

APPENDIX - IIITWENTY PHYSICAL PROPERTIES OF THE FOOD MATERIALS

Laghu - (Light) All Laghu substances are unsubstantial, easily digestable and when eaten they bring about leanness in the enjoyer.

Guru - (Heavy): Guru includes things difficult to digest. It is connected with capacity to render big or fat.

Manda - It is difficult to find the equivalent of Manda quality in English. Those substances that do not at once produce any effect, either good or bad when tasted should be considered Manda. Etymologically it means sleeping, languishing etc.

Tikṣṇa - (Sharp): The Tikṣṇa substances cause an immediate shaking up in the body.

Śīta - (Cold or cooling): All substance that bring about a cooling effect in the system are Śīta or Hima in quality.

Uṣṇa - (Hot): The substances that bring about a heating effect in the system are Uṣṇa in quality. The property of generating perspiration should be called Uṣṇa.

Snigdha - (Unctuous): Snigdha also means 'slimy'. The principal object of using Snigdha substances is to render the body 'glossy'. They can also be used as Lubricant in the body.

Rkṣa - (Un-Unctuous): The Rkṣa substances are Reducing or Defatting agents. Absorption of water is the principal action of Rkṣa. They produce roughness in the system and are easily digested.

Ślakṣṇa - (Smooth): Ślakṣṇa means capable of holding fast. The Ślakṣṇa substances are fixative and alterative. Physically they are smooth.

Khara or Parusa - (Rough): All Khara substances separate out the vitiated substances from the working ones and discharge them out of the system.

Sāndra - (Dense): They are Union promoter. They immediately strengthen the body. All substances which augment the proportion as well as properties of the body constituents are Sāndra.

Drava - (Liquid): The all liquids are Drava. Drava substances supply the necessary food to all the parts of the body and wash out all the Malas (dirt).

Mṛdu - (Soft): The substances that remove hardness arising in the body and render it normally soft and pliant are Mṛdu.

Kathina - (Hard): Kathina substances are hardening agents.

Sthira - (Stable): The word Sthira shows the absence of motion. The Sthira substances strengthen the different parts of the body.

Cala or Sara - (Mobile): The substances that bestow motion to the body or its parts in a desired direction are, Cala or Sara.

Sūksma (Subtle): All substances that manage to spread quickly throughout the body externally as well as internally are Sūksma. They produce no pain by their action.

Sthūla - (Gross): The substances that bestow softness and rounded form on our body are Sthūla. Fatty and nutritious food substances are generally Sthūla.

Visada - (Non-Slimy): The substances which manage to remove wetness from the body are Visada.

Picchila - (Slimy): The Picchila substances spread over the body-parts and are maintained wet thereupon for a considerable length of time.

The above mentioned twenty Physical Properties are found in Living whether of Vegetable kingdom or the Animal. Unless one is fully acquainted with the practical meaning of these terms, it is impossible to realise the value of food materials and herbs.