( <i>Kuppi</i> ) of rice powder, Panir (cheese) filed with condensed milk (by making a hole in the middle Part of <i>Kuppi</i> ) and then close the mouth with the help of above mentioned <i>Sattak</i> . Afterwards fry these stuffed cone in ghee and dip it in sugar syrup.	Promotes strength, allays <i>Vata Pitta</i> , aphrodisiac, cold, heavy, increases semen, relishing, delicious, enhance sight of eye, nourishing
9.	<i>Kundalini</i> (Jalebi) <sup>[69]</sup>	Muddy pot, maida, curd, ghee, cloth, Sugar syrup,	Batter is formed by 2 <i>Prastha</i> maida, 1 <i>Prashtha</i> sour curd, half <i>Sharav</i> ghee in a mud pot coated	Promotes strength, nourishing, weight promoting, relishing,

		aromatic powder	with 1/2 <i>Prastha</i> curd. Leave it in sun light till the batter got fermented (sour tasted) and put it on cloth which have a little finger size hole. Fry the coils of batter oozing from the cloth into ghee and dip it into sugar syrup. use these jalebi sprinkled with karpur etc aromatic powders.	delicious, enhance semen
11.	<i>Raag Shadav</i> [70]	Mishri, honey,	Raga is a mixture of <i>Mishri</i> and honey and <i>Shadava</i> is a sugar season with <i>Dadim</i> etc sour juices.	Light, weight promoting, aphrodisiac, delicious Relishing, appetiser and remove thirst, fainting, giddiness vomiting, fatigue
12.	<i>Pistika (Pithi)</i> [71]	Different pulses	Grind soaked pulse (peeled off) in water	
13.	<i>Takra (Chhanchh)</i> [72], [73]	Sour buffalo curd, Asofoetida, cumin, Saindhav salt, little bit rai powder	Churn thick and sour buffalo curd with 1/4 of water. Filter it in clean muddy pot and add roasted asofoetida powder, cumin Saindhav salt, rai powder and mix them all to prepare <i>Takra</i> .	Increase digestive power, easily digested, pacifying <i>Udar roga</i> .
14.	<i>Shree Khand (Rasaala)</i> [74], [75]	Buffalo curd, White sugar powder, milk, small cardamom, cloves, camphor <i>Maricha</i>	Churned curd added with sugar and <i>Maricha</i> etc powders. It is also termed as <i>Ullekhika/Rasala/ Shree khanda</i> .	Enhance semen, appetite enhancer, delicious, promoting weight.

## CONCLUSION

Ample amount of resources regarding diverse food items preparations are available in our classics. Those food items are time tested in terms of health point of view as people used to have those cuisines since time immemorial and maintained their health healthy. Those food preparation evolved through various transformation (*Samskar*) and as we know that through *Samskara* qualities changes and improves - as for example *Laja* (puffed rice) is light i.e., easily digestible and *Prithu* (beaten rice) is *Guru/* heavy i.e., takes more time to get digested on the contrary today's cuisines are diverse in nature and most of them are junk in nature with less nutritional value and less healthy as compared to our ancient culinary items available in our ancient text. Now days we take these food items in the form of starter, main course, dessert etc. Therefore in this article we compiled all the resources of food item available in ancient classics and trying to rearranged those cuisines in terms of starter, main course and desserts so that day in and day out people can use it and keep them healthy in all aspects.

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