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## Review on *Shaka Varga* w.s.r. to *Bruhatrayee*

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### ABSTRACT

The vegetables are grouped under *Shaka Varga* in Ayurvedic classics. The *Bruhatrayees* are the most important books of Ayurveda classics. They are *Charaka Samhita*, *Sushruta Samhita* and *Astanga Hridaya/Astanga Sangraha*. Most of the plants under *Shaka Varga* are of controversial botanical identity and some are unidentified. The *Bruhatrayees* included *Shaka Varga* under *Ahara*(food). The *Shaka Varga* includes *Patra Shaka* (leafy vegetables), *Kanda Shaka* (stem vegetables), *Phala Shaka* (vegetable fruits), *Pushpa Shaka* (flower vegetables) etc. Consumption of these vegetables helps to maintain the health in the healthy individual and helps in curing the diseases. Certain vegetables are *Pathya* (suitable) and *Apathya* (not suitable) for consumption. The vegetables are consumed for the nutrition and as the best calorie diet. The medicinal herbs are used in the small quantities and have huge medicinal properties. The present study is to review on the number of plants with their botanical identification and the *Karma* of *Shaka Varga Dravyas* (plants belonging to vegetable category) in *Bruhatrayees*.

**Key words:** *Shaka Varga*, *Vegetables*, *Bruhatrayees*, *Ahara*

### INTRODUCTION

*Shaka Varga* in Sanskrit is group of vegetables. *Charaka Samhita*, *Sushruta Samhita* and *Astanga Hridaya/Astanga Sangraha* are called the *Bruhatrayees* as per Ayurveda classics. The *Charaka Samhita* mentioned *Shaka Varga* in *Sutrasthana*, twenty seventh chapter *Annapanavidhi Adhyaya* and classified Vegetables mainly based on *Rasa* (Taste) and *Dosha Prabhava* (effects on *Doshas*).<sup>[1]</sup> But *Acharya*

*Chakrapanidatta* elaborated the vegetables into three types: *Patra Shaka*, *Phala Shaka*, and *Kanda Shaka*. Apart from these *Acharya Charaka* mentioned *Harita Varga* and *Aharopayogi* (vegetables that can be used daily for consumption as food).<sup>[2]</sup> The *Sushruta Samhita* included it under *Annadravya* and classified *Shaka Varga* into four based on *Ashraya*(origin) viz: *Pushpa* (flowers), *Patra* (leaves), *Phalam* (fruits), *Kandam* (tubers) in *Annapana Vidham Adhyayam*, forty sixth chapter of *Sutrasthana*.<sup>[3]</sup> The *Astanga Hridaya* divided *Shakas* as *Patra Shaka*, *Kanda Shaka*, *Phala Shaka* and *Salana Shaka* (seasoning plants). There are total 118 and 133 *Shaka Varga Dravyas* mentioned in *Charaka Samhita* and *Sushruta Samhita* respectively. The *Astanga Hridayam* and *Astanga Sangraha* mentioned 144 and 150 *Shaka Varga Dravyas* respectively.<sup>[4]</sup> The *Shaka Varga* are the vegetables which we use on our day to day living as *Ahara* (food). They are the great source of nutrition with huge amount of proteins etc. They are used as *Ahara* (food) and as well as *Aushadha* (medicine). Thus the important *Karma* (properties) of the individual

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vegetables with *Aushadha Guna* (medicinal property) along with the botanical identification is reviewed in this article. The *Shaka Varga Dravyas* of *Bruhatrayees* are identified. (Table 1)

## MATERIALS AND METHODS

The review is done by collecting data from various sources described under *Shaka Varga* in *Bruhatrayees*, *Nighantus*, Indian Materia Medica, Botanical Survey of India, various published journals and articles and Plant database.

