

KNOW THE VEGETABLES BEFORE YOU CONSUME- A NUTRITIVE REVIEW ON SHAK VARGA IN BHAVPRAKASH NIGHANTU

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ABSTRACT

Our traditional science promotes the use of wholesome diet (Pathya) in the prevention as well as management of different disease condition. Pathya is said to be the supreme medicine, our classical texts quote that no other medicine just like pathya is available. Our classical text have given separate chapters for dietary items and described different group of food items such as Dhanyavarga, Mansvarga, Shakavarga etc. All the vegetables are included under Shakavarga with their properties and indications in different disease conditions. In this article an attempt is made to review the vegetables (shakas) as described in old classical text.

KEYWORDS: Shakavarga, Pathya Nutrition, Vegetables, Health, Ayurveda.

INTRODUCTION

“*Na cha Ahara samam kinchith bhaishajyam upalabhyate*”^[1]

No medicine is equivalent to food and it is possible to make a person disease free with a proper balanced diet. Nutrition, health, and wellness are connected to each other very closely. Vegetables are low in calories and contains good amounts of fibers, vitamins, anti-oxidants and minerals. All the Green- Yellow- Orange vegetables are rich sources of calcium, magnesium, potassium, iron,

beta-carotene, vitamin B-complex, vitamin-C, vitamin-A, and vitamin K.^[2] Shakha Varga (group of vegetables) is one among the various food substances described in classical texts. Its divided into 6 categories based on their origin and appearance such as: patra shaka (leafy vegetables), pushpa shaka (flowering vegetables), phala shaka (fruit form of vegetables, naala shaka (hollow vegetables), kanda shaka (tuber form of vegetables), samswedaja (grows with the help of moisture in bhoomi or wood).^[3]

MATERIAL AND METHODS

Table 1: Showing list of Shakas in Bhava Prakasha Nighantu with their properties and Therapeutic uses.

S. N.	Name of Shaka (Vegetable)	Botanical Name	Properties & Action	Therapeutic Uses/Actions	Chemical Constituent
1.	Vastuka	<i>Chenopodium album</i> Linn.	GUNA- Lagu VIPAKA -Katu DOSHASAMAKA - Tridoshnashaka	Pliha Roga, Raktpitta Roga, Pittaja Roga, Krimi Dosha.	Carotene and Vit C
2.	Sugandha Vastuka	<i>Chenopodium ambrosioides</i>	RASA- tikta VIPAKA - Katu	Pliha Roga, Raktpitta Roga, Pittaja Roga, Krimi Dosha.	Chenopodium oil, Ascaridol, Vit C
3.	Pothaki	<i>Basella rubra</i> Linn.	RASA-, tikta, Snigdha VIPAKA Sita, DOSHASAMAKA – Kaphakaraka, Vatapittasamaka.	Anidra, Rakta pitta roga,	Vit A, B and Protein
4.	Swetamarisha ^[4]	<i>Amaranthus</i>	GUNA- Guru, Vistambhi	Raktapitta	Protein, Loha

