

**EK Periodical Assessment Aisa Bhi!!**  
**An Innovative Competency-Based Learning Initiative**

The Department of Rachana Sharira at Tilak Ayurved Mahavidyalaya conducted an innovative Periodical Assessment on Thursday, 11th December 2025, embracing the spirit of competency-based medical education as envisioned by National Commission for Indian System of Medicine (NCISM).

Moving beyond conventional written assessments, this activity was designed to evaluate applied anatomical understanding, clinical correlation, teamwork, and creative expression, thereby aligning academic learning with real-world relevance.

**Concept and Theme of the Assessment**

The assessment was themed as a “No-Gas Functional Recipe Activity” with special reference to the male and female reproductive systems. Students were assessed on their ability to translate Rachana Sharira concepts into dietary applications relevant to lifestyle and reproductive disorders such as PCOS, PCOD, oligospermia, dysmenorrhea, leucorrhea, and hormonal imbalance.

Students worked in groups of five, conceptualizing and preparing pure vegetarian, no-gas recipes, each mapped to:

- Anatomical structures
- Pathophysiology of reproductive disorders
- Ayurvedic principles of Ahara
- Nutritional science and lifestyle relevance

**Alignment with NCISM Competency-Based Learning**

This periodical assessment strongly reflected the NCISM competency-based framework, emphasizing:

- Integration of knowledge (Anatomy + Ayurveda + Nutrition)
- Application of concepts rather than rote memorization
- Skill development through planning, preparation, and presentation
- Communication and teamwork competencies
- Ethical and lifestyle awareness in reproductive health

Students demonstrated competencies at higher cognitive levels, including analysis, application, and synthesis, thereby aligning with Bloom’s Taxonomy and Miller’s Pyramid (Knows → Knows How → Shows How).

**Assessment Methodology**

Each group was evaluated for a total of 15 marks based on:

- Scientific accuracy and anatomical correlation
- Relevance to reproductive health and lifestyle disorders
- Integration of Ayurvedic and modern nutritional principles

- Creativity, teamwork, and presentation
- Documentation and reflective understanding

As part of the assessment:

- Students prepared recipe-making videos
- Submitted structured Word documents following a standardized academic template
- Contributed to a collective e-booklet

### **Student Engagement and Learning Outcomes**

The activity witnessed enthusiastic participation, with students displaying:

- Deepened understanding of applied Rachana Sharira
- Improved ability to correlate anatomy with daily life
- Enhanced critical thinking and problem-solving skills
- Increased confidence in presentation and communication
- Appreciation of Ahara as a preventive and supportive therapeutic tool

### **E-Booklet and Digital Documentation**

As an outcome of this assessment, the department has curated a comprehensive student e-booklet titled:

#### **“Dietary Applications of Rachana Sharira in Reproductive Health: A Student e-Booklet”**

This e-booklet compiles all student-created recipes, anatomical correlations, and medical benefits, serving as a valuable academic and learning resource.

Additionally, a YouTube video showcasing the e-booklet and student work has been created to document and disseminate this innovative learning initiative.

<https://www.youtube.com/shorts/HAu26NJmQbk>

### **Conclusion**

This activity truly embodied the philosophy that assessment can be innovative, experiential, and joyful, without compromising academic rigour. The initiative stands as a strong example of how competency-based education can be effectively implemented in Ayurveda education through creativity, application, and student-centered learning.

“EK Periodical Assessment Aisa Bhi!!” was not just an assessment—it was a learning experience that connected Sharira with life itself.

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**Anatomy-Inspired**  
**No-Gas Healthy Recipe**  
**For**  
**Lifestyle Disorders**  
**Of**  
**The Reproductive System**

**Agastya Batch**

*Compiled By - Department of Rachana Sharira  
Tilak Ayurved Mahavidyalaya, Pune  
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## The Prostate Wellness Elixir: A No-Gas Recipe for Prostate Support

### Carrot Cucumber Raw Salad

Watch Video Here: <https://www.youtube.com/shorts/uNT1POEwnAQ>



#### **Ingredients** (One serving – approximately 4–6 tablespoons)

- Cucumber – 2 numbers
- Carrot – 1½ numbers
- Flax seeds (ground) – 1 teaspoon
- Lemon juice – 1 teaspoon
- Tulsi leaves – 2 fresh leaves
- Rock salt – 1 teaspoon

#### **Method / Procedure** (No-Gas Grated Preparation)

1. **Cleaning:** Wash the carrot, cucumber, and fresh tulsi leaves thoroughly under clean running water.
2. **Grating:** Using a fine grater, grate the carrot and cucumber into a clean bowl.
3. **Mixing:** Add the finely chopped or crushed tulsi leaves to the grated mixture.
4. **Finishing:** Add freshly squeezed lemon juice, ground flax seeds, and a small pinch of rock salt. Mix thoroughly.
5. **Consumption:** The prepared paste-like mixture should be consumed immediately, preferably on an empty stomach in the morning for optimal absorption and Vata-Kapha pacification.
6. **Optional Intake:** If required, a small quantity of warm water may be consumed afterward to aid digestion.

This preparation resembles a **Leha (lickable paste)** as described in Ayurveda and is intended to support prostate health through dietary intervention.

## Anatomical Correlation

### • Reproductive Structures Involved in the Disorder

The prostate gland, an accessory reproductive gland located inferior to the urinary bladder and surrounding the prostatic urethra, plays a crucial role in semen formation and urinary regulation. It is closely associated with the **Mutravaha Srotas** (urinary channels) and **Shukra Dhatu** (reproductive tissue).

### • Effect of the Disorder on these Structures

In prostate disorders such as benign prostatic hyperplasia (BPH), there is enlargement of the prostate gland leading to compression of the urethra. This results in urinary obstruction, incomplete bladder emptying, increased frequency, urgency, and difficulty in micturition.

### • Role of Diet from an Applied Anatomy Perspective

From an applied anatomical and Ayurvedic perspective, dietary choices influence tissue health, inflammation, and channel patency. Foods with **Mutrala (diuretic)**, **Shotha-hara (anti-inflammatory)**, and **Rasayana (rejuvenative)** properties help reduce glandular congestion, improve urinary flow, and maintain the functional integrity of reproductive structures.

## Medical Benefits (Ayurveda + Nutrition)

### • Choice of Ingredients with Reason

The ingredients selected are known for their combined anti-inflammatory, antioxidant, diuretic, and tissue-supportive properties, making them suitable for prostate health and urinary function.