## OBSERVATION

The observation mentioned here are done on the group of *Dravyas* of *Bruhatrayees* with their botanical identity and having the specific pharmacodynamic properties and their specific *Karma* on *Tridoshas*. Vegetables such as *Patha*, *Sathi*, *Srusa*, *Sunisanna*, *Satinaja*, *Rajaksava*, *Shusha* and *Vatsuka* pacify *Tridosha* and Constipative (bowel binding) except *Vatsuka*. The drug *Srusa* is *Nilavaka*, the vernacular name according to *Hridayabhotika* commentary of Sridasa pandita. It is spelt as *Shusha* by *Arunnadatta* who identified the drug as *Kasamardha* (*Cassia occidentalis*). *Sunisanna* (*Marsilea quadrifolia*) increases the digestive power and is aphrodisiac. *Rajaksava* (*Cleome viscosa*) is the best among those which pacify functional bowel diseases and haemorrhoids. *Vatsuka* (*Chenopodium album*) is a laxative. *Kakamaci* (*Solanum nigrum*) pacifies *Tridoshas*, cures the skin diseases and is aphrodisiac, hot and Rejuvenative. It is laxative and clears voice. *Cangeri* (*Oxalis corniculata*) is sour to taste, promotes digestion, cures functional bowel diseases and Haemorrhoids, pacify *Vata* and *Kapha*, hot, light and constipative. *Patola*, *Saptala*, *Arista*, *Srngesta*, *Avalguja*, *Amrta*, *Vetragra*, *Brhati*, *Vasa*, *Kuntali*, *Tilaparnika*, *Mandukaparni*, *Karkota*, *Karavella*, *Parpata*, *Nadikalayam*, *Gojihva*, *Vartaka*, *Vanatiktaka*, *Karira*, *Kulaka*, *Nandi*, *Kucaila*, *Sukuladani*, *Katilla*, *Kembuka*, *Kostaka* and *Karkasa* are bitter to taste, *Katu Vipaka* (metabolic end effect) and Constipative. They increase *Vata*, pacify *Kapha* and *Pitta*. *Patola* (*Trichosanthes anguina*) is Stomachic, destroys intestinal worms, is of *Madhura Vipaka* (metabolic end

effect) and tasty. The two varieties of *Brhati* (*Solanum* species) vitiate *Pitta*, pacify *Vata*, Carminative and Purgative. *Vasa* (*Adathoda vasica*) cures vomiting and cough. It is best remedy in bleeding disorders. *Karavella* (*Momordica charantia*) is pungent taste, carminative and pacifies *Kapha*. *Vartaka* (*Solanum melongena*) is pungent- bitter taste, hot and sweet, pacifies *Kapha* and *Vata*, and has alkaline property. It promotes digestion, stomachic and doesn't increase *Pitta*. *Karira* (*Capparis deciduas*) causes distension of abdomen, astringent, sweet and bitter in taste. *Kostaka* (*Luffa acutangula*) and *Avalguja* (*Psoralea corylifolia*) are penetrating and increase the digestive power. *Tanduliya* (*Amaranthus spinosus*) is cool, dry, light and sweet to taste. It relieves intoxication, disorders of blood. *Manjuta* (*Orchis latifolia*) pacifies *Vata* and *Pitta*, is unctuous, cool, is nutritive and increases the virility. *Palakya* is a variety of spinach mentioned in *Astanga Hrdaya* along with *Upodaka* (*Basella rubra*). *Upodaka* is spelt as *Upodika* in *Charaka Samhitha*. *Palakya* is unidentified. *Palankya* is identified as *Spinacia oleraceae*. *Sushruta Samhitha* explains the properties of *Palankya* similar to *Tanduliya* (*Amaranthus spinosus*). *Cuncu* (*Corchorus acutangularis*) is constipative. *Vidari* (*Ipomoea paniculata*) pacifies *Vata* and *Pitta*, diuretic, sweet and cool. It is enlivening, nutritive, soothing to throat, aphrodisiac and rejuvenative. *Jivanti* (*Holostemma adakodien*) pacifies all the *Tridosha*, good for eyes, sweet to taste.<sup>[5]</sup>

## Phala Shaka Varga : fruit vegetable

*Kushmanda*, *Tumba*, *Kalinga*, *Karkaru*, *Ervaru*, *Tindisa*, *Trapusa*, *Cinaka* and *Cirbhata* increases *Kapha* and *Vata*, purgative, causes constipation, increases secretion and sweet to taste. *Kushmanda* (*Benincasa hispida*) the commentary on *Charaka Samhitha* by *Chakrapani Datta Ayurveda Dipika* says tender or unripe *Kushmanda* is *Pitta Shamaka* (pacifies *Pitta*), half ripened increase *Kapha*, fully ripened *Kushmanda* is sweet to taste, alkaline in nature, hot and carminative, pacifies *Tridosha* and good for heart. *Alabu* (*Lagenaria siceraria*) is purgative, unctuous, cold in potency and heavy. *Chirbata* (*Cucumis Pubescens*)

and *Eruvaka* (*Cucumis pseudocolocynthis*) is useful in Diarrhoea.

#### **Kanda Shaka Varga : Aquatic stem vegetable**

*Mrnala, Visa, Shaluka, Kumudakanda, Utpalakanda, Nandimasaka, Keluta, Srngataka, Kaseruka, Krauncadana* and *Kalodya* is dry, constipative, cool and heavy.

