

MEDICATED PORRIDGE (KARKKIDAKA KANJI) AS A HEALTHIFYING SEASONAL FOOD- A REVIEW †

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Abstract: Health requires healthy food. Healthy foods are those that provide the nutrients needed to sustain the body's well-being and retain energy. Food is the substances consisting essentially of protein, carbohydrate, and fat used in the body of an organism to sustain growth, repair, and vital processes and to furnish energy. Ayurveda, the science of life gives a decisive place for food in healthy as well as diseased persons. Ayurveda narrates the influence of food in different stages of a disease such as in aetiology, manifestation, treatment as well as regimens that to be followed. There are so many categories of healthy food explained in Ayurveda science. Most of them are plant origin.

Medicated porridge is the medicated rice soup which is an important dietary regimen told in the Ayurvedic medicinal system. A special medicated rice named "Karkkidaka kanji" usually followed as a seasonal food regimen in Kerala especially in monsoon or rainy season (June to August). This medicated gruel contains more than 25 herbs, 9 pulses and cereals that help in boosting one's immunity. It supports as a detoxifying agent as well as a remedy for rheumatic disorder mainly occurs seasonally.

The ingredients of "karkkidaka kanji" include shashtika shali (red rice), chandrashoora (garden cress), dasamoola churna (root of 10 medicinal plants), trikatu (3 pungent herbs), dasapushpa (10 herbal flowers), methika (fenugreek), jeera (cumin seed), coconut milk, jaggery and water. The properties of these herbal medicines make this gruel as a delectable, nutritious and medicated diet. The therapeutic effect of these drugs includes prevention of respiratory ailments, relieves arthritis pain & swelling, enhances digestion, reduces constipation, antipyretic, analgesic, stress relieving effect etc. Through the literary search related to these ingredients can establish the therapeutic effect of the traditional medicated porridge, "The Karkkidaka Kanji".

Keywords: Medicated porridge; Karkkidaka kanji; medicated rice gruel; dasamulam; dasapushpam; shashtika sali

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1. Introduction

Ayurveda, the science of life, gives importance to food in different contexts, such as a daily regimen, a seasonal dietary regimen, different stages of disease manifestation, a treatment regimen, etc.

Karkkidaka is the last month in the Malayalam calendar and is considered the worst month concerning health. A special medicinal rice porridge named "Karkkidaka kanji" is usually followed as a seasonal food regimen in Kerala, especially in the monsoon or rainy season (June to August). [1] In ancient Kerala, agriculture was the main means of livelihood. So, during the rainy season, unemployment was common, and also, the body

strength and immunity of the people diminished, so they spent this month rejuvenating their bodies.

As per Ayurveda, the seasonal regimen (ritucharya) has a major role in maintaining health as well as preventing diseases. Karkkidakamasa comes in Varsha ritu, during which the body's strength (Sareera Bala), digestive fire (Agnibala), and immunity (Vyadhikshamatva) greatly decline. [2] The karkkidaka kanji is practised by Keralites as a traditional wellness food. It is a combination of many herbs that helps boost immunity and get rejuvenated for the monsoon as well as the season that follows.

This rice-based porridge comes in different flavours including "jeera kanji," "Dasapushpa kanji," "Uluvakanji," "Njavara kanji," etc. The shelves of medicinal shops and supermarkets are stuffed with the "Oushadha Kanjikoottu" (instant mixture of medicinal porridge) during the Karkkidakamasa (monsoon season), which signifies the health awareness of the people nowadays.

2. MATERIALS AND METHOD

Sources of Data Collection

Databases like Pub Med, Google scholar were searched for the relevant articles regarding karkkidaka kanji and were reviewed.

Table 1. karkkidaka kanji ingredients.

Sl.No:	INGREDIENTS	QUANTITY
1.	Shashtika shali	100g.
2.	Mudga(green gram)	10g.
3.	Chandrasoora (garden cress)	10g.
4.	Jeeraka (cumin seed)	10g.
5.	Medhika (fenugreek seed)	10g.
6.	Dasamula churna/ bala churna	10g.
7.	Panchakola churna/Trikadu churna	5g.
8.	Dasapushpa swarasa	Q. S
9.	Coconut milk	Q. S
10.	Water	Q. S
11.	Jaggery	Q. S
12.	Saindhava lavana	For taste

METHOD OF PREPARATION

Take adequate quantity of water and boil with 10g.bala churna/ dasamoola churna. Then add 100 g of shashtikashali and 10 g of mudga (green gram) to it after proper washing. Continue the boiling by adding jeera, medhika, Chandrasoora, and Panchakola Churna. When the rice is cooked well, add the dasapushpa swarasa, coconut milk and jaggery in sufficient quantity. Lastly add the saindhava for taste in accordance with the preparation.

