

REVIEW ARTICLE- ROLE OF MILLETS IN ANORECTAL DISEASES**Dr. Jyotik Omkar Subhash^{1*} and Dr. Jyotik Nilam Omkar²**¹Assistant Professor, Department of Shalyatantra, Tilak Ayurved Mahavidyalaya, Pune.²Consultant at Shreeram Clinic, Pune.Article Received on
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Millets or Kshudra danya are oldest as well as primitive indigenous food grains to be used as staple food. In Ayurveda millets are mentioned by the name as Kudhanya and Trin Dhanya. Millets are significantly rich in starch, soluble and insoluble dietary fibers, vitamins, minerals and antioxidants. These are a good source of essential amino acids, micronutrients, phytochemicals, antioxidants, and minerals. The presence of all required nutrients in millets makes them potential dietary supplements.

KEYWORDS: Millets, Kshudra Danya, Constipation, Haemorrhoids, Fissure, Fistula.

INTRODUCTION

A group of small seeded cereals used as food item known as Kshudra Danya or millets. The word "Millet" derived from the latin word "Miliun" means small seed. Millets or Kshudra danya are oldest as well as primitive indigenous food grains to be used as staple food. Millets are a specific group of plant of Poaceae family containing smaller seed than major cereals. Ayurveda has explained in detail about Kshudra Danya with their specific qualities, effects, their indications and contraindications. Thus analysis is useful in understanding the right usage of Kshudra Danya to avail their complete health benefits. Thus in recent dietary practices have explained and increased the use of millets in our diet and their nutritional richness and health benefits. There are different varieties of millets available that are being used in different conditions. Use of millets should be according to prakruti, disease and other factors in diet. In India millets are used as supplementary food grains in tribal and lesser developed parts of the country.

Properties- Millets are widely used in therapeutics in Ayurveda classics. They increase Vata, balance Kapha, and Pitta, Ruksha, and Grahi, and are light to digest.^[1] In Bhavprakash Nighantu millets are also mentioned in Dhanyavarga like Kshudradhanya (Kanguni, Cheenak, Shyamak) Kodo, Gavedhuka, Yavanala. According to Bhavprakash Kshudradhanya is Ushna, has Kashaya and Madhura Ras, Laghu, Lekhan, Vipaka is Katu, Ruksha, Vatakaraka and Grahi and also decrease Pitta and Kapha.^[2] No pesticide are required for storage situations for pulses like green gram, millets like foxtail millet.^[3]

Mostly used millets in diet are Sama (*Echinochloa frumentace* Linn.), Kodo (*Paspalum scrobiculatum* Linn.), Ragi (*Eleusine coracana* Linn.), Neewar (*Hygroryza aristata* Retz.), Kanguni (*Setaria italica* Linn. Beauv.), Gavedhuk (*Coix lacryma jobi* Linn.), Jowar (*Sorghum vulgare* Pers.), Cheena (*Panicum miliaecum* Linn.), Bajra (*Pennisetum typhoides* Burm.f. Stapf. & Hubbard).

MATERIALS AND METHOD

Various ayurvedic texts, published review articles, research papers, and from the internet have been reviewed for this article.

DISCUSSION

Here we are going to discuss in detail about some millets.

1.Kangu/Priyangu - (*Setaria italica* - Foxtail millet). Kangu is Guru i.e heavy for digestion, Sangrahi in nature that absorbs excessive fluids and helps for normal formation of faeces and enhances digestion. Kangu has brihana property that nourishes the body tissues, Shoshana properties dries up excessive moisture. Bhagnasandhanakrit which heals fracture. It is Vrishya means aphrodisiac. This millet can be useful in nutrition in arsha patient if he has developed weakness due to per rectal bleeding.

It is Sangrahi which absorbs excessive fluids and helps for normal formation of faeces and enhances digestion that can be indicated in Diarrhea (Atisara), (Irritable Bowel Syndrome) Grahani. It has both Brihana and Shoshana (dries up excessing moisture) properties thus it can be helpful for Dhatu Shoshana (reduction of body tissues) of over nourished Dhatus like Meda (Adipose tissue) and Mamsa (Muscle tissue) meanwhile it can also provide nourishment by supplying micronutrients. Thus kangu can be used in conditions like Sthoulya (Obesity) and Prameha (Diabetes).

2. Shyamaka - (*Echinochloa frumentacea* - Barnyard millet) It is Sangrahi that helps for normal formation of faeces and enhances digestion. Dhatu shoshaka dries up the body tissues. In patient of Bhagandara this millet can help in reducing the excessive secretion. Shyamaka can be used in Atisara (Diarrhea), Grahani (Irritable Bowel Syndrome) as it is Sangrahi, Santarpana Janya Vyadhi like Sthoulya (Obesity), Medoroga (Diseases due to excessive lipids), Prameha as it is Shoshana (Dries up excessive moisture), Badda Mutrakara (Promotes normal formation of urine), Ruksha, Lekhaniya (Scraping), other Kapha-Pitta Pradhana Rogas (Diseases due to vitiated Kapha and Pitta) like Twak Vikara, Amavata (Rheumatoid Arthritis) are also indicated.

