

THERAPEUTIC POTENTIAL OF BHAVAPRAKASHOKTA DHANYA VARGA IN MANAGEMENT OF MAHA STROTAS VYADHI: A REVIEW

¹Dr. Rita Mandle ²Dr. Priyanka Wate

¹Assistant Professor, Dept. of Dravyaguna vigyana, Sumatibhai Shah Ayurved mahavidyalaya, Hadapsar, Pune. ²Assistant Professor, Dept. of Dravyaguna vigyana, M S Ayurvedic Medical College, Gondia

ABSTRACT

As per Ayurveda, food is called the superior medicine which not only maintain your health but also prevent diseases for a long time. Food choices make a huge impact on how you promote and maintain good health. Digestive ailments from acid peptic disorder to rectal diseases are all indications that anatomy and physiology of *Mahastrotas* is being affected by one's Diet, lifestyle, environment and other factors. A balanced diet and healthy daily habits can help profoundly in treatment and prevention of diseases. *Dhanya varga* is major sources of most nutrients. In this article an attempt has been made to explain how dietary consideration of *Dhanya varga* is an important component for treatment of *Mahastrotas vyadhi*.

KEYWORDS- *Dhanya varga, Mahastrotas, Ayurveda dietetics*

INTRODUCTION

Annavaaha strotas is the food carrying channel or gastro-intestinal (GI) tract, often referred to as *Mahastrotas* due to both its extent and significance. Digestive disorders from acid peptic disorder to rectal diseases are all indications that the anatomy and physiology of *Mahastrotas* is being affected by one's diet, lifestyle, environment and other factors. According to *Ayurveda*; the healthy bodies as well as diseases are nothing but the outcome of *Ahara* (diet). *Ahara* is the elementary medicament other than any substance. Hence dietary therapeutics is wholesome approach in treatment of *Mahastrotas vyadhi*.^[1]

Bhavaprakasha nighantu is an exhaustive treatise dealing with variety of drugs and dietary substances. As per *Bhavaprakasha*

nighantu, dietary substances are categorized into 16 *Ahara varga* (food classes) namely *Aamradi, Dhanya, Shak, Mansa, Krutanna, Jala, Dugdha, Dadhi, Takra, Navaneet, Ghrita, Mootra, Taila, Sandhan, Madhu, Ikshu varga*.^{[2][3][4]} Among these food classes; *Dhanya varga* (class of cereals and pulses) is of ultimate status. Cereal and pulse crops are staple foods and major sources of most nutrients for world population.^[5] This food class being principal ingredient of Indian cooking; also maintains the normalcy of *Dosha* and *Dhatu*. Dietary substances from this food class can be used in remedial outlook to GIT disorders.^[6]

MATERIAL AND METHODS-

Ayurvedic classical texts, compendia, Dravyaguna literature, journals and internet publications were comprehensively reviewed for compiling significant data about dietary classes.

OBSERVATIONS -

In Bhavaprakasha nighantu, Dhanya varga is divided into 5 sub-classes viz. Shali, Vrihi (rice paddy), shuka (cereal), shimbi (pulses), kshudra dhanya (inferior cereals). Shali and vrihi- varieties of rice can be used to cure Atisara, Sangrahani, Chhardi, Arsha, Pandu, and Kamala. Among Shuka Dhanya, curative properties of Yava (Barley),

Godhum (Wheat) are evidenced in various GIT diseases. Among Shimbi Dhanya; Mudga, Rajmash, Makushta, Aadhaki, Chanak, Kulattha, Tila, Atasi, Sarshap and Rajika have beneficial results in Aruchi, Mukharog, Dantarog, Pliharog, Shoola, Krimi, Udar, Gulma, Mutraroga. Few Kshudra Dhanya like Kangu, Shyamak, Kusumbha, Gavedhuk, Nivara and Yavanala are also used in the treatment of Vibandha, Amlapitta, Trushna. These dietary substances from Dhanya varga are enlisted below along with their properties and mode of action.

Table: 1.1 Rasapanchak of Shali Dhanya. ^(3,4)

Shali Dhanya						
Drug name	Botanical name	Family	Ras	Veerya	Vipak	Guna
Shali Dhanya	Oryza sativa Linn	Poaceae	Madhur	Sheeta	Madhur	Laghu, Snigdha, Mrudu, Grahi

Table: 1.2 Properties and Therapeutic actions of Shali Dhanya.

