RESEARCH ARTICLE

PHARMACOLOGICAL ACTIVITIES OF SHAKA-VARGA (MEDICINAL VEGETABLES)- AN AYURVEDIC REVIEW

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ABSTRACT
The word Shaka – Varga refers to vegetables and their classification. In an Ayurvedic classical texts there are various classifications of drugs, minerals, and vegetables. In the vegetable it includes Patra (Leafy vegetables), Pushpa (Flowering vegetables), Phala (Fruit vegetables), Nala (Stalk vegetables), Kanda (Tuber vegetables). Consumption of these vegetables helps to maintain the health of the person and take part in the curing the diseases. Some of the vegetables also recommended as Pathya (Suitable) and Apathya (Not suitable) in particular diseases. According to Acharya Charaka the classification of vegetables, he mainly stressed on the Rasa (Taste) and Dosa Prabhava (Effects on Doshas). Whereas Acharya Sushruta mainly stressed on the various parts of vegetables like leaf, stem, flower, roots, tubers etc. In the present review study reveals the effects of intake of these vegetables in the body and the alleviation of diseases produced by imbalance in the three Doshas (Vata-Pitta-Kapha) was elaborated. The further scope of study is to bring the original and classical method of cultivated vegetables in the market so that the manifestation of the disease will be reduced and helps to maintain the health of the person.

INTRODUCTION

The Shaka-Varga (Vegetables) are the main source of vitamins and minerals which mainly take part in the prevention of the diseases and maintain the health of the person. The vegetables are classified into five types according to the part used, viz; Pushpa (Flowers), Patra (Green leafy vegetables), Phala (Fruits), Nala (Stalk), Kanda (Tuberous). In Charaka Samhita the classification is mainly on Rasa and its effects on Doshas. But Acharya Chakrapani elaborated the vegetables into three types viz; Patra (Leafy vegetables), Kanda (Tuber), and Phala (Fruits). Apart from these classification Acharya Charaka separately mentioned the Harita (Green leafy vegetables) and Aharopayogi (Vegetables for daily consumption in the form of food). Among the vegetables the Jivanti Shaka is Shrestha (Possessing excellent qualities), whereas Sarshapa is Nyuna ie possessing less qualities.

DISCUSSION


VASTUKA SHAKA [Bhavaprakasha Nighantu, 2006]
Botanical Name- Chenopodium murale Linn
Family- Chenopodiaceae
This vegetable is of two types viz; Shweta (Chenopodium murale Linn) and Rakta (Chenopodium album Linn). It possesses Laghu (Light), Kshara (Alkaline), Madhura (Sweet) in taste, Katu Vipaka (Pungent in post digestive effect), Deepana (Appetizer), Paccanaha (Digestive), Bhedana (Purgative), Balya (Strength promoter), Tridoshagna (Alleviates Vata-Pitta-Kapha Doshas), Krimigna (Vermifuge), cures Rakatapitta (Haemorrhages) and Arsha (Haemorrhoids).

UPODIKA SHAKA [Bhavaprakasha Nighantu, 2006]
Botanical Name- Basella rubra Linn
Family- Chenopodiaceae
The Upodika vegetable is Guru (Heavy), Snigdha (Demulcent), Picchila (Sticky), Anulomaka (Brings downward movement of Vata), Madhura (Sweet) in taste,
Balya (Strength promoter), Vrishya (Aphrodisiac), Brimhana (Weight gain), Nidranasha (Insomnia). It alleviates Vata-Pitta, Mada (Drowsiness).

MARISHA SHAKA [Bhavaprakasha Nighantu, 2006]
Botanical Name- Maranthus blitum Linn
Family- Amaranthaceae
Marisha is of two types viz; Shweta (White) and Rakta (Red) variety. The Shweta Marisha (White variety) is Guru (Heavy) in digestion, Madhura (Sweet in taste), Sheetta (Cold in potency), Pittashamaka (Alleviates Pitta Dosha), Vata-Shleshmakara (Increases Vata and Kapha Dosha). It is cures Visthambhi (Constipation), Rakta-Pitta Shamaka (Haemorrhages). The red variety of Marisha is Kshara (Alkali), Sara (Laxative).

TANDULIYA SHAKA [Bhavaprakasha Nighantu, 2006]
Botanical Name- Amarathus spinosus Linn
Family- Amaranthaceae
The Tanduliya Shaka is Laghu (Light in action), Raksha (Dry), Madhuras (Sweet in taste), Madhura Virya (Cold in potency), Kapha-Pitta Shamaka (Reduces Kapha and Pitta Dosha), Alleviates Raktapitta (Haemorrhages), Pradara, (Menorrhagia), Arsha (Haemorrhoids), Mada (Drowsiness), Visha (Poisonous effects), and is Mutrala (Diuretic) and Saraka (Laxative).

