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## Prevalence of indigestion (Ajīrṇa) from the mirror of Ayurveda: A classical review

#### Rajesh Kumar Mishra, Ankita Gupta and Ekta Arya

#### Abstract

Food is very important for life and said- Annam vai brahma. It is the base of life of living beings. Purity of food purifies the mind and purity of mind results in the perseverance of memory. Perseverance of memory means that the person in higher consciousness lives with awareness. At every moment he is aware of his duties. There is a context in 'Caraka Saihitā' (A famous treatise of  $\bar{A}yurveda$ ) that a great council of sages in Himalayan valley strongly pondered over the causes of disease and health. At the end they concluded that food is the chief cause of health and diseases. There, in conclusion, it stabilized the theory that balanced diet promotes health where as an imbalanced diet causes disorders. In this way,  $\bar{A}yurveda$  which is merely not a medical system but an overall philosophy of life says that the proper and salutary diet regimen, fair deal, proper sleeping, awakening and proper daily routine makes the humans healthy and happy.

Keywords: Ajīrņa, Āyurveda, Bhojan, Āmaya, Nirāmaya

#### Introduction

Indigestion is considered to be at the basis of all ailments. When food is partaken in the state of indigestion, it creates different types of troubles leading to several illnesses. The maxim ' $Aj\bar{i}rne$  bhojanam viṣam' (indigestive food is like poison) is quite popular which tells that eating during an indigestive state is like a poison. Therefore, indigestion has been called the basis of all ailments. In Sanskṛta, the synonym for 'illness' is ' $\bar{A}maya$ ', and the word used for a healthy person is ' $Nir\bar{a}maya$ ' (devoid of  $\bar{a}maya$  or illness), and the prayer goes thus: Sarve santu nir $\bar{a}mayah$  (Let all be healthy). The term ' $\bar{A}maya$ ' signifies what is made from ' $\bar{A}ma$ ' that is immature or indigestive food. It explains that ' $\bar{A}ma$ ' or immature food juice is at the basis of all ailments, which is not digested. Therefore, the  $\bar{A}yurveda$  states:  $J\bar{i}rne$  hitam mitam  $c\bar{a}dyat$ . That is, good and limited food should be taken only when the previous food has been digested. This remains the basic mantra for health.

#### Major causes of indigestion

#### Atyaśana (Excessive eating) and Adhyaśana (Indigestive eating)

A major cause of indigestion is eating excessive food out of taste. It has been said:

Anātmavantaḥ paśuvad bhuñjate ye, pramāṇataḥ Rogānīkasya te mūlamajīrṇam prapnuvanti.hi. (Mādhava. Ajīrṇa-13)

That is, a person who partakes more food than he should, like an animal out of taste, suffer from indigestion, the basic cause of several ailments. When excessive food is taken to tickle taste buds, different types of diseases are contacted. It may be kept in mind that taste resides in hunger or appetite, and not in foods [1]. In this context, this statement from *Vidura* is worth mentioning:

Sampannataramevānnam daridrā bhuñjate sadā, Kṣut svādutām janayati sā caivā ḍhyeṣu durlabhā. (Viduranīti 2.51)

That is, the poor, earning their livelihood from hard labour, always eat tasty food, because hunger produces taste, and taste often eludes the rich  $^{[2]}$ . The  $Caraka-samhit\bar{a}$  says

Yathāgniabhyavahāro, gnisandhuksanānām. (Ca.Sam.Sū. 25-40)

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That is, the greatest measure of all that arouse appetite and increase appetite is that eat to appetite, and no more [3]. The *Manusmṛti* criticizes excessive eating and says:

Anārrogyamanāyuṣyamasvagryam cātibhojanam. Apuṇyam lokavidviṣṭam tasmāttat parivarjayet. (Manu. 2.57)

That is, excessive eating is pathogenic, reduces age and gives suffering in form of illnesses. It is the source of sin, as an excessive eater becomes a subject of criticism by the society as he tends to eat others' share too. Therefore, excessive eating should always be avoided [4]. *Vaidyarāja Susena* too has stated:

Yaḥ kṣudhā laulyabhāvena kuryādākanṭhabhojanam suptavyālāniva vyādhīn so, narthāya prabodhayet. (Su.Ni. Bhojanavidhi)

That is, a person who eats upto his throat, that is, eats very excessively; he awakes the dormant disease like serpents in his body for his own bad <sup>[5]</sup>.

In addition to excessive eating, another major cause of indigestion is eating when the earlier food is yet not digested; that is, to keep eating out of time. It is a very harmful and perilous tendency for health. The *Caraka-samhitā* [6] has accepted this as the greatest cause of deforming the digestive system:

Ajīrņādhyaśanam grahaņīdūṣaṇānām. (Ca.Sam.Sū. 25.40)

That is, we should make our children and other family members understand well that eating frequently is the most harmful habit for health. The children in particular should be inculcated with the habit of eating to the prescribed times, so that they can abide by this golden rule and lead a happy life throughout.

The malady of eating indigestive food has been explained in the  $K\bar{a}\dot{s}yapa$ -samhit $\bar{a}$ , a famous treatise on  $\bar{A}yurveda$ , thus:

Viruddhādhyaśanājīrṇādāme cāme ca pūraṇāt. Yatkiñcidaśitam pītam dehinastadvidahyati. Vidagdham śuktatām yāti śuktamāmāśaye sthitam Tadamlapittamityāhurbhūyiṣṭhampittadūṣaṇāt. (Kā.Sam.Khila. 16.7-9)

That is, the contradictory food (not in conformance with quantity, not matching with one another), the indigestive food and the food eaten when indigested food is still in the stomach turns sour. It becomes acidic and remains in the stomach <sup>[7]</sup>. This is the state of acidity (*Amlapitta*).

Aviśuske yathā kṣīram prakṣiptam dadhibhājane. Kṣipramevāmlatāmeti kūrcībhāvam ca gacchati. (Kā.Sam.Khila. 16.10)

That is, still a foolish greedy-glutton keeps eating in indigestion. As milk poured in an unclean curd's pot turns sour immediately and becomes curd; in the same way, any food eaten during acidity turns sour, and this state leads to hyperacidity. This type of indigestive eating is the greatest cause of degrading the digestive system. When this type of acidity starts, the benefit of eating cannot be availed; it weakens the body and makes it vigourless. Therefore, this

harmful addiction to indigestive eating should be avoided [8]. The *Caraka-samhitā* describes indigestion as the most prominent of all defects that need to be eliminated consciously It should not be neglected [3]:

Ajīrņamuddhāryāṇām. (Ca.Sam.Sū. 25.40)

Besides, this, the *Suśruta-samhitā* has described digestive eating in chemical blending as the most beneficial:

Āyuṣyam bhojam jīrne vegānām cāvadhāraṇam. Brahmacaryamahimsā ca sāhasānām ca varjanam. (Su.Sam.Sū. 28.28)

That is, the causes of long life are: not eating until the previous food has been digested; not obstructing the flow of urine and faeces; abiding by the *Bramhacarya* (celibacy); adopting violence and giving up enterprise, that is, not working more than one's capability; and not doing anything amounting to angry adventurous tasks. Of all causes, indigestive eating has been given prominence here; it signifies its specific importance [9].

We express our good wishes to all our readers that they keep healthy by adopting these vital instructions from our learned sages who propounded  $\bar{A}yurveda$  with a spirit of welfare of the mankind, and not be subjected to others' will in this regard. They should become capable of protecting their health by following the aforesaid statements of our sages and adopting the adequate eating regime.

### Causes, characteristics and types of Ajīrņa (Indigestion) as per $\bar{A}\bar{A}vurveda$ -

#### Characteristics of Ajīrņa-

Avipaqva, gnimāndyena yo rasaḥ sa nigadyate.

Rogāṇām prathamo hetuḥ sarveṣāmāmasamjñayā. (Yogaratnākara, Ajīrṇanidānam-1)

Weak *Jaṭharāgni* (digestive fire) that causes improper digestion of the ingested food which remains as it is, this undigested *rasa* of the ingested food is called ' $\bar{A}ma$ ', which is located in the stomach. This ' $\bar{A}ma$ ' is the first cause of all illnesses [10].

#### Causes of Ajīrņa

Atyambupānādviṣamāśanācca sandhāraṇātsvapnaviparyayācca. Kāle, pi sātmyaṁ laghu cāpi bhuktamannaṁ na pākaṁ bhajate narasya. (Su.Saṁ.Sū. 46.500)

That is, drinking excessive water; eating unequal food (less or more food); eating sometimes on time and sometimes off time; eating foods that don't go together well and eating harmful foods; obstructing the force of nature's call; not sleeping properly; if food is taken adequately and in small quantity under these conditions, it cannot be digested well, that is, it leads to indigestion [11].

Īrṣyābhayakrodhapariplutena lubdhena śugdainyanipīḍiten. Pradveṣyuktena ca sevyamānamannam na pākam bhajate narasya. (Su.Sam.Sū. 46.501)

That is, the food partaken by a person suffering from jealousy (or intolerance towards others' possessions), fear,

anger, greed, sorrow, pity and enmity is not digested well [12]

Lack of exercise and sleep is a major cause of indigestion, as was said by *Vaidyarāja Suṣeṇa*:

Sthālyām yathā,nāvaraṇānanāyām na ghaṭṭitāyām na ca sādhupākaḥ.
Anāptanidrasya tathā narendra vyāyāmahīnasyanacānnapākaḥ.
(Su.Ni.Vyāyāmodvarttanābhyaṅgaguṇavargaḥ-7)

That is, as the grain being boiled in an open pot is not well cooked without being stirred, O King, much in the same manner, the food partaken by a person who does not sleep well and exercise well is not digested well [13].

#### Types of Ajīrņa-

Ajīrṇaprabhavā rogāstadajīrṇam caturvidham. Āmam vidagdham viṣṭabdham rasaśeṣam caturthakam [14].

That is, often all ailments arise from indigestion. Indigestion is considered to be of four types:  $\bar{a}m\bar{a}j\bar{i}rna$ ,  $vistabdh\bar{a}j\bar{i}rna$  and  $rasa\acute{s}es\ddot{a}j\bar{i}rna$ .

Āmājīrṇa signifies lack of jaṭharāgni (agnimāndya) owing to excess of Kapha. The food eaten during it remains 'āma' (indigested), so it is called āmājīrṇa. Vidagdhājīrṇa causes lack of jaṭharāgni owing to excess of Pitta; in it, the food partaken is turned into acid. Viṣṭabdhājīrṇa causes lack of jaṭharāgni owing to excess of Vāta; the food partaken during this period continues to remain in the stomach and causes indigestion. Rasaśeṣājīrṇa signifies the food that remains indigested until the next meal is taken, and there is no desire for eating.

#### Symptoms of Āmājīrņa-

Tatrāme gurutotkledaḥ śopho gaṇḍākṣikūṭajaḥ. Udgāraśca yathābhuktamavidagdhaḥ pravartate. (Mādha. Ajīrṇa. 9)

That is, in  $\bar{a}m\bar{a}j\bar{i}rna$ , heaviness is felt in the body, there is desire to vomit, there is swelling on cheeks and edges of eyes, and one belches without sourness. It means that owing to troublesome Kapha in the stomach, the acid juice does not affect the food eaten in the beginning, and as there is juice (Sweetness in the food), it does not cause sour belching [15].

#### Symptoms of Vidagdhājīrņa-

Vidagdhe bhramatṛṇmūrcchāḥ pittācca vividhā rujaḥ. Udgāraśca sadhūmāmlaḥ svedo dāhsaśca jāyate. (Mādha.Ajīrṇa. 10)

That is, *vidagdhājīrṇa* arises from *Pitta* or bile. It has several Pitta associated disorders like delirium, hyperthirst, syncope, etc. Something like smoke is felt with sour belches emerging from the mouth. There are sweating and burning sensation <sup>[16]</sup>.

#### Symptoms of Vistabdhājīrņa-

Viṣṭabdhe śūlamādhmānaṁ vividhā vātavedanāḥ. Malavātāpravṛttiśca stambha moho,ṅgapīḍanam. (Mādhava.Ajīrṇa-11)

That is, viṣṭabdhājīrṇa arises from Vāta. It causes several

types of  $V\bar{a}ta$  associated disorders like pain, flatulence, pricking pain, etc. Absolute constipation, hardness of stomach, syncope and pain in limbs, etc. are caused [17].

