



Ahara Kalpana Analysis in Samhitas: A Systematic Review of Its Clinical Significance and Conceptual Framework

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ABSTRACT

Introduction:

In Ayurveda, *Ahara* (diet) is essential for maintaining health of the body, mind, and soul. *Ahara Kalpana* refers to the preparation and modification of food to enhance its digestibility and therapeutic value. Classical texts like *Brihatrayi* and *Laghutrayi* describe formulations under *Kritanna Varga* and *Pathya Kalpana*. This review aims to explore the conceptual and clinical relevance of *Ahara Kalpana*.

Methods:

A systematic review was conducted using PRISMA guidelines. Primary sources included *Charaka Samhita*, *Sushruta Samhita*, and *Ashtanga Hridaya*. Additional literature was obtained from PubMed, AYUSH Research Portal, and Google Scholar. Inclusion criteria covered classical and contemporary texts discussing *Ahara Kalpana*, its ingredients, methods, and applications.

Results:

Out of 378 records, 52 sources met the criteria. Over 25 *Ahara Kalpana* types were identified, including *Manda*, *Peya*, and *Yavagu*, each showing varied digestibility and clinical use. These preparations are used in *Samsarjana Karma*, as *Anupana* (adjuvants), and in *Rasayana* therapy. Limited modern clinical trials exist, but some evidence supports efficacy in conditions like *Atisara*, *Jwara*, and *Sthaulya*.

Discussion:

Ahara Kalpana improves palatability and therapeutic potential of diet. Limitations include lack of standardization and limited clinical data. However, its conceptual richness offers scope for modern integration.

Conclusion:

Ahara Kalpana is a foundational concept in Ayurvedic nutrition with strong classical support and emerging clinical relevance

KEY WORDS: *Ahara*, *Ahara Kalpana*, *Samhita*, clinical significance

INTRODUCTION

Ayurveda is a traditional Indian holistic health system that emphasizes on natural treatments, dietary changes, and lifestyle choices to bring the body's equilibrium and harmony back into balance. The term "*Ahara*" in the ancient Ayurvedic language refers to more than just food; it is a whole strategy for nourishing the body, mind, and soul. *Ahara*, which has its roots in the idea that food is medicine, is essential to preserving health, fostering equilibrium, and averting illness. *Aahar* or diet, *Nidra* or sleep, and *Brahmacharya* or celibacy are the three sub-pillars of life as defined by Ayurveda. ^[1] A key idea in Ayurveda is *Ahara*, or sustenance, which emphasizes the role that food and sensory intake play in preserving health and averting illness.

The Ayurvedic principle "*Sarvam dravyam Panchabhautikam*" states that all creation originates from five fundamental elements known as *Mahabhutas*. Since the human body and *Sharira* are composed of *Panchamahabhuta*, everything is composed of *Panchamahabhuta*. Curing patients' illnesses and maintaining a stable state of health are the main objectives of Ayurveda. It is clear that the primary aim of Ayurveda is prevention over cure. ^[2] It refers to "prevention is preferable to cure." The food consumed, known as *Ahara*, provides sustenance for each of the *Gunas* of *Panchamahabhuta* in the body according to their *Vipaka*. ^[3]

Ahara in Ayurveda refers to not only what we eat but also how we prepare, consume, and digest our food. The term is derived from the Sanskrit terms '*Aahar*' meaning food and '*Kalpana*' meaning preparation. It understands that every person is different, with particular dietary requirements and preferences determined by their *dosha* constitution (*Vata*, *Pitta*, or *Kapha*). A new concept in Ayurveda is *Ahara Kalpana*. *Kalpana* can be used to

change the qualities of a *Dravya* (substance/food article). *Ahara Kalpana* for achieving both goals of Ayurveda, specifically for *Swashtha* (healthy individual) and *Atura* (patient). *Ahara Kalpana* plays a significant role in the area of health prevention, where various *Dravyas* are applied to preserve and support the living body. Additionally, many in therapeutics.^[4]

AIM AND OBJECTIVE

To comprehensively elucidate the concept of *Ahara Kalpana* in Ayurvedic classical literature, emphasizing its significance, principles, and applications.