### • Ayurvedic Properties (Rasa, Guna, Veerya, Vipaka)

Ingredient	Ayurvedic Name	Rasa / Veerya	Therapeutic Action
Carrot	Gajjar	Madhura / Ushna	Rasayana, supports Shukra Dhatu
Cucumber	Karkati	Madhura / Shita	Mutrala, balances Pitta & Vata
Flax Seeds	Atasi	Madhura / Ushna	Vata-Anulomana, Snehana
Lemon	Nimbuka	Amla / Ushna	Deepana, Kledahara
Tulsi	Tulasi	Katu / Ushna	Shotha-hara, anti-microbial
Rock Salt	Saindhava Lavana	Lavana / Shita	Vata-pacifying, electrolyte balance

## • Nutritional Benefits

- **Anti-inflammatory action:** Tulsi helps reduce localized inflammation associated with prostate enlargement.
- **Omega-3 and lignans:** Flax seeds provide omega-3 fatty acids and phytoestrogens that help modulate hormonal metabolism relevant to prostate health.
- **Diuretic and cooling effect:** Cucumber supports urinary flow and kidney function, reducing urinary discomfort.
- **Antioxidant protection:** Beta-carotene from carrot and vitamin C from lemon protect prostate cells from oxidative stress.
- **Digestive and Vata regulation:** Lemon, flax seeds, and rock salt support digestive fire (Agni) and promote proper elimination through Vata Anulomana.

## Conclusion

This no-gas vegetarian preparation serves as a supportive dietary intervention for prostate health by integrating **applied anatomy, Ayurvedic principles, and modern nutritional science**, making it a practical and preventive approach to managing prostate-related lifestyle disorders.

**Student Contributors** - Adesh Kishor Sarode, Deboprobha Manish Das, Sayli Sanjay Korde, Payal Tupkari and Soham Mahamuni



## The Hormones Harmony Salad for PCOS: A No-Gas Recipe for Hormonal Balance

Watch Video Here: <https://www.youtube.com/shorts/u6IOgu6jK3s>



### Ingredients (One serving)

- Curd – 1 cup
- Cucumber – chopped
- Tomato – chopped
- Capsicum – chopped
- Flax seeds – as required
- Pumpkin seeds – as required
- Chia seeds – as required
- Jeera – to taste
- Black pepper – to taste
- Oregano – a pinch

### Method / Procedure (No-Gas Preparation)

1. Take **2 spoons of curd** in a clean mixing bowl.
2. Add chopped **cucumber, tomato, and capsicum**.
3. Add **pumpkin seeds, chia seeds, and flax seeds** to the mixture.
4. Mix gently until all ingredients are well combined.
5. Add a pinch of **oregano** for flavor.
6. Season with **jeera and black pepper** according to taste and mix lightly.

### Anatomical Correlation

#### • Reproductive Structures Involved in the Disorder

Polycystic Ovarian Syndrome (PCOS) primarily involves the **ovaries**, which show altered follicular development. It also affects the **uterus** and is associated with dysfunction of the

**hypothalamic–pituitary–ovarian axis**, along with involvement of the **pancreas and adrenal glands** due to insulin resistance and endocrine imbalance.

• **Effect of the Disorder on these Structures**

In PCOS, ovarian follicles fail to mature properly, leading to anovulation. Hormonal imbalance results in irregular menstruation, metabolic disturbances, and inflammatory changes that affect ovarian function and uterine health.

• **Role of Diet from an Applied Anatomy Perspective**

Dietary interventions influence metabolic pathways, insulin sensitivity, and inflammation, thereby indirectly supporting ovarian structure and function. High-protein, low-glycemic foods and probiotic-rich ingredients help regulate endocrine signaling and improve tissue response in PCOS.

**Medical Benefits (Ayurveda + Nutrition)**

• **Choice of Ingredients with Reason**

The ingredients are selected to improve **gut health, insulin sensitivity, and hormonal balance**, which are key factors in PCOS management. Seeds provide essential fatty acids, while curd offers probiotics and protein for metabolic regulation.

• **Ayurvedic Properties (Rasa, Guna, Veerya, Vipaka)**

<b>Ingredient</b>	<b>Ayurvedic Properties</b>	<b>PCOS-Specific Benefits</b>
<b>Cucumber (Kakdi / Trapusha)</b>	Sheeta Veerya, Laghu, Drava, Pitta-shamaka	Reduces Pitta-related inflammation, hydrates, reduces water retention
<b>Curd</b>	Amla Rasa, Ushna Veerya, Guru, Snigdha	Nourishes Artava Dhatu, balances Apana Vata, improves satiety
<b>Capsicum (Shimla Mirch)</b>	Laghu, Katu Rasa, mildly Ushna	Improves Agni, reduces Kapha stagnation, supports fat metabolism
<b>Pumpkin Seeds</b>	Madhura, Snigdha, Balya	Rich in zinc, supports ovulation and egg quality
<b>Flax Seeds (Alsi)</b>	Snigdha, Guru, Ushna Veerya	Regulates estrogen, improves insulin sensitivity
<b>Black Pepper (Maricha)</b>	Katu Rasa, Ushna Veerya, Deepana–Pachana	Burns Ama, improves digestion, enhances metabolism

## • Overall Ayurvedic Effect of the Salad

- **Balances Doshas:**
  - Reduces Kapha (weight gain, sluggishness)
  - Balances Vata (irregular periods, bloating)
  - Cucumber helps pacify Pitta
- **Improves Agni:** Capsicum and black pepper enhance digestion and metabolism.
- **Nourishes Artava Dhatu:** Curd, seeds, and healthy fats support reproductive tissues.
- **Reduces Ama:** Spices prevent indigestion from raw vegetables.
- **Supports Hormonal Balance:** Seeds regulate estrogen and progesterone; probiotics improve hormone metabolism.

## Nutritional Correlation

- Rich in **protein, probiotics, calcium, vitamin B12, and phosphorus.**
- Low in carbohydrates, supporting metabolic and insulin health.
- Probiotics improve gut microbiome, immunity, and steady glucose levels.
- Seeds provide antioxidants and healthy fats essential for endocrine balance.

## Conclusion

The Hormones Harmony Salad is a no-gas, nutritionally balanced preparation that integrates **applied anatomy, Ayurvedic principles, and modern nutrition.** It supports ovarian health, improves insulin sensitivity, and promotes hormonal balance, making it a valuable dietary intervention for PCOS.

**Student Contributors** - Sudarshan Sadashiv Solunke, Diksha Jitendra Kulkarni, Desai Shraddha Santosh, Samiya Ashpak Aga and Pratik Deepak Somwanshi



## Shukra Vardhak Smoothie: A No-Gas Nutritional Preparation for Male Reproductive Health

Watch Video Here: [https://www.youtube.com/watch?v=DZ\\_VZnf330U](https://www.youtube.com/watch?v=DZ_VZnf330U)



### Ingredients (One serving)

- Coconut milk – 200 ml
- Banana – 1½ numbers
- Raisins – 7–8 numbers
- Almonds – 8–10 numbers
- Honey – 3 teaspoons
- Cardamom powder – a pinch

### Method / Procedure (No-Gas Preparation)

1. Soak the **raisins** in clean water for at least **30–60 minutes**.
2. (*Optional*) Peel the soaked **almonds** for better digestion.
3. Add **banana, soaked raisins, and almonds** to a mixer jar.
4. Pour in **coconut milk** and blend until smooth and creamy.
5. Add **honey at the end** and mix gently (honey should not be heated or blended on heat).
6. Serve immediately for maximum nutritional and therapeutic benefit.