#### Symptoms of Rasaśeṣājīrņa-

Āmam vidagdham viṣṭandham kaphapittānilaistribhiḥ Ajīrṇam kecidicchanti caturam rasaśeṣataḥ. (Su.Sam.Sū. 46.499)

That is,  $\bar{a}m\bar{a}j\bar{i}rna$ ,  $vidagdh\bar{a}j\bar{i}rna$  and  $vistabdh\bar{a}j\bar{i}rna$  are caused by Kapha, Pitta and  $V\bar{a}ta$  respectively. Some scholars suggest a fourth type called  $rasaśes\bar{a}j\bar{i}rna$ . It is different from  $\bar{a}m\bar{a}j\bar{i}rna$ . In  $\bar{a}m\bar{a}j\bar{i}rna$ , the indigested food with sweetness lies in the stomach, while in  $rasaśes\bar{a}j\bar{i}rna$ , the juice of the digested food remains in the stomach in an indigested state [18].

Rasaśeṣe,nnavidveṣohṛdayāśuddhigaurave. (Mādhava. Ajīrṇa-12)

That is, when *rasaśeṣājīrṇa* is caused, the hheaviness in heart and anorexia [19].

#### Complications of Ajīrņa

Mūrcchā pralāpo vamathuḥ prasekaḥ sadanaṁ bhramaḥ. Upadravā bhavantyete maraṇaṁ cāpyajīrṇataḥ. (Su.Saṁ.Sū.46.504)

That is, the complications of indigestion are unconsciousness, bewailing, vomiting, nausea, bodyache, weakness and delirium. When indigestiongoes extreme, it can cause death even [20].

#### Remedies for indigestion-

Prāyeṇāhāravaiṣamyādajīrṇam jāyate nṛṇām.
Tanmūlo rogasamghātastadvināśādvinaśyati.
(Vṛndamādhava.6.26)

That is, man suffers from indigestion owing to incoordination of meals, that is, owing to excessive eating, untimely eating, indigestive eating and improper eating, etc. It is the source of several ailments. When it is cured, the ailments arising from it are also cured. Therefore, a person should be especially conscious of good eating and limited eating in order to remedy indigestion [21].

Anātmavantaḥ paśuvad bhuñjateye, pramāṇataḥ. Rogānīkasya te mūlamajīrṇaṁ prapnuvanti hi. (Mādhava.Ajīrṇa-13)

That is, a person who eats more than necessary, like an animal, out of taste, he suffers from indigestion, which is the source of a number of ailments. Therefore, restraint in eating is very important remedy of indigestion [22].

Tatrāme laṅghanaṁ kāryaṁ vidagdhe vamanaṁ hitam. Viṣtambhe svedanaṁ pathyam rasaśeṣe śayīta ca. (Su.Saṁ.Sū.46.507)

That is, fasting (*Langhana*) is good in  $\bar{a}m\bar{a}j\bar{i}rna$ , emetic therapy (*Vamana*) is good in  $vidagdh\bar{a}j\bar{i}rna$  and sudation (*Swedana*) is good in  $vistabdh\bar{a}j\bar{i}rna$ . A person should fast (*Langhana*) and sleep when suffering from  $rasa\acute{s}e_{\dot{s}}\bar{a}j\bar{i}rna$  [23]. A fine trick to eradicate  $\bar{a}m\bar{a}j\bar{i}rna$  is:

Dhānyanāgarasiddham vā toyam dadyāt vicakṣaṇaḥ. Āmājīrṇapraśamanam śūlaghnam vastiśodhanam. (Cikitsātilakam.18.27)

That is, water mixed with coriander ( $Dh\bar{a}nayaka$ ) and dry ginger root ( $Sunth\bar{i}$ ) pacifies  $\bar{a}m\bar{a}j\bar{i}rna$ . It also removes pain and acts as Vastisodhaka [24].

A fine remedy to cure  $vidagdh\bar{a}j\bar{i}rna$  has been suggested by  $\bar{A}c\bar{a}rya$  Suśruta as follows:

Annam vidagdham hi narasya śīghram Śītāmbunā vai paripākameti. Tadvyasya śaityena nihanti pitta mākledibhāvācca nayatyadhastāt. (Su.Sam.Sū.46.510)

That is, on taking cool water, the food changed into acid is soon digested, as *Pitta* is pacified by coolness of water and its moisture leads to digestion in the stomach <sup>[25]</sup>.

The simple measure to eradicate *viṣṭabdhājīrṇa* and *rasaśeṣājīrṇa* is as follows:

Svedam kuryācca viṣṭabdhe pibedvā lavaṇodakam. Rasaseṣe divānidrām laṅghanam vātavarjanam. (Āyurvedābdhisāraḥ.1.1014)

That is, a person should take sudation therapy (*Swedana*) during *viṣṭabdhājīrṇa* and drink water mixed with rock salt (*Saindhawa lavaṇa*). In *rasaśeṣājīrṇa*, a person should observe fasting and sleep during the day at a windless place [26]

If a person adopts digestive eating at all times, he does not succumb to indigestion. Therefore, the next meal should be taken only when the previous meal has been digested, else fasting should be undertaken. If sluggishness is exercised, indigestion and other ailments arising from it find an

opportunity to take root. It has been said: Prābhukte tvavivikte,gnau dvirannam na samācaret. Pūrvabhukte vidagdhe,nne bhuñjāno hanta pāvakam. (Su.Sam.Sū.46.492)

That is, one should eat only when the previously eaten food has been digested fully. If it is not done so, the remaining indigested and acidified food weakens the stomach-fire (appetite). Following are the signs to know that the previously eaten food has been digested [27]:

Udgāraśuddhirutsāho vegotsargo yathocitaḥ. Laghutā kṣutpipāsā ca jīrṇāhārasya lakṣaṇam. (Mādhava.Ajīrṇa.13)

That is, belching  $(Udg\bar{a}ra)$  nicely, feeling vitality in the heart, excreting urine and faeces well, the body feeling light and feeling appetite and thirst are all the signs of digestive eating. Meals should be taken only when these signs are present [28].

Thus, we have explained indigestion (*Ajīrṇā*) as described in the scriptures. The writer of the *Ajīrṇāmṛtamañjarī* has highlighted specific points to describe the digestive faculties of the objects that can be taken in the indigestion of different meals. The chief bases of this description are *Dravya Guṇa Vigyāna* and *Āyurveda*. For example:

Uṣṇena śītaṁ śiśireṇa coṣṇa mamlena cakṣāraguṇo gunādhyah.

Snehena tīkṣṇam vamanātiyoge sitā hitā syāditi kāśirājaḥ. (Ajīrṇāmṛtamañjarī.40)

The maxims of this type are available here which can pacify indigestion. If we follow them and adopt the proper eating habits, we can keep indigestion at bay <sup>[29]</sup>.

Table 1: Remedy to treat indigestion [29]

Indigestion Caused by Specific Foods	Their Pacifying Digestive Agents
Alābu (Bottle gourd)	Siddhārthaka (White mustard), Brahmataru (Parrot tree) kṣāra-vāri
All fruits	Kaţu tinduka (Bitter gaub)
All oils like that of sesame	Kāñjī
Āluka (Potato)	Taṇḍula-vāri (Uncooked rice water)
Āmajanya vikāra	Śukta (Vinegar)
Āmalaka (Indian gooseberry)	Sarjataru (Sal tree) seed, Bakula
Āmra (Mango)	Kṣīra (Milk), Warm water
Āmra (Mango) fruit	Paryuṣita jala (Stale water)
Āmrātaka (Wild mango)	Paryuṣita jala (Stale water)
Apūpa (Pua)	Water-mixed Yavānī (bishop's weed); Kaṇāmūla (Root of long pepper)
Āranāla (Kāñjī)	Sāmudra lavaņa (Sea salt)
Aśwattha (Holy fig)	Paryuṣita jala (Stale water)
Atasī (Linseed)	Mantha (Water-mixed curd)
Ativyavaayajanya ajīrņa (Indigestion caused due to	Sleeping in open place
excessive sex)	
Bakula	juice of its own root, Jīraka (Cumin seed)
Bījapūra (Citron)	Siddhārthaka(White mustard), Bakula
Bilva (Bengal quince)	Śuṇṭhī (Dry ginger)
Buffalo milk	Saindhava lavaṇa (Rock salt), Refined Sindhuja (borax)
Cañcu (White jute)	Khadira (Catechu) decoction
Chīnātaka	Karañja (Pongama tree) seeds
Ciñcā (Tamarind)	Tila taila (Sesame oil)
Cipița (Flattened rice)	Pippalī (Long pepper) and Yavānī (Celery)
Dāḍima (Pomegranate)	Bakula (Bullet wood)
Dwidala (Pulses)	Dhānyāmla/ Tuṣāmbu (A sour preparation)
Gau-dugdha (Cow milk)	Warm cooked rice water
Ghee	Jambīra swarasa (Lemon juice); Kāñjī (a sour drink) made from Yava

