

YAVANI (TRACHYSpermum AMMI (LINN.)): A REVIEW BASED ON CLASSICAL AYURVEDIC TEXTS

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Article Received on
02 January 2025,

Revised on 22 Jan. 2025,
Accepted on 12 Feb. 2025

DOI: 10.20959/wjpr20254-35631



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ABSTRACT

Trachyspermum ammi (Linn.) is commonly known as Ajowan or Ajwain. It is an erect annual herb belonging to family Apiaceae and mostly used as a spice in our Indian kitchen. The plants of Apiaceae family comprises of valuable phytochemicals and essential oils, such as thymol. It possess biological activities including antioxidant, anticancer, antiviral, anti-allergic and immune-stimulating, etc. All the properties of medicinal herbs and spices is influenced by the phenolic compounds, vitamins and trace elements present in them, as well as the volatile constituents of essential oils. The properties of Yavani mentioned in ancient ayurvedic text are hridya, ruchikarak, sugandhayukta, kaphavata-nashaka etc. Yavani is mentioned as Koshtashoola hara. Ajwain oil contain 50 % of Thymol which is strong germicide, antibacterial, fungicidal and antispasmodic. The aim of this review article is to highlight the importance of Yavani in

ancient text. Charaka samhita, yogaratnakara, bhaishajya ratnavali. This herb is used in our ancient text in a number of formulations.

KEYWORDS: Yavani, Ajwain, Thymol, *Trachyspermum ammi*.

INTRODUCTION

Ayurveda is an ancient system of medicine and most of the treatment of ayurveda are based on the natural sources. There are so many plants in nature which has the potential to treat a huge number of diseases, facing by mankind and help in restoration of their health.^[1]

Spices are defined as plant derived substances that are used traditionally for adding flavor to any food item.^[2] Spices possess a great source of nutrients as well as therapeutic constituents. Antioxidants are one among the certain nutrients which protect our body cells from free radical damage. Natural antioxidants derived from the spices, fruits, cereals, vegetables in the form of phenolic compounds (flavonoids, phenolic acids and alcohols, ascorbic acid and carotenoids).^[3] The biological activity including antioxidant, anticancer, antiviral, anti-allergic and immune-stimulating, etc. of medicinal herbs and spices is influenced by the phenolic compounds, vitamins and trace elements present in them, as well as the volatile constituents of essential oils.^[4]

“Yavani” is one among the several spices which is of prime importance. In Ayurveda it is mostly used for gastro-intestinal disorders. Botanical source of Yavani is *Trachyspermum ammi* (Linn.) Sprague ex Turrit and synonym is *Carum copticum* Benth & Hook. f. *Ptychosis ajwan* DC.^[5] It belongs to family Apiaceae(Umbelliferae). The plants of Apiaceae family contain valuable phytochemicals and essential oils, such as thymol.^[6]

Charaka Samhita (Sutra sthana) Yavani along with other dravya mentioned as hridya, aasvadaniya and pitta prakopaka.^[7] Properties of Yavani and Krishna jiraka are same as that of Jiraka like---Ruchikarak, sugandhayukta, kaphavata-nashaka etc.^[8] Yavani is mentioned as Koshtashoola hara (Abdominal colic).

Synonyms- Yavanika, ugragandha, brahmadarbha, ajmodika, deepyaka, deepya, bhutika, shoolahantri, bhoomi, agnigandha, hridya, agnivardha.^[9]

Regional names^[10]

Hindi- Ajowan/Ajwain

Sanskrit- Yamani

English- Carom seed, Carom Ajowan/ Bishop's weed

Kannada- Oma

Gujrati- Ajmain,

Kashmiri- Kath

Tamil- Omam

Gana

Charaka- Shoola-Prashamana

Bhavaprakasha- Chaturbeeja

Properties

Rasa- Katu, tikta

Guna- Laghu, ruksha, tikshna

Virya- Ushna

Vipaka- Katu

Pharmacological actions- Vata-shaleshmahara, pachana, deepana, ruchya, shukrahara, anulomana, krimihara

Indications- Shoola, udara, anaha, gulma, krimi, pliha

Parts used- Fruit

Flowering & Fruiting- December to February; also depending upon the time of sowing the seed

Chemical constituents

Seeds: A phenolic glycoside (1); 3-galactosyloxy-5-hydroxytoluene

Essential oil: Thymol, p-cymene

Habitat- Found all over India as well as in Iran, Egypt, Afghanistan

Botanical description^[11]

