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MODIFICATION OF MASHADI YUSHA INTO INSTANT SOUP POWDER

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ABSTRACT

Ayurveda is recognized as the punyatama veda of ayu (life) because it recommends guidance on how to live a healthier and disease-free life. The wholesome diet in a diseased person is better than the medicines and no medications can restore health in a patient who does not follow healthy diet. Kritanna varga is one of the twelve subdivisions under which food preparations like Manda, Peya, Vilepi, Saktu, Odana, Yavagu, Yusha, Veshavara, Raga, Shadava, etc. are mentioned. Yusha is prepared by one part of grain and 18 parts of water. This method of preparation is similar to soup preparation which is widespread in the present day.

Yusha is referred as krita (seasoned) yusha if saindhava lavana (rock salt), sunthi (*Zingiber officinale*), pippali (*Piper longum*) and sneha (*unctuousness*) is added and akrita without these katu dravyas. Mashadi yusha was modified into ready to use soup powder and was analysed. While making mashadi soup powder, moisture content should not be there or else it will decrease the shelf life of the product.

Preparation of fresh yusha is time consuming, whereas the ready to use soup powder takes less time for preparation and is easy to make, thus a need aroused for the modification. The soup can be made krita or akrita afterwards based on the requirement of the user. Additional research should be done to understand the mechanism and safety of the ready to use mashadi soup powder.

Keywords: Yusha, soup, ayurveda, analysis

INTRODUCTION:

Ayurveda is recognized as the punyatama veda of ayu (life) because it recommends guidance on how to live a healthier and disease-free life [1]. According to Acharyas consumption of healthy or unhealthy dietary is what causes good or bad health. The wholesome diet in a diseased person is better than the medicines and no medications can restore health in a patient who does not follow a strict regimen of diet. That's why Acharya Kashyapa have also considered ahara as mahabhaishajya [2].

Kritanna varga is one of the twelve subdivisions under which food preparations like manda, peya, vilepi, saktu, odana, yavagu, yusha, veshavara, raga, shadava, etc. are mentioned [3]. Most Ayurvedic literature states that legumes or pulses are used in the preparation of Yusha, but Acharya Kashyapa says that yusha is prepared with food items except rice [4]. Yusha is prepared by one part of grain and 18 parts of water [5]. Different yusha are mentioned for different diseased conditions. This method of preparation is similar to soup preparation which is widespread in the present day. Soup preparations are less time consuming and easy to make. So, modification of mashadi yusha into soup was attempted to make this instant

preparation with nearly similar health benefits.

MATERIAL AND METHODS:**Collection of raw material:**

All the ingredients were collected from the teaching pharmacy of SDM College of Ayurveda and Hospital, Hassan, Karnataka.

Preparation of Mashadi Yusha [6]:

1. 100g of masha was taken with 1800 ml of water in 1: 18 ratios
2. It was kept for cooking on mild fire (initial temperature was 23.4°C) until masha cooked properly.
3. Same intensity of heat was maintained throughout the procedure.
4. Froth was observed after 20 minutes.
5. It took one and half hour to complete the procedure in mild fire. (Final temperature was 74.2°C)

Preparation of Mashadi soup powder:

1. The prepared mashadi yusha was heated again till it solidified and turned to a paste form.
2. The obtained yusha which was paste consistency was spread over a plate to dry completely.
3. It was kept under the sun and hot air blower to dry and it took 2 days to dry it completely.

4. After drying it become solid hard consistency for which pounding was done and masha yusha powder was obtained.
 5. When yusha was converted to semisolid consistency and moisture content was still there, heating procedure was stopped to avoid charring.
- Preparation of soup from soup powder:**
- 1) 500 ml of water and 49 g of soup powder was taken.
 - 2) Firstly, water was boiled then soup powder was added little by little and stirred continuously.
 - 3) The soup powder mixed homogenously with water and preparation took 8 minutes to prepare soup.
 - 4) After preparation 410 ml of soup was obtained.

Table 1: Ratio of ingredients for preparation of Masha yusha and soup powder

Sl. No.	Requirements	Readings
1.	Masha	100 g
2.	Jala (Water)	1800 ml
3.	Vessel used	Thick aluminum
4.	Time required for preparation of masha Yusha	1hour 20 minutes
5.	Time required for preparation of soup powder after masha yusha preparation	35 minutes
6.	Obtained quantity of masha yusha	990 ml approx..
7.	Obtained quantity of masha soup powder from 500 ml of masha yusha	49.82 g

Table 2: Organoleptic characters and Physico- chemical parameters

Sl. No.	Parameters	Yusha	Instant Soup
1.	Colour	Creamy white	Creamy white
2.	Odour	Characteristic	Characteristic
3.	Taste	Slightly Madhura, Kashaya	Slightly Madhura, Kashaya
4.	Appearance	Semisolid	Semisolid
5.	Touch	Slimy above layer Solids was settled	Small solid particles were felt
6.	pH	5.94	5.65
7.	Specific gravity	1.029	1.040
8.	Refractive Index	1.344	1.346
9.	Total suspended solids	2.2	2

Preparation of mashadi yusha and soup powder:



DISCUSSION:

One part of dhanya (rice) is used with eighteen parts of water to make yusha. It is referred as krita (seasoned) yusha if saindhava lavana (rock salt), sunthi (*Zingiber officinale*), pippali (*Piper longum*) and sneha (unctuousness) are added. And akrita (unseasoned) yusha without addition of katu dravyas (pungent content) and sneha (oil or ghee). Masha yusha is Shukravardhaka (increase semen) and Bahumalah (increase production of products) ⁷. While making

mashadi soup powder moisture content should not be there or else it will decrease the shelf life of the product.

Analytical parameters of mashadi yusha and instant soup was almost same. Colour and odor of yusha and instant soup was creamy white and characteristic. Both had a slightly kashaya and madhura taste. In appearance instant soup's tiny particles were uniformly distributed and yusha had solid masha particles which was settled down. pH of yusha was 5.94 and instant soup was 5.65.

Specific gravity of yusha was 5.94 and instant soup was 5.65. Specific gravity of yusha was 1.029 and instant soup was 1.040. Refractive index of yusha was 1.344 and instant soup was 1.346. Total suspended solids of yusha were 2.2 and instant soups was 2. The close similarity of all the parameters suggests that mashadi yusha can be converted to instant soup without hampering its physico- chemical parameters.

CONCLUSION:

Ayurveda gives more emphasis on a person's digestive capacity. According to popular belief, only nutritious, fully digested food may deliver adequate nutrition. Soup preparation is less time consuming and easy to make so it is need of time to do this modification. The users can opt for krita or akrita soup based on their requirement and choice. In this study only few parameters were checked, that can be considered as preliminary data, and additional research should be done to understand the mechanism and safety of mashadi instant soup powder.

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