



आयुर्वेदिक

Recipes For All Seasons



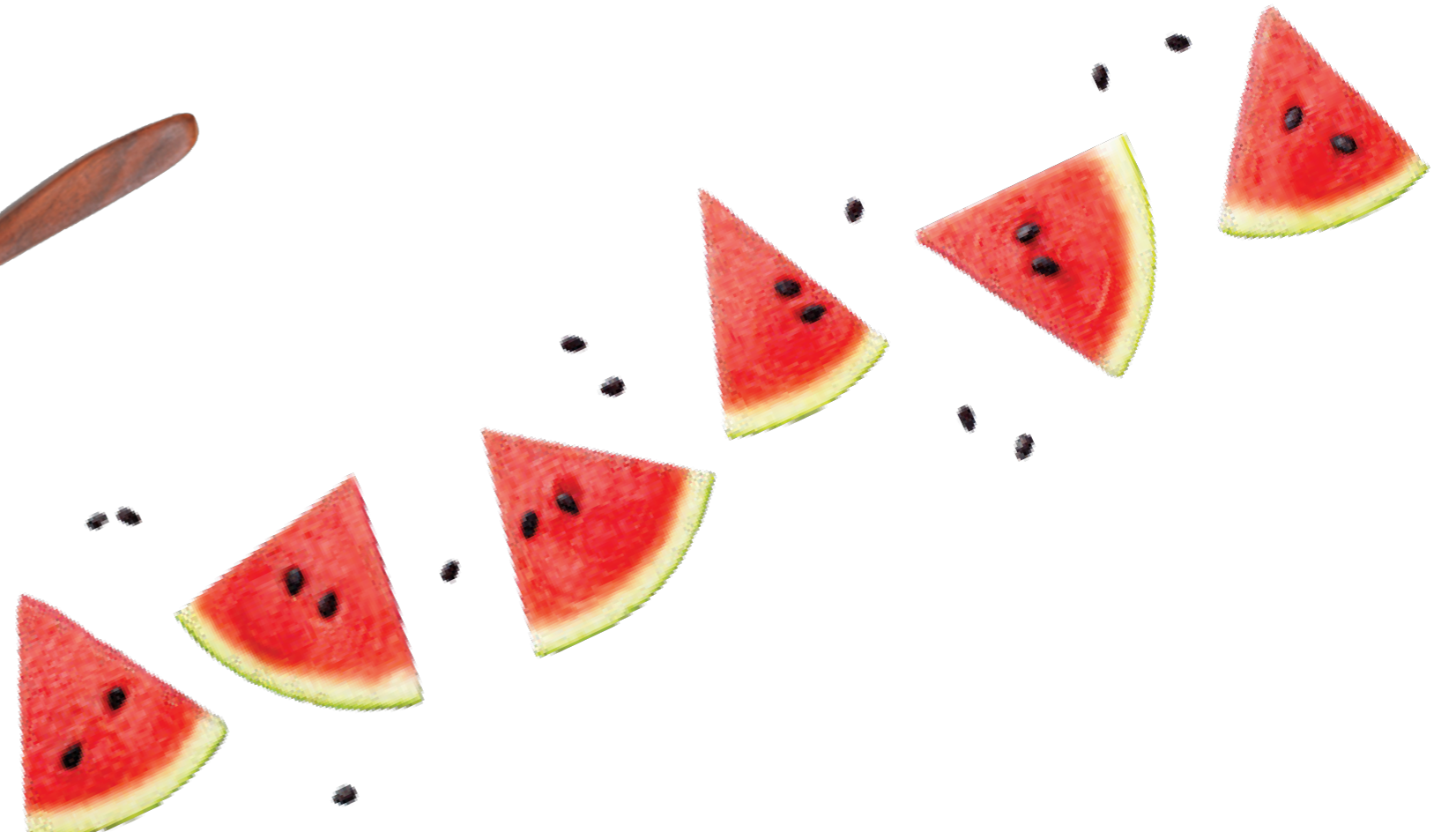
LIVAYUR

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Aids in digestion



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MUNG DAL KHICHIDI

*Aids in digestion**

 **Duration**
25 minutes

 **Serves**
2

 **Simplicity**
8 / 10



* Depends on individual body composition

Ingredients:

140 gm of rice (preferably Basmati)
70 gm of mung dal
3.5 cups of water
1 tablespoon of cow's ghee
1/4 teaspoon turmeric powder
1/4 teaspoon cumin seeds
Salt to taste



Method:

1. Mix the rice and dal in a bowl and wash thoroughly. Leave the Dal & rice to soak in water for 1 at least.
2. Put your pressure cooker on the stove on low heat. Add the Ghee followed by cumin seeds.
3. Once it has warmed add the rice and mung dal to roast for a few minutes. Pour the water in.
4. Add the turmeric powder & salt as required. Mix all the ingredients well & shut the pressure cooker lid.
5. Cook on high heat until it whistles then on low heat for 3 more whistles.
6. Turn off the stove and wait for a few minutes for the pressure to reduce.



