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RESEARCH ARTICLE

PHARMACOLOGICAL ACTIVITIES OF SHAKA-VARGA (MEDICINAL VEGETABLES)- AN AYURVEDIC REVIEW

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ABSTRACT

The word *Shaka – Varga* refers to vegetables and their classification. In an *Ayurvedic* classical texts there are various classifications of drugs, minerals, and vegetables. In the vegetable it includes *Patra* (Leafy vegetables), *Pushpa* (Flowering vegetables), *Phala* (Fruit vegetables), *Nala* (Stalk vegetables), *Kanda* (Tuber vegetables). Consumption of these vegetables helps to maintain the health of the healthy person and take part in the curing the diseases. Some of the vegetables also recommended as *Pathya* (Suitable) and *Apathya* (Not suitable) in particular diseases. According to *Acharya Charaka* the classification of vegetables, he mainly stressed on the *Rasa* (Taste) and *Dosha Prabhava* (Effects on *Doshas*). Whereas *Acharya Sushruta* mainly stressed on the various parts of vegetables like leaf, stem, flower, roots, tubers etc. In the present review study reveals the effects of intake of these vegetables in the body and the alleviation of diseases produced by imbalance in the three *Doshas* (*Vata-Pitta-Kapha*) was elaborated. The further scope of study is to bring the original and classical method of cultivated vegetables in the market so that the manifestation of the disease will be reduced and helps to maintain the health of the person.

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INTRODUCTION

The *Shaka-Varga* (Vegetables) are the main source of vitamins and minerals which mainly take part in the prevention of the diseases and maintain the health of the person. The vegetables are classified into five types according to the part used^[1]. Viz; *Pushpa* (Flowers), *Patra* (Green leafy vegetables), *Phala* (Fruits), *Nala* (Stalk), *Kanda* (Tuberous). In *Charaka Samhita*^[2] the classification is mainly on *Rasa* and its effects on *Doshas*. But *Acharya Chakrapani* elaborated the vegetables into three types viz; *Patra* (Leafy vegetables), *Kanda* (Tuber), and *Phala* (Fruits). Apart from these classification *Acharya Charaka* separately mentioned the *Harita* (Green leafy vegetables) and *Aharopayogi* (Vegetables for daily consumption in the form of food). Among the vegetables the *Jivanti Shaka* is *Shrestha* (Possessing excellent qualities), whereas *Sarshapa* is *Nyuna* ie possessing less qualities^[3].

DISCUSSION

THE PATRA-SHAKA (Leafy Vegetables): *Vastuka*, *Upodika*, *Marisha*, *Tanduliya*, *Paalankya*, *Kalambi*, *Chanchu*,

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Lonika, *Changeri*, *Chukra*, *Hilamochika*, *Sunishannaka*, *Patragobhi*, *Moolaka Patra*, *Dronapushpi Patra*, *Yavani Patra*, *Chakrarda Patra*, *Sehunda Patra*, *Parpata Patra*, *Gojivha Patra*, *Patola Patra*, *Guduchi Patra*, *Kasamarda Patra*, *Sarshapa Patra*, *Putiha*, *Nimba*, *Punarnava*, *Chirabilva*, *Chanaka*, *Kalaya*, *Sateena*, *Kakamachi*.

VASTUKA SHAKA [Bhavaprakasha Nighantu, 2006]

Botanical Name- *Chenopodium murale* Linn

Family- Chenodiaceae

This vegetable is of two types viz; *Shweta* (*Chenopodium murale* Linn) and *Rakta* (*Chenopodium album* Linn). It possesses *Laghu* (Light), *Kshara* (Alkali), *Madhura* (Sweet) in taste, *Katu Vipaka* (Pungent in post digestive effect), *Deepana* (Appetizer), *Pacahana* (Digestive), *Bhedana* (Purgative), *Balya* (Strength promoter), *Tridoshagna* (Alleviates *Vata-Pitta-Kapha Doshas*), *Krimigna* (Vermifuge), cures *Rakatapitta* (Haemorrhages) and *Arsha* (Haemorrhoids).

UPODIKA SHAKA [Bhavaprakasha Nighantu, 2006]

Botanical Name- *Basella rubra* Linn

Family- Chenopodiaceae

The Upodika vegetable is *Guru* (Heavy), *Snigdha* (Demulscant), *Picchila* (Sticky), *Anulomaka* (Brings downward movement of *Vata*), *Madhura* (Sweet) in taste,

Balya (Strength promoter), *Vrishya* (Aphrodisiac), *Brimhana* (Weight gain), *Nidranasha* (Insomnia). It alleviates *Vata-Pitta*, *Mada* (Drowsiness).

MARISHA SHAKA [Bhavaprakasha Nighantu, 2006]
Botanical Name- *Maranthus blitum* Linn

Family- Amaranthaceae

Marisha is of two types viz; *Shweta* (White) and *Rakta* (Red) variety. The *Shweta Marisha* (White variety) is *Guru* (Heavy) in digestion, *Madhura* (Sweet in taste), *Sheeta* (Cold in potency), *Pittashamaka* (Alleviates *Pitta Dosh*), *Vata-Shleshmakara* (Increases *Vata* and *Kapha Dosh*), It is cures *Visthambi* (Constipation), *Rakta-Pitta Shamaka* (Haemorrhages). The red variety of *Marisha* is *Kshara* (Alkali), *Sara* (Laxative).