Godhä (Goh) meat		
Godifitima (Wheatt) Godifitima (Wheatt) Harabitat Currant) Harimattha (Currant) Bhadramustaka (Nutgrass) Bissu (Sugarane) pitice Indigestion caused due to excessive intake of water (Vere-32) Indigestion caused due to excessive intake of water (Vere-32) If at (Wine) If at (Wine) Jala (water) Jala (water) Jala (water) Jala (water) Jambitat (action) Jala (water) Jambitat (action) Jambitat (	0 11-(0.1)	
Godnima (Wheat)  Illambaria (Curram)  Bharlamstaka (Nutgrass)  Harimantha (Gram)  (Bost (Sugarama) pitice  Indigestion caused due to excessive intake of water (Verse-12)  Iri (Wine)  Jala (Water)  Jala (Water)  Jala (Water)  Jambira (Ciron)  Jala (Water)  Jambira (Ciron)  Jambira (Ciron)  Jala (Water)  Jambira (Ciron)  Jambira (Ciron)  Jambira (Subarasa  Jawasa (Salt)  Jamun (Black plum)  Jatikoka (Nutmeg ari)  Samudraphena  Kadafi (Hannana)  Kadafi (Hannana)  Kapifijala (Partifege) meat  Kayanila (Barting gourd)  Kayanila (Tartifege) meat  Kay		·
Harmburta (Currant) Harmburta (Currant) Harmburta (Currant) Havingantha (Currant) Havingantha (Currant) Havingantha (Currant) Havingantha (Harmburtant) Havingantha (Harmburtant) Havingantha (Harmburtant) Harmburta (Currant) Havingantha (Harmburtant) Harmburta (Currant) Harmburta (Curra	` /	
Harimantha (Gram)   Kitava (Granthipana)   Ristava (Granthipana)   Katava (Granthipana)   Katava (Granthipana)   Katava (Granthipana)   Katava (Granthipana)   Katava (Granthipana)   Katava (Kodo millet)   Hari (Wine)   Gairika (Red ochre) and sandalwood   Hari (Wine)   Hari (Wine	( )	
Bast (Sugarame) pice		
Indigestion caused due to excessive intake of water (Verse-32)  Iri (Wine)  Iri (Wine)  Jala (Water)  Jala (Water)  Jambira (Citton)  Jambira (Citton)  Jambira (Citton)  Jambira (Citton)  Jambira (Sarana (Citton)  Kadali (Banana)  Kadali (Banana)  Kadali (Ranana)  Kadali (Ranana)  Kangira (Corana (Corana)  Kasana (Kangira (Sarana (Citton)  Karana (Citton)  Karana (Citton)  Karana (Corana)  Karana (Co		
Vernex-32   Water quenched with gold and surver		Ardraka (wet ginger) juice
Iraf (Wine) Jala (Water) Jala (Water) Janbra (Citron) Jambra (Citron) Jambra (Citron) Jambra (Citron) Jambra (Citron) Jambra (Sarvara (Kodo millet) Jambra (Sarvara (Kodo millet) Jambra (Sarvara (Kodo millet) Jamun (Black plum) Jamun (Black plum) Jainskosa (Numeg) Jaikosa (Numeg) Sumdraphena Jisiphala (Numeg) Kodafi (Banana) Gibee Kaniga (Foxtail millet) Kapinjala (Partridge) meat Kapitha (Wood apple) Kanavalli (Bitter gourd) Karavalli (Bitter gourd) Karavalli (Bitter gourd) Karavalli (Bitter gourd) Siddhárthaka (White mustard), Brahmataru (Parrot tree) ksāra-vāri Karkāru (Pumpkin) Karavalli (Bitter gourd) Siddhárthaka (White mustard), Brahmataru (Parrot tree) ksāra-vāri Karkāru (Pumpkin) Karavalli (Bitter gourd) Siddhárthaka (White mustard), Brahmataru (Parrot tree) ksāra-vāri Karstaru (Kungher) Kasavalli (Bitter gourd) Siddhárthaka (White mustard), Brahmataru (Parrot tree) ksāra-vāri Karstaru (Kungher) Kasavalli (Bitter gourd) Siddhárthaka (White mustard) Samudraphena Kasavalli (Surgass) Kāsmīra (Gamphar) Furit Kastaru (Musk) Samudraphena Kasmīra (Gamphar) Furit Kastaru (Musk) Samudraphena Kemtuk (Costus) Picumanda (Margosa) seeds, Badaramustaka (Wugrass), Nrpādana (Ceylon woost) Kharjūra (Date) Picumanda (Margosa) seeds, Badaramustaka (Wugrass), Nrpādana (Ceylon woost) Kodarva (Kodo millet) Pindāluka (Yam), Kitspināda (wax gourd) juice with jaggery Kodamra (tape of mango) Kodava (Kodo millet) Pindāluka (Yam), Kitspināda (wax gourd) juice with jaggery Kodamra (tape of mango) Korava (Kodo millet) Pindāluka (Wargam), Kitspināda (wax gourd) juice with jaggery Kodawa (Kodo millet) Pindāluka (Wargam), Kitspināda (wax gourd) juice with jaggery Kodawa (Kodo millet) Pindāluka (Wargam) (Wargam), Nrpādana (Ceylon Marduka (Butter tree) Mallina (Bengal quince) Mallina (Bengal quince) Picumanda (Margosa) seeds Malhu-vāri (Honey water) Picumanda (Margosa) seeds Sirga (Un	•	Water quenched with gold and silver
Janbira (Citron) Jambira (Citron) Jambira (Citron) Jambira (Citron) Jambira (Citron) Jambira (Sultron) Jambira (Sultron) Jambira (Sultron) Jambira (Sultron) Jatikośa (Nutmeg arij) Jatikośa (Nutmeg arij) Jatikośa (Nutmeg arij) Jatikośa (Nutmeg arij) Jatikośa (Nutmeg) Samudraphena Kadafi (Bannas) Give Kalafi (Bannas) Kadafi (Bannas) Kadafi (Bannas) Kadafi (Bannas) Kapitha (Wood apple) Kajulia (Puririguli (Puririg		Gairika (Red ochre) and sandalwood
Jambřa svansas  Lavana (Salt)  Jamun (Black plum)  Jamun (Black plum)  Jamun (Black plum)  Jamun (Black plum)  Jativskos (Numeg)  Kadalí (Banana)  Kadalí (Banana)  Kadalí (Banana)  Kapinjala (Patridge) met  Karavallí (Bitter gourd)  Karavallí (Bitter gourd)  Karavallí (Bitter gourd)  Siddhárthaka (White mustard), Brahmataru (Parrot tree) kşāra-vāri  Karkāru (Pamphri)  Kasaru (Burtosh)  Kasaru (Burtosh		
Jambira swarasa Jamum (Black plum) Sumjhi (Dry ginger) Jitikoka (Nutneg aril) Sumjha (Nutneg aril) Jitiphala (Nutneg) Kadali (Harama) Kadali (Harama) Kapi (Foxtali millet) Kapinjala (Partridge) meat Kapin (Foxtali millet) Kapinjala (Partridge) meat Kapin (Partridge) meat Kapinha (Wood apple) Karavalli (Bitter gourd) Kaseru (Bulrush) Kaseru (Bulrush) Kaseru (Bulrush) Kaseru (Bulrush) Kaseru (Bulrush) Kaseru (Kutgrass) Kaseru (Kutgrass) Kaseru (Kutgrass) Kaseru (Mutgrass) Kaser		
Jamun (Black plum)  Jätichsala (Nutmeg)  Kadali (Banana)  Kadali (Banana)  Kadali (Banana)  Kaje (Toxiali milet)  Kajinjala (Partridge) meat  Kajinjala (Partridge) meat  Kajinta (Wood apple)  Karavalit (Bitter goard)  Karavalit (Bitter goard)  Karavalit (Bitter goard)  Karavalit (Bitter goard)  Kasaria (Camphor)  Ka	, ,	
Jätikoisa (Nutmeg aril) Jätikoisa (Nutmeg) Kadafi (Banana) Kadafi (Banana) Kadafi (Banana) Kafigu (Foxtaii millet) Kapiijala (Partridge) meat Kapiijala (Partridge) meat Kapiijala (Partridge) meat Kapiina (Partridge) meat Kapiina (Partridge) meat Kapiina (Rood apple) Karavalli (Bitter gourd) Siddhārthaka (White mustard), Brahastar (Parrot tree ksūra-vāri Karsāru (Pumpkin) Karavalli (Bitter gourd) Kasavalli (Bultarla) Kasavalli (Bultarla) Kasavalli (Bultarla) Kasavalli (Bultarla) Kasavalli (Musk) Kasavalli (Musk) Kasavalli (Musk) Kasavalli (Musk) Kalavalli (Musk) Kalavalli (Musk) Kalavalli (Musk) Kodrava (Kodo millet) Pindalluka (Yam); Kūsmājada (wax gourd) juice with jaggery Kospai jala (Warm waiter) Kspara (Porridge) Sanidhava lavaval (Rock salt) Kspara (Porridge) Sanidhava lavaval (Rock salt) Kspara (Porridge) Sanidhava lavaval (Rock salt) Takra (Bittermilk) Tita taila (Sesame cil) Kalavalli (Warne) Kalavalli (Warne		
Samudraphena   Samudraphena   Samudraphena   Samudraphena   Sahaga (Foxtail millet)   Mantha (Water-mixed curd)		
Kadali (Banana)   Gibee		
Kangu (Foxtail millet) Kapinjala (Partidge) meat Kapitha (Wood apple) Kapinjala (Partidge) meat Kapitha (Wood apple) Ficumanda (Margosa) seeds, Madhurikā (Fennel) Karavallī (Bitter gourd) Siddhārihaka (White mustard), Brahmataru (Parrot tree) kṣāra-vāri Karkāru (Pumpkin) Kaseru (Raumpkin) Kasitiri (Gamhari) fruit Samudraphena Kastūri (Musk) Samudraphena Kemuk (Costus) Ficumanda (Margosa) seeds, Bhadramustaka (Nutgrass) Kharjūra (Date) Ficumanda (Margosa) seeds, Bhadramustaka (Nutgrass), Nrpūdana (Ceylon wood) Kodrava (Kodo millet) Ficumanda (Margosa) seeds, Bhadramustaka (Nutgrass), Nrpūdana (Ceylon wood) Kodrava (Kodo millet) Firemanda (Margosa) seeds, Bhadramustaka (Nutgrass), Nrpūdana (Ceylon wood) Kosan jala (Warm water) Ksāra (Milk) Kulattha (Horsegram) Ksāra (Milk) Kulattha (Horsegram) Kūma (Iototise) meat Yavksāra Kūsmūndaka (Wax gourd) (Verse-33) Karafija (Pongama tree) seeds Lavalī (Star gooseberry) Madhu-vār (Honey water) Madhu-vār (Honey water) Pathyā (Chebulic myrobalan) Madya (Wine) Madya (Wine) Madya (Wine) Madya (Fish) meat Masendar (Fish) meat Amra (Mangos) seeds Madada (Boiled rice water) Masendar (Fish) meat Amra (Mango) Sukta (Vinegar) and roasted Matulinga (Lemon) Masendari (Foods prepared from black gram flour) Modaka (Radab) Modaka (Laddu) Modaka (Radash) Nijara (Asian watergrass) Mudya (Green gram) Milaka (Rouri mistard) Milaka (R		
Kapirijala (Partridge) meat   Käsa (Kans grass) root pounded in water   Rapittha (Wood apple)   Picumanda (Margosa) seeds, Madhurikā (Fernel)   Kāravalii (Bitter gourd)   Siddhārthaka (White mustard), Brahmataru (Parrot ree) kṣāra-vāri   Karafija (Pongama tree) seeds   Karafija (Pongama tree) seeds   Karafija (Pongama tree) seeds   Kasarija (Bulgass)   Bahadramustaka (Nutgrass)   Kašarija (Musk)   Samudraphena   Samudraphena   Kastufi (Musk)   Samudraphena   Samudraphena   Kastufi (Musk)   Samudraphena   Kastufi (Musk)   Samudraphena   Samudraphena   Kastufi (Mutgrass)   Picumanda (Margosa) seeds, Bhadramustaka (Nutgrass), Npādana (Ceylon wood)   Kodrava (Kodo millet)   Pindāluka (Yam); Kūsmānjāda (wax gourd) juice with jaggery   Kodārava (Kodo millet)   Pindāluka (Yam); Kūsmānjāda (wax gourd) juice with jaggery   Kodārava (Kodo millet)   Pindāluka (Yam); Kūsmānjāda (wax gourd) juice with jaggery   Kodārava (Kodo millet)   Pindāluka (Yam); Kūsmānjāda (wax gourd) juice with jaggery   Kodārava (Kodo millet)   Pindāluka (Yam); Kūsmānjāda (wax gourd) juice with jaggery   Kodārava (Kodo millet)   Pindāluka (Yam); Kūsmānjāda (wax gourd) juice with jaggery   Kosaja jala (Warm water)   Kasarija (Pongama tree) seeds   Kastufi (Margosa) seeds   Kastufi (Star gooseberry)   Tila talia (Kasame oil)   Kastufi (Star gooseberry)   Bakula   Picumanda (Margosa) seeds   Madhu-vāri (Honey water)   Picumanda (Margosa) seeds   Madhu-vāri (Honey water)   Picumanda (Margosa) seeds   Madhu-vāri (Honey water)   Picumanda (Margosa) seeds   Mandu (Boiled rice water)   Kānānila (Root of long pepper)   Māsendari (Fish) meat   Kanānila (Root of long pepper)   Māsendari (Fish) meat   Kānānila (Root of long pepper)   Māsendari (Fish) meat   Kānānila (Root of long pepper)   Māsendari (Kanānila (Root of long pepper)   Mā		
