



**DR. G.D. POL FOUNDATION'S**  
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**SOPs OF PATHYA PREPARATIONS**

Acharya Sharangdhar explains about Pathyakalpana like Mand, Peya, Vilepi, Yavagu, Ushnodaka, etc. These kalpanas are generally used in different diseases according to state of disease and capacity to digest the food in that particular disease. It is beneficial to maintain Jatharagni so that food is properly digested and give nutrition to tissues of body. It will also help to avoid formation of Ama (undigested food) which is often triggered when jataragni becomes low.

**Preparation method of Pathya Kalpana-**

Name of Kalpana	Ratio of Rice or Grain	Ratio of Water	Method of Preparation / Characteristics Final Constitution
Mand	1 Part	14 Parts	Till Rice is completely cooked. Take Supernatant liquid only.
Peya	1 Part	14 Parts	Till Rice is completely cooked. Take all the preparation with solid and liquid part.
Vilepi	1 Part	4 Parts	Till Rice is completely cooked. Take whole part as a maximum solid portion with little liquid.
Yavagu	1Part	6 Parts	Till Rice is completely cooked. Take whole preparation as it is.
Yush	1 part of Shimbidhanya	16 Parts	Add ½ tola (6gms) Pippali and Shunthi churn and give mandagni till Shimbidhanya is totally cooked.
Krushara	1part – Rice 1 part- Moong	6 parts	Till rice and moong are completely cooked. Take whole preparation as it is.
Takra	1part - curd	½ part	Take curd and water in ss vessel and churned for a while. Add Saindhav, Jeera powder (As Req).
Mansrasa	Boneless Mans-1 part	Sufficient quantity	Till the Mans is completely cooked. Remove the pieces of cooked mans. Take only liquid part.
Ushnodaka	-	400 ml	Just boil, Boil till ½ -reduced, Boil till 1/4 <sup>th</sup> reduced – 100ml, Boil till 1/8 <sup>th</sup> reduced- 50ml.

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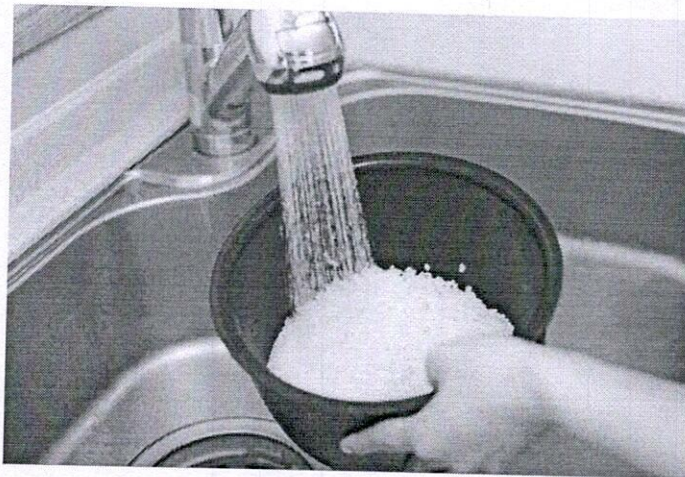
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❖ **Mand Kalpana –**

It is prepared by using Rice and Water in 1:14 ratio.

- Take 1 part rice and wash them 2-3 times properly properly.



- Then add 14 part of water to the rice



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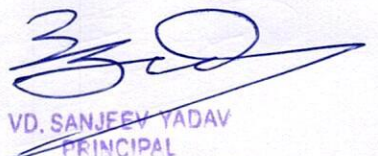
- Boil the mixture on low flame until rice is cooked properly.



- Steer the mixture well intermittently.



- After the rice is cooked properly mixture is strained with the help of strainer and only liquid portion is used which is called as **Mand**.

