



“Sattu–Its Effects on Digestive Problems in Summer” – A Study

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INTRODUCTION

Arogya (health) is primarily dependent on Aahara (diet regime) and Vihaar (physical activity), according to Ayurveda (work out, exercise etc). Arogya is described as a state in which the physician is primarily concerned with no sickness. Swasthavritta (Physical and Mental Healthy Life Style) has thorough descriptions of Dinacharya (daily life routines). According to Acharya kashyapa, the diet (Aahara) is known as Mahabheshaja in Ayurveda (supreme medicine). No drug can help a patient who does not adhere to the pathya. The importance of aahara and pathya in maintaining good health because they keep the sapta-dhatu and tri-dosha in a healthy state, which are the primary components of good health. According to Ayurveda, an individual's complexion, voice, lifespan, happiness, strength, growth (physical health), and intelligence (mental health) are all influenced by the sorts of aahara (food materials) consumed. The main goal of discussing Aahara Kalpana is to emphasise the importance of diet in sustaining health as well as treating various ailments such as Dosh, Dhatu, Mala, and Agni in any individual. Swasthavritta, Dinacharya, and Ritucharya all employ it. Acharyas described many Aahara Kalpana such as Manda, Peya, Sattu, Vilepi, Yavagu, Anna(Bhata), Krushara Yusha, and Mansarasa. These Kalpana aid in Jatharagni stimulation.

Sattu

SATTU is known as the 'poor man's protein.' It's essentially a flour-like substance that's abundant in nutrients and known as the "energy powerhouse." How to create it: Although it is widely accessible in stores, it is also simple to make at home. The gramme (chana) must be roasted in a wok. Allow to cool before using a grinder to finely ground the roasted chana. The husk may or may not be removed. Sattu is a type of yoga.

Wheat, barley, and sorghum are among of the varieties offered (jowar). There is a particular percentage of roasted gramme in each of these versions.

RECIPES- Making a sharbat is one of the simplest ways to use sattu. Sattu is also employed in the preparation of 'litti.' Apart from that, it can be used to make parathas, upma, or even porridge. It can also be taken by mixing it with milk like protein powder.

- 1) Sattu drink- add 4 tsp sattu to a glass of water and mix thoroughly, then add jaggery, honey, fennel, and cardamom and mix thoroughly, the drink is ready.
- 2) Sattu-add enough water to make the sattu semi-solid, then add the onion, green chilies, salt, and mix well. You can also add a little jaggery for sweetness.

Benefits –

High in soluble fibre and all other vital elements, this fruit gives you rapid energy to work in direct sunlight and helps you avoid feeling tired. Sattu, which is high in iron, manganese, and magnesium and low in sodium, gives rapid energy as well as acting as a cooling agent to keep the internal organs at ease. Sattu is good for the intestines since it contains a lot of insoluble fibre. It cleanses the colon and aids in the removal of oily meals from the gut walls, rejuvenating the entire digestion process. It also regulates gas, constipation, and acidity, making it an ideal summer cooler that not only keeps the body cool in the heat, but also protects against sunstroke. Sattu hydrates the body during the summer months, resulting in a healthy glow and radiant skin. Sattu has traditionally been used to cure hair problems. It has a high iron content, which helps to decrease hair loss and increase hair quality by improving oxygen access to the hair roots.

SUSRUTA SAMITA REFERENCE

CHAPTER – ANNAPANA VIDHI- REGIMEN OF FOOD AND DRINKS

हृद्यः सुगन्धिर्मधुरः स्निग्धः कफकरो गुरुः ॥३९७॥
वातापहस्तृप्तिकरो बल्यो विष्यन्द उच्यते ॥

Visyanda- is beneficial for the heart, has a lovely odour, tastes sweet, is unctuous, enhances kapha, is difficult to digest, mitigates vata, and bestows contentment and vigour.

DALHANA-VISYANDA describes it as raw wheat flour mixed with ghee, milk, and jiggery and thoroughly mixed to make a liquid (drink) that is neither too thin nor too solid.

