

“A Review On Kharbuja Rasala: A Traditional Ayurvedic Functional Dairy Product”

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ABSTRACT

Rasala is a traditional Ayurvedic recipe mentioned in Ayurvedic classical books, also known as ‘Shikharini’ in Sanskrit. Various Acharya have mentioned that it is a summer preparation made with curd. It is nutritive, aphrodisiac, unctous, provides strength and is tasty. Kharbuja Rasala is a form of Rasala, mentioned in “Kshemkothuhalam” by Acharya Kshemraj Sharma. Kharbuja Rasala is a traditional (Ayurvedic) recipe that is also known as “Medicated Curd”. This recipe is a combination of many ingredients, each of which has a distinct rasa with healing properties. In modern terms, it is a functional dairy product with numerous medicinal characteristics. It provides the body strength and nourishment. So far, dairy products have been at the core of functional food development, and the development of such health-promoting functional dairy products has increased in the dairy sector and gaining popularity these days. One of the reasons for the formation of this preparation is consumer awareness of their personal health. The purpose of the study is to emphasise the traditional dairy product Rasala as well as Kharbuja Rasala and its health-promoting properties. The purpose of the study is to emphasise the traditional dairy product Rasala as well as Kharbuja Rasala as mentioned in Ayurvedic classical text book and its medicinal qualities as functional food. This review paper has been written with the help of Ayurvedic classical text books, and related modern as well as Ayurvedic research papers.

Introduction

Ayurveda carries a very rich, divine and holistic heritage of ancient most health science. It has been representing complete medical care system since centuries and is a traditional Indian system of medicine. Ayurvedic treatments are holistic and individualised, including not only medications but also diet, physical activity, and lifestyle regimens.¹ According to Ayurveda, wholesome food is essential for the creation and nourishment of the body.² According to Acharya Charak, the body is a product of food, and humans experience health and disease as a result of the wholesomeness or unwholesomeness of their diet.³ Complexion, happiness, satisfaction, clarity, good voice, longevity, comprehension, growth, strength, and intelligence are all established in food, according to him.⁴ Ayurveda believes that both the daily regimen (Dinchaya) and seasonal regimen (Ritucharya), as well as what is consumed appropriately, nourish the body, mind, and spirit. Food has been prioritised since the Vedic time.⁵ In the Upanishads, it is referred to as Bramha. Acharaya Kashyapa names it Mahabhaisajya (the greatest medicine). This is responsible for the growth, development, and enhancement of Ojas (Vigour). ‘Anna’, or food, is the most important of all things that sustain life.⁶ Indian spices and herbs and food have therapeutic characteristics and are used in traditional Indian medicine.⁷ Traditional Indian foods, which have been made for many years and have therapeutic effects, are also recognised as functional foods due to the existence of functional qualities such as antioxidants, body-healing components, dietary fibre and so on.

Functional Dairy Product

In recent years, developing functional food products has become a major trend in the food industry due to customer desire for its positive impact on health.⁸ Synbiotic, prebiotic, and probiotic bacteria are included in this functional dairy product. These products have enormous potential for the agricultural and food industries as well as consumers, and public health. Probiotics and prebiotics are essential components in fermented milks and yoghurts, that is responsible for the largest fraction of the functional food market. They have become the cornerstone of food innovation in recent years. As a result, the purpose of this review is to

define the most significant health benefits of this classical recipe.⁹ A food is considered as "functional" if it has been effectively proved to effect beneficially one or more target functions in the body. As well as adequate nutritional impacts that are associated to either increased health or well-being and/or reduced disease risk. It is a component of functional food and must demonstrate its effects in amounts that are typically ingested in the diet.

Rasala

Sikharini refers to a type of curd preparation mentioned in Bhojanakutuhala (dravyaguagua-kathana) in the 17th century, and is often found in dietetics and culinary art literature, also known as Pakasastra.

Sikharini is a kind of drink prepared from curd mixed with sugar and spices such as pepper and churned. Raghunatha, the author of Bhojanakutuhala, discusses sikharini, suṣṇasikharini, bhimasenasikharini and candrmṛtasrviṇi as the important varieties. It is nutritive, aphrodisiac, unctuous, gives strength and is tasty.

Rasala (churned curd mixed with spices and sugar) should be consumed. Panacasara panaka should be preserved in a new earthen pot with the leaves/fine pieces of moca and coca, as well as sour substances, and consumed using earthen spoons. Drink plenty of cold water perfumed with patala and karpura. In Ayurveda it is mentioned that Rasala is better in the summer. Rasala as well as Kharbuja Rasala is a special preparation.^{10,11, 12}

Rasala is aphrodisiac, unctuous, provides strength, and enhances taste. Panaka relieves exhaustion, hunger and thirst, provides fulfilment, is difficult to digest, and remains in the stomach for a long time; it is diuretic and beneficial to the heart (or mind). Its qualities are identical to those of the material from which it is made.¹³

Kharbuja Rasala

Kharbuja Rasala is an indigenous functional food known as “Medicated Curd” due to its medicinal and nutritional qualities, as mentioned in Ksemkothuhalam (an Ayurvedic traditional book); it is also known as ‘Shikharini’ in Sanskrit. In this text book it is mentioned that Kharbuja Rasala knowns as Kharbujeya Rasala kindles impaired/deficient rather lost gastric fire.¹⁴

The recipe is appetising, carminative, probiotic, rejuvenating, and strength enhancing. It is best taken in the summer and autumn. It is beneficial for general weakness and emaciation.

