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A review on *Shimbhi Dhanya Varga*

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ABSTRACT

Ayurveda is a science of life and deals with longevity of life. *Acharya Charaka* described "Swasthya Rakshanam Aturasya Vikara Prashamanam". Prevention and curative of disease is an aim of Ayurveda. In prevention context *Acharyas* mentioned, to maintain optimal state of health one has to attain *Trayopasthambha*, Such as *Ahara, Nidra, Brahmacharya*. Every Ayurveda treatment bring attention towards balancing of these three. *Shimbhidhanyavarga* such as *Mudga, Masha, Rajamasha, Kulaththa, Makusta, Chanaka, Masura, Tila, Shimbhi* etc. are also known as *Vaidala* (dicotyledon) comes under *Aharavarga*. *Brihatrayi* and *Nighantukaras* mentioned this *Varga* and its *Gunakarma*. Here this article is an attempt to compile the *Nirukti, Paryayas, Gunakarma* and nutritive value and morphology, *Vishishta Yoga* of drugs which are mentioned in *Shimbhidhanya Varga*.

Key words: *Shimbhi Dhanya Varga, dicotyledon, Vaidala Dhanya.*

INTRODUCTION

Balanced diet with proper lifestyle and peaceful mind is the prerequisites for maintenance of health. 'Anna', the diet is regarded as *Brahman*, the supreme entity, due to its unique power of creation and sustenance of life. Awareness about balanced dietetics is being created all over owing to its role in health and disease. A lot of changes regarding food habits, sources of food articles, methods of preparation, few new additions and deletions, differences of opinion and various interpretations regarding edibles are seen. *Charaka* says- food sustains the life of living beings. All living beings in the universe require food. Detailed description about *Aharadravyas* is found in Ayurvedic literature, in

general and also in particular, specific to different seasons and places. There are many food articles which are mentioned in classics but not in use, as such and various edibles which are extensively used in the present day but do not have classical references. Literature regarding *Ahara Dravyas* is vast and deep but found scattered. Since the subject seemed to be too vast, it was restricted to only 3 Vargas – *Dhanyavarga, Phalavarga* and *Shakavarga* which constitutes more than seventy percent of total daily food requirement. More specific to the *Shimbhidhanya*, an attempt is made to collect the classical references from *Brihatrayees* and different *Nighantu*, in this article.

Nirukti / Definition^[1]

Shami - Stree, Shimba! Itihemachandraha: !!

Shami and *Shimbhi* are one and the same, where *Shami* is *Streelinga* word.

Paryayas

<i>Shimbhidhanya</i>	<i>Paryayapadas</i>
<i>Mudga</i>	<i>Baladhya, Mangalya, Harita, Balaaka, Khandira, Tuvarka, Supashreshtha, Bhuktiprado, Sharada</i>
<i>Masha</i>	<i>Dari dhaval, Jeernakar, Beejavara, Vrushya</i>
<i>Rajamasha</i>	<i>Alasandra, Chaval, Chapal, Bijavara,</i>

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	Neelamasha
Nishpava	Raajashimbhi, Valaka, Shweta Nishpav, Dhavika, Shweta Shimba, Mukhapriya
Masura	Masura, Masurakari, Masuri, Mangalya, Pandura, Madhura, supya, Pruthava
Adhaki	Tuvari, Peetapushpa, Shwetarakta, Tulya
Chanaka	Harimantha, Vajimantha, Harijivana, Baalabhojya, Krishnakanchuka
Kalaya	Khandika, Triputa, Harenuka, Nalaka
Kulatha	Chakra, Chakra, Vajana, Karshana, Peetamudga

Latin name^[2]

Shimbhidhanya	Latin Names
Mudga	<i>Phaseolus aureus</i> Robs
Masha	<i>Phaseolus mungo</i> Linn
Rajamasha	<i>Vigna catiang</i> Walp
Nishpava	<i>Dolichos lablab</i> Linn
Vanamudga	<i>Phaseolus aconitifolius</i>
Masura	<i>Ervum lens</i> Linn
Adhaki	<i>Cajanus indicus</i> Spreng
Chanaka	<i>Cicer arietinum</i> Linn
Kalaya	<i>Pisum sativum</i> Linn
Triputa	<i>Lathyrus sativus</i> Linn
Kulaththa	<i>Dolichosis biflorus</i> Linn
Tila	<i>Seasumum indicum</i> Linn
Tuvari	<i>Erucea sativa</i> Mill
Chanaka	<i>Panicum miliaceum</i> Linn