### Anatomical Correlation

#### • Reproductive Structures Involved in the Disorder

This smoothie nourishes multiple structures involved in male fertility:

- **Testes:**
  - Supports **Leydig cells** (testosterone production)
  - Nourishes **Sertoli cells** (sperm nourishment)
  - Enhances **seminiferous tubule** activity for spermatogenesis
- **Epididymis:**
  - Improves sperm maturation and motility

- **Prostate and Seminal Vesicles:**
  - Enhances semen volume, viscosity, and nutrient content
- **Penile Blood Vessels:**
  - Improves endothelial function, supporting healthy blood flow
- **Hormonal Axis (Hypothalamus–Pituitary–Gonadal Axis):**
  - Supports balanced testosterone and reproductive hormone secretion

• **Effect of the Disorder on these Structures**

In conditions such as **oligospermia**, there is reduced spermatogenesis, impaired Sertoli and Leydig cell function, decreased testosterone levels, poor sperm maturation, reduced seminal fluid support, and disturbed hormonal signaling along the HPG axis.

• **Role of Diet from an Applied Anatomy Perspective**

From an applied anatomical perspective, diet plays a crucial role in providing nutrients that support testicular cell function, enhance blood supply to reproductive organs, protect seminiferous tubules from oxidative stress, regulate hormonal pathways, and supply energy required for sperm motility.

**Medical Benefits (Ayurveda + Nutrition)**

• **Choice of Ingredients with Reason**

The ingredients are selected for their **Shukra-var dhak (sperm-enhancing)**, **Bṛmhana (nourishing)**, **Balya (strengthening)**, and **Rasayana (rejuvenative)** properties, making them suitable for improving sperm count, quality, and vitality.

• **Ayurvedic Properties (Rasa, Guna, Veerya, Vipaka – Summary)**

Ayurvedically, most ingredients possess **Madhura Rasa**, **Snigdha Guna**, **Sheeta Veerya**, and **Madhura Vipaka**, which directly nourish **Shukra Dhatu** and support reproductive strength.

• **Nutritional Benefits**

Nutritionally, the smoothie is rich in antioxidants, essential minerals, healthy fats, vitamins B and E, and bioactive compounds that support testosterone production, spermatogenesis, semen volume, and vascular health.

Ingredient	Ayurvedic Effect	Nutritional Effect
<b>Banana</b>	Bṛmhana, Shukra-var dhak	Energy support, hormone balance
<b>Raisins</b>	Vṛṣya, Ojovardhak	Antioxidants, improved blood flow
<b>Almonds</b>	Medhya, Shukra-var dhak	Vitamin E, zinc, healthy fats
<b>Coconut Milk</b>	Shukra-var dhak, cooling	Supports semen volume, MCFAs
<b>Honey</b>	Yogavahi, Rasayana	Nitric oxide booster, quick energy

## Conclusion

The Shukra Vardhak Smoothie is a no-gas, nutrient-dense preparation that integrates **applied anatomy, Ayurvedic principles, and modern nutritional science**. By nourishing reproductive organs, supporting hormonal balance, and improving sperm quality, it serves as an effective dietary intervention for male fertility-related lifestyle disorders.

**Student Contributors** - Sanjana Bidve, Om Ingle, Shivanjali Pawar, Aditya Shinde and Mansi Bhokare



Rachana Sharira Tilak Ayurved M

## Ayurveda Chocolate: A No-Gas Functional Sweet for Reproductive Wellness and Hormonal Balance

Watch Video Here: <https://www.youtube.com/watch?v=TWYFXzWQDYg>



### **Ingredients** (One serving)

- Dates (Khajoor) – 6 pieces
- Almonds (Badam) – 5 pieces
- Cashews (Kaju) – 5 pieces
- Pistachios – 5 pieces
- Dry coconut (grated) – 30 g

### **Method / Procedure (No-Gas Preparation)**

1. **Prepare Dates:** Clean the dates thoroughly and remove all seeds.
2. **Crush Nuts:** Coarsely crush almonds, cashews, and pistachios.
3. **Form Dough:** Mix the seedless dates with crushed dry fruits and knead into a soft, uniform dough.
4. **Incorporate Coconut:** Add grated dry coconut and mix well for even distribution.
5. **Shape Formation:** Shape the mixture to resemble the **female reproductive system (uterus model)**.
6. **Add Ovaries:** Place two whole dates on either side to represent **ovaries**.
7. **Garnishing:** Lightly garnish with grated dry coconut.
8. **Serving:** Consume fresh for optimal taste and therapeutic benefits.

### **Anatomical Correlation**

#### **• Reproductive Structures Involved in the Disorder**

This recipe is designed with special reference to **Polycystic Ovary Syndrome (PCOS)**, involving:

- **Ovaries** – ovarian follicles
- **Uterus** – endometrium
- **Hormonal Axis** – Hypothalamus–Pituitary–Ovarian (HPO) axis

• **Effect of PCOS on these Structures**

- Formation of multiple cysts in ovaries
- Thickening of the endometrium
- Irregular or absent ovulation
- Increased androgen levels
- Disturbed LH/FSH ratio
- Infertility or difficulty in conception

• **Role of Diet from an Applied Anatomy Perspective**

Diet plays a pivotal role in regulating metabolic and hormonal pathways affecting ovarian and uterine health.

This preparation:

- Supports regular ovulation
- Reduces ovarian inflammation
- Nourishes the endometrium
- Improves hormonal balance
- Helps regulate insulin resistance (a key factor in PCOS)

**Medical Benefits (Ayurveda + Nutrition)**

• **Choice of Ingredients with Reason**

The ingredients are carefully selected to provide **Balya (strengthening)**, **Vrushya (fertility-enhancing)**, **Rasayana (rejuvenative)**, and **Oja-vardhak** effects, supporting reproductive tissues and hormonal stability.

• **Ayurvedic Properties (Rasa, Guna, Veerya, Vipaka)**

Ingredient	Rasa	Guna	Veerya	Vipaka	Therapeutic Action
<b>Dates</b>	Madhura	Snigdha	Sheeta	Madhura	Balya, Vrushya
<b>Almonds</b>	Madhura	Guru, Snigdha	Ushna	Madhura	Medhya, Oja-vardhak
<b>Cashews</b>	Madhura, Kashaya	Guru	Ushna	Madhura	Vata-shamak

Ingredient	Rasa	Guna	Veerya	Vipaka	Therapeutic Action
Pistachios	Madhura	Snigdha	Ushna	Madhura	Dhatu-poshak
Dry Coconut	Madhura	Snigdha	Sheeta	Madhura	Strengthens reproductive tissues

#### • Nutritional Benefits

- **Rich in antioxidants:** Reduces oxidative stress and inflammation
- **Healthy fats:** Essential for hormone synthesis and cell membrane integrity
- **Key minerals:** Magnesium, iron, calcium for reproductive and metabolic health
- **Supports menstrual regularity:** Improves hormonal rhythm
- **Improves ovulation & PCOS symptoms**
- **Boosts energy & immunity:** Natural sugars provide sustained vitality

#### Conclusion

Ayurveda Chocolate is a **nutritious, no-gas, functional sweet** that beautifully integrates **applied anatomy, Ayurvedic wisdom, and modern nutritional science**. Designed with a symbolic uterine model, it supports ovarian function, hormonal balance, and reproductive wellness—making it both educational and therapeutic.