Shali Dhanya					
Drug name	Doshghnata	Roganhata	Pathya ⁽¹¹⁾	Apathya ⁽¹¹⁾	Nutritional value (Per 100 gm) ⁽⁴⁾
Shali Dhanya	Tridosh nashak	Atisaar, Sangrahani, Jvar, Daaha, stanyakshaya ⁽⁸⁾	Jwar, Atisara, Arsha, Grahani, Pandu, Kamala, Yakshma, Shwas-Kasa, Chhardi, Vatavyadhi, Vatarakta, Amavata, Shola, Hridaroga, Prameha, Medoroga, Gandamala, Amlapitta, Striroga, Bala Roga ^(8,10) , Raktapitta ⁽⁷⁾ ,	Jwar (Navanna)	prot. 7.5 gm, fats 0.05 gm, minerals 0.6 gm, fibre 0.2 gm, carb. 78.2 gm, calcium 10 mg, phos. 160 mg, iron 0.7 mg, moisture 13.7 gm Rich in vit. B

(Prot- proteins, carb- carbohydrates, phos- phosphorus, vit- vitamins)

Table: 2.1 Raspanchak of Brihi Dhanya. ^(3,4)

<i>Brihi Dhanya (varieties of rice)</i>						
Drug name	Botanical name	Family	Ras	Veerya	Vipak	Guna
<i>Shashtika</i>	<i>Oryza sativa</i> Linn	Poaceae	<i>Madhur</i>	<i>Sheeta</i>	<i>Madhur</i>	<i>Laghu, Snigdha, Mrudu, Grahi</i>

Table: 2.2 Properties and Therapeutic actions of Brihi Dhanya.

<i>Brihi Dhanya (varities of rice)</i>					
Drug name	<i>Doshghnata</i>	<i>Roganhata</i>	<i>Pathya</i> ⁽¹¹⁾	<i>Apathya</i> ⁽¹¹⁾	Nutritional value (Per 100 gm): ⁽⁴⁾
<i>Shashtika</i>	<i>Tridosh nashak</i>	<i>Atisaar, Sangrahani, Jvar, Daaha, stanyakshaya</i> ⁽⁸⁾	<i>Jwar, Atisara, Arsha, Grahani, Pandu, Kamala, Yakshma, Shwas-Kasa, Chhardi, Vatavyadhi, Vatarakta, Amavata, Shola, Hridaroga, Prameha, Medoroga, Gandamala, Amlapitta, Striroga, Bala Roga</i> ^(8,10) , <i>Raktapitta</i> ⁽⁷⁾ ,	<i>Jwar (Navanna)</i>	prot. 7.5 gm, fats 0.05 gm, minerals 0.6 gm, fibre 0.2 gm, carb. 78.2 gm, calcium 10 mg. phos. 160 mg, iron 0.7 mg, moisture 13.7 gm Rich in vit. B

(Prot- proteins, carb- carbohydrates, phos- phosphorus, vit- vitamins)

Table: 3.1 Raspanchak of Shuka Dhanya. ^(3,4)

<i>Shuka Dhanya</i>						
Drug name	Botanical name	Family	Ras	Veerya	Vipak	Guna
<i>Yava / Barley</i>	<i>Hordeum vulgare</i> Linn.	Poaceae	<i>Kashaya, Madhura</i>	<i>Sheet</i>	<i>Katu</i>	<i>Ruksha, Ishat Guru, Lekhaniya</i>
<i>Godhum / Wheat-</i>	<i>Triticum sativum</i> Lam.	Poaceae	<i>Madhur</i>	<i>Sheeta</i>	<i>Madhur</i>	<i>Snigdha, Guru</i>

Table: 3.2 Properties and Therapeutic actions of Shuka Dhanya.

