

## ROLE OF AHARIY DRAVYA CHNDRASHOORA IN STREEROGAS -A LITERATURE REVIEW

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### ABSTRACT

*Aahara*, *nidra* and *brahmacharya* are the tripod of human living being.<sup>[1]</sup> Out of these three, *aahara* (diet) has a greatest importance in *ayurvedic samhita*. *Aahara* (diet) is said to be a *Mahabhaishajya* (supreme medicine) by *Acharya Kashyapa*.<sup>[2]</sup> The Importance of *ahariy dravyas* explained in *Ayurvedic* literature. As we are stepping into the modern era, because of changes in *aahara* (food habits), *vihara* (modernized lifestyle) many gynecological and obstetrical problems are rising. *yogya ahariy dravya* (Nutritious diet) is essential for the maintenance of health and prevention of many diseases. There are many *Ayurvedic ahariy dravyas* which are useful in *streerogas*, externally and internally, out of these *Chandrashoora beeja* is one of the *Ahariya dravya* described by *Bhavprakash* and in *Bhavprakash Nighantu* in *Mishrak Gana*.<sup>[3]</sup> It is useful for *bala – pushtivardhan*

(increases general body strength and to gain weight). In India, many dietary supplements are given to lactating mothers for sustained milk production and to nourish their baby. *Chandrashoora beeja* is also used in lactating mother to increase milk production and to promote the growth of children. because of its different properties, *Chandrashoora beeja* can be used in *Streerogas* as a preventive as well as curative. Practically, *Chandrashoora* is a *ahariya dravya*, so it is safe and easily available in market.

**KEYWORDS** *Ahariy dravya*, *Chandrashoora beeja*, *Streeroga*, *Sutika*.

## INTRODUCTION

According to *Acharya Charaka*, Women is a creature of new well being hence, special attention given to the women's health.

“Apatyanam mulam naryaha param nruna”<sup>[4]</sup>

According to *Acharya Sushruta*, there are 3 stages in every women's life i.e. *Balyaawstha* (menarche), *madhyama awstha* (Reproductive age group) and *Vruddhaawastha* (menopausal age group).<sup>[5]</sup> *chandrashoora beeja* can be used in all 3 stages for different purposes.

According to *acharya Kashyapa*, if the women is taking appropriate *aahara* and with good health then *garbhadhana awastha* can be appears at appropriate time or before. Hence, special attention is taking about the *aahariy dravyas* in *samhitas*.<sup>[6]</sup>

“*Chandrashooram hitam hikka vata shleshma atisarinam*  
*Asrugvata garadweshi bala pushti vivardhanam*”<sup>[7]</sup>

“*Dar krushna vata shula gulmaghnam stanyapushtikruta*  
*Balyo vajikarah pana leppa shonita shulanuta*”<sup>[8]</sup>

*Chandrashoora* is a effective drug of *Ayurveda* that belongs to mustard family. *Chandrashoora beeja* is the best nutritional plant. It contains rich amount of nutrients. As per *Ayurveda*, it has *vatashamak, balya* properties. In *Ayurveda*, *bruhan chikitsa* is advised by various *Aacharyas*. *Chandrashoora* having *bruhaniya* property. *Chandrashoora* has *katu* and *tikta rasa, katu vipaka, ushna veerya, snigdha, picchila guna* and *vata-kapha dosha shamak* properties.

In *Shodhala Nighantu*, *Chandrashoora* (Garden cress seed) is considered as lactation stimulant. *Chandrashoora* is also used in lactating mother to increase milk production and to promote the growth of children. According to *Acharya Charaka*, the diseases occurring in *sutika* becomes *kruchrasadhya* or either *asadhya* hence, appropriate *paricharya* should be followed.<sup>[9]</sup>

## NEED OF STUDY

*Ayurveda* has a long heritage of promoting and supporting women's health and aims at getting a successful progeny. world is looking towards the *Ayurveda* as a treatment modality

because the Allopathic treatment used in gynecological and obstetrical diseases are hormonal therapy, heparin injection and immunotherapy having unsatisfactory results with lots of side effects of hormonal therapies with surgical interventions. So, there is a great scope for research to find out a safe, potent, effective and less costly *ahariy* and *aushadhi* drugs of *Ayurveda* for the management of *streerogas*.

