



ADOPT MEDICINAL VEGETABLES

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Man has to live in close proximity with the nature in order to lead a healthy life. There are a number of plants around us and we are also aware of those plants but we do not use it in our daily diet. Living in close proximity to the nature means eating pure and medicinal vegetables. Here, we are mentioning about such vegetables, which are used as medicines and food.

Drumsticks

Drumstick is slightly pungent, bitter, light, hot in nature, improves appetite and tasty to eat. It increases sperm count, is beneficial for the heart and eyes, it overcomes kapha, vata, swelling, germs, toxins and increases digestive fire and heals wounds. But it causes constipation.

The drumstick leaves are cold, beneficial for the eyes, increase sexual desire and destroy germs. The leaves are rich source of vitamin A and C. The leaves can be cooked to prepare a tasty vegetable. The drumstick flowers are also very beneficial for the health. They are tasty, pungent, hot in nature and control the enlargement of liver, the flowers overcome swelling, nervous problem and other bodily problems. Wash the fresh drumstick flowers in salt water. Boil in water and squeeze nicely and season it with asafetida and cumin seeds. Garlic and onions can be added first (if liked) and add red chilly powder, turmeric powder, coriander powder, asafetida and roast the spices. Then add the squeezed drumstick leaves and mix the vegetable nicely. Add a little bit of water and the vegetable is ready.

The drumstick vegetable is also very tasty and healthy for the body. Wash the fresh leaves with water and chop into fine pieces. Boil in water and drain out the water. Heat a little bit oil in a pan and season it with asafetida, cumin seeds, and add garlic and onion. Then add turmeric powder, coriander powder, and chilly powder and add the drumstick pieces. Add salt to taste and roast it nicely.

Mango

Raw mango is pungent, sour, tasty and beneficial in case of dysentery, urinary problems and vaginal problems according to Ayurved.

Mango vegetable: Do not peel if the mango is very tender and raw otherwise peel it and cut into small pieces. Season the pieces in hot oil with asafetida, cumin seeds and aniseeds. Add salt, red chilly powder, turmeric powder and cover it with a lid. Steam cook for some time and add sugar or jaggery as per taste. Tasty sweet and sour mango vegetable is ready to eat. This vegetable is very beneficial during summer season.

In Ayurved myrobalan is called as alchemy. According to Maharshi Charak myrobalan should be consumed in order to have good longevity, good memory power, intelligence, good health, youth, natural glow, good body and strong sense organs and sperm count. It is a rich source of vitamin C. It can be used to make marmalade or curry. It is beneficial in both forms.

Mango juice: This is very refreshing during summer season. Roast mango on hot ash or gas like brinjal. If this is not possible then boil in water, peel off the skin and crush the mango pulp in the boiled water. Sieve it; add roasted cumin powder, dry mint powder and salt and red chilly powder as per taste. Add sugar proportionately and use it chilled along with meals or like a refreshing drink.

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Myrobalan curry: Boil it in water until the skin cracks; sieve it till water is drained out completely. Cut the myrobalan and take out the seed. Put oil in a pan and heat; season it with asafetida, cumin seeds, aniseeds and thymol seeds. Add salt, chilly, turmeric powder and sugar to taste. The sweet and sour curry is ready.

Lisoda

Lisoda (green coloured glutinous fruits) is available both in small and big size. It is a cold fruit, sweet; bitter, slightly sour in taste, increases vata, reduces pitta, is tasty, and reduces blood impurities, eye impurities and phlegm. The fruit is tasty and beneficial. Wash the fruits nicely and boil. Remove from water and take out the stem, cap that is like an umbrella, and seed. Take a tender mango, peel the skin and cut it into small pieces. Season them with asafetida and cumin seeds. Roast it with turmeric powder, salt and chilly. Add Lisoda and roast it. Add sugar and do not add water. The curry is ready.

Aloe Vera

It is also known as Dhrotakumari. It has many medicinal qualities. It is used for easy bowel movement; it increases hunger, and purifies all the seven humours of the body. Cough, tuberculosis, liver disorders, vata, dys-

pepsia, constipation, spleen and liver problem, acidity and germs are overcome with it.

- Aloe Vera is of two types- One is sweet and the other is sour. Sweet aloe Vera leaves are thin and less pulpy. The leaves of sour aloe Vera are thick, pulpy and sour in taste.
- The curry is made with both the types of Aloe Vera. Remove the thorns from the sides of the leaves. Cut them into pieces and wash with water and remove the pulp. Put it in salt water for 20 minutes. If the pulp is more then make it into pieces and add asafetida, cumin seeds and aniseeds. Add turmeric powder and dry mango powder. Now roast them. It is as sour as the bitter gourd, but the curry is beneficial.
- Remove the thorns from the sides of sweet aloe Vera leaves. Wash them in water and cut into pieces. Add asafetida, cumin seeds and aniseeds. Add turmeric powder, salt, chilly, and dry mango powder and roast it. If dry mango powder is not desired then add lemon juice. Do not add water. Now the curry is ready. The pieces are not soft as potato pieces. A peculiar sound is produced while eating this vegetable. This curry can be consumed along with meals.

Cholai

According to Ayurved cholai is tasty and has medicinal value also. Many diseases can be kept at bay if cholai curry is consumed daily. The poison, which is retained in the body, is also removed by cholai. The curry made from cholai leaves is cool, reduces constipation, removes blood impurities, and is nutritious. The curry of cholai is good for digestion and improves appetite.

Cholai curry can be made tastier by adding curd. The acidic quality and fibers reach the intestines and helps in easy motions. Lactating mothers should consume more of cholai curry to get adequate milk.

It has abundant quantity of iron and the acidic quality is 3-6 percent more.

To make cholai curry, wash it in water thoroughly, then chop it into fine pieces and boil. Add asafetida, cumin seeds, and green chilly. Add boiled cholai in the spices and add salt to taste. The curry is ready.