<i>Shuka Dhanya</i>

Drug name	Doshghnata	Roganhata	Pathya ^(II)	Apathya ^(II)	Nutritional value (per 100 gm) ⁽⁴⁾
Yava / Barley	Kapha-Pitta Shamak, Vata Vardhak	Prameha, Medoroga, Shwas, Kasa, Vrana, Shotha, Udarshoola, Vibandha ⁽⁸⁾	Arsha, Pandu, Kamala, Yakshma, Shwas-Hikka, Chhardi, Madatyaya, Daha, Vatarakta, Urustambha, Amavata, Hridaroga, Prameha, Medoroga, Udar, Shotha, Gandamala, Amlapitta, Masurika, ENT ^(7, 8,10)	Raktapitta, Gulma, Mutrakruccha	prot. 11.5 gm, fats 1.3 gm, minerals 1.2 gm, fibre 4 gm, carb. 70 gm, calcium 26 mg, phos. 15 mg, iron 1.67 mg, moisture 12.5 gm
Godhum / Wheat-	Vata-Pitta Shamak, Kapha Vardhak	Prameha, Shukradosha, Kaphaja Shula ⁽⁴⁾ , Hridaroga, Vriddhi, Vatarakta, ⁽⁷⁾ Bhagna ⁽⁸⁾ ,	Arsha, Pandu, Kamala, Yakshma, Kasa, Chhardi, Vatavyadhi, Prameha, Amlapitta, Stri Roga ^(7, 8,10)	Shlipada, Gluten Allergy	prot. 11.8 gm, fats 1.5 gm, minerals 1.5 gm, fibre 1.2 gm, carb. 71.2 gm, calcium 41 mg, phos. 306 mg, iron 5.3 mg, moisture 12.8 gm -Wheat oil rich in vit. E

(Prot- proteins, carb- carbohydrates, phos- phosphorus, vit- vitamins)

Table: 4.1 Rasapanchak of Shimbi Dhanya. ^(3, 4)

Shimbi Dhanya						
Drug name	Botanical name	Family	Ras	Veerya	Vipak	Guna
Mudga / Green gram	<i>Vigna radiata</i> L.	Fabaceae	Kashaya, Madhur	Sheet	Katu	Laghu, Grahi, Ruksha

Mash / Black gram-	<i>Phaseolus mungo</i> Linn.	Fabaceae	<i>Madhur</i>	<i>Ushana</i>	<i>Madhur</i>	<i>Snigdha, Guru, Sara</i>
Rajmash / cow peas	<i>Vigna catiang</i> Walp.	Fabaceae	<i>Kashaya Madhur</i>	<i>Ushana</i>	<i>Madhur</i>	<i>Guru, Ruksha, Vishada, Sara</i>
Nishpav / Flat bean-	<i>Dolichos lablab</i> Linn	Fabaceae	<i>Madhur Kashaya</i>	<i>Ushana</i>	<i>Amla</i>	<i>Guru, Ruksha, Sara</i>
Makushta / Vanamudga/ Aconite leaved kidney bean	<i>Phaseolus aconitifoli -us</i> Jacq.	Fabaceae	<i>Madhur</i>	<i>Sheet</i>	<i>Madhur</i>	<i>Guru, Ruksha, Grahi</i>
Masura / Lentil	<i>Lens culinaris medicus</i>	Fabaceae	<i>Madhur</i>	<i>Sheet</i>	<i>Madhur</i>	<i>Guru, Ruksha, Grahi</i>
Aadhaki / Red gram	<i>Cajanus cajan</i> Millsp.	Fabaceae	<i>Kashaya, Madhur</i>	<i>Sheet</i>	<i>Madhur</i>	<i>Laghu, Grahi, Ruksha</i>
Chanaka / Bengal gram	<i>Cicer arietinum</i> Linn.	Fabaceae	<i>Kashaya</i>	<i>Sheet</i>	<i>Katu</i>	<i>Laghu, Ruksha</i>
Kalaya	<i>Pisum sativum</i> Linn	Fabaceae	<i>Madhur</i>	<i>Sheet</i>	<i>Madhur</i>	<i>Ruksha</i>
Tripata / Grass pea	<i>Lathyrus sativus</i> Linn.	Fabaceae	<i>Madhur, Tikta, Kashaya</i>	<i>Sheet</i>	<i>Katu</i>	<i>Ruksha</i>
Kulattha/ Horse gram	<i>Dolichos biflorus</i> Linn.	Fabaceae	<i>Kashay</i>	<i>Ushna</i>	<i>Katu</i>	<i>Grahi, Laghu, Vidahi</i>
Tila / Sesame	<i>Sesamum indicum</i> Linn	Pedaliaceae	<i>Katu, Tikta, Kashaya Madhura</i>	<i>Ushna</i>	<i>Katu</i>	<i>Guru, Snigdha, Sukshma</i>
Atasi / Linseed	<i>Linum usitatissim-um</i> Linn	Linaceae	<i>Madhur, Tikta,</i>	<i>Ushna</i>	<i>Katu</i>	<i>Snigdha, Guru</i>
Tuvari / Rocket salad	<i>Eruca sativa</i> Mill.	Cruciferae	<i>Katu, Tikta</i>	<i>Ushna</i>	<i>Katu</i>	<i>Laghu, Tikshna</i>
Sarshap(<i>Brasica</i>	Cruciferae	<i>Katu,</i>	<i>Ushna</i>	<i>Katu</i>	<i>Laghu, Snigdha,</i>