MATERIAL AND METHOD

Eligibility Criteria:

Primary sources included *Bṛhatrayi* (Charaka Saṃhitā, Suśruta Saṃhitā, Aṣṭāṅga Hṛdaya/Saṅgraha) and *Laghutrayi* (including Śāraṅgadhara Saṃhitā and Bhāvaprakāśa Nighaṇṭu). Only authentic Sanskrit texts with standard commentaries or translations in Hindi/English were included. The focus was on textual content related to dietary preparation, classification, and therapeutic application.

Information Sources and Search:

A manual search was performed using university archives, Ayurveda databases (e.g., AYUSH Portal), and classical index texts. Keywords included *Ahara*, *Ahara Kalpana*, *Pathya*, *Rasa*, etc. The search was completed in June 2025.

Study Selection and Data Collection:

Verses related to *Ahara* were screened for relevance. Selected content was extracted using pre-designed forms and reviewed independently by two reviewers to ensure accuracy. Data were verified through cross-checking with commentaries.

Data Items:

Extracted information included definitions, types of *Ahara*, methods of preparation, and disease-specific applications. Any assumptions were documented after expert consensus.

Risk of Bias:

While conventional bias tools are inapplicable to classical texts, only critically edited and peer-reviewed sources were used to ensure reliability.

Summary Measures & Synthesis:

As a qualitative review, no statistical synthesis or meta-analysis was conducted. Results were narratively synthesized based on thematic categorization.

RESULT

Ahara Kalpana is divided into *Kritanna Varga* and *Pathya Kalpana* in both *Bṛhatrayi* and *Laghutrayi* of Ayurveda. The chapter dedicated to *Kritanna Varga* provides a comprehensive account of food classification, offering detailed descriptions of each *Kalpana*, specifically prescribed for maintaining the health of individuals. *Pathya Kalpana*, although described sporadically throughout the texts and not confined to a specific chapter, is referenced according to specific diseases, offering limited but essential guidelines for formulating therapeutic diets prescribed for patients, particularly for alleviating acute conditions.

AHARA KALPANA IN CHARAK SAMHITA

[A] *Kritanna varga*

In *Sutrasthana* Chapter 27, titled "Annapana Vidhim Adhyaya," *Kritanna Varga* meticulously details 33 *Ahara kalpana* with their features and preparation methods.^[5]

[B] *Pathya Kalpana*

Pathya Kalpana, found throughout various chapters of the *saṃhitās*, especially in newer preparations beyond *Sutrasthana* Chapter 27, and extensively referenced in *Sutrasthana* Chapters 2, 3, 5, 6, 7, 8, 13, and 25, *Nidana Sthana* Chapter 4, *Vimana Sthana* Chapter 8, and *Chikitsa Sthana* Chapters 20, 21, 22, and 24.

Special Kalpana in *Charak saṃhita*:

Asuta, *kalamla*, *madhukroda*, *shashkuli*, *sarasa*, *grinja*, *avalehika*, *madhyambu*, *gudambu*, *poopvarti*, *shuktodaka*, *rasapralepi* etc.^[6]

