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REVIEW OF SHUKA DHANYA VARGA

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ABSTRACT

Ayurveda is a holistic system of health care that has been originated from Atharvaveda. It is a science of life as it deals with every aspect of life and not merely with treatment, unlike other systems of medicine. Keeping in view the importance of Ahara in health as well as disease, it has been included in 'Tryopstambhas' and termed as 'Mahabhaishjaya'. Also in Upanishadas and classical texts, Ahara is termed as essence of life, "Anna ve Prana". Acharya Charak has also quoted that Body as well as disease both are result of wholesome and unwholesome food respectively.[1] Also it is stated that Happiness, voice, life, satisfaction, power and intelligence, all are dependent on Ahara.[2] For better understanding, Ahara is classified extensively in Brihattrayi.

KEYWORDS: Shukadhanya, Cereals, Ahara, Ayurveda.

INTRODUCTION

In Ahara Vargikaran, while Acharya Charak has given 12 vargas of Ahara dravyas comprising both solids as well as liquid diet; Acharya Sushrut and Acharya Vagbhatt on other hand subdivided Ahara varga in Anna dravya (solids) & Drava dravya (liquids).

Table 1: CLASSIFICATION OF AHARA VARGAS.

Acharya Charak[3]	**Acharya Sushruta[4]**		**Acharya Vagbhata[5]**	
12 vargas	Anna dravya-**13** vargas	Drava dravya-**10** vargas	Anna dravya-**6** vargas	Drava dravya-**6** vargas
Shuka Dhanya	-	-	***Shuka Dhanya***	-
Shami Dhanya	-	-	Shimbi Dhanya	-
Mamsa	Mamsa	-	Mamsa	-
Shaka	Shaka	-	Shaka	-
Phala	Phala	-	Phala	-
Krittana	Krittana	-	Krittana	-

Harita	-	-	-	-
-	**Shali dhanya**	-	-	-
-	**Kudhanya**	-	-	-
-	Vaidala	-	-	-
-	Pushpa	-	-	-
-	Lavana	-	-	-
-	Kshara	-	-	-
-	Dhatu	-	-	-
-	Ratna	-	-	-
-	Kanda	-	-	-
Aharayogi	-	-	-	-
Madya	-	Madya	-	Madya
Jala	-	Jala	-	Jala
Gorasa	-	Ksheer	-	Ksheer
Ikshuvihaar	-	Ikshu	-	Ikshu
-	-	Dadhi	-	-
-	-	Takra	-	-
-	-	Ghrita	-	-
-	-	Taila	-	Taila
-	-	Madhu	-	-
-	-	Mutra	-	Mutra

Shuka Dhanya Varga (Cereals)

- **Acharya Charak** has described several varieties of cereals under Shuka Dhanya Varga viz. **Shali** dhanya eg mahasali, raktashali, kalama, sakunahrta, turnaka, dirghashuka, gaura; **Vrihi** dhanya eg patala; **Shasti** dhanya eg varaka; **Suka** dhanya eg yava, goduma and **Kudhanya** eg syamaka, mukunda etc.[6]
- **Acharya Chakrapani** has mentioned seasonal harvesting of cereals as follows:

Sali Dhanya- Hemanta ritu

Shasti Dhanya- Grishma ritu

Vrihi Dhanya- Sharad ritu[7]

- **Acharya Sushrut,** has described Shali dhanya and Kudhanya among Anna dravyas (instead of Shuka dhanya), whereas **Acharya Vagbhatt** has mentioned Shuka Dhanya under the same. (Table 1)
- **Acharya Bhavamisra** has enumerated Sali, Vrihi, Shuka, Shimbi and Kshudra dhanya as 'Dhanya panchaka.[8]

