



Sanjeevani Multipurpose Foundation's
Dr. Deepak Patil Ayurvedic Medical College & Research Center

Borpadale Phata (Nebapur), Kolhapur-Ratnagiri Road, Tal- Panhala, Dist. Kolhapur, Pin - 416213, Maharashtra State, India.

Ph. No. 9132039595 Website: www.dpayurvediccollege.com Email: dr.deepakpatilayu@gmail.com

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NUTRITIONAL WEEK EVENT REPORT

❖ **Event Title**-Organizing various program on the occasion of 'Nutritional week' at Dr. Deepak Patil Ayurvedic Medical College, Borpadale.

❖ **Date** – 11/09/2023 to 16/09/2023

❖ **Time** – 9.30 Am to 11.30 Am

❖ **Organized By** : - Department of Kayachikitsa.

❖ **Venue** : -Department of Rasa and Bhaishajya Kalpana.

❖ **Theme** : - Nutritious Diet in lower cost.

❖ **Objectives of Event/ Activities** : -

- 1) To explore the knowledge about naturally grown vegetables in the vicinity of college campus and discuss it among the students and localities.
- 2) To create awareness about the rich, healthy benefits of naturally grown seasonal vegetables among the students and local people.
- 3) To popularize the traditional healthy food recipes mentioned in Samhitas in society.

❖ **Description** : -

Dr. Deepak Patil Ayurvedic Medical College and research Centre, Borpadale conducted various activities about Nutritional Week during 11/09/2023 to 16/09/2023. The various Pathya Kalpanas is prepared by students using locally grown natural vegetables and chemical free cultivated millet by local farmers in these hilly areas. Their health benefits and usefulness during Swastha and Vyadhi Awastha is taught to college staff and students.

❖ **The following Recipes are prepared** : -

Day 1st- 11/09/2023

- **Co-Ordinator: -Dr. Prerana Bandekar** (Asst. Professor Shalyatantra Dept.)
- **RECIPE – 1. Brown Rice Peya 2. Mashaparni Leaves Vegetables.**

1. Brown Rice Peya: -

➤ **Ingredients: -**

1. Brown rice- 0.5 kg
2. Water -10 liters
3. Green Chilies - 4-5
4. *Garcenia Indica*-10
5. Garlic – 5-6
6. Turmeric and Saidhava as per Taste.

➤ **Procedure: -**

1. Take 0.5 kg Brown rice in vessel and mix it well into 10 liters of water.
2. Keep this vessel on medium flame for boil.
3. After proper boiling, add green chilies and Turmeric mix it well.
4. Lastly add saidhava as per taste
5. Boil this mixture till get proper consistency for peya.
6. Brown rice peya is ready to serve.

- **Usefulness: -Agnimandya, Daurbalya, Pradara.**



2. Mashaparni Leaves Vegetable: -

➤ **Ingredients: -**

1. Mashaparni Leaves
2. Water – 1 liter
3. Oil – 4 tsp
4. Chopped onion – 1
5. Turmeric, Shredded coconut And Saidhava as per taste

➤ **Procedure: -**

1. Take Mashaparni leaves clean it properly.
2. Add this leaves in 1 liter of water and boil for 5 minutes.
3. After 5 minutes remove Mashaparni leaves from water and chop it.
4. Take a pan, put it on medium flame. Add 4 tsp of oil in pan.
5. Add chopped onion in pan and fry this mixture till turns into brown in colour.
6. Then add Mashaparni leaves and turmeric in pan mix it well.
7. Keep it on slow flame for 10 minutes and lastly add shredded coconut and saidhava as per taste.
8. Mashaparni leaves vegetable ready to serve.

➤ **Usefulness: -**Vatavyadhi, Karshya, Vishtambha



DAY 2nd - 12/09/2023



➤ **Co-Ordinator: -Dr. Prerana Bandekar** (Asst. Professor Shalyatantra Dept.)

➤ **RECIPE – 1. Horse gram Yusha.**

2. Chakramarda Leaves Vegetable

1. Horse Gram Yusha: -

➤ **Ingredients: -**

1. Horse Gram - 0.5 kg
2. Water -10 liters
3. Green Chilies - 4-5
4. *Garcenia Indica*-10
5. Garlic paste, Turmeric and Saidhava as per Taste.