**Student Contributors** - Bhakti Shelke, Sarwangini, Sujay Narwade, Prajwal Gadkar and Ayush Kadam



## Choco Date Bomb for Oligospermia (शुक्रक्षय): A No-Gas Functional Sweet for Male Reproductive Health

Watch Video Here: <https://www.youtube.com/watch?v=BIpmQ3FsEb0>



### Ingredients (One serving)

- Dates – as required
- Honey – as required
- **Dry fruits mix (finely ground):**
  - Cashews
  - Almonds
  - Pistachios
  - Raisins
  - Walnuts
  - Chironji (Charoli)
- Dry coconut (grated) – as required
- Melted chocolate – for coating

### Method / Procedure (No-Gas Preparation)

1. Finely grind all the dry fruits mentioned above.
2. Mix the ground dry fruits thoroughly with **honey** to form a stuffing mixture.
3. Remove the seeds from the **dates** carefully without breaking them.
4. Stuff each date with the prepared **dry fruit–honey mixture**.
5. Dip the stuffed dates into **melted chocolate**, coating them evenly.
6. Allow them to set. The **Choco Date Bomb** is now ready to consume.

### Anatomical Correlation

#### • Reproductive Structures Involved in Oligospermia

- **Testis:** Seminiferous tubules, Sertoli cells, Leydig cells
- **Epididymis:** Sperm maturation and storage
- **Vas deferens:** Transport of sperm
- **Accessory glands:** Seminal vesicles and prostate

- **Hormonal Axis (HPG Axis):** Hypothalamus, pituitary, testes (GnRH, FSH, LH, testosterone)

• **Effect of Oligospermia on These Structures**

- **Testis:** Reduced spermatogenesis; dysfunction of Sertoli and Leydig cells
- **Epididymis:** Poor sperm maturation and reduced motility
- **Vas deferens:** Low sperm density in ejaculate
- **Accessory glands:** Altered semen viscosity and reduced fructose utilization
- **Hormonal axis:** Low FSH, LH, or testosterone levels further reduce sperm count

• **Role of Diet from an Applied Anatomy Perspective**

- Antioxidants (vitamins C, E, zinc, selenium) protect **seminiferous tubules** from oxidative damage.
- Omega-3 fatty acids support **Leydig cell** testosterone production.
- Proteins and micronutrients promote **germ cell division** and sperm formation.
- Adequate nutrition and reduced junk food intake improve **testicular blood flow and temperature regulation**.
- Zinc-rich foods enhance **prostate function and seminal plasma quality**.

**Medical Benefits (Ayurveda + Nutrition)**

• **Choice of Ingredients with Reason**

The ingredients are selected for their **Shukra-var dhak, Bṛmhaṇa, Balya, and Rasayana** properties, supporting sperm count, motility, density, and overall reproductive strength.

• **Medical Benefits (Ayurveda + Nutrition)**

<b>Ingredient</b>	<b>Modern Nutritional Benefits</b>	<b>Ayurvedic Properties &amp; Benefits</b>
<b>Dates (Kharjur)</b>	Rich in selenium and zinc; improves sperm motility and count	Madhura, Snigdha, Vrishya; increases strength, sperm density, and Ojas
<b>Almonds (Badam)</b>	Vitamin E protects sperm membrane from oxidative damage	Snigdha, Balya; improves sperm motility and thickness
<b>Walnuts (Akhrot)</b>	Omega-3 fatty acids enhance blood flow and sperm morphology	Snigdha, Guru; improves motility and sperm density
<b>Raisins (Kishmish)</b>	Antioxidants protect sperm DNA from free radical damage	Madhura, Sheeta; enhances Ojas and smoothness (Snigdha)
<b>Pistachio (Pista)</b>	Rich in antioxidants and L-arginine; improves blood flow and motility	Snigdha, Madhura, Balya; strengthens sperm and mildly increases semen volume
<b>Chironji (Charoli)</b>	Healthy fats and proteins support hormone balance and sperm formation	Madhura, Snigdha, Bṛmhaṇa; nourishes Shukra, improves thickness (Bahalata)

Ingredient	Modern Nutritional Benefits	Ayurvedic Properties & Benefits
<b>Cashew (Kaju)</b>	Zinc and magnesium boost testosterone and sperm count	Guru, Snigdha, Balya; enhances sperm density, energy, and Shukra nourishment
<b>Honey (Madhu)</b>	Antioxidant; supports endocrine function	Yogavahi; enhances strength and potentiates action of other ingredients
<b>Dry Coconut</b>	Healthy fats and zinc improve testosterone levels and sperm count	Madhura, Snigdha, Bṛmhaṇa; strong Shukra-var dhak, improves smoothness and density

## Conclusion

The **Choco Date Bomb** is a no-gas, nutrient-dense functional sweet that integrates **applied anatomy, Ayurvedic principles, and modern nutrition**. By supporting spermatogenesis, hormonal balance, and seminal quality, it serves as an effective dietary intervention for **oligospermia (शुक्रक्षय)**.

**Student Contributors** - Farnaz Mohd. Naseem Khan, Kartik Tushar Bhanuwanshe, Sakshi Yogesh Gaikwad and Sakshi Rajendra Nevase



## Gynoguard Chocolate Fudge: A No-Gas Functional Sweet for PCOS Management

Watch Video Here: <https://www.youtube.com/shorts/XYYG1aQQITM>



### **Ingredients (One batch)**

- Chana (roasted gram) – 1 bowl
- Dates – 1 bowl
- Flaxseeds – 1 tablespoon
- Sunflower seeds – 1 tablespoon
- Pumpkin seeds – 1 tablespoon
- Ghee – 2 tablespoons
- Cocoa powder – 3 tablespoons
- Almonds – 5 numbers
- Walnuts – 5 numbers

### **Method / Procedure (No-Gas Preparation)**

1. Remove the skin of **chana**.
2. Remove the seeds from **dates**.
3. Grind **chana, dates, seeds, almonds, walnuts, cocoa powder**, and **ghee** together to form a uniform mixture.
4. Mix the prepared mixture thoroughly.
5. Transfer the mixture into a container and allow it to set.
6. Cut into uniform pieces.
7. **Gynoguard Chocolate Fudge** is ready to consume.