TANDULIYA SHAKA [Bhavaprakasha Nighantu, 2006]

Botanical Name- *Amaranthus spinosus* Linn

Family- Amaranthaceae

The *Tanduliyaka Shaka* is *Laghu* (Light in action), *Ruksha* (Dry), *Madhura* (Sweet in taste), *Madhura Vipaka* (Sweet in post digestive effect), *Sheeta Virya* (Cold in potency), *Kapha-Pitta Shamaka* (Reduces *Kapha* and *Pitta Dosh*), Alleviates *Raktapitta* (Haemorrhages), *Pradara*, (Menorrhagia), *Arsha* (Haemorrhoids), *Mada* (Drowsiness), *Visha* (Poisonous effects), and it is *Mutrala* (Diuretic) and *Saraka* (Laxative).

PAALANKYA SHAKA [Bhavaprakasha Nighantu, 2006]

Botanical Name- *Spinacia oleracia* Linn

Family- Chenopodiaceae

The *Paalankya Shaka* (Spinach) is *Madhura* (Sweet in taste), *Ruksha* (Dry), *Sheeta* (Cold in potency), *Vishtambhi* (Causes constipation), *Kapha Nashaka* (Alleviates *Kapha Dosh*), *Rakta-Pitta* (Haemorrhages), *Grahani* (Dysentery).

KALASHAKA [Bhavaprakasha Nighantu, 2006]

Botanical Name- *Corchorus capsularis* Linn

Family- Tiliaceae

The *Kalashaka* is *Sara* (Laxative), *Ruchikara* (Taste promoter), *Vatakara* (Increases *Vata Dosh*), *Kaphahara* (Subsides *Kapha*), *Shotha* (Oedema), *Balya* (Tonic), *Medhya* (Brain tonic), *Hima* (Cold in potency).

KALAMBI SHAKA [Bhavaprakasha Nighantu, 2006]

Botanical Name- *Ipomoea aquatica* Forsk

Family- Convolvulaceae

The *Kalambi Shaka* is *Madhura* (Sweet in taste), *Stanya Janana* (Galactagogue), and *Shukra Janana* (Promotes semen production).

CHUNCHU SHAKA [Bhavaprakasha Nighantu, 2006]

Botanical Name- *Corchorus acutangulus* Linn

Family- Tiliaceae

The *Chunchu Shaka* is *Madhura* (Sweet in taste), *Picchila* (Sticky), *Sheeta* (Cold in potency), *Sara* (Laxative), *Rochana* (Tasty), *Tridosahara* (Alleviates *Vata-Pitta-Kapha Dosh*), *Balya* (Strength promoter), *Vrushya* (Aphrodisiac), and it is *Medhya* (Brain tonic).

LONIKA SHAKA [Bhavaprakasha Nighantu, 2006]

Botanical Name- *Portulaca quadrifida* Linn

Family- Portulacaceae

The *Lonika Shaka* is of two varieties; *Brihat Lonika* (*Portulaca oleracea* Linn), and *Laghu Lonika* (*Portulaca quadrifida* Linn). The *Lonika* is *Ruksha* (Dry), *Guru* (Heavy),

Lavana (Salty), *Vatashleshmahara* (Alleviates *Vata* and *Kapha Dosh*), *Deepana* (Appetizer), *Sara* (Laxative), *Amla* (Sour), *Ushna* (Hot in potency), Cures *Arsha* (Haemorrhoids), *Visha* (Poison effects), *Vrina* (Ulcers), *Gulma* (Visceral diseases), *Shwasa-Kasa* (Dyspnoea and Cough), *Prameha* (Urinary diseases including diabetes), *Shotha* (Edema), *Netra Rogas* (Eye diseases).

CHANGERI SHAKA [Bhavaprakasha Nighantu, 2006]

Botanical Name- *Oxalis corniculata* Linn

Family- Oxalidaceae

The *Changeri* is *Amla* (Sour in taste), *Ruksha* (Dry), *Ushna Virya* (Hot in potency), *Kapha-Vata Shamaka* (Alleviates *Kapha* and *Vata Dosh*), *Deepana* (Appetizer), *Grahi* (Absorbent). Cures *Grahani* (Dysentery), *Arsha* (Haemorrhoids).

CHUKRA SHAKA [Bhavaprakasha Nighantu, 2006]

Botanical Name- *Rumex vesicarius* Linn

Family- Polygonaceae

The *Chukra Shaka* is *Laghu* (Light), *Amla* (Sour), *Ushna* (Hot in potency), *Vatashamaka* (Subsides *Vata Dosh*), *Kapha-Pitta Vardhaka* (Increases *Kapha* and *Pitta*), *Rochana* (Taste promoter), *Deepana* (Appetizer), *Bhedana* (Purgative), Its seed is *Sheeta* (Cooling), *Picchila* (Sticky). In *Vataja Gulma* it is used as one of the best *Shaka* (Vegetable).

HILA MOCHIKA SHAKA [Bhavaprakasha Nighantu, 2006]

Botanical Name- *Enhydra fluctuans* Lour

Family- Compositae

The *Hilamochika Shaka* is *Tikta* (Bitter in taste), *Sheeta* (Cold in potency), *Kapha-Pitta Shamaka* (Subsides *Kapha* and *Pitta Dosh*), *Bhedana* (Purgative), *Kusthagna* (Alleviates skin diseases).