BENEFITS OF MUNG DAL


Ayurveda suggests that appetite loss is directly related to Agnimandya or weak digestion which is caused by an aggravated Vata, Pitta or Kapha Dosha in addition to certain psychological factors.

1. The Deepana or appetizer property of Mung Daal works with its ability to enhance the Agni improving appetite.
2. Mung Daal, commonly referred to as green gram, helps enhance the Agni or digestive fire in the body which aids in indigestion given its Laahu (light) nature.
3. In addition to improving digestive health, Moong Dal benefits vision as well. Ayurveda suggests that an imbalance of Pitta and Kapha Dosha can cause irritation in the eyes. The Netrya (eye tonic) properties of Mung Daal help manage such vision problems.
4. The imbalance of Pitta and Kapha Dosha can also cause certain skin problems such as acne, pimples and rashes. The Sita (cold) and Kashaya (astringent) properties of this everyday Indian kitchen ingredient can help reduce the symptoms of such skin issues.




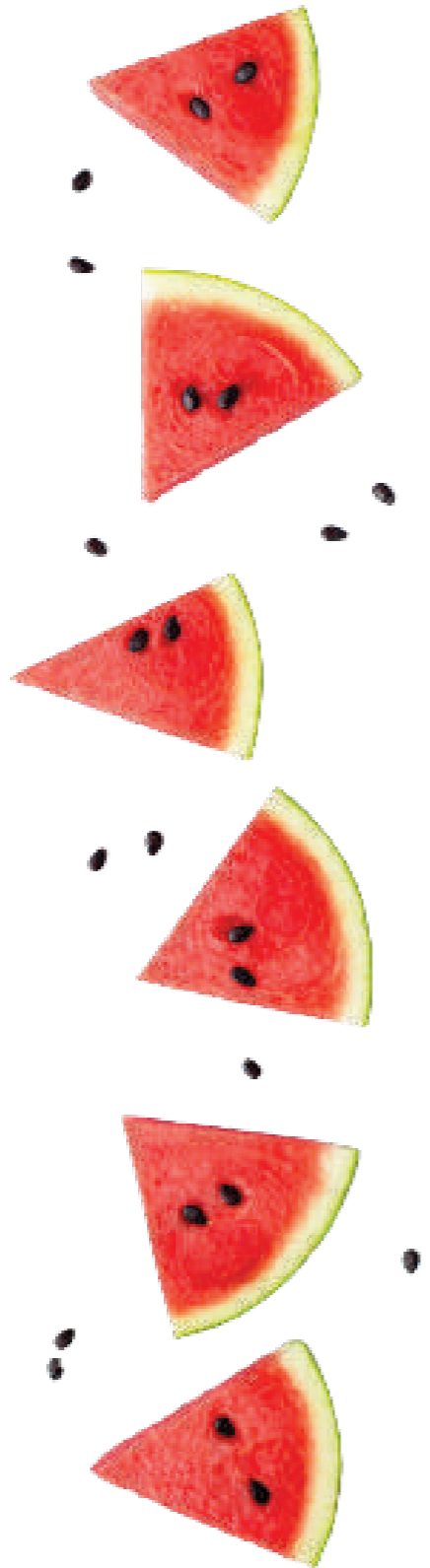
WATERMELON CURRY

*Helps Manage Blood pressure**

 **Duration**
25 minutes

 **Serves**
2

 **Simplicity**
7/10



* Depends on individual body composition

BENEFITS OF WATERMELON

Ingredients:

100 ml coconut oil
1 teaspoon cumin seeds
2 cloves chopped garlic
400 g chopped onion
500 ml tomato puree
50g fresh coriander
1 teaspoon turmeric powder
1 teaspoon coriander powder
1 teaspoon chili powder
2 teaspoon ginger garlic paste
4 teaspoon cashew paste
100 ml watermelon puree
1 teaspoon cumin powder
800g diced watermelon
Salt to taste

Method:

1. Heat the oil in a pan and let the cumin seeds fry until they start popping. Add garlic and onions and sauté well until the vegetables are soft.
2. Add the ginger-garlic paste, turmeric, coriander and chili powder. Once you smell the aroma of the spices, add the fresh tomato puree (blended tomatoes) and the cashew paste
3. Let everything fry for a few minutes.
4. Add the watermelon juice and season with salt and cumin powder. Let everything thicken for a while.
5. Now add the watermelon cubes and warm them for a few moments. Then garnish with fresh coriander and serve with rice.


According to the teachings of Ayurveda, most fruits are healthy and highly beneficial for the body, but there are certain fruits that are more beneficial than others. Watermelon is one of them. Although it has over 90% water content, it is enriched with many nutrients.