Kapittha (Wood apple)  Kāravalli (Bitter gourd)  Kāravalli (Bitter gourd)  Karkāru (Pumpkin)  Karkāru (Pumpkin)  Karkāru (Pumpkin)  Karapfan (Camphor)  Kaseru (Butrush)  Bahadmustakak (Nutgrass)  Kāsmira (Gamhar) fruit  Samudraphena  Kastifi (Musk)  Samudraphena  Kastifi (Musk)  Kemuk (Costus)  Kharjūra (Date)  Kharjūra (Date)  Picumanda (Margosa) seeds, Bahadmustaka (Nutgrass)  Kharjūra (Date)  Picumanda (Margosa) seeds, Bahadrustaka (Nutgrass), Nrpādana (Ceylon wood)  Kodrava (Kodo millet)  Findāluka (Yam); Kāṣmāṇḍa (wax gourd) juice with jaggery  Kolāmra (a type of mango)  Kosan jala (Wam water)  Kṣāra (Milk)  Fakra (Buttermik)  Kulattha (Horsegram)  Kulattha (Horsegram)  Tāla talā (Sesame oil)  Kūma (tortoise) meat  Yavkṣāra  Kāṣmāṇḍaka (Wax gourd) (Verse-33)  Karalja (Pongama tree) seeds  Madhu-xāri (Honey water)  Madhūka (Butter tree)  Pathyā (Chebulie myrobalan)  Madya (Wine)  Madya (Wine)  Madya (Wine)  Masa (Black gram)  Māṣeŋdari (Fooks prepared from black gram flour)  Maṣeŋdari (Fooks prepared from black gram flour)  Maṣeŋdari (Fooks prepared from black gram flour)  Maṣeŋdari (Fooks prepared from black gram flour)  Masqua (Fish) meat  Madua (Aurgosa) seeds  Madua (Green gram)  Masqua (Fish) meat  Mada (Green gram)  Malaka (Radash)  Modaka (Laddu)  Modaka (Laddu)  Mogharwa (Amarantha)  Siddharthaka (White mustard)  Milaka (Radash)  Nigaralaga (Orange)  Guda (Jaggery), Kodrava (Kodo miller); Guda (Jaggery)  Nigavalia (Loucoked rice water)  Nigavalia (Root of long pepper)  Milaka (Radash)  Nigaralaga (Orange)  Guda (Jaggery), Kodrava (Kodo miller); Guda (Jaggery)  Nigavalaga (Orange)  Guda (Jaggery), Kodrava (Kodo miller); Guda (Jaggery)  Nigaval (Labiab-ean)  Marikela  Tapdula (Rucokod rice water)  Nigavala (Ceylon wood)  Pausa (Ruckrivit)  Parusa (Palaka)  Pausa (Ruckrivit)  Kadalī (Banana); Sarjataru (Sal tree) seed; Mangos seed (undried); Ārma bīja  (Mangos seed) (Verse-4)	<u> </u>	
Kāravalli (Bitter gourd)  Karkāriu (Pumpkin)  Karkāriu (Camphor)  Kaspūra (Gamphor)  Kaspūra (Gamphor)  Kaspūra (Gamphor)  Kaspūra (Gamphor)  Kaspūra (Gamphor)  Kaspūra (Musk)  Kaspūra (Musk)  Kaspūra (Date)  Kaspūra (Date)  Kolarya (Kodo millet)  Kodrava (Kodo millet)  Kodrava (Kodo millet)  Kolarina (a type of mango)  Kosna jala (Warm water)  Ksrarī (Portidge)  Samidaval havana (Kock salt)  Ksrarī (Milk)  Kulatha (Horsegram)  Kulatha (Horsegram)  Kulatha (Horsegram)  Kulatha (Horsegram)  Kulatha (Horsegram)  Kulava (Kodo walter)  Madhuka (Butter tree)  Madhuka (Butter tree)  Picumanda (Margosa) seeds  Mandu vārī (Honey water)  Mājara (Banga quinee)  Manga (Boiled rice water)  Mājara (Banga quinee)  Mājara (Banga quinee)  Mājara (Banga quinee)  Mājara (Branga (Margosa) seeds  Manga (Foods prepared from black gram flour)  Māsa (Black gram)  Māsa (Black gram)  Mājara (Grod (Lemon)  Matya (Fish) meat  Mact  Mact  Mact  Mact  Mact  Mact  Mact  Margosa (Portinic)  Margosa (Foods prepared from black gram flour)  Marga (Green gram)  Macka (Laddu)  Macja (Honey  Majara (Grod of long pepper)  Mājara (Grod of long pepper)  Mājara (Banga)  Macka (Laddu)  Macjara (Foods prepared from black gram flour)  Marjara (Lous stem)  Malaka (Radsish)  Macka (Laddu)  Marjara (Grod of long pepper)  Majara (Grod of long pepper)		
Karañja (Pumpkin)   Karañja (Pongamu tree) seeds   Karpüra (Camphor)   Samudraphena   Kaseru (Bulrush)   Bhadramustaka (Nutgrass)   Kämira (Gamhar) fruit   Samudraphena   Kastūri (Musk)   Samudraphena   Kastūri (Musk)   Samudraphena   Kemuk (Costus)   Siddhārthaka (White mustard)   Kharjūra (Date)   Picumanda (Margosa) seeds, Bhadramustaka (Nutgrass), Nrpādana (Ceylon wood)   Kodrava (Kodo millet)   Pindāluka (Yam); Kūṣmānda (wax gourd) juice with jaggery   Koslāmra (a type of mango)   Kosma jala (Warm water)   Ksrafa (Porridge)   Sanidhava lavaņa (Rock salt)   Ksrafa (Porridge)   Sanidhava lavaņa (Rock salt)   Ksrafa (Hilk)   Takara (Buttermilk)   Kulatha (Horsegram)   Tila taila (Sesame oil)   Kūrma (totroise) meat   Yavkṣāra   Kūṣmāndaka (Wax gourd) (Verse-33)   Karañja (Pongama tree) seeds   Lavalī (Sāra gooseberry)   Bakula   Madhūka (Butter tree)   Pathyā (Chebulic myrobalan)   Madya (Wine)   Honey water   Madhu-vāri (Honey water)   Pathyā (Chebulic myrobalan)   Madya (Wine)   Honey water   Mālūra (Bengal quince)   Picumanda (Margosa) seeds   Manda (Boiled rice water)   Kapāmilia (Root of long pepper)   Māṣa (Black gram)   Khānjā (Incurfended sugar)   Māṣa (Black gram)   Khānjā (Incurfended sugar)   Māṣa (Black gram)   Kapāmilia (Root of long pepper)   Maya (Floods prepared from black gram flour)   Mimba (Margosa tree) root decoction   Mathya (Fish) meat   Āma (Mango), Sukta (Viregar) and roasted   Mātulunga (Lemon)   Āmra (Mango), Sukta (Viregar) and roasted   Mātulunga (Lorus stem)   Āmra (Mango), Sukta (Viregar) and roasted   Maya (Bola (Josu stem)   Amra (Mango), Sukta (Viregar) and roasted   Maya (Bola (Josu stem)   Bhadramustaka (Nutigrass)   Mulaka (Kadish)   Siddhārthaka (White mustard)   Nigāva (Liablab-bean)   Mantha (Margosa) seeds (Mango) seed (Margosa) se		
Karpūra (Camphor)   Samudraphena		
Raseru (Bulrush)   Bhadramustaka (Nutgrass)		
Răsmira (Gamhar) fruit   Samudraphena		
Kastūrī (Musk)   Samudraphena		
Kemuk (Costus)   Picumanda (Margosa) seeds, Bhadramustaka (Nutgrass), Nrpādana (Ceylon Kodrava (Kodo millet)   Pindāluka (Yam); Kūṣmāṇḍa (wax gourd) juice with jaggery (Kolāmra (a type of mango)   Kosna jala (Warm water)		
Picumanda (Margosa) seeds, Bhadaramustaka (Nutgrass), Nṛpādana (Ceylon wood)   Kodrava (Kodo millet)   Pinḍāluka (Yam); Kūṣmāṇḍa (wax gourd) juice with jaggery (Kolāmra (a type of mango)   Koṣṇa jala (Warm water)     Kṛṣraā (Porridge)   Sanidhava lavaṇa (Rock salt)     Kṣṣra (Milk)   Takra (Buttermilk)   Tālta talia (Seṣame oil)     Kūma (Iotroise) meat   Yavkṣāra     Kūṣmāndaka (Wax gourd) (Verse-33)   Karañja (Pongama tree) seeds     Lavalī (Star gooseberry)   Bakula     Madhūka (Butter tree)   Picumanda (Margosa) seeds     Madhu-vāri (Honey water)   Pathyā (Chebulic myrobalan)     Madya (Wine)   Pathyā (Chebulic myrobalan)     Madya (Wine)   Picumanda (Margosa) seeds     Manḍa (Boiled rice water)   Kaṇāmula (Root of long pepper)     Māṣa (Black gram)   Khāṇḍa (Unrefined sugar)     Māṣa (Black gram)   Khāṇḍa (Unrefined sugar)     Māṣu (Fish) meat   Āma (Mango); Sukta (Vinegar) and roasted     Matsu (Fish) meat   Kāṇjī (a sour drink)     Moeā phala (Banana)   Ghṛta (Ghee)     Modāka (Laddu)   Kaṇāmula (Root of long pepper)     Mṛṇāla (Lotus stem)   Bhadramustaka (Nutgrass)     Mudga (Green gram)   Kitava (Granthipara)     Mūlaka (Radish)   Siddhārthaka (White mustard)     Nāṣaranja (Orange)   Guda (Jaggery)   Kodrava (Kodo millet); Guda (Jaggery)     Nāṣaranja (Orange)   Guda (Jaggery)   Kodrava (Kodo millet); Guda (Jaggery)     Nāṣarala (Detel leaf)   Samudraphena     Nārikela (Coconut)   Taṇḍula jala (Uncooked rice water)     Niṣnāva (Lablab-bean)   Mantha (Water-mixed curd)     Niṣnāva (Asian watergrass)   Mantha (Water-	,	
Kolrava (Kodo millet)  Kodrava (Kodo millet)  Kolamra (a type of mango)  Krafar (Porridge)  Krsara (Porridge)  Krsara (Porridge)  Ksira (Milk)  Kulattha (Horsegram)  Küman (tortoise) meat  Küman (Margosa) seeds  Madula (Roose (Thene water)  Madula (Wine)  Peluumanda (Margosa) seeds  Madulu-vär (Honey water)  Malüra (Bengal quince)  Malüra (Bengal quince)  Masa (Black gram)  Masendari (Foods prepared from black gram flour)  Masaya (Fish) meat  Matulunga (Lorenn)  Matulunga (Lemon)  Matulunga (Lemon)  Meat  Käñji (a sour drink)  Megharava (Amarantha)  Moeğa phala (Banana)  Moeğa phala (Banana)  Moeğa phala (Banana)  Moeğa phala (Laddu)  Moeğa phala (Laddu)  Moeğa phala (Laddu)  Moğa (Green gram)  Millaka (Radsish)  Millaka (Radsish)  Nigavanli (Betel leaf)  Najavaniga (Orange)  Oluşa (Jaggery), Kodrava (Kodo millet); Guda (Jaggery)  Najavalli (Betel leaf)  Najava (Lablab-bean)  Nirakela  Tandula (Rice)  Najrıkela  Tandula (Rice)  Najrıkela  Tandula (Rice)  Nirpadan (Ceylon wood)  Pilakya (Spinach)  Kadalī (Banana); Sarjataru (Sal tree) seed; Mango seed (undried); Amra bija (Mangos seeds) (Verse-4)  Filam (Margosa) seeds  Sirgu (Drumnstick true) seed; Mango seed (undried); Amra bija (Mangos seed) (Verse-4)  Filam (Margosa) seeds  Sirgu (Drumnstick true) seed; Mangos seed (undried); Amra bija (Mangos seed) (Verse-4)  Filam (Margosa) seeds  Sirgu (Drumnstick true) seed; Mangos seed (undried); Amra bija (Mangos seed) (Verse-4)  Filam (Margosa) seeds  Siddhārthaka (White mustard)  Siddhārthaka (White mustard)		
Kodrava (Kodo millet)	Kharjūra (Date)	
Kolāmra (a type of mango)   Sanidhava lavaṇa (Rock salt)	Kodrava (Kodo millet)	,
Sanidhava lavaṇa (Rock salt)   Kṣra (Milk)   Takra (Buttermilk)   Kulattha (Horsegram)   Tila taila (Sesame oil)   Kūrma (tortoise) meat   Yavkṣāra     Kūṣmānḍaka (Wax gourd) (Verse-33)   Karañja (Pongama tree) seeds     Lavalī (Star gooseberry)   Bakula     Madhūka (Butter tree)   Picumanda (Margosa) seeds     Madhūvari (Honey water)   Pathyā (Chebulic myrobalan)     Madya (Wine)   Honey water     Mālūra (Bengal quince)   Picumanda (Margosa) seeds     Manda (Boiled rice water)   Kaṇāmūla (Root of long pepper)     Māṣa (Black gram)   Khāṇḍa (Unrefined sugar)     Māṣenḍarī (Foods prepared from black gram flour)   Nimba (Margosa tree) root decoction     Matsya (Fish) meat   Āmra (Mango); Sukta (Vinegar) and roasted     Mātuluṅṇga (Lemon)   Lavaṇa (Salt)     Meat   Kāṇī (a sour drink)     Megharava (Amarantha)   Siddhārthaka (White mustard)     Mocā phala (Banana)   Ghṛta (Ghee)     Modaka (Laddu)   Kaṇāmūla (Root of long pepper)     Mṛṇāla (Lotus stem)   Bhadramustaka (Nuṭgrass)     Mudga (Green gram)   Kitava (Granthaka (White mustard)     Nāgaraniga (Orange)   Guḍa (Jaggery), Kodrava (Kodo millet); Guḍa (Jaggery)     Nāgavallī (Betel leaf)   Samudraphena     Nārikela   Taṇḍula (Rice)     Nārikela (Coconut)   Mantha (Water-mixed curd)     Nīyāra (Asian watergrass)   Mantha (Water-mixed curd)     Nīyāna (Cablab-bean)   Mantha (Water-mixed curd)     Nīyāna (Cablab)   Siddhārthaka (White mustard)     Pansaa (Jackfruit)   Kadalī (Banana); Sarjataru (Sal tree) seed; Mango seed (undried); Āmra bīja (Mango seed) (Verse-4)     Pansaa (Jackfruit)   Siddhārthaka (White mustard)     Pansaa (Jackfruit)   Siddhārthaka (White mustard)     Pansaa (Pansa)   Picumanda (Margosa) seeds; Kṣrī (Ceylon wood)     Palukara (Ceylon wood)   Siddhārthaka (White mustard)     Pansaa (Jackfruit)   Siddhārthaka (White mustard)     Pansaa (Jackfruit)   Siddhārthaka (White mustard)     Pansaa (Jackfruit)   Siddhārthaka (White mustard)   Sigu (Drumstick tree) seed     Parusa (Phalsa)   Picumanda (Margosa) seeds; Kṣrī (Ceylon wood)     Siddhārt		
