

FROM FLAVOUR TO THERAPY: THE MULTIFACETED BENEFITS OF *DHANYAK*, *SHUNTHI/ADRAKA*, AND *HARIDRA* IN *SHARANGDHAR SAMHITA*

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ABSTRACT

Our ancient sages employed a variety of cooking techniques, including the use of different cooking spices, to prepare daily meals and understood the importance of *Aahara Aushadhi*, or remedies in the form of diet. Few of such spice that are used in Indian subcontinental cuisine are *Dhanyak*, *Shunthi/Adraaka* and *Haridra*. Though most people may not be aware of their advantageous therapeutic characteristics, they are utilized as spices in cuisine. Furthermore, *Dhanyak*, *Shunthi/Adraaka* and *Haridra* has adjustable dosage and are effective for treating a number of ailments, such as *Jwara* (fever), *Atisar* (diarrhoea), *Grahani* (irritable bowel syndrome), *Daha* (burning sensation), and others. While *Ayurveda* describes a great number of formulations that contain *Dhanyak*, *Shunthi/Adraaka* and *Haridra*; we shall concentrate on those contained in the *Sharangdhar Samhita* since it is considered one of the most significant *Samhitas* belonging to *Laghutrayee*. The current review discusses the use of *Dhanyak*,

Shunthi/Adraaka and *Haridra* as *Aahara* (kitchen spices) and as a pharmaceutical to treat different ailments. After careful screening, the following is a compilation of the formulations that call for the common Indian spices *Dhanyak*, *Shunthi/Adraaka* and *Haridra*; and are described in the *Sharangdhar Samhita*. The study's findings indicate that the *Sharangdhar Samhita* mentions 37 formulations totaling *Dhanyak* in 11 distinct dose forms, 133 formulations of *Shunthi/Adraaka* in 13 distinct dosage forms and 38 formulations of *Haridra* in 7 distinct dosage forms. According to the assessment, these three ingredients

improve food flavor when used in the kitchen, but it also cures most illnesses when used as medicine. Maximum formulations are mentioned for treating fevers of all kinds, followed by digestive disorders, joint pain, etc.

KEYWORDS: *Dhanyak, Shunthi, Haridra, Aahara, Aushadhi, Sharangdhar Samhita.*

INTRODUCTION

Ayurveda addresses a variety of daily routines and diets to help people achieve their best possible health. It enhances the basis of health by reviving metabolism (*Agni*), rejuvenating cells (*Rasayana*), improving memory (*Medha*), and balancing the homeostasis of the physical (*Sharirika*) and mental (*Mansika*) *Doshas*.^[1] Since it might lessen the symptoms, chronicity, or even complications of the condition, any substance can be referred to as "*Bheshaja*" (drug) in the context of *Ayurveda*. Another name for it is "*Aushadham*" (medicine), which refers to a material that has the power to reduce pain. The term "*kalpana*" refers to *Yojana* (planning), which is the ability to use even a single *Dravya* (material) or various *Dravya* in their permutations and combinations to produce an optimal final output.

Bhaishajya Kalpana is divided in 2 basic parts i.e., *Aahara Kalpana* and *Aushadha Kalpanas*. Certain medications, like *Ahara Aushadhi*^[2], are even added to meals and utilized as spices to assist the body regain vital nutrients. When used in food, spices typically provide it flavor and taste and contain a lot of trace components. Thus, they demonstrate their effectiveness even when applied sparingly. In the Indian subcontinent, the condiments have been combined with the everyday meals in a way that makes each bite nutrient-dense.

Since the *Vedic* era, *Dhanyak*, *Shunthi/Adraka*, and *Haridra* are among the many spices that are frequently utilized in everyday cuisine. The main purpose of these three is to enhance digestion. These days, its application is restricted to the digestive system alone. These can be used to treat a variety of illnesses in different dosage forms and quantities. The different formulations of *Dhanyak*, *Shunthi/Adraka*, and *Haridra* that are listed in the *Sharangdhar Samhita* are scanned in this book. Additionally, it offers the most recent studies on the phytoconstituents that are found in them.

MATERIAL AND METHOD

Sharangdhar Samhita is a classic treatise of *Acharyra Sharangdhar* (13th century^[3]). It is one of the most important books of *Laghutrayee* which is base for *Bhaishajya Kalpana*. This

Samhita is single volume divided in 3 *Khanda* i.e. *Poorva Khanda*, *Madhyam Khanda* and *Uttara Khanda*.^[4] Almost all the *Kalpanas* (*Rasa yoga* as well as herbal *yoga*) are mentioned in *Madhyam Khanda* as it is totally dedicated to *Bhaishajya Kalpana* as well as *Rasa Shastra*. Some of the formulations are also mentioned in *Uttara Khand* (*Lepa Vidhi Adhyaya*)^[5].