Classification of Shuka Dhanya Varga in Ayurveda

Sr. N.	Name	Botanical Name	Family	Types	Guna	Karma
1	**Dhanya** (Paddy)	Oryza sativa Linn.	Poaceae	i. Shali ii.Shashti iii.Brihi	I&ii-Madhur(RasVipaka), Sheet (Virya) iii-Madhura(Rasa), Amla (Vipaka), Pittkara	Brihana, Mutrala, Shukrala
2	**Godhuma** (Wheat)	Triticum sativum Lam.	Poaceae	i.Mahagodhuma ii.Nandimukh iii.Madhuli	Madhur(RasVipaka) Sheet (Virya) Guru, Snigdha, Vatpittashamak	Brihna, Vrishya, Sara, Sandhaniya, Jeevaniya, Sthairyakar
3	**Yava** (Jau, Barley)	Hordeolum vulgare Linn.	Poaceae	24 Var.	Kshaya, Madhur, Katu (Ras) Sheet (Virya) Vatavardhak	Purishjnana, Kanthya, Balya, Trishahar
4	**Kodrava** (Kodo millet)	Paspalum scrobiculatum Linn.	Poaceae	i.Vanya ii.Gramya	Kshaya, Madhur(Ras) Sheet (Virya) Vatavardhak	Grahi, Shoshana, Raktpitthar, Kledanashan
5	**Shyamaka** (Sawa, Barnyard millet)	Echinochloa frumentacea Linn.	Poaceae	i.Ambhshyamaka ii.Hastishyamaka	Kshaya, Madhur(Ras) Sheet (Virya) Vatavardhak, Ruksha	Shoshana
6	**Nivara** (Wild rice)	Hygroryza aristata Linn.	Poaceae	-	Sheet (Virya) Vatavardhak, Ruksha	Shoshana
7	**Gavedhuka** (Job's tears)	Coix lachrymajobi Linn.	Poaceae	-	Kshaya, Madhur(Ras) Sheet (Virya) Vatavardhak, Ruksha	Sthaulyahar
8	**Kangu** (Foxtail millet)	Setaria italica Linn.	Poaceae	i.Shveta Kangu ii.Rakta Kangu iii.Peet kangu	Guru, Ruksha, Vatavardhak	Brimhana, Bhagnasandhankar
9	**Chinak** (Common millet)	Panicum miliaceum Linn.	Poaceae	Many	Guru, Ruksha, Vatavardhak	Brimhana, Bhagnasandhankar
10	**Jurna** (Jinor, Great millet)	Sorghum vulgare Pers.	Poaceae	Many	Kshaya, Madhur(Ras) Sheet (Virya) Laghu, Ruksha	Shukranashana, Kledahar
11	**Madhulika** (Ragi, Finger millet)	Eleusine coracana Gaertn.	Poaceae	Many	Kshaya, Tikta, Madhur(Ras) Sheet (Virya) Laghu, Tridoshshamak	Triptikar
12	**Vrajanna** (Bajra, Pearl millet)	Pennisetum typhoides Burm.	Poaceae	Many	Ruksha, Madhura, Usna, Durjara	Balya,
13	**Mahakshyaya** (Maize)	Zea mays Linn.	Poaceae	-	Ruksha, Madhura, Vatavardhak	Vishtambhi

- **CEREALS:** The cereal grains are seeds of grass family. The word Cereal is derived from Ceres, the Roman Goddess of grain. The principle cereal grains are Rice, wheat, maize, jowar, ragi and bajra. Cereals and millets contribute 70-80% of our daily energy requirements. Carbohydrates derived from cereals form chief source of energy in Indian diet. Among cereals, wheat, ragi & bajra conain high amount of fibre which is again concentrated

in bran layers, so importance of including bran in diet can't be underestimated. Cereals contain 6-12% protein, but as they are consumed in large quantity so provides more than 50% of daily protein intake. Cereals are also source of some minerals like Potassium, Magnesium, Calcium and Iron as well as b-Vitamins and low Fat content. Again important to note that lipids are present more in germ & bran than in rest parts of grain.

Nutritive Value of Major Cereals (Per 100 Gm.)[9]

CEREAL	Energy Kcal	Carbohydrate G	Protein g	Fat g	Iron Mg	Calcium mg	Carotene mcg	Thiamin Mg	Riboflavin mg	Niacin Mg
Bajra	361	67.5	11.6	5	**8**	42	**132**	0.33	**0.25**	2.3
Jowar	349	72.6	10.4	1.9	4.1	25	47	0.37	0.13	3.1
Maize	342	66.2	11.1	3.6	2.3	10	90	0.42	0.10	1.8
Oat meal	**374**	62.8	**13.6**	**7.6**	3.8	50	-	**0.98**	0.16	1.1
Ragi	328	72	7.3	1.3	3.9	**344**	42	0.42	0.19	1.1
Rice	345	**78.2**	6.8	0.5	0.7	10	-	0.06	0.06	1.9
Wheat flour (whole)	341	69.4	12.1	1.7	4.9	48	29	0.49	0.17	**4.3**

CONCLUSION

The ease in production and storage, as well as relatively low cost and nutritional contribution has resulted in widespread use of Cereal foods. Cereals are rich in Carbohydrates, Protein, Iron, Vit B-complex, Vit E, Riboflavin, Niacin, Thiamine, Fibre and also contain traces of minerals. These nutrients are helpful in prevention of heart diseases, digestive disorders and cancer.

As a source of nutrition, Cereals contribute 75% of calories & 67% of protein intake. Cereals provide 10000-15000kJ/Kg of energy which is 15-20 times more than fruits and vegetables.[10] It is important to note that the concentration of dietary fibres is highest in outer tissues, thus whole kernel or coarsely milled grains have more potent anti-inflammatory and antioxidant properties than refined ones.[11] Thus if we consume our food in a right manner than not only it provides nutrition to sustain health but also keeps the diseases away.

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