

## Nutritional, therapeutic, and Rasayana potential of *Panchamruta yusha* in Ayurveda

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### Abstract

*Panchamruta*, a revered *Ayurvedic* formulation, embodies the principle of the *Ahara-Aushadha Abhedha* - the inseparability of food and medicine. Traditionally prepared as a sacred blend of *cow milk*, *curd*, *ghee*, *honey* and *sugar*, *Panchamruta* holds ritualistic, spiritual, and therapeutic significance. Its medicinal extension, *Panchamruta Yusha*, prepared from legumes such as *Kulatha* (horse gram), *Masha* (black gram), *Nishpava* (flat beans), *Mudga* (green gram), and *Adhaki* (pigeon pea), demonstrates notable health benefits. Rich in protein, dietary fiber, minerals, and bioactive compounds like flavonoids and saponins, this formulation supports digestion, enhances immunity, reduces fever, and alleviates *Kapha*-related disorders. Modern scientific studies corroborate its antioxidant potential, highlighting its role in reducing oxidative stress and age-related degeneration. By aligning with *Rasayana Chikitsa* (rejuvenation therapy), *Panchamruta Yusha* promotes strength (*Balya*), nourishment (*Brimhana*), and tissue rejuvenation. Thus, *Panchamruta* represents a scientifically relevant, nutritionally balanced, and therapeutically valuable preparation, suitable for inclusion in daily dietary practices to promote overall health and longevity.

**Key words :** *Panchamruta*, *Yusha*, *Ahara-Aushadha Abhedha*, *Kritanna Varga*, antioxidant, nutritional, *Balya*, Kaiyadeva Nighantu.

*Panchamruta*, a term that appears in various forms in Ayurveda, symbolizes a divine concoction with health and spiritual significance. This formula is found in different formulations, including *Panchamruta Yoga*, *Panchamruta Yusha*, and the widely known

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traditional blend of five ingredients— *Godugdha* (cow milk), *Godadhi* (cow curd), *Goghrita* (cow ghee), *Madhu* (honey), and *Sharkara* (sugar). Each of these formulations holds a unique place in the system of healing, offering profound benefits ranging from spiritual purification to physical rejuvenation. *Panchamruta*, also known as *Charanamruta* (the nectar of the gods' feet) is a traditional *Ayurvedic* concoction usually prepared during Hindu religious rituals or Poojas. It has different aspects:

#### *Healthier aspects :*

It is believed to offer multiple health benefits, including skin nourishment, reproductive health support and improving brain function. It is additionally said to have medicinal values which nurture and heal our body along with strengthening our immune system.

#### *Religious aspects :*

Hindu as well as Jain Poojas, *Rudrabhisheka* and worship, it is often utilized as an offering during the Poojas, later distributed as *Prasad*. All the religious Hindu Poojas and functions are believed to be incomplete without the *Panchamruta*.

#### *Spiritual aspects :*

*Panchamruta* is believed to generate positivity and eliminates the negativity in the surroundings. Various beliefs suggest that *Panchamruta* helps attain purity of life. It is useful in calming the mind, nourishing the brain and useful in eliminating negativity.<sup>4</sup>

#### *Panchamruta Yusha :*

A Nourishing Soup for Digestive Health and a unique medicinal *Yusha* made from legumes like *Kulatha* (horse gram) (*Dolichos biflorus* Linn.), *Masha* (black gram) (*Phaseolus mungo* Linn.), *Nishpava* (flat beans) (*Dolichos lablab* Linn.), *Mudga* (green gram) (*Phaseolus aureus* Roxb.), and *Adhaki* (pigeon peas) (*Cajanus indicus* Spreng.) This *Panchamruta Yusha* also called *Kulatha-Panchayusha*, is highly effective in improving digestion, reducing *Jwara* (fever), and relieving *Kapha*-related conditions like congestion and indigestion. Its light and nourishing properties make it an excellent food for recovery, especially during periods of weakness or after illness, where it helps in improving appetite, reducing body aches, and restoring strength.<sup>8</sup>

Table-1. Drugs of Panchamruta

Sr. No.	Qualities	<i>Kulatha</i> <sup>7</sup>	<i>Masha</i> <sup>7</sup>	<i>Nishpava</i> <sup>7</sup>	<i>Mudga</i> <sup>7</sup>	<i>Adhaki</i> <sup>8</sup>
1.	<b>Rasa</b>	<i>Madhura, Kashaya</i>	<i>Madhura</i>	<i>Madhura, Kashaya</i>	<i>Madhura, Kashaya</i>	<i>Madhura, Kashaya</i>
2.	<b>Guna</b>	<i>Laghu, Tikshana, Rooksha</i>	<i>Guru, Snigdha</i>	<i>Guru, Ruksha</i>	<i>Laghu, Ruksha</i>	<i>Laghu, Ruksha</i>
3.	<b>Veerya</b>	<i>Ushna</i>	<i>Ushna</i>	<i>Ushna</i>	<i>Sheeta</i>	<i>Sheeta</i>
4.	<b>Vipaka</b>	<i>Amla</i>	<i>Amla</i>	<i>Amla</i>	<i>Katu</i>	<i>Katu</i>