Kşīra (Milk) Kulattha (Horsegram) Kürma (tortoise) meat Küşmändaka (Wax gourd) (Verse-33) Karañja (Pongama tree) seeds Lavalī (Star gooseberry) Bakula Madhūka (Butter tree) Pictumanda (Margosa) seeds Madhu-vārī (Honey water) Madya (Wine) Madya (Wine) Māga (Boiled rice water) Nāga (Clemb) Māga (Ladu) Māga (Margosa) seeds Matulunga (Lemon) Lavaṇa (Salt) Meat Kāñjī (a sour drink) Megharava (Amarantha) Siddhārthaka (White mustard) Mocā phala (Banana) Ghrta (Ghee) Modaka (Laddu) Kaṇāmūla (Root of long pepper) Mīgāla (Lotus stem) Malaka (Radish) Siddhārthaka (White mustard) Nāgaranja (Orange) Guḍa (Jaggery), Kodrava (Kodo millet); Guḍa (Jaggery) Nāgavallī (Betel leaf) Sāmudraphena Nārikela Taṇḍula (Rice) Nārikela (Coconut) Nīvāra (Asian watergrass) Mantha (Water-mixed curd) Panasa (Jackfruit) Panasa (Jackfruit) Panasa (Jackfruit) Panasa (Jackfruit) Panasa (Jackfruit) Panasa (Jackfruit) Nāda (Margosa) seeds (Mango seed (undried); Āmra bīja (Mango seed) (Verse-4) Sīgru (Drumatha (Water-sixed curd) Patola (Pointed gourd) Siddhārthaka (White mustard) Siddhārthaka (White mustard) Siddhārthaka (White mustard		
Kulattha (Horsegram)   Tila taila (Sesame oil)		
Kürma (tortoise) meat Küsmändaka (Wax gourd) (Verse-33) Lavalī (Star gooseberry) Bakula Madhūka (Butter tree) Picumanda (Margosa) seeds Madhu-vārī (Honey water) Pathyā (Chebulic myrobalan) Madya (Wine) Madya (Wine) Maiba (Bengal quince) Māja (Bengal quince) Māsendarī (Foods prepared from black gram flour) Matya (Fish) meat Mātulniga (Lemon) Meat Meat Marau (Amarantha) Meat Meat Marau (Amarantha) Meat Mocā phala (Banana) Mocā phala (Banana) Mocā phala (Banana) Morga flack ustern) Māgarafa (Cotus stern) Maja (Green gram) Mūlaka (Radish) Nāgarafa (Orange) Mūlaka (Radish) Nāgarafa (Orange) Nāgavallī (Betel leaf) Nārikela Nārikela Nārikela Nārikela Nārikela Nārikela Najara (Asian watergrass) Mantha (Water-mixed curd) Nivāra (Asian watergrass) Mantha (Panya) (Sulta (Winega) and roasted Mantha (Water-mixed curd) Nivāra (Asian watergrass) Mantha (Water-mixed curd) Nivāra (Asian watergrass) Mantha (Water-mixed curd) Nivāra (Asian watergrass) Panasa (Jackfruit) Kadalī (Banana); Sarjataru (Sal tree) seed; Mango seed (undried); Āmra bīja (Mango seed) (Verse-4) Parpata (Papad) Patusa (Phalsa) Picumanda (Margosa) seeds Sargapa taila (Mustard oil)		
Küşmändaka (Wax gourd) (Verse-33)         Karañja (Pongama tree) seeds           Lavalī (Star gooseberry)         Bakula           Madnīka (Butter tree)         Picumanda (Margosa) seeds           Madnīv-vāri (Honey water)         Pathyā (Chebulic myrobalan)           Madya (Wine)         Honey water           Mālūra (Bengal quince)         Picumanda (Margosa) seeds           Manda (Boiled rice water)         Kanāmītal (Root of long pepper)           Māṣa (Black gram)         Khānāda (Unrefined sugar)           Māṣa (Pish) meat         Āmra (Mango); Sukta (Vinegar) and roasted           Mātulunga (Lemon)         Lavana (Salt)           Meat         Kāñjī (a sour drink)           Megharava (Amarantha)         Siddhārthaka (White mustard)           Mocā phala (Banana)         Gihrta (Ghee)           Modaka (Laddu)         Kanāmūla (Root of long pepper)           Mrnāla (Lotus stem)         Bhadramustaka (Nutgrass)           Mudga (Green gram)         Kitava (Granthiparna)           Mūlaka (Radish)         Siddhārthaka (White mustard)           Nāgaranga (Orange)         Guda (Jaggery), Kodrava (Kodo millet); Guda (Jaggery)           Nāgavallī (Betel leaf)         Samudraphena           Nārikela         Tandula (Rice)           Nārikela (Coconut)         Tandula jala (Locooked rice water)		
Lavalī (Star gooseberry)  Madhūka (Butter tree)  Madhu-Varī (Honey water)  Madya (Wine)  Madya (Wine)  Maltira (Bengal quince)  Mālītar (Bengal quince)  Māsa (Black gram)  Māsendarī (Foods prepared from black gram flour)  Matulunga (Lemon)  Matulunga (Lemon)  Meat  Matulunga (Lemon)  Meat  Matulunga (Lemon)  Meat  Matulunga (Lemon)  Mocā phala (Banana)  Mocā phala (Banana)  Morāphala (Banana)  Morāphala (Lotus stem)  Minala (Rotot of long pepper)  Minala (Margosa) seeds  Matulunga (Lemon)  Meat  Kāṇjī (a sour drink)  Megharava (Amarantha)  Mocāphala (Banana)  Ghṛta (Ghee)  Modaka (Laddu)  Kaṇāmula (Rotot of long pepper)  Mṛṇāla (Lotus stem)  Bhadramustaka (Nuṭreass)  Mudga (Green gram)  Mūlaka (Radish)  Nāgaraṅga (Orange)  Quda (Jaggery), Kodrava (Kodo millet); Guḍa (Jaggery)  Nāgavallī (Betel leaf)  Nārikela  Taṇḍula jala (Uncooked rice water)  Niṣpāva (Lablab-bean)  Mantha (Water-mixed curd)  Nivāra (Asian watergrass)  Mantha (Water-mixed curd)  Nivāra (Asian watergrass)  Mantha (Water-mixed curd)  Nivāra (Asian watergrass)  Palakya (Spinach)  Kadalī (Banana); Sarjataru (Sal tree) seed; Mango seed (undried); Āmra bīja (Mango seed) (Verse-4)  Parpata (Papad)  Parpata (Papad)  Parpata (Papad)  Pauskara (Lotus seed)  Sarapat talla (Mustard toil)		•
Madhūka (Butter tree)         Picumanda (Margosa) seeds           Madhu-vāri (Honey water)         Pathyā (Chebulic myrobalan)           Madya (Wine)         Honey water           Mālūra (Bengal quince)         Picumanda (Margosa) seeds           Manda (Boiled rice water)         Kaṇāmūla (Root of long pepper)           Māṣendarī (Foods prepared from black gram flour)         Nimba (Margosa tree) root decoction           Matsya (Fish) meat         Āmra (Mango); Sukta (Vinegar) and roasted           Mātulunga (Lemon)         Lavaņa (Salt)           Meat         Kāṇ̄jī (a sour drink)           Megharava (Amarantha)         Siddhārthaka (White mustard)           Mocā phala (Banana)         Ghṛta (Ghee)           Modaka (Laddu)         Kaṇāmūla (Root of long pepper)           Mṛṇāla (Lotus stem)         Bhadramustaka (Nutgrass)           Mudga (Green gram)         Kitava (Granthiparna)           Mūlaka (Radish)         Siddhārthaka (White mustard)           Nāgavalī (Betel leaf)         Samudraphena           Nāgavalī (Betel leaf)         Samudraphena           Nārikela         Taṇḍula (Rice)           Nārikela         Taṇḍula (Rice)           Nīṣpāva (Lablab-bean)         Mantha (Water-mixed curd)           Nīyāra (Asian watergrass)         Mantha (Water-mixed curd)		
Madhu-vāri (Honey water)         Pathyā (Chebulic myrobalan)           Madya (Wine)         Honey water           Mālūra (Bengal quince)         Picumanda (Margosa) seeds           Manda (Boiled rice water)         Kaņāmūla (Root of long pepper)           Māṣa (Black gram)         Khānḍa (Unrefined sugar)           Māṣendarī (Foods prepared from black gram flour)         Nimba (Margosa tree) root decoction           Matsya (Fish) meat         Āmra (Mango); Sukta (Vinegar) and roasted           Mātulunga (Lemon)         Lavaņa (Salt)           Meat         Kāñjī (a sour drink)           Mocā phala (Banana)         Gihṭta (Ghee)           Modaka (Laddu)         Kaṇāmūla (Root of long pepper)           Myrala (Lotus stem)         Bhadramustaka (Nutgrass)           Mudga (Green gram)         Kitava (Granthiparņa)           Mūlaka (Radish)         Siddhārthaka (White mustard)           Nāgaranja (Orange)         Guda (Jaggery), Kodrava (Kodo millet); Guḍa (Jaggery)           Nāgavallī (Betel leaf)         Samudraphena           Nārikela         Taṇḍula (Rice)           Nārikela (Coconut)         Taṇḍula jala (Uncooked rice water)           Nīṣpāva (Lablab-bean)         Mantha (Water-mixed curd)           Nīyāra (Asian watergrass)         Mantha (Water-mixed curd)           Nīyāra (Asian watergrass)		
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Mātulunga (Lemon)  Meat  Meat  Kāṇjī (a sour drink)  Megharava (Amarantha)  Mocā phala (Banana)  Mocā phala (Banana)  Modaka (Laddu)  Moga (Green gram)  Mūlaka (Radish)  Nāgaranga (Orange)  Nāgaranga (Orange)  Nārikela  Nārikela  Nārikela  Nārikela (Coconut)  Nīṣpāva (Lablab-bean)  Nīṣvāra (Asian watergrass)  Mantha (Water-mixed curd)  Nīṣpādan (Ceylon wood)  Panasa (Jackfruit)  Parpaṭa (Papad)  Paruṣa (Phalsa)  Patokara (Manans (Maitha (White mustard))  Lavaṇa (Salt)  Kāṇjī (a sour drink)  Kāṇjī (a sour drink)  Kāṇjī (a sour drink)  Kāṇjī (a sour drink)  Kaṇṭi (a sour drink)  Maṇṭi (a sour drink)  Kaṇṭi (a sour drink)  Maṇṭi (a sour drink)  Maṇṭi (a sour drink)  Kaṇṭi (a sour drink)  Maṇṭi (a sour drink)  Kaṇṭi (a sour drink)  Kaṇṭi (a sour drink)  Maṇṭi (a sour drink)  Naṇṭi (a sour drink)  Kaṇṭi (a sour drink)  Kaṇṭi (a sour drink)  Kaṇṭi (a sour drink)  Kaṇṭi (a sour dain)  Kaṇṭi (a sour drink)  Kaṇṭi (a sour drink)  Kaṇṭi (a sour dain (a sour drink)  Kaṇṭi (a sour drink)		6
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Megharava (Amarantha)Siddhārthaka (White mustard)Mocā phala (Banana)Ghṛta (Ghee)Modaka (Laddu)Kaṇāmūla (Root of long pepper)Mṛṇāla (Lotus stem)Bhadramustaka (Nutgrass)Mudga (Green gram)Kitava (Granthiparṇa)Mūlaka (Radish)Siddhārthaka (White mustard)Nāgaraṅga (Orange)Guḍa (Jaggery), Kodrava (Kodo millet); Guḍa (Jaggery)Nāgavallī (Betel leaf)SamudraphenaNārikelaTaṇḍula jala (Uncooked rice water)Niṣpāva (Lablab-bean)Mantha (Water-mixed curd)Nīvāra (Asian watergrass)Mantha (Water-mixed curd)Nīpādan (Ceylon wood)Picumanda (Margosa) seedsPālakya (Spinach)Siddhārthaka (White mustard)Panasa (Jackfruit)Kadalī (Banana); Sarjataru (Sal tree) seed; Mango seed (undried); Āmra bīja (Mango seed) (Verse-4)Parpaṭa (Papad)Šigru (Drumstick tree) seedParuṣa (Phalsa)Picumanda (Margosa) seeds; Kṣīrī (Ceylon wood)Patola (Pointed gourd)Siddhārthaka (White mustard); Brahmataru (Parrot tree) kṣāra-vāriPauṣkara (Lotus seed)Sarṣapa taila (Mustard oil)		
