

**RESEARCH ARTICLE ON AJMODA FROM THE VIEW OF
AYURVEDA CLASSICS: A LITERARY REVIEW****Ajaya D. Yerne^{1*}, Mrunal R. Akre²**

^{1*}Professor and Hod, Sanskrit Samhita Siddhant Department, Ram Krishna College of
Ayurveda and Medical Sciences, Bhopal, (MP).

²Associate Prof, Dravyagun, Global Institute Of Ayurveda, Rajkot (Gujrat).

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Corresponding Author*Ajaya D. Yerne**

Professor and Hod, Sanskrit Samhita
Siddhant Department, Ram Krishna
College of Ayurveda and Medical
Sciences, Bhopal, (MP).



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ABSTRACT

Ajmoda is one of the best Medicinal drug which helps to improve gut health in very easy way by oral intake in day to day lifestyle in Indian culture. It is a spice and medicinal herb, used in Ayurveda for SHOOLPRASHAMANA and DIPANIYA from centuries. It is very much in used for its rich aroma and potent health benefits. *Ajmoda* contains thymol, a strong antibacterial, antimicrobial, antiseptic, antifungal and antioxidant property making its effective against infection. It is known for its ability to relieve menstrual cramps, headache and abdominal colic. It aids in boosting metabolism which helps in managing over weight and many more uses for recovering diseases. That's why, this drug need to focus for students, scholars and researcher. Hence, this review *Ajmoda*, i.e. *Carum roxburghianum* through various indications are in use, controlled trials are needed to determine its real efficacy. The

Ajmoda plant, its properties, mechanism of action and clinical uses are briefly was reviewed in this article.

KEYWORDS: Ajmoda, *Apium graveolens*, Carum seeds, *Carum roxburghianum*., Celery, Shool prashaman, Vanya ajjmod.

INTRODUCTION

Carum roxburghianum linn (DC) Craib. is looking like AJWAIN which is 1-3 feet in height. It is profusely found in the geographical climate of Maharashtra, Punjab and Uttar Pradesh.

From here, it is supplied all over the world. It is an erect annual herb which has pinnate to bipinnate like leaves. Its flowers are small, creamy white, very much used in treatment of flatulence, stimulating digestive enzymes, broad spectrum antibacterial, increases metabolism to reduce weight, in Worms infestation, cleanses Urinary bladder, improves Cardiac tone, natural Aphrodisiac, etc. It is clearly mentioned in Laghutraya and Bruhatraya for successful result in treating all disease for human well being. Only scattered information exploring the drug is available and there is need to assemble it. So to revalidate the therapeutic claims of Ajmoda in the light of contemporary experimental and clinical studies this review was carried out.

Literature: Samhitas, Nighantus, Contemporary text and online studies available on Ajmoda. The current work appears to be first kind and can be considered as a reference standard for future studies.

MATERIAL AND METHOD

Search Criteria: Knowledge of Ajmoda is available in our Bruhatraya as well as in laghutraya. First reference is available in Charak Samhita as well as Shushruta Samhita. Remaining reference from laghutraya like Bhavprakash, Dhanvantari Nighantu, Madanpal Nighantu, Nighantu Adarsh, Kaydev Nighantu, Rajnighantu. Also few published authentic researches mentioned in their articles, journals references of these were collected.

METHODOLOGY

As the drug was available in India, exact origin of Ajmoda is debated, it is believed to have originated in the Mediterranean region which has been grown in various part of the world. It is commonly known as Celery. Various parts of Ajmoda are used for its unique properties. The leaves, stalk and seeds are most commonly utilized parts for their culinary and medicinal benefits.

All Brihatrayai- Charak Samhita mentioned AJMODA as best Shool prashamanas and Deepaniyas, works as the drug on various abdominal disorders i.e; improves digestion, menstrual cramps, metabolism, urinary bladder pain and worms infestation.

In Sushruta Samhita mentioned it as Pippalyadigana works as the best deepan as well as vatanuloman drug.

All Nighantus; It is mentioned as Agnidipak as well as Shoolprashaman.