PAALANKYA SHAKA [Bhavaprakasha Nighantu, 2006]
Botanical Name- Spinacia oleracea Linn
Family- Chenopodiaceae
The Paalankya Shaka (Spinach) is Madhura (Sweet in taste), Ruksha (Dry), Sheetta (Cold in potency), Visthambhi (Causes constipation), Kapha Nashaka (Alleviates Kapha Dosha), Rakta-Pitta (Haemorrhages), Grahani (Dysentery).

KALASHAKA [Bhavaprakasha Nighantu, 2006]
Botanical Name- Corchorus capsularis Linn
Family- Tiliaceae
The Kalashaka is Sara (Laxative), Ruchikara (Taste promoter), Vatakara (Increases Vata Dosha), Kaphahara (Subsides Kapha), Shotha (Oedema), Balya (Tonic), Medhya (Brain tonic), Hima (Cold in potency).

KALAMBI SHAKA [Bhavaprakasha Nighantu, 2006]
Botanical Name- Ipomoea aquatica Forsk
Family- Convolvulaceae
The Kalambi Shaka is Madhura (Sweet in taste), Stanya Janana (Galactagogue), and Shukra Janana (Promotes semen production).

CHUNCHU SHAKA [Bhavaprakasha Nighantu, 2006]
Botanical Name- Corchorus acutangulus Linn
Family- Tiliaceae
The Chunchu Shaka is Madhura (Sweet in taste), Picchila (Sticky), Sheeta (Cold in potency), Sara (Laxative), Rochara (Tasty), Tridoshashahara (Alleviates Vata-Pitta-Kapha Doshas), Balya (Strength promoter), Vrushya (Aphrodisiac), and it is Medhya (Brain tonic).

LONIKA SHAKA [Bhavaprakasha Nighantu, 2006]
Botanical Name- Portulaca quadrifida Linn
Family- Portulacaceae
The Lonika Shaka is of two varieties; Brihat Lonika (Portulaca oleracea Linn), and Laghu Lonika (Portulaca quadrifida Linn). The Lonika is Raksha (Dry), Guru (Heavy), Lavana (Salty), Vatasheshmahara (Alleviates Vata and Kapha Dosha), Deepana (Appetizer), Sara (Laxative), Amla (Sour),USHna (Hot in potency), Cures Arsha (Haemorrhoids), Visha (Poison effects), Vrana (Ulcers), Gulma (Viscerai diseases), Shwasa-Kasa (Dyspnoea and Cough), Prameha (Urinary diseases including diabetes), Shotha (Edema), Netra Rogas (Eye diseases).

CHANGERI SHAKA [Bhavaprakasha Nighantu, 2006]
Botanical Name- Oxalis corniculata Linn
Family- Oxalidaceae
The Changeri is Amla (Sour in taste), Raksha (Dry), Usnha Virya (Hot in potency), Kapha-Vata Shamaka (Alleviates Kapha and Vata Doshas), Deepana (Appetizer), Grahani (Absorbent), Cures Grahani (Dysentery), Arsha (Haemorrhoids).

CHUKRA SHAKA [Bhavaprakasha Nighantu, 2006]
Botanical Name- Rumex vesicarius Linn
Family- Polygonaceae
The Chukra Shaka is Laghu (Light), Amla (Sour), Usnha (Hot in potency), Vatashamaka (Subsides Vata Dosha), Kapha-Pitta Vardhaka (Increases Kapha and Pitta), Rochana (Taste promoter), Deepana (Appetizer), Bhedana (Purgative), Its seed is Sheetta (Cooling), Picchila (Stickly). In Vataja Gulma it is used as one of the best Shaka (Vegetable).

HILA MOCHIKA SHAKA [Bhavaprakasha Nighantu, 2006]
Botanical Name- Enhydra fluctuans Lour
Family- Compositae
The Hilamochika Shaka is Tikta (Bitter in taste), Sheetta (Cold in potency), Kapha-Pitta Shamaka (Subsides Kapha and Pitta Dosha), Bhedana (Purgative), Kusthagna (Alleviates skin diseases).

SUNISHANNAKA SHAKA [Bhavaprakasha Nighantu, 2006]
Botanical Name- Marsilea minuta Linn
Family- Marsileaceae
The Sunishannaka Shaka is Laghu (Light), Sheetta (Cold in potency), Tridoshagnaha (Subsides all the three Doshas-Vata-Pitta-Kapha), Grahani (Absorbent), Chakshushya (Good for eyes), Medhya (Brain tonic), Cures Netra Rogas (Eye diseases), Raktha-Pitta (Haemorrhages), Arsha (Haemorrhoids), Manasarogas (Psychological diseases).