➤ **Procedure: -**

1. Take 0.5 kg horse gram in vessel and mix 10 liters of water in it.
2. Keep this vessel on medium flame for boil.
3. After proper boiling, add *Garcenia Indica* (10) green chilies garlic paste and Turmeric mix it well.
4. Lastly add saidhava as per taste.
5. Use a cotton cloth to filter this liquid portion check its consistency and use as a yusha (Akruta yusha).

➤ **Usefulness: -Balya, Mutrashmari, kaphaja kasa, Tamakshwasa.**



2. Chakramarda Leaves Vegetable: -

➤ Ingredients: -

1. Chakramarda Leaves
2. Water – 1 liter
3. Oil – 4 tsp
4. Chopped onion – 1
5. Turmeric, Shredded coconut And Saidhava as per taste

➤ Procedure: -

1. Take Chakramarda leaves clean it properly.
2. Add this leaves in 1 liter of water and boil for 5 minutes.
3. After 5 minutes remove Chakramarda leaves from water and chop it.
4. Take a pan put it on medium flame. Add 4 tsp of oil in pan and heat it.
5. Add chopped onion in pan and fry this mixture till turns into brown in colour.
6. Then add Chakramarda leaves and turmeric in pan mix it well.
7. Keep it on slow flame for 10 minutes and lastly add shredded coconut and saidhava as per taste.
8. Chakramarda leaves vegetable ready to serve.

➤ Usefulness: - Kshudra Kushta.



DAY 3rd - 13/09/2023

➤ **Co-Ordinator – Dr. Snehal Jadgale** (Asst. Professor Panchakarma Department)

➤ **RECIPE –1. Masha Yusha**

2. Bharangi Leaves Vegetable

1.Masha Yusha: -

➤ **Ingredients: -**

1. Black Gram - 1kg
2. Water -20 liters
3. Rice -100 gms
4. Saidhava as per Taste.

➤ **Procedure: -**

1. Take 1 kg black gram in vessel and mix it well into 2 liters of water.
2. Take 18 liters water in another vessel. Keep this vessel on medium flame for boil.
3. Add 100gms of rice in water.
4. Lastly add saidhava as per taste.
5. Boil this mixture till get the ingredients well cooked then filter with a cotton cloth. Check the consistency of Yusha, it should be fresh and warm while serving.

➤ **Usefulness: -** Mansashoola, Avabahuka, Pakshaghata, Sandhigatavata.



2.Bharangi Leaves Vegetable: -

➤ **Ingredients: -**

- 1 Bharangi Leaves
- 2 Water – 2 liters
- 3 Oil – 4 tsp
- 4 Chopped onion – 1
- 5 Turmeric, Garlic Paste, Shredded coconut and Saidhava as per taste.

➤ **Procedure: -**

- 1 Take Bharangi leaves clean it properly.
- 2 Add this leaves in 2 liters of water and boil for 5 minutes.
- 3 After 5 minutes remove Bharangi leaves from water and chop it.
- 4 Take a pan put it on medium flame. Add 4 tsp of oil in pan and heat it.
- 5 Add chopped onion, garlic paste in pan and fry this mixture till turns into brown in colour.
- 6 Then add Bharangi leaves and turmeric in pan mix it well.
- 7 Keep it on slow flame for 10 minutes and lastly add shredded coconut and saidhava as per taste.
- 8 Bharangi Leaves vegetable ready to serve.

➤ **Usefulness: -** Pratishyaya, Kasa, Shwasa, Jwara.





➤ **Co-Ordinator: -Dr. Namrata Mane** (Asst. Professor Sharir Rachana Department)

Dr. Archana Abrange (Asst. Professor Sharir kriya Department)

➤ **RECIPE –1. Green gram Yusha**

2. Udumbar Phala Vegetable

1. Green gram Yusha: -

➤ **Ingredients: -**

1. Green gram -1 kg
2. Water - 20 liters
3. Mix spices – 2 tsp
4. Saidhava and turmeric as per taste.

➤ **Procedure: -**

1. Take 1 kg of green gram and mix into 2 liters of water. Mix it well and gentle boil it.
2. Then add 18 liters water into another vessel and boil on medium flame.
3. As per need add this hot water into Mudga containing vessel to get proper cooking and consistency. Then filter with a cotton cloth.
4. Lastly add saidhava as per taste, mix 2tsp of spices and mix it well.
5. Green gram Yusha is ready to serve.
6. To enhance the taste, add garlic paste Tadaka with jeera, sarshapa, turmeric and coriander in it.