		<i>blitum</i> Var.	RASA - Madhur VIRYA- Shita DOSHASAMAKA - Pittanasaka, Vatakaphakaraka.	roga, Vishamagni	
5.	Raktamarisha	<i>Amaranthus gangeticus</i> Linn.	GUNA- Guru RASA- Madhur VIPAKA - Katu DOSHASAMAKA – Kaphakaraka	Raktapitta roga, Vranaropaka.	Vit A,B,C,Saponin
6.	Tanduliya	<i>Amaranthus spinosus</i> Linn.	GUNA- Laghu, Rukhsa VIRYA-Shita DOSHASAMAKA- Pittakaphanasaka	Raktavikara, Visha roga	Protein, Carbohydrates, I oha
7.	Panniyatanduliya	–	GUNA- Laghu RASA- Tikta DOSHASAMAKA- Vatanasaka	Raktapitta roga	
8.	Ramdana	<i>Amaranthus caudatus</i> Linn.	–	Arsha, Mutrakrishta	Oxalic acid
9.	Palak	<i>Spinacia oleracea</i> Linn.	GUNA- Guru VIRYA- Shita DOSHASAMAKA- Vatakaphakaraka	Mada roga, Mutrajanana, S hotha	Iodine, Lecithin, Carotin, Oxalic acid
10.	Kalashaka	<i>Corchorus capsularis</i> Linn.	DOSHASAMAKA- Vatakaraka, kaphanasaka	Raktapitta Roga, Medhya	Capsularis
11.	Paatashak	<i>Corchorus olitorius</i> Linn.	DOSHASAMAKA- Vatakaraka	Raktapitta Roga	Vit C
12.	Kalambi	<i>Ipomoea aquatica</i> Linn.	RASA- Madhur	Sankhiya Vishakata, Afeem Vishakata	Vit A,B,C,E
13.	Choti Lodi	<i>Portulaca quadrifida</i> Linn.	GUNA- Rukhsa, Guru RASA- Lavan, Amla, DOSHASAMAKA, Vatakaphanasaka	Arsha, Vishanasaka, Dipana	
14.	Brihat Lodi ^[5]	<i>Portulaca oleraceae</i> Linn.	RASA- Amla VIRYA- Usna DOSHASAMAKA Vatakaraka, Kaphapittanasaka	Vrana, Gulma, Swasa, Kasa, Premeha	Potassium Oxalate
15.	Changeri ^[6]	<i>Oxalis corniculata</i> Linn.	GUNA- Rukhsa RASA- Amla VIRYA- Ushna DOSHASAMAKA Pittajanaka, Vatakaphanasaka	Grahani, Kustha, Atis ara	Potassium Oxalate
16.	Cukrika	<i>Rumex vesicarius</i> Linn.	RASA- Amla DOSHASAMAKA- Vatanasaka, Kaphapittakaraka	Shotha roga, keetadansha	Emodin
17.	Chanccuki	<i>Corchorus fascicularis</i> Lam.	VIRYA- Shita DOSHASAMAKA- Tridoshanasaka	Dhatupustikara, Med hya	Cardiac glycosides, triterpenoids Ionones Flavonoids
18.	Hilmochika	<i>Enhydra fluctuans</i> Lour	DOSHASAMAKA Kaphapittanasaka	Shotha, Kustha	Ethyl acetate, n-butanol
19.	Shitivara ^[7]	<i>Marsilea minuta</i> Linn.	GUNA- Laghu, Rukhsa RASA- Kashaya	Jvara, Swasa, Premeh a, Kustha	
20.	Mulakpatram	<i>Raphanus sativus</i>	GUNA- Laghu RASA- Usna DOSHASAMAKA- Tridoshasaka		Polyphenols, Anthocyanins Isothiocyanates
21.	Dronapushpi	<i>Leucas cephalotes</i>	GUNA- Rukhsa, Guru	Kamala, Shotha, Pre meha, Jvara	

