



SAMSARJANA KRAMA – CRITICAL ANALYSIS AND MODIFICATIONS

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1.1 ABSTRACT

Samsarjana Krama refers to a specific dietary regimen that should be followed after undergoing Shodhana therapies like Vamana and Virechana. It plays a crucial role in restoring physiological balance after Shodana (bio purification). This article analyzes the various Samsarjana Kramas as explained by Acharyas, explores their nutritional value, and emphasizes the importance of modifications suited for the contemporary lifestyle while still adhering to the core principles and sequential nature of post-Shodhana dietary guidelines.

KEYWORDS: Samsarjana Krama, Dietary regimen, Shodhana, Nutritional value.

INTRODUCTION

Samsarjana Krama is a unique concept in Ayurveda and forms a part of Paschat Karma (post-therapeutic care), essential after Shodhana procedures like Vamana and Virechana. This is because these therapies expel Doshas in significant amounts, causing Kshoba (physical debility) and Agnimandya (weakened digestive fire).^[1] The diet begins with liquid preparations and gradually transitions to solid food.

Acharya Charaka compares this process to the gradual fueling of a fire with grass and cow dung, similarly, Anu Agni (weakened digestion) becomes strong and stable with proper Samsarjana Krama.^[2]

Various Acharyas have described this regimen based on levels of purification: Maniki (amount of expelled Doshas), Vegiki (number of bouts), Laingiki (clinical symptoms), and Antiki (final product expelled). According to Acharya Charaka Peya, Vilepi; Kruta and Akruta yusha; Kruta and Akruta mamsarasa is given for 3,2,1 annakala each for 7,5,3 days in Pravara, Madhyama and Avara Shudhi respectively.^[3] Acharya Sushruta emphasizes Samsarjana Krama depends on Quantity of Doshas eliminated and also on the patient's Bala^[4], which Dalhana correlates with Upachaya (nourishment).^[5]

Doshas Eliminated	Bala	Anna Kala (Meals)	Food
1 Prastha (540g)	Pravara	1	Yavagu
½ Adhaka (1080g)	Madhyama	2	Peya
1 Adhaka (2160g)	Avara	3	Peya

Tarpanadi Krama is recommended when Kapha and Pitta Doshas are eliminated in smaller quantities, or in patients with Vata-Pitta constitution or alcohol consumption history. In such cases, Peyadi Samsarjana Krama is contraindicated due to risk of Abhishyandata (channel obstruction). According to Chakrapani, Svaccha Tarpana (1 part laja + 14 parts water) or Ghana Tarpana (1 part laja + 4 parts water) can be used instead of Peya and Vilepi respectively.^[6]

During Samsarjana Krama there are chances of Dosha to get excited due to augmented agni. To prevent such

increase, Dosha are mitigated by arranging taste of recipes in such a series that the chances of increase will be lessened. Chakrapani clears that it can be done along with Peyadi Krama or after it.^[7] Sushruta mentions that during Samsarjana Krama or after it there are chances of Dosha Prakopa, so to pacify this Rasa Samsarjana Krama should be followed. In Rasa Samsarjana Krama different types of Rasa Yugma (combination of 2 rasas) administration is done in a person who has undergone Shodana.^[8]

Analyzing the foods of Samsarjana Krama

1. Manda (Rice water): Tandula (rice) + 14 parts of water.

It is boiled over mild flame until the rice is cooked and only supernatant liquid part is taken.^[9]

2. Peya (Rice + gruel): 1 part of Tandula (rice) + 4 parts of water.

It is boiled until rice is cooked and both rice and liquid part is taken in equal quantity.^[10]

3. Yavagu: 1 part of tandula(rice)+ 6 parts of water.

It is boiled over mild flame until the rice particles are cooked. It contains more portion of rice than liquid.^[11]

4. Vilepi (RICE): Rice + 4 parts of water

It is boiled over mild fire until rice cooks and only solid part is taken.^[12]