➤ **Usefulness: -** Agnimandya, Jeerna Atisara, Jwara, Kasa, Shwasa, Arsha.



2. Udumbar Phala Vegetable: -

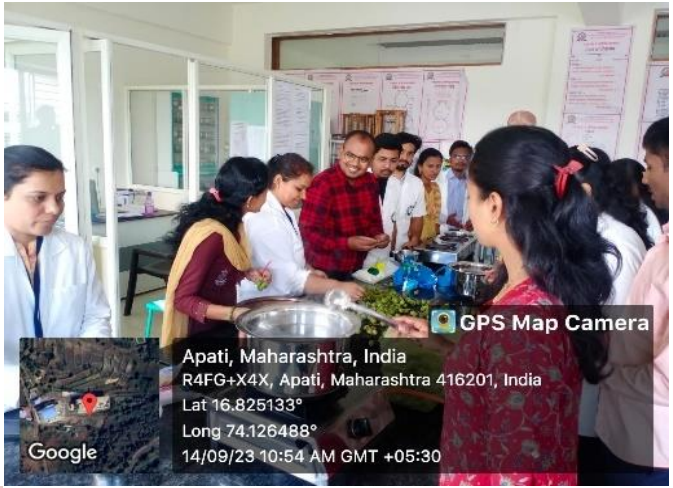
➤ **Ingredients: -**

1. Unripe fig fruits
2. Onion -4
3. Water
4. Shredded coconut
5. Saidhava as per taste
6. Red chili powder
7. Cumin seeds
8. Coriander leaves
9. Mustard seeds
10. Oil – 4 tsp.

➤ **Procedure: -**

1. Select unripe tender cluster fig fruits.
2. Clean these fruits with salty water
3. Boil these fruits with water in pressure cooker.
4. Make small pieces from these boiling figs.
5. Take a pan, add 4 tsp of oil, heat it
6. Add cumin seeds, mustard seeds chopped onion and coconut and mix it well and give medium heat, add boiled figs in it.
7. Lastly add saidhava as per taste. Cover the pan for 5 – 6 minutes for proper steaming and cooking.
8. Udumbar phala vegetable is ready to serve.

➤ **Usefulness: -** Pradara, Katigata vata, Parinam shoola, Grahani, Atisara.



DAY 5th - 15/09/2023

➤ **RECIPE – 1. Beet Soup**

2. Apamarga Leaves Vegetable

➤ **Co-Ordinator: -Dr. Mrunal Khilare** (Asst. Professor Kayachikitsa Dept.)

Dr. Shamim Jamadar (Asst. Professor Samhita and Siddhant Dept.)

1. Beet Soup: -

➤ **Ingredients: -**

1. Beet – 30
2. Tomato – 2 kg
3. Onion – 1 kg
4. Cumin powder - 2 tsp
5. Garlic zinger paste - 2 tsp
6. Oil - 4 tsp
7. Water - 2 liters
8. Saidhava as per taste.

➤ **Procedure: -**

1. Take 30 beets ,2 kg tomatoes, wash, clean properly
2. Take onion 1 kg and cut in small pieces.
3. Add this into vessel and add water in it for boil.
4. After proper boil remove it and wait for cooling down.
5. After cooling, add this into blender for blend into smooth mixture.
6. Then take another vessel, put in on medium flame for heat.
7. Add 4 tsp of oil heat it, then add this blended mixture. Mix it well.
8. Add cumin powder paper powder and garlic zinger paste in it for enhancing taste.
9. Add 2 liters of water mix it well and wait for 1 boil.
10. Beet soup is ready to serve.

➤ **Usefulness: -**Agnimandya, Rasakshaya, Pandu, Karshya.