MULAKA PATRA [Bhavaprakasha Nighantu, 2006]
Botanical Name- Raphanus sativus Linn
Family- Cruciferae
The tender leaf of Mulaka is Laghu (Light), Usnha (Hot in potency), Ruchikara (Promotes taste perception), Pachana (Digestive), Kapha-Pittakaraka (Increases Kapha and Pitta). But when fried in oil cures all the three Doshas (Vata-Pitta-Kapha).

DRONAPUSHPI PATRA [Bhavaprakasha Nighantu, 2006]
Botanical Name- Leucas cephalotes Spreng
Family- Labiatae
The Dronapushpi Shaka is Guru (Heavy), Raksha (Dry), Katu (Pungent), Madhura (Sweet at post digestive effect), Pitta Vardhaka (Increases Pitta Dosha), Bhedana (Purgative), Cures Kamala (Jaundice), Shotha (Edema), Prameha (Urinary diseases including diabetes), Jwara (Fever).
LYANIPATRA [Bhavaprakasha Nighantu, 2006]
Botanical Name- Trachyspermum ammi (Linn) Sprague
Family- Umbelliferae
The Yanipatra Shaka is Laghu (Light), Katu (Pungent), Tikta (Bitter), Ushna Virya (Hot in potency), Vata-Kapha Shamaka (Subsides Vata and Kapha Doshas), Pitta Vardhaka (Increases Pitta Dosha), Ruchikara (Taste promoter), Shoola Nashaka (Cures spasmodic pain).

CHAKRAMARDA PATRA [Bhavaprakasha Nighantu, 2006]
Botanical Name- Cassia tora Linn
Family- Leguminosae
The Chakramarda Shaka is Laghu (Light), Amla (Sour in taste), Kapha-Vata Shamaka (Subsides Kapha and Vata Doshas), Cures Daddru (Type of skin disease), Kandu (Itching sensation), Kasa (Cough), Shwash (Dyspnoea), Krimi (Worm infestation).

SEHUNDA PATRA [Bhavaprakasha Nighantu, 2006]
Botanical Name- Euphorbia neriifolia Linn
Family- Euphorbiaceae
The Sehunda Patra is Teekshna (Penetrating), Rechana (Purgative), cures Adhmana (Abdominal distension), Gelma (Visceral organ diseases), Shoolaa (Spasmodic pain), Udara Roga (Abdominal diseases), Shotha (Edema).

PARPATA PATRA [Bhavaprakasha Nighantu, 2006]
Botanical Name- Fumaria indica Pugsley
Family- Fumariaceae
The Parpata Patra is Tikta (Bitter in taste), Sheetaa (Cold in potency), Grahi (Absorbent), Dahapraprasamana (Cooling), alleviates Pitta, Udara Roga (Abdominal diseases), Shotha (Edema), Jwara (Fever), Trishna (Thirst), Rakta Vikarasaa (Blood diseases).

GOJIVHA PATRA [Bhavaprakasha Nighantu, 2006]
Botanical Name- Elephantopus scaber Linn
Family- Compositae
The Gojivha Patra is Laghu (Light), Cures Kushta (Skin diseases), Prameha (Urinary diseases including diabetes), Rakta Vikara (Blood diseases), Mutarakrichra (Dysuria), Jwara (Fever).

PATOLA PATRA [Bhavaprakasha Nighantu, 2006]
Botanical Name- Trichosanthes dioica Roxb
Family- Cucurbitaceae
The Patola Patra is Laghu (Light), Swigdha (Dimulcent), Ushna Virya (Hot in potency), Pitta Shamaka (Subsides Pitta), Deepana (Appetizer), Pachana (Digestive), Virushya (Aphrodisiac), Cures Jwara (Fever), Kasa (Cough), Krimi (Worms).

GUDUCHI PATRA [Bhavaprakasha Nighantu, 2006]
Botanical Name- Tinospora cordifolia [Willd] Miers
Family- Menispermaceae
The Guduchi Patra is Laghu (Light), Kashaya (Astringent), Katu (Pungent), Tikta (Bitter), Madhura Vipaka (Sweet in post digestiv effect), Ushna Virya (Hot in potency), Balya (Strength promoter), Rasayana (Tissue vitalizer), Sugarahi (Absorbent), Cures all types of Jwara (Fever), Tridosha (Vata-Pitta-Kapha), Dana (Burning sensation), Trishna (Thirst), Prameha (Urinary diseases including diabetes), Vata-Rakta (Gout/Arthritis), Kushta (Skin diseases), Kamala (Jaundice), Pandu (Anaemia).