Method & Material:

Table No.1: Constituents of Kharbuja Rasala

CONSTITUENTS OF KHARBUJA RASALA			
S.No.	Name of the Ingredient	Botanical Name	Part used
1.	Kharbuja (Muskmelon)	Cucumis Melo L.	Fruit
2.	Dadhi (Curd)	-	
3.	Sharkara (Sugar)	-	
Prakshepa Dravya (Synergizer)			
6.	Karpura (Edible)	Camphor	Whole
7.	Ella (Cardmom)	Elettaria cardamomum	Seeds
8.	Marich (Black Pepper)	Piper nigrum	Seeds

Flow Diagram of Kharbuja Rasala:

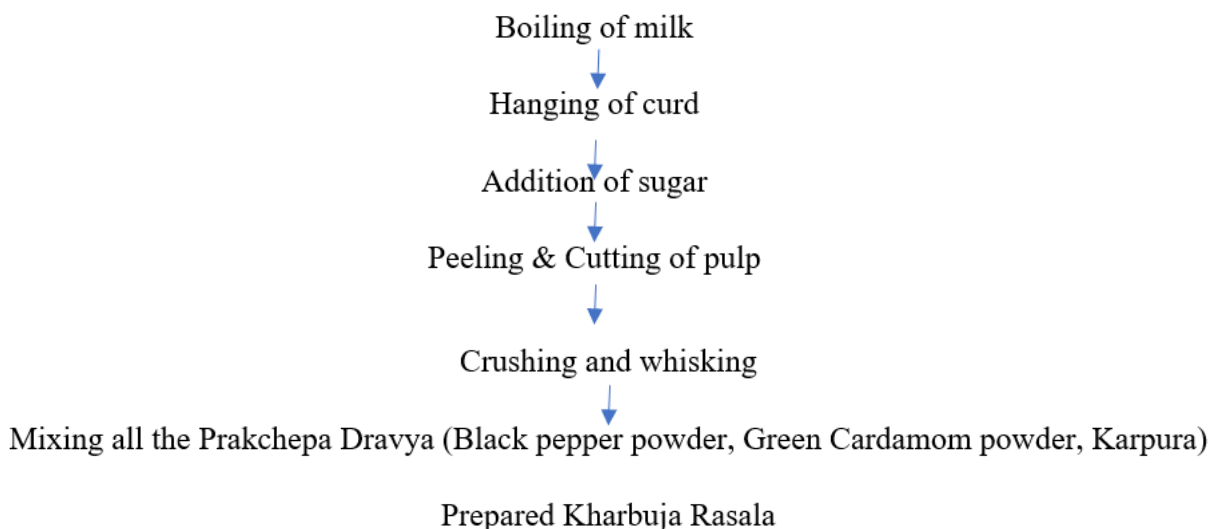


Table No-2: Properties of Ingredients of Kharbuja Rasala¹⁴

Name	Rasa	Guna	Virya	Vipak	Doshakarma	Dhatukrma
Dadhi (Curd)	Madhura (Sweet), Amla (Sour), Kashayanurasa (Pungent)	Guru (Heavy), Snigdha	Ushna (Hot)	Amla (Sour)	Vatanashak, Pitta vardhak	Balya, Virshya, Deepan, Rochana ¹⁵
Kharbuja (Muskmelon)	Madhura (Sweet),	Guru (Heavy), Snigdha	Sheet (Cold)	-	Vata-Pitta Shamak	Balya, Virshya, Koshthashudhikar, Mutrajanana ¹⁶
Sharkara (Sugar)	Madhura (Sweet), Amla (Sour), Kashayanurasa (Pungent)	Guru (Heavy), Snigdha	Ushna (Hot)	Amla (Sour)	Vatanashak, Pitta Vardhak	Balya, Virshya, Deepana, Rochan ¹⁷

'Kharbuja Rasala' possesses following medicinal properties¹⁴:

- Enhances sleshma (Brimhana),
- Constipating (Vistambhi),
- Helping taste/relishing (Rucikaraka),
- Cardiac stimulant (Hrydyam),
- Pacifies pitta (Pittagnam)

Result & Discussion:

Recently, functional foods have emerged into health promoting disease preventive foods which has increased their demand in dairy market. Rasala and Kharbuja Rasala is a wholesome classical preparation, mentioned in Ayurvedic classical text. This preparation has properties of functional dairy product. In spite of having multiple health benefits, such as Brimhana (weight gain), makes food interesting (rucikaraka), stimulate cardiac, pacifies pitta (pittagnam), and is a best diuretic (mutrakrdvaram), still there is no study has been done in this classical preparation so far. The scope of the study is to highlight the classical functional dairy product such as Prebiotic, Probiotic and Synbiotic.

Conclusion: It is an indigenous traditional recipe have functional properties. Due to this it is a health promoting. This recipe is rejuvenating, appetizing, carminative a probiotic & strength promoting. It is recommended to take in summer and autumn. It is good for general debility and malnutrition.

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