  
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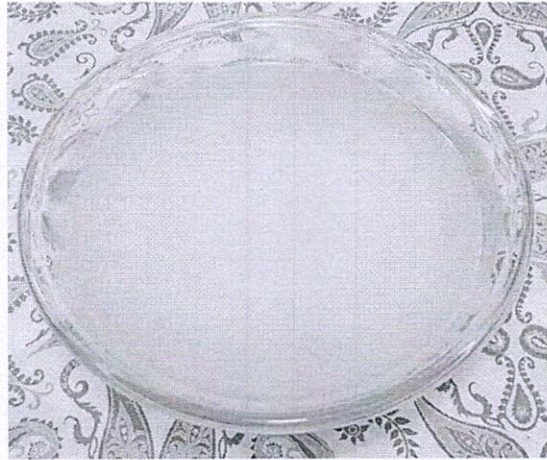
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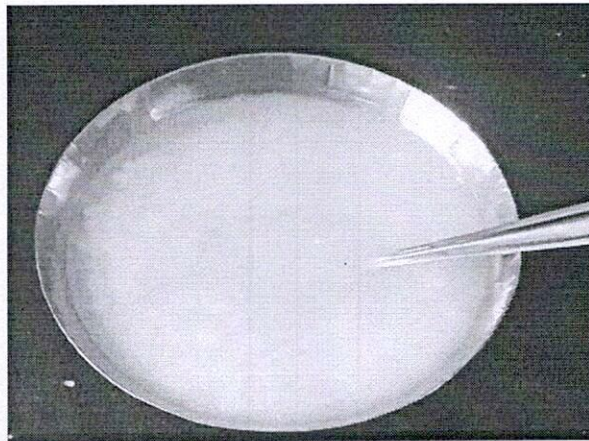
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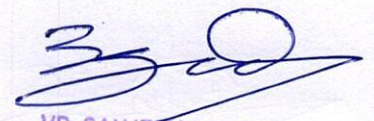


MAND

❖ **Peya Kalpana –**

- It is prepared by using Rice and Water in 1:14 ratio.
- Peya is prepared as per Mand preparation only.
- But in Peya final mixture contains more liquid part with less amount of solid cooked rice particles also.



  
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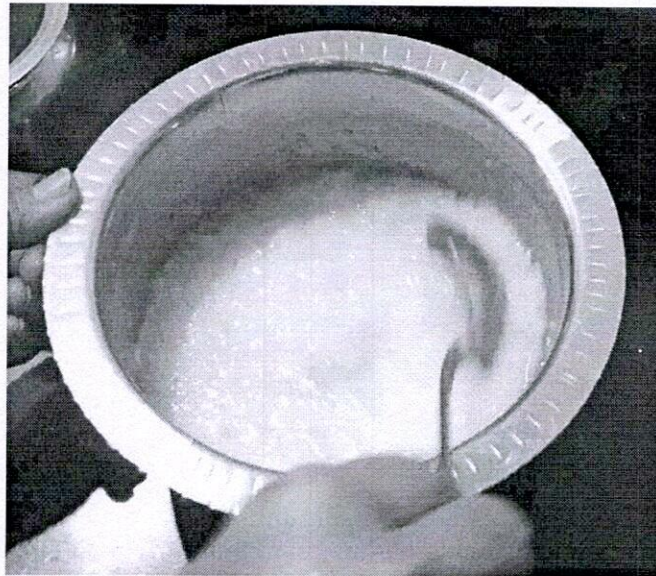
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**PEYA**

❖ **Vilepi Kalpana –**

- Rice is cooked with 4 parts of water.
- Take 1 part rice and wash it with water 2-3 times properly.
- Add 4 parts of water to it
- Boil the mixture on low heat until rice cooked properly
- Final mixture of cooked rice with little amount of water content is called as Vilepi.



**VILEPI**

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❖ **Yush Kalpana –**

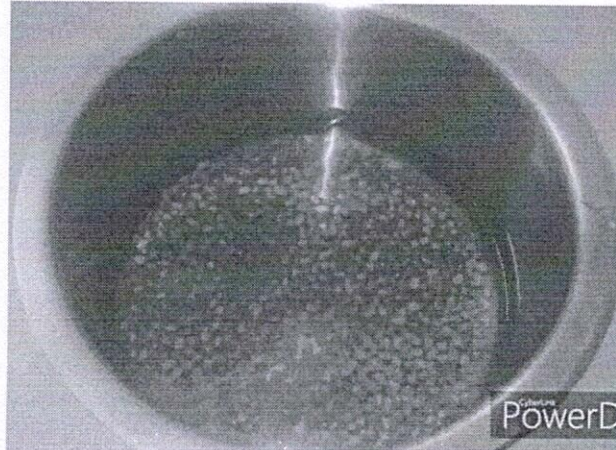
- This kalpana is prepared by ShimbiDhanya like Mudga, Masura, Kulatthaetc