Rakta & Pita) / Indian colza	<i>campestris var.Sarson Prain</i>		<i>Tikta</i>			<i>Mrudu</i>
Rajika & Krishna rajika / Indian mustard	<i>Brassica juncea Linn.</i>	Cruciferae	<i>Katu</i>	<i>Ushna</i>	<i>Katu</i>	<i>Tikshna, Ruksha</i>

Table: 4.2 Properties and Therapeutic actions of Shimbi Dhanya^(3, 4, 13).

Shimbi Dhanya					
Drug name	Doshghnata	Roganhata	Pathya⁽¹¹⁾	Apathya⁽¹¹⁾	Nutritional value (per 100 gm)⁽⁴⁾
Mudga / Green Gram	<i>Kapha-Pitta Shamak</i>	<i>Jvar, Raktapitta, Udar, Vatavyadhi, Prameha, Chhardi, General Debility, Beri-Beri, ENT Diseases.^(4, 8, 9, 10)</i>	<i>Sarva Hitakar</i>	<i>Vatavyadhi (Ardita, Aakshepaka)</i>	prot 24.5 gm, carb. 56.7 gm, calcium 12 mg, phos. 326 mg, iron 4.4 mg, moisture 10.4 gm do not causes flatulence
Mash / Black Gram-	<i>Vatashamk, Kapha Pitta Vardhak</i>	<i>Vatavyadhi, Shukra Daurbalya, Hikka, Gudakila, Shwas, Shoola.^(4, 8, 9, 10)</i>	<i>Vatavyadhi (Dhatu Kshaya Janya), Kasa, Madatyaya, Shiroroga</i>	<i>Sarva Ahitakar, Aadhmana, Vatavyadhi (Margavarodha Janya)</i>	prot. 24 gm, fats 1.4 gm, minerals 3.2 gm, fibre 0.9 gm, carb. 59.6 gm, calcium 154 mg, phos. 385 mg, iron 3.8 mg, moisture 10.9 gm
Rajmash / Cow Peas	<i>Kapha Pitta Shamak, Vata</i>	<i>Krimi, Amlapitta, Stanya Alpata,</i>	<i>Vatavyadhi (Dhatu Kshaya</i>	<i>Aadhmana, Krumi, Pandu, Kamala,</i>	prot. 23 gm, fats 1.3 gm, minerals 3.2

	<i>Vardhak</i>	<i>Trishna.</i> ^(4, 7, 8, 9, 10)	<i>Janya), Kasa, Madatyaya, Shiroroga</i>	<i>Raktapitta, Shwas, Vatarakta, Aamavata, Amlapitta</i>	gm, fibre 4.8 gm, carb. 60.6 gm, calcium 260 mg. phos. 410 mg, iron 5.1 mg, moisture 12 gm
Nishpav / Flat Bean	<i>Kapha Shamak, Vata Pitta Vardhak</i>	<i>Visha, Kaphaja Vikara, Shotha.</i> ^(4, 10)	<i>Kaphaja Vikara</i>	<i>Raktapitta, Pandu, Hikka, Shwas, Vatarakta, Vibandha</i>	prot. 24.9 gm, fats 0.8 gm, minerals 3.2 gm, fibre 1.4 gm, carb. 60.1 gm, calcium 60 mg. phos. 433 mg, iron 2.7 mg, moisture 9.6 gm
Makushta / Vanamudga / Aconite Leaved Kidney Bean	<i>Kapha-Pitta Shamak, Vata Vardhak</i>	<i>Jvara, Raktapitta, Atisara, Grahani, Yakshma, Jirna Pratishyaya. Kasa.</i> ^(4, 10)	<i>Jwar, Raktapitta, Vatarakta</i>	<i>Krumi, Gulma, Shoola</i>	same as flat beans
Masura / Lentil	<i>Kapha Pitta Shamak, Vata Vardhak</i>	<i>Vrana, Vibandha, Jvara, Raktapitta, Grahani, Arsha.</i> ^(4, 7, 10) , <i>Chhardi, Atisara, Pandu, Acne</i>	<i>Sangrahani, Pandu, Jwar, Atisara, Raktapitta, Daha, Urdhwa Vata, Sthaulya</i> ⁽¹⁴⁾ ,	<i>Shoola, Gulma</i>	prot. 25.1 gm, fats 0.7 gm, minerals 2.1 gm, fibre 0.7 gm, carb. 59 gm, calcium 69 mg. phos. 293 mg, iron 7.58 mg, moisture 12.4 gm - no sulphur content; hence do not causes