SUNISHANNAKA SHAKA [Bhavaprakasha Nighantu, 2006]

Botanical Name- *Marsilea minuta* Linn

Family- Marsileaceae

The *Sunishannaka Shaka* is *Laghu* (Light), *Sheeta* (Cold in potency), *Tridoshagna* (Subsides all the three *Dosh*-*Vata-Pitta-Kapha*), *Grahi* (Absorbent), *Chakshushya* (Good for eyes), *Medhya* (Brain tonic), Cures *Netra Roga* (Eye diseases), *Rakta-Pitta* (Haemorrhages), *Arsha* (Haemorrhoids), *Manasarogas* (Psychological diseases).

MULAKA PATRA [Bhavaprakasha Nighantu, 2006]

Botanical Name- *Raphanus sativus* Linn

Family- Cruciferae

The tender leaf of *Mulaka* is *Laghu* (Light), *Ushna* (Hot in potency), *Ruchikara* (Promotes taste perception), *Pachana* (Digestive), *Kapha-Pittakaraka* (Increases *Kapha* and *Pitta*). But when fried in oil cures all the three *Dosh* (*Vata-Pitta-Kapha*).

DRONAPUSHPI PATRA [Bhavaprakasha Nighantu, 2006]

Botanical Name- *Leucas cephalotes* Spreng

Family- Labiatae

The *Dronapushpi Shaka* is *Guru* (Heavy), *Ruksha* (Dry), *Katu* (Pungent), *Madhura* (Sweet at post digestive effect), *Pitta Vardhaka* (Increases *Pitta Dosh*), *Bhedana* (Purgative), Cures *Kamala* (Jaundice), *Shotha* (Edema), *Prameha* (Urinary diseases including diabetes), *Jwara* (Fever).

YAVANI PATRA [Bhavaprakasha Nighantu, 2006]**Botanical Name-** *Trachyspermum ammi* (Linn) Sprague**Family-** Umbelliferae

The *Yavani Patra Shaka* is *Laghu* (Light), *Katu* (Pungent), *Tikta* (Bitter), *Ushna Virya* (Hot in potency), *Vata-Kapha Shamaka* (Subsides *Vata* and *Kapha Doshas*), *Pitta Vardhaka* (Increases *Pitta Dosh*), *Ruchikara* (Taste promoter), *Shoola Nashaka* (Cures spasmodic pain).

CHAKRAMARDA PATRA [Bhavaprakasha Nighantu, 2006]**Botanical Name-** *Cassia tora* Linn**Family-** Leguminosae

The *Chakramarda Shaka* is *Laghu* (Light), *Amla* (Sour in taste), *Kapha-Vata Shamaka* (Subsides *Kapha* and *Vata Doshas*), Cures *Dadru* (Type of skin disease), *Kandu* (Itching sensation), *Kasa* (Cough), *Shwasa* (Dyspnoea), *Krimi* (Worm infestation).

SEHUNDA PATRA [Bhavaprakasha Nighantu, 2006]**Botanical Name-** *Euphorbia neriifolia* Linn**Family-** Euphorbiaceae

The *Sehunda Patra* is *Teekshna* (Penetrating), *Rechana* (Purgative), cures *Adhmana* (Abdominal distension), *Gulma* (Visceral organ diseases), *Shoola* (Spasmodic pain), *Udara Roga* (Abdominal diseases), *Shotha* (Edema).

PARPATA PATRA [Bhavaprakasha Nighantu, 2006]**Botanical Name-** *Fumaria indica* Pugsley**Family-** Fumariaceae

The *Parpata Patra* is *Tikta* (Bitter in taste), *Sheeta* (Cold in potency), *Grahi* (Absorbent), *Dahaprashmana* (Cooling), alleviates *Pitta*, *Udara Roga* (Abdominal diseases), *Shotha* (Edema), *Jwara* (Fever), *Trishna* (Thirst), *Rakta Vikarasa* (Blood diseases).

GOJIVHA PATRA [Bhavaprakasha Nighantu, 2006]**Botanical Name-** *Elephantopus scaber* Linn**Family-** Compositae

The *Gojivha Patra* is *Laghu* (Light), Cures *Kustha* (Skin diseases), *Prameha* (Urinary diseases including diabetes), *Rakta Vikara* (Blood diseases), *Mutrakrichra* (Dysuria), *Jwara* (Fever).

PATOLA PATRA [Bhavaprakasha Nighantu, 2006]**Botanical Name-** *Trichosanthes dioica* Roxb**Family-** Cucurbitaceae

The *Patola Patra* is *Laghu* (Light), *Snigdha* (Demulcent), *Ushna Virya* (Hot in potency), *Pitta Shamaka* (Subsides *Pitta*), *Deepana* (Appetizer), *Pachana* (Digestive), *Vrushya* (Aphrodisiac), Cures *Jwara* (Fever), *Kasa* (Cough), *Krimi* (Worms).

GUDUCHI PATRA [Bhavaprakasha Nighantu, 2006]**Botanical Name-** *Tinospora cordifolia* (Willd) Miers**Family-** Menispermaceae

The *Guduchi Patra* is *Laghu* (Light), *Kashaya* (Astringent), *Katu* (Pungent), *Tikta* (Bitter), *Madhura Vipaka* (Sweet in post digestive effect), *Ushna Virya* (Hot in potency), *Balya* (Strength promoter), *Rasayana* (Tissue vitalizer), *Sangrahi* (Absorbent), Cures all types of *Jwara* (Fever), *Tridosha* (*Vata-Pitta-Kapha*), *Daha* (Burning sensation), *Trishna* (Thirst), *Prameha* (Urinary diseases including diabetes), *VataRakta* (Gout/ Arthritis), *Kustha* (Skin diseases), *Kamala* (Jaundice), *Pandu* (Anaemia).