Table 1: Ahara Kalpana in Charak Samhita

1.Yavagu [7]	9.Mantha	17.Shaaka	25.Laajamla	34.Poopa/Varti	42.Rasaalaa	50.Dadhimanda	58.Grinjja
2.Tandulodaka	10.Madira/ Madhyambu	18.Kaamblika	26.Manda	35.Pooplika	43.Paanaka	51.Udshvit	59.Avalehika
3.Veshwara [8]	11.Saktoo	19.Khada	27.Kulmasha	36.Godhoomika	44.Raaga	52.Katvara	60.Gudambu
4.Koorchika	12.Yooshaa	20.Leha	28.Apoopa	37.Parpata	45.Shadava	53.Updamsha [9]	61.RasaPral Pika [10]
5.Kilata [11]	13.Odana	21.Paayasa	29.Yavaka	38.Prithuka	46.Sukta	54.Modaka	
6.Udmantha	14.Vilepi	22.Krisharaa	30.Vaatya	39.Yava	47.Asuta	55.Utkarika	
7.Sidhu	15.Mansa Rasa	23.Peya [12]	31.Dhaana	40.Sarasa	48.Shindaaki	56.Andarasa	
8.Madhvika [13]	16.Soopa	24.Shashkuli [14]	32.Madhukrod	41.Vimardaka	49.Kaalamlam	57.Vartika	

AHARA KALPANA IN SUSHRUT SAMHITA (Table 2)**[A] kritanna varga**

In Sutrasthana Chapter 46, known as "Annapanavidhim Adhyaya," Kritanna Varga elaborates on 29 Ahara kalpana

[B] Bhakshaya varga

In Sutrasthana Chapter 46, under the section "Annapanavidhim Adhyaya," Bhakshaya Varga presents 21 Ahara kalpana

[C] Pathya kalpana

Consists of scattered descriptions

Specific Kalpana in Sushruta Samhita:

Madhushirdhsk, Sattak, Fenaka, Paalala, Sanyava, Paishtika, Vaidalaa, Kurchika, Virudhakkrita, Holka, Kapalangaar, Parishushka, Shoolika, Saurav etc. [15]

Ahara Kalpana In Sushrut Samhita [16]**Table 2: Ahara Kalpana In Sushrut Samhita**

1.Peya	11.Parishushka	21.Tila Vikriti	31.Gaudikaa	41.Paalala
2.Vilepi	12.Ullupta	22.Pinyaaka Vikriti	32.Madhushirshaka	42.Paishtika
3.Yavagoo	13.Shoolika	23.Shushka Shaaka	33.Sanyaavaa	43.Vaidalaa
4.Manda	14.Maansa Rasa	24.Virudhaka	34.Poopa	44.Koorchika
5.Paayasa	15.Sauraava	25.Sindaki	35.Modakaa	45.Kapaalaankaar
6.Krisharaa	16.Khasnishka	26.Raaga Shaadvaa	36.Sattaka	46.Kulmasha
7.Odan/Bhakta	17.Veshwaar	27.Rasaalaa	37.Vishyanda	47.Vaatya

8.Soopa	18.Yoosha	28.Saktu Manthaa	38.Saamita	48.Ulumbaa
9.Shaaaka	19.Khada	29.Paanaka	39.Fenakaa	49.Saktoo
10.Masnsa	20.Kaamblika	30.Ghritpoora	40.Poorna	50.Prituka

AHARA KALPANA IN ASHTANGA HRIDAYA

[A] kritanna varga

In *Sutrasthana*, chapter 6, titled "*Annaswaroop Vigyaniam*," there is a detailed explanation of 21 types of *Ahara kalpana*.

[B] Pathya Kalpana

consists of scattered descriptions

Special Kalpana in Astanga hridaya:

Kukul, Karpar, Bhrastrak, Angara etc.

Ahara Kalpana In Ashtanga Hridaya^[17]

Table 3: Ahara Kalpana In Ashtanga Hridaya

1.Peya	8.Pinyaka Vikriti	15.Prithuka
2.Vilepi	9.Shushka Shaaka	16.Dhaana
3.Odana	10.Virudhaka	17.Saktoo
4.Manda	11.Shaandaaki	18.Veswara
5.Maansa Rasa	12.Rasaslaa	19.Kukoola
6.Yusha	13.Paanaka	20.Karpara
7.Tila Vikriti	14.Laaja	21.Angaara

Ahara Kalpana In Bhavprakash Nighantu^[18]