					flatulence
Aadhaki / Red Gram	<i>Kapha Pitta Shamak, Vata Vardhak</i>	<i>Kamala, Shotha, Sthaulya⁽¹⁴⁾, Atisara, Hikka, Vatarakta, Arsha, Mukharoga</i>	<i>Sarva Roga, Hitakar Aahar.^(4,8,10)</i>	<i>Vatavyadhi</i>	prot. 22.3 gm, fats 1.7 gm, minerals 3.5 gm, fibre 1.5 gm, carb. 57.6 gm, calcium 73 mg. phos. 304 mg, iron 2.7 mg, moisture 13.4 gm
Chanaka / Bengal Gram	<i>Kapha-Pitta Shamak, Vata Vardhak</i>	<i>Jwar, Prameha, Medoroga, Raktavikar, Amlapitta, Parinama Shool</i>	<i>Prameha, Sthaulya⁽¹⁴⁾, Rakta Vikar, Jwar, Trishna, Daha, Vatarakta, Masurika.⁽⁴⁾</i>	<i>Aadhman, Vatavyadhi, Gulma, Shoola</i>	prot. 17.1 gm, fats 5.3 gm, minerals 3 gm, fibre 3.9 gm, carb. 60.9 gm, calcium 10 mg. phos. 160 mg, iron 0.7 mg, moisture 9.8 gm
Kalaya	<i>Kapha Pitta Shamak, Vata Vardhak</i>	<i>Balya</i>	<i>Raktapitta, Chhardi</i>	<i>Aadhmana, Vibandha, Vatavyadhi, Vatarakta</i>	prot. 19.7 gm, fats 1.1gm, minerals 2.2 gm, fibre 4.5 gm, carb. 56.5 gm, calcium 75 mg. phos. 300 mg, iron 7 mg, moisture 16 gm
Tripata / Grass Pea	<i>Kapha Pitta Shamak, Vata Vardhak</i>	<i>Aruchi, Balya</i>	Not mentioned as pathya in any specific disease.	<i>Causes 'Kalaya Khanja / Lathyrism (Quadriplegia)^(4, 10)</i>	Having some nutritional values but seeds contain toxic amino acid causing lathyrism. -steeping seeds

					in water or by parboiling of paddy toxins can be removed.
Kulattha/ Horse Gram	<i>Vata-Kapha Shamak</i>	<i>Shwas, Kasa, Medoroga, Ashmari, Pradar</i>	<i>Arsha, Kasa, Shwas-Hikka, Chhardi, Vatavyadhi, Kulattha, Gulma, Prameha, Medoroga, Udar, Shotha, Shlipada, Shiroroga, ENT Diseases. (4, 7, 8, 10)</i>	<i>Amlapitta, Raktapitta, Vatarakta, Masurika, Visarpa.⁽⁹⁾</i>	prot. 22 gm, fats 0.5 gm, minerals 3.2 gm, fibre 5.3 gm, carb. 57.2 gm, calcium 287 mg. phos. 311 mg, iron 6.77 mg, moisture 11.8 gm
Tila / Sesame	<i>Tridosh Shamak</i>	<i>Arsha, Ajirna, Sandhivata, Vran, Suryavarta, Indralupta, Ashmari, Dantaroga.^(4, 7, 8, 9, 10)</i>	<i>Dantaroga, Arsha, Sandhivata</i>	<i>Garbhini.⁽¹⁰⁾ , Krumi, Pandu, Kamala, Shwas, Hikka, Vatarakta, Shool, Kushtha, Amlapitta, Visarpa</i>	prot. 18.3 gm, fats 43.3 gm, minerals 5.2 gm, fibre 2.9 gm, carb. 25 gm, calcium 1450 mg. phos. 570 mg, iron 9.3 mg, moisture 5.3 gm
Atasi / Linseed	<i>Vata Shamak, Kapha- Pitta Shamak</i>	<i>Prameha, Vatarakta, Dagdhavrana Kasa .^(4, 7, 8, 10)</i>	<i>Shool, Vruddhi, Balaroga</i>	<i>Raktapitta, Twak Vikar</i>	prot. 20.3 gm, fats 37.1 gm, minerals 2.4 gm, fibre 4.8 gm, carb. 28.9 gm, calcium 170 mg. phos. 370 mg, iron 2.7 mg, moisture 6.5