### **Anatomical Correlation**

#### **• Reproductive Structures Involved in PCOS**

- **Ovaries** – follicular cyst formation
- **Uterus** – irregular endometrial changes
- **Pituitary gland** – altered gonadotropin secretion
- **Adrenal glands** – excess androgen production

- **Pancreas** – insulin resistance

• **Effect of the Disorder on These Structures**

- Formation of multiple cysts in ovaries giving a polycystic appearance
- Bulky uterus or irregular uterine bleeding
- Increased androgen levels leading to hormonal imbalance
- Insulin resistance contributing to metabolic dysfunction

• **Role of Diet from an Applied Anatomy Perspective**

- **High-fiber diet** improves insulin sensitivity, reducing ovarian androgen excess
- **Balanced proteins and healthy fats** reduce chronic inflammation
- Nutrient-dense foods support hormonal regulation and follicular health

**Medical Benefits (Ayurveda + Nutrition)**

• **Choice of Ingredients with Reason**

- **Chana:** Rich in protein, supports metabolic balance
- **Dates:** High fiber, natural sweetener, supports digestion
- **Almonds:** Provide healthy fats and micronutrients
- **Walnuts:** Help reduce mood swings and inflammation
- **Flaxseeds:** Improve insulin resistance and estrogen metabolism
- **Pumpkin seeds:** High zinc content supports menstrual regularity
- **Sunflower seeds:** Aid hormonal balance
- **Cocoa powder:** Rich in antioxidants; healthy substitute for chocolate cravings

**Medical Benefits Table**

Ingredient	Modern Nutritional Benefits	Ayurvedic Properties & Benefits
<b>Chana</b>	High protein; supports insulin regulation	Madhura-Tikta; Balya, supports metabolism
<b>Dates</b>	High fiber; natural energy source	Madhura; nourishes tissues, supports digestion
<b>Almonds</b>	Healthy fats; micronutrients	Guru, Snigdha; Balya, hormone support
<b>Walnuts</b>	Omega-3 fats; reduce inflammation and mood swings	Snigdha; Medhya, Rasayana
<b>Flaxseeds</b>	Improve insulin resistance; regulate hormones	Snigdha; Vata-shamaka
<b>Pumpkin Seeds</b>	Zinc rich; supports regular periods	Balya; Artava-poshak

Ingredient	Modern Nutritional Benefits	Ayurvedic Properties & Benefits
Sunflower Seeds	Support endocrine balance	Snigdha; Dhatu-poshak
Cocoa Powder	Antioxidant rich; improves mood	Tikta-Madhura; reduces cravings
Ghee	Healthy fats; supports hormone synthesis	Snigdha; Vata-shamaka, Balya

#### • Ayurvedic Properties (Overall)

- **Rasa:** Madhura–Tikta
- **Guna:** Guru, Snigdha
- **Veerya:** Sheeta
- **Vipaka:** Madhura

These properties help in **Kapha-Vata balance**, nourishment of **Artava Dhatu**, and stabilization of hormonal pathways in PCOS.

#### • Nutritional Benefits

- Helps reduce PMS symptoms
- Reduces mood swings
- Improves insulin resistance
- Supports regular menstrual cycles
- Maintains overall hormonal balance

#### Conclusion

Gynoguard Chocolate Fudge is a **no-gas, nutrient-dense functional sweet** integrating **applied anatomy, Ayurvedic principles, and modern nutrition**. By addressing metabolic, endocrine, and reproductive aspects of PCOS, it serves as an effective dietary intervention for hormonal balance and reproductive wellness.

**Student Contributors** - Achal Chavan, Shrutika Kamble and Shruti Sanas



## The Sperm Booster Khajur Porridge: A Nutrient-Rich Recipe for Male Reproductive Health

Watch Video Here: [https://www.youtube.com/watch?v=5OVAWN\\_vlP0](https://www.youtube.com/watch?v=5OVAWN_vlP0)



### Ingredients (One serving)

- Khajur (Dates) – 50 g
- Cow's milk – 100 ml
- Pomegranate – 1 fruit
- Almonds (Badam) – 12 pieces
- Draksha (Raisins) – 12 pieces
- Apple – 1 small piece
- Shunthi (Dry ginger powder) – a pinch

### Method / Procedure

1. Take **50 g of khajur** and **100 ml of cow's milk** in a bowl.
2. Grind the mixture using a mixer to obtain a smooth paste.
3. Transfer the paste into a serving bowl.
4. Add **fresh pomegranate seeds** and gently mix a portion into the preparation.
5. Garnish the surface with **almonds and draksha**.
6. Decorate the dish with a small **apple piece shaped like a sperm**, symbolically representing its reproductive benefit.
7. Serve fresh. This preparation does not involve any gas cooking and is best consumed freshly.

### Anatomical Correlation

#### • Reproductive Structures Involved in the Disorder

- **Testes (Seminiferous Tubules):** Primary sites of spermatogenesis where sperm cells are produced.
- **Epididymis:** A coiled duct where sperm mature and gain motility.

- **Vas Deferens:** A muscular tube responsible for transporting sperm from the epididymis to the urethra.

• **Effect of the Disorder on these Structures**

- **Testicular Atrophy:** Loss or reduction of functional seminiferous tubules leads to decreased sperm production.
- **Varicocele:** Dilated scrotal veins increase testicular temperature, impairing the heat-sensitive process of spermatogenesis and damaging sperm quality.

• **Role of Diet from an Applied Anatomy Perspective**

Adequate nutrition is essential for maintaining the structural integrity and functional efficiency of male reproductive organs. Diets rich in antioxidants, essential minerals, and Rasayana foods support cellular regeneration of seminiferous tubules, protect sperm membranes during epididymal maturation, and enhance overall reproductive potential.

**Medical Benefits (Ayurveda + Nutrition)**

• **Choice of Ingredients with Reason**

The ingredients are selected for their **Shukra-var dhaka (sperm-enhancing)**, **Rasayana**, and **antioxidant** properties, supporting spermatogenesis and sperm vitality.

• **Ayurvedic Properties (Rasa, Guna, Veerya, Vipaka)**

<b>Ingredient</b>	<b>Ayurvedic Property</b>	<b>Therapeutic Action</b>
<b>Khajur</b>	Madhura Rasa, Ojovardhaka	Aphrodisiac, Shukra-var dhaka
<b>Cow's Milk</b>	Madhura Rasa, Sheeta Veerya	Aphrodisiac, Oja vardhaka
<b>Pomegranate</b>	Kashaya–Madhura Rasa	Antioxidant, tissue protection
<b>Almond</b>	Madhura Rasa	Strengthens reproductive tissues
<b>Draksha</b>	Madhura Rasa	Tridosha-shamaka, improves sperm count
<b>Shunthi</b>	Ushna Veerya	Enhances Shukra Dhatu Agni

## • Nutritional Benefits

- **Zinc and Selenium:** Essential for sperm DNA integrity and tail formation.
- **Antioxidants (Vitamin C & E):** Protect sperm membranes from oxidative damage during maturation.
- **Natural sugars and healthy fats:** Provide sustained energy for spermatogenesis.
- **Digestive support:** Shunthi enhances metabolic efficiency, improving nutrient assimilation for Shukra Dhatu nourishment.

## Conclusion

This no-gas preparation combines **applied anatomy, Ayurvedic wisdom, and modern nutritional science** to support male reproductive health. By nourishing the testes and associated reproductive structures, the recipe serves as a preventive and supportive dietary intervention for conditions affecting sperm count, motility, and quality.