KASAMARDA PATRA [Bhavaprakasha Nighantu, 2006]
Botanical Name- Cassia occidentalis Linn
Family- Leguminosae
The Kasamarada Patra is Kapha-Vata Shamaka (Subsides Kapha and Vata), Kantha Shodhana (Clears the throat), Kasahara (Cures cough).

CHANAKA [Bhavaprakasha Nighantu, 2006]
Botanical Name- Cicer arietinum Prain
Family- Cruciferae
The Chanaka Patra is Guru (Heavy), Ruksha (Dry), Teekshna (Penetrating), Katu (Pungent in taste), Lavana (Salty), Kshariya (Alkali), Amla Vipaka (Sour at the post digestive effect), Vidahi (Causes burning sensation), Ushna Virya (Hot in potency), Tridosha Prakopaka (Increases all the three Doshas Vata-Pitta-Kapha).

NIMBA PATRA [Bhavaprakasha Nighantu, 2006]
Botanical Name- Azadirachta indica A. Juss
Family- Meliaceae
The Nimba Patra is Kapha-Pitta Shamaka (Subsides Kapha and Pitta Dosha), Kushtagha (Alleviates skin diseases), Cures Chardi (Vomiting), Harilasa (Horripilations), Vrina (Wounds/Ulcers), Rakta Vikarasaa (Blood disorders).

PUNARNAVA SHAKA [Bhavaprakasha Nighantu, 2006]
Botanical Name- Borrthava diffusa Linn
Family- Nyctaginaceae
The Punarnava Shaka is Ushna Virya (Hot in potency), Saraka (Laxative), Rasayana (Vitalizer), Cures Kapha-Yataja Vikara, Arsha (Haemorrhoids), Shotha (Edema), Udara Roga (Abdominal diseases).

KAKAMACHI SHAKA [Bhavaprakasha Nighantu, 2006]
Botanical Name- Solanum nigrum Linn
Family- Solanaceae
The Kakamachi Shaka is Tikta (Bitter), Nati Ushna (Not much heat producing), Tridoshasara (Subsides all the three Doshas Vata-Pitta-Kapha), Bhodana (Purgative), Kushtagna (Skin diseases), It is used as Pathya in Yakriti vikara (Liver diseases), and Rakta Vikaras (Blood diseases).

THE PUSHPA SHAKA (Flower vegetables)
The flower vegetable includes Agastya, Shalmali, Kadali, Shigru, Kovidara-Kanchanara, Kumuda, Pushpagobhi.

AGASTYA SHAKA [Acharya Sushruta, 2002]
Botanical Name- Seshania grandiflora Linn
Family- Leguminosae
The Agastya Pushpa Shaka is Tikta (Bitter), Kashaya (Astringent), Katu Vipaka (Pungent in post digestiv effect), Natisheeta and Ushna (It is neither cold nor hot in potency), Tridoshagyna (Subsides all the three Doshas;Vata-Pitta-Kapha), It cures Jwara (Fever), Nuktandhya (Night blindness), Kasa (Cough), Kshaya (Emaciataion).
**SHALMALI SHAKA** (Acharya Sushruta, 2002)

**Botanical Name:** Bombax malabaricum DC.

**Family:** Bombacaceae

The Shalmali Pushpa Shaka is Madhura (Sweet), Kashaya (Astringent) in taste, Madhura Vipaka (Sweet at the post digestive effect), Sheeta Virya (Cold in potency), Vata Vardhaka (Increases Vata Dosha). It cures Rakta Pitta (Haemorrhages), Pradara (Menorrhagia).

**KADALI SHAKA** (Acharya Sushruta, 2002)

**Botanical Name:** Musa sapientum Linn

**Family:** Musaceae

The Kadali Pushpa Shaka is Madhura (Sweet), Kashaya (Astringent), Guru (Heavy), Snigdha (Demulcent), Vata-Pittashamaka (Subsides Vata and Pitta Doshas). It is advised in Rakta Pitta (Bleeding diseases), and Kshaya (Emaciation).

**SHIGRU SHAKA** (Bhavaprakasha Nighantu, 2002; Acharya Kayadeva, 1979)

**Botanical Name:** Moringa pterygosperma Gaertn

**Family:** Moringaceae

The Shigru Pushpa Shaka is Katu (Pungent), Teekshna (Penetrating), Ushna Virya (Hot in potency), Kapha-Vatashamaka (Subsides Kapha and Vata Doshas). It cures Krimi (Worms), Shotha (Edema).

**KOVIDARA-KANCHANARA SHAKA** [Acharya Sushruta, 2002]

**Botanical Name:** Bauhinia purpurea Linn, Bauhinia variegata Linn

**Family:** Leguminosae

The Kovidara-Kanchanara Pushpa Shaka is Grahi (Absorbent), cures Rakta Pitta (Haemorrhages).

