



SAKTU KALPANA- A COMPREHENSIVE REVIEW

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ABSTRACT :

*Aahar* ,*Nidra* & *Bramhacarya* are *Trayopasthambha* of Ayurveda .The first and very important pillar of good health is *Aahar*.Our acharyas give special attention on *pathya* & *apathy aahar*. In Ayurvedic samhita granthas detail dietary descriptions are mentioned in *Krutanna varga* ,which are very useful, unique,and special.*Saktu* or *sattu* is one of the dietary preparation which is proved to be very useful quality food since many years .But in the influx of western food it remained neglected .In various parts of India people regularly use *saktu* preparation but very much diversity in the preparation & consuming method. The aim of this article to standardize one method for this unique preparation.

**Keywords :** *Saktu,aahar* ,Ayurveda, nutritional food.

**INTRODUCTION:** Now-a-days with the span of time, dietary habits, lifestyles and environment has been changing. People blindly follows the advertising food without understanding the usefulness of these food. This is become fashion to have foreign food nowadays. We see that people are adopting food preparation recipes from western countries like different types of soups,OatsFlakes,CornFlakes,Italian pasta, pizzas ,Chinese noodles and othe recipes are becoming popular but do not have nutritional values as well as *Deshsatmyata*.Our Desi food or Ayurvedic food preparation is never lacking in nutritious value. Due to influence of modernization people are neglecting our nutritious food. Dietetics is developed a special branch in health science in recent years. In spite of having regular food, people are suffering from various nutritional deficiencies .the food they are taking does not give sufficient

Protein,vitamin, minerals,calcium ,iron etc. Government is trying try to resolve these problem through different food scheme for children and women of different age. There is necessity to give attention towards the time tested and useful food preparations mentioned by our acharyas. In rural areas it is observed that people are using some granthokta recipes in their routine diet regimen like *peya* ,*yushsaktu* et. In the northern parts of india specially in U.P. & Bihar people use *saktu* in their diet .specially while travelling they carry *saktu*. In vidarbha *sattu* is used in shraavan month .*Sattu* was originally made of roasted barley flour but has now evolved to include other nutritious flours like gram, wheat etc. It is prepared in several ways including *parathas*, *laddoos*, and more variations. *Sattu* can be prepared by using roasted chickpeas with skin as well, enhancing the fiber content in it, but it is too grainy so sometime we may prepare

*sattu* by using half skinned and half with skin roasted chickpeas . A roasted barley flour is also available in markets and specialty health food stores and that is called *Jaukasattu* in Hindi. Both the flours are cooling in nature but *chanekasattu* or roasted chickpeas flour is considered to be a tonic food also. Farm laborours were given *sattu*, raw onion and jaggery as their mid day meal in olden days, they used to do hard work in burning sun, this food was cooling for the system, hydrating and stamina building.

#### Preparation method of *sattu*

According to *sushrutsamhita* Ingredients: *yava*(barley)or wheat Whole Gram

Method of preparation: Soak *Yava* or wheat,whole gram into water for one day then dry them ,make coarse powder of it then roast and grind it into powder<sup>1</sup>

Preparation method of *sattu* in *vidarbha*: In *vidarbha* *sattu* is prepared in the *shravan* month i.e. *varsharutu* .According to *ayurveda* the *kleda* is increased in this season to pacifies this *kleda* the *sattu* is very much useful due to its *ruksha* property.

#### Ingredients.

wheat 2 parts

Gram dal -1 part

Cumin seeds

Cardamom

Method of preparation: Roast wheat and chana dal separately ,cumin seeds and cardamom also roasted and all these content coarsely grinded.

Method of eating *sattu*: Take tablespoon *sattu* flour add adequate quantity of water and sugar and the consistency like semisolid .it is nutritious and taken as a drink gives strength immediately.<sup>2</sup>

Rules for eating *sattu*:

1]Do not eat after meal

2]Don't eat repeatedly.

3] Don't drink water after eating *sattu*

4] Don't mix with meat& milk.

5] Don't eat at night

6] Don't eat by heating

7] Don't eat by teeth

Method of eating *sattu*<sup>3</sup>

1]mix with ghee +water and drink

2]mix with sugar+water

3]mix with salt +black peeper powder

#### Properties of *sattu*

*Sattu*(*parched grain flour* taken as drink is weigh promoting aphrodisiac, pacifies thirst, *pitta* and *kapha* ,produces strength immediately breaks faeces and alleviates *vata*. Hard lump (*ghattapindi*) is very heavy while soft one is light that in the form of *linctus* is quickly digested due to softness.<sup>4</sup>*Sattu* is a perfect blend of balanced nutrients and is prepared in one of the healthiest cooking methods – roasting. In this method, the nutrient value is retained and the shelf life of the ingredients are increased. Its high fiber content makes it healthy for the intestines. *Sattu* is considered light meal that doesn't sit heavy on your system and even helps detox as it is quite rich in soluble fiber. The best thing about *sattu* is, it is a great food for babies, adults and even old people as it is light to the digestive system and yet very nutritive. High on Iron, Magnesium and Manganese, low on Sodium, low on Glycemic index makes *sattu* a favorable food for diabetics and for weight watchers as well. Properties of wheat, gram and *yava* by Acharya *sushrut*<sup>5</sup> and *vagbhat* Wheat (*godhum*) is sweet heavy ,unctuous, excessively cold, laxative ,promotes, strength ,stability semen, relish and union, increases *kapha* and pacifies *vata* & *pitta* .

**Chanak** (whole gram)

Chanak is *vata* increasing ,cold,sweet,slightly,astringent,roughening,

pacifies *kapha* and *rakta pitta* and causes impotence ,the same when combined with ghrita is excellent pacifier of *vata*. *Yava* (barley) *Yava* is sweet astringent ,pungent in *vipaka sheetvirya*, pacifies *kapha* and *pitta*, it is always wholesome for wounds like sesamum, antidiuretic ,produces abundant flatus & faeces. Promotes firmness, digestive power, intellect, voice, complexion, reduces body weight in obese, is slightly slimy, eliminates fat, *vata* & thirst excessively rough and normalizes *rakta* & *pitta*. In this way we use the treasure of Ayurveda to enhance our health & make available the world a beneficial fast food come drink.

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