

APPENDIX - IISPICES, CEREALS AND PULSESSPICES :

Ārdraka (*Zingiber officinale* Linn).

It is used in most of the preparations of food and drinks as a spice. It alleviates Kapha and Vāta. It is pungent, hot, appetiser, aphrodisiac and cardiac tonic (SS.S. XLVI-227). Pieces of fresh ārdraka alongwith salt are taken in the beginning of the meal as appetiser. Such pieces soaked in lemon juice are also used as pickles.

Amlikā (*Tamarindus indica* Linn):

The dry fruits of amlikā are used as a spice. It is hot, digestive stimulant and cardiac tonic. It alleviates Kapha and Vāta.

Badāma (Almond):

It is hot, exceedingly unctuous and alleviator of vāta. It promotes semen formation. It is nourishing.

Cavya (*Piper Chaba* Hunter):

It is digestive, stimulant and expectorant.

Citraka (*Plumbago zeylanica* Linn):

It is a strong digestive stimulant.

Dhānyaka (*Coriandrum Sativum* Linn):

Dry fruits are digestive stimulant. It cleans the channels of circulation. The green leaves (*Kustūmvarī*) when used in different ways imparts good taste, fragrance and cardiac tonic to various excellent types of eatables.

Ela (*Elettaria Cardamom* Maton):

Ela (Cardamom) helps in fat reduction in obesity and also in urinary complaints. It is used as a flavour masquerading the bitter taste of other ingredients.

(Mahindra S.N., Spices in Indian Life, p.185)

Haridrā (*Curcuma longa* Linn):

Haridrā (turmeric) checks bloody bile, dropsical swellings, all types of gonorrhoea and the vitiation of the semen. It acts as an antacid in smaller doses<sup>ses</sup> and antispasmodic in larger doses. For cough, cold, laryngitis and bronchopneumonia of children it is given in milk. It is a good appetiser and laxative also.

(Mahindra S.N., Op.Cit., p.176.)

Hingu (*Ferula foetida* Regel):

The oleo-gum-resin (*asafoetida*) of the plant is used in spices. It is light, hot, carminative and digestive stimulant. It alleviates Kapha and Vāta.

Jiraka (Cuminum cyninum Linn):

Jiraka (Cumin seeds) alleviates Kapha and Vāta. It is carminative and full of aroma. It helps in the cleansing of the uterus. It is useful in diarrhoea and dyspepsia.

Karpūra (Cinnamomum camphora Nees and Eberm):

It is an expectorant. It alleviates Kapha. It is cooling in Vipāka. The Karpūra which is not in small pieces and which is like crystal is the best. It cures dāha (burning syndrome), āsya vairasya (distaste in mouth), medas (adiposity), sotha (oedema) and viṣa (poisoning) (AST.2-186 to 188).

Kastūri (Musk):

It cures chardi (vomiting), daurgandhya (foul smell of the body), aggravated vāta, alakṣmī (inauspiciousness) and mala (excessive excretion of waste products) (AST. 2-181).

Kuṁkuma (Crocus sativus Linn):

Kuṁkuma (saffron) is used as a colouring spice. It is medicinally a stimulant, aphrodisiac and stomachic, slightly anodyne and antispasmodic (Mahindra S.N., Op.Cit., p.188). It alleviates vāta. It is hot. It promotes strength and cures skin diseases.

Lavana (Sea salt):

All types of salts are called Lavana. Generally sea-salt

is used. It aggravates Kapha and alleviates vāta. It is hot, unctuous and sweet in Vipāka. It does not possess strong laxative effects. It is heavy and digestive stimulant (AST. 3-4).

Lavaṅga :

It helps in the digestion of food. It cures constipation, flatulence and colic pain.

Marica (Piper nigrum Linn):

Marica (Black pepper). It is aromatic, stimulant, carminative, stomachic, nervine tonic, deobstruent, resolvent and antiperiodic. It can be used with much benefit in dyspepsia, flatulence, debility, prolapse of the anus, diarrhoea, cholera, piles, coughs, vertigo, coma, gonorrhoea, malarial fever, paralytic and arthritic diseases. It is also useful for promoting secretion of the bile as a diuretic and emmenagogue (Mahindra S.N., Op.Cit., p.174).

Methica (Trigonella Foecum Linn):

Methica (fenugreek) is wholesome, laxative and alleviator of all the three doṣas. It specifically alleviates vāta.

Mukūlaka (Pistacia vera Linn):

It is aphrodisiac, hot, sweet and nourishing. It is especially heavy and difficult for digestion.

Nāgakesara (*Mesua ferrea* Linn):

It cures skin diseases, excessive sweating and foul smell of the body.