2. Apamarga Leaves Vegetable: -

➤ **Ingredients: -**

- 1 Apamarga Leaves
- 2 Water
- 3 Oil – 4 tsp
- 4 Chopped onion – 2
- 5 Turmeric, Garlic Paste, Shredded coconut and pea nuts, Saidhava as per taste.

➤ **Procedure: -**

- 1 Take Apamarga leaves clean it properly.
- 2 Add this leaves in 1 liter of water and boil for 5 minutes.
- 3 After 5 minutes remove Apamarga leaves from water and chop it.
- 4 Take a pan put it on medium flame. Add 4 tsp of oil in pan and heat it.
- 5 Add chopped onion, garlic paste in pan and fry this mixture till turns into brown in colour.
- 6 Then add Apamarga leaves and turmeric in pan mix it well.
- 7 Keep it on slow flame for 10 minutes and lastly add shredded coconut and pea nuts, saidhava as per taste.
- 8 Apamarga leaves vegetable ready to serve.

➤ **Usefulness:** -Obesity, Mutrashmari, Arsha, Vishtambha, Kaphaja kasa.



DAY 6th - 16/09/2023



➤ **RECIPE –1. Red Millet (Nachani) Ambil**

2. Drum Stick Leaves Vegetable

➤ **Co-Ordinator:** -Dr. Sayli Sankpal (Asst. Professor Swasthavritta Dept.)

1. Red Millet (Nachani) Ambil: -

➤ **Ingredients-**

1. Red millet flour – 0.5 kg
2. Water – 0.5 lit
3. Butter milk- 0.5 lit
4. Cumene 2 tsp
5. Peppercorn -6-7
6. Coriander
7. Shredded ginger, chopped green chilies
8. Saidhava and sugar as per taste.

➤ **Procedure: -**

1. Take red millet flour in vessel, add 0.5 lit of water in it. Mix it well.
2. Keep this aside for 5 to 6 hours to fermentation (Amla Sandhana).
3. Take 2 tsp shredded ginger, 4 – 5 chopped chilies and chopped coriander.
4. Make fine powder of 2 tsp cumin seeds and 6 peppercorns.
5. Add the fermented red millet mixture to a pan, give it gentle stir before adding.
6. Add 0.5 liters of butter milk in this and mix it well. Stir the mixture on a very low flame.
7. Add the shredded ginger, chopped green chilies and fine powder of cumin and peppercorn.
8. Lastly add saidhava and sugar as per taste and stir it well and wait for gentle boil.
9. Red millet Ambil is ready to serve.

➤ **Usefulness:** - Trishna, Karshya, Agnimandya, Vrukkashmari, Rasakshyaya, Jeerna Jwara.



3. Drum Stick Leaves Vegetable: -

➤ **Ingredients:** -

- 1 Drum Stick Leaves
- 2 Water
- 3 Oil – 4 tsp
- 4 Chopped onion – 2
- 5 Turmeric, Garlic Paste, Shredded coconut and pea nuts, Saidhava as per taste.

➤ **Procedure:** -

- 1 Take Drum Stick leaves clean it properly.
- 2 Add these leaves in 1 liter of water and boil for 5 minutes.
- 3 After 5 minutes remove Drum Stick leaves from water and chop it.
- 4 Take a pan put it on medium flame. Add 4 tsp of oil in pan and heat it.
- 5 Add chopped onion, garlic paste in pan and fry this mixture till turns into brown in colour.
- 6 Then add Drum Stick leaves and turmeric in pan mix it well.
- 7 Keep it on slow flame for 10 minutes and lastly add shredded coconut and pea nuts, saidhava as per taste.

8 Drum Stick leaves vegetable ready to serve.

➤ **Usefulness:** -Sthulya, Sandhigata vata, Vridhradhi, Madhumeha, Amlapitta.



Discussion



Everyday our students have prepared 2 different recipes for which the millets and vegetables are collected from surrounding hilly area of Panhala, nearby college. Recipes are consumed by students and our staff. Our students explained properties, usefulness of these recipes to nonteaching staff, patients and nearby villagers.

Conclusion

The preparations are very simple, less time consuming, highly nutritious and very delicious in taste. Even poor people can easily afford these recipes. Only this requires to do is to spread awareness and popularity of these recipes in present society.