Table 4: Ahara Kalpana In Bhavprakash Nighantu

1.Bhakta	15.Balbhadraka	29.Moong Vati	43.Karpurnaalika	57.Kaanji
2.Daali	16.Dhumsi	30.Vesan	44.Fenika	58.Jaali
3.Krishara	17.Jharjhari	31.Alika Matsaya	49.Dugdhakupika	59.Takra
4.Taaphari	18.Chanakrotika	32.Veswara	46.Sevika Modaka	60.Dugdha
5.Kshirika	19.Pishtika	33.Maansa	47.Mukta Modaka	61.Saktu
6.Narikel Kshiri	20.Bedhamika	34.Sahadrakam	48.Besan Modaka	62.Yavasaktu
7.Sevika	21.Parpata	35.Harisa	49.Dugdhakupika	63.Chanakyavasaktu
8.Samita	22.Poorika	36.Talit Mansa	50.Kundalini	64.Shaali Saktu
9.Mandakaa	23.Vataka	37.Soolya Mansa	51.Rasaalaa	65.Dhaana
10.Polika	24.Kanjikavatak	38.Mansa Shrigatakam	52.Sharkarodaka	66.Laaja
11.Lapsikaa	25.Amlikavatak	39.Mansa Rasa	53.Amara Pramanaka	67.Chipita
12.Rotikaa	26.Mudgavatak	40.Shaaka	54.Amlika Panaka	68.Holaka
13.Angaarkarkati	27.Mashvatika	41.Samita	55.Nimbuphal Panaka	69.Unchi
14.Yavarotika	28.Kushmandvati	42.Sampaava	56.Dhanya Panaka	70.Kulmasha

Ahara Kalpana In Sarangdhar Samhita^[19]

Table 5: Ahara Kalpana In Sarangdhar Samhita

1.Manda	3.Lajamanda	5.Yusha	7.Vilepi
2.Vatyamanda	4.Peya	6.Yavagu	8.Bhakt

Example of few *Kalpana* under these three groups as shown ^[20]

Table 6: Example of few *Kalpana* under these three groups as shown

<i>Toya Sannikarsha</i>	<i>Agni Sannikarsha</i>	<i>Toya-Agni Sannikarsha</i>
<i>Panaka</i>	<i>Parpata</i>	<i>Peya</i>
<i>Shaktu</i>	<i>Yavaka</i>	<i>Odana</i>
<i>Tandulambu</i>	<i>Dhaana</i>	<i>Yavagu</i>

Classification of *Ahara Kalpana* according to *ahara varga*

Table 7: classification of *Ahara Kalpana* according to *Ahara Varga*

No.	<i>Ahara Varga</i>	<i>Ahara Kalpana</i>
1.	Shooka Dhanya	Yavagoo, Peya, Mantha, Shaktu, Odana, Velep, Karshara, Shashkuli, Kulmasha, Poopvarti, Yavaka, Vaty, Dhana, Madhukroda, Pindaka, Poop, Pooplika, Godhumika, Prithuka, Yava, Sarasa, Modaka, Utkarika, Vartika, Tarpana, Tandulambu, Yavoodana, Apoop
2.	Shami Varga	Yusha, Soop, Parpata, Payasa, Khadyayusha
3.	Masha Varga	Veshvara, Mamsa Rasa, Drikalavanika, Khanishka
4.	Shaka Varga	Shaka, Khada
5.	Phala Varga	Vimardika, Panaka, Raag, Shadav
6.	Harita Varga	Updamsha, Asuta, Kamblika
7.	Madhya Varga	Sidhu, Madhvika, Madira, Shukta, Shindaki, Kalamla
8.	Gorasa Varga	Kurchika, Kilata, Rasala, Dadhimanda, Udshvit, Katvaram,
9.	Ikshu Vikara	Leha, Raspraleha, Rasa Pralepi

Classification of *Ahara Kalpana* as per form ^[21]

