

AN INTEGRATIVE SCIENTIFIC EVALUATION OF GREEN GRAM (*VIGNA RADIATA L.*) CONSUMPTION ON *BUDHAVAR* (WEDNESDAY) IN GUJARATI TRADITION: AN AYURVEDIC AND NUTRITIONAL PERSPECTIVE

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ABSTRACT

Background: Traditional Gujarati dietary practices include the consumption of green gram (*Vigna radiata L.*) on *Budhavar* (Wednesday), a day associated with *Budha*. This practice is believed to support intellect and metabolic balance yet lacks systematic scientific validation. **Objective:** To evaluate the traditional practice of green gram consumption on *Wednesday* through an integrative Ayurvedic and biomedical perspective. **Materials and Methods:** A narrative integrative review was conducted using classical Ayurvedic texts including Charaka Samhita and Sushruta Samhita, along with PubMed-indexed literature on nutrition, metabolism, and neuroscience. **Results:** Green gram exhibits *laghu*, *pitta-kapha-shamaka*, and *agni-anukula* properties. It is nutritionally rich in proteins, fiber, micronutrients, and antioxidants, and demonstrates low

glycemic index and gut-modulating effects. These attributes support digestive efficiency, metabolic stability, and cognitive function. **Conclusion:** The practice of consuming green gram on Wednesday represents an evidence-aligned, culturally rooted preventive dietary strategy supporting *Agni*, reducing *Ama*, and enhancing *Medhya* functions.

KEYWORDS: Mudga, Green gram, Wednesday, Ayurveda, Preventive health, Glycemic index, Cognitive function.

INTRODUCTION

Traditional Indian dietary systems encode health-promoting behaviours within cultural and temporal frameworks. In Gujarati tradition, the consumption of green gram (*Mudga*) on *Budhavar* (Wednesday) is widely practiced. Wednesday is associated with Budha, symbolizing intellect (*buddhi*), communication, and analytical ability—functions comparable to executive processes governed by the prefrontal cortex.^[1,2]

In Ayurveda, *Mudga* is categorized under *Shimbi Dhanya* and is considered superior due to its digestibility and dosha-balancing properties. Classical texts describe it as *laghu, sheeta*, and *kashaya-madhura rasa yukta*, making it suitable for regular consumption and therapeutic use. Modern nutritional science supports this traditional perspective. Green gram is rich in plant-based protein, complex carbohydrates, dietary fibre, folate, magnesium, and antioxidants.^[3,4]

It has a low glycaemic index, ensuring stable glucose release and sustained energy supply, which is essential for optimal cognitive function.^[5,6] Additionally, its role in gut health contributes to the gut–brain axis, influencing mental and emotional stability.^[7]

The planetary association of Wednesday with Mercury further adds a symbolic yet potentially meaningful layer to this integrative framework. Mercury is the fastest-orbiting planet in the solar system, completing its revolution around the Sun in approximately 88 days.^[8] Its rapid and dynamic nature are often interpreted as symbolic representations of speed, communication, and intelligence. From a physiological standpoint, these characteristics may be analogically correlated with the rapid transmission of nerve impulses, synaptic plasticity, and the dynamic adaptability of human metabolic processes.^[9,10] Additionally, Mercury experiences extreme environmental fluctuations, which may metaphorically reflect the importance of maintaining internal homeostasis in response to varying external and internal stressors.

In Ayurveda, health is defined as a state of equilibrium between body (*sharira*), mind (*manas*), and consciousness (*atma*), supported by balanced doshas, proper digestion (*agni*), and stable mental faculties.^[11] Lifestyle practices associated with Wednesday—such as the consumption of light, easily digestible green foods (e.g., green gram), engagement in calm and focused activities, and the use of green color—may contribute to enhancing “*medhya*” (intellect-promoting functions) and maintaining mental clarity. These practices can be interpreted as

components of a preventive and promotive healthcare model that aims to sustain cognitive efficiency, emotional balance, and metabolic harmony.

MATERIALS AND METHODS

• Study Design

Narrative integrative review.

• Data Sources

- Classical Ayurvedic texts: Charaka Samhita, Sushruta Samhita
- PubMed-indexed journals on nutrition, metabolism, and neuroscience

• Inclusion Criteria

- Studies on *Vigna radiata* nutritional composition
- Research on glycemic index and antioxidant effects
- Ayurvedic references on *Mudga*
- And astrological relation of green gram and mercury planet

• Methodology

Thematic synthesis correlating:

- Ayurvedic properties → physiological effects
- Nutritional profile → metabolic and cognitive outcomes
- Traditional timing → preventive health model

RESULTS AND OBSERVATIONS

- Green gram- *Mudga* (*Vigna radiata* L.) demonstrates significant nutritional and therapeutic potential aligned with its traditional use on Wednesday. It is rich in plant protein, supporting neurotransmitter synthesis, and contains high dietary fiber that promotes *Koshtha shuddhi* and gut microbiota balance.^[12] Essential micronutrients such as B-complex vitamins and magnesium contribute to proper nerve function, while antioxidant compounds help reduce oxidative stress and support *Dhatu poshana*.^[13]
- From an Ayurvedic perspective, *Mudga* exhibits *laghu*, *tridosha-shamaka*, and *agni-anukula* properties, making it ideal for preventing *Agnimandya* and *Ama sanchaya*. Its low glycemic index aids in maintaining stable blood glucose levels, ensuring sustained energy and supporting cognitive functions (*Medhya karma*). Additionally, it supports liver function and strengthens the gut–brain axis, contributing to *Manasika sthirata*.

