

## Havishyana (Boiled food with no spices)



Havishyana is an extremely important word when it comes to death because this word is used for the food to eat during the 10 days after the funeral of a deceased. So let's see what our Shastras say about this.

If one's mother, father or husband dies one should fast for three days, or if that is not possible, then one should take only fruits. From the 4<sup>th</sup> day to the 10<sup>th</sup> day one should only eat havishyana {boiled food}. (Page 147 Sat Kriya Sara Dipika.)

Havishyana means food fit for oblation (offerings) - consists of things that are considered very pure and fit to be taken during certain period of fast, is food with no masala or spices. When a person dies in a family there is a period of 10 days prescribed in sastras that impurity has to be observed and consuming havishyana food for 10 days one becomes cleansed from that impurity.

Another way to explain this simply is that if one goes to another country say Australia...if you have yellow jaundice they will quarantine you for a X amount of days until you are cleared from that impurity. So in the same way eating boiled food cleanses you and it lasts for 10 days as per the Garuda Purana.

### **Ingredients for Havishya as mentioned in Sri Hari-bhakti-vilasa (13.10-13)**

The following are ingredients that can be used in making Havishya, which is like an unspiced khichari made with these items.

- \* Aatap (sunned rice) or white rice
- \* Ghee from cow
- \* 'Saindhava' salt (salt from ocean - Sea Salt)
- \* Milk from cow
- \* Milk with cream
- \* Ripe banana
- \* Wheat
- \* Fruits (Skanda Puraana, Naagara Khanda says they must be with a small seed or with few seeds only)
- \* Mango
- \* Jackfruit
- \* Roots
- \* Pippali (**Long pepper**)

- \* Haritaki (an herbaceous plant)
- \* Ikshu-dravya or sugarcane derivatives (other than gur or mollasses)
- \* No oil

The following ingredients are normally part of Havishya but have to be avoided in the month of Kaartika:

- Mung dal
  - \* Til oil
  - \* Radish
  - \* Jeeraa
  - \* Tamarind

So from the above list of possible ingredients of havishya most commonly it just contains rice and dhal boiled together, without spices and with a pinch of sea salt. One may also mix in some simple roots or fruits.

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Compiled for the upliftment of Sanathan Dharma  
Narottam das & Arjun Nandlal  
Email [info@dipika.org.za](mailto:info@dipika.org.za)