

MAHANASA



SEASONAL RECIPES FOR SELF HEALING



Dr. Archana C
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Mahanasa Seasonal Recipes for Self Healing

**First Book to Teach you Seasonal Recipes with Food &
Lifestyle Guidelines**

First Edition

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Foreword



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As a Food and Beverage Professional, with a passion for research in Nutrition and Nutraceuticals, the concept of 'Your Kitchen Is Your Medicine Box' is intriguing. The world has accepted the power of traditional Indian food and its health benefits. Indian traditional medicine systems have gained acceptance and recognition for enhancing the body's natural defence system. Indians have always emphasised on synchronisation with nature and making lifestyle changes according to the seasons.

Digital empowerment has led to increased awareness about the impact of lifestyle on health and wellness. People are on the search for a safe way to prevent Non-Communicable and Chronic Diseases. But they need to be cautioned that every individual's body mechanism is unique and reacts differently according to the seasons, thus creating the need for designing seasonal menus. India has a plethora of spices, herbs and vegetables which are normally used in our kitchens and can be used for prophylactic and therapeutic purposes.

At this point, when the world is grappling with the pandemic, the book titled Mahanasa - Seasonal Cook Book [First Book to Teach you Seasonal Recipes with Food & Lifestyle Guidelines] is a wonderful timely initiative of Mahanasa. The authors, Dr. Archana, a renowned Ayurvedic Physician and Nutritionist, and Dr Rekha, an Ayurvedic physician who has completed her masters in Dravya Guna (Plants) are actively promoting the use of fresh, seasonal ingredients in diets. They have treated a vast number of individuals of different age groups using a holistic approach and have controlled various lifestyle diseases through dietary management. Thousands of people have benefitted from the customised diets prescribed by the authors. The readers are taken on a journey through the seasons of India and the benefits of using seasonally available ingredients in their daily meals to address the health challenges the person could face at every phase of this journey. The detailed information on ingredients that could be used to address specific issues has been described in a simple way that makes it interesting and easy to understand. This book has a valuable collection of recipes that are easy to follow and is a practical approach to dealing with health issues. This book is a 'Must Have' in every home as an evidence-based guide to incorporating Ayurvedic cooking in our modern lifestyle.

Preface

Mahanasa means royal healthy kitchen in Sanskrit. During monarchy period the kitchen of the King's had a Doctor who used to monitor cooking for wellbeing of King and soldiers at the kingdom. Such royal kitchen with Doctor was named as "**Mahanasa**". Similarly we intend to create healthy kitchen at every home by creating health awareness to the person who cook and also to the person who eats. We depend on food as our major part of life. As we all know "Health is Wealth", **the vision of this book is to introduce healthy and tasty seasonal recipes which can be easily prepared in our kitchen to balance our health.**

Usually people try to learn new recipes by means of videos, internet and books for the sake of health. Now finding recipes has become easier with social media but getting accurate information is difficult, as many concepts are interpreted as per the understanding knowledge or for trend or for the look and taste. Most of the recipes speaks about presentation or taste but not about health. Once the health is lost than people just rush for search into Doctors, Dietitian's, nutritionist and so on.

Changing Diet Pattern

Rather than spoiling health it is always good to learn how to maintain good health. At Mahanasa we focus on maintaining health first. Think, What is a diet? The diet is not the one we should not eat, diet is one we should eat to have a best health. A diet is the act of incorporating nutritious foods into daily life. Knowledge of such diet foods are most important in life and in ancient times, such precious knowledge was inherited from one generation to another like knowledge towards Ayurvedic herbs, implementing home remedies, understanding of seasonal diet and so on.

But now even common cold and cough we tend to take medicines and it is ironic that these days one who visits the hospital for a common ailment have to spend lakhs of amount and inspite have struggle to get back home healthily. Incompatible and seasonal variation foods can cause disease like diabetes, high blood pressure, obesity, joint pain, constipation and so on and these problems hit everyone like an epidemic. The root cause of all these is not having the knowledge of foods as per disease, or seasons.

In cooking we tend to keep ourselves inside a box with selected vegetables, recipes, snacks and drinks, also we spend years together with same pattern of cooking. We also name it as traditional recipe of the family. This trend might change just during some festivals with special recipes. But now its time to think out of the box by adopting scientific changes in cooking and eating habits. Its always better late than never and time to get back the forgotten ingredients or the ingredients which are now named was Ayurveda medicines into cooking to avoid further more deficiencies and diseases.

Kitchen is the Pharmacy and Food Ingredients are the Medicines

As mentioned earlier Mahanasa means Royal Healthy Kitchen. As our home is our first school and our mother is our teacher similarly our food ingredients should be our first medicines. We should have knowledge of every ingredient that we use to prepare food, its qualities, its nutritional value, its after effect once it gets digested in our body, good combination with that ingredient, bad combination with that ingredient, its benefits, side effects, its time to be taken, quantity that can be consumed and also which season or disease it can be used and so on. We should also know about the ingredients which are used in packed foods and how they are used, why they are used. When we know all these details it will be a great help for us to chose proper ingredients as per the season or the person needs and can be cooked healthily with good combinations and can be consumed at right time for the best digestion process.