**Student Contributors** - Kartik Ravi, Ajay Pawra, Purushotam, Khushi Vasave, and Shruthi Balekundri



## Chia Seed Pudding: A No-Gas Nutritional Recipe for Hormonal Balance and Reproductive Health

Watch Video Here: <https://www.youtube.com/shorts/BwSUAIJ5eq0>



### **Ingredients** (One serving)

- Chia seeds (black or white) – 2 tablespoons
- Milk of choice (almond / oat / dairy / coconut) – ½ cup
- Sweetener (maple syrup or honey) – 1–2 teaspoons

### **Method / Procedure** (No-Gas Preparation)

1. **Combine Ingredients:** In a small jar with a lid or a bowl, add the milk and sweetener. Mix well until evenly combined.
2. **Add Chia Seeds:** Add the chia seeds to the liquid mixture.
3. **Initial Mixing:** Stir or shake vigorously for about 30 seconds to ensure the seeds are well coated and do not clump.
4. **Rest and Re-stir:** Allow the mixture to rest for 5–10 minutes at room temperature, then stir or shake again to prevent settling.
5. **Refrigeration:** Cover the container and refrigerate for at least 4 hours or preferably overnight. The chia seeds will absorb the liquid and form a pudding-like consistency.
6. **Serving:** Stir once more before consumption. If the pudding is too thick, add a small quantity of milk. Serve chilled.

### **Anatomical Correlation**

#### • **Reproductive Structures Involved in the Disorder**

- **Female Reproductive Structures:** Ovaries and uterus
- **Male Reproductive Structures:** Testes

These organs are responsible for gamete production, hormonal regulation, and fertility.

### • Effect of the Disorder on these Structures

- **Female (PCOS):** The ovaries often become enlarged and contain multiple small, immature follicles arranged peripherally, leading to irregular ovulation and hormonal imbalance.
- **Male Fertility Disorders:** Structural and functional alterations occur mainly at the microscopic (histological) level. Conditions such as sluggish venous drainage can increase testicular temperature, adversely affecting spermatogenesis, as sperm production requires a temperature slightly lower than core body temperature.

### • Role of Diet from an Applied Anatomy Perspective

The role of chia seed pudding is indirect yet significant. Its nutritional profile influences metabolic and hormonal pathways that support the normal structure and function of reproductive organs.

- **Applied Anatomy Summary (PCOS):** Chia seed pudding helps stabilize insulin and androgen levels, indirectly supporting ovarian function and promoting regular ovulation. It also helps maintain a healthy endometrium by reducing inflammation and abnormal proliferation.
- **Applied Anatomy Summary (Fertility):** Omega-3 fatty acids enhance the structural integrity and functional efficiency of sperm cells, while antioxidants protect the ovum during maturation.

### Medical Benefits (Ayurveda + Nutrition)

#### • Choice of Ingredients with Reason

From an Ayurvedic perspective, the ingredients are selected to balance **Kapha and Vata Doshas**, commonly aggravated in PCOS and fertility-related disorders, while enhancing **Agni (digestive fire)**. Soaked chia seeds are cooling, grounding, and mucilaginous, making them beneficial when combined appropriately.

#### • Ayurvedic Properties (Rasa, Guna, Veerya, Vipaka)

Ingredient	Rasa (Taste)	Guna (Qualities)	Veerya (Potency)	Vipaka (Post-digestive Effect)
Chia Seeds	Madhura	Guru, Snigdha, Picchila	Sheeta	Madhura
Milk Base	Madhura	Guru, Snigdha	Sheeta	Madhura

#### • Nutritional Benefits

##### 1. Hormonal Balance (Key for PCOS)

- **Insulin Regulation:** High soluble fiber content slows glucose absorption, improving insulin sensitivity and reducing excess androgen production. This supports ovarian function and regular ovulation.
- **Essential Fatty Acids:** Omega-3 fatty acids act as precursors for hormone synthesis and improve endocrine signaling.

## 2. Gamete Quality and Function (Sperm & Ovum)

- **Sperm Health:** Omega-3 fatty acids strengthen sperm membrane integrity, improving motility and morphology.
- **Ovum Protection:** Antioxidants such as quercetin protect the oocyte and follicular environment from oxidative stress.

## 3. Uterine and Placental Health

- **Endometrial Receptivity:** Minerals like zinc and iron support healthy cell division and blood flow, enhancing implantation potential.
- **Folate Support:** B-vitamins contribute to early fetal development and neural tube formation.

## 4. Stress and Inflammation Reduction

- Omega-3 fatty acids and antioxidants reduce chronic inflammation, creating a healthier internal environment for gamete production, maturation, and conception.

## Conclusion

Chia seed pudding is a simple, no-gas nutritional preparation that integrates **applied anatomy, Ayurvedic principles, and modern nutritional science**. By supporting hormonal balance, gamete quality, and reproductive organ health, it serves as a valuable dietary intervention for lifestyle disorders affecting both male and female reproductive systems.

**Student Contributors** - Sanvi Gupta, Disha Choudhary, Ritika Kumawat, Rajashree Bandgar and Sahil Uthale



## Sprouts Chaat for PCOD/PCOS: A No-Gas Functional Diet for Hormonal and Metabolic Balance

Watch Video Here: <https://www.youtube.com/shorts/YplexfCUntY>



### **Ingredients** (One serving)

- Matki sprouts – 1 cup
- Onion – 1 (finely chopped)
- Curd – as required (fresh, room temperature)
- Sev – small quantity
- Jeera powder – as required
- Methi khakra – for garnish
- Pomegranate seeds – as required
- Pudina paste – as required
- Fresh coriander – as required
- Lemon juice, black salt, rock salt, chaat masala – to taste

### **Method / Procedure** (No-Gas Preparation)

1. Rinse all sprouts thoroughly and soak overnight. If already germinated, wash and keep aside.
2. Add finely chopped **onion**, **pudina paste**, and **coriander** to the sprouts.
3. Add **curd**, **pomegranate seeds**, **sev**, **jeera powder**, and salt as per taste.
4. Add **lemon juice**, roasted jeera powder, **black salt**, **rock salt**, and **chaat masala**.
5. Mix gently and garnish with **methi khakra**.
6. Serve fresh.

### **Anatomical Correlation**

#### • **Female Reproductive Structures Involved in PCOD/PCOS**

- **Ovaries:** Site of follicular maturation and hormone production (estrogen, progesterone)
- **Ovarian stroma:** Becomes thickened in PCOS, increasing androgen production
- **Hypothalamus–Pituitary–Ovary (HPO) Axis:** Regulates reproductive hormones; disturbed in PCOS

- **Uterus & Endometrium:** May show thickening due to unopposed estrogen

• **Effect of PCOS/PCOD on These Structures**

- **Ovaries:** Multiple immature follicles (cysts)
- **Ovarian stroma:** Increased LH:FSH ratio affecting ovulation
- **Hypothalamus:** Insulin resistance alters ovarian androgen production
- **Uterus:** Delayed or absent ovulation causes menstrual irregularities
- **Endometrium:** Thickened ovarian capsule makes ovulation difficult

• **Role of Diet in PCOS – Applied Anatomy Perspective**

Diet influences reproductive anatomy mainly through **metabolic and hormonal pathways:**

**a. Insulin Resistance & Ovarian Function**

High insulin levels increase androgen secretion from ovarian theca cells.

Low-glycemic, fiber-rich foods like sprouts reduce insulin spikes.

**b. Anti-inflammatory Effect**

Chronic low-grade inflammation affects ovarian stroma.

Sprouts provide antioxidants that reduce inflammation.

