

हरिणेणकुरङ्गक्षगोकर्णमृगमातृकाः ॥ ४३ ॥
शशशंबरचारुष्कशरभाद्या मृगाः स्मृताः ।

हरिण-एण-कुरङ्ग-ऋक्ष-गोकर्ण-मृगमातृकाः, शश-शंबर-चारुष्क-शरभाद्याः मृगाः स्मृताः ।

Mṛga varga

Harīṇa, ēṇa, kuraṅga, ṛkṣa, gōkarṇa, mṛgamātṛka, śaśa, śaṃbara, cāruṣka, śarabha etc comprise *mṛgās.

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Short Comment: *Mṛga refers to animals which graze around in search of food. Animals and birds which are used for meat are classified into 8 types - mṛga, viṣkīra, pratuda, vilēśaya, prasaha, mahāmṛga, jalacara and matsya. The peculiarities of each of these types are being described in respective contexts.

Table 6.3

Harīṇa - Antelope	Gōkarṇa - A variety of deer having ears resembling that of cow and shape similar to that of donkey
Ēṇa - Black antelope	Mṛgamātṛka - Female deer having small body and large abdomen
Śaśa - Rabbit	Śaṃbar - A variety of deer having several branching horns
Kuraṅga - The big variety of red deer	Cāruṣka - A kind of deer that is small and beautiful
Ṛkṣa - White-footed antelope	Śarabha - A variety of deer seen along Kashmir which is as big as camel and has large horns

लाववर्तीकवार्तीररक्तवर्त्मककुक्कुभाः ॥ ४४ ॥

कपिञ्जलोपचक्राख्यचकोरकुरुबाहवः ।

वर्तको वर्तिका चैव तित्तिरिः क्रकरः शिखी ॥ ४५ ॥

ताम्रचूडाख्यबकरगोनर्दगिरिवर्तिकाः ।

तथा शारपदेन्द्राह्ववारटाश्चेति विष्किराः ॥ ४६ ॥

लाव-वर्तीक-वार्तीर-रक्तवर्त्मक-कुक्कुभाः, कपिञ्जलोपचक्राख्य-चकोर-कुरुबाहवः, वर्तकः वर्तिका च एव, तित्तिरिः, क्रकरः, शिखी, ताम्रचूडाख्य-बकर-गोनर्द-गिरिवर्तिकाः, तथा शारपदेन्द्राह्व-वारटाः च इति विष्किराः (भवन्ति) ।

Viṣkīra varga

Birds such as lāva, vartīka, vārtīra, raktavartmaka kukkubha*, kapiñjala, upacakra, cakōra, kurubāhu, vartaka, vartika, tittiri, krakara, śikhi, tāmracūḍa, bakara, gōnarda, girivartika, śārapada, indrāhva, vāraṭa etc. comprise viṣkīra*.

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Short comment: Viṣkīra varga include birds which scratch the earth in search of food.



* Caraka has mentioned 'कुकुभो रक्तवर्त्मकः' red coloured kukubha. In Āyur. Rasāyana, it is described as 'कुकुभो द्विविधः - स्थलजो जलजश्च, रक्तवर्त्मकविशेषणात्स्थलजो गृह्यते। कुकुभः कुकुभारावः स्थलजो रक्तवर्त्मकः।' Some consider raktavartmaka and kukubha as separate. In Hṛdayabōdhika Commentary, karkara is mentioned instead of kukubha. Raktavartmaka is Chengalippullu - vernacular Malayalam and karkara is Karkkarappullu - vernacular Malayalam

For further reading: *Viśkira: पक्षिमध्ये ये विकीर्य भक्षयन्ति ते विष्किराः। (Āyur. Rasāyanam on Aṣṭāṅgahṛdaya I-6/44-46)