Table-2. Nutritional value and Benefits as Per 100ml/G:

Sr. No.	Nectors	Nutritional Value	Benefits
1	<i>Kulatha</i>	<b>Nutritional value per 100g<sup>1</sup></b> Calories: 152kcal Fat: 8g Protein: 14g Carbs: 12g Sugar: 12g Water: 88%	<i>Bhedana</i> (Tearing), <i>Granthi</i> (Destroy or alleviate), <i>Shopha</i> (Swelling or edema), <i>Arsha</i> (Hemorrhoids), <i>Hikka</i> (Hiccups), <i>Anaha</i> (Bloating or distension of abdomen), <i>Kaphanilan</i> (Disorders caused by <i>Kapha</i> and <i>Vata</i> dosha), <i>Shukra</i> (Semen or reproductive fluid), <i>Shukrashmari</i> (Stone or calculus in the reproductive tract), <i>D u h i</i> (Vision or eyesight), <i>Shwasa</i> (breathlessness, asthma), <i>Kasa</i> (Cough) <i>Pinasa</i> (Nasal congestion or rhinitis). <sup>7</sup>
2	<i>Masha</i>	<b>Nutritional value per 100g<sup>5</sup></b> Calories: 61 Fat: 3.3g Protein: 3.5g Carbs: 4.7g Iron: 7.5mg Calcium: 138mg Potassium: 983mg	<i>Tarpa a</i> (Provides nourishment) <i>Syandi</i> (Causes secretion or discharge), <i>Shukravridi</i> (Promotes semen or reproductive fluid), <i>Kaphapittabala</i> (Increases <i>Kapha</i> and <i>Pitta</i> dosha), <i>Stanya</i> (Enhances breast milk secretion), <i>Meda</i> (Increases fat tissue), <i>Mamsabala-Prada%</i> (Provides strength to muscles), <i>Ardita</i> (Relieves facial paralysis or hemiplegia), <i>Shwasa</i> (Asthma or breathlessness). <sup>7</sup>
3	<i>Nishp-ava</i>	<b>Nutritional value per 100g<sup>3</sup></b> Calories: 123kcal Fat: 14g Protein: trace amounts Carbs: trace amounts Saturated fat: 9g Monounsaturated fat: 4g Polyunsaturated fat: 0.5g Vitamin A: 13% of the Daily Value Vitamin E: 3% of the Daily Value Vitamin K: 1% of the Daily Value	<i>Vishthambaka</i> (causes obstruction), <i>Stanyam</i> (Enhances breast milk secretion), <i>Mutrasaragapittak [ut</i> (Increases formation of urine, blood and <i>Pitta</i> dosha), <i>Vidahi</i> (Causes a burning sensation) <i>Shukra Kapha Shopha Vishapaham</i> (Alleviates semen, <i>Kapha</i> , edema (swelling), and poisons (toxins). <sup>7</sup>

4	<b>Mudga</b>	<b>Nutritional value per 100g<sup>2</sup></b> Calories: 347kcal Protein: 23-24g Carbohydrates: 62g Dietary fiber: 16g Fat: 1.2g Iron: 7.5mg Folate: 625 µg	<i>Drishtya</i> (beneficial for eyesight), <i>Sheetala</i> (cooling in potency), <i>Laghu</i> (light to digest), <i>Vrana</i> (wound healing), <i>Kapha-Pitta Nashaka</i> , <i>Raktapitta Shamaka</i> (anti-hemorrhagic), <i>Pushti-Bala Pradan</i> (nourishing-strength promoting) <i>Varnya</i> (enhance complexion). <sup>[7]</sup>
5	<b>Adhaki</b>	<b>Nutritional value per 100g<sup>6</sup></b> Calories: 25 Carbs: 6.5g Protein: 20-22g Iron: 5mg Calcium: 130mg Dietary fiber: 15g	<i>Grahi</i> (helps with diarrhea or controls loose stools), <i>Varnya</i> (Increase complexion), <i>Kaphapittavichapaha</i> (Alleviates <i>Kapha</i> , <i>Pitta</i> , and toxins). <sup>8</sup>

**Quantity :**

1. *Kulatha* (Horse gram) - 20 grams.
2. *Masha* (Black gram/urad) - 20 grams.
3. *Nishpava* (Flat beans) -20 grams.
4. *Mudga* (Green gram/moong) - 20 grams.
5. *Adhaki* (Arhar/toor daal) – 20 grams.