KASAMARDA PATRA [Bhavaprakasha Nighantu, 2006]**Botanical Name-** *Cassia occidentalis* Linn**Family-** Leguminosae

The *Kasamarda Patra* is *Kapha-Vata Shamaka* (Subsides *Kapha* and *Vata*), *Kanitha Shodhana* (Clears the throat), *Kasahara* (Cures cough).

CHANAKA [Bhavaprakasha Nighantu, 2006]**Botanical Name-** *Cicer arietinum* Linn**Family-** Leguminosae

The *Chanaka Shaka* is *Madhura* (Sweet), *Amla* (Sour) in taste, *Madhura Vipaka* (Sweet at the post digestive effect), *Durjara* (Difficult to digest), *Pitta Shamaka* (Subsides *Pitta Dosh*), Cures *Danta Shotha* (Inflammation of the teeth).

SARSHAPA PATRA [Bhavaprakasha Nighantu, 2006]**Botanical Name-** *Brassica campestris* Prain**Family-** Cruciferae

The *Sarshapa Patra* is *Guru* (Heavy), *Ruksha* (Dry), *Teekshna* (Penetrating), *Katu* (Pungent in taste), *Lavana* (Salty), *Kshariya* (Alkali), *Amla Vipaka* (Sour at the post digestive effect), *Vidahi* (Causes burning sensation), *Ushna Virya* (Hot in potency), *Tridosha Prakopaka* (Increases all the three *Doshas Vata-Pitta-Kapha*).

NIMBA PATRA [Bhavaprakasha Nighantu, 2006]**Botanical Name-** *Azadirachta indica* A. Juss**Family-** Meliaceae

The *Nimba Patra* is *Kapha-Pitta Shamaka* (Subsides *Kapha* and *Pitta Dosh*), *Kusthagna* (Alleviates skin diseases), Cures *Chardi* (Vomiting), *Hrillasa* (Horripulations), *Vrina* (Wounds/Ulcers), *Rakta Vikarasa* (Blood disorders).

PUNARNAVA SHAKA [Bhavaprakasha Nighantu, 2006]**Botanical Name-** *Borrthaavia diffusa* Linn**Family-** Nyctaginaceae

The *Punarnava Shaka* is *Ushna Virya* (Hot in potency), *Saraka* (Laxative), *Rasayana* (Vitalizer), Cures *Kapha-Vataja Vikara*, *Arsha* (Haemorrhoids), *Shotha* (Edema), *Udara Roga* (Abdominal diseases).

KAKAMACHI SHAKA [Bhavaprakasha Nighantu, 2006]**Botanical Name-** *Solanum nigrum* Linn**Family-** Solanaceae

The *Kakamachi Shaka* is *Tikta* (Bitter), *Nati Ushna* (Not much heat producing), *Tridoshahara* (Subsides all the three *Doshas Vata-Pitta-Kapha*), *Bhedana* (Purgative), *Kusthagna* (Skin diseases), It is used as *Pathya* in *Yakrit vikara* (Liver diseases), and *Rakta Vikaras* (Blood diseases).

THE PUSHPA SHAKA (Flower vegetables)

The flower vegetable includes *Agastya*, *Shalmali*, *Kadali*, *Shigru*, *Kovidara-Kanchanara*, *Kumuda*, *Pushpagobhi*.

AGASTYA SHAKA (Acharya Sushruta, 2002)**Botanical Name-** *Sesbania grandiflora* Linn**Family-** Leguminosae

The *Agastya Pushpa Shaka* is *Tikta* (Bitter), *Kashaya* (Astringent), *Katu Vipaka* (Pungent in post digestive effect), *Natisheetta* and *Ushna* (It is neither cold nor hot in potency), *Tridoshagna* (Subsides all the three *Doshas; Vata-Pitta-Kapha*), It cures *Jwara* (Fever), *Naktandhya* (Night blindness), *Kasa* (Cough), *Kshaya* (Emaciation).

SHALMALI SHAKA (Acharya Sushruta, 2002)**Botanical Name-** *Bombax malabaricum* DC.**Family-** Bombacaceae

The *Shalmali Pushpa Shaka* is *Madhura* (Sweet), *Kashaya* (Astringent) in taste, *Madhura Vipaka* (Sweet at the post digestive effect), *Sheeta Virya* (Cold in potency), *Vata Vardhaka* (Increases Vata Dosha). It cures *Raktapitta* (Haemorrhages), *Pradara* (Menorrhagia).

KADALI SHAKA (Acharya Sushruta, 2002)**Botanical Name-** *Musa sapientum* Linn**Family-** Musaceae

The *Kadali Pushpa Shaka* is *Madhura* (Sweet), *Kashaya* (Astringent), *Guru* (Heavy), *Snigdha* (Demulcent), *Vata-Pittashamaka* (Subsides *Vata* and *Pitta Doshas*). It is advised in *Raktapitta* (Bleeding diseases), and *Kshaya* (Emaciation).