#### **Patra Shaka Varga: leafy vegetable**

*Kalamba, Nalika, Marsha, Kutinjara, Kutumbaka, Cilli, Latvaka, Lonika, Kurutaka, Gavethuka, Jivata, Junju, Edagaja, Yavasaka, Sauvarchala*, leaves of pulses and *Lakshmana* are sweet, slightly salty, dehydrating. They increase *Vata* and *Kapha*, heavy and expel the urine and faeces.

#### **Pallava : tender leaves**

*Pallavas* (tender leaves) are mentioned under *Shaka Varga* by *Acharya Charaka*. The usage of tender leaves as vegetables mentioned here are of mainly coming from *Aushada Varga* i.e., all are medicinal herbs. The tender leaves included here are the plants with *Aushadhi Guna* (medicinal properties). Tender leaves of *Nyagrodha* (*Ficus bengalensis*), *Udumbara* (*Ficus racemosa*), *Ashwatha* (*Ficus religiosa*), *Plaksha* (*Ficus lacor*), *Padma* (*Nelumbo nucifera*) are astringent taste, causes constipation, stops bleeding, useful in Diarrhoea. *Vatsadani* (*Tinospora cordifolia*) and *Bilwa Patra* (*Aegle marmellos*) alleviates *Vata*, *Gandira* (*Euphorbia antiquorum*) and *Chitraka* (*Plumbago zeylanica*) alleviate *Kapha*, *Shatavari* (*Asparagus racemosus*), *Bala* (*Sida cordifolia*), *Jivanti* (*Leptadenia reticulata*), *Parvani* and *Parva Pushpa* alleviate *Vata* and *Pitta*. *Langalika* (*Gloriosa superba*) and *Urubhaka* (*Ricinus communis*) are light, bitter to taste and laxative. *Cilli* (*Chenopodium album*) with small leaves is quantitatively similar to *Vatsuka*. *Tarkari* (*Premna serratifolia*) and *Varana* (*Crataeva magna*) are sweet, slightly bitter and pacify *Vata* and *Kapha*. *Tila* (*Sesamum indicum*), *Vetasa* (*Salix caprea*) and small variety of *Chaitra Eranda* aggravate *Vata*, pungent, bitter and sour to taste. *Kalaya Saka* is constipative, sweet, dry. Varieties of *Punarnava* (*Boerhaavia diffusa*) and *Trianthema portulacastrum* and *Kalasaka* (*Murraya koenigii*).

Sprouts of *Cirivilva* (*Holoptelia integrifolia*) are carminative, laxative and pacify *Kapha* and *Vata*. Sprouts of *Satavari* (*Asparagus racemosus*) are bitter to taste, aphrodisiac and pacify *Tridoshas*. Bamboo Buds (*Bambusa arundinacea*) are dry, leads to internal burning sensation during digestion and vitiate *Vata* and *Pitta*. *Patura* (*Alteranthera sessilis*) is carminative, bitter and relieves spleen disorders and Haemorrhoids. *Puti Karanja Patra* (*Caesalpinia bonducella*) is pungent taste, light, hot in potency. *Tambula Patra* (*Piper betle*) is pungent and bitter to taste, hot and penetrating, good for voice, pacifies *Vata* and *Kapha*. *Puga* (*Areca catechu*) removes bad smell, clears the bowel movements.

#### **Pushpa Shaka Varga : flower vegetables**

*Kovidara, Sana, Salmali Pushpas* are sweet to taste, helpful in bleeding disorders. *Vasa* (*Adathoda vasica*) and *Agastya Pushpa* (*Sesbania grandifolia*) are astringent taste, pungent after digestion, reduces cough. *Karira* (*Capparis deciduas*) is pungent to taste, pacifies *Vata*.

The flowers of *Rakta Viksha, Nimbi, Mushkaka, Arka, Asana* and *Kutaja* pacifies *Kapha* and *Pitta*, useful in skin diseases. *Padma, Kupalaya, Utpala* are bitter to taste, cold potency and pacifies *Pitta* and *Kapha*. *Malati* and *Mallika* are bitter to taste and destroys *Pitta*. *Bakula* and *Patala* are scented flowers and stomachic. *Kimsuka* and *Kurantaka* pacify *Pitta* and *Kapha*. *Ksavaka, Kulevara* and *Vamsa Karira* flowers are useful in urinary disorders and pacify *Kapha*.

