



## CONVENTIONAL AYURVEDA RECIPES &amp; PRODUCTS: A REVIEW

Akhil C\*

Ph.D. scholar, Department of Samhita & Maulika Siddhanta, National Institute of Ayurveda (De-novo), Jaipur-302002, Rajasthan. \*Corresponding Author

Asit K. Panja

Professor, Department of Samhita & Maulika Siddhanta National Institute of Ayurveda (De-novo), Jaipur-302002, Rajasthan.

Nisha Gupta

Professor, Department of Samhita & Maulika Siddhanta National Institute of Ayurveda (De-novo), Jaipur-302002, Rajasthan.

## ABSTRACT

Ayurveda enumerates the health benefits of millets. About seventy-five percent of world food supplies are met from only twelve crops, whereas the three major crops rice, wheat, and maize provide fifty percent of dietary requirements. This review aims to introduce various Ayurveda recipes and products that are produced from the millet according to the diet regimen and consumer satisfaction. Information on several millet recipes and products is gathered from books, authentic internet sources, and Ayurvedic texts. Most popular recipes and products such as roti, and dosa based on millet and Ayurveda principles can bring millet as part of the primary diet of the people. There is a growing use and demand for some small grains in the Ayurveda medicine and food market for the development of healthy, gluten-free substitutes, and value-added products with higher shelf lives. The information on popular conventional Ayurveda recipes and products can enhance the process of developing new technologies that will be useful in the development of healthy millet-based food products of Ayurveda.

**KEYWORDS :** Ayurveda, Millets, Value added products

## INTRODUCTION

All the main Ayurveda experts mentioned millets and their uses. Sushruta included millets in Kudhanya Varga and said that they can alleviate Kapha. [1] Vagbhata included the millets under the name Truna dhanya, comprised of Italian millet, Kodo millet, and Kutaki (Little millet). The Bhava prakashakara says Kshudra dhanyam, Kudhanyam, and Trunadhanyam as millets.[2] He says that millets are not too hot in potency, light and dry in properties, sweet and pungent in vipaka (bio-transformed Rasa), and pacifies Pitta, Rakta, and Kapha, increasing Vata.[2]

The explanation of millet such as Kangu (Fox tail millet) can be found in Madanapala Nighantu and Dhanwantari Nighantu. Madanapala Nighantu classifies Kangu as Pita (yellow), Shveta (white), Rakta (red), Shyamaka (black) and Shaliadiya.[3] Rajanighantukara mentions Kodrava (Kodo millet) in Shalyadi varga. He mentions that Kodo millet is sweet and bitter in taste and wholesome to ulcers.[4] The health benefits of millets are justified with research studies, contemporary science, and traditional medicine such as Ayurveda. Even though the millet-based products are not in the primary diet of the people.

## AIM

To introduce various Ayurveda recipes and products that are produced from the millet according to the diet regimen and consumer satisfaction.

## MATERIALS &amp; METHODS

Information on several millet recipes and products is gathered from 1. books 2. Authentic internet sources 3. Ayurvedic textbooks such as Charaka Samhita, Sushruta Samhita, Ashtangahrudaya, and lexicons. The information of conventional Ayurveda millet recipes is collected from Ayurveda practitioners of Kerala through telephone calls in an unstructured data collection method.

## Ayurveda recipes or products from millets

The millets are grains that are high in energy and excellent for people of all ages. Its flour can be used as a replacement for a variety of meals and is comparable to rice flour. A few items made from millet are mentioned below.

## 1. Finger millet Roti

One cup of Finger millet flour and one cup of boiled water are combined to partially coagulate the starch. Add two chopped big onions and 100 gm of chopped coriander leaves into the dough and combine well. If the water is less, sprinkle the water with the hand. Then roll the dough in the shape of roti on a coconut leaf the size of 30 cm from all sides, transfer it to a thawa in which oil is applied, and cook well. Finger millet is astringent, bitter and sweet in taste, light and dry in properties, and cold in potency. It induces satiety and pacifies Tridosha, especially Pitta.[5] Finger millet roti can be used in Diabetes mellitus, hypercholesteremia, fractures, and anemia.