In Ashtanghrudaya, it is considered in Vatsakadi gana which helps to recover diseases like gulm, jwara, shool, arsh, pinas. Also diseases arise from Vat, Pitta, Meda

SYSTEMIC CLASSIFICATION OF AJMODA

CLASSIFICATION

Charak: Shoolprashaman, Dipaniya

Sushruta: Pippalyadigana

Ashtanghrudaya: Vatsakadigana

Nighantu:

Kayidev- Aushadhi Varga

अजमोदा बस्तमोदा मोदा हस्तिमयूरकः । उग्रगन्धा हृद्यगन्धा खराह्वा लोचमर्कटः ॥१२०१॥
 यवानी दीप्यको वल्ली कारवी कृमिनाशिनी । अजमोदा कटुस्तिक्ता कटुपाका विदाहिनी ॥१२०२॥
 दीपनी पाचनी रूक्षा वीर्योष्णा कफवातहा । लघुस्तिक्ता बद्धविट्का हृद्या वृष्या विनाशयेत् ॥१२०३॥
 नेत्ररोगारुचिच्छर्दिहिध्माध्मावस्तिरुक्कृमीन् ॥१२०४॥

Dhanvantari- Shatpushpadi Varga

अजमोदा बस्तमोदा दीप्यको लोचमर्कटः । खराह्वा कारवी वल्लीर्मोदा हस्तिमयूरका ॥१०५॥
 अजमोदा च शूलघ्नी तिक्तोष्णा कफवातजित् । हिक्काध्मानारुचिर्हन्ति कृमिजिद्वह्निदीपनी ॥१०६॥

Bhavpakash – Haritakyadi Varga

अजमोदा खराह्वा च मयूरो दीप्यकस्तथा । तथा ब्रह्मकुशा प्रोक्ता कारवी च समस्तका ॥७०॥
 अजमोदा कटुस्तीक्ष्णा दीपनी कफवातनुत् ।
 उष्णा विदाहिनी हृद्या वृष्या बलकरी लघुः । नेत्रामयकफमिच्छर्दिहिक्कावस्तिरुजो हरेत् ॥७१॥

Madanpal- Shunthyadi Varga

अजमोदाऽत्युग्रगन्धा मोदा स्तीक्ष्णामयूरकः । खराह्वा कारवी वल्ली बस्तिमोदा च मर्कटः ॥२८॥
 अजमोदा कटुस्तीक्ष्णा दीपनी कफवातनुत् ।
 उष्णा विदाहिनी हृद्या वृष्या बद्धमला लघुः । नेत्रामयक्रिमिच्छर्दिहिध्मवस्तिरुजो जयेत् ॥२९॥

Rajnighantu- Pippalyadi Varga

अजमोदा खराह्वा च बस्तमोदा च मर्कटी । मोदा गन्धदला हस्तिकारवी गन्धपत्रिका ॥१०८॥
 मायूरी शिखिमोदा च मोदाह्वा वह्निदीपिका ।

ब्रह्मकोशी विशाली च हृद्यगन्धोग्रगन्धिका । मोदिनी फलमुख्या च वसुचन्द्राभिधा मता ॥१०९॥
 अजमोदा कटुरुष्णा रूक्षा कफवातहारिणी रुचिकृत् । शूलाध्मानारोचकजठरामयनाशनी चैव ॥११०॥

EXTERNAL MORPHOLOGY OF AJMODA

Habit:-*Apium grevelons* is an annual or biennial herb.

Stem:-Erect and branching herb with around 0.3 to 2.4 metres in height.

Leaves:-Radical leaves pinnate with large deeply lobed segments, Cauline tripartite, segment once or twice trifid. Leaf opposed lower leaves are linear-lanceolate.

Inflorescence:-Umbel in florescence. White umbels have 5 to 10 rays.

Flowers:-White or greenish-white and very small.

Fruits:-Very small, Cremocarp, 2 mm long, ridge narrow, vittae broad.

BOTANICAL NAMES

Apium bgreveolens Linn. Or *Carum roxburghianum* Benth. or *Trachospermum roxburghianum* Sprague.

Carum means roots and seeds are edible, roxburghianum word is derived in the memory of Dr. William Roxburgh a botanist.

The English name Celery of Ajamoda is derived from the Italian word Selori.

SYNONYMS OF AJMODA

According to properties and action

- The fruit of Ajmoda has a similar odour of the Donkey or Horse.
- Ajmoda increases appetite
- Ajmoda has got a very strong aroma.

REGIONAL NAMES OF AJMODA

Celery (English)

Ajmoda, Ajmada (Hindi)

Vomma (Kannada)

Aayamodakam (Malayalam)

Ajmaoda Vova (Marathi)

Ajmoda Vova (Gujarati)

Randhuni (Bengali)

Asmatavomam (Tamil)
Ajmodavamu, TellaVamu (Telugu)
Fakhazur, Banjuan (Kashmiri)
Bonjamani Yamani, Ajowan, Bonajain (Assamese)
Karafs-e-Hindi (Unani)
Valjawain, Ajmod (Punjabi)

SCIENTIFIC CLASSIFICATION OF AJMODA

KINGDOM–Plantae

CLASS -Dicotyledons

SUBCLASS-Polypetalae

SERIES-Caliciflorae

ORDER-Umbellales

FAMILY-Apiaceae

GENUS-Carum

SPECIES-Roxburghianum

IMPORTANT PHYTOCONSTITUENT OF AJMODA

Seed:- Anthoxanthins, graveobioside A and B, Luteolin, Apioseglycosider, myristicin acid, Aprumetinumbelliferone, chrysoeriol.