*Kasamarda* (*Cassia occidentalis*) relieves intestinal worms, cough, secretion of *Kapha* and laxative. *Kusumbha Shaka* (*Carthamus tinctorius*) is dry, causes dehydration, hot potency, increases *Pitta* and sour to taste. *Sarsapa* (*Brassica juncea*) is hot in potency, obstructs urine, constipating and vitiates all *Doshas*.

#### **Salana Shaka Varga: Seasoning Vegetables**

*Kuthera, Sigru, Surasa, Sumukha, Asuri, Bhustrna, Phanijja, Arjaka, Jambira* comprises of *Salana Varga* causes burning sensation during digestion, pungent, dry and hot potency. They are *Hrdya* (stomachic), carminative, appetizing, is light, destroy virility and

intestinal worms. *Lasuna* is extremely hot potency, stomachic, hair tonic, aphrodisiac, carminative, helpful in fracture union, haemorrhoids, cough, asthma and provides strength.

### Moola Shaka Varga

*Surana* (*Amorphophallus paeoniifollius*) is carminative, Appetizer, lucid, light and pacifies *Kapha*. *Moolaka* (*Raphanus sativus*) is without clear manifestation of taste. It has slight alkaline.

### RESULTS AND DISCUSSION

The plants like *Palakya* and *Upodaka* are of similar properties.<sup>[5]</sup> *Upodaka* is spelt as *Upodika* in *Charaka Samhita*. *Palakya* is unidentified. *Vatsuka* identified as *Chenopodium album* (white goosefoot) may contain toxic amount of oxalate or nitrate compounds. The species *Chenopodium berlandieri* is a wonderful little plant which is edible, known as Pitseed goosefoot. The plant *Vastuka* may be taken as *Chenopodium berlandieri*. The plant *Srusa* is *Nilavaka*, the vernacular name according to *Hridayabhotika* commentary on *Astanga Hridaya*. The *Nilavaka* in the Malayalam language is the name of the plant identified with *Senna alexandrina* from the family Fabaceae, having the synonyms *Cassia augustifolia*, *Cassia acutifolia*, *Cassia senna*.<sup>[6]</sup> It is spelt as *Shusha* by *Arunadatta* who identified the drug as *Kasamardha* (*Cassia occidentalis*). *Palandu* (*Allium cepa*) is considered slightly inferior to *Lasuna* (*Allium sativum*). *Bhandi* is a word referring to *Albizia lebeck*, a plant species in the family Fabaceae, eaten as a vegetable according to *Charaka Samhita*. *Bhandi* in the Hindi language is another name for *Tanduliya*, which is identified as *Amaranthua spinosus* from family Amarantheceae according to *Raja Nighantu*. *Bhandi* is also identified as *Clerodendrum infortunatum* with synonym *Clerodendrum buchananii*.<sup>[7]</sup> *Parvapushpa* is one of the synonyms of *Nagadanti*, identified as *Croton oblongifolius*. *Kulaka* is another name for *Patola*, a medicinal plant identified as *Trichosanthes dioca* and *Kupilu* (*Strychnos nux-vomica*).<sup>[8,9]</sup> The *Piluparñi* is another name for *Murva*, a medicinal plant identified with *Marsdenia tenacissima* from the Asclepiadoideae or milkweed<sup>[10]</sup> *Karkaru* is also identified

with *Benincasa hispida*. *Tindisa* in India is the name of a plant defined with *Abelmoschus ficulneus* in various botanical sources.<sup>[11]</sup> *Nalika* is another name for *Indivara*, an unidentified medicinal, according to *Raj Nighantu* verse: 3/94-95. *Indivara* has been variously identified with *Satavari* (*Asparagus racemosus*), *Indravarunī* (*Citrullus colocynthis*), *Ajasrñgi*, *Indracirbhaṭi*, *Kadali*, *Kuraṅṭika* (*Celosia argentea*). The chapter *Guḍucyadi Varga* of the book *Raja Nighantu* contains climbers and creepers. Together with the names *Nalika* and *Indivara*, there are a total of six *Sanskrit* synonyms identified for this plant. *Salana Shaka* comprises drugs which are used as spices in food preparation. These corresponds the substances like coriander, garlic, pepper, curry leaf, onion, chilies, cinnamon, asafetida, fenugreek, mustard etc. in modern cooking. *Hridayabodhika* commentary of *Astanga Hridaya* says *Nandimasaka* is *Kulirchembu* in vernacular Malayalam language. It is one of the Aquatic stem vegetables or *Kanda Shaka Varga*. *Charaka Samhita* included *Pallava*, the tender leaves of the trees like *Nyagrodha* (*Ficus bengalensis*), *Udumbara* (*Ficus racemosa*), *Plaksha* (*Ficus lacor*), *Ashwatha* (*Ficus religiosa*) etc. under *Shaka Varga*. The plant *Gojihwa* identified as *Onosma bracteatum*. The different species of *Gojihwa* with reference to leaf are *Launaea pinnatifida*, *Elephanto scaber*, *Anchusa strigosa*, *Caccinia macranthera*, *Macrotomia benthami*.<sup>[12]</sup> Various preparation of dried *Shaka* (vegetables) is seen in *Sushruta Samhita* whereas *Charaka Samhita* considers dried up *Shaka* as unwholesome.