Erect, annual herb with so many branches, weak somewhat hairy all over. **Leaves** alternate, 2-3 pinnately compound, 2.5-5 cm long; leaflets variously dissected, linear and thread like in the upper leaves. **Inflorescence** of terminal, bracteates and bracteolate compound umbels, rays 4-12, white pedicillate flowers; calyx adnate to the ovary; corolla of 5 emarginate petals, about 3mm across; stamen 5; ovary 2- celled, styles 2, dilated into stylopods at the base. **Fruit** of 2 separable mericarps, 2-3mm long and as broad, greyish brown with microscopic tubercular outgrowths, broadly ovoid-cordate, slightly compressed pungent and aromatic; mericap gibbous in outline, broadest at the base, 2-3 × 1.5mm at base, crowned by minute stylopod, strongly 5 ribbed alternating the furrows, 4 vittate under the furrows and 2-vittate on the ventral face; seeds one per mericarp, pale in colour, odour, characteristic, thymolic taste, pungent.

Phytochemistry^[10,12]

Ajwain oil contain 50% of Thymol which is strong germicide, antibacterial, fungicidal and antispasmodic. Ajwain seeds contain carbohydrates, protein, fat, fibre, moisture, mineral matter (calcium, phosphorous, iron and nicotinic acid, cobalt, copper, iodine, manganese), thiamine, riboflavin, glycosides, saponins, flavone and tannins. They show antioxidant, antibacterial, antifungal, anthelmintic, antifilarial, antilithiasis, nematocidal, etc. properties. The chemical constituents in volatile oil are thymol, γ -terpinene, para-cymene, α - and β -pinene, α -thujen, myrcene, 1,8-cineole, and carvacrol) has effective antimicrobial and antifungal activity, especially thymol and carvacrol.

Description in nighantu**Dhanwantri nighntu^[13]**

Three types of Yavani are described in Dhanwantari nighantu- Ajwain, kirmani ajwain/chauhar (Yavani vishesh) and Khurasani ajwain/yaavani, yavani (Yavani vishesh)

Synonym of Yavani are yavani, dipyaka, dipya, yavsahav, yavagraj, yavanika, ugragandha, dipniya and dipani. Properties are katu-tikta rasa, ushna virya, vata-kapha shamak, visha vikara, gulma, agnidipana and udara roga hara.

Priya nighntu^[14]

Three types of Yavani are described in Priya nighantu- yavani, Parsik yavani and parna yavani. Synonyms are ugragandha and dipyaka Properties of yavani are tikta-katu, ruksha, ushna, pittavardhaka and vatashamaka, shoola nashaka, krimi nashaka. Ajwain arka is very effective in udarashoola.

Mahaushadha nighantu^[15]

Synonyms are Yavanika, ugragandha, brahmadarbha, ajmodika, yavahva, dipyaka, dipya, dipani and yavasahvya. Properties and actions are tikshna, ushna, katu, tikta, laghu, pachani, ruchya, dipani, pitala, shooa, arsha, shukranashini, vata-shaleshodara, anaha, gulma, pliha and krimihara.

Bhava prakasha nighantu^[16]

In Bhavapraksha nighantu four plants are described which are related to yavani- yavani (Ajwain), ajmoda (Badi ajwain), vanya ajwain, parsik yavani. Synonyms are yavanika, ugragandha, brahmadarbha, ajmodika, dipayaka, dipya, yavasahvya. Properties are tikta-katu

rasa yukta, laghu, ushna, tikshna, pachana, ruchikarka, agnidipana, pittavardhaka, shukra evam shoola nashak, vata-kapha har, udara, anaha, gulma, pliha and krimi nashaka.

Adulteration

In some parts of India particularly in south India, 'Yavani' [*Trachyspermum ammi* (Linn.) Sparague ex Turill] is mistaken for 'Ajmoda'. Due to bigger mericarps *Trachyspermum roxburghianum* (DC). Craib is in use as 'Ajmoda' (Bari Ajmod).^[17]

'Ajmoda' *Trachyspermum ammi* seeds adulterates excess stems, chaff, and earth or dust by adding exhausted seed (from which oil or oleoresin has been extracted). Also, the oil is adulterated by ajwain chaff oil. By adding chaff oil thymol will decrease to below 35%, which should be between 35%-60%. A ban Ajwain [*Seseli diffusum* (Roxb. ex. Sm.)] is sometimes adulterated with seeds. Adulteration can be detected by using the specifications for whole seed, powdered seed, volatile oil and oleoresin, chromatography techniques.^[18]

Research work^[19,20,21]

1. Antifungal activity

The considerable antifungal activity of Aromatic Water observed by the elimination of *Candida albicans* in the affected tissue might be related to the presence of phenolic monoterpenes in the Essential oil of Aromatic Water.