5. Yusha: Shimbi dhanya(Pulses) like Mudga (green gram), Masha (black gram) etc is taken in a vessel and 18 parts of water is added to it. The vessel is placed over mild fire and cooked until the grains are fairly cooked.^[13]

6. Mamsa rasa: Boneless chopped meat + 2, 4, 6 parts of water is added (considering its nature) until it attains desired thick consistency, The liquid part is called as Mamsarasa.^[14]

Nutritional Analysis of Samsarjana Foods

Food	Energy (kcal)	Carbs (g)	Protein (g)	Fat (g)	Fiber (g)	Notable Nutrients
Manda	10–15	12.16	1.36	0.91	-	-
Peya	94	20	2	0.3	0.5	-
Yavagu	290	28	2.7	0.3	0.4	-
Vilepi	130	28	2.7	0.5	0.4	Na, K, Iron
Yusha (green gram)	105	19.15	7.02	0.38	7.6	B-complex, Iron, Zinc
Mamsarasa	146	15	9.7	6.8	-	-

MODIFICATION OF SAMSAJRANA KRAMA^[15]

Modern constraints such as food preferences, time availability, and weakened digestion necessitate practical adaptations to Samsarjana Krama. These modifications preserve Ayurvedic principles while increasing feasibility in today's lifestyle.

1. Meal Timing (Annakala)

In the past, two meals a day were standard. Today, three to four meals (breakfast, lunch, evening snack, and

dinner) are common. Hence, Samsarjana Krama may be modified to accommodate three Annakala.

2. Sequence (Krama)

Original sequence: Akruta Yusha/Mamsarasa → Kruta Yusha/Mamsarasa

Modified options:

- Akruta → Akruta → Kruta

- Akruta → Kruta → Kruta

The choice depends on the individual's Agnibala.

3. Grains (Dhanya Varga)

Selections based on Satmya (suitability):

Shuka Dhanya (Cereals)^[16]

SL No.	Shuka Dhanya	Rasa	Guna	Veerya	Vipaka
1	Yava (barley)	Madhura, Kashaya	Ruksha, Laghu	Sheeta	Katu
2	Laja (parched rice)	Madhura, Kashaya	Laghu, Ruksha	Sheeta	Madhura
3	Bajra (pearl millet)	Madhura	Ruksha	Ushna	--
4	Soochi godhuma (broken wheat)	Madhura	Guru, Sara, Snigdha	Sheeta	Madhura
5	Ragi	Madhura, Kashaya	Rooksha, Laghu	Sheeta	Madhura
6	Fried maize	Madhura	Guru, Snigdha	Sheeta	Madhura
7	Oats	Madhura	Laghu, Ruksha	Ushna	Madhura

Shimbi Dhanya (Pulses)^[17]

SL No.	Shimbi Dhanya	Rasa	Guna	Veerya	Vipaka
1	Mudga (green gram)	Madhura	Laghu, Ruksha, Vishadha	Sheeta	Katu
2	Masha (black gram)	Madhura	Guru, Snigdha	Ushna	Madhura
3	Adaki (pigeon pea)	Kashaya	Laghu	Sheeta	-
4	Masura (red lentil)	Madhura	Laghu, Ruksha	Sheeta	-
5	Chanaka (Bengal gram)	Kashaya	Laghu, Ruksha	Sheeta	-
6	Kulatha (horse gram)	Kashaya	Laghu, Ruksha, Teekshna	Ushna	Amla
7	Nishpava	Madhura	Guru, Sara	Ushna	Amla

While preparing Yusha, combinations of Shimbi and Shuka Dhanya can be used in ratios such as 1:2 or 2:1 (e.g., Mudga:Kulatha = 2:1).