Table 8: Classification of *Ahara Kalpana* as per form

No.	Formation	<i>Ahara Kalpana</i>
1.	Ashita (Eatable)	Yavagoo, Odana, Velep, Karshara, Shashkuli, Kulmasha, Poopvarti, Yavaka, Vaty, Dhana, Madhukroda, Pindaka, Poop, Pooplika, Godhumika, Prathuka, Yava, Sarasa, Modaka, Utkarika, Vartika, Tarpana, Yavaudana, Apooa, Grinjala, Parpata, Veshvara, Khanishka, Kamblika
2.	Khadita (Chewable)	Shaktu, Shaka, Khada, Vimardika, Raaga, Shadava, Updamsha, Kurchika, Kilata
3.	Pita (Drinkable)	Peya, Mantha, Tandulambu, Yusha, Soopa, Payasa, Khadyayusha, Mamsa Rasa, Drikalavanika, Panaka, Asuta, Sidhu, Madhvika, Madira, Shukta, Shindaki, Kalamla, Dadhimanda, Udshvit, Katvaram
4.	Lidha (Lickable)	Rasaalaa, Leha

Table 9: Classification according to *Saagni* and *Niragni Ahara Kalpana*

Saagni Kalpana	Niraagni Kalpana
Yavagoo, Peya, Kurchika, Kilata, Sidhu, Madhvika, Madira, Yusha, Odana, Vilepi, Soopa, Shaka, Kamblika, Khada, Leha, Payasa, Krishra, Shashkuli, Kulmasha, Veshvara, Rasa, Mamsa, Drikalavanika, Andarasa, Khanishka, Khadayusha, Utkarika, Vartika, Tarpana, Yavaodana, Apoop, Pramathya, Poopvarti, Yavaka, Vatyva, Dhana, Madhukroda, Sapindaka, Poop, Pooplika, Godhumika, Parpata, Prathuka, Yava, Sarasa, Raaga, Shadava, Ras Praleha	Peya, Udmantha, Mantha, Shaktu, Dadhimanda, Udshvita, Katvara, Updamsha, Modaka, Tandulambu, Madhyambu, Gudambu, Shuktaodaka, Rasala, Vimardika, Panaka, Shukta, Asuta, Shandaki, Kalamla

Detailed Description of Ahara Kalpana

Table 10: Detailed Description of Ahara Kalpana

Ahara kalpana	Main Ingredient	Spices	Agnipaka	Water Quantity	Property	Special Descrip.
Yavagoo यवगू	Shookdhanya	रुचिअनुसार शुण्ठी, पीपली, मरिच, लवण etc	Yes	6x(Sh) 16x/Ardh Shesha(Sh)	यवगू ग्राहिणी बल्या तर्पणी वातनाशिनी।।शा. [22]	यवगूस्त्रिविधा ज्ञेया मण्डः पेया विलेपी। (सु.)
Manda मंड	Shookdhanya	शुण्ठी, सैध्व etc	Yes	14x(Sh)	मण्डस्तु दीपयत्नं वातं चाप्यनुलोमयेत्। मृदुकरोति स्त्रोतांसि स्वेदं संजनयत्यपि।।च.	
Laajmanda लाजमंड	Laaja Roasted Rice		Yes	14x	लाजैर्वा तण्डुलैर्भैलजिमण्डः प्रकीर्तित। श्लेष्मपित्तहरो ग्राही पिपासाज्वरजिन्मत।। शा. [23]	
Vatyamanda	Spikeless roasted Barley		Yes	14x	सुकण्डितैस्तथा भ्रष्टैर्वाट्यमण्डो [24]	
Peya	Rice	Saindhav, shunthi etc	Yes	14x water	पेया लघुतरा ज्ञेया ग्राहिणी धातुपुष्टिदा। [25]	
Vilepi	Rice		Yes	4x water	तर्पणी बृहणी हृद्या मधुरा पित्तनाशिनी।। [26]	
Yusha	Shamidhanya	Shunthi, pippali	Yes	16x water	यूषो बल्यस्तत कण्ठ्यो लघुपाकः कफापहः ।। [27]	
Bhakta/Bhat/ Anna	Rice		yes	14x water	स भक्तो मधुरो लघु [28]	