Table 6.4

Lāva - The swallow (a migrating bird - there is the saying: 'one swallow doesn't make a summer')	Tittiri - Lapwing
Vartika - The Wagtail	Krakara - A kind of partridge
Vātira - A kind of small bird (Kurumbullu: vernacular, Malayalam)	Śikhi - Peacock (the national bird)
Raktavartmaka kukubha - Red coloured wild fowl (Kattukozhi: vernacular, Malayalam)	Tāmracūḍa - Cock, fowl (domesticated, farmed, the one among birds most used for food)
Kapijala - White coloured partridge (The Tittiri bird: vernacular, Malayalam)	Bakara - Bird resembling crane
Upacakra - A variety of snake bird (Chemboth: vernacular, Malayalam)	Gōnarda - Cattle egret
Cakōra - The greek partridge	Śārapada - A bird that lives on shell fish
Rurubāhu - A large variety of bat	Gītivartika - Yet another variety of quail
Vartaka - Quail	Indrāhva - A kind of bird having different colours
Vartika - Another variety of quail	Vāraṭa - Goose

जीवञ्जीवकदात्यूहभृङ्गाह्वशुकशारिकाः ।

लट्वाकोकिलहारीतकपोतचटकादयः ॥ ४७ ॥

प्रतुदाः.....

जीवञ्जीवक-दात्यूह-भृङ्गाह्व-शुक-शारिकाः लट्वा कोकिल-हारीत-कपोत-चटकादयः प्रतुदाः (स्मृताः)।

Pratuda varga

Jīvañjīvaka, dātyūha, bhṛṅgāhva, śuka, śārika, laṭva, kōkila, hārīta, kapōta, caṭaka etc. constitute pratudās.

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For further reading:

Pratuda: प्रतुद्य भक्षयन्तीति प्रतुदाः। Birds which peck with beak on prey are known as pratudās.

(Āyur. Rasāyanam on Aṣṭāṅgahṛdaya I-6/46)

Table 6.5

Jīvañjīvaka - A variety of cuckoo, the sight of which is believed to be capable of destroying poisons and bring back life and hence the name.	Laṭva - Bird having red colour underneath
Dātyūha - The owl	Kōkila - Indian Cuckoo (the great singer among birds)
Bhṛṅgāhva - A kind of black bird	Kapōta - Pigeon
Śuka - Parrot	Hārīta - White dove
Śārika - Parakeet / Five coloured parrot / Maina	Caṭaka - Sparrow

.....भेकगोधाहिश्वाविदाद्या विलेशयाः ।

भेक-गोधाहि-श्वाविदाद्याः विलेशयाः (स्मृताः) ।

Vilēśaya varga

Bhēka, gōdha, ahi, śvāvīt etc are included under *Vilēśaya varga*.

For further reading:

* *Vilēśaya* : बिले - विवरे, शेरते निवसन्तीति बिलेशयाः । - *Vilēśaya varga* includes animals living in burrows.

(Āyur. Rasāyanam on *Aṣṭāṅgahṛdaya* I- 6/47)

Table 6.6

<i>Bhēka</i> - Toad	<i>Ahi</i> - Snake
<i>Gōdha</i> - Iguana - (Udumbu: vernacular Malayalam)	<i>Śvāvīt</i> - Porcupine

गोखराश्वतरोष्ट्राश्वद्वीपिसिंहर्क्षवानराः ॥ ४८ ॥

मार्जारमूषिकव्याघ्रवृकबभ्रुतरक्षवः ।

लोपाकजम्बुकश्येनचाषवान्तादवायसाः ॥ ४९ ॥

शशघ्नीभासकुररगृध्रोलूककुलिङ्गकाः ।

धूमिका मधुहा चेति प्रसहा मृगपक्षिणः ॥ ५० ॥

गो-खराश्वतरोष्ट्राश्व-द्वीपि-सिंह-र्क्षवानराः, मार्जार-मूषिक-व्याघ्र-वृक-बभ्रु-तरक्षवः, लोपाक-जम्बुकाः मृगयः, श्येन-चाष-वान्ताद-वायसाः, शशघ्नी-भास-कुरर-गृध्रोलूक-कुलिङ्गकाः, धूमिका, मधुहाः मृग-पक्षिणः च इति प्रसहाः (स्मृताः) ।