Mocā phala (Banana)Ghṛta (Ghee)Modaka (Laddu)Kaṇāmūla (Root of long pepper)Mṛṇāla (Lotus stem)Bhadramustaka (Nutgrass)Mudga (Green gram)Kitava (Granthiparṇa)Mūlaka (Radish)Siddhārthaka (White mustard)Nāgarainga (Orange)Guḍa (Jaggery), Kodrava (Kodo millet); Guḍa (Jaggery)Nāgavallī (Betel leaf)SamudraphenaNārikelaTaṇḍula (Rice)Nārikela (Coconut)Tanḍula jala (Uncooked rice water)Niṣpāva (Lablab-bean)Mantha (Water-mixed curd)Nīvāra (Asian watergrass)Mantha (Water-mixed curd)Nṛpādan (Ceylon wood)Picumanda (Margosa) seedsPālakya (Spinach)Siddhārthaka (White mustard)Panasa (Jackfruit)Kadalī (Banana); Sarjataru (Sal tree) seed; Mango seed (undried); Āmra bīja (Mango seed) (Verse-4)Parpaṭa (Papad)Šigru (Drumstick tree) seedParuṣa (Phalsa)Picumanda (Margosa) seeds; Kṣīrī (Ceylon wood)Patola (Pointed gourd)Siddhārthaka (White mustard); Brahmataru (Parrot tree) kṣāra-vāriPauṣkara (Lotus seed)Sarṣapa taila (Mustard oil)	Mātuluṅga (Lemon)	Lavaṇa (Salt)
Modaka (Laddu)Kaṇāmūla (Root of long pepper)Mṛṇāla (Lotus stem)Bhadramustaka (Nutgrass)Mudga (Green gram)Kitava (Granthiparṇa)Mūlaka (Radish)Siddhārthaka (White mustard)Nāgaraṅga (Orange)Guḍa (Jaggery), Kodrava (Kodo millet); Guḍa (Jaggery)Nāgavallī (Betel leaf)SamudraphenaNārikelaTaṇḍula (Rice)Nārikela (Coconut)Taṇḍula jala (Uncooked rice water)Niṣpāva (Lablab-bean)Mantha (Water-mixed curd)Nīvāra (Asian watergrass)Mantha (Water-mixed curd)Nṛpādan (Ceylon wood)Picumanda (Margosa) seedsPālakya (Spinach)Siddhārthaka (White mustard)Panasa (Jackfruit)Kadalī (Banana); Sarjataru (Sal tree) seed; Mango seed (undried); Āmra bīja (Mango seed) (Verse-4)Parpaṭa (Papad)Sigru (Drumstick tree) seedParuṣa (Phalsa)Picumanda (Margosa) seeds; Kṣīrī (Ceylon wood)Paṭola (Pointed gourd)Siddhārthaka (White mustard); Brahmataru (Parrot tree) kṣāra-vāriPauṣkara (Lotus seed)Sarṣapa taila (Mustard oil)	Mātuluṅga (Lemon) Meat	Lavaṇa (Salt) Kāñjī (a sour drink)
Mṛṇāla (Lotus stem)  Mudga (Green gram)  Mudga (Green gram)  Mulaka (Radish)  Nāgaraṅga (Orange)  Nāgaraṅga (Orange)  Nārikela  Nārikela  Nārikela (Coconut)  Nīspāva (Lablab-bean)  Nīvāra (Asian watergrass)  Pālakya (Spinach)  Panasa (Jackfruit)  Panasa (Papad)  Paroja (Papad)  Patola (Pointed gourd)  Palakyara (Lotus seed)  Palakyara (Lotus seed)  Bhadramustaka (Nutgrass)  Kitava (Granthiparṇa)  Kitava (Granthiparṇa)  Kitava (Granthiparṇa)  Kitava (Granthiparṇa)  Siddhārthaka (White mustard)  Samudraphena  Taṇḍula (Rice)  Naṃdula (Rice)  Naṇdula (Rice)  Naṇdula (Jaggery), Kodrava (Kodo millet); Guḍa (Jaggery)  Samudraphena  Nārikela (Coconut)  Taṇḍula (Jaggery), Kodrava (Kodo millet); Guḍa (Jaggery)  Samudraphena  Nārikela (Vinceoked rice water)  Mantha (Water-mixed curd)  Mantha (Water-mixed curd)  Picumanda (Margosa) seeds  Kadalī (Banana); Sarjataru (Sal tree) seed; Mango seed (undried); Āmra bīja  (Mango seed) (Verse-4)  Sigru (Drumstick tree) seed  Paruṣa (Phalsa)  Picumanda (Margosa) seeds; Kṣīrī (Ceylon wood)  Siddhārthaka (White mustard); Brahmataru (Parrot tree) kṣāra-vāri	Mātuluṅga (Lemon) Meat Megharava (Amarantha)	Lavaṇa (Salt)  Kāñjī (a sour drink)  Siddhārthaka (White mustard)
Mudga (Green gram)Kitava (Granthiparṇa)Mūlaka (Radish)Siddhārthaka (White mustard)Nāgaraṅga (Orange)Guḍa (Jaggery), Kodrava (Kodo millet); Guḍa (Jaggery)Nāgavallī (Betel leaf)SamudraphenaNārikelaTaṇḍula (Rice)Nārikela (Coconut)Taṇḍula jala (Uncooked rice water)Niṣpāva (Lablab-bean)Mantha (Water-mixed curd)Nīvāra (Asian watergrass)Mantha (Water-mixed curd)Nṛpādan (Ceylon wood)Picumanda (Margosa) seedsPālakya (Spinach)Siddhārthaka (White mustard)Panasa (Jackfruit)Kadalī (Banana); Sarjataru (Sal tree) seed; Mango seed (undried); Āmra bīja (Mango seed) (Verse-4)Parpaṭa (Papad)Śigru (Drumstick tree) seedParuṣa (Phalsa)Picumanda (Margosa) seeds; Kṣūrī (Ceylon wood)Paṭola (Pointed gourd)Siddhārthaka (White mustard); Brahmataru (Parrot tree) kṣāra-vāriPauṣkara (Lotus seed)Sarṣapa taila (Mustard oil)	Mātuluṅga (Lemon) Meat Megharava (Amarantha) Mocā phala (Banana)	Lavaṇa (Salt)  Kāṇjī (a sour drink)  Siddhārthaka (White mustard)  Ghṛta (Ghee)
Mūlaka (Radish)Siddhārthaka (White mustard)Nāgaranga (Orange)Guḍa (Jaggery), Kodrava (Kodo millet); Guḍa (Jaggery)Nāgavallī (Betel leaf)SamudraphenaNārikelaTaṇḍula (Rice)Nārikela (Coconut)Taṇḍula jala (Uncooked rice water)Niṣpāva (Lablab-bean)Mantha (Water-mixed curd)Nīvāra (Asian watergrass)Mantha (Water-mixed curd)Nṛpādan (Ceylon wood)Picumanda (Margosa) seedsPālakya (Spinach)Siddhārthaka (White mustard)Panasa (Jackfruit)Kadalī (Banana); Sarjataru (Sal tree) seed; Mango seed (undried); Āmra bīja (Mango seed) (Verse-4)Parpaṭa (Papad)Sigru (Drumstick tree) seedParuṣa (Phalsa)Picumanda (Margosa) seeds; Kṣīrī (Ceylon wood)Paṭola (Pointed gourd)Siddhārthaka (White mustard); Brahmataru (Parrot tree) kṣāra-vāriPauṣkara (Lotus seed)Sarṣapa taila (Mustard oil)	Mātulunga (Lemon) Meat Meat Megharava (Amarantha) Mocā phala (Banana) Modaka (Laddu)	Lavaṇa (Salt)  Kāṇjī (a sour drink)  Siddhārthaka (White mustard)  Ghṛta (Ghee)  Kaṇāmūla (Root of long pepper)
Nāgaranga (Orange) Guḍa (Jaggery), Kodrava (Kodo millet); Guḍa (Jaggery) Nāgavallī (Betel leaf) Samudraphena Nārikela Nārikela Taṇḍula (Rice) Nārikela (Coconut) Niṣpāva (Lablab-bean) Nīvāra (Asian watergrass) Mantha (Water-mixed curd) Nīpādan (Ceylon wood) Picumanda (Margosa) seeds Pālakya (Spinach) Siddhārthaka (White mustard) Panasa (Jackfruit) Kadalī (Banana); Sarjataru (Sal tree) seed; Mango seed (undried); Āmra bīja (Mango seed) (Verse-4) Parpaṭa (Papad) Paruṣa (Phalsa) Paṭola (Pointed gourd) Siddhārthaka (White mustard); Brahmataru (Parrot tree) kṣāra-vāri Pauṣkara (Lotus seed) Sarṣapa taila (Mustard oil)	Mātulunga (Lemon) Meat Meat Megharava (Amarantha) Mocā phala (Banana) Modaka (Laddu) Mṛṇāla (Lotus stem)	Lavaṇa (Salt)  Kāṇjī (a sour drink)  Siddhārthaka (White mustard)  Ghṛta (Ghee)  Kaṇāmūla (Root of long pepper)  Bhadramustaka (Nutgrass)
Nāgavallī (Betel leaf)  Nārikela  Nārikela  Nārikela (Coconut)  Nārikela (Coconut)  Niṣpāva (Lablab-bean)  Nīvāra (Asian watergrass)  Nṛpādan (Ceylon wood)  Pālakya (Spinach)  Panasa (Jackfruit)  Parpaṭa (Papad)  Parpaṭa (Papad)  Paruṣa (Phalsa)  Pauṣkara (Lotus seed)  Nārikela (Coconut)  Taṇḍula ¡ala (Uncooked rice water)  Mantha (Water-mixed curd)  Mantha (Water-mixed curd)  Picumanda (Margosa) seeds  Siddhārthaka (White mustard)  Kadalī (Banana); Sarjataru (Sal tree) seed; Mango seed (undried); Āmra bīja (Mango seed) (Verse-4)  Sigru (Drumstick tree) seed  Picumanda (Margosa) seeds; Kṣīrī (Ceylon wood)  Siddhārthaka (White mustard); Brahmataru (Parrot tree) kṣāra-vāri	Mātulunga (Lemon) Meat Meat Megharava (Amarantha) Mocā phala (Banana) Modaka (Laddu) Mṛṇāla (Lotus stem) Mudga (Green gram)	Lavaṇa (Salt)  Kāṇjī (a sour drink)  Siddhārthaka (White mustard)  Ghṛta (Ghee)  Kaṇāmūla (Root of long pepper)  Bhadramustaka (Nutgrass)  Kitava (Granthiparṇa)
NārikelaTaṇḍula (Rice)Nārikela (Coconut)Taṇḍula jala (Uncooked rice water)Niṣpāva (Lablab-bean)Mantha (Water-mixed curd)Nīvāra (Asian watergrass)Mantha (Water-mixed curd)Nṛpādan (Ceylon wood)Picumanda (Margosa) seedsPālakya (Spinach)Siddhārthaka (White mustard)Panasa (Jackfruit)Kadalī (Banana); Sarjataru (Sal tree) seed; Mango seed (undried); Āmra bīja (Mango seed) (Verse-4)Parpaṭa (Papad)Sigru (Drumstick tree) seedParuṣa (Phalsa)Picumanda (Margosa) seeds; Kṣīrī (Ceylon wood)Paṭola (Pointed gourd)Siddhārthaka (White mustard); Brahmataru (Parrot tree) kṣāra-vāriPauṣkara (Lotus seed)Sarṣapa taila (Mustard oil)	Mātulunga (Lemon)  Meat  Meat  Megharava (Amarantha)  Mocā phala (Banana)  Modaka (Laddu)  Mṛṇāla (Lotus stem)  Mudga (Green gram)  Mūlaka (Radish)	Lavaṇa (Salt)  Kāṇjī (a sour drink)  Siddhārthaka (White mustard)  Ghṛta (Ghee)  Kaṇāmūla (Root of long pepper)  Bhadramustaka (Nutgrass)  Kitava (Granthiparṇa)  Siddhārthaka (White mustard)
Nārikela (Coconut)Taṇḍula jala (Uncooked rice water)Niṣpāva (Lablab-bean)Mantha (Water-mixed curd)Nīvāra (Asian watergrass)Mantha (Water-mixed curd)Nṛpādan (Ceylon wood)Picumanda (Margosa) seedsPālakya (Spinach)Siddhārthaka (White mustard)Panasa (Jackfruit)Kadalī (Banana); Sarjataru (Sal tree) seed; Mango seed (undried); Āmra bīja (Mango seed) (Verse-4)Parpaṭa (Papad)Śigru (Drumstick tree) seedParuṣa (Phalsa)Picumanda (Margosa) seeds; Kṣīrī (Ceylon wood)Paṭola (Pointed gourd)Siddhārthaka (White mustard); Brahmataru (Parrot tree) kṣāra-vāriPauṣkara (Lotus seed)Sarṣapa taila (Mustard oil)	Mātulunga (Lemon) Meat Meat Megharava (Amarantha) Mocā phala (Banana) Modaka (Laddu) Mṛṇāla (Lotus stem) Mudga (Green gram) Mūlaka (Radish) Nāgaraṅga (Orange)	Lavaṇa (Salt)  Kāṇjī (a sour drink)  Siddhārthaka (White mustard)  Ghṛta (Ghee)  Kaṇāmūla (Root of long pepper)  Bhadramustaka (Nutgrass)  Kitava (Granthiparṇa)  Siddhārthaka (White mustard)  Guḍa (Jaggery), Kodrava (Kodo millet); Guḍa (Jaggery)
Niṣpāva (Lablab-bean)  Nīvāra (Asian watergrass)  Nrpādan (Ceylon wood)  Pālakya (Spinach)  Panasa (Jackfruit)  Parpaṭa (Papad)  Paruṣa (Phalsa)  Patļola (Pointed gourd)  Niṣpāva (Lablab-bean)  Mantha (Water-mixed curd)  Mantha (Water-mixed curd)  Picumanda (Margosa) seeds  Siddhārthaka (White mustard)  Kadalī (Banana); Sarjataru (Sal tree) seed; Mango seed (undried); Āmra bīja (Mango seed) (Verse-4)  Sigru (Drumstick tree) seed  Picumanda (Margosa) seeds; Kṣīrī (Ceylon wood)  Siddhārthaka (White mustard); Brahmataru (Parrot tree) kṣāra-vāri  Pauṣkara (Lotus seed)  Sarṣapa taila (Mustard oil)	Mātulunga (Lemon)  Meat  Megharava (Amarantha)  Mocā phala (Banana)  Modaka (Laddu)  Mṛṇāla (Lotus stem)  Mudga (Green gram)  Mūlaka (Radish)  Nāgaraṅga (Orange)  Nāgavallī (Betel leaf)	Lavaṇa (Salt)  Kāṇjī (a sour drink)  Siddhārthaka (White mustard)  Ghṛta (Ghee)  Kaṇāmūla (Root of long pepper)  Bhadramustaka (Nutgrass)  Kitava (Granthiparṇa)  Siddhārthaka (White mustard)  Guḍa (Jaggery), Kodrava (Kodo millet); Guḍa (Jaggery)  Samudraphena
Nīvāra (Asian watergrass)  Nrpādan (Ceylon wood)  Pēlumanda (Margosa) seeds  Pālakya (Spinach)  Panasa (Jackfruit)  Parpaṭa (Papad)  Paruṣa (Phalsa)  Patļola (Pointed gourd)  Pauṣkara (Lotus seed)  Mantha (Water-mixed curd)  Picumanda (Margosa) seeds  Mantha (Water-mixed curd)  Picumanda (Margosa) seeds; Mango seed (undried); Āmra bīja  (Mango seed) (Verse-4)  Šigru (Drumstick tree) seed  Picumanda (Margosa) seeds; Kṣīrī (Ceylon wood)  Siddhārthaka (White mustard); Brahmataru (Parrot tree) kṣāra-vāri	Mātulunga (Lemon)  Meat  Megharava (Amarantha)  Mocā phala (Banana)  Modaka (Laddu)  Mṛṇāla (Lotus stem)  Mudga (Green gram)  Mūlaka (Radish)  Nāgaraṅga (Orange)  Nāgavallī (Betel leaf)  Nārikela	Lavaṇa (Salt)  Kāṇjī (a sour drink)  Siddhārthaka (White mustard)  Ghṛta (Ghee)  Kaṇāmūla (Root of long pepper)  Bhadramustaka (Nutgrass)  Kitava (Granthiparṇa)  Siddhārthaka (White mustard)  Guḍa (Jaggery), Kodrava (Kodo millet); Guḍa (Jaggery)  Samudraphena  Taṇḍula (Rice)