सक्तवो बृंहणा वृष्यास्तृष्णापित्तकफापहाः ॥
पीताः सद्योबलकरा भेदिनः पवनापहाः ॥४११॥
गुर्वी पिण्डी खराऽत्यर्थं लध्वी सैव विपर्ययात् ॥
सक्तूनामाशु जीर्येत मृदुत्वादवलेहिका ॥४१२॥

SAKTU/SATTU-(flour of cereals such as barley, wheat, rice, etc. cooked in water) is stoutening, aphrodisiac, cures thirst, and mitigates pitta and kapha. When consumed in liquid form, it bestows strength immediately. When consumed in the form of hard balls, it is difficult to digest, whereas it is easily digestible otherwise (balls being soft) Because of its softness, avalehika (a type of confection made with sugar, ghee, salt, and other ingredients) is easily absorbed.

NUTRITIONAL VALUE (Appox value in 100g of satttu)

Protein	-	14.73g
Fat	-	6.97g
Crude fibre-		0.68g
Carbohydrate -		71.26g
Energy	-	407kcal
Calcium	-	916ppm
Iron	-	58ppm
Sodium	-	108ppm

Research –

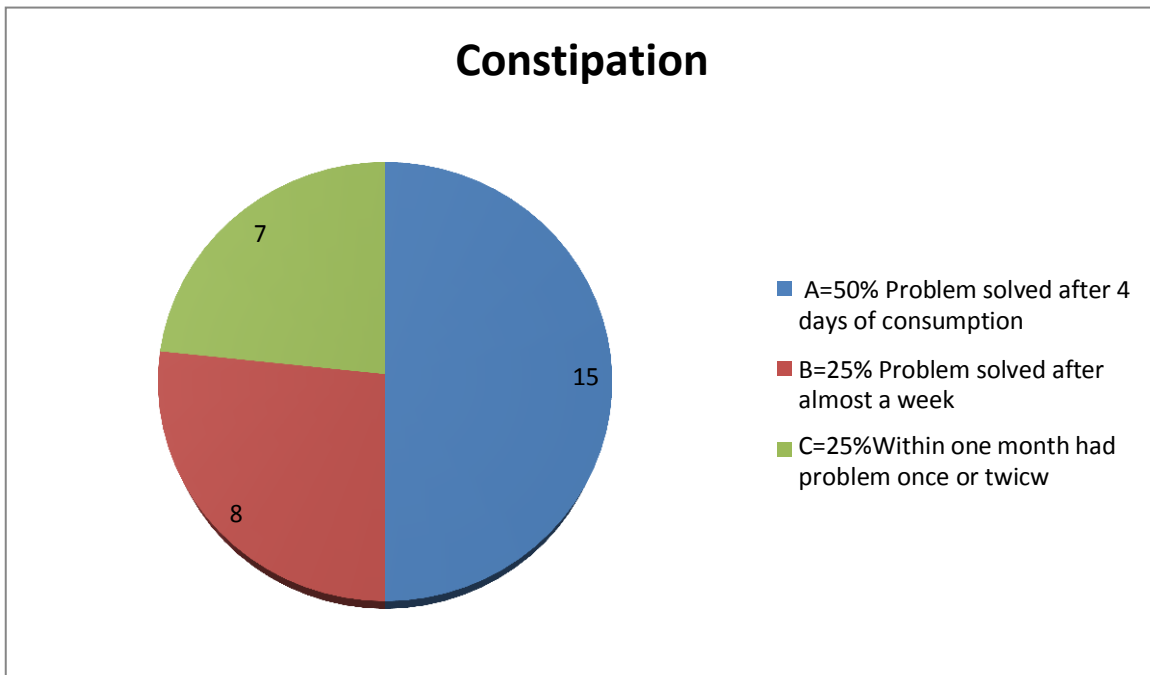
People were advised during summer to consume satttu for about a month from sadharan desh.