Prasaha varga

Animals such as *gōvu, khara, aśvatara, uṣṭra, aśva, dvīpi, siṃha, ṛkṣa, vānara, māṅjāra, mūṣika, vyāghra, ṛka, babhru, tarakṣu, lōpāka, jambuka* and birds such as *śyēna, cāṣa, vāntāda, vāyasa, śaśaghnī, bhāsa, kurara, gr̥dhra, ulūka, kulīṅgaka, dhūmika* and *madhuhā** comprise *prasahās*. 48-50

For further reading:

* *Prasaha*: प्रसह्य-आहृत्य भक्षणात् प्रसहाः । - Animals which extend their neck and front part of body for food are known as *prasahās*. (Aruṇadatta on *Aṣṭāṅgahṛdaya* I-6/48-49)

* मधुहा - मधुघातकः ।

(Āyur. Rasāyanam on *Aṣṭāṅgahṛdaya* I-6/48-49)



Table 6.7

<i>Gōvu</i> — Domestic Cow ✓	<i>Tarakṣu</i> - Hyena
<i>Khara</i> - Donkey / ass	<i>Lōpāka</i> - Jackal
<i>Aśvatara</i> - Mule	<i>Jambuka</i> - Fox / jackal
<i>Uṣṭra</i> - Camel	<i>Śyēna</i> - Kite
<i>Aśva</i> - Horse	<i>Cāṣa</i> - Kingfisher
<i>Dvīpi</i> - Spotted leopard	<i>Vāntāda</i> - Dog
<i>Siṃha</i> - Lion	<i>Vāyasa</i> - Crow
<i>Rkṣa</i> - Bear	<i>Śaśaghni</i> - Hawk
<i>Vānara</i> - Monkey / ape	<i>Bhāsa</i> - A species of eagle whose crest and feathers are white
<i>Māṛjāra</i> - Cat	<i>Kurara</i> - The Brahmany kite
<i>Mūṣika</i> - Rat	<i>Gṛdhra</i> - Vulture
<i>Vyāghra</i> - Leopard / tiger	<i>Ulūka</i> - Owl
<i>Vṛka</i> - Wolf	<i>Kulīṅaka</i> - Sparrow
<i>Babhru</i> - Mongoose	<i>Dhūmika</i> - House sparrow
<i>Madhuhā</i> - Unidentified	

Large animals* (Mahāmṛgās)

वराहमहिषन्यङ्कुरुरुरोहितवारणाः ।

सृमरश्चमरः खड्गो गवयश्च महामृगाः ॥ ५१ ॥

वराह-महिष-न्यङ्कु-रुरु-रोहित-वारणाः, सृमरश्चमरः खड्गो गवयः च महामृगाः (स्मृताः) ।

Varāha, *mahiṣa*, *nyariku*, *ruru*, *rōhita*, *vāraṇa*, *sṛmara*, *camara*, *khadga* and *gavaya* comprise *Mahāmṛgās*.

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For further reading:

* *Mahāmṛga*: महान्तो मृगाः-महामृगाः - Among the animals which graze around in search of food, the larger ones are categorized as *Mahāmṛgās*.

