



**PANCHAMRITA: THE FIVE NECTARS OF GOD**

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**ABSTRACT**

*Panchamrita is a sacred mixture of five ingredients (Milk, Curd, Honey, Sugar and Ghee) in equal amounts. The word Panchamrita is a combination of two words Pancha means Five and Amrita means ambrosia, immortal and nectar of god. Panchamrita is also called charanmarit in some parts of India. Often tulsi leaves and dry fruits are also added in panchamrita. Second most commonly used recipe is the mixture of banana in the traditional recipe. Variation in panchamrit recipe can be achieved with ingredients like saffron, coconut, mint, tulsi (basil) etc. in the basic panchamrit recipe as per wish. Ayurveda recommends the traditional panchamrit recipe for optimum health benefits. For every Hindu pooja vidhi, Panchamrit is required for Abhishek and Naivedyam or Bhog. Panchamrit is called as Panchamrutham in south India, Panchamrut in Maharashtra and Panchamrit or Charnamrit in North India. The recipe of Panchamrit varies from place to place but the basic recipe of Panchamrit, Panchamrutham or Panchamruth is the same. Panch means 5 and Amrit, Amrutham or Amrut means a holy drink. In Puran, Shastra and Ayurveda; it is described that Panchamrit is made up 5 nectars or ingredients in particular proportion. If it is combined in that proportion a very healthy nourishing Panchamrit is formed.*

**KEYWORDS:** Ayurveda, bidada, cardamom, clove, drink, energy, foods, health, healthy, Hindu, immunity, intelligence, mace, milk, nectar, nutmeg, panchamrit, premium, rich, saffron.

**History**

The most popular mention of the drink can be traced back to Mahabharata (largest epic ever written in the history of Mankind!). In Mahabharata it is stated that the Panchamrit was perhaps one of the valuable ingredients that emerged during Samudra manthan or Ksheera sagar manthan (churning of the ocean of milk). The demons and gods who were part of the process had a very long fight in establishing their control over this amrit, because they knew that whoever had it will become immortal

forever. According to mythology, the five elements of this sweet concoction have symbolic meaning. For example – Milk represents purity and piousness and Honey depicts sweet speech and unity. (Because it is prepared jointly by bees) and Sugar represents sweetness and bliss. All religious Hindu Pooja and functions are incomplete without the Panchamrit (Panchamrit Prasad). It is used as an offering during pujas (bhog prasad). It is used as a libation during Abhisheka (bathing the idols).



**Figure-1: Amrit & Panchamrit.**

Panchamruham's shelf life depends upon the climatic conditions. In winter you can keep it outside for 12 hrs but in the summer season it goes bad in few hours due to microbial issues in a tropical country like India. Since, the shelf life of panchamrit is limited; devotees find it difficult to consume it after a day. This unique and scientific product provides the age old benefits of the drink and has an extended shelf life of 6 months. Additionally the ingredients added in this drinks come with added benefits. Thus, everybody can enjoy and relish the age old drink at their available time. It is Important to know that the drinks is free from all the artificial preservatives and colours.<sup>[1]</sup>

At the end of the Pooja, panchamrut is distributed as prasad along with panjiri to all who attended the pooja. Panchamrut Recipe or Panchamrit Recipe is made of five ingredients in panchamrut are **milk, yogurt, honey, sugar, ghee**. Cow milk, yogurt, honey, liquid jaggery, and ghee are mixed together. However, there may be certain regional variations in ingredients. Most south Indians add ripe banana as well. Panchamrita is an Ayurvedic preparation but has been manipulated in several places to cut costs and increase keeping value.

" पयोदधिघृतं चैव मधु च शर्करायुतं ।  
पंचामृतं मयानीतं स्नानार्थं प्रतिगृह्यताम ॥ "

Some people use sugar instead of jaggery, which is not accepted by all, as sugar is not a natural element like



Milk



Curd



Honey



Sugar



Ghee

Figure-2: Panchamrit ingredient.

### Ingredients

Milk: 1cup, Thick curd or yogurt: ½ cup, Sugar: ¼ cup, Ghee: ¼ spoon, Honey: 3-4 drops, Fine chopped nuts (optional) - cashew, coconut, almond, chirongi, Ganga jal (if available): 1 teaspoon ful, tulsi (Indian basil) leaf (if available): 2-3 pieces.

### Instructions

1. Mix milk, yogurt (thick curd), sugar, ghee and honey in a bowl.
2. Add Ganga jal if available.
3. Garnish with fine chopped nuts and tulsi (Indian basil) leaf.