1. Consumption of watermelon pacifies Pitta Dosha while also reducing age-related macular degeneration. It is packed with antioxidants making it a skin and eye health enhancer.
2. Ayurveda suggests that watermelon has Vajikaran or aphrodisiac properties which can help improve the male sexual performance while also enhancing the libido in women.
3. Hyperacidity results from Pitta's aggravation and low digestive fire, which leads to indigestion and the accumulation of Ama or toxins in the body. Watermelon's Sita (cold) property helps prevent the formation of acids in the body which potentially lead to hyperacidity. This challenge can be resolved by consuming watermelon.
4. Additionally, watermelon can also help manage acne related skin problems. Aggregated Vata Dosha causes an increase in the production of sebum which leads to the blockage of skin pores causing acne inflammations. The Ropan (healing) and Sita (Cold) properties of watermelon help balance Vata Dosha and eliminate acne.



SAFFRON RICE

*Enhances Beauty And Aids Weight Loss**

 **Duration**
25 minutes

 **Serves**
2

 **Simplicity**
7/10



** Depends on individual body composition*



BENEFITS OF SAFFRON

Ayurveda groups Kesar or saffron under the Varnya Gana category of herbs that are known to give the skin a radiant complexion. This is a Tridoshic herb that can balance all the three Doshas of the body. It also is known for its antioxidant properties that help eliminate Ama or harmful toxins from the body which lead to health complications and skin problems.

Ingredients:

1 generous pinch saffron	7 bits of cinnamon bark
1 tablespoon water	7 cloves, whole
1.5 cups basmati rice	1/2 teaspoon salt
3 tablespoon ghee or unsalted butter	7 cardamom pods, whole
4 bay leaves	4 cups hot water

Method:


1. Soak the saffron in 1 tablespoon water for at least 10 minutes.
2. Wash and rinse the rice twice. Drain out the water and set aside.
3. Heat a pot over medium heat and add the ghee. Then add the bay leaves, cinnamon, cloves, salt, and cardamom & mix well for a minute. Turn the heat to low, add the rice and sauté in the spices for 2 minutes.
4. Pour in the hot water and the soaked saffron and bring to a gentle boil. Boil uncovered for 5 minutes. Then turn down the heat to medium and partially cover.
5. Continue to boil gently for another 5 minutes, stirring once or twice to keep from sticking.
6. Turn the heat to low, fully cover and simmer until tender - about 10 minutes. Garnish with fresh strands of saffron and serve.

1. These properties of Saffron make it a significant immunity booster. Consumption of Kesar with milk can aid in fighting cough, cold and seasonal flu.
2. In addition, it also is great for the eyes as it is loaded with antioxidants. Saffron helps in maintaining a healthy heart by improving the pumping capacity of the heart.
3. Ayurveda suggests that the consumption of saffron is ideal for reproductive health. The strong aphrodisiac properties boost libido in both men and women while treating sexual dysfunctions. In women, saffron helps regularize menstrual cycles and reduces period pains. Saffron consumption also helps manage PMS symptoms by balancing hormones.
4. Its analgesic and anti-inflammatory properties aid in treating pain, swelling, and stiffness making it an ideal herb for those suffering from joint problems like arthritis.




CARROT SUBZI

*Reduces Cholesterol and Prevents Heart Diseases**

 **Duration**
25 minutes

 **Serves**
2

 **Simplicity**
7/10



* Depends on individual body composition
Photo for visual representation only



BENEFITS OF CARROT

Ayurveda suggests that the consumption of carrots boosts digestive health and maintains overall good health. According to Ayurvedic sages, carrots are infused with natural healing, Pachan and Deepan properties.

1. The Ropana or healing properties of carrots reduce the dryness of hair and promote hair growth and hence Carrots are good for preventing hair fall too.
2. It also possesses properties that benefit the skin. It reduces skin pigmentation, dark spots, and gives the skin a natural radiance & glow.
3. Carrots help in quick wound healing, it also reduces swelling and inflammation.
4. For those trying to lose weight, carrots can work wonders. Adding carrots to the diet is a healthy way of losing weight. This is because obesity results from the accumulation of Ama or toxins in the body and an imbalanced Meda Dhatu. Carrots can help restore the Meda Dhatu to its normal level and flush out Ama from the body. This can all be attributed to the carrot's Pachan (digestive) and Deepan (appetizer) properties.
5. Carrots are considered as one of the healthiest food options by people all over the world. This vegetable has gained this reputation for all the right reasons.

Ingredients:

4 cups carrots	1/2 cup water
1 small handful freshly chopped cilantro	1 tablespoon ghee
1/2 small green chili, chopped	1/2 teaspoon black mustard seeds
1 and 1/2 inch finely chopped ginger	1/2 teaspoon cumin seeds
2 cloves chopped garlic	1 pinch hing
2 tablespoon shredded coconut	1/4 teaspoon salt

Method:

1. Wash and cut the carrots.
2. Put the cilantro, chili, ginger, garlic, coconut, and water in a blender and blend on high until liquid.
3. Heat a pot on medium and add the ghee, mustard seeds, cumin seeds, and hing. When the seeds pop, add the blended mixture and salt, then brown very slightly.
4. Stir in the carrots, cover and cook on medium heat until just tender, about 10 minutes. Stir occasionally.



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