(Āyur. Rasāyanam on Aṣṭāṅgahṛdaya 1-6/50)

Table 6.8

<i>Varāha</i> - Pig	<i>Vāraṇa</i> - Elephant
<i>Mahiṣa</i> - Buffalo	<i>Śṛmara</i> - Deer resembling a big horse (Harte beast)
<i>Nyaṅku</i> - A kind of antelope having several horns	<i>Camara</i> - Variety of deer with furred tail
<i>Ruru</i> - Another variety of deer	<i>Khaḍga</i> - Rhinoceros (now almost extinct and red listed)
<i>Rōhita</i> - Variety of deer having lines over the body	<i>Gavaya</i> - Jungle cow

Water birds (*Apcarās*)

हंससारसकादम्बबककारण्डवप्लवाः ।

बलाकोत्क्रोशचक्राह्वमद्गुक्रौञ्चादयोऽप्वराः ॥ ५२ ॥

हंस-सारस-कादम्ब-बक-कारण्डव-प्लवाः बलाकोत्क्रोश-चक्राह्व-मद्गु-क्रौञ्चादयः अप्वराः (स्मृताः) ।

Haṃsa, sārasa, kādamba, baka, kāraṇḍava, plava, balāka, utkrōśa, cakrāhva, madgu, krauñca etc. are *apcarās*. 52
For further reading:

* *Apcara* : - वेऽप्सु - जले चरन्ति ते अप्वराः । *Apcara varga* includes those which swim about in water.

(*Āyur. Rasāyanam on Aṣṭāṅghṛdaya* 1-6/51)

Table 6.9

<i>Haṃsa</i> - Swan	<i>Plava</i> - Pelican
<i>Sārasa</i> - Pheasant	<i>Balāka</i> - Crane
<i>Kādamba</i> - Goose with dark grey wings	<i>Utkrōśa</i> - Kingfisher
<i>Baka</i> - Crane	<i>Cakrāhva</i> - Reddy goose
<i>Kāraṇḍava</i> - A variety of swan having black colour and long legs	<i>Madgu</i> - A species of water fowl/diver bird
<i>Krauñca</i> - Curlew	

Group of fishes* (*Matsya varga*)

मत्स्या रोहितपाठीनकूर्मकुम्भीरकर्कटाः ।

शुक्तिशङ्खोद्गुशम्बूकशफरीवर्मिचन्द्रिकाः ॥ ५३ ॥

चुलूकीनक्रमकरशिशुमारतिमिङ्गलाः ।

राजीचिलिचिमाद्याश्च, मांसमित्याहुरष्टधा ॥ ५४ ॥

रोहित-पाठीन-कूर्म-कुम्भीर-कर्कटाः, शुक्ति-शङ्खोद्गु-शम्बूक-शफरी-वर्मि-चन्द्रिकाः, चुलूकी-नक्र-मकर-शिशुमार-तिमिङ्गलाः, राजी-चिलिचिमाद्याः च मत्स्याः; इति मांसम् अष्टधा आहुः ।

Aṣṭāṅgahṛdaya sūtra sthāna



Rōhita, pāṭhīna, kūrma, kumbhīra, karkaṭa, śukti, śaṅkha, udru, śambūka, śaphari, varmi, candrika, culūki, nakra, makara, śisumāra, timiṅgala, rāji, cilicima etc comprise *matsya varga. Meat is thus held to be of 8 types.

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For further reading:

*This group include sea food, fresh water fish and other aquatic animals

Matsya : जलान्तर्वासिनो - मत्स्याः - Matsyā are those which reside in water.

(Āyur. Rasāyanam on Aṣṭāṅgahṛdaya I- 6/52,53)

Table 6.10

Rōhita - A kind of fresh-water fish having red-coloured body and black-coloured base.	Śaphari - A black flat fresh water fish
Pāṭhīna - The fish, mullet	Varmi - The cell fish
Kūrma - Tortoise	Candrika - A kind of fish with dense spines
Kumbhīra - Crocodile	Culūki - A kind of fish resembling crocodile
Karkaṭa - Crab	Nakra - Allegator
Śukti - Pearl - oyster	Makara - Shark
Śaṅkha - Conch shell	Śisumāra - Gangetic porpoise
Udru - Sea dog	Timiṅgala - Whale
Śambūka - A bi-valve shell fish found in rice fields	Rāji - A small kind of fish
Cilicima - Prawn	

Thus, there are eight types of meat.

