: S Y N O P S I S :

PART - I

CRITICAL STUDY

CHAPTER - I

INTRODUCTION

The following topics are discussed in this Chapter:

1. Introductory
2. Author's personal life and family history
3. Arrangement of the Chapters
4. Types of cooked food
5. Methods of cooking
6. General hints for cooking
7. Weight and Measurement
8. Daḍimīrasa and Śikhariṇī

CHAPTER - II

FOOD

This Chapter has three sections in which following topics are discussed:

SECTION - I

1. Definations of Food and Diet
2. Importance of food
3. Normal Diet
4. Theory of Mātrā (Proper Quantity)
5. Proper time of taking Food
6. Improper meals
7. Rules of Drinking water

SECTION - II

ORGANIZATION OF ROYAL KITCHEN

1. Location of the Kitchen
2. Utensils
3. Transference of Food
4. Cooking Implements
5. Cook
6. Food-handler
7. Physician
8. Inspection of Cooked Food

SECTION - III

EATING

1. Sitting arrangement
2. Dining Table
3. Dietetic Rules

CHAPTER - III

PRESERVATION OF HEALTH

SECTION - I

RTUCARYĀ

1. Introduction
2. Classification of seasons
3. Rtusandi (Transitional phase of the season)
4. Rtu and three Dosas
5. Regimens in different seasons
6. Hemanta and Śisira
7. Hemanta (Early Winter)
8. Śisira (late Winter)
9. Vasant (Spring)
10. Grīṣma (Summer)
11. Varṣa (Rainy season)
12. Śarada (Automn)

SECTION - II

DINACARYĀ (Daily regimens)

1. Waking up
2. Śauca
3. Cleaning teeth and tongue
4. Tongue scraping

5. Gargling the mouth
6. Washing the face
7. Oil massage and Unction
8. Bath
9. Dress
10. Udvartana
11. Worship
12. Embellishment of the body
13. Wearing of flowers
14. Oranaments
15. Lunch
16. Chewing of Tāmbūla
17. Activities in the afternoon
18. Night Regiments
19. Sex

SECTION - III

GOOD CONDUCT

CHAPTER - IV

COOKING

1. Introduction
2. Meat
3. Wholesome meat and Unwholesome meat
4. Meat cooking

5. Washing
6. Methods of Cooking Meat
7. Meat-preparations
8. Fish
9. Properties of the Fish
10. Fish in different seasons
11. Fish-Cookery
12. Vegetables
13. Uses of Vegetables
14. Types of Vegetables
15. Cooking of Vegetables
16. Phala-Śāka (Fruit-Vegetables)
17. Patra-Śāka (Leafy Vegetables)
18. Puṣpa-Śāka (Flower Vegetables)
19. Pallavāḥ (Vegetables of Sprouts and Springs)
20. Daṇḍa-Śāka (Vegetables of Stalks)
21. Kanda-Śāka (Vegetables of Rhizomes)
22. Common-preparations
23. Sandhānaka
24. Rice
25. Soup
26. Vaṭikā and Vaṭaka
27. Feṇikā
28. Laḍḍuka

29. Milk and Milk products

30. Preparations of Milk and milk-products

31. Cereal preparations

32. Appetisers

33. Pānakāni (Beverages)

Appendix - I Glossary of Technical words

Appendix - II Spices, cereals and pulses

Appendix -III Twenty Physical Properties of the Food Materials

Appendix - IV Preparations of Food and Drinks

PART - II

TEXT

SECTION - I

INTRODUCTION

1. Need for the Critical Edition of the KK.

2. Description of the MSS and Printed books

3. Writing Peculiarities of the MSS.

4. The Principles followed in constituting the text.

SECTION - II

Constituted Critical Text of the KK.

STATEMENT NO. 1

HOW THE PRESENT WORK TENDS TO THE GENERAL ADVANCEMENT OF KNOWLEDGE

"In India, the Āyurveda is considered the Science of life (Āyus-Life, Veda-Science) and it shall never attain finality." The way of living in India is influenced by the Āyurvedic thoughts. The Āyurveda has also drawn attention of modern scientists by the scientific thoughts relating to human health and diseases.

The Āyurvedic literature in Sanskrit language is very rich and valuable. The ancient scholars insisted upon study of the Āyurvedic Saṁhitās, e.g. Caraka Saṁhitā, Suśrta Saṁhitā, Aṣṭāṅga Hṛdaya etc. Many useful and important books written by some of the brilliant students and experienced Vaidyas have not been paid due attention. The Kṣemakutūhalam (KK) is one of such neglected books. It was written in V S 1605 (= 1548-49 A.D.) by a royal physician Kṣemaśarmā

KK discusses Dietology, Nutrition, Culinary art and general hygiene in a scientific manner according to the principles of the Āyurveda. Modern scientists consider Dietology, Nutrition and Culinary art as separate sciences and consider them as most

useful. The present study of the KK has full capacity to furnish the new ideas and principles to the modern medical world.

The only Sanskrit text of the KK was first published by Nirnaya Sagar Press, Bombay in the series of "Āyurvedagrantha-mālā" in 1920 A.D. and this was prepared by Jadavji Trikamji Acharya. It seems to have the basis of a single MS.

Then Sanskrit text with Hindi translation was prepared by Dr. Indradev Tripathi and was published by Chowkhamba Orientaliya, Banaras in 1978 A.D. on the basis of the text published by Nirnaya Sagar Press. But these both the editions are not critically edited and are unsatisfactory in several ways. I have been able to find out three MSS. and I have prepared a critical edition on the basis of these three MSS. of the important work which was a long felt desideratum.

Moreover this important work in the field of the Āyurveda has not been studied in all its aspects and hence over and above preparing the critical edition of this work a critical and comprehensive study hasbeen presented in this present thesis. It is in this way this humble work contributes to the advancement of knowledge.

---

1. Caraka Saṁhitā, Vimānasthān Chap. VIII-14.

STATEMENT No. 2

SOURCES, INDEBTNESS AND ORIGINALITY

In the presentation of the present work, I have fully drawn upon all the available literature in print in many languages and as well as in the form of manuscripts. An acknowledgement has been fully made at proper places.

I studied the manuscripts, text and relevant literature and have tried to express my own views after a critical study.