Time of Administration

This porridge should be consumed fresh and lukewarm on all days of Karkkidaka or for 7, 14, or 21 days continuously, as per need. This should be consumed either in the morning after an oil bath or in the evening as dinner, or at both times if possible. However, it must be consumed for a minimum of seven days in a row. [3]

It is best to avoid tea, coffee, oily foods, and non-vegetarian foods while taking this kanji to avoid deterioration of digestive fire and to reap the most benefits.

3. Result and Discussion

The most commonly used ingredients for the preparation, along with their actions, are tabulated below.

Table 2 – Ingredients and action [2].

Sl.No:	INGREDIENTS	BOTANICAL NAME	ACTION
1.	Shashtika shali	<i>Oryza sativa</i>	Antioxidant, Antidiabetic
2.	Mudga (green gram)	<i>Vigna radiata</i>	Antioxidant, Antimicrobial, Anti-inflammatory, Anti-diabetic, Anti-hypertensive, anti-tumor
3.	chandrasoora	<i>Lepidium sativum</i>	Antioxidant, Antimicrobial, Anti-inflammatory
4.	Jeeraka	<i>Cuminum cyminum</i>	Antioxidant, Antimicrobial, Anti-inflammatory, Insecticidal, Analgesic
5.	medhika	<i>Trigonella foenum graceum</i>	Antioxidant, Anti-inflammatory, Anticarcinogenic, Antinociceptive, Antidiabetic
6.	Panchakola_churna	Pippali- <i>Piper longum</i> Pippalimoola- <i>Piper longum</i> root Chavya- <i>Piper chaba</i> Chitraka- <i>Plumbago xylanica</i> Nagara- <i>Zingiber officinale</i>	Antioxidant, Antimicrobial, Anti-inflammatory
7.	Dasamula churna/Balamula churna	Bala- <i>Sida cordifolia</i> *Sahadevi – <i>Vernonia cinerea</i> *Akhukarni – <i>Emilia sonchifolia</i> *Vishnukrantha- <i>Evolvulus alsinoides</i> *Bhringaraja- <i>Eclipta alba</i> *Indravalli- <i>Cardiospermum halicacabum</i>	Antioxidant, Antimicrobial, Anti-inflammatory, Analgesic Antioxidant, Cytoprotective Neuroprotective Antimicrobial, anti-inflammatory, Analgesic Antioxidant, Antimicrobial, anti-inflammatory, nootropic Antimicrobial, anti-inflammatory, Hepatoprotective Antioxidant, antiarthritic
8.	Dasapushpa	*Lakshmana- <i>Ipomea sepiaria</i> *Musali- <i>Curculigo orchioides</i> *Viparitalajjalu- <i>Biophytum sensitivum</i> *Bhadra- <i>Aerva lanata</i> *Durva- <i>Cynodon dactylon</i>	Antigungal, anticancer, Antidiabetic Antioxidant, hepatoprotective, anticancer Antioxidant, antipyretic, antibacterial, antiinflammatory Antimicrobial, antidiabetic Antioxidant, Immuno-modulator, Hepatoprotective

The above-mentioned ingredients are generally used for the preparation of Karkkid-aka kanji in Kerala. But it may vary as per the local availability of the drugs. Nowadays, so many industries are marketing the "karkkidaka kanji koottu"-named medicinal kit, in which the ingredients vary depending on the industry. But in all types of Karkkidaka kanji, mainly these ingredients – rice, pulses, medhika, ajamodha, jeeraka, dasapushpa, and coconut milk – are common.

4. CONCLUSION

This study provides an insight into the rationale of "karkkidaka kanji." The analysis of the ingredients and their properties showed that this preparation is an example of ritucharya (seasonal regimen) modified as per desa (place) and satmya (homologation).

The assemblage of herbs and other ingredients in Karkkidaka kanji make it a tasty and healthy meal. This has a special effect in preventing monsoon fevers and is best for rheumatic disorders, which are on the rise during the monsoon. It is ideal for increasing the strength and immunity of the body as well as acting as a detoxifying agent.

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