

## The *Soma* Drinker of Ancient India: An Ethno-Botanical Retrospection

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**ABSTRACT** The juice of the plant *Soma*, was an uncommon drink, consumed by the Vedic people known as *Soma Rasa*. It was offered to Gods, considered as divine and contemplated with medicinal efficacy for restorative treatments; being neither hallucinogenic nor intoxicating. The paper presents a brief account of the *Soma* plant as described in Rig Veda and more research on it in Aayurveda along with search for the proper plant by modern man since the last two centuries. The regime of *Soma* drink was simple in Vedic description, while as per the Aayurvedic text, it required an intense care unit (ICUSD) for the *Soma* drinker to take care of the rejuvenating process.

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