The Essential oil of *T. ammi* Aromatic Water was found to be rich in phenolic monoterpenes. These monoterpenes exhibit their antibacterial activities. It has also been reported that thymol and carvacrol have fungicidal activity through the inhibition of ergosterol biosynthesis and the disruption of membrane integrity.

2. Anti-bacterial activity

Antibacterial activity of Thymol obtained from the seeds of the plant *T. ammi* has been reported against third generation, fourth generation and multi-drug resistant bacteria. It inhibits the Gram positive bacteria such as *Bacillus cereus*, *Bacillus subtilis*, *Staphylococcus aureus*, *Listeria monocytogenes* resistant microbial pathogens and two Gram negative food spoiling bacteria *Escherichia coli*, *Pseudomonas aeruginosa*.

3. Anti-hypertensive, Anti-spasmodic and broncho-dilating activity

It has been found that dose dependant fall in blood pressure, inhibits the bronchoconstriction and has hepatoprotective effects. The in vitro results demonstrated blockade of calcium channel mediated the spasmolytic potential in the plant.

4. Antioxidant activity

T. ammi methanol extract possesses strong antioxidant activity against DPPH, and could be used as natural antioxidants in food or pharmaceutical industry.

Ajwain is rich in vitamins and minerals and have health-promoting phytonutrients such as carotenoids and flavonoids for providing powerful antioxidant protection.

5. Lithotriptic effect

In one of the studies, the seeds of this herb were used as a urinary tract stone lithotripsy. The aim of the research was to use T. ammi seeds as a lithotripsy against different types of urinary stones and determine the efficiency of the preparation against which type of stone. The antilithiatic potential of T. ammi was confirmed by its ability to maintain renal functioning, reduce renal injury and decrease crystal excretion.

6. Analgesic effect

An experimental clinical trial study has been carried out to assess and compare the analgesic effect of ethanolic extract of T. ammi fruit with morphine by using a tail-flick analgesiometer device. Positive results found in this study indicate that the antinociceptive action may be of the opioid type This effect may be due to its parasympathomimetic action on descending pain modulating pathways.

Description of yavani in charaka samhita^[22]

S. N.	Yoga	Indications	Reference
1.	Agurvadi taila	Sheeta jwara shamak	Ca.ci. 267/108
2.	Hingu-sauvarchaladya ghrita	Shoola, anaha	Ca.ci. 69/153
3.	Hapushadya ghrita	Shoola, anaha, yoniroga	Ca.ci. 71/153
4.	Shatyadi churna	Gulma, plihavridhi, anaha	Ca.ci. 86/155
5.	As a pathya	Kaphaj gulma	Ca.ci. 165/163
6.	Kaphaj prameha nashak yoga- 4	Kaphaj prameha	Ca.ci. 27/172
7.	Kaphaj prameha nashak yoga- 9	Kaphaj prameha	Ca.ci. 29/172
8.	Trikantakadya sneha	Vata-pita-kapha nashak	Ca.ci 38/174