Nṛpādan (Ceylon wood) Picumanda (Margosa) seeds Pālakya (Spinach) Siddhārthaka (White mustard)  Panasa (Jackfruit)  Parpaṭa (Papad) Paruṣa (Phalsa) Patola (Pointed gourd) Pauṣkara (Lotus seed)  Nṛpādan (Ceylon wood) Picumanda (Margosa) seeds; Mango seed (undried); Āmra bīja (Mango seed) (Verse-4) Sigru (Drumstick tree) seed Picumanda (Margosa) seeds; Kṣūrī (Ceylon wood) Siddhārthaka (White mustard); Brahmataru (Parrot tree) kṣāra-vāri	Mātulunga (Lemon)  Meat  Megharava (Amarantha)  Mocā phala (Banana)  Modaka (Laddu)  Mṛṇāla (Lotus stem)  Mudga (Green gram)  Mūlaka (Radish)  Nāgaraṅga (Orange)  Nāgavallī (Betel leaf)  Nārikela  Nārikela (Coconut)	Lavaṇa (Salt)  Kāṇjī (a sour drink)  Siddhārthaka (White mustard)  Ghṛta (Ghee)  Kaṇāmūla (Root of long pepper)  Bhadramustaka (Nutgrass)  Kitava (Granthiparṇa)  Siddhārthaka (White mustard)  Guḍa (Jaggery), Kodrava (Kodo millet); Guḍa (Jaggery)  Samudraphena  Taṇḍula (Rice)  Taṇḍula jala (Uncooked rice water)
Pālakya (Spinach)  Panasa (Jackfruit)  Parpaṭa (Papad)  Paruṣa (Phalsa)  Patola (Pointed gourd)  Pauṣkara (Lotus seed)  Siddhārthaka (White mustard)  Kadalī (Banana); Sarjataru (Sal tree) seed; Mango seed (undried); Āmra bīja  (Mango seed) (Verse-4)  Sigru (Drumstick tree) seed  Picumanda (Margosa) seeds; Kṣīrī (Ceylon wood)  Siddhārthaka (White mustard); Brahmataru (Parrot tree) kṣāra-vāri  Pauṣkara (Lotus seed)  Sarṣapa taila (Mustard oil)	Mātulunga (Lemon)  Meat  Megharava (Amarantha)  Mocā phala (Banana)  Modaka (Laddu)  Mṛṇāla (Lotus stem)  Mudga (Green gram)  Mūlaka (Radish)  Nāgaraṅga (Orange)  Nāgavallī (Betel leaf)  Nārikela  Nārikela (Coconut)  Niṣpāva (Lablab-bean)	Lavaṇa (Salt)  Kāṇjī (a sour drink)  Siddhārthaka (White mustard)  Ghṛta (Ghee)  Kaṇāmūla (Root of long pepper)  Bhadramustaka (Nutgrass)  Kitava (Granthiparṇa)  Siddhārthaka (White mustard)  Guḍa (Jaggery), Kodrava (Kodo millet); Guḍa (Jaggery)  Samudraphena  Taṇḍula (Rice)  Taṇḍula jala (Uncooked rice water)  Mantha (Water-mixed curd)
Panasa (Jackfruit)  Kadalī (Banana); Sarjataru (Sal tree) seed; Mango seed (undried); Āmra bīja (Mango seed) (Verse-4)  Parpaṭa (Papad)  Sigru (Drumstick tree) seed  Paruṣa (Phalsa)  Picumanda (Margosa) seeds; Kṣīrī (Ceylon wood)  Paṭola (Pointed gourd)  Siddhārthaka (White mustard); Brahmataru (Parrot tree) kṣāra-vāri  Pauṣkara (Lotus seed)  Sarṣapa taila (Mustard oil)	Mātulunga (Lemon) Meat Megharava (Amarantha) Mocā phala (Banana) Modaka (Laddu) Mṛṇāla (Lotus stem) Mudga (Green gram) Mūlaka (Radish) Nāgaranga (Orange) Nāgavallī (Betel leaf) Nārikela Nārikela (Coconut) Niṣpāva (Lablab-bean) Nīvāra (Asian watergrass)	Lavaṇa (Salt)  Kāñjī (a sour drink)  Siddhārthaka (White mustard)  Ghṛta (Ghee)  Kaṇāmūla (Root of long pepper)  Bhadramustaka (Nutgrass)  Kitava (Granthiparṇa)  Siddhārthaka (White mustard)  Guḍa (Jaggery), Kodrava (Kodo millet); Guḍa (Jaggery)  Samudraphena  Taṇḍula (Rice)  Taṇḍula jala (Uncooked rice water)  Mantha (Water-mixed curd)
Panasa (Jackirutt)  (Mango seed) (Verse-4)  Parpaţa (Papad)  Paruṣa (Phalsa)  Picumanda (Margosa) seeds; Kṣīrī (Ceylon wood)  Paṭola (Pointed gourd)  Pauṣkara (Lotus seed)  Sarṣapa taila (Mustard oil)	Mātulunga (Lemon) Meat Megharava (Amarantha) Mocā phala (Banana) Modaka (Laddu) Mṛṇāla (Lotus stem) Mudga (Green gram) Mūlaka (Radish) Nāgaraṅga (Orange) Nāgavallī (Betel leaf) Nārikela Nārikela (Coconut) Niṣpāva (Lablab-bean) Nīvāra (Asian watergrass) Nṛpādan (Ceylon wood)	Lavaṇa (Salt)  Kāṇjī (a sour drink)  Siddhārthaka (White mustard)  Ghṛta (Ghee)  Kaṇāmūla (Root of long pepper)  Bhadramustaka (Nutgrass)  Kitava (Granthiparṇa)  Siddhārthaka (White mustard)  Guḍa (Jaggery), Kodrava (Kodo millet); Guḍa (Jaggery)  Samudraphena  Taṇḍula (Rice)  Taṇḍula jala (Uncooked rice water)  Mantha (Water-mixed curd)  Mantha (Water-mixed curd)  Picumanda (Margosa) seeds
Parpaţa (Papad) Sigru (Drumstick tree) seed Paruṣa (Phalsa) Picumanda (Margosa) seeds; Kṣīrī (Ceylon wood) Paṭola (Pointed gourd) Siddhārthaka (White mustard); Brahmataru (Parrot tree) kṣāra-vāri Pauṣkara (Lotus seed) Sarṣapa taila (Mustard oil)	Mātulunga (Lemon)  Meat  Megharava (Amarantha)  Mocā phala (Banana)  Modaka (Laddu)  Mṛṇāla (Lotus stem)  Mudga (Green gram)  Mūlaka (Radish)  Nāgaranga (Orange)  Nāgavallī (Betel leaf)  Nārikela  Nārikela (Coconut)  Niṣpāva (Lablab-bean)  Nīvāra (Asian watergrass)  Nṛpādan (Ceylon wood)  Pālakya (Spinach)	Lavaṇa (Salt)  Kāñjī (a sour drink)  Siddhārthaka (White mustard)  Ghṛta (Ghee)  Kaṇāmūla (Root of long pepper)  Bhadramustaka (Nutgrass)  Kitava (Granthiparṇa)  Siddhārthaka (White mustard)  Guḍa (Jaggery), Kodrava (Kodo millet); Guḍa (Jaggery)  Samudraphena  Taṇḍula (Rice)  Taṇḍula jala (Uncooked rice water)  Mantha (Water-mixed curd)  Mantha (Water-mixed curd)  Picumanda (Margosa) seeds  Siddhārthaka (White mustard)
Paruṣa (Phalsa) Picumanda (Margosa) seeds; Kṣīrī (Ceylon wood) Paṭola (Pointed gourd) Siddhārthaka (White mustard); Brahmataru (Parrot tree) kṣāra-vāri Pauṣkara (Lotus seed) Sarṣapa taila (Mustard oil)	Mātulunga (Lemon)  Meat  Megharava (Amarantha)  Mocā phala (Banana)  Modaka (Laddu)  Mṛṇāla (Lotus stem)  Mudga (Green gram)  Mūlaka (Radish)  Nāgaranga (Orange)  Nāgavallī (Betel leaf)  Nārikela  Nārikela (Coconut)  Niṣpāva (Lablab-bean)  Nīvāra (Asian watergrass)  Nṛpādan (Ceylon wood)  Pālakya (Spinach)	Lavaṇa (Salt)  Kāñjī (a sour drink)  Siddhārthaka (White mustard)  Ghṛta (Ghee)  Kaṇāmūla (Root of long pepper)  Bhadramustaka (Nutgrass)  Kitava (Granthiparṇa)  Siddhārthaka (White mustard)  Guḍa (Jaggery), Kodrava (Kodo millet); Guḍa (Jaggery)  Samudraphena  Taṇḍula (Rice)  Taṇḍula jala (Uncooked rice water)  Mantha (Water-mixed curd)  Mantha (Water-mixed curd)  Picumanda (Margosa) seeds  Siddhārthaka (White mustard)  Kadalī (Banana); Sarjataru (Sal tree) seed; Mango seed (undried); Āmra bīja
Paṭola (Pointed gourd) Siddhārthaka (White mustard); Brahmataru (Parrot tree) kṣāra-vāri Pauṣkara (Lotus seed) Sarṣapa taila (Mustard oil)	Mātulunga (Lemon)  Meat  Megharava (Amarantha)  Mocā phala (Banana)  Modaka (Laddu)  Mṛṇāla (Lotus stem)  Mudga (Green gram)  Mūlaka (Radish)  Nāgaranga (Orange)  Nāgavallī (Betel leaf)  Nārikela  Nārikela (Coconut)  Niṣpāva (Lablab-bean)  Nīvāra (Asian watergrass)  Nṛpādan (Ceylon wood)  Pālakya (Spinach)  Panasa (Jackfruit)	Lavaṇa (Salt)  Kāñjī (a sour drink)  Siddhārthaka (White mustard)  Ghṛta (Ghee)  Kaṇāmūla (Root of long pepper)  Bhadramustaka (Nutgrass)  Kitava (Granthiparṇa)  Siddhārthaka (White mustard)  Guḍa (Jaggery), Kodrava (Kodo millet); Guḍa (Jaggery)  Samudraphena  Taṇḍula (Rice)  Taṇḍula jala (Uncooked rice water)  Mantha (Water-mixed curd)  Mantha (Water-mixed curd)  Picumanda (Margosa) seeds  Siddhārthaka (White mustard)  Kadalī (Banana); Sarjataru (Sal tree) seed; Mango seed (undried); Āmra bīja  (Mango seed) (Verse-4)
Pauṣkara (Lotus seed) Sarṣapa taila (Mustard oil)	Mātulunga (Lemon)  Meat  Megharava (Amarantha)  Mocā phala (Banana)  Modaka (Laddu)  Mṛṇāla (Lotus stem)  Mudga (Green gram)  Mūlaka (Radish)  Nāgaranga (Orange)  Nāgavallī (Betel leaf)  Nārikela  Nārikela (Coconut)  Niṣpāva (Lablab-bean)  Nīvāra (Asian watergrass)  Nṛpādan (Ceylon wood)  Pālakya (Spinach)  Panasa (Jackfruit)  Parpaṭa (Papad)	Lavaṇa (Salt)  Kāñjī (a sour drink)  Siddhārthaka (White mustard)  Ghṛta (Ghee)  Kaṇāmūla (Root of long pepper)  Bhadramustaka (Nutgrass)  Kitava (Granthiparṇa)  Siddhārthaka (White mustard)  Guḍa (Jaggery), Kodrava (Kodo millet); Guḍa (Jaggery)  Samudraphena  Taṇḍula (Rice)  Taṇḍula jala (Uncooked rice water)  Mantha (Water-mixed curd)  Mantha (Water-mixed curd)  Picumanda (Margosa) seeds  Siddhārthaka (White mustard)  Kadalī (Banana); Sarjataru (Sal tree) seed; Mango seed (undried); Āmra bīja  (Mango seed) (Verse-4)  Śigru (Drumstick tree) seed
	Mātulunga (Lemon)  Meat  Megharava (Amarantha)  Mocā phala (Banana)  Modaka (Laddu)  Mṛṇāla (Lotus stem)  Mudga (Green gram)  Mūlaka (Radish)  Nāgaraṅga (Orange)  Nāgavallī (Betel leaf)  Nārikela  Nārikela (Coconut)  Niṣpāva (Lablab-bean)  Nīvāra (Asian watergrass)  Nṛpādan (Ceylon wood)  Pālakya (Spinach)  Panasa (Jackfruit)  Parpaṭa (Papad)  Paruṣa (Phalsa)	Lavaṇa (Salt)  Kāñjī (a sour drink)  Siddhārthaka (White mustard)  Ghṛta (Ghee)  Kaṇāmūla (Root of long pepper)  Bhadramustaka (Nutgrass)  Kitava (Granthiparṇa)  Siddhārthaka (White mustard)  Guḍa (Jaggery), Kodrava (Kodo millet); Guḍa (Jaggery)  Samudraphena  Taṇḍula (Rice)  Taṇḍula jala (Uncooked rice water)  Mantha (Water-mixed curd)  Mantha (Water-mixed curd)  Picumanda (Margosa) seeds  Siddhārthaka (White mustard)  Kadalī (Banana); Sarjataru (Sal tree) seed; Mango seed (undried); Āmra bīja  (Mango seed) (Verse-4)  Śigru (Drumstick tree) seed
	Mātulunga (Lemon)  Meat  Meat  Megharava (Amarantha)  Mocā phala (Banana)  Modaka (Laddu)  Mṛṇāla (Lotus stem)  Mudga (Green gram)  Mūlaka (Radish)  Nāgaraṅga (Orange)  Nāgavallī (Betel leaf)  Nārikela  Nārikela (Coconut)  Niṣpāva (Lablab-bean)  Nīvāra (Asian watergrass)  Nṛpādan (Ceylon wood)  Pālakya (Spinach)  Panasa (Jackfruit)  Parpaṭa (Papad)  Paruṣa (Phalsa)  Paṭola (Pointed gourd)	Lavaṇa (Salt)  Kāñjī (a sour drink)  Siddhārthaka (White mustard)  Ghṛta (Ghee)  Kaṇāmūla (Root of long pepper)  Bhadramustaka (Nutgrass)  Kitava (Granthiparṇa)  Siddhārthaka (White mustard)  Guḍa (Jaggery), Kodrava (Kodo millet); Guḍa (Jaggery)  Samudraphena  Taṇḍula (Rice)  Taṇḍula jala (Uncooked rice water)  Mantha (Water-mixed curd)  Mantha (Water-mixed curd)  Picumanda (Margosa) seeds  Siddhārthaka (White mustard)  Kadalī (Banana); Sarjataru (Sal tree) seed; Mango seed (undried); Āmra bīja  (Mango seed) (Verse-4)  Śigru (Drumstick tree) seed  Picumanda (Margosa) seeds; Kṣīrī (Ceylon wood)  Siddhārthaka (White mustard); Brahmataru (Parrot tree) kṣāra-vāri

