

Manathakkali Keerai Rasam (also called Sunberry Rasam) is **not just food, but medicine**. Revered in **Ayurveda and Siddha** systems, this rasam is a **bitter-sweet tonic** that supports **liver detox, gut healing, and eye health**. Its subtle bitterness, when cooked gently, transforms into a soothing and refreshing broth — perfect for when the body craves restoration.

What Is Sunberry Rasam?

It's a soupy preparation made using manathakkali leaves (*Solanum nigrum* / black nightshade) with gentle spices, ideal for cleansing **pitta** and pacifying inflammation. This rasam is light, sattvic, and can be made without tamarind or dal, making it ideal for healing diets.

How to Make Sunberry Rasam: The Traditional Way

□ Ingredients:

main

- 1 cup Manathakkali keerai (tender leaves only, washed)
- 1 small tomato (optional, deseeded and chopped)
- 1 tsp crushed black pepper
- 1 tsp crushed cumin
- ¼ tsp turmeric powder
- Salt to taste
- 2½ cups water
- 2-3 crushed garlic pods (optional)

Tempering

- 1 tsp ghee
- ½ tsp mustard seeds
- Pinch of hing (asafoetida)
- 1 dry red chilli
- A few curry leaves

□ Method:

1. Prepare the Rasam Base:

In a pot, add water, turmeric, salt, and bring to a gentle boil.

2. Add Greens:

Add washed manathakkali leaves and simmer for 5-6 minutes till the leaves soften.

3. Spice it Up:

Add crushed pepper, cumin, garlic (if using), and optional tomatoes. Let it simmer for another 5 minutes.

4. Temper It:

Heat ghee, splutter mustard seeds, hing, red chilli, and curry leaves. Add this to the rasam.

5. Finish:

6. Serve hot with rice or sip it warm like a herbal soup.

□ Ayurvedic Benefits

1. **Bitter rasa** helps pacify excess **pitta** and cools internal heat.
2. Excellent for **liver support**, ulcers, acidity, and mouth sores.
3. Aids in **cleansing blood** and clearing skin eruptions.
4. Beneficial for **eyesight** and fatigue related to heat exposure.

□ Pro Tips from the Indian Kitchen

- Do **not over boil** the greens; bitterness intensifies.
- Use **fresh tender leaves** only – avoid thick stems.
- You can **crush a few sunberries** (if available) for an authentic rustic taste.
- Avoid adding too much tomato; it overpowers the greens.

□ Why We love Sunberry Rasam

- Deeply **therapeutic** and **comforting**
- Ideal for **fever, fatigue, and digestive issues**
- Rare to find in restaurants — a **treasure from grandmothers' kitchens**
- Naturally vegan and gluten-free

□ Ideal For

- Recovery meals (fever, ulcers, indigestion)

- [Pitta](#)-pacifying diets
- Light, sattvic lunches
- Summer days needing gentle detox
- People with low appetite, mouth ulcers, or eye strain