Kula^[2]

Shimbhidhanya	Family
Mudga, Masha Rajamasha Nishpava, Vanamudga Masura, Adhaki Chanaka, Kalaya, Triputa, Kulaththa	Leguminosae
Tila	Pedaliaceae

Tuvari	Cruciferae
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Vernacular names^[2]

Shimbhidhanya	Hindi	Kannada	English
Mudga	Munga	Hesaru	Green gram
Masha	Udad	Uddu	Black gram
Rajamasha	Rajamasha, choura	Alasandhi	Chinese Beans
Nishpava	Nishpava, Saira	Avare	Flat Bean
Vanamudga	Mota	Madake	Aconite leaved Kidney Bean
Masura	Masura	Chanangi	Lentil
Athadaki	Arahada	Togari	Pigeon pea/Red gram
Chanaka	Chane	Kadale	Bengal gram
Kalaya	Matar	Vatani	Garden pea
Triputa	Khisari	-	Chiklingveteb
Kulaththa	Kulathi	Hurele	Horsegram

Vargeekarana**In Samhita Period**

Acharya Charaka mentioned it as *Shimbhidhanya* and *Shamidhanya Varga*.^[3]

Acharya Sushruta mentioned it as *Shamidhanya Varga*.^[4]

Acharya Vagbhata mentioned it as *Shamidhanya Varga*.^[5]

In Nighantu Period

Dhanvantari Nighantu^[6]

Author mentioned under *Dhanyavarga* along with *Shamidhanya* such as *Shali*.

Madanapala Nighantu^[7]

Author mentioned it as *Vaidala*. Explained individual drugs which come under *Shimbhidhanya*.

Raja Nighantu^[8]

Author explained the *Shimbhidhanya* drugs individually with their properties.

Kaiyadeva Nighantu^[9]

Author included this *Shimbhidhanya* in *Dhanyavarga*. He mentioned the properties of *Shimbhidhanya* in generally as *Kashaya, Madhura Rasa, Laghu Guna, Katu Vipaka, Sheeta Veerya*.

Bhavaprakasha Nighantu^[10]

Author mentioned it under *Dhanyavarga*. And gave a synonym for *Shimbhidhanya* as *Shamija, Shimbija, Shimbhibhava, Supya, Vaidala* and explained their properties. He mentioned that except *Mudga* and *Masura* all produce *Adhmana*.

Priya Nighantu^[11]

Mentioned it as *Dhanya Varga*. It is named as *Shamidhanya* and explained their properties.

Nighantu Adarsha

Mentioned it as *Shimbhi Varga*. And correlated with Leguminosae. Explained its morphology.^[12]

Swaroopa/Morphology

It mainly includes Herb, shrub and tree. It includes 2-4 inches of small plants to 50-100 meter of height. The leaves of this plant get closed during the night time this property is mainly compared to the *Lajjalu*. Some plants get closed due to touch, leaves are simple, alternate, ex-stipulate and pinnately compound, which is compared to the wings of the birds. The flowers of the plant are different, depends upon their length, colour and some of the flowers are in the shape of butterfly and some are round. Like the flowers, their fruits are also different features, some are *Shimbhi* (Legume) while some are 2-4 feet in length. Mainly these plants have 3 various type of flowers, depending upon the *Karmas* has been classified, now a days it is also identified by the individual *Varga*.^[12]

Gunakarma**Rasapanchaka^[14]**

Shimbhidhanya	Rasa	Guna	Veerya	Vipaka	Prabhava
Mudga	Madhur	Laghu,	Sheet	Katu	-

	a	Ruksh a, Vishad a	a		
Masha	Madhur a	Guru, Snigda	Ushn a	Madhur a	Vrushya
Adaki	Kashay a	Laghu	Sheet a	-	-
Masura	Madhur a	Laghu, Ruksh a	Sheet a	Madhur a	-
Chanaka	Kashay a	Laghu, Ruksh a	Sheet a	-	-
Sateen	Madhur a	Ruksh a	Sheet a	-	-
Tripataka	Madhur a	Ruksh a	Sheet a	-	-

Dosha - Dhatu – Malakarma^[14]