Essential oil:- d-limonene, d-selinene, sesquiterpenealcohols, apigravin, sedanolide and sedanomic acid anhydride.

Thymol is a major component of oil of thyme and it's found in it.

Leaves and Tubers:- Aniinluteolin.

RASA PANCHAKA OF AJMODA

Rasa (taste):- Katu (pungent), Tikata (bitter)

Guna (virtue):- Laghu (light), Ruksha (dry), Teekshna (sharp)

Virya (potency):- Ushna (hot potency)

Vipaka:-Katu (Pungent)

Therapeutic administration and doses (matra) of ajmoda

Doses:-1 to 5 gm in churna form and

Distillate form 0.25 to 0.5 ml to

MAIN YOG AND ITS USES

Some important Yog in which Ajmoda is used as one of the best contain for treatment in various diseases explained in **AYURVEDA CLASSICS**. They are as follows:-

IN CHARAK SAMHITA

- 1) In Shadvirechanshatashtriya Adhyaya used as Deepaniya and Shoolprashaman Mahakashaya.
- 2) In Santarpaniya Adhyaya used in Trayushnadiyog.
- 3) In Yajpurushiya Adhyaya explained as one of the best drug in 84 Asava.
- 4) It is noted as Shirovirechan dravya kalpa-sangraha and Katuuskandha in Rogbhishakjitiyaviman Adhyaya.
- 5) In Jwar Chikitsa, it contains in Agurvadi Oil.
- 6) In Gulmnashak Yog, used in Hingvadi Churna and Gutika, Shatyadi Churna, Hingulsauvarchladhya Ghruta.
- 7) In Prameha used in Kapha pramehnashak dasha Yog and also as Trikanthadhyaya Snehan in Kaphaja and Vataja Prameha.
- 8) In Unmaad disease, used in Dvitiya Lashunadhyaya Ghruta.
- 9) In Swahyathu Chikitsa used in Phaltrikadhyarishta and also in Shaargudika.
- 10) In Arsha Chikitsa, used in Takrarishta.
- 11) In Grahanidosh Chikitsa, used in Chitrakadi Gutika and Vati and named it as also Panchamksha.
- 12) In Madatyaya Chikitsa used in Mrudvika Raga as Agnidipaka.
- 13) In Yonivyapada Chikitsa, used in Pippalyadi Yog.
- 14) In Shyamatrivrutkalpa adhyaya, used in 18 yog of Nishotha and also in Kalyanak Gudha, Trivrutadi Modaka.
- 15) In Snehavyapada Chikitsa, it is used in Saindhvadi Anuvasan Oil.

In Sushruta Samhita

- 1) In Dravyasangrahaniya adhyaya, it is one of the drug of Pippalyadi Gana.
- 2) In Mahavatvyadhi Chikitsadhyaya, used in Hingvadi Gutika for Adhmaan Chikitsa.
- 3) In Ashmari Chikitsa, used in Sharkaharyog.
- 4) In Bhagandar Chikitsa, used in Paniyadravya and Vednahar Shunthyadi Churna.
- 5) In Udar Chikitsa, used in Udar Roghar Samanya Yog.

- 6) In Mudgaarbh Chikitsa, used in Doshnirharanavum Vednahar Yog.
- 7) In Anuvasanottarbasti Chikitsa, used in Chitrakadi oil, Pathadi oil and Vidangdi oil.
- 8) In Naigmeshpratished Chikitsa, used for Dhupan in neonatal care.
- 9) In Atisarapratishedadyay, used in Pachan Yog, Shoolhar Yog and also used in Dipaniyadravya for Pravahika disease.
- 10) In Shoshpratishedadhyaya, used in AladiRasayana.
- 11) In Gulmapratishedhadhyaya, used in Chitrakadi Ghrut, Hingvadhy Ghrut, Rasonadi Ghrut, Paniya Ksharavleha, Kukshishoolhar Kashay.
- 12) In Hridrogapratishedhyaya,, used in Vatajhidrog Chikitsa Yog.
- 13) In Pandurogpratishedhayay, used in Vidangmustadhy Avleh.
- 14) In Panatyaypratishedhadhyaya, used in Vatik Madatyay Chikitsa.
- 15) In Kaaspratishedhayay, used in Kalyanak Gudh.
- 16) In Swarbhedpratishedhyay, used in Vataj Swarbhed.
- 17) In Visuchikapratishedhadhyaya, used in anya Visuchikahar Yog.
- 18) In Kaphaj Arochak Chikitsa, used with Madhu and other drugs for Vaman.
- 19) In Unmaadapratishedhadhyay, used in PhalghrutYog.

