



SOP Pathya kalpana

Acharya Sharangdhara explains about some pathya kalpana like manda, peya, vilepi, yavagu etc. These kalpanas are generally used in different diseases according to state of disease and capacity to digest the food in that disease. It also helps to maintain proper Agni (digestive fire) so as to digest food properly and give needed nutrition to tissues of body. It will also help to avoid formation of Ama which is often triggered when Agni (digestive fire) becomes low.

Pathya Kalpana Preparations:-

Name of kalpana	Ratio of Rice	Ratio of Water	Characteristic Final constitution
Manda	1 part	14 parts	Till rice is completely cooked only supernatant liquid
Peya	1 part	14 parts	Till rice completely cooked Rice and liquid portion taken in equal proportion
Vilepi	1 part	4 parts	Till rice is completely cooked Maximum solid portion with little liquid is taken
Yavagu	1 Part	6 parts	Till rice is completely cooked only rice part

➤ Manda Kalpana:

1. It is prepared by using rice and water in 1:14 proportion.
2. Manda is watery portion of completely cooked rice.
3. It is Laghu, Sheeta, Deepan, Pachan, Grahi, Vatanulomaka and kaphaghna.e.g Laja manda

➤ Peya Kalpana:

1. It is prepared by 1:14 rice and water proportion
2. Watery portion and few grains of cooked rice.
3. It is Laghu, Deepana, Pachana, Vatanulomaka and Dhatupushtikara.





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➤ **Vilepi kalpana:**

1. Rice is cooked with 4 parts of water.
2. It is madhura, Laghu, Deepana, Rochana, Vrushya.

➤ **Yavagu kalpana:**

1. It is prepared with 6 parts of water and 1 part of rice.
2. There are two types-
 - a) Kwath siddha yavagu
 - b) Mamsara siddha yavagu


➤ **Yusha:**

1. Yusha kalpana is prepared by Shimbi dhanya like moong, masura, udid etc.
2. 1 part of shimbi dhanya, half part of pimpli and shunthi, 16 parts of water are used for preparation of yusha.
3. Yusha is rochana, sandhankari, kaphapittahar

➤ **Krushara:**

1. It is prepared by combination of rice and mudga.
2. It is shukrala, balya, guru, pitta vardhaka, kaphakara, vatanashaka.




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