The symptoms which were seen in people :

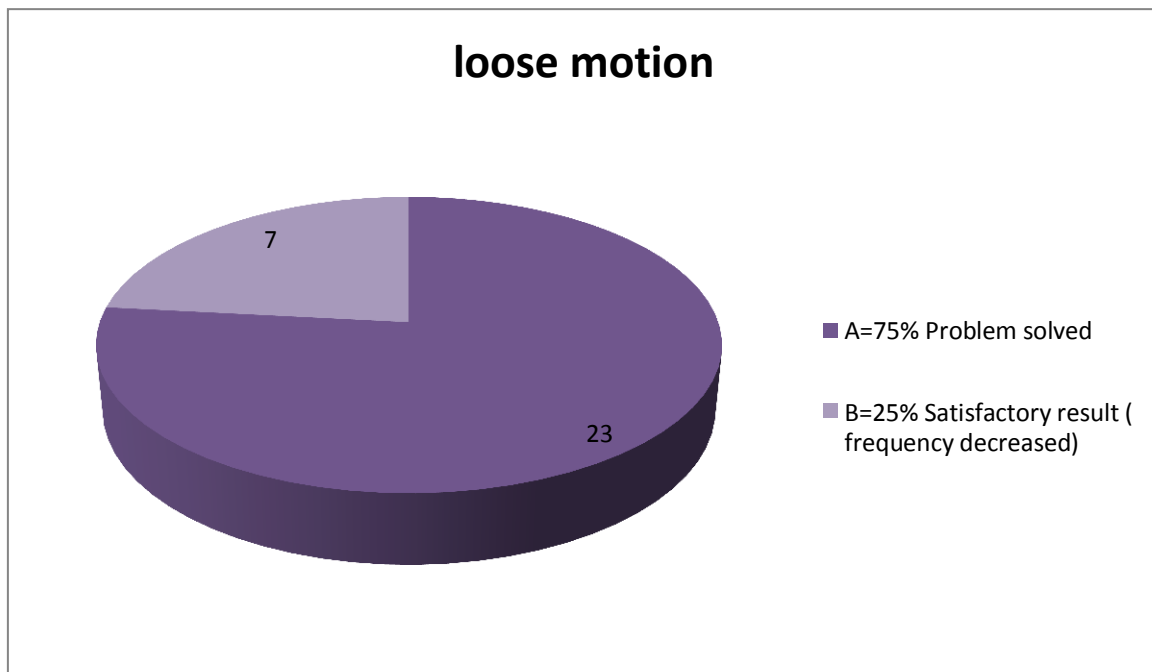
- Loose motion
- Constipation
- Acidity
- Hairfall

The Research was carried on 30 people below pie depicts theresults of the research.