					gm
Tuvari / Rocket Salad	<i>Kapha Shamak</i>	<i>Visha, Raktavikara, Kushtha, Krimi</i>	<i>Grahani, Atisara, Pandu, Kamala, Raktapitta, Vatarakta, Prameha</i>	<i>Unmada, Apasmar, Gulma, Shoola</i>	prot. 22.3 gm, fats 1.7 gm, minerals 3.5 gm, fibre 1.5 gm, carb. 57.6 gm, calcium 73 mg, phos. 304 mg, iron 2.7 mg, moisture 13.4 gm
Sarshap(Rakta & Pita) / Indian Colza	<i>Vata-Kapha Shamak, Pitta Vardhak</i>	<i>Kushtha, Krimi, Aamavata, Shlipada, Medoroga, Pliha.</i> ^(4, 7, 8, 10)	<i>Amavata, Shlipada.</i> ^(8, 10) <i>Medoroga, Shotha</i>	<i>Sarshap Shak-Tridosha Kopak.</i> ^(8, 10) <i>Raktapitta, Mutrakruccha</i>	Leaves- Brassilexin. Seeds- Rutin, sulphur, arabinogalactan
Rajika & Krishna Rajika / Indian Mustard	<i>Kapha-Shamak, Pitta Vardhak</i>	<i>Krimi, Kushtha, Shotha, Pratishyaya, Splenomegaly.</i> ^(4, 10)	<i>Mutrakruccha</i>	<i>Raktapitta, Daha, Yakshma, Chhardi</i>	Leaves- Brassilexin Seeds- Sinigrin, gluconapin, sinapine

(Prot- proteins, carb- carbohydrates, phos- phosphorus, vit- vitamins)

Table: 5. 1 Rasapanchak of Shuka Dhanya.^(3, 4)

Shuka dhanya						
Drug name	Botanical name	Family	Ras	Veerya	Vipak	Guna
Kangu / Italian millet	<i>Setaria italica</i> Linn.	Poaceae	-	<i>Ushna</i>	<i>Katu</i>	<i>Guru , Ruksha</i>
Chinaka / Indian millet	<i>Panicum miliaceum</i> Linn.	Poaceae	-	<i>Ushna</i>	<i>Katu</i>	<i>Guru , Ruksha</i>
Shyamak/ Japanese barnyard millet	<i>Echinochloa frumentacea</i> Link.	Poaceae	<i>Madhur</i>	<i>Sheet</i>	<i>Madhur</i>	<i>Ruksha</i>
Kodrava & Vanakodr-ava / Kodo millet	<i>Paspalum scrobiculatum</i> Linn.	Poaceae	<i>Kashaya Madhur</i>	<i>Kodrava – Sheet Vankodrava-</i>	<i>Katu</i>	<i>Laghu Ruksha, Grahi,</i>