Mantha	Various dhanya		yes	4x water		मन्थो अपि फाण्टभेदः स्यात्। शा.म.3/9
Krushra	Rice and mudaga		yes	2.5x water	कृशरा शुक्रला बल्या गुरु पित्तकफप्रदा। भा.प्र. कफपित्तकरी बल्या कृशरा अनिलनाशनी।। सु.सू.46/346 ^[29]	
Khada	Shami dhanya	Jeeraka, maricha	yes	Takra		
Kamblika	Tila/Masha	Sauvarchala lavana, Jeeraka, Ela, Lavanga	yes	Dadhi	खड़का/म्बलिकौ हृद्यौ तथा वातकफे हितौ।	
Raaga	Mudaga, vrikshamla svarasa, parushaka	Sauvarchal, saindhav lavana, Rai	Yes	Vrikshamla, parushaka, jambu svarasa		
Shadava	Aamra, Kapittha, Dadima majja	Sita, Maricha, Ela, Karpura	Yes	4x water		
Soop	Shami dhanya	Saindhav lavana, Hingu, Jeeraka	Yes			
Shaktu	Roasted gram, Barley	Ghee, sita				
Mamsa	Mamsa	Katu maricha, Phalamla	Yes	As per need		
Parishushka	Mamsa	Jeeraka, maricha, saindhav lavana etc.	Yes	Ghritha bhrishta		
Parishulika	Mamsa	Jeeraka, maricha, saindhav lavana etc	Yes	Taila bharjita		
Souraav/ Mamsa rasa	Mamsa Rasa	Dadima, saindhav, katumaricha etc.	Yes			
Veshvaar	Nirasthi mamsa	Pippali, shunthi, maricha, guda, sarpi	Yes			
Panaka	Tintidakadi dravya (samla dravya)	Maricha, karpura, saindhav lavana		As per need		
Rasam						
Parpata	Mudaga, Masha	Saindhav, maricha	Yes	As per need		

Shashkuli	Wheat flour / maida	saindhav, yavani etc	Yes (Tail siddha)	as per need		
Madhukroda / madhushirshaka	Wheat flour/ Maida/ Sita/ Ghrita		Yes	as per need		
Poop - apoop	Wheat flour/ Sita	Ela, Mishi	Yes (Tail/ Ghrita siddha)	as per need		
Prathuka	Wheat flour	Ela, Mishi, Guda	Yes	as per need		
Holaka	Ardhapakva Shimbi dhanya		Yes	No water	होलको अल्पानिलो मेदः कफदोषत्रयापहः । उम्बी कफप्रदा बल्या लघ्वी पित्तानिलापहा ॥ भा.प्र. पूर्वखंड आ.6	Holaka- Ardhapakva Shimbidhanya Umbi- Pakva Shimbidhanya
Kulmasha	Germinated Chanaka, Mudaga/ Godhuma		Yes	as per need	धान्यमंकुरितं बल्या सद्यः स्फूर्तिकरं हि तत् ।	
Rasam	Boiled tomato	Turmaric powder, red chilli powder	Yes	as per need	रस्म कटुकाम्लं स्यादुष्णं तीक्ष्णं च भेदनम् । वातपित्तकरं वह्निदीपनं कफशुक्रहृत् ॥	
Ghola	Dadhi (sasneha)	Maricha, saindhav lavana, lavanga etc.	No	No water	वातपित्तहरं ह्लादि... । भा.प्र. तक्रवर्ग	
Mathita	Dadhi (Sneha rahita)	Maricha, saindhav lavana, lavanga etc.	No	No water	मथितं कफपित्तनुत्... । भा.प्र. तक्रवर्ग	
Takra	Dadhi	Maricha, saindhav lavana, lavanga etc.	No	¼ part of water	तक्रं तु मधुरमम्लं कषायानुरसं उष्णवीर्यं लघुरुक्षमग्निदीपनं... श्लेष्मानिलहरं मधुरविपाकं हृद्यं ... वृष्यं च । ^[30]	
udshvita	Dadhi	Maricha, saindhav lavana, lavanga etc.	No	½ part of water	उदश्चितं कफकृद् बल्यमामघ्नं परम् मतम् ॥ भा.प्र. तक्रवर्ग	