Pippalī (*Piper longum* Linn):

It is unctuous, hot, pungent, sweet, aphrodisiac, digestive stimulant and laxative. Medicinally it is used for many diseases. It is light and rejuvenating.

Pippalīmūla :

The root of pippalī is purgative and digestive stimulant. It resorts to sleep if taken with buffalo-milk.

Priyala (*Cuddaph almond*):

It is sweet and aphrodisiac. It alleviates, pitta and vāta. It is cold in potency.

Rajika (*Brassica nigra* Coch):

It is appetiser and digestive stimulant. It cures colic pain in the abdomen.

Tambula (*Piper betel* Linn):

Tambūla (betel leaf) is appetiser, sharp, hot, pungent, and laxative. It stimulates passion. It cures vitiated kapha and vāta. It is light and promoter of strength.

Tamālapatra (Cinnamomum tamala Nees and Eberm):

It alleviates Kapha and Vāta. It cures pices, nausea and anoxeria.

Tālisapatra (Abies webbiana Lindl):

It is sharp and hot. It alleviates kapha and vāta. It promotes good voice and digestive power. It also clen's mouth.

Tvak (Cinnamon bark):

It cures nausea, poisoning, foul smell and vitiation of vāta and kapha.

Saindhava (Rock salt):

It is the best among all types of salts. It is sweet, cardiac tonic, digestive stimulant, cold, light, carminative, unctuas and aphrodisiac. It alleviates all the three doṣas.

Sunthī (Dry ginger):

It alleviates Kapha and Vāta. It is sweet in vipāka, and pangent in taste. It is aphrodisiac, hot, appetiser, cardiac tonic, unctuous, light and digestive stimulant.

Yavānī (Trachyspermum ammi Sprague):

It aggravates pitta. It cures vātaand kapha.

CEREALS AND PULSES :Canaka (*Cicer arietinum* Linn):

It is heavy in digestion (SS.S.46-277). It alleviates kapha. It is detrimental to sex hormones. The gram is a good protein food according to modern views.

Godhūma (*Triticum vulgare* Linn):

Sylvan Levy thinks that Aryans came into India with a knowledge of wheat (Om Prakash Op.Cit., p.260). Eatables prepared of wheat promotes strength and they alleviate pitta, as well as vāta. The wheat is aphrodisiac, cold, heavy, unctuous and life giver.

Kulattha (*Delichos biflorus* Linn):

It is hot, astrigent in taste, pungent in Vipāka and constipative. It cures 'Sukrasmarī' (stone in the seminal tract). It vitiates blood and pitta.

Māsa (*Phaseolus mungo* Linn):

It is unctuous, hot, sweet and aphrodisiac. It produces more of fat, flesh and kapha. It alleviates vāta and promotes nourishment and strength. It is heavy.

Mudga (*Phaseolus radiatus* Linn):

There are many varieties of mudga. The green variety is the

best amongthem. It alleviates kapha, pitta and blood. It is astrignet, sweet, light, constipative, cold and pungent in Vipāka.

Makushta (Phaselous aconit (folius):

It alleviates Raktapitta. It is constipative.

Masura (Lens callinaris Medic):

It is sweet, appetiser and constipative. It alleviates kapha and pitta.

Rice :

Rice was the stappale food in India. It had three main varieties:

- (1) Śālī-rice - It ripens in winter. The CS mentions fifteen good varieties of Śālī-rice and the SS mentions eighteen. It alleviates all the three doṣas. It promotes semen, ojas, strength and good voice. It is diuretic and cardiac tonic.
- (2) Śaṣṭika-rice: It ripens in sixty days in summer. It is considered very nourishing and its daily use is recommended. It is cold, light and sweet. It alleviates all the three doṣas. The SS mentions its twelve varieties.
- (3) Vrihī-rice - It ripens in autumn and it is considered



inferior to the other two varieties. It is sweet and heavy. It produces acidity. It aggravates pitta. The SS mentions its nine varieties.

Til (Sesamam indicum Linn):

It is used as an article of food as well as for extracting oil. It is slightly astringent, bitter and sweet in taste and sweet in Vipāka. It is constipative and hot. It promotes strength, intellect and digestive power. It reduces the quantity of urine. It is useful for skin and hair.

Sarsapa (Brassica Canperbri Linn):

Sarsapa (mustard) alleviates Kapha and Vāta. It is sharp. It causes Raktapitta. It is unctuous and hot. It is pungent both in taste and vipāka. Mustard oil is common in use.

Yava (Hordeum vulgare Linn):

It has been grown in India from very remote times. It is unctuous, cold, heavy and laxative. It produces more of stool and flatus. It is aphrodisiac. It reduces urine, fat, pitta and kapha.