				<i>Ushna</i>		<i>Vikashi</i>
Charuka / shar beej	<i>Saccharum munja</i> Roxb.	Poaceae	<i>Kashaya Madhur</i>	<i>Ushna</i>	<i>Katu</i>	<i>Laghu Ruksha</i>
Vansha-yava / beej	<i>Bambusa arundinac -ia</i> Willd	Poaceae	<i>Kashaya</i>	<i>Ushna</i>	<i>Katu</i>	<i>Ruksha</i>
Kusum-bha bija / Parrot seed	<i>Carthamus tinctorius</i> Linn.	Asteraceae	<i>Madhur Kashaya</i>	<i>Sheet</i>	<i>Katu</i>	<i>Guru, Snigdha</i>
Gavedh-uka / Adlay, jobs tears	<i>Coix lachryma - jobi</i> Linn.	Poaceae	<i>Katu</i>	<i>Ushna</i>	<i>Katu</i>	<i>Ruksha</i>
Nivara / Wild rice	<i>Hygroryza aristata</i> Nees	Poaceae	-	<i>Sheet</i>	-	<i>Ruksha, Grahi</i>
Yavanala / Sorghum	<i>Sorghum vulgare</i> (Linn.) Pers.	Poaceae	<i>Kashaya Madhur</i>	<i>Sheet</i>	-	<i>Laghu Ruksha</i>

Table: 5.2 Properties and Therapeutic actions of Shuka Dhanya

Shuka Dhanya					
Drug Name	Doshghnata	Roganhata	Pathya⁽¹¹⁾	Apathya⁽¹¹⁾	Nutritional Value (Per 100 Gm)⁽⁴⁾
Kangu / Italian Millet	<i>Kapha Shamak, Vata Vardhak</i>	<i>Raktapitta, Karshya, Bhagna, Annadrava Shool, Perforation, Cancer, Vrana⁽⁸⁾</i>	<i>Raktapitta, Amavata, Prameha, Medoroga, Mukharoga</i>	<i>Amlapitta</i>	prot. 12.3 gm, fats 4.3 gm, minerals 3.3 gm, fibre 8 gm, carb. 70 gm, calcium 26 mg, phos. 215 mg, iron 1.67 mg, moisture 11.2 gm
Chinaka / Indian Millet	<i>Kapha Shamak, Vata Vardhak</i>	<i>Raktapitta, Obesity</i>	<i>Raktapitta, Amavata, Prameha, Medoroga, Mukharoga</i>	<i>Amlapitta</i>	prot. 13 gm, fats 1 gm, fibre 2 gm, carb. 69 gm, moisture 12 gm
Shyamak/ Japanese Barnyard Millet	<i>Kapha-Pitta Shamak, Vata Vardhak</i>	<i>Pitta Vikara, Vibandha, Urustambha, Snehavyapad, Medoroga,</i>	<i>Raktapitta, Urustambha, Amavata, Prameha, Medoroga,</i>	<i>Vatavyadhi, Amlapitta</i>	prot. 6 gm, fats 2 gm, minerals 4 gm, fibre 10 gm, carb. 66 gm, moisture 12 gm - rich in vit. b1

		Ascitis	Mukharoga		
Kodrava & Vanakodr-Ava / Kodo Millet	Kapha-Pitta Shamak, Vata Vardhak	Prameha, Medoroga, Urustambha, Raktapitta, Jalodar, Nadivran, Darunak ⁽⁸⁾ , Trishna, Visha	Sarva Hitakar ⁽⁸⁾ Raktapitta Urustambha, Amavata, Prameha, Medoroga, Kodrava- Best In Rukshan ⁽⁷⁾	Raktapitta (Combination) ⁽⁷⁾	prot. 12 gm, fibre 1 gm, carb. 77 gm, moisture 10 gm
Charuka / Shar Beeja	Kapha Shamak, Vata Vardhak	Raktapitta, Vrishya	Raktapitta, Karshya, Amavata, Prameha, Medoroga, Mukharoga	Vata Vyadhi	Magnesium, iron, prot., calcium, phos ⁽¹²⁾ .
Vansha-Yava / Beej	Kapha Shamak, Vata Pitta Vardhak	Vibandha, Kushtha, Medoroga, Krumi, Visha	Sarva Hitakar Aahar	Amlapitta	same as vansha
Kusum-Bha Bija / Parrot Seed	Tridosha Shamak	Ashmari, Mutrakruchha, Daurbalya, Raktapitta	Hridaroga, Urustambha, Amavata, Prameha, Medoroga, Mukharoga	Shleshmaja Krumi ⁽⁷⁾	Same as saffola oil= rich in vit. e
Gavedh-Uka / Adlay, Jobs Tears	Kapha Shamak	Mutrakruccha, Medoroga, Chhardi, Trushna	Sihaulya, Amavata, Prameha, Mukharoga - Best In Karshaniya Anna ⁽⁷⁾	Amlapitta	prot. 20 gm, fats 4 gm, carb. 64 gm, moisture 10 gm
Nivara / Wild Rice	Pitta Shamak, Kapha Vata Vardhak	Grahani, Raktapitta, Kasa, Shwas, Urustambha, Swarabheda	Grahani, Raktapitta, Amavata, Prameha, Medoroga, Mukharoga ^(4,10)	Vatavyadhi, Amlapitta	protein rich, 357 cal / 100gm
Yavanala / Sorghum	Kapha-Pitta Shamak	Prameha, Sthaulya ⁽¹⁴⁾ , Kushtha, Diuretic, Renal Calculi	Staple Diet In D. Mellitus, Amlapitta, Kasa, Chhardi, Trushna,	Shlipada	prot. 10.4 gm, fats 1.9 gm, minerals 1.6 gm, fibre 1.6 gm, carb. 72.6 gm, calcium 25 gm,