22.	Yavanisaka	<i>Trachyspermum ammi</i>	RASA- Katu,Tikta VIRYA- Ushna DOSHASAMA- Pittajanaka,Vatakaphshamaka	Shoola	Alkaloids Flavinods Tannins Saponins
23.	Dadrugna	<i>Cassia tora</i>	GUNA- Laghu RASA- Amla DOSHASAMA- Vatakaphanasaka	Kandu,krimi roga,Swasa,Kustha	Anthraquinone glycosides Naphopyrone glycosides
24.	Thuhar		GUNA- Tikhsna	Gulma,Ashthila,Adh yamana,Rechaka	
25.	Parpat		GUNA- Laghu RASA- Tikta VIRYA- Shital DOSHASAMA- Kaphapittanasaka	Trishna, Jvara, Grahani	
26.	Gojihiva ^[8]	<i>Onosma bracteatum</i>	GUNA- Laghu DOSHASAMA- Vatajanaka, Kaphapittanasaka	Kustha, Premeha,Mutrakrich a,Jvara	Aliphatic Ketones,lipids,naphaza rins
27.	Patolpatra	<i>Trichosanthes dioica</i>	DOSHASAMA- Pittnasaka	Dipana, pachana,Pitta jvara	Volatile oil
28.	Guduchipatra	<i>Tenospora cardifolia,</i>	GUNA- Aagneya,Laghu RASA-Kashaya,Katu,Tikta	Jvara,Premeha,Vatar akta,Kamala, Kustha,Pandu	Giloin,Berberine
29.	Kashmarda	<i>Cassia occidentalis</i> Linn.	RASA- Madhur DOSHASAMA- Kaphavatanasaka,Pittanasaka	Kasa,Raktavikara,Vi shavikara	Tannic acid,Emodin,Toxalbum in,Chrysorobin
30.	Chanakshaka	<i>Cicer arietinum</i>	RASA- Amla DOSHASAMA- Kaphavatakaraka,Pittasamaka	Danthashotha	Protein 17.1% Carbohydrate 61.2 Minerals 2.7 Vit A & B1
31.	Kalayashaka	<i>Pisum sativum</i>	GUNA- Laghu RASA- Tikta DOSHASAMA- Tridoshanasaka	Malabedhaka	Protein 23% Carbohydrate 54 Trigonelline
32.	Sarshapshaka	<i>Brasica campestris</i>	GUNA- Guru, ,Tikshna, RASA- Katu VIRYA- Ushna, VIPAKA - Amlapaka DOSHASAMA- Tridoshakaraka	Bahumutramala	Volatile oil Protein20% Erucic acid
33.	Agastyapuspa	<i>Sesbania grandiflora</i>	RASA- Tikta,Kashaya VIRYA- Shita VIPAKA - Katu, DOSHASAMA- Kaphavatanasaka	Jvara,Ratondhi, Pinasa	
34.	Kadalipuspa	<i>Musa sapientum</i>	GUNA- Snigdha,Guru RASA- Madhura VIRYA- Shitala, DOSHASAMA- Vatapittahara,	Raktapitta	Potassium, Vit C &B,Tannin
35.	Shigrupuspa	<i>Moringa pterygosperma</i>	GUNA- Tikshna RASA- Katu VIRYA- Ushna DOSHASAMA- Kaphavatagna	Gulma,Vidradhi, Plihagna	Spirochin,Nucleic acid
36.	Salmalipua ^[9]	<i>Bombax malabaricum</i>	GUNA- Guru RASA- Madhura, Kashaya VIRYA- Shitala- DOSHASAMA- Vatajanaka,Kaphapittanasaka,	Pradara,Grahi	