9.	Lodhrasav/Madhvasav	Kaphaj prameha, pittaj prameha, pandu, arsha, aruchi	Ca.ci. 41/174
10.	Pathadi churna	Rajyakshma	Ca.ci.126/221
11.	Mukhshodhaka yoga-3	Mukhashodhaka	Ca.ci. 137/223
12.	Mukhshodhaka yoga-5	Mukhashodhaka	Ca.ci. 138/223
13.	Yavanishadav churna	Hridaroga, pliha vikara, parshva shoola	Ca.ci. 141/223
14.	Dwitiya lashunadya ghrita	Sarva unmade roga, yonidosha, krimi, jwara,	Ca.ci. 54/241
15.	Shadav	Kshata-kshina, yakshma, agnimandya, atisara	Ca.ci.90/267
16.	Phalatrikadya arishta	Shotha, hrida roga, pandu	Ca.ci. 39/277
17.	Chitrakadi ghrita	Shotha, arsha, gulma	Ca.ci. 55/280
18.	Parisechan yoga	Udara roga(parisechan and pana)	Ca.ci. 110/306
19.	Narayana churna	Bhagandra, pandu, gara visha, mula visha	Ca.ci. 125/308
20.	Triyushnadya churna	Arsha, grahani, shoola, anaha	Ca.ci. 63/331
21.	Arshanashak yoga	Arsha	Ca.ci. 70/332
22.	Takrarishta	Guda shotha, kandu, artinashaka	Ca.ci. 73/332
23.	Vibandhayukta arsha nashaka yoga	Apana vayu evam mala anulomana	Ca.ci. 99/335
24.	Arsha vedanahara yoga	Arsha vedana	Ca.ci. 100/335
25.	Chavyadya ghrita	Pravahika, gudabhransha, atisara	Ca.ci. 107/336
26.	Nagaradya ghrita	Arsha, grahani, mutrakricha, pravahika	Ca.ci. 110/336
27.	Raktarsha nashak yoga	Shoola yukta raktarsha	Ca.ci. 195/344
28.	Takrarishta	Grahani, agnideepana, gulma, arsha	Ca.ci. 120/377
29.	Vachadi churna	Grahani, arsham guda shoola	Ca.ci. 135/378
30.	Kiratadi churna	Grahani, hridaroga, panduroga	Ca.ci. 138/378
31.	Kantakari ghrita	Kasa hara, sarva kapha roga nashak	Ca.ci. 926/452
32.	Deepana-pachana-grahi-vatakapha ghana	Deepana, pachana, sangrahi	Ca.ci. 27/472
33.	Shaka	Atisara nashaka	Ca.ci. 31/473
34.	Aharartha prayoga	Madatya	Ca.ci. 175/596
35.	Mridvika raga	Rochana-deepana	Ca.ci. 181/597

Description of yavani in bhaishajya ratnavali^[23]

Jwara			
S. N.	Yoga	Indications	Reference
1.	Rasnadi kwath	Jwara	Y.R.191/101
2.	Pippalyadi kwath	Jwara	Y.R.204/102
3.	Marichadi kwath	Kaphaj jwara	Y.R.133/94

4.	Sudarashan churna	Sarva jwara	Y.R.439/128
5.	Jwara bhairav churna	Sarva jwara	Y.R.449/129
6.	Bhanu chudamani	Sarva jwara	Y.R.978/175
7.	Lauhasav	Jwara	Y.R.1235/203
8.	Brihat pippalyadi tail	Jwara	Y.R.1235/203
9.	Brihat kiratadi tail	Jwara	Y.R.1235/203

Jwaratisara			
S. N.	Yoga	Indications	Reference
1.	Kwath	Jwaratisara	Y.R.33/228
2.	Sidha praneshwar rasa	Jwaratisara, Grahani, Pravahika	Y.R.60/230
3.	Praneshwar rasa	Jwaratisara, Raktatisara	Y.R.64/230
4.	Mritsanjivani rasa	Atisara, Sangrahani	Y.R.80/232
5.	Ymanyadi kwath	Amatisara	Y.R.28/238
6.	Bhuvneshwar	Sarvatisara	Y.R.147/250

Grahani			
S. N.	Yoga	Indications	Reference
1.	Ymanikadi kwath	Agnimandya, amadosha	Y.R.10/256
2.	Dadimashtak churna	Atisara, grahani	Y.R.38/259
3.	Kapithashtak churna	Gulma	Y.R.40/259
4.	Lavangadi churna (brihat)	Jwara, atisara, grahani, agnimandya	Y.R.66/261
5.	Lavangadi churna (mahat)	Jwara, atisara, pandu, kamla	Y.R.75/263
6.	Brihannayika churna	Jirna jwara, grahani, atisara	Y.R.90/263
7.	Grahani shardul churna	Sarvatisara, shotha, grahani, etc.	Y.R.99/264
8.	Kushmanda guda	Asadhya grahani, kushtha, arsha, bhagandar	Y.R.148/267
9.	Madanmodaka	Grahani, kasa, shoola, amavata	Y.R.164/269
10.	Methi modaka	Sangrahani	Y.R.171/269
11.	Brihat methi modaka	Grahani, atisara	Y.R.179/270
12.	Mustadi modaka	Grahani, atisara, raktatisara, aruchi	Y.R.186/271
13.	Kameshwar modaka	Vajikaran, grahani, atisara	Y.R.192/271
14.	Mustakadya modaka	Sangrahani, atisara, daurbalya	Y.R.198/272
15.	Nripativallabha rasa	Amadosha, agnimandya, grahani, atisara	Y.R.351/284
16.	Brihat Nripvallabha rasa	Grahani, atisara, amajirna	Y.R.367/285
17.	Maharaj Nripativallabha rasa	Grahani, atisara, etc.	Y.R.373/285
18.	Panchamrita mandoor	Grahani, atisara, pandu, shotha, etc.	Y.R.529/298
19.	Changeri ghrita	Sangrahani, agnimandya	Y.R.559/302
20.	Marichadi ghrita	Sangrahani, agnimandya, amatisara	Y.R.562/302
21.	Grahani mihir tail	Atisara, grahani, shotha, prameha	Y.R.586/304
22.	Takrarishta	Sangrahani, udara roga, shotha, mandagni	Y.R.609/306