Shimbhidhanya	Doshakarma	Dhatukarma	Rogagnataya
Mudga	Kaphapittahara	Chakshushyagr ahi	Jwarghna
Masha	Vatahara, Kapha- Pittahara	Balyasthanyaja naka, Vrushya	Amlapitta
Adaki	Kaphapittakara	Grahi, Varnya	Sheeta
Masura	Kaphapittakara	Grahi	Raktapitahar a, Jwaraghna
Chanaka	Vatala, Pittahara	-	Sheeta
Sateen	Vatala	-	Raktapittaha ra
Tripataka	Vatala	-	Pangu
Tila	Vatahara, Kapha- Pittahara	Tvachya, Keshya	Vatavyadhi

<i>Kulaththa</i>	Vata-Kaphahara	Shukranashaka	Hikka, Shwasa, Arshas
<i>Avalguja</i>	Kapha-Vatashamaka	-	-
<i>Nishpava</i>	Vata-Pittakara	Shukranashaka	-
<i>Kankodam</i>	Vatahara, Kapha-Pittahara	Balya, Sthanyajanaka, Vrushya	Amlapitta
<i>Atmagupta</i>	Vatahara, Kapha-Pittahara	Balya, Sthanyajanaka, Vrushya	Amlapitta
<i>Uma</i>	Vatahara, Kapha-Pittahara	Balya, Sthanyajanaka, Vrushya	Amlapitta

Prayogavijnana^[15]**Bahya Prayoga**

Masha Taila, Tila Taila both used in *Abhyanga* to mitigate *Vatadosha, Shoola* etc. *Avalagunjadi Lepa* is used in *Kushta*.

Abhyantara Prayoga

Almost all the *Shimbhidhanyavarga Dravyas* used as food articles to sustain good health. *Mudga* is used as *Sadapathya*. *Masha* is used in *Krusha/Debilited* persons as *Brumhana*. *Kulaththa Kwatha* is used as *Mutrala* and *Ashmaghna* in *Mutrashmari*. *Atmagupta* is used as *Vajikaraka/Aphrodisiac*.

Vishishta Yogas^[16]

Masha Taila, Mashapisti, Tila Taila, Avalgujadi Lepa, Kapikachchu Churna, Kulaththa Kwatha.

Nutritional Values of Shimbhidhanya Varga Dravya**Chemical composition^[13]**

Dravya	Protein	Fat	CHO	Energy	Ca	P	Fe	Vit- A	Thia	Rib	Nia	F.A	Vit-C
<i>Mudga</i>	24	1.3	56.7	33.4	129	326	4.4	94	0.47	0.27	2.1	-	-
<i>Masha</i>	24	1.4	59.6	347	154	38.5	3.8	3.8	0.42	0.2	2	132	-
<i>Adaki</i>	22.3	1.7	57.6	335	73	304	2.7	132	0.45	0.19	2.9	103	-
<i>Masura</i>	25.1	0.7	59	343	69	293	7.58	270	0.45	0.2	2.6	36	-
<i>Chanaka</i>	17.1	5.3	60.9	360	202	312	4.6	189	0.3	0.15	2.9	186	3
<i>Satin</i>	19.7	1.1	56.5	315	75	298	7.5	39	0.97	0.19	3.4	7.5	-
<i>Triputaka</i>	28.2	0.6	56.6	345	90	317	6.3	120	0.39	0.17	2.9	-	-

DISCUSSION

Ahara is one among the *Trayopasthamba*, which maintains the health status of body. In *Aharavarga, Dhanyavarga* is one which constitutes more than seventy percent of total daily food requirement. In *Brahatrayer*, *Charakacharya* explained properties of *Shimbhidhanya* in detail, *Nighantukaras* mentioned that *Shimbhidhanya* are having *Madhura Rasa, Madhura Vipaka* and *Sheeta Virya* and does the

Chakshushya, Grahi and *Varnya* action. Indicated in *Vatavyadhi* as *Pathya*. *Shimbhidhanya Varga* are all most from *Fabaceae* family and are mostly herbs and shrubs. These *Shimbhidhanya* are highly nutritive with rich amount of Calcium and Carbohydrate.

CONCLUSION

Present *Shamidhanya Varga* explained by *Brihatrayi* and most of the *Shimbhidhanya* are *fabaceae* family, and has *Gunakarma* such as *Madhura Rasa, Madhura*

Vipaka and *Sheeta Veerya*, *Tridosahara*, *Amlapittahara*, *Jwaraghna*, *Vatavydhihara*. These are used as *Pathya* in many disease conditions. They are having highly nutritive value and consumed daily. They are used now as nutraceuticals means *Aharopayogi Dravyas*. Formulation of these *Shimbhidhanya Varga Dravyas* applied externally and taken internally.

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