The treatise was screened for the formulations containing *Dhanyak*, *Shunthi/Adraka* and *Haridra*. The formulations were further classified according to the various dosage forms and contained *Dhanyak*, *Shunthi/Adraka* and *Haridra* in a single drug form, in a paired form, or in various combination were screened.

This work is a compilation of researches related to the pharmacological actions screened through search engines like googlescholar, pubmed, google etc. and other allied databases and books covering fields of pharmacology and biomedicine to further support the therapeutic attributes of *Dhanyak*, *Shunthi/Adraka* and *Haridra*.

RESULT AND DISCUSSION

Sharangdhar Samhita contains many formulations for various diseases. Total 208 formulations are mentioned in *Sharangdhar Samhita* which contains *Dhanyak*, *Shunthi/Adraka* and *Haridra*.

Formulations containing *Dhanyak*: There are 37 formulations of *Dhanyak* in 11 distinct dosage forms mentioned in figure 1. There are 16 *Kwatha*, 1 *Yoosha*, 1 *Manda*, 1 *Phanta*, 2 *Hima*, 8 *Churna*, 2 *Vati/Gutika*, 1 *Avaleha*, 1 *Ghrita*, 1 *Taila*, 1 *Asava* and 2 *Lepa*. Most of the formulations are mentioned for *Jwara*, *Atisara*, *Raktapitta*, *Daha*, *Grahni*, *Aruchi*, *Prameha* and *Aama dosha*. It suggests most of the diseases are of digestive disorders (*Ama dosha* and *Agnimandya*). *Dhanyak* is *Tridosahara*. It being *Snigdha* and *Ushna* decreases *Vata*; being *Kashay*, *Tikta* and *Madhur* decreases *Pitta*; and because of *Tikta*, *Katu* and *Ushna* it is *Kaphashamaka*.^[6]

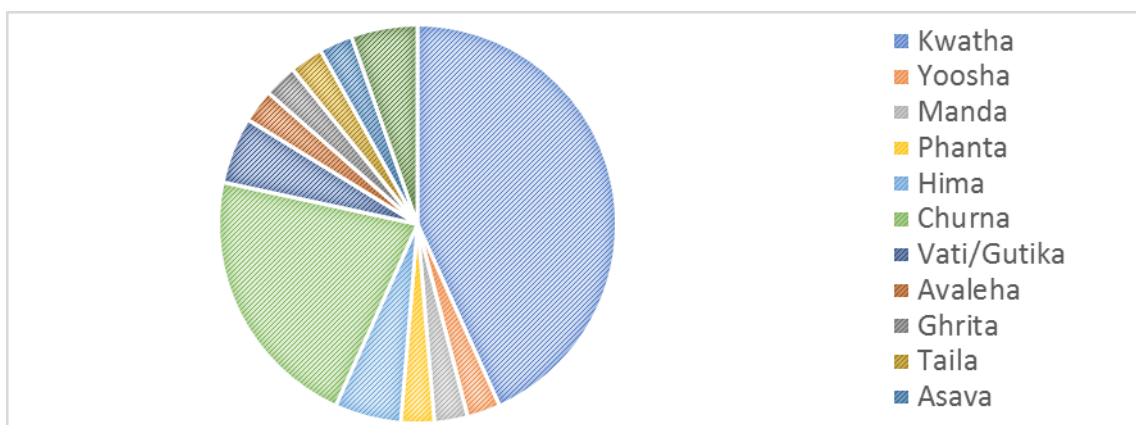


Figure1: Formulations of *Dhanyak*.

Formulations containing *Shunthi/Adraka*: There are 133 formulations of *Shunthi/Adraka* in 13 distinct dosage forms. There are various forms mentioned in figure 2 like; 3 *Swarasa*, 37 *Kwatha*, 2 *Yoosha*, 2 *Paya*, 1 *Manda*, 5 *Kalka*, 26 *Churna*, 15 *Vati/Pindi/Modaka*, 3 *Avaleha*, 3 *Ghrita*, 9 *Taila*, 2 *Asava*, 4 *Arishta*, 15 *Rasa Yoga* and 6 *Lepa*. Most of the formulations are mentioned for *Jwara*, *Atisara*, *Aruchi*, *Grahni*, *Prameha*, *Arsha*, *Pandu*, *Kamla*, *Vataroga* and *Aama dosha*. It suggests most of the diseases are of digestive disorders (*Agnimandya*). Due to *Ushna Virya*, *Shunthi/Adraka* is *Kapha-pittashamaka*.^[7]