Arsha			
S. N.	Yoga	Indications	Reference
1.	Pathyadi kwath	Arsha, bhagandar, gulma	Y.R.34/312

2.	Bhallatak gud	Kushtha, arsha, kamala, prameha	Y.R.130/319
3.	Takrarishta	Arsha	Y.R.163/322
4.	Chavyadya ghrita	Pravahika, gudbhransha, mutrakricha, atisara, etc.	Y.R.188/325

Agnimandya			
S. N.	Yoga	Indications	Reference
1.	Saindhavadya churna	Agnideepan	Y.R.56/341
2.	Agnimukh churna (laghu)	Agnideepan	Y.R.62/342
3.	Agnimukh churna(brihat)	Agnideepan	Y.R.69/342
4.	Bhaktavipak vati	Ajirna, mandagni, udara roga	Y.R.158/351
5.	Bhaktavipak vati-2	Amadosha, agnimandya, sarvashoolaa	Y.R.163/351
6.	Ajirnalal kalanal rasa	Mandagni, ajirna, udara roga	Y.R.178/352
7.	Haritaki puran prayoga	Ajirna, agnimandya	Y.R.257/360
8.	Shardul kanjikam	Amadosha, arsha, atisara, etc.	Y.R.265/361
9.	Mustakarishtha	Ajirna, agnimandya, visuchika, grahani	Y.R.270/361
10.	Karpurasav	Visuchika, atisara, etc.	Y.R.296/364
11.	Haridrakhand	Krimi, kushtha, vrana	Y.R.53/371

Pandu			
S. N.	Yoga	Indications	Reference
1.	Kamlantak lauh	Kamla, pandu	Y.R. 45/380
2.	Panchamrita lauh mandoor	Pandu, kamla, grahani	Y.R. 52/380
3.	Lauhasav	Pandu, kamla, shotha grahani	Y.R. 125/386
4.	Punarnavadi tail	Pandu, kamla, udara roga, etc.	Y.R. 138/387
5.	Kushmandavleha brihat	Raktapitta, amlapitta, trishna, etc.	Y.R. 115/398

Kasa-hikka-shwasa			
S. N.	Yoga	Indications	Reference
1.	Pippalyadi kwath	Kaphaj kasa	Y.R. 29/441
2.	Samsharkra lauh	Shwasa, kasa, kshaya,	Y.R. 116/448
3.	Lakshmi vilas rasa	Shwasa, kasa, kshaya	Y.R. 132/449
4.	Bharangi sharkra	Shwasa, kasa, hikka, kshaya	Y.R. 86/466

Arochaka			
S. N.	Yoga	Indications	Reference
1.	Aruchi nashak yoga (churna)	Aruchinashak	Y.R. 9/478
2.	Ymani shadav	Aruchinashak	Y.R. 21/479
3.	Nagradi churna/vati	Aruchinashak	Y.R. 25/479
4.	Lashunadya ghrita	Unmada, udaraa roga, vata vikara	Y.R. 62/506

Apasmara & Vatavyadhi			
S. N.	Yoga	Indications	Reference
1.	Kalyanak churna	Apasmara, unmada, arsha	Y.R. 15/513
2.	Tryodashang guggulu	Smasta vata-kapha vikara	Y.R. 98/526
3.	Pushparaja prasarini tail	Smasta vata vikara	Y.R. 352/549
4.	Nakula tail	Smasta vata vikara	Y.R. 503/563