You can increase or reduce the total quantity by keeping the ratio 1:1:1:1:1.

**Storage :**

1. Prepare the Ingredients (Ensure all the herbs are fully dried and free of moisture).
2. Grind into Powder (Grind each herb separately into a powder using a spice grinder).

3. Sift the powder through a sieve to remove any larger particles.
4. Mix Well.
5. Store the powder in an airtight container and keep it in a dry place, away from sunlight.

**Recommended Daily Dosage :** ¼ cup or half cup once a day.

**Preparation :**

1. Boil water, add dal powder slowly while stirring.
2. Cook for 5-7 minutes until smooth.
3. Add tempering of garlic (optional), cumin, ghee.
4. Serve as a light *Yusha* (soup).

Table-3. Nutritional value (per bowl of mixed dal soup):

Nutrient	Approx. value
Energy	130-190 kcal
Protein	7-10 g
Carbohydrates	18-25 g
Dietary fiber	4-6 g
Fat	2-5 g
Iron	1.5-2 mg
Calcium	30-40 mg
Magnesium	25-30 mg
Potassium	250-300 mg
Folate (vit B9)	400-500 µg
Vitamin C	2-4 mg
Saponins and flavonoids	Present in small amounts

*Panchamruta* represents a unique Ayurvedic concept wherein ritualistic and therapeutic utility co-exist. *Panchamruta* is primarily a sacred formulation used in religious and spiritual practices. However, its medicinal extension, *Panchamruta Yusha*, demonstrates significant health-promoting potential. Kaiyadeva Nighantu, under *Kritanna Varga*, elaborates food-based formulations that act as both nourishment (*Ahara*) and medicine (*Aushadha*), thereby supporting the Ayurvedic concept of *Ahara-Aushadha Abheda* (non-difference between diet and medicine).

*Panchamruta Yusha*, prepared from legumes such as *Kulatha* (horse gram), *Masha* (black gram), *Nishpava* (flat beans), *Mudga* (green gram), and *Adhaki* (toor), demonstrates notable health-promoting potential. Its light and nourishing properties make it particularly effective in improving digestion, reducing fever (*Jwara*), and alleviating

*Kapha*-related conditions such as congestion and indigestion. The nutritional composition of these legumes-rich in protein, dietary fiber, minerals, and bioactive compounds like saponins and flavonoids- supports their role in enhancing immunity, restoring strength, and aiding recovery during illness.<sup>1-6</sup>

Modern science explains aging and degenerative diseases through the free radical theory, which suggests that reactive oxygen species cause oxidative damage to cellular components like lipids, proteins, and DNA. *Panchamruta Yusha*, being rich in antioxidants such as flavonoids, saponins, and vitamins (C, E, and A), helps neutralize free radicals, thereby reducing oxidative stress.<sup>[1-4]</sup> This *Yusha* of *Panchamruta* functions not only as a digestive aid but also as a potential anti-aging formulation.

*Rasayana Chikitsa* (rejuvenation therapy), which aims to restore vitality, enhance immunity, and prolong life. *Panchamruta*, with its nourishing (*Brimhana*) and strength (*Balya*) properties, aligns with this theory. Ingredients like *Mudga* and *Masha* are known to promote tissue strength (*Mamsa-Bala*), while *Adhaki* and *Kulatha* aid in detoxification and balance of *Doshas*.<sup>7-8</sup>

*Panchamruta*, in its ritualistic and therapeutic forms, embodies the Ayurvedic principle of *Ahara-Aushadha Abheda* (the inseparability of food and medicine). The concept of *Panchamruta Yusha*, as described in Kaiyadeva Nighantu under *Kritanna Varga*, exemplifies the principle of *Ahara-Aushadha Abheda*, wherein food itself functions as medicine.<sup>8</sup>

The combination of *Kulatha*, *Masha*, *Nishpava*, *Mudga*, and *Adhaki* in *Panchamruta Yusha* provides a balanced nutritional profile rich in proteins, dietary fiber, essential minerals, and bioactive compounds such as flavonoids and saponins. These properties contribute to improving digestion, enhancing immunity, and recovery from illness, while also offering protection against oxidative stress and age-related degeneration. From a modern scientific perspective, its antioxidant potential contributes to the reduction of oxidative stress, thereby offering protective and anti-aging benefits.

Therefore, *Panchamruta Yusha* aligns well with the principles of *Rasayana Chikitsa* by promoting strength (*Balya*), nourishment (*Brimhana*), immunity enhancement, and tissue rejuvenation. Thus, the *Panchamruta Yusha* formulation is a scientifically relevant, nutritionally balanced, and therapeutically valuable preparation. Its inclusion in daily dietary practices, especially during illness or weakness, can serve as a simple yet effective means of promoting overall health and longevity.

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