



# CONCEPTUAL STUDY OF KRITANNA VARGA AND ITS UTILITY IN BRIHATTRAYEE

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## ABSTRACT

Ayurveda means The Science of Life and aim of Ayurveda is to promote and preserve the health, strength and longevity of the healthy person (Swastha) and to cure the disease. Ayurveda can provide a universal perspective to the nature of life, health, and even to cell and molecular biology. Ayurveda places special emphasis on Ahara and believes that healthy nutrition nourishes the mind, body, and soul. Ahara plays key role in maintaining longevity and it reflects the quality of life. According to Ayurveda the living human body and diseases, that afflict it are both the product of Ahara. Ahara is considered as one of the key pillars (Upstambhas) of life in Ayurveda. In today's world, altered habits of food consumption may lead to various diseases. So many Numerous preparing methods (kalpana's) applied on raw food items to enrich the nutritional value, Doshas, Dhatus in a well balanced condition. explained in Ayurvedic classics texts. Most of the Ahara Varga have been described all of Acharya in Brihatrayee. One of the Varga described with mentioning different group of preparing food preparations is Kritanna Varga. Kritanna Varga is group of enlisted food preparations made from Ahara Varga. It consists of Peya, Velepi, Yusa, Lajamanda etc and many more. Basically Kritanna Varga is applied aspect of Ahara Varga. Kritanna Varga has been mentioned in Brihatrayee. In present era many newer food processing methods are in practices which are harmful to human so Ayurveda suggest to follow these methods to prevent various diseases. This work has been planned, in order to conceptual study of Kritanna Varga and its utility in brihatrayee.

**KEYWORDS-** *Ayurveda, Ahara, Kritanna Varga, Kalpana, Brihatrayee, Samhita.*

## INTRODUCTION :-

Ayurveda is a system of medicine with historic roots in the Indian subcontinent. Globalized and modernized practices derived from Ayurveda traditions are a type of alternative medicine. In countries beyond India, Ayurveda therapies and practices have been integrated in general wellness applications and in some cases in medical use. Now Ayurveda science given us wide range of research Charaka One of the basic concept mentioned is 'Ahara'. Ahara is relevant to food and sustainer of life. All three Acharya broadly emphasis on Ahara. Ahara is prime need for sustaining of life. It increases enthusiasm, memory, Agni Life Span, Lusture and Ojas. Acharya Charaka mentioned Upastambha is significant pillars of Ayurveda (Ahara Nidra Brahmcharya) Concept Of Ahara' had

been whole lot in all Samhitas but summarily in Brihatrayee is considered here. The whole concept of Ahara is divided in two parts as; one is the description of Ahara ( Food substance) with its properties while another is the Kalpanas ( formulation and preparing methods) ie : selection and preparation of Ahara dravyas according to convention . These all Kalpanas are described in Ahara Vargas in all classical texts in Brihatrayee. Many other titles regarding Ahara and Kalpanas have been mentioned by Charaka as ashta Ahara Vidhivisheshayatana ,Aharavidhi Vidhna,Dwadash Ashana Pravicharana by Sushruta, Saptavidha Ahara Kalpana by Vridha Vagbhata. Most of the Ahara Kalpana have been described in Sutrasthana of all the texts of Brihatrayee. Now one of these Varga we will study about “ Kritanna Varga” i.e. Group of prepared foods which includes different types of Kalpana’s (Peya, Manda, Velepi, Yush, Krishara, Odans) etc. Yavagus (medicated gruels) . Various meat preparations soups , flours , paddy , syrups beverages etc of grains , cereals , legumes and more . Kritanna Varga with enlisted properties of different Kalpanas made from Ahara Varga dravya such as Shook, Shambi, Shaak Mamsa , etc. All contents were arranged by yukti to make it complete food. Which are also practicing in present day like Malpua as Apupa , Panaka as cold beverages , Payasa as Kheer , srikhand as rasala and many more. So in this way this Varga is more important as it is utilized by todays generation by altering method of preparations. A proper diet is considered more effective than a hundred medicines and no medication will help a patient who does not observe a strict regimen of diet. In modern science, food articles are primarily classified by their chemical composition such as carbohydrates, proteins, fats, vitamins, minerals etc. But in Ayurveda, such classification is based on the biological action of the food articles and their Rasa (taste). For example, while modern science may treat all varieties of rice as one group on the basis of their carbohydrate content, Ayurveda considers that freshly harvested rice, heavy for digestion and aggravates Kapha, while old rice stored over six months is considered to be light and easier to digest for an average person. According to modern science, these Kalpana considered amlaces of carbohydrates, but according to Ayurveda, these gruels not only have nutritive value but also help in curing diseases. Thus Kritanna Kalpana (gruel preparation process), a recommended post purificatory formulation for helping in kindle digestive fire, also tones the intestine besides giving the nutrition.