योनिष्वजावी व्यामिश्रगोचरत्वादनिश्चिते ।

आद्यान्त्या जाङ्गलानूपा मध्यौ साधारणौ स्मृतौ ॥ ५५ ॥

अजावी व्यामिश्र-गोचरत्वात् योनिषु अनिश्चिते, आद्यान्त्याः जाङ्गलानूपा, मध्यौ साधारणौ स्मृतौ ।

Aja (goat) and āvi (sheep) are not included under the eight categories mentioned above, as they are seen everywhere irrespective of any particular yōni (locality of origin). Among the eight types of meat (māṃsa varga) mentioned here, the first three belong to jāṅgala dēśa (dry, arid land), the last three belong to ānūpa dēśa (moist, marshy land) and the middle two categories are of sādharmaṇa dēśa (uniformly distributed greenery and water supply).

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Short Comment: Animals and birds belonging to the first three vargās, viz. mrga, viṣkṛa and pratuda varga are found in jāṅgala dēśa. The last three vargās of mahāmrga, jalacara and matsya belong to ānūpa dēśa. Birds and animals of vilēśaya and prasaha vargās belong to sādharmaṇa dēśa.

तत्र बद्धमलाः शीता लघवो जाङ्गला हिताः ।
 पित्तोत्तरे वातमध्ये सन्निपाते कफानुगे ॥ ५६ ॥
 दीपनः कटुकः पाके ग्राही रूक्षो हिमः शशः ।

तत्र जाङ्गलाः, बद्धमलाः, शीताः, लघवः, पित्तोत्तरे वातमध्ये कफानुगे (च) सन्निपाते हिताः । शशः, दीपनः
 पाके कटुकः ग्राही रूक्षः हिमः (च) ।

The meat of animals of *jāṅgala dēśa* (habitat of dry / arid land) is *śīta* (cool), *laghu* (light), causes constipation and is suitable in vitiation of *tridōṣās* with predominance of *pitta*, moderate vitiation of *vāta* and insignificant vitiation of *kapha*. The meat of rabbit (*śaśa*) is *dīpana* (carminative), *kaṭu* in *vipāka* (metabolic end-effect), *grāhi* (constipative) and is *rūkṣa* (dehydrative) and *śīta* (cool). 56

ईषदुष्णगुरुस्निग्धा बृंहणा वर्तकादयः ॥ ५७ ॥
 तित्तिरिस्तेष्वपि वरो मेधाग्निबलशुक्रकृत् ।
 ग्राही वर्ण्योऽनिलोद्रिक्तसन्निपातहरः परम् ॥ ५८ ॥
 धन्वानूपविचारित्वात् स्निग्धोष्णगुरुबृंहणः ।

वर्तकादयः ईषदुष्ण-गुरु-स्निग्धाः, बृंहणाः (च) । तेषु अपि तित्तिरिः वरः, मेधाग्नि-बल-शुक्र-कृत्, ग्राही, वर्ण्यः, परम् अनिलोद्रिक्त-सन्निपात-हरः, धन्वानूप-विचारित्वात् स्निग्धोष्ण-गुरु-बृंहणः (च) ।

The meat of *varṭika*, *vārtīra* etc. is slightly *uṣṇa* (hot), *guru* (heavy), *snigdha* (unctuous) and *br̥mhaṇa* (nutritive). The meat of *tittiri* is the best among this group. It enhances *mēdha* (intelligence), *agni* (digestive power), *bala* (strength) and *śukra* (virility). It is *grāhi* (constipative), improves *varṇa* (complexion) and pacifies vitiation of *tridōṣās* with predominance of *vāta*. As it is seen across *jāṅgala* (dry/arid land) and *ānūpa dēśās* (moist, marshy land), it is having the properties of *snigdha*, *uṣṇa* and *guru* and is *br̥mhaṇa* (nutritive). 57, 58