**Table 1: Plants of Shaka Varga from Brihatrayee with Identification**

SN	Common name	Botanical name	Family	English names
1.	<i>Agastya</i>	<i>Sesbania grandifolia</i>	Fabaceae	Hummingbird
2.	<i>Amalika</i>	<i>Tamarindus indica</i>	Fabaceae	Tamarind
3.	<i>Amrita</i>	<i>Tinospora cordifolia</i>	Menispermaceae	Heart-leaved moonseed

4.	<i>Ardrika</i>	<i>Coriandrum sativum</i>	Umbelliferae	Coriander
5.	<i>Arista</i>	<i>Azadirachta indica</i>	Meliaceae	Neem
6.	<i>Arjaka</i>	<i>Ocimum basilicum</i>	Lamiaceae	Sweet basil
7.	<i>Asana</i>	<i>Pterocarpus marsupium</i>	Fabaceae	Malabar kino
8.	<i>Ashwatha pallava</i>	<i>Ficus religiosa</i>	Moraceae	Sacred Fig
9.	<i>Asuri</i>	<i>Brassica campestris</i>	Brassicaceae	Field mustard
10.	<i>Avalguja</i>	<i>Psoralea corylifolia</i>	Fabaceae	Purple fleabane
11.	<i>Bakula</i>	<i>Mimosops elengi</i>	Sapotaceae	Cherry
12.	<i>Bhandi/Svana makhyata</i>	<i>Albizia lebeck</i>	Fabaceae	Shiris/Baage
13.	<i>Bhukanda</i>	<i>Agaricus campestris</i>	Agaricaceae	Field mushroom
14.	<i>Bhustrna</i>	<i>Andropogon citratus</i>	Poaceae	Lemon grass
15.	<i>Bilwa parni</i>	<i>Aegle marmelos</i>	Rutaceae	Woodapple
16.	<i>Brhati</i>	<i>Solanum anguivi</i>	Solaneceae	Poison berry
17.	<i>Campaka</i>	<i>Magnolia champaca</i>	Magnoliaceae	Champak
18.	<i>Cangeri</i>	<i>Oxalis corniculata</i>	Oxalidaceae	Creeping wood sorrel
19.	<i>Chatra /fungi</i>	<i>Psalliota campestris</i>	Agaricaceae	Agaricus
20.	<i>Cilli</i>	<i>Chenopodium album</i>	Chenopodiaceae	Whitegoose foot
21.	<i>Cinaka</i>	<i>Cucumis sativus</i>	Cucurbitaceae	Cucumber
22.	<i>Cirbhata</i>	<i>Cucumis pubescens</i>	Cucurbitaceae	Wild cucumber

