Naturopathy Recipes Guide

# Medicated Water

* **Lemon Honey Water (LHW):** 1 glass of lukewarm water, add half lemon juice and 1.5 tsp honey, mix well and drink.
* **Lemon Methi Water (LMW):** Soak 1 tsp fenugreek seeds overnight in 1 glass of lukewarm water. In the morning, strain and add lemon juice before serving.
* **Sauf Water (SW):** Soak 2 tsp fennel(Sauf) in 1 glass of water overnight. In the morning, grind the soaked fennel along with the water in a blender. Add 5 gm mishri (rock sugar) and serve.
* **Methi Water (MW):** Boil 1 tsp (about 5 gm) fenugreek (Methi) seeds in 1 glass (200 ml) water. Strain and drink warm.
* **Methi Honey Water (MHW):** Boil 1 tsp (6–8 gm) fenugreek seeds in 1 glass (200 ml) water. Strain, and when lukewarm add 5–10 ml honey. Drink warm.
* **Panchamrit:** Soak 4 gm ajwain, 4 gm cumin(jeera), 4 gm fennel(Sauf), and 4 gm coriander seeds(Sabut Dhaniya) in 1 liter water overnight. Soak fenugreek seeds (6–8 gm) separately, as they may turn sticky when reused. In the morning, strain and drink.
* **Pittahar:** Soak 4 gm cumin, 4 gm fennel (big), 4 gm coriander seeds, 4 gm licorice root(Mulethi), and 4 gm rose petals(if not then add rose water) in 1 liter of water overnight. Strain and drink in the morning. The remaining herbs can be soaked again in 1 liter water for 5–6 hours, ground, strained, and consumed again.
* **Kwath (Kadha):** Boil 1 tsp Kwath powder in 300 ml water. Boil till only 100 ml remains, strain and drink.
* **Antigastric Powder :** Lightly roast fennel/sauf seeds (10 gm), cumin/jeera seeds (10 gm), whole coriander/dhaniya seeds (10 gm), fenugreek/methi seeds (5 gm), and carom/ajwaine seeds (5 gm) on a tawa .Grind all the roasted ingredients into a fine powder.  
  Add a pinch of black salt, asafetida(hing), and Eno/baking soda as per taste, and mix well.Store the powder in an airtight container.Take **1 teaspoon of the powder** with a glass of warm water **before meals or whenever needed.**

# Sprouts

* Green gram(Moong), moth beans, chickpeas (Channa), wheat, fenugreek(Methi), lentils (Masoor)– wash them well in water in the evening. Soak in a separate vessel overnight. In the morning, tie them in a muslin cloth. After 12–24 hours (in winter about 24 hrs), when sprouts appear, you can store them in the fridge.

# Sweet Dishes

* **Carrot Sweet Dish:** Grate ½ kg carrots and bottle gourd. Roast in a pan without ghee or oil until water evaporates. Add 50 gm honey, 10 gm cardamom powder, 50 gm grated raisins, 50 gm coconut powder, 25 gm chopped almonds. Mix well, shape into laddus, and coat with coconut powder before serving.
* **Banana Sweet Dish:** Cut bananas into 1-inch thick rings. Roast 30 gm sesame seeds and 50 gm peanuts, make powder. Add 25 gm honey and 25 gm coconut powder, mix well. Stuff this mixture inside the banana pieces, roll, and coat with coconut powder.
* **Date Laddus:** Remove seeds from 50 gm dates and crush them. Roast 10 gm sesame seeds and 10 gm peanuts, make powder. Mix with 5 gm cardamom powder and crushed dates. Shape into laddus and coat with fresh coconut powder.
* **Til Laddus:** Roast 25 gm sesame seeds and 10 gm ajwain. Mix with 20 gm mashed jaggery and 10 gm cardamom powder. Blend in a pan, shape into laddus, and serve warm.

# Soups

* **Spinach Soup:** Ingredients – Spinach 400 gm, Ginger 25 gm, Potato 1, Onion 1, Cloves 5, Bay leaves 2, Soy flour 100 gm. Method – Boil spinach, ginger, and potato. Blend into a paste. Add 1.5 liters water, strain, and heat. In another pan, roast soy flour with cloves and bay leaves. Mix roasted flour into the soup. Add salt as per taste.
* **Tomato Soup:** Ingredients – Tomato 200 gm, Ginger 10 gm, Cinnamon 1 piece, Green cardamom 2, Soy flour 5 gm, Rock salt & black salt to taste. Method – Same as spinach soup.

Tomato Soup (Alternate): For 4 persons – boil 200 gm tomatoes, 10 gm ginger, ½ potato (peeled), 1 onion, 2 black pepper, 5 gm cinnamon, 1 black cardamom, 2 cloves, 1 bay leaf in 250 ml water. Blend and strain. Heat again. Season with rock salt, black salt, roasted cumin powder, grated carrot, cucumber, and coriander leaves.

* **Moong Dal Soup:** Ingredients – 200 gm moong dal, 15 gm cumin powder, 3 carrots (finely chopped), 100 gm cabbage, 100 gm tomato, 100 gm cucumber, ginger, coriander, lemon, salt. Method – Boil moong dal in 1.5 liters water. Add chopped vegetables. Season with cumin, salt, and lemon juice.
* **Cabbage Soup:** Ingredients – 400 gm cabbage, 25 gm ginger, 1 onion, 1 small cardamom, 2 big cardamoms, black pepper, rock salt. Method – Same as spinach soup.
* **Raw Papaya Soup:** Ingredients – 400 gm raw papaya, 25 gm ginger, 1 onion, 15 gm soy flour, 2 cinnamon sticks, 5 cloves, 100 gm milk, rock salt, black pepper. Method – Same as spinach soup. At the end, add 100 gm boiled milk.

# Vegetable Dishes

* **Boiled Vegetables:** Wash vegetables in lukewarm salted water, cut into pieces. In a pan or cooker, add 1 gm ghee/oil (for 4 persons), sauté cumin and asafoetida, then add vegetables. Add turmeric and salt, cook on low flame. Garnish with chopped tomatoes, coriander powder, and coriander leaves before serving.
* **Bottle Gourd & Spinach Kofta:** Peel and grate bottle gourd, steam lightly. Mix with chopped green chili, ginger, coriander leaves, fennel, cumin, turmeric, chickpea flour, wheat flour, and salt. Shape into balls. Steam or bake. Add to tomato gravy and serve. Same method for spinach kofta.
* **Stuffed Bitter Gourd:** Peel and deseed bitter gourd, boil lightly. In a pan, sauté asafoetida and cumin in ghee. Add soaked moong dal, peanut & sesame powder, spices, coconut powder. Stuff inside boiled bitter gourds. Pan-fry with a little ghee/oil. Garnish with coconut powder. For sweetness, add soaked figs, dates, raisins, or jaggery.
* **Momos:** Soak cabbage leaves in hot water for 10 minutes. Boil and mash 1 kg raw bananas and 250 gm potatoes. Grate 250 gm carrots and 250 gm beetroot, and bottle gourd. In a pan, sauté with 20 gm ghee, 2 gm cumin, 3 gm asafoetida. Add turmeric, salt, black pepper, roasted cumin powder, lemon juice, raisins. Mix well. Wrap filling in cabbage leaves, steam or pan roast with little ghee/oil. Serve hot with chutney.