4. Rasa-Based Modifications

Infusion of Peyadi Samsarjana Krama with Rasa Samsarjana Krama can be done as follows:

Madhura, Amla – Guda (jaggery), Sita (sugar); Amla Swarasa, ripened fruits (e.g., pomegranate, dry grapes) Amla, Lavana – Chinchā (tamarind), Saindhava (rock salt), sweet fruits (e.g., orange, pineapple, sweet lime), lemon

Madhura, Tikta – Guda, Methika (fenugreek), lemon Katu, Kashaya – Maricha (pepper), Shunti (ginger), Haritaki, Jeeraka (cumin), Ela (cardamom)

Why Shuka Dhanya (Cereals) Are Used Before Shimbi (Pulses)

- Cereals are ~75% carbohydrates, with 6–15% protein. Their starch is more digestible than that of pulses.
- Amylose content in cereals (20–25%) is lower than pulses, making them easier to digest.
- Pulses have more protein (21–25%) and less digestible starch (higher amylose: 30–40%), often causing gas or discomfort.
- Cereals are rich in methionine, while pulses are rich in lysine. Together, they complement each other nutritionally.

Mode of Action of Samsarjana Krama^[18]

- Caloric needs increase as activity resumes post-

treatment.

- Carbohydrates and fats are energy-providing and introduced gradually.
- High-protein foods like milk, eggs, and meat are avoided initially due to their enzyme demand on the GIT.

Sequence

1. Start with Shuka Dhanya as Peya (liquid), requiring minimal digestive effort.
 2. Gradually move to Vilepi (semi-solid), which requires more enzymes.
 3. Introduce Yusha made from Shimbi Dhanya, starting simple (no spices), then adding ghee to stimulate bile secretion.
 4. Once digestive strength improves, introduce protein-rich items like Mamsarasa.
 5. Maintain the order: Akruta → Kruta.
- Kruta includes Saindhava, Katu Dravya, and Sneha (fat), aiding full digestive enzyme activation.

Thus, all macronutrients (carbohydrates, fats, proteins) are introduced in a phased manner, synchronizing with the body's recovering digestive capacity.

Samsarjana krama told in classics play an impeccable role in the success of the Shodana therapy. However due to today's lifestyle, adapting to this regimen could be challenging. Here we illustrate a diet chart which can be practically adapted and does not compromise the principles of samsarjana krama.

Day	Morning	Afternoon	Night
1	Warm water	Warm water	Ganji
2	Ganji	Moong dal kichdi	Moong dal kichdi
3	Neer dosa	Neer dosa	Upma
4	Upma	Rice buttermilk	Rice buttermilk
5	Rice rasam	Rice rasam	Rice buttermilk

Nutritional value ^[19]	Ganji	Moong dal kichdi	Neer Dosa	Upma	Rice and buttermilk	Rice rasam
Energy (Kcal)	105	129	361	340	350	400
Carbohydrates(gm)	23.49	21	77.77	71.8	75	74
Proteins(gm)	0.72	4.1	6.48	11.6	4	18
Fat(gm)	0.04	3.2	1.55	0.7	0.74	9
Dietary fibre(gm)	0.84	-	-	-	0.4	-
Vitamin D	1mcg	-	-	-	-	-
Calcium	139mg	-	-	-	70mg	75mg
Potassium	219mg	290mg	84mg	-	113mg	480mg
Iron	0.6mg	-	-	-	1.26mg	2.1mg
Sodium	-	96.3mg	9mg	2mg	-	850mg
Vitamin A	-	-	-	-	4 mcg	-
Vitamin C	-	-	-	-	0.5 mcg	-

The nutritional value and qualities of food discussed in the above chart is similar to the samsarjana krama told by Acharyas. The foods are given in a sequential manner with due respect to the weakened digestive fire from

semisolid to solid form with additional nutritional value than the samsarjana told in classics. This chart is formulated for a madhyama shudhi patient and can be modified accordingly for respective Shudhis. This

modification of samsarjana krama is required to make it more compatible to the food habits in today's era. This will make the shodana procedure a bit less challenging to the subjects.

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