- The psychological influence of the green color associated with Wednesday enhances parasympathetic activity, reduces stress, and improves concentration, thereby complementing the dietary effects of *Mudga*.
- The symbolic association with Mercury (Budha) further reflects functional parallels. Mercury's rapid speed correlates with neural transmission speed, while its extreme environmental variability highlights the importance of metabolic balance (*Agni–Ama equilibrium*).^[14] Its stability (minimal axial tilt) aligns with *dosha samyata*, and proximity to the Sun represents *Agni*. In this context, *Mudga*, being easily digestible, provides stable energy without overburdening metabolism.
- Overall, the combined dietary, physiological, and symbolic correlations suggest that *Mudga sevana* on Wednesday supports *Agni deepana*, *Ama pachana*, and cognitive balance, forming a holistic preventive health model.

4. DISCUSSION

The planetary characteristics of Mercury provide a meaningful metaphor for understanding metabolic regulation in Ayurveda. Mercury is known for its fastest orbital motion (~88 days), symbolizing rapid cognition and dynamic neural activity, while its extreme temperature variability reflects instability in the absence of regulatory balance. This variability can be conceptually correlated with the Ayurvedic state of *Ama*, which arises due to *Agnimandya* and is characterized by symptoms such as heaviness (*gaurava*), lethargy (*alasya*), indigestion (*ajirna*), coating on the tongue, and impaired metabolic processes. Just as Mercury's environment becomes extreme without atmospheric regulation, the human body experiences metabolic disturbance when *Ama* accumulates.

In Ayurveda, *Langhana* (lightening therapy) is indicated in such conditions to restore balance by reducing metabolic load and enhancing *Agni*. *Mudga* (green gram), being *laghu*, *ruksha*, and *agni-anukula*, serves as an ideal *Langhana ahara*. Its easy digestibility helps in *Ama pachana* while preventing further accumulation, thereby restoring metabolic equilibrium. Furthermore, Mercury's proximity to the Sun, symbolizing intense energy, aligns with the concept of *Agni* (digestive fire). In this context, *Mudga* supports *Jatharagni* by providing light yet nourishing sustenance, facilitating efficient energy utilization without overburdening the system.

Thus, the traditional use of *Mudga* on Budhvar can be interpreted as a targeted dietary intervention that counteracts *Ama* through *Langhana*, stabilizes *Agni*, and supports cognitive

and metabolic balance, reflecting a sophisticated integration of cosmological symbolism and Ayurvedic therapeutics.

According to Charaka Samhita (Sutrasthana 27/23)

“मुद्गो लघुः शीतलः कषायो मधुरो लघुः।
कफपित्तहरः श्रेष्ठो धान्यानां स्यात् विशेषतः॥”

This establishes *Mudga* as *laghu*, *sheeta*, and *Kapha-Pitta hara*, supporting digestive ease and metabolic balance.

Similarly, Sushruta Samhita (Sutrasthana 46/313) states:

“मुद्गाः श्रेष्ठा लघवो बल्याः कफपित्तहराः स्मृताः।”

These references highlight its dual role as both nourishing (*balya*) and light (*laghu*), aligning with modern findings of high nutrient density with low metabolic burden.

From an *Agni* perspective, midweek physiological fatigue may lead to *Agnimandya*. The use of *Mudga*, being *sukha-pachya*, supports *Agni deepana* and prevents *Ama utpatti*. Its role in *Srotoshodhana* and gut health correlates with modern concepts of microbiota-mediated metabolic and cognitive regulation.

The *Medhya* effect of *Mudga* can be attributed to its *Satvika* nature and non-*abhishyandi* गुण, supporting *Mano-prasada* and cognitive clarity. Modern evidence linking micronutrients and antioxidants with neuronal health further validates this.

5. CONCLUSION

The traditional practice of consuming green gram (*Mudga*) and wearing green on Wednesday reflects a multidimensional health approach that integrates cultural wisdom with physiological relevance. This observance encompasses astrological symbolism, where Budha represents intellect and metabolic regulation; nutritional science, wherein green gram serves as a *laghu*, balanced, and *medhya-supportive ahara*; and neuroscientific principles, as the green color is associated with psychological stability and parasympathetic activation. Furthermore, the astronomical characteristics of Mercury—including speed, variability, and sensitivity—symbolically align with neural processing, metabolic adaptability, and the need for internal balance (*dosha samyata* and *agni sthirata*). Collectively, this tradition illustrates

how ancient knowledge systems encoded complex health principles into simple, sustainable lifestyle practices. By harmonizing diet (*ahara*), mind (*manas*), and environment (*vihara*), the practice of *Wednesday Mudga sevana* can be interpreted as a holistic, preventive strategy for maintaining overall well-being (*swasthya*).

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