### **AIMS AND OBJECTIVES :-**

- To study Kritanna Varga in Brihatrayee.
- To study its utility in chikitsa.
- To explain and understand the concept of Kritanna Varga wsr to Brihatrayee.

### **MATERIAL AND METHODS :-**

- Classical literature of Ayurveda.
- Contemporary literature and review articles.
- Research journals and magazines from internet sources.
- Information available on internet

### **REVIEW OF LITERATURE :-**

Acharya Charaka described ahara into 12 types of Varga which are based on plant & animals origins . Acharya Sushruta had given Ahara Dravya on the Drava & Dravya qualities. Where he put all the liquid (Drava) ahara into one chapter and solid (Dravya) Ahara to the other . by which more clear and concise perception arised but as Acharya Charaka is the founder of medicine so his text believed more authentic as first preffered. Acharya Vagbhata is the one of the most influential classical writer of Ayurveda . his work associated with Astanga Samgraha and

Astanga Hridaya. Both of these make frequent reference with classical texts Charaka Samhita & Sushruta Samhita . some pattern followed by Ashtang Hridaya in Ahara Varga .

### 1.) Table Showing Classification Of Ahara Varga According To Brihatrayee

SL .NO	ACHARYA	STHANA	Number	ADHYAYA	NO. OF VARGA
1.	Charaka	Sutra	27	Annapana Vidhi	12
2.	Sushruta	Sutra	45	Drava Dravya Vidhi	18
	10 (liquids) 8(solids)		46	Annapana Vidhi	
3.	Ashtanga Hridaya 5 (liquids)	Sutra	5	DravaDrav ya Vigianeya	12
	7 (solids)		6	Anna Svaropa Vigianeya	

### 2.)Table Showing Ahara Varga According to Charaka

VARGA <sup>9</sup>	COMMON NAMES
ShukaDhanya Varga	Cereals
ShambiDhanya Varga	Legumes and Pulses
Mansa Varga	Meat
Shaka Varga	Vegetables
Phala Varga	Fruits
Harita Varga	Greens and Vegetables

Madya Varga	Alcohols
WaterVarga	Water
Goras Varga	DugdhaandDugdha Products
Ikshu Varga	Srkaracane
Kritanna Varga	Food Preprations
Aharopyogi	AccessoryFood Articles

### 3. Table Showing Kritanna Varga Kalpana According to Charaka.

<b>KRITANNAVARGA<sup>10</sup></b>	
Peya	Liquid Gruel Preparation
Vilepi	Thick Gruel (Paste) Preparation
Manda	Gruel WaterPreparation
Lajapeya	Fried Paddy Preparation
Lajamanda	GruelWaterOfFriedPaddyPreparation
LajaSaktu	Flour (Fried Paddy)Preparation
Odana	Btalaed Rice Preparation
Bhrisht Bhakta	Fried Rice Preparation
Kulamasha	Btalaed and Spiced Grains Preparation
Yusa	Juices and Soups Preparation
Saktu	Flour Preparation
Yavapupa	Barley Preparation
Vesavaar	Boneless Meat Preparation
Prthuka	Pressed Paddy Preparation
Supya	Legumes/ Pulses Preparation
Vimaradak	Flattened Rice Preparation
Rasala	Lassi Or Beverages Preparation
Sagudadadhi	Sweetened Curd Preparation