Vatrakta & Amvata			
S. N.	Yoga	Indications	Reference
1.	Nimbadi churna	Vatarakta, shwitra, kotha, charmadala, etc.	Y.R.28/575
2.	Dwadashayasa	Vatrakta, kushtha vishesa	Y.R. 54/577
3.	Vaishvanara churna	Amavata, gulma, hridroga, vatavikara	Y.R. 46/599
4.	Abhadya churna	Asthi-sandhigata vata vikara, snayu majjagata vata vikara	Y.R. 56/600
5.	Pathadya churna	Amavata, shotha, mandagni	Y.R. 60/601
6.	Amagajasimha	Amavata, katigraha	Y.R. 125/605
7.	Rasona pinda	Amavata, mandagni, sarvanga vata	Y.R. 134/606
8.	Yogaraja guggulu	Amavata, sandhivata, vata vikara	Y.R. 152/607
9.	Brihat yoga raja guggulu	Amavata, sandhivata, sarvanga vata	Y.R. 162/608
10.	Saindhavadi tail-2	Vata vikara, sandhivata, katishoola	Y.R. 216/613

Shoola roga			
S. N.	Yoga	Indications	Reference
1.	Ymanyadi churna	Vataj shoola	Y.R. 11/616
2.	Hingvadi gutika	Vataj shoola	Y.R. 19/617
3.	Chatu-sama churna	Amjanya shoola, mandagni	Y.R. 39/619
4.	Hingvadi churna	Vida-mutra sanga janya shoolaa, vataj shoola	Y.R. 77/623
5.	Shankhadi churna	Parinama shoola, anadrava shoola, samanya shoola	Y.R. 83/624
6.	Shoola vajrini vati	Sarva shoola, gulma, pliha, udara roga, etc.	Y.R. 98/625
7.	Shatavari mandoor (brihat)	Sarva shoola, parinam shoola	Y.R. 185/633
8.	Haritaki khand -2	Sarva shoola, amlapitta	Y.R. 203/634
9.	Shoola gajendra tail	Shoola roga nashak	Y.R. 254/639
10.	Triyutyadya arishta	Shoola, annadrava shoola	Y.R. 260/640

Gulma roga			
S. N.	Yoga	Indications	Reference
1.	Churna in takra	Agnideepan, purisha anulomana	Y.R. 36/652
2.	Vachadya churna -1	Anaha, udara roga, shoola, arsha	Y.R. 41/652
3.	Vachadya churna-2	Shooladi updrava, agnideepna	Y.R. 43/652
4.	Ymanyadi churna	Shoola, gulma	Y.R. 45/653
5.	Lavangadi churna	Gulma, shotha, amavata	Y.R. 55/653
6.	Kankayan gutika	Gulma, arsha, krimi	Y.R. 69/655

7.	Rasaynamrita lauh	Sarva gulma, udara roga, ykita-pleeha	Y.R. 118/659
8.	Hapushadya ghrita	Vata gulma, anaha, vibandha, yoni roga	Y.R. 141/661
9.	Rasonadya ghrita	Gulma, grahani, arsha, shoola, etc.	Y.R. 164/664

Hrida roga & Prameha roga			
S. N.	Yoga	Indications	Reference
1.	Sukumara ghrita	Mutrakriccha nashak, balya, rasayana	Y.R. 60/681
2.	Kaphapramehaghana yoga (dashavidha)	Surameha nashak	Y.R. 20/698
3.	Kapha-prameha nashak kwath	Kapha prameha	Y.R. 23/698
4.	Dadimadya ghrita	Prameha, mutrakricha, mutraghat, ashmari	Y.R. 198/715
5.	Vyoshadi saktu	Prameha, mudhavata, kushtha, arsha, etc.	Y.R.6/721

Udara roga & Ykita-pliha roga			
S. N.	Yoga	Indications	Reference
1.	In form of takra	Mandagni, atisara	Y.R. 11/730
2.	Kushthadi churna	Vatodara	Y.R. 17/731
3.	Narayana churna	Virechnartha, udara roga	Y.R. 43/734
4.	Rasona tail	Udara roga, smasta vikara, vata vikara	Y.R. 145/744
5.	Ymaniakadi churna	Pliha vridhi nashaka	Y.R. 9/746
6.	Rohitakadi vati	Pliha roga, ykita roga, udara roga nashaka	Y.R. 21/748
7.	Ykita-plihodara lauh	Ykrit-plihodara, gulma nashak	Y.R. 125/746
8.	Rohitaka ghrita-2	Ykrit-plihodara, gulma	Y.R. 219/765