**KUMUDA SHAKA** [Acharya Sushruta, 2002]

**Botanical Name:** Nymphaea stellata Willd

**Family:** Nymphaeaceae

The Kumuda Pushpa Shaka is Madhura (Sweet), Snigdha (Demulcent), Picchila (Sticky), Sheeta Virya (Hot in potency), Kapaha-Pitta Shamaka (Subsides Kapha and Pitta).

**THE PHALA SHAKA** (Fruit Vegetables)

**KUSHMANDA PHALA** [Bhavaprakasha Nighantu, 2006]

**Botanical Name:** Benincasa hispida (Thumb) Cogn

**Family:** Cucurbitaceae

The Baala Kushmanda Phala (Young fruit) is Pitta Shamaka (Subsides Pitta), Madhyamavastha Kushmanda Phala (Matured fruit) is Kapha Karaka (Increases Kapha Dosha), Pakwa Kushmanda Phala (Ripe fruit) is Laghu (Light), Khariya (Alkali), Ushna (Hot in potency), The Kushmanda Phala is Sarva Doshahara (Subsides all the three Doshas; Vata-Pitta-Kapha), Mutrala (Diuretic), Saraka (Sara), Hridya (Cardio tonic). Cures Rakta Pitta (Haemorrhages), Manasa Vikaras (Psychological diseases).

**ALABU PHALA** [Bhavaprakasha Nighantu, 2006]

**Botanical Name:** Lagenaria siceraria (Mol Standl)

**Family:** Cucurbitaceae

The Alabu Phala is Guru (Heavy), Ruksha (Dry), Sura (Laxative), Balya (Strength promoter), Vrshsha (Aphrodisiac), Hridya (Cardio tonic), Kapha-Pitta Shamaka (Subsides Kapha and Pitta).

**MAHAKOSHATAKI PHALA** [Bhavaprakasha Nighantu, 2006]

**Botanical Name:** Luffia cylindrica Linn

**Family:** Cucurbitaceae

The Mahakoshataki Phala is Snigdha (Demulcent), Vatashamaka (Subsides Vata Dosha), Rakta Pittahara (Alleviates haemorrhages).

**KOSHATAKI PHALA** [Acharya Kayadeva, 1979]

**Botanical Name:** Luffa acutangula (Linn) Roxb

**Family:** Cucurbitaceae

The Koshataki Phala is Madhura (Sweet) in taste, Sheeta (Cold in potency), Pitta Shamaka (Subsides Pitta), Cures Jwara (Fever), Kasa (Cough).

**KARKATI PHALA** [Bhavaprakasha Nighantu, 2006]

**Botanical Name:** Cucumis melo Duthie & Fuller

**Family:** Cucurbitaceae

The Karkati Phala is Vata-Pitta Shamaka (Subsides Vata and Pitta Doshas), Ruchikara (Tasty), Balya (Tonic). Cures Shosha (Emaciation).

**PATOLA PHALA** [Bhavaprakasha Nighantu, 2006]

**Botanical Name:** Trichosanthes dioica Roxb

**Family:** Cucurbitaceae

The Patola Phala is Laghu (Light), Snigdha (Demulcent), Ushna (Hot in potency), Deepana (Appetizer), Pachana (Digestive), Hridya (Cardio tonic), Vrushya (Aphrodisiac). It cures Kasa (Cough), Jwara (Fever), Krimi (Worms), and Tridosyaya Vikaras (Diseases caused by imbalance of the three Doshas; Vata-Pitta-Kapha).

**BIMBI PHALA** [Bhavaprakasha Nighantu, 2006]

**Botanical Name:** Coccinia indica W. & A

**Family:** Cucurbitaceae

The Bimbi Phala is Madhura (Sweet), Guru (Heavy), Sheeta Virya (Cold in potency), Vatapittahara (Subsides Vata and Pitta Doshas), Shonnabha (Astringent), Lekhana (Scraping), Ruchikara (Taste promoter), Vibhandhaka (Constitutive), Adhmana (Causes abdominal distention).

**SHIMBI PHALA** [Bhavaprakasha Nighantu, 2006]

The Shimbi Phala (Variety of beans) is Madhura (Sweet), Guru (Heavy), Sheeta Virya (Cold in potency), Vata-Pitta Shamaka (Subsides Vata and Pitta), Kapha Vardhaka (Increases Kapha Dosha), Balya (Tonic), Adhanakara (Causes distension of the abdomen).

