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 Kruitanna 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 other 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. Inspite 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 shavan 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 Sattu was originally made of roasted barley flour but has now evolved to include other nutritious flours like gram, wheat etc.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 labourers 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 intowater for one day then dry them, make coarse powder of it then roast and grind it into powder

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.

Rules for eating sattu:
1] Do not eat after meal
2] Don’t eat repeatedly.

3] Don’t drink water after eating sattu
5] Don’t eat at night
6] Don’t eat by heating
7] Don’t eat by teeth

Method of eating sattu
1] mix with ghee + water and drink
2] mix with sugar + water
3] mix with salt + black pepper 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. 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 and vaghbhat

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 sheetvarya, pacifies kapha and pitta, it is always wholesome for wounds like sesamum, antiobiotic 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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