37.	Kushmana ^[10]	<i>Benincasa hispida</i> Thunb.	GUNA- Guru DOSHASAMA- Kaphakaraka Pakvaavastha- Madhura,Shitala,Lagu,Tridosh nasaka	Pakvaavastha- Unamada,Bastisudhi kara	Protein Carbohydrate Minerals Vit B
38.	Kushmandi ^[11]	<i>Cucurbita pepo</i> Linn.	GUNA- Guru VIRYA- Shita Pakvaavastha- Tikta,kaphavatanasaka,Agniva rdhaka	Balaavastha- Raktapittanasaka	Protein Carbohydrate Minerals Arsenic Vit C
39.	Alabu	<i>Lagenaria vulgaris</i> Ser.	GUNA- Guru DOSHASAMA- Pittakaphnasaka,	Hridya, Vrishya	
40.	Katutumbi ^[12]	<i>Lagenaria vulgaris</i> Ser.	RASA- Tikta,Katu, DOSHASAMA- Vatapittanasaka	Pittajjvara, Vishnasaka	Saponin
41.	Karkatti ^[13]	<i>Cucumis utilissimus</i> Ser.	GUNA- Rukhsa, Guru RASA- Madhura VIRYA- Shita	Trishna	
42.	Chichinda	<i>Trichosanthes anguina</i> Linn.	DOSHASAMA- Vatapittanasaka,		
43.	Karvellaka ^[14]	<i>Momordica charantia</i> Linn.	GUNA- Lagu RASA- Tikta VIRYA- Hima DOSHASAMA- Vatajanak a	Pittajjvara,Pandu,P rameha,Kriminasaka	
44.	Mahakoshataki ^[15]	<i>Luffa aegyptiaca</i> Mill	GUNA- Snigda, DOSHASAMA- Vatanasaka	Raktapitta	
45.	Rajkoshataki ^[16]	<i>Luffa acutangula</i> Roxb.	RASA- Madhura VIRYA- Shita DOSHASAMA- Kaphavatakaraka,Pittanasaka	Swasa,Jvara,kasa,Kr iminashaka	
46.	Jangali Torai ^[17]	<i>Luffa acutangula</i> Roxb.	VIRYA- Ushna	Vamaka,Virechaka, Mutrajanana, Vishgna	
47.	Patol ^[18]	<i>Trichosanthes dioica</i> Roxb	RASA- Tikta DOSHASAMA- Nala-Sleshmahara Patra-Pittahara Phala-Tridoshnasaka	Pittaja jvara	
48.	Bimbi ^[19]	<i>Coccinia indica</i> W&A.	GUNA- Shita,Guru DOSHASAMA- Vatapittasamaka	Raktajavikara	Protein Carbohydrate Minerals Vit C
49.	Shimbi		GUNA- Guru RASA- Madhur VIRYA- shitala DOSHASAMA- kaphakaraka,Vatapittasamaka	Balya	
50.	Kolshimbi ^[20]	<i>Canavalia gladiate</i> (Jack.)DC.	GUNA- Guru DOSHASAMA- Vatanasaka,Pittakaphakaraka	Vrisya	
51.	Shobhanjanaphala ^[21]	<i>Moringa pterygosperma</i>	RASA- Kashaya DOSHASAMA- Kaphapittanasaka	Kustha,Swasa, Gulma, Shula	