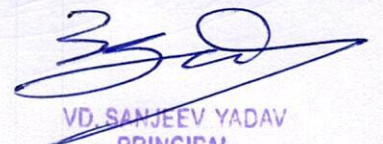
**Method to prepare AkrutaMudagaYusha -**

- Take 1 part of Green whole moong, wash it 2-3 times with water and soaked it in water.



- Add 16 parts of water to it



  
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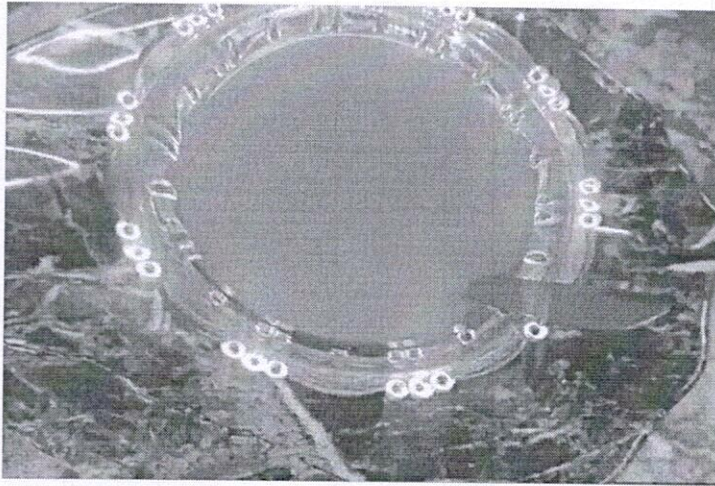
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- Boil the mixture with low flame until Whole Moong is cooked properly
- Steer the mixture well intermittently.



**Moong Yush**

**Method of preparation of Kruta MudgaYusha**

- For preparation of Kruta Mudga Yusha add ghee / oil, 6gms of Shunthi and Pippalichoorna, Saindhava (As Req.) to the mixture of Akruta MudgaYusha.

Mudga - 1part + 16 Parts of Water

+

½ part Pippali and Shunthi churn

Cooked over Mandagni



Add ½ part Pippali and Shunthi churn

- I. This kalpana is prepared by ShimbiDhanya like Mudga, Masura, Mash, etc.
- II. It is prepared by 1 Part of any Shimbidhanya, Half part of Pippali and Shunthi, 16 parts of water.

  
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III. It is Ruchikarak, Sandhankari, Kaph-Pittahar.

❖ **Krushara kalapna –**

- I. It is prepared by combination of Rice and Mudga.
- II. It is Shukral, Balya, Guru, Pitta vardhak, Kaphahar, Vatanashak.

❖ **Ushnodaka –**

There are 4 types -

- I. Just boil water.
- II. Water Boil till ½ - reduced.
- III. Water Boil till 1/4<sup>th</sup> reduced.
- IV. Water Boil till 1/8<sup>th</sup> reduced.

**Manda** - 1:14 Till the rice is completely cooked. Only supernatant liquid.

**Peya** - 1:14 Till the rice is completely cooked. Solid rice and liquid portion are taken in equal proportion

**Yavagu** - 1: 6 Till the rice is completely cooked. Only solid rice part is taken.

**Anna /Odan** - (Bhat) 1:05 Till the rice is completely cooked. Only solid rice part is taken.

**Vilepi** - 1:4 Till the rice is completely cooked. Maximum solid portion with little liquid is taken.

**Krishara** - 1: 6 (Rice+Mudga+:water) Till the rice and Mudag is completely cooked. Only solid rice and Mudag part is taken.

**Yusha** -1:16 (Mudga : water) Till the Mudag is completely cooked Maximum liquid portion with little solid is taken.

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