23.	<i>Cirivilva</i>	<i>Holoptelia integrifolia</i>	Ulmaceae	Indian elm/Kanju
24.	<i>Cuncu</i>	<i>Corchorus acutangularis</i>	Tiliaceae	Nalta Jute
25.	<i>Duduraka</i>	<i>Datura innoxia</i>	Solanaceae	Downy thorn apple
26.	<i>Edagaja</i>	<i>Cassia tora</i>	Caesalpinaceae	Pot Cassia
27.	<i>Ervaru</i>	<i>Cucumis pseudococcolyntis</i>	Cucurbitaceae	Snake cucumber
28.	<i>Gavethuka</i>	<i>Coix lachryma</i>	Poaceae	Pearl barley, corn bead
29.	<i>Gojihva</i>	<i>Onosma bracteatum</i>	Boraginaceae	Sedge
30.	<i>Grnjanaka</i>	<i>Allium ascalonicum</i>	Amaryllidaceae	Shallot
31.	<i>Hamsapadika</i>	<i>Adiantum lunulatum</i>	Pteridaceae	Walking maiden fern
32.	<i>Harimantha</i>	<i>Cicer arietinum</i>	Fabaceae	Chickpea
33.	<i>Jambira</i>	<i>Citrus lemon</i>	Rutaceae	Lemon
34.	<i>Jhunju</i>	<i>Argyreia speciosa</i>	Convolvulaceae	Elephant creeper
35.	<i>Jivanta</i>	<i>Amaranthus paniculatus</i>	Amaranthaceae	Red shank/ Red amaranth
36.	<i>Jivanti</i>	<i>Holostemma adakodien</i>	Asclepiadaceae	Holostemma
37.	<i>Kakamaci</i>	<i>Solanum Nigrum</i>	Solanaceae	Black nightshade
38.	<i>Kalamba</i>	<i>Basella alba</i>	Basellaceae	Indian spinach
39.	<i>Kalasaka</i>	<i>Murraya koenigii/ Corchus capsularis</i>	Rutaceae	Curry leaf
40.	<i>Kalaya</i>	<i>Lythyrus sativus</i>	Fabaceae	Grasspea

41.	Kalinga	<i>Cucumis melo</i>	Cucurbitaceae	Muskmelon
42.	Kantakari	<i>Solanum xanthocarpum</i>	Solanaceae	Wild egg plant
43.	Karavellaka	<i>Momordica charantia</i>	Cucurbitaceae	Bitter melon/ Bittergourd
44.	Karira	<i>Capparis deciduas</i>	Capparaceae	Bare caper
45.	Karira Venu	<i>Capparis decidua</i>	Capparaceae	Leafless caper bush
46.	Karkaru	<i>Cucurbita pepo</i>	Cucurbitaceae	Pumkin
47.	Karkasa	<i>Luffa cylindrica</i>	Cucurbitaceae	Sponge gourd
48.	Karkota	<i>Momordica dioica</i>	Cucurbitaceae	Spiny gourd
49.	Kasamarda	<i>Cassia occidentalis</i>	Caesalpiniceae	Negro coffee/ Coffee senna
50.	Kaseruka	<i>Cyperus esculentus</i>	Cyperaceae	Tiger nut
51.	Katilla/Punarnava	<i>Boerhaavia diffusa</i>	Nyctaginaceae	Hogweed
52.	Kausumbha	<i>Carthamus tinctorius</i>	Asteraceae	False saffron/ Safflower
53.	Keluta	<i>Brassica oleracea</i>	Brassicaceae	Cabbage
54.	Kembuka	Unidentified	-	-
55.	Khajura	<i>Phoenix sylvestris</i>	Areaceae	Indian Date
56.	Kimsuka	<i>Butea monosperma</i>	Fabaceae	Parrot tree/ bastard teak
57.	Kostaka	<i>Luffa acutangula</i>	Cucurbitaceae	Ridged gourd
58.	Kovidara	<i>Bauhinia variegata</i>	Fabaceae	Orchid tree

59.	Krauncadana	<i>Nymphaea stellata</i>	Nymphaeaceae	Indian blue lily
60.	Kucaila	<i>Cissampelos pareria</i>	Menispermaceae	Velvet leaf
61.	Kulaka	<i>Trichosanthes dioica</i>	Cucurbitaceae	Pointed Gourd
62.	Kumuda	<i>Nymphaea pubescens</i>	Nymphaeaceae	Hairy water lily
63.	Kumudakanda	<i>Nymphaea nouchali</i>	Nymphaeaceae	Blue lotus
64.	Kuntali	<i>Physalis indica</i>	Solanaceae	Cape gooseberry
65.	Kurutaka	<i>Marsilea minuta</i>	Marsileaceae	Pepperwort
66.	Kushmanda	<i>Benincasa hispida</i>	Cucurbitaceae	Ash Gourd
67.	Kutaja	<i>Holorrhena pubescens</i>	Apocynaceae	Kurchi
68.	Kuthera/variety of basil	Unidentified	Lamiaceae	-
69.	Kutinjara	<i>Amaranthus graecizans</i>	Amaranthaceae	Wild amaranth
70.	Kutumbaka	<i>Leucas aspera</i>	Lamiaceae	Common leucas Thumba
71.	Lakshmana	<i>Ipomoea sepiaria</i>	Convolvulaceae	Morning Glory
72.	Langalika	<i>Gloriosa superba</i>	Chochicaceae	Flame lily
73.	Lasuna	<i>Allium sativum</i>	Amaryllidaceae	Garlic
74.	Latvaka	<i>Commiphora mukul</i>	Burseraceae	Indian bdellium tree/ guggul
75.	Lonika	<i>Portulaca oleracea</i>	Portulacaceae	Pursley
76.	Madhu Sigru	<i>Moringa concanensis</i>	Moringaceae	Konkan moringa/ wild drum stick