52.	Bhanta ^[22]	<i>Solanum melongena</i> Linn.	GUNA- Guru, Snigda DOSHASAMAKA Guru, Snigda	Arsha	
53.	Dindish	<i>Citrullus vulgaris</i> Schard. var.	GUNA- Ruksha VIRYA- Shita DOSHASAMAKA- Vatajanaka, Kaphapittanasaka	Ashamari	
54.	Pindaar	<i>Randia uliginosa</i> DC.	GUNA- Shitala, Laghu DOSHASAMAKA- Pittanasaka	Visha roga	
55.	Karkotaki ^[23]	<i>Momordica dioica</i> Roxb	VIPAKA - Katu	Kustha, Swasa, Kasa, Jwara	
56.	Dodika ^[24]	<i>Leptadenia reticulata</i>	GUNA- Laghu, DOSHASAMAKA Pittakaphanasaka	Arsha, Krimi roga, Gulma, Visha roga	
57.	Kantakariphala	<i>Solanum surratense</i>	GUNA- Laghu, Ruksha RASA- Tikta, Katu VIRYA-, Ushna, DOSHASAMAKA- Vatakaphanasaka	Swasa, Kasa, Jwara	
58.	Naalashaka ^[25]		GUNA- Tikshna VIRYA- Usna DOSHASAMAKA- Vatakaphasamaka	Kandu, Krimihara, K ustha	
59.	Kandasaka ^[26]	<i>Amorphophallus campanulatus</i> Blume.	GUNA- Ruksha, ,Lagu, Vistambi, Visada RASA- Kashaya, Katu	Arsha, Plihagna, Gul ma,	Calcium oxalate
60.	Aluka ^[27]	<i>Dioscorea species</i>	GUNA- Guru, Ruksha, RASA- Madhura VIRYA- Shita DOSHASAMAKA- Kaphavatanasaka	Raktapitta	Dioscorine, Saponin, Cor tison
61.	Raktaalu ^[28]	<i>Colocasia antiquorum</i>	GUNA- Snigda, Guru DOSHASAMAKA Kaphanasaka	Arsha	Amylase, Vit A & B
62.	Mulaka ^[29]	<i>Raphanus sativus</i> Linn.	GUNA- Laghu RASA- Katu, VIRYA- Ushna DOSHASAMAKA Tridoshanasaka	Jwara, Swasa, Nasika Kantha Roga, Netra Roga	Volatile oil, Arsenic
63.	Nepalamulaka ^[30]	<i>Raphanus sativus</i>	GUNA- Guru RASA- Ruksha VIRYA- Ushna DOSHASAMAKA Tridoshanasaka	Jwara, Swasa, Nasika Kantha Roga, Netra Roga	Volatile oil, Arsenic
64.	Grajanama	<i>Daucus carota</i> Var. Sativa DC.	GUNA- Tiksha, Laghu RASA- Madhura, Tikta VIRYA- Ushna, DOSHASAMAKA- Kaphavatahara	Raktapitta, Arsha, Gr ahini	Protein Carbohydrate Minerals Vit A, B, C Iron Carotene
65.	Kadalikanda ^[31]	<i>Musa sapientum</i>	RASA- Madhura VIRYA- Shita	Amlapitta, Dahanasa ka	Potassium Vit B, C
66.	Maankanda	<i>Alocasia indica</i> (Roxb.) Schott	GUNA- Laghu VIRYA- Shita	Shodhagna, Raktapitta Rog	Starch, Calcium oxalate
67.	Varahikana ^[32]	<i>Dioscorea bulbifera</i>	GUNA- Tikta DOSHASAMAKA- Pittajanaka, Vatanasaka	Premeha, Kustha	Toxic Glucoside, Starch
68.	Hastikarna ^[33]	<i>Leea</i>	GUNA- Tikta	Shitajwara	Saponin

		<i>macrophylla</i> Horn.	RASA- Madhura VIRYA- Ushna DOSHASAMAKA Vatakaphanasaka		Glycoside Carbohydrate
69.	Kemukama	<i>Costus speciosus</i> (Koen)Sm.	GUNA- Lagu RASA- Katu,Tikta VIRYA- Shita DOSHASAMAKA Vatajanaka,Kaphapittanasaka	Jwara,Kustha,Kasa, Premeha	Starch
70.	Kaseru ^[34]	<i>Scirpus kysoor</i> Roxb.	GUNA- Lagu RASA- Madhur, Kashaya VIRYA-Shita	Netra Rog, Grahi	Carbohydrate Protein Gum
71.	Shaluka(Kamalkanda) ^[35]		GUNA- Guru, Ruksha RASA- Madhura VIRYA-Shita DOSHASAMAKA- Vatakaphajanaka	Raktavikara	
72.	Sansvedashaka(C hatraka) ^[36]	<i>Agaricus campestris</i> Linn.	GUNA- Guru, Pichhila VIRYA- Shita		

DISCUSSION

The route of health is nothing but food itself. The choice of healthy and nutritious food has become a prime importance in the present era. All the classical texts and majority of Nighantu have given a separate varga known as Shakhavarga and All kinds of vegetables come under this group along with their properties and indications. Age old science explains many food articles on Shakhavarga based on its Rasa Panchakas. Either due to extinct species or endangered species of various naturally available vegetables, man is unable to reach the exact species (medicinal plant) as mentioned in classics or recognize them as the same, hence few vegetables (Shakha varga) mentioned in the classics that are being used in day today practice with their nutritive analysis and scientific approach is illustrated in the article.^[37]

CONCLUSION

The physical and mental health of human beings depends on the food that we eat in day today life. The promotion of health and prevention of disease is possible through balanced diet. The proper utilization of naturally available vegetable food sources like fresh vegetables prevents from several disorders. Thus the maintenance of physical and mental health is possible only by proper nutritious balanced diet.

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