When human body is so complicated with systems then nutrition has to reach each cell through these complications and for this each and every minute detailing of the food we eat is important. When we understand these scientific details and use accordingly then definitely we can stay away from the diseases. Food to be eaten according to the season to maintain our health, so to know seasonal ingredients, seasonal changes, body changes during the different seasons are most significant. We Dr. Archana and Dr. Rekha from mahanasa has put our efforts to share this knowledge through this book. This book explains about seasons and seasonal foods through seasonal recipes, seasonal fruits and vegetables, ingredients to be used in the particular season, how to intake food and time to intake, cooking methods and many more are mentioned here.

From Mahanasa as a team we are working towards “Food as Medicine”, as many symptoms and diseases can just be cured by changing diet patterns, in this way we are conducting many programs, workshops, Ayurveda Nutrition Course, etc. and this book is one of our such work. This book should be useful to everyone who follows and has to be a great gift to our next generation.

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Index

1. Seasons	1 - 2
2. Indian Calendar	3 - 3
3. Shishira Ritu - Winter Season	4 - 15
• Shishira Ritu - Winter Season Recipes	7
• Indian Gooseberry Juice	7
• Garlic Milk	8
• Sweet Potato Stuffed Parata	9
• Finger Millet Momos	10
• Citron Lemon Rasam	11
• Green Gram Soup	12
• Cowpea Gravy	13
• Corn Kofta	14
• Wheat Payasam	15
4. Vasantha Ritu - Spring Season	16 - 27
• Vasantha Ritu - Spring Season Recipes	19
• Bhunimba Kashaya - Andragraphis Paniculata Tea	19
• Turmeric Milk	20
• Baked Millet Bites	21
• Millet Kichadi	22
• Chakotha (Bathua) Leaves Soup	23
• Neem Flower Soup	24
• Methi Leaves Sabji- Fenugreek Curry	25
• Okra Curry	26
• Raw Banana Cutlet	27

5. Greeshma Ritu - Summer Season	28 - 40
• Greeshma Ritu - Summer Season Recipes	32
• Dates Juice	32
• Mint Water	33
• Roti Roll	34
• Methi Green Gram Pulao	35
• Tender Drink	36
• Green Gram Soup	37
• Pumpkin Chatpata	38
• Bottle Gourd Sabji	39
• Malabar Cucumber Payasam	40
6. Varsha Ritu - Monsoon	41 - 52
• Varsha Ritu - Monsoon Recipes	45
• Castor Seeds Milk	45
• Haritaki Kashaya	46
• Rice Rava Bites	47
• Broken Wheat Porridge	48
• Horse Gram Soup	49
• Ivy Gourd Sabji	50
• Urad Dal Chutney	51
• Jackfruit Sweet Bite	52
7. Sharad Ritu - Autumn Season	53 - 66
• Sharad Ritu - Autumn Season Recipes	57
• Coriander Drink	57
• Ash Gourd Juice	58
• Hamsodaka	59
• Red Rice Pudding	60

• Ragi Porridge	61
• Durva Juice	62
• Drumstick Soup	63
• Bittergourd Sabji	64
• Eggplant Sabji	65
• Black Rice Payasam	66
8. Hemantha Ritu - Early Winter	67 - 78
• Hemantha Ritu - Early Winter Recipes	70
• Arjuna Kashaya	70
• Flax Seed water	71
• Gooseberry Rice	72
• Safflower (Kusube) Rice	73
• Tamarind Soup	74
• Sugarcane Payasam	75
• Capsicum Channa	76
• Besan Curry	77
• Betel Leaves Manchuri	78

Founded in 2015 by Dr. Archana C and Dr. Rekha A.B., Mahanasa Ayurveda Institute was established with the vision that the kitchen could be the primary center for healing and wellness. The word Mahanasa, meaning "Healthy Kitchen" in Sanskrit, reflects their core belief that food is the foundation of health. At Mahanasa, patients are not only treated with Ayurvedic medicines but are also educated about the root causes of their illnesses and guided on proper diet and lifestyle changes for complete recovery. From chronic conditions like cancer, diabetes, hypertension, thyroid disorders, and heart disease to pioneering Ayurvedic care during the COVID-19 pandemic—including the development of Karnataka's first Ayurvedic Aarogya Kit—Mahanasa has become a trusted name in holistic healthcare.

Beyond treatment, Dr. Archana and Dr. Rekha is committed to community wellness through free health camps, distribution of medicinal plants, and educational outreach. Also, YouTube videos on the 'mahanasa Ayurveda' channel and their TV programs have made them more appreciable in the field of diet, health and healthy lifestyle. Through Mahanasa they also offer an Ayurvedic Diet and Nutrition Course and have published accessible books like "Mahanasa Ruchi Abhiruchi" and "Halli Margalalli Belli Bangara" in the Kannada language, making Ayurveda approachable and practical for everyday life. We hope this book serves as a source of health and well-being for all, written in a simple and easy language that anyone can understand and apply in their daily life in the kitchen.



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