Shotha roga & Vridhi roga			
S. N.	Yoga	Indications	Reference
1.	Suvarchaladya lauh	Shoth, udara, pandu	Y.R. 134/779
2.	Chitrakadya ghrita	Arsha, gulma, asadhya shotha	Y.R. 146/718
3.	Punarnavadi tail	Mahashotha	Y.R. 175/784
4.	Bhaktodara rasa	Antra vridhi, shalipada, vata vridhi, amvata	Y.R. 59/794
5.	Ekadashayas rasa	Antra vridhi, urustambha	Y.R. 83/796
6.	Trivritadi ghrita	Antra sambandhi roga	Y.R. 93/797

Shalipada-bhagandra-kushtha-udarada roga			
S. N.	Yoga	Indications	Reference
1.	Shalipada gaja keshari rasa	Shalipada evum pliha nashaka	Y.R. 26/812
2.	Narayan rasa	Bhagandra, nadi vrana, dushta vrana	Y.R. 16/842
3.	Mahabhallataka guda	Sarva kushtha, rakta vikara	Y.R. 211/860
4.	Guda dipyaka yoga	Udarada nashaka	Y.R. 4/895
5.	Haridra khanda-2	Udarada nashaka	Y.R. 19/898

Amlapitta & Mukhroga			
S. N.	Yoga	Indications	Reference
1.	Panchanana gutika	Grahani, agnimandya, shoola, amlapitta	Y.R. 63/906
2.	Kshudha vati gutika-1	Mandagni, sangrahani, amlapitta	Y.R. 68/907
3.	Kshudha vati gutika-2	Mandagni, sangrahani, amlapitta, parinam shoola	Y.R. 74/907
4.	Kshudha vati gutika-3	Amlapitta, parinam shoola, arsha, aruchi	Y.R. 84/908
5.	Amlapitantaka modaka	Amlapitta, parinam shoola	Y.R. 101/910
6.	Dantarogashani churna	Krimidanta, dantashoola, danta daha	Y.R.93/960

Pradara roga- Sutika roga-Bala roga			
S. N.	Yoga	Indications	Reference
1.	Lakshmana arishta	Garbhashaya gata vikara	Y.R.93/960
2.	Vjrajanjika	Agnideepan, makkala shoola, dugdha vardhan	Y.R. 18/1064
3.	Shaubhagya shunthi -2	Smasta stri roga, prasuta upadrava	Y.R. 30/1065
4.	Shaubhagya shunthi -3	Sutika smasta roga	Y.R. 40/1066
5.	Panchajiraka guda	Sutika and smasta stri roga	Y.R. 52/1067

Description in yogratnakar^[24]

Purvardha

S. N.	Yoga	Indications	Reference
1.	Meghnath rechan rasa	Rechana	Y.R. 2/178
2.	Churna	Vata-kapha jwara	Y.R. 1/206
3.	Churna (for mardan)	Tridoshaja jwara	Y.R. 5/210
4.	Churna (for mardan)	Sweda shoshan,	Y.R. 9/211
5.	Churna	Chittavibhram, shiroroga,etc.	Y.R. 3/216
6.	Shringyadi kwath	Sannipata updrav nashak	Y.R. 10/221
7.	Darvyadi kwath	Visham jwara	Y.R. 6/227
8.	Chatu-shashtik shringyadi kwath	Visham jwara	Y.R. 9/228
9.	Kwath	Visham jwara, sheet jwara	Y.R.1/228
10.	Sudarshan churna	Visham jwara	Y.R 1/232
11.	Sudarshan churna	Visham jwara	Y.R.1/233
12.	Kurantakadi leh	Visham jwara	Y.R. 4/234
13.	Churna	Amatisara	Y.R. 15/259
14.	Kwath	Amatisara	Y.R. 32/261
15.	kwath	Jwaratisara	Y.R. 13/272
16.	Dadimavleha	Jwaratisara	Y.R. 2/273
17.	Kapithashtak churna	Jwaratisara	Y.R. 1/275
18.	Dadimashtak churna	Jwaratisara	Y.R. 1/275
19.	Laghulai churna	Jwaratisara	Y.R. 1/276
20.	Mritasanjivan rasa	Jwaratisara	Y.R. 2/276
21.	Vyoshadi churna	Grahani	Y.R. 3/286
22.	Talishadya churna	Grahani	Y.R. 1/287
23.	Grahani gajakesari rasa	Grahani	Y.R. 1/291