IN ASHTANG HRUDAYA

THERAPEUTIC USES OF AJMODA

- 1) In Shodhanadigansangrah Adhyaya, it is used with other drugs in diseases like Vataj, Kaphaj, Med, Gulm, Jwar, Shool and Arsh.
- 2) In Rajyakshmedi Chikitsa Adhyaya, used in Rasayana Yog and Aladi Sarpigud for disease like Prameh, Gulm, Kshyoga, Pandurog and Bhagandar Rog.
- 3) In Arsh chikitsaadhyaya, used in siddha ghrutyog and changeri ghrut nirmanvidhi for disease like anaha, mutrakruch, pravahika, gudbhransh, gudshool, arsh, grahani and vatshamak.
- 4) In mutraghatchikitsa adhyaya, used in panak for sharkarabhed.
- 5) In Gulmchikitsa adhyaya, it mixed with ghrut with other contain and in hingvashtak churna for vatajgurm.
- 6) In Bastikalpadhyaya, used with castor or sesame oil, saindhvadi oil for basti in diseases like kaphajrog, hernia, udavart, gulm, arshpleha prameha, urustambh, anah and arshdari for anuvasanbasti oil.
- 7) In Balaamaypratishedaadhyaya, used in siddha ghrutavleh for children's with diseases arises from mothers milk like vataj dushtijanyastanyapaan.

- 8) In Gulmpratishedadhyaya, used as one of the contain for drink in diseases like yonishool, parshvshool, hridrog, gulm, arsh
- 9) In Garbhvyapadshariradhyaya, it is used in decoction with other drugs mentioned for pain and excretion of retained product in mudgarbhnirharan.
- 10) In Jwarchikitsaadhyaya used in paste, decoction, sura, kanji with oil for application all over body in sheetjwara.
- 11) In Kaaschikitsaadhyaya, used in dipyadiyog, shadhavchurna and decoction with other medicine for kaphaj kaasa.
- 12) In Rajyakshmadichikitsaadhyaya, used with honey and other drugs in diseases like kaas, aruchi.
- 13) In madatyayachikitsaadhyaya, used as spice with animal flesh, other drugs and satu powder for curing disease like vatadhikmadatyaya.
- 14) In Aatisarchikitsaadhyaya, used in churna or paste, in aprajitajal, yavnyadi churna to cure pravahika for dipanpachan, stambhan and ruchikar. also in grahani, kshayrog, udarrog, swash and kaasrog etc.
- 15) In Grahanichikitsaadhyaya, used in vati with other drugs and lavanpanchadigutika to cure loss of appetite as pachak and agnidipak.
- 16) In Pramehachikitsa, used in siddhasneha with other drugs for single or sannipataj type of prameha.
- 17) In Gulmchikitsaadhyaya, used with ghrut and other drugs, hingvadi ghrut, hapushadi ghrut, lasunadi churna, hingvadi churna, vaishvanar churna, saindhvadi churna to cure vataj gulm for relieve pain and anah.
- 18) In Vatvyadhichikitsaadhyaya, used with other drug as paste, also nimbadi ghrut to cure sandhigatvat, asthimajjagat vayu, kushth, nadivran, arbud etc.
- 19) In Virechankalpadhyaya, used in kalyanakgud/avleha for kushth, arsh, kamlagulm etc.
- 20) In Balopcharniyaadhyaya, used with other drug for chatan to clear speech problem in children as vakshudhikaryog.
- 21) In Balamaypratishehdadhyaya used in decoction to cure vatdrushtijanyastanyaj diseases.
- 22) In Balgrahpratishedadhyaya, used in putyadi dhupa with other drugs to avoid balgrahabadha.
- 23) In Guhyarogpratishedadhyaya, used in kalk with other drugs, also in phalghrut to cure disease like yonidosh, shukradosh, garbhadharn, ayushyawardhak, buddhiwardhak, dhanwardhak etc.

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While studying the literature of Ajmoda, it was found that ajmoda is used in many general health significances to recover different types of abdominal diseases, very useful in obesity, as it is bitter and pungent in taste. It is good natural tonic as well as best in worms infestation. It can be used in urine infections, antibacterial, appetite stimulant. It can be used as best drug in missed abortion case for retained product during evacuation also, in abdominal cramp during menstruation. Ajmoda is one of the important drug explained by Acharyas. It is described in deepaniya, shoolhar, pippalyadigadravya with numerous synonyms and basonyms.

CONCLUSION

Ajmoda is a common drug used in much Ayurvedic preparation which needs to be focussed. So all the available literatures was studied and compiled in brief for scholars, students and researchers so as to save time and increased the value of work. it is used as appetizer, abdominal colic and many more products can be prepared by the *Carum roxbarghianum*.



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