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An ayurvedic perspective of *kukkuta mamsa sevana vidhi* – a literature study

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ABSTRACT

Aims: To Compare today's mode of chicken meat consumption with respect to the ways mentioned in *Ayurved*. **Objectives:** 1. To find ways of chicken meat preparations explained in *Ayurvedic* texts (*Brihatrayee, Bhavprakash Nighantu*). 2. To compare ways of Chicken meat preparation & consumption in today's era with those mentioned in *Ayurvedic* texts. **Observation:** Methods of meat cooking mentioned in *Ayurvedic* texts are *Shuddha Mamsa, Sahrudrak, Takra mamsa, Harisaa, Talita mamsa, Shulyapalam, mamsa shrungatakam & Surava*. In the present era Chicken dishes are prepared with use of spices, marinating with yoghurt, using curd, salt & water, Curry preparation includes cashews, yoghurt, milk, cream, poppy seeds, pan cooking, roasting, grilling, shallow frying, deep frying etc. **Conclusion:** Processing chicken with curd, combining it with buttermilk & curd, combining it with milk & ghee, use of oil

instead of ghee, using sweet, cold beverages & use of milk as beverages with it are the methods used in preparation of chicken meat in today's era which are affecting the health. **Main Finding:** Ways of preparation of chicken meat impacts its nutritional values greatly. **Principal Conclusion:** Avoiding wrong process & improvising preparation of chicken meat as per *Ayurvedic* texts will not only enhance the taste but will also provide nutritious processed food which will strengthen the body without vitiating Doshas.

KEYWORDS: *Kukkuta mamsa, sevana vidhi*, cooking.

INTRODUCTION

Ayurveda is an important part of Indian Traditional Medicinal System. It is a wholesome health science, as it not only details about the diseases, it's cause, treatment and prevention but also about maintaining, living and achieving healthy

life. Life of all the living beings mainly depends on their environment and food – water consumption. So quality check over these factors helps in living an actual healthy life. Since *Ayurveda* focuses on healthy life, it has described about the *Trayopsthambha*. One of it is *aahar*, which consists of various subclasses like *shukadhanya varg*, *shamidhanya varg*, *mamsa varg*, *fala varg*, etc. [1]

Mamsa varg means non-veg or meat i.e. skeletal muscle and its associated tissues (also organs, non – skeletal muscles, bones, egg) derived from mammalian, avian, reptilian, amphibian, and aquatic species commonly harvested for human consumption [2] Goat meat, chicken meat and sea food comprise majority of the nonvegetarian diet. In *Ayurveda* texts, chicken is termed as *kukkuta*. It is mentioned in a subclass of *mamsa varg* called *vishkira varg* [3]. It's both therapeutic and dietary uses are mentioned in *ayurveda* texts. Knowledge about the basic *guna* of *kukkuta* could also be found in these texts. By comprehending this important information with the other diet basics mentioned in the texts, could enlighten us about the proper ways of *kukkuta* consumption along with it's pros and cons, for every individual having varying *prakruti*, mode of work, lifestyle, *agni*, etc. Now a days, wide range of population consumes chicken meat in different forms / dishes. This chicken meat could be beneficial as mentioned in the *Ayurvedic* texts, if consumed in the right manner. This article compiles, analyses and discusses the appropriate *sevana vidhi* of *kukkuta mamsa* (chicken meat).

AIM

To compare today's mode of chicken meat consumption with respect to the ways mentioned in *Ayurveda*.

OBJECTIVES

1. To find ways of chicken meat preparation explained in *Ayurvedic* texts (*Brihatrayee*, *Bhavaprakasha nighantu*).
2. To compare the ways of chicken meat preparation and consumption in today's era with those mentioned in *ayurvedic* texts.

MATERIALS AND METHOD

Literary review of following classical texts – *Charaka Samhita*, *Sushruta Samhita*, *Ashtang Hrudaya*, *Bhavaprakasha nighantu*, various research updates, books and articles related to chicken meat and it's recipes.

Kukkuta

Kukkuta comes under *Vishkira varg*. *Vishkira varg* is named based on the method of food collection of the birds and animals. It consists of those who scratch and spreads the soil in search of foods like insects, seeds, worms, etc.

Properties of *kukkuta mamsa*

Charaka [4] –

Vishkir varg guna : *Laghu* (light to digest), *sheeta* (cold in potency), *madhura* (sweet) & *kashaya rasa* (slightly astringent) and useful for the patients of *sannipata* having preponderance of *pitta*, *vaat* in moderate degree and *kapha* in the lowest one.

Kukkuta mamsa guna : *Snigdha* (unctuous), *ushna* (hot), *vajikar* (aphrodisiac), *mamsa vardhak* (bulk promoting), *swara vardhak* (voice awakening), *baladaayak* (tonic), *vaat nashak* (excellently alleviating *vaat*) and *swedakar* (diaphoretic).

Sushruta [5]–

Vishkir varg guna : *Laghu* (light to digest), *sheetvirya* (cold in potency), *madhura*, *kashaay* (sweet and astringent in taste) and *dosha nashak* (mitigates all *doshas*).