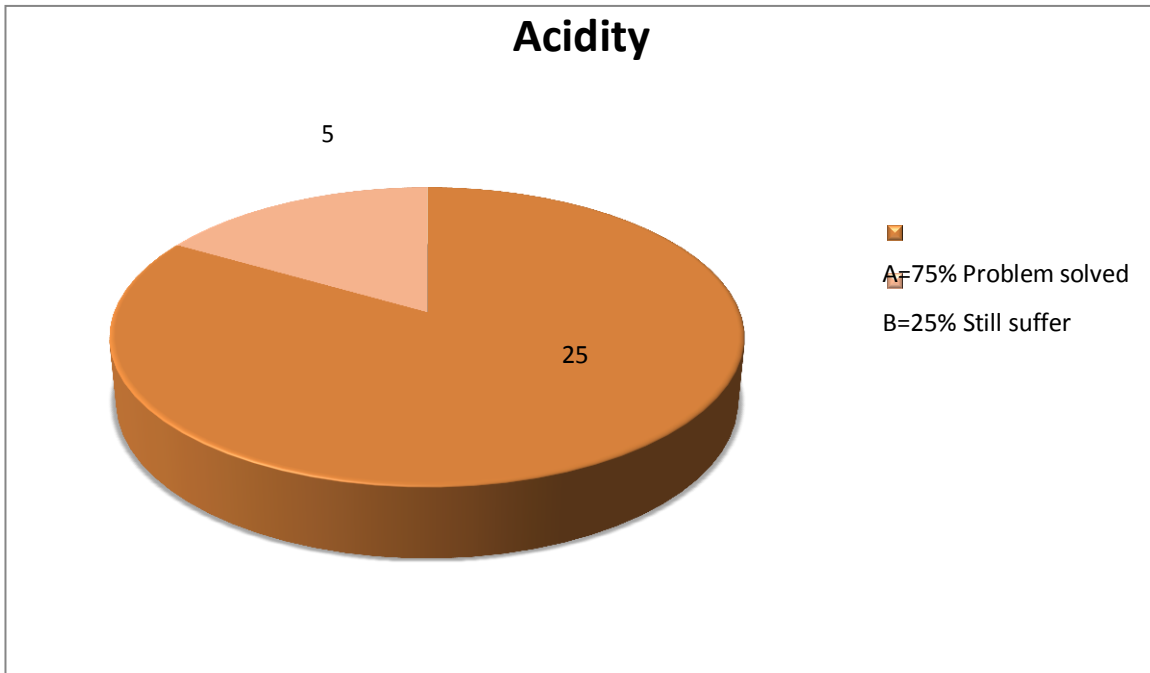
CONSTIPATION



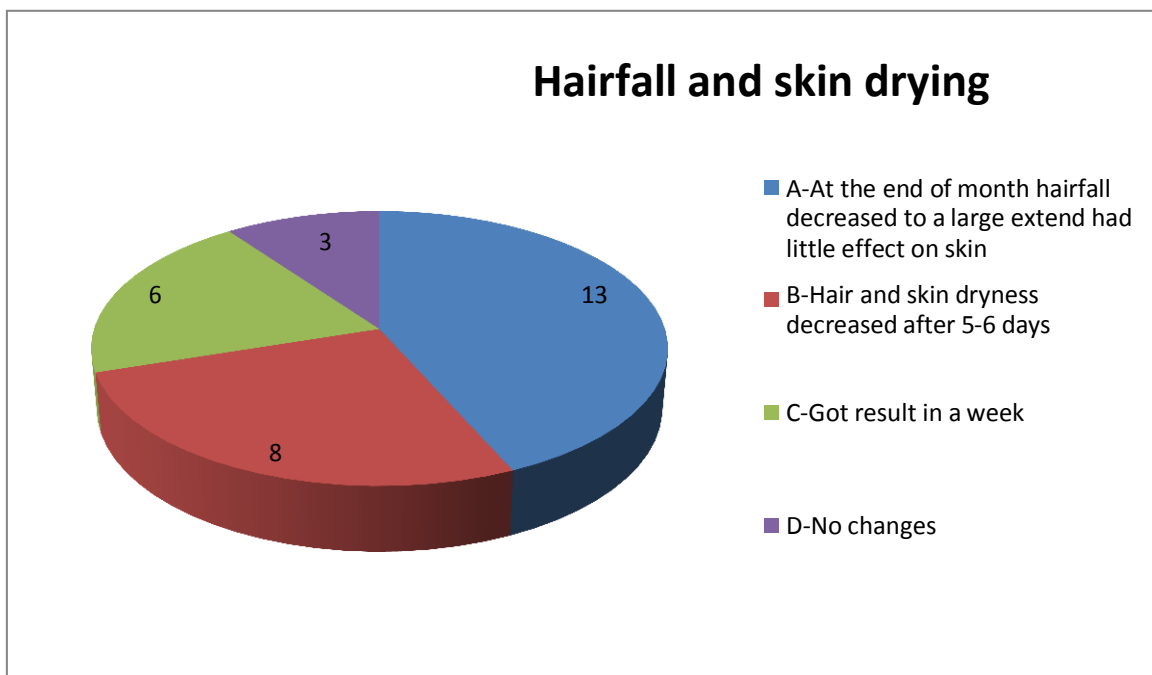
LOOSE MOTION



ACIDITY



HAIRFALL AND SKIN DRYING



CONCLUSION

- Use of Sattu to drink and eat had positive and satisfactory result on almost all people
- People living in villages and hot summer climate who cannot afford rich diet consumed Sattu as one of the most nutritious diet at very economical level
- They received benefit in all aspect like loose motion, constipation, hairfall & acidity
- More than half benefitted from acidity ,constipation, hairfall issue
- Had good effect on loose motion problem from 1st week itself.

REFERENCE

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