नातिपथ्यः शिखी, पथ्यः श्रोत्रस्वरवयोदृशाम् ॥ ५९ ॥

तद्वच्च कुक्कुटो वृष्यः ग्राम्यस्तु श्लेष्मलो गुरुः ।

शिखी नातिपथ्यः, श्रोत्र-स्वर-वयो-दृशां पथ्यः । कुक्कुटः च तद्वत् ; वृष्यः; ग्राम्यः तु श्लेष्मलः गुरुः (च) ।

Meat of peacock is not much desirable for health. However, it is desirable for those who wish to enhance the power of audition, voice, youth and vision. Meat of fowl is qualitatively similar to that of peacock and is *vṛṣya* (aphrodisiac). Fowl brought up at home is *guru* (heavy) and increases *kapha*. 59

Comment: Domesticated animals or poultry, as a rule have to depend upon humans for their livelihood and the food consumed by them will not be versatile. Their natural habitat being lost and movement limited, *kapha dōṣa* will be in predominance with *guru* *guṇa*. Thus, their meat also will be subjected to qualitative changes for the negative. This being the case even during the times of *Vāgbhaṭa* (7th/8th century A.D.), today's commercial environment at poultries and dairy farms is quite imaginable.



Further, the qualitative difference of cultivated medicinal plants, devoid of their natural habitat, grown on manured environment is also to be understood in this perspective. Many active ingredients may be absent or diminished. But, it is also not practical to procure all medicinal plants from the wild, many of which are already red-listed globally, for their increasing requirements, which, needless to say is not at all eco-friendly.

मेधाऽनलकरा हृद्याः क्रकराः सोपचक्रकाः ॥ ६० ॥

गुरुः सलवणः काणकपोतः सर्वदोषकृत् ।

चटकाः श्लेष्मलाः स्निग्धा वातघ्नाः शुक्रलाः परम् ॥ ६१ ॥

सोपचक्रकाः क्रकराः (च) मेधाऽनलकराः हृद्याः (च) । काणकपोतः ; गुरुः सलवणः सर्वदोषकृत् (च) ।
चटकाः ; श्लेष्मलाः स्निग्धाः वातघ्नाः परं शुक्रलाः (च) ।

Meat of *krakara* (blue breasted quail) and *upacakra* (a variety of 'reddy' goose) promote *mēdha* (intelligence), *anala* (increase digestive power) and is *hṛdya* (stomachic). *Kāṇakapōta** (Kuruttupravu-vernacular Malayalam) is *guru* (heavy), has slight *lavaṇa rasa* (salty taste) and vitiates all *dōṣās*. Meat of *caṭaka* (sparrow) increases *kapha*, is *snigdha* (unctuous), pacifies *vāta* and excellently increases *śukra* (virility). 60, 61

* काणकपोतः अल्पअरुणकपोतभेदः ।

(Āyur. Rasāyanam on Aṣṭāṅghṛdaya I-6/60, 61)

गुरुष्णस्निग्धमधुरा वर्गाश्चातो यथोत्तरम् ।

मूत्रशुक्रकृतो बल्या वातघ्नाः कफपित्तलाः ॥ ६२ ॥

अतः वर्गाः यथोत्तरं गुरुष्ण-स्निग्ध-मधुराः, मूत्र-शुक्र-कृतः, बल्याः, वातघ्नाः, कफपित्तलाः च ।

The other categories of *māṃsa varga* are successively more and more *guru* (heavy), *uṣṇa* (hot), *snigdha* (unctuous) and *madhura* (sweet). They increase *mūtra* (urine) and *śukra* (virility), promote strength, pacify *vāta* and increase *kapha* and *pitta*. 62

Short comment: "The other categories" mentioned above include *vilēśaya*, *prasaha*, *mahāmrga*, *jalacara* and *matsya*.