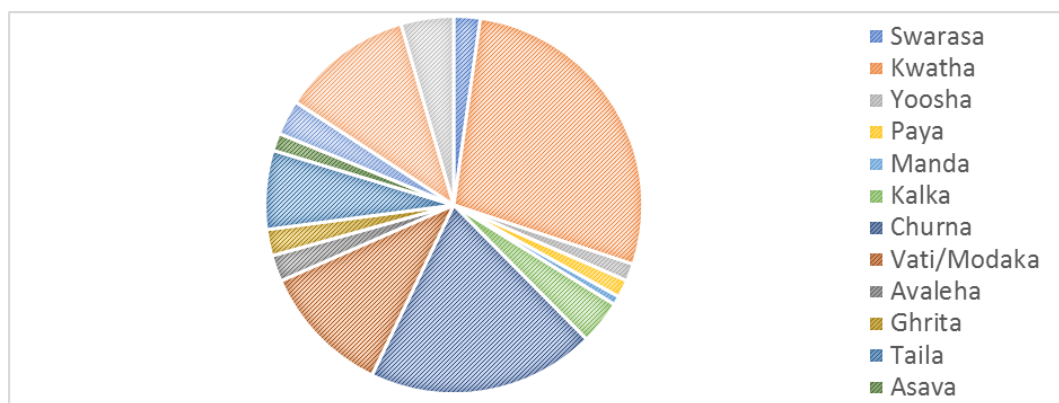


Figure 2: Formulations of *Shunthi/Adraka*.

Formulations containing *Haridra*: There are 38 formulations of *Haridra* in 7 distinct dosage forms mentioned in figure 3. There are 3 *Kwatha*, 2 *Churna*, 1 *Vati*, 7 *Ghrita*, 11 *Taila*, 2 *Asava*, 2 *Arishta*, 1 *Rasa yoga* and 9 *Lepa*. Most of the formulations are mentioned for *Shotha*, *Kushtha*, *Vrana*, *Jwara*, *Prameha* and *Vataroga*. Because of *Ushna Virya* of *Haridra*, it is *Kaphanashaka* and being *Tikta Rasa Pradhana*, it is *Pittashamaka*.^[8]

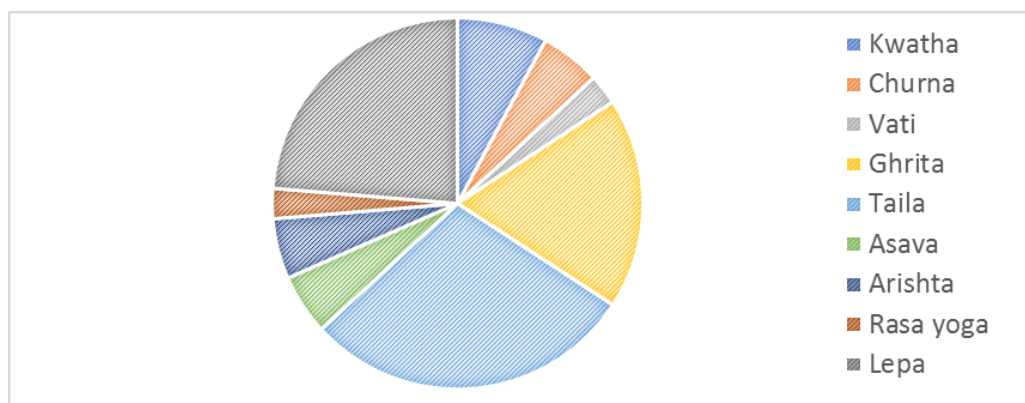


Figure 3: Formulations of *Haridra*.

CONCLUSION

The evaluation indicates that these three ingredients not only enhance the flavor of food when used in the kitchen, but they also cure the majority of illnesses when used as medicine. It can be concluded that when *Dhanyak*, *Shunthi/Adraka*, and *Haridra* are combined with other herbo-mineral substances and administered with various *Anupana* (adjuvants), they have the potential to work in concert to treat a wide range of illnesses, including *Jwara* (fever), *Agnimandya* (diseases of the digestive system), *Vatavyadhi* (diseases caused by *Vata Dosha*), *Udara* (ascites), *Kushtha* (skin diseases), *Prameha* (diabetes), *Arsha* (hemorrhoids), *Medoroga* (lipid disorders), *Shiroroga* (diseases of the head), etc. Additionally, this highlights current studies that bolster the therapeutic diversity of *Dhanyak*, *Shunthi/Adraka*, and *Haridra* even more.

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