### **Ayurvedic properties of *Chandrashoora beeja***

*Upyukta anga of chandrashoora in streerogas - beeja*

<i>Rasa</i>	<i>Katu tikta</i>
<i>Veerya</i>	<i>Ushna</i>
<i>Vipaka</i>	<i>Katu</i>
<i>Beeja Guna</i>	<i>Laghu, Snigdha, picchila</i>
<i>Doshaghnta</i>	<i>Vatahara, kaphahara</i> <i>Because of Ushna veerya</i> <i>chandrashura becomes vata</i> <i>dosha and kapha dosha</i> <i>shamaka.</i>
<i>Dhatu-</i>	<i>Rakta gami, mamsa meda</i> <i>vardhaka, rasa (aartava, stanya</i> <i>vardhak), Shukra (vajikara)</i>
<i>Mala</i>	<i>Purish mala, Raja shodhaka</i>
<i>Sthana</i>	<i>garbhashaya gamitwa,</i> <i>stanyajanan.</i>

### ***Chandrashoora beeja* as a *Ahariya Dravya***

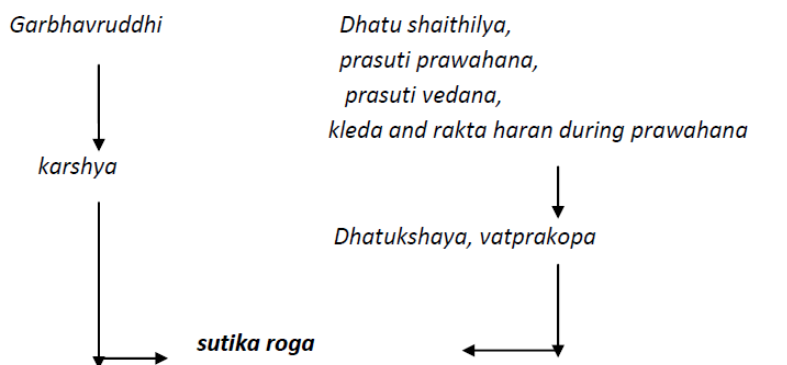
*Chnadrashoor* is *Katu* in *Rasa* and *Vipaka* and it is of *Ushna Veerya*. Also it is *Laghu, Ruksha, Teekshna* in *Guna*. It balances *Vatan* and *Kapha Dosha*. So, it has *Ampachak, Vathara, Shothhar*, properties.

### **Chemical composition**

Garden cress contains significant amount of Iron, Calcium and Folic acid in addition to Vitamin A and C. It contains higher amount of protein (25%). Most abundant amino acid is glutamic acid among essential.<sup>[10]</sup>

## Indications of *Chandrashoora beeja in streerogas*

### 1. In *Sutika awastha*



mode of action of *Chandrashoora* in *Sutika Awastha*

- 1) reduces exaggerated *vatadosha*
- 2) reduces the *vatadosha updravas*
- 3) acts as a *balya, bruhniya*
- 4) acts has a *garbhashya shodhaka* properties hence it reduces the chances of purpuriu sepsis.

Also, hence, *chandrashoora* by its different formulations like *chandrashoora kheera*, *chandrashoor soup* can be used in *sutika avastha*.

### 2. *Rajakshinata*

“*Tatrapati swayonivardhana dravyopyogaha*”<sup>[11]</sup>

In the treatment of *rajakshinata* *acharya sushruta* recommend the *swayonivardhaka dravyas* to overcome the *dosha, dhatu, mala kshinata*.

### 3. *Daurbalya*

- *Chandrashura* by its *snigdha, satmikaran* properties reduces the *daurbalya* in *stree* during menstruation, in postpartum period, in postmenopausal period.
- Also helps to booster the physical growth of females during puberty.
- *Chandrashoora*(seeds of Garden cress) also known as *Ahliva* in Marathi. In *Bhavprakash*, *Chandrashoora* is explained as strength promoter.

#### 4. *Aartavadushti*

Recent studied showed that seeds contain phytochemicals that resembles oestrogenic activity hence, it is used in amenorrhoea and irregular menstrual cycles. can be used in Rajodushti as a shamaka dravya after shodhana.

#### 5. *Garbhini awastha*

“*Garbhini tikshna aushadha vyavaya vyayam varjiyanam*”<sup>[12]</sup>

The *ahariya* and *aushadha dravyas* which are *Tiksha* are contraindicated in pregnant women. It can be used in reducing *Garbhodravas* like *hikka*, *daurbalya*, *Atisara*, etc.

#### 16. *Stanya janana*

*Chandrashoora* increases milk production in *prasuta*. As a *Stanyavruddhikara*, Medicated milk of *Chandrashoora beeja churna* helps in increasing volume of milk in lactating mother.

#### 17. *Mutrakrucha* in intrapartum and postpartum-

*Chandrashura* can be used in urinary problems during pregnancy and postpartum period. Frequency of micturation is quite troublesome symptom during 8-12th week of pregnancy. it is due to

- I. Resting of the bulky uterus on the fundus of the bladder because of exaggerated anteverted position of the uterus
- II. Congestion of the bladder mucosa
- III. Change in maternal osmoregulation causing increased thirst, polyuria After 36 weeks of pregnancy the frequency of micturation reappears.

*Chandrashur* or *Chaturbeeja churna* can be used in *mutraroga* or urinary symptoms in *garbhini*, *prasuta* and in *sutika awastha*.

#### 17. *Shukra daurbhalyahara in male*

In male, it is used to improve sperm quality. Due to *snigdha* and *picchil guna* *chandrashoora* reduces *shukra daurbalya*. As *chandrashoora beeja* has *snigdha*, *picchil* properties which are identical with *shukra gunas* hence, can be used in *shukrakshaya*.