			Amavata, Medoroga, Mukharoga, Stri Roga, Bala Roga ^(4,8,10)		phos. 225 mg, iron 4.1 mg, moisture 11.9 gm
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(Prot- proteins, carb- carbohydrates, phos- phosphorus, vit- vitamins)

DISCUSSION-

→In today's busy lifestyle, many of the disorders are manifested due to improper & unhealthy food intake which can be managed as per *Ayurvedic* dietetics (*Nidanakar aahar*). Dietary consideration is an important component of every prescription in *Ayurvedic* clinical practice. Sometimes, dietary management in itself is a complete treatment. (*Nidana parivarjana*)

→Ayurveda described *Pathya aahar* which is disease specific & designed as therapeutics for a particular disorder. *Ahara* maintains the normalcy of *doshas* & *dhatus* when consumed as per *Aahar vidhi visheshayatan*.

→The *Ahara Vargas* like *Shooka Dhanya*, *Shami Dhanya*, *Mamsa*, & *Shaka* cannot be used without applying *Kalpana*. Nutraceutical properties & health benefits of cereals & pulses should be taken into consideration during treatment.

→Balanced diet in Ayurveda can be defined as "the diet enriched with *Shadarasa* (all six rasa), required *Gunas* (properties), *Veerya* & given to the individual after consideration of *Prakrati*, *Agni* (digestive power), *Kostha* (digestive system) & *Ritu* (season variation)

→A balanced diet according to modern science; should provide around 50-60% of total calories from carbohydrates, about 10-15% from proteins & 20-30% from both visible & invisible fat. These dietary guidelines could be directly applied for general population or specific physiological

or high risk groups to derive health benefits⁽¹⁵⁾.

→For example; *Ayurvedic* dietary plan for Diabetes Mellitus patients should consist of Cereals like *Yava*, *Godhuma*, *Shyamaka*, *Kodrava*, *Bajara*, varieties of rice & Pulses like *Chanaka*, *Adhaki*, *mudga (pathya)* based on their *Ayurvedic* therapeutic properties.

CONCLUSION-

Dietary consideration is an important component of every prescription of *Mahastrotas vyadhi*. Integration of *Bhavaprakashokta Dhanya varga* with modern dietetics will lead to pioneering work in management of *Mahastrotas vyadhi*. *Ayurveda* described a wide range of dietetics & energetic of food including *Pathya-apathya*, incompatible diets, discipline of food intake like *Ashta Ahara Vidhi Visheshayatan* & *Dvadasha Asana Vidhi*. Integration of *bhavaprakashokta dhanya varga* with modern dietetics will lead to the successful & pioneering work in field of *dravyaguna*. *Ayurvedic* physicians should develop integrated dietary plans including traditional & modern era foods.

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CORRESPONDING AUTHOR

Dr. Rita Mandle

Assistant Professor, Dept. of Dravyaguna vigyana, Sumatibhai Shah Ayurved mahavidyalaya, Hadapsar, Pune.

Maharashtra - India

Email: dr.ritaratnaparkhi7@gmail.com

Source of support: Nil

Conflict of interest: None Declared

Cite this article as

Dr. Rita Mandle: Therapeutic Potential of Bhavaprakashokta Dhanya Varga in Management of Mahastrotas Vyadhi: A Review. ayurpub; V(3): 1495-1508