शीता महामृगास्तेषु क्रव्यादाः प्रसहाः पुनः ।

लवणानुरसाः पाके कटुका मांसवर्द्धनाः ॥ ६३ ॥

जीर्णार्शोग्रहणीदोषशोषार्तानां परं हिताः ।

तेषु महामृगाः शीता । क्रव्यादाः प्रसहाः पुनः, लवणानुरसाः पाके कटुकाः मांसवर्द्धनाः, जीर्णार्शो- ग्रहणीदोष- शोषार्तानां परं हिताः (च) ।

Among these categories, [the meat of] *mahāmrga* (large animals) is *śīta* (cool). The meat of carnivorous animals included under *prasaha varga* (animals extending their neck for food) is having *lavaṇa* (salty) as *anurasa* (after taste), is *kaṭu* in *vipāka* (metabolic end-effect), increases *māṃsa* (increases the muscular bulk of the body) and is apt for patients suffering from *jīṃhārsās* (chronic haemorrhoids), *grahaṇi dōṣa* (functional bowel diseases) and *śōṣa* (emaciation). 63

Short comment: *Mahāmṛga* is an exception among *māṃsa varga* mentioned in previous *ślōka* and is having *śīta vīrya*. Moreover, the carnivores, among *prasaha varga* are having additional qualities mentioned here.

नातिशीतं गुरुस्निग्धं मांसमाजमदोषलम् ॥ ६४ ॥

शरीरधातुसामान्यादनभिष्यन्दि बृंहणम् ।

विपरीतमतो ज्ञेयमाविकं बृंहणं तु तत् ॥ ६५ ॥

आजं मांसं; नातिशीतं, गुरु, स्निग्धम्, अदोषलं, शरीर-धातु-सामान्यात् अनभिष्यन्दि, बृंहणं (च) । आविकम् अतः विपरीतं ज्ञेयं, तत् तु बृंहणम् ।

Goat's meat is not much *śīta* (cool), is *guru* (heavy), *snigdha* (unctuous) and it does not vitiate *dōṣās*. It is qualitatively similar to the *dhātūs* (tissues) of the human body and as such, is not *abhiṣyandi* (does not cause increased secretions) and is nourishing. The properties of sheep's meat are opposite to that of goat but is nourishing. 64, 65

शुष्ककासश्रमात्यग्निविषमज्वरपीनसान् ।

कार्श्यं केवलवातांश्च गोमांसं संनियच्छति ॥ ६६ ॥

गोमांसं शुष्क-कास-श्रमात्यग्नि-विषमज्वर-पीनसान्, कार्श्यं केवलवातान् च संनियच्छति ।

Beef (cow's meat) cures *śuṣkakāsa* (dry cough), *śrama* (palpitation), *atyagni* (bulimia), *viṣamajvara* (intermittent fever), *pīnasa* (rhinorrhoea), *kārsya* (emaciation) and *kēvalavātavyādhis* (diseases caused by *vāta dōṣa* alone, having no association with any other *dōṣās*). 66

उष्णो गरीयान्महिषः स्वप्नदाढ्यबृहत्वकृत् ।

तद्वद्वराहः श्रमहा रुचिशुक्रबलप्रदः ॥ ६७ ॥

मत्स्याः परं कफकराः चिलिचीमस्त्रिदोषकृत् ।

महिषः; उष्णः, गरीयान् स्वप्न-दाढ्य-बृहत्व-कृत् (च) । वराहः; तद्वत्, श्रमहा, रुचि-शुक्र-बलप्रदः (च) । मत्स्याः परं कफकराः (स्युः) । चिलिचीमः त्रिदोषकृत् (स्यात्) ।