SHIGRU SHAKA (Bhavaprakasha Nighantu, 2002; Acharya Kayadeva, 1979)**Botanical Name-** *Moringa pterygosperma* Gaertn**Family-** Moringaceae

The *Shigru Pushpa Shaka* is *Katu* (Pungent), *Teekshna* (Penetrating), *Ushna Virya* (Hot in potency), *Kapha-Vatashamaka* (Subsides *Kapha* and *Vata Doshas*), It cures *Krimi* (Worms), *Shotha* (Edema).

KOVIDARA-KANCHANARA SHAKA [Acharya Sushruta, 2002]**Botanical Name-** *Bauhinia purpurea* Linn, *Bauhinia variegata* Linn**Family-** Leguminosae

The *Kovidara-Kanchanara Pushpa Shaka* is *Grahi* (Absorbent), cures *Raktapitta* (Haemorrhages).

KUMUDA SHAKA [Acharya Sushruta, 2002]**Botanical Name-** *Nymphaea stellata* Willd**Family-** Nymphaeaceae

The *Kumuda Pushpa Shaka* is *Madhura* (Sweet), *Snigdha* (Demulcent), *Picchila* (Sticky), *Sheeta Virya* (Hot in potency), *Kapaha-Pitta Shamaka* (Subsides *Kapha* and *Pitta*).

THE PHALA SHAKA (Fruit Vegetables)**KUSHMANDA PHALA [Bhavaprakasha Nighantu, 2006]****Botanical Name-** *Benincasa hispida* (Thumb) Cogn**Family-** Cucurbitaceae

The *Baala Kushmanda Phala* (Young fruit) is *Pitta Shamaka* (Subsides *Pitta*), *Madhyamavastha Kushmanda Phala* (Matured fruit) is *Kapha Karaka* (Increases *Kapha Dosha*), *Pakwa Kushmanda Phala* (Ripe fruit) is *Laghu* (Light), *Kshariya* (Alkali), *Ushna* (Hot in potency). The *Kushmanda Phala* is *Sarva Doshahara* (Subsides all the three *Doshas*; *Vata-Pitta-Kapha*), *Mutrala* (Diuretic), *Saraka* (Saraka), *Hridya* (Cardio tonic). Cures *Rakta Pitta* (Haemorrhages), *Manasa Vikaras* (Psychological diseases).

ALABU PHALA [Bhavaprakasha Nighantu, 2006]**Botanical Name-** *Lagenaria siceraria* (Mol Standl)**Family-** Cucurbitaceae

The *Alabu Phala* is *Guru* (Heavy), *Ruksha* (Dry), *Sara* (Laxative), *Balya* (Strength promoter), *Vrushya* (Aphrodisiac), *Hridya* (Cardio tonic), *Kapha-Pitta Shamaka* (Subsides *Kapha* and *Pitta*).

MAHAKOSHATAKI PHALA [Bhavaprakasha Nighantu, 2006]**Botanical Name-** *Luffa cylindrica* Linn**Family-** Cucurbitaceae

The *Mahakoshataki Phala* is *Snigdha* (Demulcent), *Vatashamaka* (Subsides *Vata Dosha*), *Raktapittahara* (Alleviates haemorrhages).

KOSHATAKI PHALA [Acharya Kayadeva, 1979]**Botanical Name-** *Luffa acutangula* (Linn) Roxb**Family-** Cucurbitaceae

The *Koshataki Phala* is *Madhura* (Sweet) in taste, *Sheeta* (Cold in potency), *Pitta Shamaka* (Subsides *Pitta*), Cures *Jwara* (Fever), *Kasa* (Cough).

KARKATI PHALA [Bhavaprakasha Nighantu, 2006]**Botanical Name-** *Cucumis melo* Duthie & Fuller**Family-** Cucurbitaceae

The Cucumber fruit is *Guru* (Heavy), *Ruksha* (Dry), *Sheeta Virya* (Cold in potency), *Grahi* (Absorbent), *Pitta Shamaka* (Subsides *Pitta*), *Kapha-Vata Vardhaka* (Increases *Kapha* and *Vata Doshas*), *Pakwa Phala* is *Kinchit Ushna* (Slightly hot in potency), *Deepana* (Appetizer).

CHICHINDA PHALA [Bhavaprakasha Nighantu, 2006]**Botanical Name-** *Trichosanthes anguina* Linn**Family-** Cucurbitaceae

The *Chichinda Phala* is *Vata-Pitta Shamaka* (Subsides *Vata* and *Pitta Doshas*), *Ruchikara* (Tasty), *Balya* (Tonic). Cures *Shosha* (Emaciation).

PATOLA PHALA [Bhavaprakasha Nighantu, 2006]**Botanical Name-** *Trichosanthes dioica* Roxb**Family-** Cucurbitaceae

The *Patola Phala* is *Laghu* (Light), *Snigdha* (Demulcent), *Ushna* (Hot in potency), *Deepana* (Appetizer), *Pachana* (Digestive), *Hridya* (Cardio tonic), *Vrushya* (Aphrodisiac). It cures *Kasa* (Cough), *Jwara* (Fever), *Krimi* (Worms), and *Tridoshaja Vikaras* (Diseases caused by imbalance of the three *Doshas*; *Vata-Pitta-Kapha*).

BIMBI PHALA [Bhavaprakasha Nighantu, 2006]**Botanical Name-** *Coccinia indica* W. & A**Family-** Cucurbitaceae

The *Bimbi Phala* is *Madhura* (Sweet), *Guru* (Heavy), *Sheeta Virya* (Cold in potency), *Vatapittahara* (Subsides *Vata* and *Pitta Doshas*), *Sthambhaka* (Astringent), *Lekhana* (Scraping), *Ruchikara* (Taste promoter), *Vibandhakara* (Constipative), *Adhmana* (Causes abdominal distention).