## 2. Kodo millet Dosa

One cup of washed Kodo millet, half a cup of black gram dhal, half a cup of processed rice (puffed), one tablespoon of fenugreek, and salt to taste are the ingredients used to make dosa. Rice, black gram, and fenugreek seeds that have been soaked are utilized in the preparation. After being well-grounded, all of the soaked components are left overnight to ferment. This preparation can be used for diarrhea, swelling, bleeding, burning sensation, and general weakness, controls blood sugar level, reduce bad cholesterol and body weight, prevent cancer, and modulate immunity. The Kodo millet is astringent and sweet in taste, dry in properties, cold in potency, pungent in vipaka, and pacifies Pitta and Kapha.[6]

## 3. Little millet Porridge

The millet flour can be stored in cold water with a small amount of buttermilk at night and soaked for 6 - 8 hours. For one cup of little millet add 10 cups of water and one small glass of buttermilk. The buttermilk aids in the fermentation of the flour. The soaked millet is cooked for 1 hour. The vessel with cooked millet is kept for 8 hours. It can be used for celiac disease or gluten-sensitive disease as it contains no gluten.

## 4. Payasam

Little millet flour, sugar, ghee, and milk are used to make payasam. The fruits are added before serving to make the payasam healthier and more delicious.

## 5. Pongal

It is made from Foxtail millet, coconut, jaggery, and a

powdered blend of cloves and cardamom. This Pongal is considered an ideal food for people suffering from diabetes and gastric problems. Fox tail millet is Madhura and Kashaya in taste, heavy, cold, and dry in properties, cold in potency, and pacifies pitta.[7]

### 6. Burfi

Burfi has a great texture, is flavorful, and is incredibly healthful. The following components are used to make it: Foxtail millet, ground nuts, dry coconut powder, cardamom, and ghee. The components are combined with jaggery syrup after the Foxtail millet has been roasted and dried into powder form. The finished mix ingredients are dried, cooled, and formed into the appropriate shape. It is a nutritious food for children and pregnant women.

### 7. Kabab

In India, kabab is a delicious and widely consumed type of millet-based meal. The cooked Foxtail millet, potato, raw banana, and Hinguvachadi powder make up the majority of the ingredients. First grind the Foxtail millet, potato, and raw banana by hand, add sufficient salt and oil to it, and combine it. Then this mixture is made into the shape of a kabab and cooked well. This kabab can be used for constipation as it is rich in dietary fiber due to the presence of foxtail millet.

### 8. Halwa (Pudding)

Halwa made from Finger millet is delicious and nutritious. It is one of the delicious, healthy, and simple meals. Whole Finger millet flour, jaggery, Sitopaladi powder, cashew nuts, and ghee are the main components of halwa. After being combined with water and sitting for 10 to 15 minutes, finger millet flour is thrown into a pan and sugar is added. Add cardamom and cashew nuts (in fried form) to the final ingredients after cooking with ghee and making a thick batter. This batter can be used for making halwa which can be used in debilitated persons and chronic respiratory diseases to increase strength.

### 10. Vadakam

A classic food recipe is vadakam. It is often sun-dried and deep-fried in hot oil as needed. Kodo millet flour, cumin, Sundi powder, and a sufficient quantity of salt are combined with water to make it. For a longer shelf life, the finished product is packaged in an airtight container and allowed to sun dry. This vadakam is an effective remedy for sinusitis.

### 11. Thattu vadai

Thattu vadai is a famous traditional preparation in the southern part of Kerala. Kodo millet powder, Bengal gram dhal powder, curry leaves, ground ginger, garlic, and butter were used to make this distinctive product. The ingredients are made into a dough and can be used to make Thattu vadai. Improved product quality and shelf-life result from airtight packing. It can be used as a snack for hypercholesteremia patients.

### 12. Kodo Kheer

Every region of India has a into large variety of kheer. Kodo millet that has been fermented is highly nutritious and has few anti-nutritional substances. Kodo millet is fermented before being combined with milk, dry fruits, and flavorings to create Kodo millet kheer. This kheer can be used in general weakness of chronically ill patients.

### 13. Murukku

In some parts of India, it is commonly referred to as chakli. Kodo millet flour, sesame seeds, cumin, trikatu powder, butter, and salt are the main ingredients used to prepare chakli. This murukku can be given as snacks for diabetes mellitus, hypercholesteremia, and obese patients.

