



Millets In Ayurveda With Special Reference To Gastrointestinal Disorder : A Review Study

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Abstract : The development of human health is dependent on nutrition. Millets are power house of nutrition since it is rich in protein, fibre, magnesium, phosphorus, copper, potassium and manganese. In Ayurveda millets can be correlated with Kudhanya and Trin Dhanya. From Samhita Kala, millets have been employed in Ayurveda as food and component of therapeutic diets. The use of these grains as Pathya in various ailments is one of their best medicinal applications. Millets stand out from other food grains because they are smaller but more nutrient. The majority of species that are commonly referred to as millets belong to the Poaceae or Gramineae family. Fiber content in millets helps in eliminating disorders like constipations, bloating and cramping. As millets are gluten free, they are suitable for individuals suffering from celiac disease. Regulating digestive process can increase nutrient retention and reduce chances of more serious gastrointestinal conditions like gastric ulcer. The objective of the current study is to analyse the nutritional and therapeutic potential of millets from Ayurvedic view with special reference to gastrointestinal disorders supported by contemporary scientific research.

Index Terms - Millets, Kudhanya, Trin Dhanya, Samhita Kala, Gastrointestinal disorder

INTRODUCTION

In the recent years mankind has started moving towards being fit and healthy due to rise in many new diseases . Dietary changes play a vital role among various measures adopted for this purpose. Trin Danya used as human food since ages it is a group of small seeded cereals . They are popular by the name millets. The majority of species that are commonly referred to as millets belong to the Poaceae or Gramineae family .These altered dietary practices have incorporated the use of millets in our diet by highlighting their nutritional richness and health benefits^[1] . Fiber content in millets helps in eliminating disorders like constipations, bloating and cramping. For both diseased and healthy person ayurveda has given immense importance to their diet and explained these millets in detail under Dhanya Varga (category of cereals).^[2] Here is an attempt made to understand the right usage of Trin Danya (millets) to avail their complete health benefits in gastrointestinal disorder.



KANGU/ ITALIAN MILLET ^[3]

Name	Botanical Name	Family	Rasa	Virya	Vipak	Guna
Foxtail Millets	Setaria italica	Poaceae	Madhura , Kashaya	Ushna	Katu	Guru , Ruksha

Vernacular Name – Kanguni , Kang

Roganhata - Annadrava Shool / Gastric Ulcer

- Anna means food , drava means liquids, the pain (colic) which is associated and aggravates with food and liquids is called anna drava shool.
- The pain which begins after the digestion of food , during the process of digestion and also during indigestion and remains constant is called Anna drava shola, which is said to be incurable.

KANGU / FOXTAIL MILLETS



SR.NO	PROPERTIES	FUNCTIONS
1	Guru	heavy for digestion
2	Sangrahi	Enhances digestion and absorbs excessive fluids and helps in formation of normal faeces
3	Brihana	nourishes the body tissues
4	Shoshana	dries up excessive moisture
5	Durjara	difficult for digestion

- As it contains more protein and dietary fibre due to which it become Guru and Ruksha. So, digestion process will be slow. Ultimately there will be less consumption of ordinary diet after consuming Fox tail millet.^[4]

SHYAMAK/ JAPANESE BARNYARD MILLET^[5]

Name	Botanical Name	Family	Rasa	Virya	Vipak	Guna
Barnyard Millets	Echinochloa frumentacea	Poaceae	Kashaya, Madhura	Sheeta	Madhura	Ruksha, Snigdha, laghu

Vernacular Name – Sanwa, Samul

Roganhata - Vibanda (Constipation), Jalodara (Ascitis)

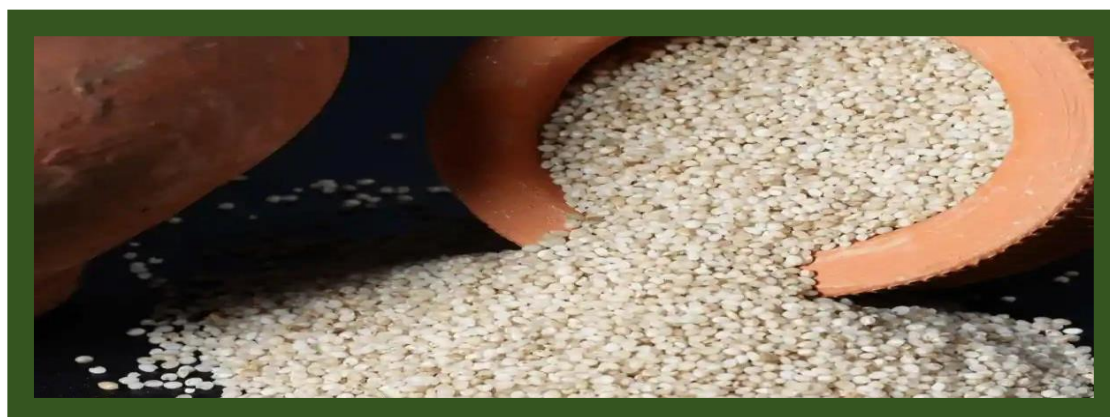
- VIBANDA : Vibanda (Constipation) is a most common complaint of digestive system due to faulty life style, Apana-vaigunya, Purisavaha Srotodusti and Krura Koshtha which occurs due to predominance of vata.
- JALODARA :