SHIMBI PHALA [Bhavaprakasha Nighantu, 2006]

The *Shimbi Phala* (Variety of beans) is *Madhura* (Sweet), *Guru* (Heavy), *Sheeta Virya* (Cold in potency), *Vata-Pitta Shamaka* (Subsides *Vata* and *Pitta*), *Kapha Vardhaka* (Increases *Kapha Dosha*), *Balya* (Tonic), *Adhmanakara* (Causes distension of the abdomen).

VRINTAKA PHALA [Bhavaprakasha Nighantu, 2006]**Botanical Name-** *Solanum melongena* Linn**Family-** Solanaceae

The *Vrintaka Phala* is *Madhura* (Sweet) in taste, *Laghu* (Light), *Ushna* (Hot in potency), *Deepana* (Appetizer), *Kapha-Pitta Vardhaka* (Increases *Kapha* and *Pitta Doshas*). The tender fruit is *Tridoshahara* (Subsides all the three *Doshas*; *Vata-Pitta-Kapha*), Matured fruit is *Pittakara* (Increases *Pitta Dosha*), ripe fruit is *Vatavardhaka* (Increases *Vata Dosha*).

DINDISHA PHALA [Bhavaprakasha Nighantu, 2006]**Botanical Name-** *Citrullus vulgaris* Schrad**Family-** Cucurbitaceae

The *Dindisha Phala* is *Ruksha* (Dry), *Sheetala* (Cold in potency), *Kaphapitta Shamaka* (Subsides *Kapha* and *Pitta Doshas*), *Bhedana* (Purgative), *Mutrala* (Diuretic), Cures *Ashmari* (Urinary calculi).

KARKOTI PHALA [Bhavaprakasha Nighantu, 2006]**Botanical Name-** *Momordica sioca* Roxb. Ex Willd**Family-** Cucurbitaceae

The *Karkoti Phala* is *Ruchikara* (Tasty), *Kinchit Tikta* (Slightly bitter), *Katu Vipaka* (Pungent in post digestive effect), *Ushna Virya* (Hot in potency), *Kapha Vata Shamaka* (Subsides *Kapha* and *Vata Doshas*), *Deepana* (Appetizer), *Raktashodhaka* (Blood purifier), cures *Kasa* (Cough), *Shwasa* (Dyspnoea), *Jwara* (Fever), *Kustha* (Skin diseases), *Prameha* (Urinary diseases including diabetes).

SHRINGATAKA PHALA [Acharya Kayadeva, 1979]**Botanical Name-** *Trapa bispinosa* Roxb**Family-** Onagraceae

The *Shringataka Phala* is *Guru* (Heavy), *Sheeta* (Cold in potency), *Madhura* (Sweet), *Kashaya* (Astringent) in taste, *Pitta Shamaka* (Subsides *Pitta Dosh*), *Kapha-Vata Vardhaka* (Increases *Kapha* and *Vata*), *Vishthambhi* (Constipative), *Stambhana* (Astringent), *Vrushya* (Aphrodisiac), cures *Raktapitta* (Haemorrhages).

TRAPUSA SHAKA [Acharya Charaka, 2002]**Botanical Name-** *Cucumis sativus* Linn**Family-** Cucurbitaceae

The *Trapusa Phala* is *Sheetala* (Cold in potency), Cures *Rakta Pitta* (Haemorrhages), *Mutrakrichra* (Dysurea).

KARCHARI PHALA [Acharya Kayadeva, 1979]**Botanical Name-** *Cucumis species***Family-** Cucurbitaceae

The *Karchari Phala* is *Tikta* (Bitter) in taste, *Kinchit Amla* (Slightly sour), *Laghu* (Light), *Ushna Virya* (Hot in potency), *Tridosha Shamaka* (Subsides all the three *Doshas*; *Vata-Pitta-Kapha*), It cures *Kasa* (Cough), *Jwara* (Fever), *Kapha-Vata Vikaras* (Diseases of *Kapha* and *Vata Dosh*).

KARAVELLA PHALA [Acharya Kayadeva, 1979]**Botanical Name-** *Momordica charantia* Linn**Family-** Cucurbitaceae

The *Karavella Phala* is *Laghu* (Light), *Tikta* (Bitter), *Deepana* (Appetizer), *Bhedana* (Purgative), *Kapha-Pitta Shamana* (Subsides *Kapha* and *Pitta Doshas*). It cures *Jwara* (Fever), *Prameha* (Urinary diseases including diabetes), *Rakta* and *Pitta Vikaras* (Diseases of *Rakta* and *Pitta*), *Krimi* (Worms), *Kasa* (Cough), *Shwasa* (Dyspnoea).

SHOBHANJANA PHALA [Acharya Kayadeva, 1979]**Botanical Name-** *Moringa pterygosperma* Gaertn**Family-** Moringaceae

Shobhanjana Phala is *Madhura* (Sweet), *Kinchit Tikta-Katu* (Slightly bitter and pungent), *Ushna Virya* (Hot in potency), *Kapha-Vata Shamaka* (Subsides *Kapha* and *Vata*), *Deepana* (Appetizer), *Anulomana* (Causes downward movement of the *Vata*). Cures *Hridaya Vikara* (Heart diseases), *Netrya* (Eye diseases), *Shotha* (Edema), *Vidhradhi* (Inflammation), *Medoroga* (Obesity), *Gulma* (Visceral organ diseases), *Vrina* (Wounds), *Krimi* (Worms).