Laghu and *alpa abhishyanda karak* as compared to other sub classes of *mamsa varg*.

Jangal / Vanya Kukkuta mamsa guna : *Snigdha* (unctuous), *ushna* (hot in potency), *vaat nashak* (mitigates *vaat*), *vrushya* (aphrodisiac), *swedaswar* (produces sweating), *swar* (strengthens the voice), *bala Dayak* and *bruhan* (strengthens the body).

Graamyam kukkuta mamsa guna : similar to *vanya kukuta mamsa* but *guru* (heavy to digest) and *vaat roga naashak* (cure diseases of *vaata*) – *kshaya* – *vami* - *visham jwar naashak* (mitigates vomiting and intermittent fever).

Bhavaprakash nighantu [6]–

Katu viapaka, *balakararak* (strengthens body), *virya vardhaka* (aphrodisiac), *tridosh nashaka* (mitigates *vaata-pitta-kapha*), *pathya* (wholesome).

Meat of *Vanya Kukkuta* attributes such as *Snigdha* (unctuous), *Ushna veerya* (hot in potency), Mitigates *Vata dosha*, *Vrushya* (aphrodisiac), induces Sweating, strengthens the voice and does *Brimhana* (stoutens the body), *kapha janak* (produces *kapha*).

Gramyam Kukkuta is *Guru* (heavy for digestion) in nature, cures diseases of *Vata dosha*, *Kshaya* (consumption), *Vami* (vomiting) and *Vishama jwara* (intermittent fever).

Chicken meat [7]

- Great source of many key nutrients, including protein, niacin, selenium, and phosphorus.
- Rich in B vitamins like niacin and vitamins B6 and B12, which play central roles in energy production, DNA synthesis, and brain health.
- Low in calories but high in protein, it may be especially beneficial for weight loss
- Chicken is a healthy meat, and has thermogenic properties. So balancing chicken intake with lighter, cooling foods can help maintain optimal body temperature during the hot season.
- However, fried and breaded varieties like chicken nuggets, chicken sandwich, chicken burger, popcorn chicken and chicken tenders are typically high in unhealthy fats, carbs and calories.
- Also, processed meat i.e. meat that has been preserved by curing, salting, smoking, drying or canning varies from the ideal nutritional values.

Ideal methods of meat cooking [8]

1. Shuddha mamsa –

- Take a pan and add *ghee* / oil (*ghruta/taila*) + *asafoetida* (*hing*) + turmeric (*haridra*). Roast it.
- Then add boneless meat (*mamsa*) + water + salt (*saindhav*).

- When cooked add *veshvaar* (mixture of *nagvalli patra*, *tandul*, *laung*, *marich*)

2. *Sahrudrak / Sehanduka / Saharvasu* –

- Use minced meat and follow the same process as above.

3. *Takra mamsa* –

- Roast *ghee (ghruta)* + *asafoetida (hinga)* + turmeric (*halad*) in a pan.
- Then add meat (*mamsa*) and water, cook this at low flame.
- Then add buttermilk (*takra*) + cumin seeds (*jeerak*) in it.

4. *Harisaa / Aasaa* –

- Meat (*mamsa*), *ghee (ghruta)*, water in large quantity, *asafoetida (hingu)*, cumin (*jeerak*), turmeric (*haridra*), ginger (*aardrak*), dried ginger powder (*suntha*), salt (*saindhav*), pepper (*marich*), rice (*tandul*), wheat (*gahu*), lime juice (*jambir nimbu ras*) mix all of these and cook in such a manner that large quantity of liquid (*manda*) will remain, even after the meat (*mamsa*) is cooked.

5. *Talita mamsa* –

- Roast the *shuddha mamsa* in *ghee (ghruta)*.

6. *Shulyapalam / Kabaaba* –

- Add ground or minced *kalkhanda* (liver) and other meat (*mamsa*) with *ghee (ghruta)* and salt (*saindhav*).
- Skewer this meat and cook by placing it at certain height over the smokeless fire.

7. *Mamsa shrungatakam (mamsa singhada)* –

- Make thin and small pieces of *shuddha mamsa* and boil them.
- Then add powdered clove (*lavang*), *asafoetida (hingu)*, salt (*saindhav*), pepper (*marich*), ginger (*aardrak*), cumin (*jeerak*), cardamom (*ela*), coriander seeds (*dhanyak*) along with lime juice (*nimbu ras*) in it. Roast this using *ghee (ghruta)*.
- The above prepared mixture is for filling / stuffing (*purana*). Make dough using all-purpose flour (*maida*) and water. Then make small *chapatis* and stuff it with *purana* and pack it shaped like *singhada*.
- Roast this *shinghada* in *ghee (ghruta)*.

8. *Siddha mamsaras / Suruva*

- Prepare decoction using meat (*mamsa*).