JALODAR – WATER

UDAR - ABDOMEN

Udararoga is caused by aggravated vata and manda agni (digestive fire)

SHYAMAK / BARNYARD MILLETS



SR.NO	PROPERTIES	FUNCTIONS
1	Laghu	means easy to digest. i.e which takes less time to digest.
2	Sangrahi	Enhances digestion and absorbs excessive fluids and helps in formation of normal faeces.
3	Snigdha	absorbs excessive fluids and helps for normal formation of faeces and enhances digestion.
4	Shoshana	dries up excessive moisture
5	Ruksha	causes dryness

- It is laghu due to which takes less time to digest. Low fat and high fibre diet help to prevent body from retaining extra fluid, Ruksha (dry) Guna, It's help in Samprapti Vighatana (breakdown of pathogenesis) by removing Strotosanga (obstruction) of channels .
- Simultaneously, there was removal of Apya Dosha (water retention) also.^[6]

KODRAVA / KODO MILLETS^[7]

Name	Botanical Name	Family	Rasa	Virya	Vipak	Guna
Kodo Millets	Paspalum Scrobiculatum	Poaceae	Tikta, Madhura	Sheeta	Katu	Ruksha*, Grahni, Laghu

Vernacular Name – Kodo, Harak , Kodro

Roganhata - Jalodara (Ascitis)



VANSHA BEEJ^[8]

Name	Botanical Name	Family	Rasa	Viry a	Vipa k	Guna
Vansha beej	Bambusa Arundinac	Poacea e	Kashaya	Ushn a	Katu	Ruksha, Sarak , Kaphanashaka

Roganhata - Krumi (Worm infestation)

- PUREESHAJA KRUMI : In Ayurveda term Pureeshaja Krumi can be correlated to the helminthiasis (It is an infestation of one or more intestinal parasitic roundworms which include whipworms, hookworms and ascaris)



SR.NO	PROPERTIES	FUNCTIONS
1	Sarak	with mobile quality
2	Kapha nashak	vitiates excess of kapha dosha.
3	Ruksha	causes dryness

- The treatment principle of Krumi is Apakarshana (Expulsion of harmful substances through shodhan chikitsa), Prakritivighata (counteracting/ modalities) and nidana parivarjan. The Vansha Beej having kashaya, ruksha and ushna properties and the opposite qualities of kapha and purish are used for prakritivighata.^[9]

NIVAR / WILD RICE^[10]

Name	Botanical Name	Famil y	Rasa	Viry a	Vipa k	Guna
Wild Rice	Hygroryza aristate Nees	Poace ae	Madhura, Kashaya	Shee ta	Katu	Ruksha , Sheeta, Grahi

Vernacular Name – Teni , Devbhat , Vanti

Roganhata - Grahani

GRAHANI : Grahani is the prime disease of gastro-intestinal tract and often seen in day-today practice. Grahani is a tri-doshaja disease.

- Vata -pain, bloating, constipation or diarrhoea.
- Pitta-burning sensation, foul smell and undigested food particles, yellowish colour of the stool, liquid faeces.
- Kapha- mucous, heaviness, lethargy, mandagni.



SR.NO	PROPERTIES	FUNCTIONS
1	Grahi	Property which promotes the power of absorption
2	Ruksha	causes dryness

- The principle of diet for all types of Grahani is to boost the Agni and reduce the Ama with the help of Ahara Dravyas. Nivar contain mainly Kashaya, Madhura Rasa , Ruksha, Grahi, Deepana and Pachana in Guna and Katu in Vipaka. This helps in stimulation of Agni, which supports the digestion of food of appropriate quality, taken in required quantity and in right time for cure of Grahani Dosha or Malabsorption.^[11]

DISCUSSION

- Health is always dependent on food we eat. Therefore it is necessary to choose appropriate food according to one's prakriti and disease condition.
- According to Awastikha kala Kangu is best suitable for the patients of Anna drava shool, Shyamak is used in Jalodara and Vibandha , Kodrava is suitable for Jalodara patients , Nivar is best suitable for Grahani patients.
- Fiber content in millets helps in eliminating disorders like constipations, bloating and cramping.
- Regulating digestive process can increase nutrient retention and reduce chances of more serious gastrointestinal conditions like gastric ulcer.

CONCLUSION

- As the diet is important factor of life, So it is necessary to use appropriate food items . Millets are high source of nutrition as per Aahara vidhi visheshayatna , they helps in management of gastrointestinal disorder by which it improves quality of life.

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