## ACCORDING TO SUSHRUTA

<b>AHARA VARGA</b>			
<b>DRAVADRAVYA</b>		<b>ANNADRAVYA</b>	
<b>Varga</b>	<b>GroupOf</b>	<b>Varga</b>	<b>GroupOf</b>
<b>Paneeya</b>	Water	<b>Shaali</b>	Cereals
<b>Ksheera</b>	Dugdha	<b>Kudhanya</b>	Inferior Cereals
<b>Dadhi</b>	Yogurt	<b>Vaidalya</b>	Pulses
<b>Ghrita</b>	Fat	<b>Mamsa</b>	Meat
<b>Takra</b>	Buttermilk	<b>Phala</b>	Fruits
<b>Taila</b>	Oil	<b>Shaaka</b>	Vegetables
<b>Madhu</b>	Honey	<b>Pushapa</b>	Flowers
<b>Ikshu</b>	Sugarcane	<b>Kanda</b>	Tuber
<b>Madh</b>	Wine	<b>Lavana</b>	Salts
<b>Mutra</b>	Urine	<b>Kritanna</b>	Preparation Of Food
<b>x</b>	x	<b>Bhakshya</b>	Eatables
<b>x</b>	x	<b>Annupana</b>	After Drinks
<b>KRITANNAVARGA</b>			
Laja Manda		Thin Gruel	
Peya		Semi Solid Gruel Preparation	
Velepi		Thick Gruel Preparation	
Manda		Gruel Devoid of Grains	
Payasa		RiceCookedWithSweetDugdha Preparation	
Krshara		GruelPreparedWithRice Preparation	
Odana		Rice Preparation	
Soup		PrepareWithPulsesPreparation	
Shaaka		VegetablesPreparation	
Mamsa		Meat Preparation	

Vesavaar	Boneless Meat
Raga Shadav	Acitric Juices Or Chutney Preparation
Guda Mishrita Dhadhi	YogurtMixedJiggeryPreparation
Mantha	Barley Flour Preparation
Panaka	Drinks and Beveraged

### ACCORDING TO VAGBHATT (ASTANGA-HRDAYAM)

Table Showing Aharavarga According To Astanga Hridaya.

AHARAVARGA		
s.no.	DRAVDRAVYA VARGA <sup>130</sup>	ANNAVARGA <sup>131</sup>
1.	ToyamVarga	ShookadhanyaVarga
2.	Ksheera Varga	ShamidhanyaVarga
3.	Ikshu Varga	KritannaVargaVarga
4.	Madhu Varga	MamsaVarga
5.	TailaVarga	Shaaka varha
6.	Madh Varga	Phala Varga
7	Mutra Varga	Aushad Varga

### DISCUSSION:-

*Tryoupsstambha*(Ahara,Nidra,Brahmacharya)recognized the main three pillars of life.In these , most amongst Ahara is the sustainer of life.Ahara is the main component of life . it is relevant to Prana if ahara taken properly it sustainer but itcan bedangerous if taken in appropriate.Like poison can change to Rasayana it taken wisely.Charaka mentionAharaVidhiVidhana and AshtaAharaVidhiVidhana.Yavagu Kalpana recommended for PostPurificatoryFormulation ForHelpingIn kindling Digestive Fire, Also Tones The Intestine Besides Giving The Nutrition.Afteranalysing the study under AharaVarga and KritannaVarga it made easy to conclude all Kalpana' is very nearer to balanced diet. KritannaVarga fulfilling both aims of Ayurveda ie,Swasthawritta,and for Atura. Ahara is important factor for health and

disease. So it depends on the Ahara have nutritional properties or not. Acharya Charaka Describes two type of Ahara according to Prakratiin Yajjiye Purusheya Adhyaya

### Alteration in Kritanna Kalpana by present era .

There is regular alterations done day by day with time of generations and by generations. Which are also practicing in present day like Malpua as Apupa , Panaka as cold beverages , Payasa as Kheer , Srikhand (Meetha Dahi famous dish in maharashtra) as Rasala , Vimardaka populas as Poha (flattened rice) Parpata prevalent in many forms of Papad like sweet and salty chips etc and many more. so in this way this Kritanna Varga Kalpana's are utilizing by people with different religions so their importance increases by gravity of need day by day.

### Conclusion :-

Concept of Ahara mentioned in all Samhita. Upstambha i.e Ahara , Nidra , Brahmcharya is main statistical approach following Ahara. Classification of Ahara Varga in Brihatrayee can lead to Swathwritta Ahara Varga is described by all classical texts is different in all texts. Ahara varga is component of balanced diet. Kritanna Varga mentioned in Brihatrayee . Kritana Varga is basically applied aspect of Ahara Varga. Kritanna Varga also formulated as Anna Kalpana. Yavagu described by acharya charaka saperately. Yavagu Kalpana Recommended for Post Purificatory Formulation For kindle Manda Agni (digestive fire). Yavagu mentioned by charaka, specifically their application in many Vyadhi. It has utility after Panchkarma as Sansarjana Karma . It acts as Pathya as well as Aushada. Kritanna Varga is list of properties of different type of Kalpana's made from Ahara Varga. Classification of Kritanna Varga done under raw sources of wheat , rice , Yava and food adjuvants by Acharya Charaka

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