**VRINTAKA PHALA** [Bhavaprakasha Nighantu, 2006]

**Botanical Name:** Solanum melongena Linn

**Family:** Solanaceae

The Vrintaka Phala is Madhura (Sweet) in taste, Laghu (Light), Ushna (Hot in potency), Deepana (Appetizer), Kapha-Pitta Vardhaka (Increases Kapha and Pitta Doshas), The tender fruit is Tridosyaha (Subsides all the three Doshas; Vata-Pitta-Kapha), Matured fruit is Pittakara (Increases Pitta Dosha), ripe fruit is Vatavardhaka (Increases Vata Dosha).
**DINDISHA PHALA** [Bhavaprakasha Nighantu, 2006]
*Botanical Name* - *Citrus vulgaris* Schrad
*Family* - Rutaceae
The Dindisha Phala is Raksha (Dry), Sheetatal (Cold in potency), Kaphapitta Shamaka (Subsides Kapha and Pitta Doshas), Bhedana (Purgative), Mutrala (Diuretic), Cures Ashmari (Urinary calculi).

**KARKOTI PHALA** [Bhavaprakasha Nighantu, 2006]
*Botanical Name* - *Momordica sioca* Roxb. Ex Willd
*Family* - Cucurbitaceae
The Karkoti Phala is Ruchikara (Tasty), Kinchit Tikta (Slightly bitter), Katu Vipaka (Pungent in post digestive effect), Ushna Virya (Hot in potency), Kapha Vata Shamaka (Subsides Kapha and Vata Doshas), Deepana (Appetizer), Raktsadhodhaka (Blood purifier), kasa (Cough), Shwasa (Dyspnoea), Jwara (Fever), Kushta (Skin diseases), Prameha (Urinary diseases including diabetes).

**SHHRINGATAK PHALA** [Acharya Kayadeva, 1979]
*Botanical Name* - *Trapa bispinosa* Roxb
*Family* - Onagraceae
The Shringataka Phala is Guru (Heavy), Sheetatal (Cold in potency), Madhura (Sweet), Kashaaya (Astringent) in taste, Pitta Shamaka (Subsides Pitta Dosha), Kapha-Vata Vardhaka (Increases Kapha and Vata), Vishthambhi (Consipitativa), Stambhana (Astringent), Vrushya (Aphrodisiac), cures Raktpitita (Haemorrhages).

**TRAPUSA SHAAKA** [Acharya Charaka, 2002]
*Botanical Name* - *Cucumis sativus* Linn
*Family* - Cucurbitaceae
The Trapusa Phala is Sheetatal (Cold in potency), Cures Rakta Pitta (Haemorrhages), Mutrakrichra (Dysurea).

**KARCHI PHALA** [Acharya Kayadeva, 1979]
*Botanical Name* - *Cucumis species*
*Family* - Cucurbitaceae
The Karchi Phala is Bikta (Bitter) in taste, Kinchit Amla (Slightly sour), Laghu (Light), Ushna Virya (Hot in potency), Tridosha Shamaka (Subsides all the three Doshas; Vata-Pitta-Kapha), It cures Kasa (Cough), Jwara (Fever), Kapha-Vata Vikaras (Diseases of Kapha and Vata Dosha).

**KARAVELAKA PHALA** [Acharya Kayadeva, 1979]
*Botanical Name* - *Momordica charantia* Linn
*Family* - Cucurbitaceae
The Karavellaka Phala is Laghu (Light), Tikta (Bitter), Deepana (Appetizer), Bhedana (Purgative), Kapha-Pitta Shamaka (Subsides Kapha and Pitta Doshas). It cures Jwara (Fever), Prameha (Urinary diseases including diabetes), Rakta and Pitta Vikaras (Diseases of Rakta and Pitta), Krimi (Worms), Kasa (Cough), Shwasa (Dyspnoea).

**SHOBHANJANA PHALA** [Acharya Kayadeva, 1979]
*Botanical Name* - *Moringa pterygosperma* Gaertn
*Family* - Moringaceae
Shobhanjana Phala is Madhura (Sweet), Kinchit Tikta-Katu (Slightly bitter and pungent), Ushna Virya (Hot in potency), Kapha-Vata Shamaka (Subsides Kapha and Vata), Deepana (Appetizer), Anulomana (Causes downward movement of the Vata), Cures Hridaya Vikara (Heart diseases), Netra (Eye diseases), Shotha (Edema), Vidhradhi (Inflammation), Medoroga (Obesity), Gusha (Visceral organ diseases), Vrina (Wounds), Krimi (Worms).

**KADALI PHALA** [Acharya Kayadeva, 1979]
*Botanical Name* - *Musa sapientum* Linn
*Family* - Musaceae
The unripe Kadali Phala is Kashaya (Astringent), Sheetella Virya (Cold in potency), Guru (Heavy), Shambhanna (Astringent), Cures Tonsi Doshha (Vaginal diseases), Raktpitita (Haemorrhages), Atisara (Dhorrhea).