3. Koradusha/ Kodrava - (*Paspalum scrobiculatum* - Kodo millet) It is Madhura-Tikta rasa i.e sweet-bitter in taste, Guru which is heavy for digestion, Param Graahi that absorbs excessive fluids and helps for normal formation of faeces and enhances digestion. Vishahara which acts as antipoisonous. Avrishya which is Antaphrodisiac hence Pathya in Vrana. It is indicated in Grahani due to Param Grahi (absorbs excessive fluids and helps for normal formation of faeces and enhances digestion), Vrana, Badda Vitkara and Santarpana Janya Vyadhi (Diseases due to over nourishment of body tissues) like Sthoulya (Obesity), Prameha (Diabetes Mellitus), Medoroga, due to Kleda Shoshana properties it dries up excessive moisture, Ruksha, Lekhana (scraping), Vatarakra (Increases Vata), due to Pitta-Rakta Shamaka which pacifies vitiated Pitta and Blood, thus helpful arsha, Vishartha (Affected due to poison) as it is Visha Hara (Pacifies effects of poison) and other Kapha-Pitta Pradhana Roga (Diseases due to vitiated Kapha and Pitta).

4. Cheenaka - (*Panicum miliaceum* - Proso millet) It is Guru in nature which is heavy for digestion. Durjara, Brihana properties nourishes the body tissues, Bhagnasandhanakara helps in fracture healing, it is indicated in Santarpana Janya Vyadhi like Sthoulya (Obesity), Prameha, Medoroga, Kapha Hara (Pacifies Kapha), Brihana, Asthibhagna (Fracture) and Kapha Pradhana Roga.

5. Nartaki - (*Eleusine coracana* - Finger millet) It has Tikta (bitter)-Madhura (sweet), Kashaya Rasa (astringent) in taste. It is Sheeta in potency-anabolic. It is Snigdha unctuousness, which helps in lubricating the anal region in patient which passes hard stools. It is Balya in nature which promotes strength. It is Vrishya aphrodisiac. It can be used in Raktapitta (Bleeding disorders), Amlapitta, Twak Roga, as it is Tikta-Madhura (Bitter-Sweet), Kashaya Rasa (Astringent taste), Sheeta (cold in potency – anabolic in action),

Snigdha Gunayukta (Property of Unctuousness), Durbala (weakness) due to Balya Karma (helps to improve energy), Sthoulya and Prameha as it is Tikta-Kashaya (Bitter and Astringent in taste) & Balya.

6. Gavedhuka - (Coix lachryma jobi - Adlay millet) Gavedhuka has Katu-Madhura Rasa (pungent-sweet in taste), Karshyakaari (emaciating) thus acts Kapha Hara (pacifies Kapha Dosha). It is also Sangrahi in nature. Gaveduka is indicated in Sthoulya and Sthula Pramehi and other Kapha Pradhana Vyadhi as it is Karshyakaari, Kapha Hara.

7. Yavanaala - (Sorghum vulgare - Sorghum) Ruchya it enhances taste perception. Trishghna property which pacifies excessive thirst of body. Kledaghna property pacifies excessive moisture content of the body. Yavanaala (sorghum) is best advised in Raktapitta (Bleeding disorders), Amlapitta (Gastric disturbances), Twak Roga as it is Pittaghna (Pacifies vitiated Pitta), Rakta Shamaka (Pacifies vitiated Pitta), Trishna (Thirst), Sthoulya (Obesity), Prameha (Diabetes Mellitus) as it is Tikta-Kashaya in Rasa (Bitter and Astringent in taste), Trishnaghna (Pacifies thirst), Kaphahara (Pacifies Kapha).

CONCLUSION

The general qualities and effects of millets can help in treatment of Kaphaja Roga (diseases due to Kapha), Pittaja Roga (diseases due to Pitta) and Raktadushti (vitiation of blood). Foods high in dietary fiber enhance the function of the large bowel and slow down digestion and absorption, lowering the risk of chronic diseases.^[4,5] It is always necessary to avoid the use of millets in Vataja Roga (diseases due to Vata) as it aggravates the condition. Thus according to basic consideration millets can be used in Sthoulya (obesity), Kushta (skin diseases), Prameha (Diabetes), Agnimandya (low appetite), Medoroga (Diseases due to excessive lipids), Atisaara (Diarrhea), Vrana (wounds and ulcers) and other Santarpanajanya Vyadhi (diseases due to over nourishment of single or multiple tissues) which are usually lifestyle disorders. Anti-carcinogenic properties of sorghum have been well documented.^[6] In Vivo and In Vitro studies have shown consumption of sorghum has shown positive health impacts on cancer. Use of individual's Agni Bala (Digestive capacity) is also very important as they are guru (Heavy) and Ruksha (dry) which makes them difficult (Durjara) for easy digestion due to more amount of dietary fibre, protein and less quantity of carbohydrates compared to other cereals, these properties make them helpful to relieve constipation.

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