78.	Malati	<i>Aganosma heynei</i>	Apocynaceae	Clove scented echites (Jasmine variety)
79.	Mallika	<i>Jasminum sambac</i>	Oleaceae	Arabian jasmine
80.	Mandukaparni	<i>Centella asiatica</i>	Apiaceae	Indian pennywort
81.	Marsa	<i>Amaranthus oleraceus</i>	Amaranthaceae	Wild spinach
82.	Masaka	Unidentified	-	-
83.	Mashaparni	<i>Teramnus labialis</i>	Fabaceae	Blue wiss
84.	Munjata	<i>Orchis latifolia</i>	Orchidaceae	Salep
85.	Nadikalayam	Unidentified	-	-
86.	Nagakesara	<i>Mesua ferrea</i>	Calophyllaceae	Indian rose chestnut
87.	Nalikka	<i>Ipomoea reptans</i>	Convolvulaceae	Water spinach
88.	Nandi	Unidentified	-	-
89.	Nandi (in Charaka Samhita)	<i>Coccinia grandis</i>	Cucurbitaceae	Ivy gourd
90.	Nyagrodha Pallava	<i>Ficus bengalensis</i>	Moraceae	Banyan
91.	Padma/sacred lotus	<i>Nelumbo nucifera</i>	Nymphaeaceae	Sacred lotus
92.	Palakya	Unidentified	-	-
93.	Palandu	<i>Allium cepa</i>	Amaryllidaceae	Onion
94.	Parpata	<i>Fumaria indica</i>	Fumariaceae	Fine leaf fumitory
95.	Parvani	<i>Polygonum</i>	Polygonaceae	Knotweed
96.	Parvapushpa	<i>Croton oblongifolia</i>	Euphorbiaceae	Not available

97.	Patala	<i>Stereospermum suaveolens</i>	Bignoniaceae	Trumpet
98.	Patha	<i>Cyclea peltata</i>	Menispermaceae	Indian moonseed
99.	Patola	<i>Trichosanthes anguina</i>	Cucurbitaceae	Snake gourd
100.	Pattura	<i>Alternanthera sessilis</i>	Amaranthaceae	Brazilian spinach
101.	Phanjikka	<i>Ocimum kilimandscharium</i>	Lamiaceae	Camphor basil
102.	Piluparni	<i>Marsdenia tenacissima</i>	Asclepiadaceae	Rajmahal hemp
103.	Pindalu	<i>Dioscorea alata</i>	Dioscoreaceae	Purple yam
104.	Plaksha Pallava	<i>Ficus lacor</i>	Moraceae	Java fig
105.	Pushkara/Mrnala (stalk of lotus)	<i>Nelumbo nucifera</i>	Nymphaeaceae	Sacred lotus
106.	Puti Karanja Patra	<i>Caesalpinia crista</i>	Caesalpiniaceae	Fever nut
107.	Rajaksava	<i>Pisum sativum/Cleome viscosa</i>	Fabaceae	Pea
108.	Raktanala	<i>Hibiscus sabdariffa</i>	Malvaceae	Roselle
109.	Sangesta	Unidentified	Unidentified	-
110.	Saptala	<i>Euphorbia pilosa</i>	Euphorbiaceae	Not available
111.	Sarsapa	<i>Brassica juncea</i>	Brassicaceae	Mustard
112.	Satavari	<i>Asparagus racemosus</i>	Liliaceae	Indian asparagus
113.	Sathi	<i>Kaempferia galanga</i>	Zingiberaceae	Aromatic ginger
114.	Sauvarcala	<i>Helianthus annuus</i>	Asteraceae	Common sunflower