Buffalo beef is *uṣṇa* (hot), extremely *guru* (heavy), induces sleep, provides strength and is nourishing. Pork is qualitatively similar to that of buffalo. It relieves *śrama* (palpitation) and promotes *ruci* (appetite / taste), *śukra* (virility) and *bala* (strength). Fish varieties intensely vitiate *kapha*. *Cilicīma* (prawn/shrimp) vitiates *tridōṣās*. 67

लावरोहितगोधैणाः स्वे स्वे वर्गे वराः परम् ॥ ६८ ॥

लाव-रोहित-गोधैणाः स्वे स्वे वर्गे परं वराः (स्युः) ।

Meat of *lāva* (swallow), *rōhita* (a fresh water fish), *gōdha* (iguana) and *ēṇa* (black antelope) are qualitatively the best among their respective categories. 68



Short comment: Meat of *lāva* is the best among *viṣkīra varga*; *rōhita* among *matsya varga*; *gōdha* among *vilēśaya varga* and *āra* among *mṛga varga*.

मांसं सद्योहतं शुद्धं वयःस्थं च भजेत्यजेत् ।
स्वयं मृतं कृशं मेघं व्याधिवारिविषैर्हतम् ॥ ६९ ॥

सद्योहतं शुद्धं वयःस्थं च मांसं भजेत् । स्वयं मृतं, कृशं, मेघं, व्याधि-वारि-विषैः हतं (मांसं) त्यजेत् ।

Meat of animals that are freshly slaughtered, clean and young is suitable for consumption. Meat of naturally dead animals, emaciated animals, fat-rich meat* and that of animals that have died of diseases, drowning or poisoning are to be avoided for consumption. 69

For further reading:

तथा मेघमतिशयेन मेदुरं मांसं त्यजेत् । भृशं मेघमिति पठन्ति केचित् ।

(Hṛdayabōdhika Commentary of Aṣṭāṅgahṛdaya, 1-6/67)

पुंस्त्रियोःपूर्वपश्चार्धे गुरुणी गर्भिणी गुरुः ।
लघुर्योषिच्चतुष्पात्सु विहङ्गेषु पुनः पुमान् ॥ ७० ॥
शिरः स्कन्धोरुपृष्ठानां कट्याः सक्थश्च गौरवम् ।
तथामपक्वाशययोर्यथापूर्वं विनिर्दिशेत् ॥ ७१ ॥
शोणितप्रभृतीनां च धातूनामुत्तरोत्तरम् ।
मांसाद्गरीयो वृषणमेद्रवृक्कयकृद्गुदम् ॥ ७२ ॥

पुंस्त्रियोः पूर्वपश्चार्धे गुरुणी (भवतः) । गर्भिणी गुरुः; चतुष्पात्सु योषि च लघुः; विहङ्गेषु पुनः पुमान् । लघुः; शिरः स्कन्धोरुपृष्ठानां कट्याः सक्थः तथा आम-पक्वाशययोः च यथापूर्वं गौरवं विनिर्दिशेत् । शोणितप्रभृतीनां धातूनाम् उत्तरोत्तरं च (गौरवं विद्यात्) । मांसात् वृषण-मेद्र-वृक्क-यकृद्-गुदं गरीयः ।

Meat of upper half of male animals and lower half of female animals is *guru* (heavy). Similarly, meat of pregnant animals is *guru*. Meat of females is *laghu* (light) among four-legged animals whereas males are *laghu* among birds. The former are more *guru* compared to the latter among meat taken from the head, shoulder, thighs, back, hip, legs, stomach and intestine. Among *dhātūs* (tissues): *rakta* (blood), *māṃsa* (muscle tissue), *mēdas* (adipose tissue), *asti* (bone tissue), *majja* (bone marrow) and *śukra* (reproductive tissue) are successively more and more *guru*. Testes, penis, kidney, liver and rectum are more *guru* compared to muscles. 70-72

Note: There is a school of opinion that the heaviness of testes, penis, kidney, liver and rectum than muscles is in the ascending order.

Thus, *māṃsa varga* is described. Now vegetables are being described.