**c. Weight & Visceral Fat**

Excess visceral fat releases inflammatory cytokines, disturbing ovulation.

Low-calorie, high-fiber foods improve the metabolic environment.

**Medical Benefits (Ayurveda + Nutrition)**

Ingredient	Modern Nutritional Benefits	Ayurvedic Properties & Benefits
<b>Matki Sprouts</b>	High protein, low glycemic index; improves insulin sensitivity	Kashaya–Madhura Rasa, Laghu–Ruksha Guna; improves Meda metabolism
<b>Onion</b>	Quercetin (anti-inflammatory); improves insulin resistance	Ushna Veerya; Deepana-Pachana, Kapha-shamaka
<b>Coriander</b>	Vitamin K; detoxifying; supports digestion	Sheeta, Pachana; reduces Pitta heat, helpful in PCOS acne
<b>Jeera / Chaat Masala</b>	Prevents gas and bloating; improves digestion	Deepana-Pachana; improves Agni, reduces Ama
<b>Curd (Dahi)</b>	Probiotics improve gut health and hormonal balance	Grahi, strengthens Rasa Dhatu ( <i>not Viruddha when fresh &amp; daytime</i> )
<b>Pomegranate</b>	Rich in antioxidants; improves blood flow	Madhura-Kashaya Rasa, Laghu-Snigdha; Raktaprasadana

### **Note on Viruddha Ahara (Dahi + Sprouts)**

This combination is **NOT considered Viruddha Ahara** as per classical references.

- ✓ Use **fresh, room-temperature curd**
- ✓ Avoid consumption at night

### **Conclusion**

Sprouts Chaat is a **no-gas, fiber-rich, anti-inflammatory dietary preparation** that integrates **applied anatomy, Ayurvedic principles, and modern nutrition**. By improving insulin sensitivity, reducing ovarian inflammation, and supporting hormonal balance, it serves as an effective dietary intervention for **PCOD/PCOS**.

**Student Contributors** - Sakshi Devram Chaudhari, Priya Santosh Kale, Shreya Jadhav and Payal Sanjay Bade



## **Shukra Shooter Dry Fruit Laddoos: A No-Gas Nutritional Preparation for Reproductive Health**

Watch Video Here: <https://www.youtube.com/shorts/yc0UCBGJobI>



### **Ingredients (One batch)**

- Almonds – ½ cup (approximately 50–60 g)
- Cashews – ½ cup (approximately 50–60 g)
- Jaggery – ½ cup
- Black raisins – ½ cup (approximately 60 g)
- Dates – 1 cup (tightly packed, approximately 150 g)
- Peanuts – ½ cup
- Ghee – 1–2 teaspoons (if required)

### **Method / Procedure (No-Gas Preparation)**

1. Finely grind the **peanuts, cashews, and almonds**.
2. Prepare a paste of **dates** by mashing them with hands or lightly pulsing in a mixer.
3. Mix the **crushed nuts, date paste, and black raisins** thoroughly.
4. Add **jaggery powder** and mix well until a uniform mixture is obtained.
5. If required, add **1–2 teaspoons of ghee** for better binding.
6. Roll the mixture into small, uniform **laddoos**.

### **Anatomical Correlation**

#### **• Reproductive Structures Involved**

#### **Oligospermia (Low Sperm Count):**

- **Testes:** Decreased spermatogenesis
- **Seminiferous tubules:** Reduced sperm production
- **Epididymis:** Poor sperm maturation

#### **Menstrual Irregularities:**

- **Ovaries:** Irregular follicular development
- **Uterus:** Improper thickening or shedding of endometrium
- **Cervix:** Altered cervical mucus formation

• **Effect of the Disorder on These Structures**

**Oligospermia:**

- Reduced sperm count
- Poor sperm motility
- Weak sperm morphology
- Decreased testosterone function

**Menstrual Disorders:**

- Irregular menstrual cycles
- Painful or heavy bleeding
- Hormonal fluctuations affecting ovulation

• **Role of Diet from an Applied Anatomy Perspective**

This dry fruit laddoo supports reproductive anatomy by:

- Improving **gonadal function**
- Enhancing **blood supply** to reproductive organs
- Providing essential **minerals for hormone synthesis**
- Reducing **oxidative stress** affecting testes and ovaries

**Medical Benefits (Ayurveda + Nutrition)**

• **Choice of Ingredients with Reason**

The ingredients are chosen for their **Shukra-var dhak**, **Artava-poshak**, **Balya**, and **Bṛṃhaṇa** properties, supporting both male and female reproductive health.

• **Ayurvedic Properties (Rasa, Guna, Veerya, Vipaka)**

Ingredient	Rasa	Guna	Veerya	Vipaka	Therapeutic Action
<b>Almonds (Badam)</b>	Madhura	Snigdha, Guru	Ushna	Madhura	Balya, Vrushya, Medhya; supports Shukra Dhatu
<b>Cashews (Kaju)</b>	Madhura	Guru, Snigdha	Ushna	Madhura	Bṛṃhaṇa; nourishes tissues, improves Ojas
<b>Black Raisins (Kishmish)</b>	Madhura	Mridu, Snigdha	Sheeta	Madhura	Raktaprasadana, Vata-Pitta shamak

Ingredient	Rasa	Guna	Veerya	Vipaka	Therapeutic Action
Dates (Khajoor)	Madhura	Guru, Snigdha	Sheeta	Madhura	Vrushya, Raktavardhak; nourishes reproductive tissues
Peanuts (Moongphali)	Madhura	Guru, Snigdha	Ushna	Madhura	Balya, Br̥mhana; supports hormones, reduces Vata
Jaggery (Gur)	Madhura	Snigdha	Ushna	Madhura	Raktashodhak, Pachana; improves hemoglobin

### • Nutritional Benefits

- **Zinc:** Improves sperm count and ovulation
- **Iron:** Supports menstrual regularity and hemoglobin levels
- **Vitamin E:** Protects reproductive cells from oxidative damage
- **Healthy fats:** Essential for hormone synthesis
- **Antioxidants:** Reduce oxidative stress in testes and ovaries
- **Dietary fiber:** Helps reduce PMS symptoms
- **Natural sugars:** Provide steady and safe energy release

### Conclusion

Shukra Shooter Dry Fruit Laddoos are a **no-gas, nutrient-dense preparation** integrating **applied anatomy, Ayurvedic principles, and modern nutrition**. By supporting spermatogenesis, hormonal balance, and menstrual regularity, they serve as an effective dietary intervention for lifestyle-related reproductive disorders.

**Student Contributors** - Abhishek Kewate, Vijay Danve, Rajendra Khade, Shubham, Kshitija Pawra and Raj Prajapati



## Til Khajur Ladoo for Painful Periods (Dysmenorrhea): A No-Gas Ayurvedic Dietary Preparation

Watch Video Here: <https://www.youtube.com/shorts/1OTIKC603EA>



### **Ingredients (One batch)**

- White sesame seeds (Til) – ½ cup
- Seedless dates (Khajur) – approximately 20 numbers
- Shunthi (dry ginger powder) – ½ teaspoon
- Ajwain – ½ tablespoon
- Ghee – 1 tablespoon

### **Method / Procedure (No-Gas Preparation)**

1. Take around **20 seedless dates** and mash them thoroughly using clean hands.
2. Add ½ **teaspoon of Shunthi powder** to the mashed dates.
3. Add ½ **tablespoon Ajwain** and mix well.
4. Add **1 tablespoon ghee** to the mixture for lubrication and binding.
5. Add ½ **cup white sesame seeds** and mix all ingredients thoroughly.
6. Shape the mixture into small **laddoos**.