115.	<i>Shalmali</i>	<i>Salmalia malabarica</i>	Malvaceae	Silk cotton tree
116.	<i>Shaluka</i>	<i>Nymphaea stellata</i>	Nymphaeaceae	Indian water lily
117.	<i>Sigru</i>	<i>Moringa oliefera</i>	Moringaceae	Drumstick tree
118.	<i>Sinduvara</i>	<i>Vitex negundo</i>	Lamiaceae	Chinese chaste tree
119.	<i>Srngataka</i>	<i>Trapa bispinosa</i>	Trapaceae	Water chestnut
120.	<i>Srusa</i>	<i>Senna alexandrina</i>	Fabaceae	East Indian senna
121.	<i>Sukaladani</i>	<i>Lippia nodiflora</i>	Verbenaceae	Frog fruit/ Turkey tangle fogfruit
122.	<i>Sumukha</i>	<i>Ocimum americanum</i>	Laminaceae	Lime basil
123.	<i>Sunisanna</i>	<i>Marsilea quadrifolia</i>	Marsileaceae	Water clover
124.	<i>Surana</i>	<i>Amorphophallus paeoniifolius</i>	Araceae	Elephant foot Yam
125.	<i>Surasa</i>	<i>Ocimum tenuiflorum</i>	Laminaceae	Holy basil
126.	<i>Tala</i>	<i>Borassus flabellifer</i>	Arecaceae	Toddy palm
127.	<i>Tambula Patra</i>	<i>Piper betel</i>	Piperaceae	Betel
128.	<i>Tanduliya</i>	<i>Amaranthus spinosus</i>	Amaranthaceae	Spiny pigweed
129.	<i>Tarkari</i>	<i>Premna integrifolia</i>	Verbenaceae	Wild killer
130.	<i>Tila</i>	<i>Sesamum indicum</i>	Pedaliaceae	Sesame
131.	<i>Tilaparnika</i>	<i>Diplocylos palmatus</i>	Cucurbitaceae	Lollipop climber
132.	<i>Tindisa</i>	<i>Abelmoschus ficulneus</i>	Malvaceae	White wild musk mallow

133.	<i>Trapusa</i>	<i>Cucumis sativus</i>	Cucurbitaceae	Cucumber
134.	<i>Triparnika</i>	<i>Naregamia alata</i>	Meliaceae	Goanese ipecacuanh
135.	<i>Tumba</i>	<i>Cucurbita lagenaria</i>	Cucurbitaceae	Bottle gourd
136.	<i>Udumbara Pallava</i>	<i>Ficus racemosa</i>	Moraceae	Cluster fig
137.	<i>Upodaka</i>	<i>Basella rubra</i>	Basellaceae	Malabar spinach
138.	<i>Urubuka</i>	<i>Ricinus communis</i>	Euphorbiaceae	Castor
139.	<i>Utpalakanda</i>	<i>Kaemfera rotunda</i>	Zingiberaceae	Indian crocus
140.	<i>Vamsa</i>	<i>Bambusa arundinacea</i>	Bambusaceae	Bamboo
141.	<i>Vamsha Karira</i>	<i>Bambusa arundinacea</i>	Bambusaceae	Bamboo
142.	<i>Vanathiktaka</i>	<i>Solanum xanthocarpum</i>	Solanaceae	Febrifuge plant
143.	<i>Varana</i>	<i>Crataeva magna</i>	Capparaceae	Large garlic pear
144.	<i>Vartaka</i>	<i>Solanum melongena</i>	Solanaceae	Brinjal
145.	<i>Vasa/Vrsa</i>	<i>Adathoda vasica</i>	Acanthaceae	Malabar nut
146.	<i>Vatsuka</i>	<i>Chenopodium album</i>	Chenopodiaceae	Wild spinach/ goosefoot
147.	<i>Vetragra</i>	<i>Calamus rotang</i>	Arecaceae	Common rattan
148.	<i>Vidari</i>	<i>Ipomea paniculata</i>	Convolvulaceae	Gaint potato
149.	<i>Visa (tender white tuber of lotus)</i>	<i>Nelumbo nucifera</i>	Nymphaeaceae	Scared lotus
150.	<i>Yavasaka</i>	<i>Amaranthus gangeticus</i>	Amaranthaceae	Elephant head amaranth

## CONCLUSION

The *Shaka Varga* in terms of leaf, flower, fruit, stem and tuber are successively heavy with extensive nutritive value. Vegetables which are infested with worms, exposed to *Vayu*, exposed to sunlight, dried up, old and unseasonal are considered to be unwholesome. When vegetables are cooked without adding fat and when the residual water is not filtered after boiling, vegetables become unwholesome for consumption. *Charaka Samhita*, *Sushruta Samhita* and *Astanga Hridaya* emphasized on the utility and quality of *Shaka* to be taken. *Jivanti (Holostemma adokodien)* is considered as qualitatively superior and *Sarsapa (Brassica nigra)* is qualitatively inferior among all the *Shaka Varga*. The *Shaka Varga* is nothing but the part of *Ahara* (food) which provide proper nutrition to the individual and helps to prevent different diseases.

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