KADALI PHALA [Acharya Kayadeva, 1979]**Botanical Name-** *Musa sapientum* Linn**Family-** Musaceae

The unripe *Kadali Phala* is *Kashaya* (Astringent), *Sheeta Virya* (Cold in potency), *Guru* (Heavy), *Sthambhana* (Astringent), Cures *Yoni Dosh* (Vaginal diseases), *Raktapitta* (Haemorrhages), *Atisara* (Diarrhoea).

JEEVANTI PHALA [Acharya Sushruta, 2002]**Botanical Name-** *Leptadenia reticulata* W & A**Family-** Asclepiadaceae

The *Jeevanti Phala* is *Madhura* (Sweet) in taste, *Sheeta* (Cold in potency), subsides all the three *Doshas*; *Vata-Pitta-Kapha*, *Jivaniya* (Life promoting), *Chakshushya* (Good for eyes).

RAJA MASHA PHALA [Acharya Kayadeva, 1979]**Botanical Name-** *Vigna unguiculata* (Linn) Walp**Family-** Leguminosae

The *Rajamasha Phala* is *Madhura Vipaka* (*Madhura* at post digestive effect), *Ruksha* (Dry), *Saraka* (Laxative), *Kashaya* (Astringent in taste), *Vatakaraka* (Aggravates *Vata Dosh*), *Stanya Vardhaka* (Galactagogue), *Ruchikaraka* (Taste promoter).

PEETA KUSHMANDA PHALA [Acharya Kayadeva, 1979]**Botanical Name-** *Cucurbita maxima* Duchesne**Family-** Cucurbitaceae

The *Peeta Kushmanda* is *Guru* (Heavy), *Madhura* (Sweet), *Ishad Ushna* (Slightly hot in potency), *Vishthambhikara* (Causes constipation), *Kapha-Vata Prakopaka* (Increases *Kapha* and *Vata Doshas*), *Malavardhaka* (Increases stool)

RAKTA VRINTAKA PHALA [Acharya Kayadeva, 1979]**Botanical Name-** *Solanum melongena* Linn**Family-** Solanaceae

The *Rakta Vrintaka Phala* is *Jivaneeya* (Life promoter), *Balya* (Strength promoter), *Katu Vipaka* (Pungent at post digestive effect), *Hridya* (Good for heart), *Deepana* (Appetizer), *Madhura-Katu-Tikta Rasa* (Sweet-Pungent and Bitter in taste), *Shukravardhaka* (Increases semen), *Kapha-Vata Shamaka* (Subsides *Kapha* and *Vata Doshas*), *Jwara* (Fever), *Kasa* (Cough), *Krmi* (Worms).

PUSHKARA BEEJA [Acharya Charaka, 2002; Acharya Sushruta, 2002]**Botanical Name-** *Nelumbo nucifera* Gaertn**Family-** Nymphaeaceae

The *Pushara Beeja* is *Madhura* (Sweet), *Kashaya* (Astringent), *Sheeta* (Cold in potency), *Guru* (Heavy), *Pittashamaka* (Subsides *Pitta Dosh*), *Kapha Vardhaka* (Increases *Kapha Dosh*), *Vishthambhi* (Causes constipation), and is *Garbha Stahapana* (Prevents the recurrent abortion).

THE NAALA SHAKA (Stalk Vegetables)

The *Naala* (Stalk) vegetables includes *Sarshapa Naala*, *Mrinaala* and *Bisa*, *Venukareera*.

1.SARSHAPA NAALA [Bhavaprakasha Nighantu, 2006]**Botanical Name-** *Brassica campestris* Prain**Family-** Cruciferae

The *Sarshapa Naala Shaka* is *Teekshna* (Penetrating), *Ushna* (Hot in potency), *Vata-Kapha Shamaka* (Subsides *Vata* and *Kapha*), *Vrina Nashaka* (Heals wounds), *Twagdosahara* (Cures skin diseases), *Krimigna* (Anthelmintic).

MRINALA AND BISA [Acharya Charaka, 2002]**Botanical Name-** *Nelumbo nucifera* Gaertn**Family-** Nymohaceae

The *Mrinala* and *Bisa* are *Sheeta* (Cold in potency), *Guru* (Heavy), *Vishtambhi* (Causes constipation), *Pitta Shamaka* (Subsides *Pitta Doshas*), *Kapha-Vata Prakopaka* (Increases *Kapha* and *Vata Doshas*).

VENUKAREERA NAALA [Acharya Sushruta, 2002]

The *Venukareera* is *Madhura* (Sweet), *Kashaya* (Astringent), *Vidahi* (Causes burning sensation), *Guru* (Heavy), *Ruksha* (Dry), *Kapha-Vatakopaka* (Increases *Kapha* and *Vata Doshas*).

THE KANDA SHAKA (Tubers)

The *Kanda Shaka* includes *Soorana*, *Alooka*, *Aluka*, *Aluki*, *Manakanda*, *Hastiparni*, *Kasheru*, *Shatavari*, *Kadali*, *Shaluka*, *Salayam*, *Sitaluka*,

SOORANA [Acharya Sushruta, 2002]**Botanical Name-** *Amorphophallus campanulatus* Blume**Family-** Araceae

The *Soorana* is *Deepana* (Appetizer), *Arshogna* (Cures haemorrhoids).