24.	Dwitiya surana modaka	Arsha roga	Y.R. 1/301
25.	Hapushadi takrarishta	Arsha roga	Y.R. 2/306
26.	Chavyadi ghrita	Arsha roga	Y.R. 1/306
27.	Hingvadi churna	Ajirna	Y.R.1/318
28.	Agnimukh churna	Ajirna	Y.R. 2/318
29.	Samudradya churna	Ajirna	Y.R. 1/319
30.	Vyoshadya churna	Ajirna	Y.R. 1/319
31.	Dhananjya vati	Ajirna	Y.R. 2/320
32.	Chitrakadi yvagu	Ajirna	Y.R. 1/322
33.	Dashmula ghrita	Ajirna	Y.R. 1/322
34.	Yaavnal churna	Ajirna	Y.R. 3/323
35.	Krimikuthar rasa	Krimi roga	Y.R. 1/336
36.	Adrakavleha	Kasa	Y.R. 1/412
37.	Kantkari ghrita	Kasa	Y.R. 2/415
38.	Yvanikhandav churna	Arochaka	Y.R.1/443
39.	Chardyantak rasa	Chardi, amlapitta, vama, etc.	Y.R. 6/456
40.	Churna	Vataj madatya	Y.R. 2/476
41.	Kalyan churna	Apasamar, unmade, etc.	Y.R. 1/501
42.	Hingvadi churna	Vatvyadhi, sarvashoola, etc.	Y.R. 1/519
43.	Maharasnadi kwath	Ardita, aptantraka, vatrakta, etc.	Y.R. 1/525
44.	Abhadi churna	Asthi-sandhigata vata, katigraha, etc.	Y.R. 2/527
45.	Trayodashang guggulu	Hanugrah, jaanugrah, gridhrasi, etc.	Y.R. 1/527
46.	Yograja guggulu	Manyastambha, hanugraha, etc.	Y.R. 1/528
47.	Shadshiti guggulu	Dhatugata jwara, kukshi roga, ashmari, etc.	Y.R. 3/529
48.	Rasnaputik tail	Pakshaghata, ardita, etc.	Y.R. 7/541
49.	Panchatikta ghrita	Rajyaksha, shwasa, kasa	Y.R. 2/542
50.	Kathika (kadhi)	Vataroga nashak	Y.R. 1/543
51.	Lashuna kalka	Sarvanga vata, ekangavata, ardita, etc.	Y.R. 3/544
52.	Eranda paka	Vatavyadhi, shoola, shotha, udara roga	Y.R. 3/545

Utrardha

S. N.	Yoga	Indications	Reference
1.	Hingvadi churna	Hikka, adhyaman, vibhandha	Y.R. 1/9
2.	Chitrakadya ghrita	Vataj gulma, shoola	Y.R. 1/30
3.	Jatipatradi churna	Mukha durgandha, danta shoola, vrana, shoth, etc.	Y.R. 1/303
4.	Trikatvadi kwath	Nasa dwara shirogata sampurna shoola nashak	Y.R.6/340
5.	Jirakadi modaka	Yoni roga nashak	Y.R. 13/412
6.	Kwath	Sutika roga nashak	Y.R. 2/428
7.	Panchajirka paaka	Sutika roga, yoni roga, jwara, etc.	Y.R. 1/429

8.	Churna	Varna prashadaka, ayurvedhaka, sutika roga nashak, etc.	Y.R. 2/430
9.	Vjrajanjikam	Makkal shoola, amavata nashak	Y.R.1/434
10.	Amrita bhallataka	Vajikarka, viryavardhaka, etc.	Y.R. 4/483
11.	Rativallabharnya pugapaka	Virya vardhaka, kaama vardhaka	Y.R. 3/485
12.	Kamagni-sandipan modaka	Vata-pitta-kapha roga, mandagni, vali-palit roga	Y.R. 1/487

CONCLUSION

This literary study shows that the herb “Yavani” possess immense therapeutic properties and can cure various ailments of human body. The effectiveness of this herb is illustrated in our ancient texts on various diseases like agnimandya, amavata, shoola, grahani, krimi roga etc. Yavani seeds possess pharmacological properties like antioxidant, antibacterial, antifungal, anthelmintic, antifilarial, antilithiasis, nematocidal activities. This review article would help researcher to carry out further research work on this valuable medicinal plant.

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