**JEEVANTI PHALA** [Acharya Sushruta, 2002]
*Botanical Name* - *Leptadenia reticulata* W & A
*Family* - Asclepiadaceae
The Jeevanti Phala is Madhura (Sweet) in taste, Sheetatal (Cold in potency), subsides all the three Doshas; Vata-Pitta-Kapha, Jivaniya (Life promoting), Chakshushya (Good for eyes).

**RAJA MASHA PHALA** [Acharya Kayadeva, 1979]
*Botanical Name* - *Vigna unguiculata* (Linn) Walp
*Family* - Leguminosae
The Rajamasha Phala is Madhura Vipaka (Madhura at post digestive effect), Rakta (Dry), Saraka (Laxative), Kashaya (Astringent in taste), Vatakaraka (Aggravates Vata Dosha), Stanya Vardhaka (Galactogogue), Ruchikara (Taste promoter).

**PEETA KUSHMANDA PHALA** [Acharya Kayadeva, 1979]
*Botanical Name* - *Cucurbita maxima* Duchesne
*Family* - Cucurbitaceae
The Peeta Kushmanda is Guru (Heavy), Madhura (Sweet), Isad Ushna (Slightly hot in potency), Vishthambhika (Causes constipation), Kapha-Vata Prakopaka (Increases Kapha and Vata Doshas), Malavardhaka (Increases stool).

**RAKA VRINTAKA PHALA** [Acharya Kayadeva, 1979]
*Botanical Name* - *Solanum melongena* Linn
*Family* - Solanaceae
The Raka Vrintaka Phala is Jivaneeya (Life promoter), Balya (Strength promoter), Katu Vipaka (Pungent at post digestive effect), Hridya (Good for heart), Deepana (Appetizer), Madhura-Katu-Tikta Rasa (Sweet-Pungent and Bitter in taste), Shukravardhaka (Increases semen), Kapha-Vata Shamaka (Subsides Kapha and Vata Doshas), Jwara (Fever), Kasa (Cough), Krumi (Worms).

**PUSIKARA BEEJA** [Acharya Charaka, 2002; Acharya Sushruta, 2002]
*Botanical Name* - *Nelumbo nucifera* Gaertn
*Family* - Nymphaeaceae
The Pushvara Beeja is Madhura (Sweet), Kashaaya (Astringent), Sheetata (Cold in potency), Guru (Heavy), Pittashamaka (Subsides Pitta Dosha), Kapha Vardhaka (Increases Kapha Dosha), Vishthambhi (Causes constipation), and is Garbha Stahapanaa (Prevents the recurrent abortion).

**THE NAALE SHAAKA** (Stalk Vegetables)
The Naala (Stalk) vegetables includes Sarshapa Naala, Mrinala and Bisa, Venukareera.

**1.SARSHAPA NAALA** [Bhavaprakasha Nighantu, 2006]
*Botanical Name* - *Brassica campestris* Prain
*Family* - Crucifereae
The Sarshapa Naala Shaka is Teekshna (Penetrating), Ushna (Hot in potency), Vata-Kapha Shamaka (Subsides Vata and Kapha), Vrina Nashaka (Heals wounds), Twagdomshahara (Cures skin diseases), Kritmiga (Anthemlinthic).
**MRINALA AND BISA** [Acharya Charaka, 2002]  
**Botanical Name** - Nelumbo nucifera Gaertn  
**Family** - Nymhaceae  
The Mrinala and Bisa are Sheeta (Cold in potency), Guru (Heavy), Vistambhi (Causes constipation), Pitta Shamaka (Subsides Pitta Dosha), Kapha-Vata Prakopaka (Increases Kapha and Vata Dosha).

**VENUKAREERA NAALA** [Acharya Sushruta, 2002]  
The Venukareera is Madhura (Sweet), Kashaya (Astringent), Vidahi (Causes burning sensation), Guru (Heavy), Raksha (Dry), Kapha-Vatakopaka (Increase Kapha and Vata Dosha).

**THE KANDA SHAKA (Tubers)**  
The Kanda Shaka includes Soorana, Alooka, Aluka, Aluki, Manakanda, Hastiparni, Kashru, Shattavari, Kadali, Shaluka, Salayam, Sitaluka,

**SOORANA** [Acharya Sushruta, 2002]  
**Botanical Name** - Amorphophallus campanulatus Blume  
**Family** - Araceae  
The Soorana is Deepana (Appetizer), Arshogna (Cures haemorrhoids).

**ALOOKA** [Acharya Charaka, 2002]  
**Botanical Name** - Solanum tuberosum Linn  
**Family** - Solanaceae  
The Alooka (Potato) is Ushna (Hot in potency), Guru (Heavy), Madhura (Sweet) in taste, Vistambhi (Causes constipation), Rakta-Pitta Vardhaka (Increases Rakta and Pitta Doshas), Balya (Tonic) Brimhana (Weight promoter).