All this 5 ingredients have lots of health benefits and when it is combined in right quantity, the extremely nourishing Panchamrit is made. You can have Panchamrutham even if you don't have any puja at

jaggery and sugar is refined with bone charcoal which makes it inappropriate to use for pooja. In Palani Murugan temple, Tamil Nadu, Panchamrita is used in abisheka and distributed as prasad. This panchamirtam consist of banana, sugar, ghee, honey, seedless dates, cardamom and sugar candy. The banana used is the Virupatchi variety, which grows only in the Palani hills and has very low water content.

Panchamrut recipe or Panchamrit Recipe: In Sanskrit, panch means five and Amrut means secret nectar. Panchamrut means combination of five secret nectars that is considered holy and used as offering to gods in various Hindu religious occasions. At the end of the Pooja, panchamrut is distributed as prasad along with panjiri to all who attended the pooja.

Five ingredients in panchamrut are milk, yogurt, ghee, honey and Sugar. They all carry different qualities. Like-

1. Cow's milk is for the purity (cow is worshiped by Hindus as mother.).
2. Yogurt/Curd/Dahi from cow's milk is for prosperity (curd is considered as white, smooth luster of the moon.).
3. Homemade ghee/clarified butter is for strength and victory (ghee is consider as a food of gods).
4. Honey is for sweetness in speech (has the healing power).
5. Sugar is for happiness (for sweetness).

home. Panchamrit recipe is quick and easy, there is no cooking required in this recipe, you just have to mix the ingredients.

### Benefits of Panchamrit

It has lot of benefits that's why Panchamrutham is also called as food for god (amrut/amrit). It is given in 9 months of pregnancy for the good health of mother and fetus. Panchamritham prepared with right proportion also considered as healthy recipe for brain function. Panchamrutham also nourishes the skin and keeps it healthy. Good food for healthy hairs. 1. Boosts physical strength, Improves potency (increases shukra in the body). 2. Improves immunity, Vitalizes the brain. 3. Enhances intelligence, memory, grasping power, creative abilities. 4. Improves complexion as it's considered as skin cleanser.<sup>[2]</sup>

Panchamruham shelf life depends upon the climatic conditions. In winter you can keep it outside for 12 hrs but in summers it goes bad in few hours. Refrigerate it or prepare fresh whenever you need. Right Proportion of milk, curd, ghee, honey and sugar is very important in Panchamrit, Especially the proportion of ghee and honey. As per Ayurveda when ghee and honey is combined in equal quantity it becomes toxic .The proportion of honey and ghee should be 1:2, this proportion is healthy and works really well in this holy drink. Don't add any fruits in Panchamrit except banana. When Panchamrit is offered for bhog, naivedya or prasad basil leaf (tulsi) is added to it. Keralites may also include tender coconut. Some recipes also include grapes.

### CONCLUSION

Panchamrit is a sweet concoction used in Hindu worship and in the prayer rituals known as pujas. The name comes from the Sanskrit, pancha, meaning "five," and amrit, meaning "immortal" or "nectar of the gods." Traditional recipes for panchamrit consist of five ingredients: raw milk, curd (yogurt), honey, sugar and ghee (clarified butter). Typically, panchamrit is offered to the deity or deities and is consumed at the end of worship or after puja. Panchamrit may also be known as charnamrit (nectar from the feet of the gods), although the latter term also refers to the water used to bathe deities that is collected in basins at their feet. According to Hindu mythology, the gods gained immortality by drinking panchamrit. Although traditionally made from five ingredients, panchamrit today may have mint, saffron, bananas, dates, coconuts and other ingredients, often varying widely by region.

Each of the traditional ingredients has symbolic significance:

Milk – piousness and purity

Curd – prosperity and progeny

Honey – unity and sweet speech

Sugar – bliss

Ghee – victory and knowledge.

Panchamrit is thought to have health benefits such as improving brain function, nourishing the skin and promoting a healthy pregnancy. In the traditional Indian medical system of Ayurveda, panchamrit parpati is a powdered treatment composed of herbs and minerals that bears no resemblance to the nectar used in worship. The powder is used to treat hemorrhoids, anorexia and other conditions. To prepare this yummy dessert, add yogurt, milk, honey, powdered sugar, and ghee in a large bowl. Whisk well all the ingredients. Garnish with washed tulsi or basil leaves, and serve immediately.

### REFERENCES

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