



Dr. S. T. Dada Gujar
Founder MAM



Shri Sumatibhai Shah

Maharashtra Arogya Mandal's
SUMATIBHAI SHAH AYURVED MAHAVIDYALAYA

Estb: 01 Aug 1990 Inst. Code: AYU0148

Recognized by: Govt. of INDIA, Ministry of AYUSH, N.C.I.S.M, New Delhi and Govt. of Maharashtra

Affiliated to : Maharashtra University of Health Sciences (MUHS) Nashik

Awarded Grade 'A' by NCISM & NABET New Delhi

Accredited by NAAC with 'B+' grade

Address: S. No. 165(A), Malwadi, Hadapsar, Pune 411028, Maharashtra

www.ssayurved.org, ssayucollege@mam.org.in, 1990ayu0148@gmail.com

020-2952 2505, 2952 2506, 9511 82 2604, Hospital 020-2952 2502



॥अभ्यासात् प्राप्यते वृद्धिः
कर्मसिद्धिप्रकाशिका ॥

Documents of SOP's for Ayurvedic pathya and Instant preparations

1. Kwatha Nirman-Prameha Kwath, Dashamula Kwath

Reference: Sharangdhar Samhita Madhyam Khanda 2/1, 77

Apparatus: Stainless steel vessel, clean cloth, measuring cylinder, Gas stove, Etc.

Ingredients: Kwath Dravya : 1 Part

Water : 16 Parts

Procedure:

1. Take a course powder of all kwath dravya in a vessel and add 1/8th part water to it.
2. Mark the water level and add remaining water to it (total 16 times).
3. Vessel is placed on fire and heated on mandagni till total contents are reduced to 1/8th (initially marked water level).
4. Then it is filtered with clean cloth and contents are measured.

2. Mudga Yusha

REFERENCE : Sharngdhar samhita ,Madhyam khanda 2/149

APPARATUS : Gas stove, steel vessel, khalwa yantra, cloth etc

INGREDIEANTS:

1. Mudga Kalka -1 part
2. Pippali powder- 1/8th parts
3. Shunthi powder -1/8th parts
4. Water -64 parts

PROCEDURE :

1. Mudga Kalka is boiled and made into fine paste with the help of khalwa yantra.
2. Shunthi, pipali powder and water are added.
3. It is boiled on mandagni till the mixture attends semi-solid consistency.
4. After cooling Yusha is measured.



3. Krushara- Mugdal khichadi

REFERENCE : Sharngdhar samhita ,Madhyam khanda 2/149

APPARATUS : Gas stove, steel vessel, spoon etc

INGREDIEANTS:

1. Rice -1 part
2. Mugdal- ¼ th part
3. Jerrak powder- 1/8th part
4. Hing powder- 1/8th part
5. Shunthi powder -1/8th part
6. Haridra powder – Q.S
7. Ghruta - as per requirement
6. Water -64 parts

PROCEDURE:

1. Take Rice and moog dal as per proportion in the steel vessel.
2. Wash it properly.
3. Take oil in vessel, heat the oil. Add , Haridra, jeerak , Suntha and Hing powder.
4. Add rice, mugdal and water into it.
5. It is boiled on mandagni till the mixture attends semi-solid consistency.
6. Add ghruta in prepared Krushara.

4. Kharjuradi mantha

REFERENCE: Sharngdhar samhita ,Madhyam khanda 3/9,10

APPARATUS: Steel vessel, Khalwa yantra,Cloth etc

INGREDIEANTS:

- | | | |
|---|---|--------|
| <ol style="list-style-type: none">1. Kharjura phala2. Dadim beeja3. Draksha fruit4. Kokam sal5. Chinja phala majja6. Amalki fruit7. Parushak8. water-4 parts | } | 1 part |
|---|---|--------|



PROCEDURE :

1. Take the above ingredients in crush form in vessel and add 4 parts of water to it.
2. When ingredients are properly soaked and turns soft churna the mix it well with churner.
3. Filter it with cloth and measure it with measuring jar.




Prof. Dr. S.S. Patil
PRINCIPAL
M. A. M's, Sumatibhai Shah
Ayurved Mahavidyalaya,
Hadapsar, Pune- 411 028.