Present chicken recipes [9]

Various types of chicken servings are made using number of methods. Some commonly followed steps among these variety of methods are -

1. **Seasoning / tempering** with spices like turmeric, bay leaf, cardamom, cloves, cinnamon, salt, garam masala, coriander, cumin seeds, fennel seeds, black pepper, mustard seeds, red chilli powder, etc., some paste and sauces
2. **Marinating** using yoghurt
3. **Brining** using curd + salt+ water
4. **Curry making** using onion, tomato puree, cashews, yoghurt, milk, cream, poppy seeds

5. Cooking boneless / bone in / minced / small – large pieced chicken meat along with above steps by pan cooking / roasting / grilling / shallow frying / deep frying, etc.

Some dishes seasoning marinated chicken –

- Chicken tikka masala
- Butter chicken
- Chicken madras curry
- Chicken kathi roll
- Malai chicken
- Chicken bhuna
- Palak chicken
- Chicken biryani
- Chicken 65
- Chicken vindaloo
- Tandoori chicken
- Kolhapuri chicken
- Chicken chettinad
- Gongura chicken
- Dry chicken ghee roast
- Chicken majestic
- Chettinad biryani
- Awadhi chicken biryani
- Andhra chilli chicken
- Malai kabab
- Chicken shawarma

Some dishes with seasoned milk / yoghurt –

- Chicken curry
- Kadai chicken
- Chicken kurma
- Achari chicken
- Ambur star biryani
- Thalassery biryani

Some dishes with seasoned brine chicken –

- Chicken bhuna
- Chicken majestic
- Andhra chilli chicken

- Chicken nuggets
- Chicken burger
- Chicken tikka

Some seasoned dishes –

- Shami kabab
- Chicken Jalfrezi
- Chilli chicken
- Chicken pakora
- Chettinad chicken varuval
- Seekh kabab (minced chicken)
- Chicken kheema (minced chicken)

DISCUSSION

Sushruta has mentioned following about *mamsa* [10]

- It is naturally *vrushya*, *sneha karak* and *bala vardhak*.
- Processing it with *snigdha* like *tail-ghruta* ; *takra* etc. *goras*, *kanji*, *dhanyamla*, *dadimadi falamla* and *maricha* etc. *katu padarth* makes it *hitkara*, *bala vardhak*, *ruchi janak*, *bruhan* and *guru paaki*.
- Processing with *dadhi* – *takra* etc. *goras* along with *hingra*, *maricha* makes it *pitta-kapha prakopak* and *bala – mamsa – agni vardhak*.
- *Taila siddha mamsa* is *Ushna virya*, *pitta janak* and *guru*.
- *Ghruta siddha mamsa* is *Laghu*, *agni deepak*, *hrudya*, *rochak*, *drushti prasaadak*, *anushn virya*, *pitta naashak* and *manodhanya*.
- *Khaanishka* (minced meat) is *param guru* and always *pathyakar* for *deeptagni*.
- *Anupaan* for *mamsa* – normal water or sour fruit juices (*amla fala ras*). Proper *anupaan* helps in easy

digestion of *dosha yukta – guru – ati matra aahar*.

- Never consume *Kukkuta* with *dadhi*.

Vagbhat has mentioned following about *Dadhi* [11] –

- It's guna are *amla – ras* and *paak ; guru, ushna, stambhak, vaat nashak, ruchikar ; meda – shukra – bala – shleshma – pitta – rakta – agni – shopha karak*.
- Should not be consumed at night.
- In *vasnat, grishma* and *sharad rutu* it should not be taken even during day time.
- Never heat it. Heated *dadhi* is contraindicated.
- *Dadhi* should always be consumed with *mudga soup, ghruta, madha, sita, aamlak*.
- It should not be consumed regularly.
- Never consume *kukkuta* with *dadhi*.
- *Dugdh, dadhi, ghruta* should never be consumed with *takra* [12].

Vagbhat has mentioned following about *Takra* [13] –

It is *laghu, kashay amla, deepan, kapha vaat jita* and beneficial in *shopha, udar, arsha, grahani, mutra roga, graha, aruchi, pleeha, gulma, ghruta vyapad, visha, pandu*.

Present ways of *kukkuta* consumption which could vitiate the *doshas* –

- Processing *kukkuta* with curd (*dadhi*).
- Heating curd (*dadhi*) used for marinating.

- Combining buttermilk (*takra*) with curd (*dadhi*), milk, ghee (*ghruta*) while seasoning.
- Mostly using oil (*taila*) instead of ghee (*ghruta*) for tempering / seasoning.
- Using sweet - cold beverages and beverages with milk as *anupan*.

CONCLUSION

Kukkuta mamsa does serve as a nutritious diet. Its nutrients could be an aid to achieve good health, if consumed in the right manner. Food processing or it's ways of making, impacts its nutritional value greatly. This could enhance as well as disrupts some vital essentials present in the food. Sticking to some basic rules and avoiding the wrong process could help in improvising dishes. It will not only enhance the taste but will also provide nutritious processed food. Consuming such food will not vitiate the *doshas* and will also strengthen the body (*bruhan*) and immunity (*bal dayak*).

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