### **Anatomical Correlation**

#### **• Reproductive Structures Involved in the Disorder**

- **Uterus**, specifically the **smooth muscle layer (myometrium)**

#### **• Effect of the Disorder on These Structures**

- Strong uterine contractions
- Increased **Vata dosha** leading to spasmodic pain
- Reduced pelvic circulation contributing to dysmenorrhea

• **Role of Diet from an Applied Anatomy Perspective**

- Warm, unctuous, and Vata-shamaka foods help **relax uterine smooth muscles**
- Improves lubrication of **Artavavaha Srotas**
- Reduces excessive uterine contractions
- Provides warmth and analgesic effect, relieving menstrual pain

• **Medical Benefits (Ayurveda + Nutrition)**

<b>Ingredient</b>	<b>Modern Nutritional Benefits</b>	<b>Ayurvedic Properties &amp; Benefits</b>
<b>White Sesame Seeds (Til)</b>	Rich in calcium, iron, magnesium; improves pelvic circulation and muscle relaxation	Vata-shamaka; improves <b>Artavavaha Srotas</b> , reduces uterine cramps
<b>Dates (Khajur)</b>	Natural sugars, iron; provide sustained energy and reduce fatigue during menstruation	Madhura, Snigdha; lubricates Srotas, nourishes tissues, relieves dryness
<b>Shunthi (Dry Ginger)</b>	Anti-inflammatory; reduces spasmodic pain and abdominal discomfort	Ushna, Vata-kapha shamaka; relieves cramps, improves circulation
<b>Ajwain</b>	Carminative; relieves bloating and improves pelvic blood flow	Improves <b>Apana Vata gati</b> , reduces spasms and uterine discomfort
<b>Ghee</b>	Healthy fats; supports hormone synthesis and reduces inflammatory pain	Snigdha, Balya; provides lubrication, reduces pain, supports uterine health

• **Nutritional Benefits**

- Improves **pelvic circulation**
- Supports **uterine muscle relaxation**
- Enhances mineral intake (iron, calcium, magnesium)
- Provides sustained energy during menstruation
- Helps in **Artavavaha Srotas Shodhana**
- Supports hormonal balance and pain relief

**Conclusion**

Til Khajur Ladoo is a **simple, no-gas, Vata-shamaka dietary preparation** that integrates **applied anatomy, Ayurvedic principles, and nutritional science**. By targeting uterine smooth muscle activity and improving pelvic circulation, it serves as an effective dietary intervention for **painful menstruation (dysmenorrhea)**.

**Student Contributors** - Monika Unawane, Anjali Pawar, Baliram Dhore, Rohini Kamble and Shreya Suryavanshi



Rachana Sharira Tilak Ayurved Mahavidyalaya

## Takra–Poha for Leucorrhea: A No-Gas Dietary Preparation for Female Reproductive Health

Watch Video Here: <https://www.youtube.com/watch?v=DbD-RgrB4PY>



### Ingredients (One serving)

- Poha – 1 cup
- Takra (Buttermilk) – 100 ml
- Cumin powder – 2 pinches
- Salt – to taste
- Coriander – as required
- Curry leaves – 4–5
- Green chilli – 1 (optional)

### Method / Procedure (No-Gas Preparation)

1. Rinse **poha** thoroughly 2–3 times.
2. Soak for **3–5 minutes** until soft.
3. Drain excess water completely.
4. Add fresh **takra** to the softened poha.
5. Mix gently without mashing.
6. Add **cumin powder, coriander, curry leaves, salt**, and green chilli (if required).
7. Mix well and serve fresh.

### Anatomical Correlation

#### • Reproductive Structures Involved in Leucorrhea

1. **Vagina**
  - Muscular canal connecting cervix to the exterior
  - Contains mucous glands responsible for normal discharge
2. **Cervix**
  - Lower part of uterus
  - Produces cervical mucus; secretion increases during inflammation

### 3. Uterus (Garbhashaya)

- Endometrial changes influence discharge consistency and amount

### 4. Vaginal Epithelium

- Maintains moisture and acidic environment
- Weakness leads to watery, excessive discharge

#### • Effect of the Disorder on These Structures

- Excessive mucous secretion from cervical and vaginal glands
- Tissue weakness and inflammation
- Altered vaginal pH and epithelial integrity

#### • Anatomical Correlation in Ayurveda

- **Yoni Srotasa** – reproductive channels
- **Artava Dhatu** – female reproductive tissue
- **Garbhashaya** – uterus
- **Yoni-Mukha** – vaginal opening

#### • Role of Diet from an Applied Anatomy Perspective

Leucorrhea occurs due to **excess secretion from cervical glands and vaginal epithelium**, often associated with inflammation, heat, or tissue weakness. A light, astringent, probiotic-rich diet helps restore tissue strength and glandular balance.

#### Medical Benefits (Ayurveda + Nutrition)

##### • Choice of Ingredients with Reason

- **Poha:** Astringent nature helps reduce excessive secretions
- **Takra:** Restores healthy vaginal flora and improves digestion
- **Cumin & curry leaves:** Improve Agni and reduce Ama
- **Light preparation:** Prevents Kapha aggravation

#### Medical Benefits Table

Ingredient	Modern Nutritional Benefits	Ayurvedic Properties & Benefits
<b>Poha</b>	Easily digestible carbohydrates; light on gut	Kashaya tendency; reduces excessive secretions
<b>Takra (Buttermilk)</b>	Probiotics restore healthy vaginal flora	Deepana, Grahi; strengthens <b>Rasa Dhatu</b>
<b>Cumin (Jeeraka)</b>	Improves digestion, reduces bloating	Agni-deepana, Ama-pachana
<b>Curry Leaves</b>	Antioxidants, micronutrients	Strengthens tissues, supports metabolism

Ingredient	Modern Nutritional Benefits	Ayurvedic Properties & Benefits
Green Chilli	Improves circulation (optional)	Ushna; enhances Agni when used mildly

### Nutritional Benefits

- Reduces excessive vaginal discharge
- Improves **pelvic circulation**
- Enhances digestive fire (**Agni**)
- Strengthens **Rasa Dhatu**, improving tissue health
- Restores vaginal microbial balance

### Conclusion

Takra–Poha is a **simple, no-gas, light, and therapeutic dietary preparation** that integrates **applied anatomy, Ayurvedic principles, and nutritional science**. By reducing excessive glandular secretion, strengthening reproductive tissues, and restoring microbial balance, it serves as an effective dietary intervention for **leucorrhoea**.

**Student Contributors** - Shivani Fakira Shinde, Atharv Pandurang Patil, Vikram Bochre, Mayuresh Jadhav and Vaishnavi Munde