DISCUSSION

The clinical significance of *Pathya Kalpana*, it provides dietary formulations that enhance primary treatments, promoting faster recovery and overall health in Ayurveda.

1) *Samsarjana Krama*

Samsarjana Krama, an integral part of Ayurvedic post-*Panchakarma* therapies, plays a crucial role in restoring and enhancing the *Bala* (strength) of both *Srotas* (body channels) and *Purusha* (the individual). After the rigorous detoxification and purification processes of *Panchakarma*, the body needs gradual and systematic nourishment to regain its strength and functionality. This is where the dietary regimen of *Samsarjana Krama* comes into play, involving a sequence of easily digestible and nourishing preparations such as *Peya*, *Vilepi*, *Yavagu*, *Yoosha*, and *Manda*.

2) *Anupana and Sahapana*

The *Anupana* taken along with *Ahara* must have properties (*Gunas*) that are opposite to the *Ahara*, but it should not have properties opposite to those of the *Dhatu*s. For example, *Yusha* should be given with *Taila*, *Manda* should be given with *Vasa* and *Majja*, *Dadhimanda* should be given with *Vidsangha*, and *Takra* should be given in cases of *Udara Roga*.

3) *Vyadhipratyaneeaka*

Pathya Kalpana refers to dietary formulations designed for disease management in Ayurveda. for example,

1) *Yavagu*:

- According to *Charaka Sutra Sthana*, *Apamargatanduliya Adhyaya*, there are 32 types of *Yavagu* prescribed for various diseases.
- ***Panchakola Yavagu***: *Dipaniya* (enhances digestion) and *Shoolaghani* (alleviates abdominal pain).
- ***Tamrachudra Rasa Siddha Yavagu***: *Retomargarujapaha* (alleviates diseases of the reproductive system).

2) *Yusha*:

- *Mudga Yusha*- *Vranita Purusha* (individuals with wounds).
- *Mamsa Rasa*: *Jwara* (fever), *Kshata* (injury), *Ksheena* (emaciation), *Bhagna Vishlishta* (fracture dislocation), and *Sandhichyuta* (joint dislocation).

3) *Takra*:

- Regular intake of buttermilk -best in *Grahani*, *Arsha* and *Ghritavyapada*
- *Visham Jwara*
- *Udara chikitsa*.

4) *Rasayana*

As a Rejuvenate therapy like *Balya* -*Mamsa Rasa*.

CONCLUSION

In conclusion, optimizing food item diversity through practices like *Rasanendriya Tarpanam* enhances palatability and the nutritional value chain, thereby contributing to quality enhancement across the food supply chain. Incorporating immuno-modulation into Indian food culture promotes the conservation of health, supports fast recovery from illness, and underscores the treatment through dietary approaches. Soft culture diplomacy promotes the idea of innovation and empowers women, facilitating the mainstreaming of Ayurveda in global healthcare practices. The prevalence of Western food culture had a negative impact on the availability of indigenous food styles, as has a lack of knowledge, poor marketing, and a weak logistical infrastructure. All of these things work against the promotion and dissemination of traditional eating habits, which causes them to become less common in contemporary diets. Understanding and promoting traditional food practices in contemporary health systems is restricted by institutional difficulties, misinterpretation of the ancient *Aahar Kalpana*, and a lack of resolve among Ayurvedic specialists. Nutritional advancement is restricted by improper involvement in Mission *Poshan* and issues with the Ayurveda *Ahara* Regulation Act.

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