### 14. Vadai

It is made of soaking Kodo millet. Kodo millet is soaked for 4-5

hours together with other ingredients like rice and Bengal gram dhal, and then the soaked ingredients are thoroughly ground to create a dense consistency and a rounded form. This vadai can be used with buffalo curd to remove the blockage of channels in sinusitis.

### 15. Multigrain Flour

Multigrain flours, sometimes known as composite flours, are flours made from several different grains. Processed and uncooked grains and pulses are blended to make this.[8] The addition of processed sorghum in the manufacture of sorghum-enriched multigrain flour improves the flavor, nutritional value, and nutraceutical value of roti. It is said that composite flour with a high fiber content helps to relieve constipation.[9] The Finger millet-fortified chapattis have improved antidiabetic effects and are beneficial for diabetic patients.[10]

## DISCUSSION

The main complaints of millet-based food products are low taste, difficulty in cooking, and some complications such as allergies. These complaints are solved in the aforesaid recipes and products. The difficulty of making Finger millet roti is solved by adding boiling water to make dough. This method helps with the essential binding of the flour for roti rolling. It is noted that the disadvantages of processes such as fermentation can be superimposed by the properties of millets. Ayurveda spices, jaggery, and sugar are added to these products without affecting the health benefits to solve the complaints of tastelessness. Some Ayurveda medicines such as Hinguvachadi churna, and Sitopaladi churna are added to improve digestive fire and to prevent unwanted effects. The beneficial effects of millet and Ayurveda can resolve the disadvantages of the products. The use of these products in patients should be according to the characteristics and state of the diseases. These products can be suggested to healthy persons considering their prakriti, bowel, and digestive fire.

## CONCLUSION

Despite the health benefits of millets, millets are not part of the main diet of people. Millets can be placed on the mainstream dietary habits of people. The knowledge of various conventional millet recipes and products are needed to make the millet popular. Ayurveda and its traditional knowledge of millet becomes more relevant in this scenario. The information of various conventional Ayurveda recipes can initiate the production of several value-added products of millets that can popularize the use of millets. It can also enhance other fields such as agriculture.

## REFERENCES

- Acarya Y T, editor, Sushruta Samhita of Vriddha Sushruta, Nibandha Sangraha Commentary, Sutrastanam 46/21-23. Varanasi: Choukambha orientalia; 2009. p.216
- bhAvaprakAshanighaNtu. (n.d.). Nic.In. Retrieved November 10, 2023, from [https://niimh.nic.in/ebooks/e-Nighantu/bhavaprakasha\\_nighantu/?mod=read](https://niimh.nic.in/ebooks/e-Nighantu/bhavaprakasha_nighantu/?mod=read)
- Madanapala e-nighantu (N.d.-d). Nic.In. Retrieved November 10, 2023, from <https://niimh.nic.in/ebooks/eNighantu/madanapalanighantu/?mod=read>
- Rajanighantu. Shalyadi varga. Nic.In. Retrieved November 10, 2023, from <https://niimh.nic.in/ebooks/e-Nighantu/rajanighantu/?mod=read>
- Rajanighantu, Shalyadi varga 16/136-137.Nic.In.Retrieved November 10, 2023, from <https://niimh.nic.in/ebooks/e-Nighantu/rajanighantu/?mod=read>
- Rajanighantu, Shalyadi varga 16/128-129.Nic.In.Retrieved November 10, 2023, from <https://niimh.nic.in/ebooks/e-Nighantu/rajanighantu/?mod=read>
- Dhanwantari Nighantu, Suvarnadivarga 6/83-84.Nic.In.Retrieved November 10, 2023, from <https://niimh.nic.in/ebooks/e-Nighantu/rajanighantu/?mod=read>
- Balasubramanian, S. (n.d.). Processing of millets. Paper presented National Seminar on recent advances in processing, utilization and nutritional impact of small millets.
- Saleh, A. S. M., Zhang, Q., Chen, J., & Shen, Q. (2013). Millet grains: Nutritional quality, processing, and potential health benefits: Millet grains... Comprehensive Reviews in Food Science and Food Safety, 12(3), 281–295. <https://doi.org/10.1111/1541-4337.12012>
- Malleshi, N. G., Desikachar, H. S. R., & Venkat Rao, S. (1986). Protein quality evaluation of a weaning food based on malted ragi and green gram. *Qualitas Plantarum Plant Foods for Human Nutrition*, 36(3), 223–230. <https://doi.org/10.1007/bf01092041>