Phenī	Lananga (Clove)
Pindāluka (Yam)	Kodrava (Kodo millet)
Piśita (Meat)	Āmra bīja (Mango seed); Koṣṇa-vāri (Warm water); Śukta (Vinegar)
Piṣṭānna (Foods made from flour)(Verse-3)	Water; Kāñjī boiled with salt
Plaksa (Java fig)	Paryuşita jala (Stale water)
Prācīnāmalaka (Coffee plum)	Rājika (Black mustard)
• • • • • • • • • • • • • • • • • • • •	Harītakī (Chebulic myrobalan); Kṣīrī (Ceylon wood); Koṣṇa-vāri (Lukewarm
Priyāla (Chironji)	water)
Pṛthuka (Flattened rice)	Water-mixed Yavānī (bishop's weed)
Pūga (Betel nut)	Samudraphena
Rasājīrņa	Araṇimūla (Headache tree root)
Rasāla (Mango)	Ghanarāva mūla (Amarantha root)
Rasona (Garlic)	Kṣīra (Milk)
Rice	Kṣīra-vāri (Water mixed in boiled milk)
Śāka (all flowers, roots, leaves etc.)	Tilakṣāra (Alkaline preparation of sesame)
Salt	Taṇḍula jala (Uncooked rice water)
Śarkarā (Sugar)	Bhadramustaka (Nutgrass)
Sarpi (Ghee)	Lemon/black pepper/buttermilk
Śaṣkulī (Puri)	Kaṇāmūla (Root of long pepper)
Şaştika (type of rice)	Mantha (Water-mixed curd)
Satīna (Pea)	Śuṇṭhī (Dry ginger)
Sattaka (a curd dish)	Kaṇāmūla (Root of long pepper)
Sauvīra (Jujube)	Koṣṇa jala (Warm water)
Siddhārthaka	Khadira (Catechu) decoction
Silhaka (Liquidambar)	Samudraphena
Snehajanya ajīrņa	Mudga-cūrņa
Śṛṅgāṭaka (Water chestnut)	Bhadramustaka (Nutgrass)
Sūraṇa (Elephant foot yam)	Guḍa (Jaggery)
Śyāmāka (Japanese millet)	Mantha (Water-mixed curd)
Tāḍa (Palmyra palm seed)	Taṇḍula (Rice), Marica (Black pepper); Bakula
Tila (Sesame)	Mantha (Water-mixed curd)
Tinduka (Gaub)	Śarkarā (Sugar)
Trapușa (Cucumber)	Karañja (Pongama tree) seeds
Udumbara (Fig)	Paryusita jala (Stale water)
Upodikā (Malabar spinach)	Siddhārthaka (White mustard)
Vaṅśāṅkura	Brahmataru (Parrot tree) kṣāra-vāri
Vańśāṅkura (Bamboo leaf bud)	Siddhārthaka (White mustard)
Vārtaka (Egg plant)	Siddhārthaka (White mustard)
Vāstūka (White goosefoot)	Khadira (Catechu) decoction
Vaṭa (Banyan) fruit	Paryușita jala (Stale water)
Vaṭaka (Bada/ fried cakes)(Verse-30)	Vesavāra (Mixture of spices)
Vidalāna (Pulse)	Kāñjī
Yava (Barley)	Mantha (Water-mixed curd)

#### Conclusion

According to the Sage *Ātreya*, the proponent of *Āyurveda*, food should be partaken only when the previous food has been digested. If indigestion is contacted owing to laziness, its remedy is fasting. A person who partakes good food, limited food (measured, no more, no less) and sometimes little or no food are not treated by the doctor, that is, they are their own doctor. It signifies that whenever indigestion is caused owing to oversight, they immediately overcome it by fasting. Thus, they are able to treat themselves, and are not inflicted by ailments in their life.

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