ALOOKA [Acharya Charaka, 2002]**Botanical Name-** *Solanum tuberosum* Linn**Family-** Solanaceae

The *Alooka* (Potato) is *Ushna* (Hot in potency), *Guru* (Heavy), *Madhura* (Sweet) in taste, *Vishtambhi* (Causes constipation), *Rakta-Pitta Vardhaka* (Increases *Rakta* and *Pitta Doshas*), *Balya* (Tonic), *Brimhana* (Weight promoter).

ALUKA [Acharya Charaka, 2002]**Botanical Name-** *Dioscorea esculenta* Burkill**Family-** Dioscoreaceae

The *Aluka* is *Sheetala* (Cold in potency), *Guru* (Heavy), *Madhura* (Sweet in taste), *Vishtambhi* (Causes constipation), *Malamutra Saraka* (Helps to easy evacuation of stools and urine), *Balya* (Tonic), *Vrushya* (Aphrodisiac), *Rakta-Pitta Shamaka* (Subsides *Rakta* and *Pitta*), *Kapha-Vata Vardhaka* (Increases *Kapha* and *Vata Doshas*), It is *Ahita* (Not recommended as food)

ALOOKI [Bhavaprakasha Nighantu, 2006]**Botanical Name-** *Colocasia esculata* (Linn), Schott**Family-** Araceae

The *Alooki* is *Guru* (Heavy), *Snigdha* (Demulcent), *Picchila* (Sticky), *Ushna* (Hot in potency), *Vishtambhi* (Causes constipation), *Balya* (Tonic), *Kapha-Pitta Vardhaka* (Increases *Kapha* and *Pitta Doshas*).

MANAKANDA [Acharya Kayadeva, 1979]**Botanical Name-** *Alocasia indica* (Roxb) Schott**Family-** Araceae

The *Manakanda* is *Laghu* (Light), *Madhura* (Sweet), *Sheeta* (Cold in potency), *Pittahara* (Subsides *Pitta Doshas*), *Shothahara* (Cures oedema), *Rakta Pitta* (Haemorrhages)

HASTIKARNA [Bhavaprakasha Nighantu, 2006]**Botanical Name-** *Leea macrophylla* Roxb**Family-** Vitaceae

The *Hastikarni* is *Kashaya* (Astringent), *Tikta* (Bitter), *Ushna* (Hot in potency), *Kapha-Vata Shamaka* (Subsides *Kapha* and *Vata Doshas*).

KASHERU [Acharya Kayadeva, 1979; Acharya Sushruta, 2002]**Botanical Name-** *Scirpus kysoor* Roxb**Family-** Cyperaceae

The *Kasheru Kanda Shaka* is *Guru* (Heavy), *Sheeta* (Cold in potency), and *Vishtambhikara* (Causes constipation), *Shukra Vrdhaka* (Increases semen), *Stanyajanana* (Galactogogue), Cures *Daha* (Burning sensation), *Netra Rogas* (Eye diseases), *Prameha* (Urinary diseases including diabetes).

SHATAVARAI [Acharya Sushruta, 2002]**Botanical Name-** *Asperagus racemosus* Willd**Family-** Liliaceae

The *Shatavari Kanda Shaka* is *Madhura* (Sweet), *Tikta* (Bitter), *Sheeta* (Cold in potency), *Vata-Pittashamaka* (Subsides *Vata* and *Pitta Doshas*), *Hridya* (Cardio tonic), *Vrushya* (Aphrodisiac), *Medhya* (Brain tonic), *Balya* (Tonic), *Agnivrdhana* (Increases appetite), *Rasayana* (Vitalizer), Cures *Arsha* (Haemorrhoids), *Grahani* (Dysentery).

KADALI KANDA [Bhavaprakasha Nighantu, 2006]**Botanical Name-** *Musa sapientum* Linn**Family-** Musaceae

The *Kadali Kanda Shaka* is *Sheetala* (Cold in potency), *Madhura* (Sweet), *Balya* (Tonic), Cures *Amlapitta* (Hyperacidity) and *Daha* (Burning sensation).

SHAALUKA KANDA [Bhavaprakasha Nighantu, 2006]

The *Shaaluka* is *Sheetala* (Cold in potency), *Guru* (Heavy), *Madhura* (Sweet), *Rakta-Pitta Shamaka* (Cures Haemorrhage), *Sthanya Janana* (Galactogogue), *Vrushya* (Aphrodisiac), *Grahi* (Absorbent).

THE SWASWEDAJA SHAKA**CHATRAKA [Acharya Charaka, 2002]****Botanical Name-** *Agaricus campestris* Linn**Family-** Agaricaceae

The *Chatraka* is *Guru* (Heavy), *Picchila* (Sticky), *Abhishyandi* (Causes obstruction to the channels), *KaphaVardhaka* (Increases *Kapha*). Causes *Chardi* (Vomiting), *Atisara* (Diarrhoea), *Jwara* (Fever).

Conclusion

All the mentioned vegetables possess the anti-oxidant, aphrodisiac property. Some of them contain rich in fibres which help to easy evacuation of the stools. These vegetable not only helps to prevent the diseases but also helps to maintain the health of the person. The further scope of study is to bring the original and classical method of cultivated vegetables in the market so that the manifestation of the disease will be reduced and helps to maintain the health of the person.

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