#### 18. *Kashtartava*

It has *Vatashamaka* properties, hence it reduces the pain during menstruation. It has *vedanasthapaka*, *shulaghna*, *vatshsmaka* properties hence used in *kashtartava* (painful menses).

Local application of *Chandrashoora churna* at lower abdomen can reduces the pain.

### 19. *Karshya*

It has *balya* property hence, helps to stimulate immunity and strengthen both physical and mental health.

### 20. *Shoolhara*

Effective in reducing severe pain.

### 12. *hikka in sutika awastha*

Because of exaggerated *vat dosha* in *sutika awastha* disorders of *pranavahastrotasa* appears. hot infusion of *Chandrashoora beeja* decoction sip by sip can be used in *hikka*.

### 13. *Pachan sansthan*

*Chandrashoora* has *deepana*, *pachana*, *vatanulomaka* properties. Symptoms like *Agnimandya*, *ajirna*, *aadhman*, *udarshool* can be present in *sutika avastha*. *chandrashoora* by its *katu tikta rasa*, *katu vipaka* and *ushna veerya* increases the *agni* and helps in reducing the *agneya mandya* and *agni mandya janya vikaras*.

### 14. *Raktadushti janya vikaras in stree*

*Chandrashoora* by its *Raktashodhaka* action reduces the *raktadushti* in *rajwala*, *sutika*.

### 15. *Vatvyadhis in sutika*

*Chandrashura churna* or *chandrashura Kshirpaka* helps in reducing the *vatvyadhis* in *sutikaawastha*. *Vataja* disorders like constipation, bloating, paralysis, neuralgia, etc.

### 16. *Katishoola and parshwshoola*

*Chandrashoora* has *vatdosha shamaka* and *Vedanasthapana*, *Shoolaghna* properties hence, *Katishoola* and *parshwashoola* in *garbhini*, *prasuta* and *sutika* can be reduces by internal use of *chandrashura churna*, *chandrashura kheera* or *kshirpaka*.

17. *Vataj Atisara*(Diarrhea) & *kaphaj Atisara*(Disentary)- *Chandrashoor beeja* has *snigdha*, *picchil*, *vats kapha dosha shamaka* properties hence, used in *vataj* and *kaphaj atisara*.

## AIMS AND OBJECTIVES

1. To study the *streerogas*
2. To study the properties of *ahariy dravya* (*Chandrashoora*).

## MATERIAL AND METHODS

Type of study- literature view

Study centre- government ayurvedic college, osmanabad

This study is based on review of some *ayurvedic samhita's* and some modern textbook thoroughly.

## CLASSICAL CATOGARIZATION

1) *Chaturbeeja*

2) *Haritkyadi varga*

According to *Bhava Prakasha Nighantu-*

”Methika chandrashoorashcha kala ajaji yawanika Etata chatushtya yuktam chaturbeejamiti smrutam

Tatchoornam bhakshitam nityam nihanti pawanamayam Ajirna shoola aadhmanam parshwshoolam kati vyatham”<sup>[13]</sup>

- ☐ *Chaturbeeja choorna* contains *chandrashoora beeja* it also contains *Methikabeeja, kalaajajibeeja, yavanibeeja*.
- ☐ These are 4 beneficial seeds mixed together called as *Chaturbeeja*.
- ☐ It has *vatavyadhinashka, ajirnahara, shulaghna, aadhmanhara, parshwshoolahara, Katishoolahara* properties. Combination of *Chandrashoora* used in *streeroga*.
- ☐ *Vathara* property of *chandrashoora* can be utilised externally as well as internally.
- ☐ In *Ayurveda*, the properties of *Chandrashoora* are described by *Acharya Bhavmishra* under the class of *Haritakyadi varga* and *Chaturbeeja gana*. It is dietary and medicinal drug. Its nutritional values are very high.
- ☐ *Chandrashoor* used to make *Chaturbeeja* which has proven anti inflammatory and analgesic properties.

Images of *chandrashoor beeja* and *Chandrashoor beeja kshirpaka* are given in image 1 and 2:



### 1. *Chandrashoora beeja*<sup>[14]</sup>



### 2. *Chandrashoora kshirpaka or kheer*<sup>[15]</sup>



## DISCUSSION

Thus the medicine choosed in this study i.e. *Chandrashoora beeja choorna* having has *katu* and *tikta rasa*, *katu vipaka*, *ushna veerya*; *snigdha*, *picchila guna* and *vata-kaphashamak doshaghnata*. It is useful for *bala - pushtivardhan* (increases general body strength and to gainweight) which helps in nourishment of reproductive organs and baby later.

## CONCLUSION

- Streerogas can be inhibited and managed effectively with ahariy dravya like *Chandrashoora beeja*.
- Studies on *Chandrashoora beeja* have to be further pursued.

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