



Pune District Education Association's

College of Ayurved & Research Centre

(I.D.No. P.U./P.N./AYU./081/1990)

Sector No. 25, Pradhikaran, Nigdi, Pune-411 044 (Maharashtra State), India.

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SOP for Pathya Kalpana Preparation

1. Moong Dal soup-

Ingredients-

- split moong daal
- water
- ghee
- cumin seeds and turmeric powder
- salt to taste
- black paper powder

Method of preparation-

- wash and drain moong dal properly,
- Boil water,
- Add drained moong dal and turmeric,
- Let the daal cook properly on low flame,
- Melt ghee in another pan,
- Add cumin seeds, let them pop up,
- Now add the daal and stir well. Make a homogenous mixture, add salt to taste,
- Serve hot

Caution-

too much of salt reduces the effectiveness of the soup.

2. Ragi soup (Nachani Soup)

Ingredients-

- Ragi flour
- Ghee
- Water
- Salt

Method of preparation

- Roast Ragi flour in ghee
- Boil water in another pan
- Add salt to taste
- Add roasted Ragi flour into boiling water
- Cook for 2 min more
- Serve hot.

Caution- Be careful while adding roasted Ragi flour into boiling water so that lumps should not form in the soup



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3. Khichadi- Ingredients-

- Split moong daal
- Rice
- Water
- Ghee
- Asafoetida
- Cumin seeds and turmeric powder
- Salt to taste

Method of preparation-

- Take moong dal and rice in equal amount,
- Wash and drain both properly,
- Boil water,
- Add drained moong dal and rice, salt to taste and turmeric,
- Let the daal and rice cook properly on low flame,
- Melt ghee in another pan,
- Add cumin seeds, let them pop up, add pinch of Asafoetida
- Now add it into cooked dal rice mixture and stir well & serve hot.

Caution-

Daal and Rice mixture should be cooked properly so that khichadi will be smooth and semisolid.

4. Mix vegetable clear soup-

Ingredients- (as per need and availability)

- Bottle guard
- Pumpkin
- Cabbage
- Carrot
- French beans
- green peas
- water
- salt & black paper powder etc to taste.

Method of preparation-

- Require half hour for preparation.
- Wash all vegetables and chop into pieces,
- Boil 500 ml of water and add chopped vegetables into it,
- Cook vegetables till they become soft,
- Pour all cooked material in a bowl Add salt as per taste,
- add 1 tbsp. ghee and pinch of black paper in it & serve hot.

Caution- Don't chop vegetables too small pieces otherwise all essential nutrients will be lost.



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Metric No 8.1.14

SOP for Kwatha Preparation

Ingredients: Bharad Dravya

Apparatus: Khalwa yantra, steel vessel, clean cloth measuring glass, gas stove

Method of preparation

- Take 1 part of Bharada dravya mixture.
- The mixture is taken into a steel vessel and 16 times of water is added.
- The vessel is placed on fire and heated on mandagni (low flame) till total contents are reduced to 1/8th quantity.
- Then it is filtered with clean cloth and the contents are measured.

Caution:

- Boil the mixture of dravyas on low flame

Precautions:

- For kwath preparation the coarse powder of drugs should be used.
- The vessel should not be covered with lid during the preparation of kwatha.
- Kwath should not be boiled again after being once taken off the fire.
- Mild to moderate heat should be maintained throughout the kwath preparation




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SOP for Ayush Kwath Preparation

1. Kwatha:

Ingredients:

- Guduchi: 1 part
- Kantakari: 1 part
- Haridra: 1 part
- Yashtimadhu: 1 part
- Vasa: 1/2 part
- Ashwagandha: 1 part
- Tulasi: 1 part
- Shirish: 1 part
- Sariva: 1/2 part
- Bramhi: 1/2 part
- Shunthi: 1/10 parts
- Dalchini: 1/20 parts
- Pippali: 1/20 parts

Method of preparation (for 1L):

- Take 100 g Bharada
- Add 2 L water
- Boil on low flame
- Reduce till 1 L
- Filter

Caution:

- Boil on low flame

Precautions:

- For kwath preparation the coarse powder of drugs should be used.
- The vessel should not be covered with lid during the preparation of kwatha.
- Kwath should not be boiled again after being once taken off the fire.
- Mild to moderate heat should be maintained throughout the kwath preparation




for **Principal**
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