**ALUKA** [Acharya Charaka, 2002]  
**Botanical Name** - Dioscorea esculenta Burkill  
**Family** - Dioscoreaceae  
The Aluka is Sheetala (Cold in potency), Guru (Heavy), Madhura (Sweet in taste), Vistambhi (Causes constipation), Malamutra Saraka (Helps to easy evacuation of stools and urine), Balya (Tonic), Vrushya (Aphrodisiac), Rakta-Pitta Shamaka (Subsides Rakta and Pitta), Kapha-Vata Vardhaka (Increases Kapha and Vata Dosha), It is Ahita (Not recommended as food).

**ALOOKI** [Bhavaprakasha Nighantu, 2006]  
**Botanical Name** - Colocasia esculata (Linn), Schott  
**Family** - Araceae  
The Alooki is Guru (Heavy), Snidhga (Demulcent), Picchila (Sticky), Ushna (Hot in potency), Vistambhi (Causes constipation), Balya (Tonic), Kapha-Pitta Vardhaka (Increases Kapha and Pitta Doshas).

**MANKANDA** [Acharya Kayadeva, 1979]  
**Botanical Name** - Alopecos indica (Roxb) Schott  
**Family** - Araceae  
The Manakanda is Laghu (Light), Madhura (Sweet), Sheet (Cold in potency), Pittahara (Subsides Pitta Dosha), Shothahara (Cures oedema), Rakta Pitta (Haemorrhages).

**HASTIKARNI** [Bhavaprakasha Nighantu, 2006]  
**Botanical Name** - Leeca macrophylla Roxb  
**Family** - Vitaceae  
The Hastikarni is Kashaya (Astringent), Tikta (Bitter), Ushna (Hot in potency), Kapha-Vata Shamaka (Subsides Kapha and Vata Doshas).

**KASHERU** [Acharya Kayadeva, 1979; Acharya Sushruta, 2002]  
**Botanical Name** - Scirpus kysoor Roxb  
**Family**- Cyperaceae  
The Kasheru Kanda Shaka is Guru (Heavy), Sheetal (Cold in potency), and Visthambhikara (Causes constipation), Shukra Vrdhaka (Increases semen), Shalaggana (Galactogogue), Cures Daha (Burning sensation), Netra Roga (Eye diseases), Prameha (Urinary diseases including diabetes).

**SHATAVARAI** [Acharya Sushruta, 2002]  
**Botanical Name** - Asperagus racemosus Wild  
**Family**- Liliaceae  
The Shatavarai Kanda Shaka is Madhura (Sweet), Tikta (Bitter), Sheet (Cold in potency), Vata-Pittashamaka (Subsides Vata and Pitta Doshas), Harriga (Cardio tonic), Vrushya (Aphrodisiac), Medhya (Brain tonic), Balya (Tonic), Agnavirdhana (Increases appetite), Rasayana (Vitalizer), Cures Arsha (Haemorrhoids), Grahi (Dysentry).

**KADALI KANDA** [Bhavaprakasha Nighantu, 2006]  
**Botanical Name** - Musa sapientium Linn  
**Family**- Musaceae  
The Kadali Kanda Shaka is Sheetala (Cold in potency), Madhura (Sweet), Balya (Tonic), Cures Amlapita (Hyperacidity) and Daha (Burning sensation).

**SHAALUKA KANDA** [Bhavaprakasha Nighantu, 2006]  
The Shaaluka is Sheetala (Cold in potency), Guru (Heavy), Madhura (Sweet), Rakta-Pitta Shamaka (Cures Haemorrhage), Sihanya Janana (Galactogogue), Vrushya (Aphrodisiac), Grahi (Absorbent).

**THE SWASWEDAJA SHAKA**

**CHATRAKA** [Acharya Charaka, 2002]  
**Botanical Name** - Agaricus campestris Linn  
**Family**- Agaricaceae  
The Chatraka is Guru (Heavy), Picchila (Sticky), Abhishyandi (Causes obstruction to the channels), KaphaVardhaka (Increases Kapha), Causes Chardi (Vomiting), Atisara (Diarrhoea), Jwara (Fever).

**Conclusion**

All the mentioned vegetables possess the anti-oxidant, aphrodisiac property. Some of them contain rich in fibres which help to easy evacuation of the stools. These vegetable not only helps to prevent the diseases but also helps to maintain the health of the person. The further scope of study is to bring the original and classical method of cultivated vegetables in the market so that the manifestation of the disease will be reduced and helps to maintain the health of the person.

**REFERENCES**

