

AHAAR VARGA

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AHAAR VARGA ACCORDING TO CHARAK SAMHITA

AHAAR VARGA	
SHUKA DHANYA VARGA	MADYA VARGA
SHAMI/SHIMBI DHANYA VARGA	JALA VARGA
MAMSA VARGA	GORASA VARGA
SHAKA VARGA	IKSHU VARGA
PHALA VARGA	KRUTANNA VARGA
HARIT VARGA	AHAARYONI/YOGI VARGA

SHUKA DHANYA VARGA

- SHALI (RICE)
- GODHUMA (WHEAT)
- YAVA (BARLEY)
- YAVA NAAL (JOWAR)
- CHINAKH (VARAI – INDIAN MILLET)
- MADHULIKA (RAGI)
- BARJANI (BAJRA)



SHAMI/SHIMBI DHANYA VARGA

- MUDGA (GREEN GRAM)
- MASOOR (LENTIL)
- CHANAK (BENGAL GRAM)
- MAASHA (BLACK GRAM)
- RAJAMASHA (COW PEA)
- ADHAKI (RED GRAM)
- KULATHA (HORSE GRAM)
- KALAAY (GARDEN PEA)



MAMSA VARGA

- *Prasaha, Bhumishaya, Anupa, Varishaya, Varichara, Jangala, Vishkira, Pratuda.*
- AJAA (GOAT)
- AVIKA (SHEEP)
- KUKUTA (COCK)
- MATSYAK (FISH)



SHAKA VARGA – PHALA SHAKA

- AERVARUK (CUCUMBER)
- KOSHATAKI (RIDGE GOURD)
- VRUNTAAK (BRINJAL)
- SHIGRU (DRUMSTICK)
- PATOLA (SNAKE GOURD)
- KARVELLAL (BITTER GOURD)
- ALABU (BOTTLE GOURD)



SHAKA VARGA – PATRA SHAKA

- METHIKA (FENUGREEK)
- PALAKYA (SPINACH)
- TANDULIYA (AMARANTHUS)
- MARISHA (AMARANTHUS)
- ALUKI (COLOCASIA LEAVES)
- SHATAPUSHPI (SHEPU-DILL)
- KUSUMBHA (KARDAI-SAFFLOWER)



VEGETABLES



PHALA VARGA - AARDRAA

- DRAKSHA (GRAPES)
- AAMRA (MANGO)
- DADHIMA (POMOGGRANATE)
- KADALI (BANANA)
- PALEVAT (APPLE)
- ERANDAKARKATI (PAPAYA)
- AMALAKI (INDIAN GOOSEBERRY)
- KALINDA (WATERMELON)

Indian fruits



Passion fruit



Mango



Carambola



Guava



Longan



Melon



Banana



Papaya



Banana



Watermelon



Jackfruit



Avocado



Sugar Apple



Coconut



Pineapple

PHALA VARGA - SHUSHKA

- KHARJURA (DATES)
- VATAAM (ALMOND)
- URUMANA (APRICOT)
- AKOLAM (PISTACHIO)
- KAJTAKA (CASHEWNUT)
- AKHOTA (WALNUT)



HARIT VARGA

- RASON (GARLIC)
- PALANDU (ONION)
- KATUVEERA (CHILLIES)
- AARDRAK (GINGER)
- HARIDRA (WET TURMERIC)
- KUSTUMBARU (CORIANDER)
- PUTIHA (MINT LEAVES)
- ALAKAVHYA (CURRY LEAVES)



MADYA VARGA

- SURA
- MADIRA
- ASAVA
- ARISHTA
- SHARKARA
- GAUDA
- MAIREYA
- MAHULIKA



JALA VARGA

- DIVYA
- BHAUMA
- KAARA
- TAUSHAR
- NADEYA
- TADAKA
- SAROVAR
- SARAS
- KUPA



GORASA VARGA

- DUGDHA (MILK)
- DADHI (CURD)
- TAKRA (BUTTERMILK)
- NAVNEET (BUTTER)
- GHRUTA (GHEE)
- KSHIRAJA/DADHIJA (PANEER)
- AMIKSHA (CHEESE)



IKSHU VARGA

- IKSHU (SUGARCANE)
- KHANDASHARKARA (SUGAR)
- SHARKARA (SUGAR)
- GUDAA (JAGGERY)



KRUTANNA VARGA

- MANDA
- PEYA
- VILEPI
- ODAAN
- KRUSHARA
- MAMSA RASA
- PAANAKA



AHAARYONI/YOGI VARGA

- LAVANG (CLOVE)
- TAMALPATRA (INDIAN BAY LEAVES)
- MARICHA (PEPPER)
- ELA (CARDAMOM)
- JATIPHALA (NUTMEG)
- TWAK - DALCHINI (CINNAMOM)
- METHIKA (FENUGREEK SEEDS)
- JEERAKA (CUMIN SEEDS)

