



An Insight On Bhavprakash Nighantu Mishrak Gana: Chaturbeeja

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Abstract

Bhavprakash Nighantu, an ancient text in Ayurveda. That has described various drugs along with their therapeutic action on body, *Mishrak gana* is one of them. **Mishrak** itself means combination and **Gana** is group, i.e group of different drugs that are either same in morphology, action or targets specific body system. *Chaturbeeja* consist of four types of seeds viz; Fenugreek (*methika*), Garden cress (*chandrashura*), Kalonji (*kala ajaji*), Carom seeds (*yavanika*). This combination is very useful in bloating (*adhamana*), indigestion (*ajeerna*), dysmenorrhea (*kasta artava*), back pain (*kati shoola*). These drugs usually work through their *rasa, guna, veerya, vipaka and prabhav*. This article will further elaborate their action and other proven researches regarding efficacy and side effects.

Keywords: *Chaturbeeja, Mishrak Gana, Bhavprakash Nighantu.*

Introduction

मेथिका चन्द्रशूरश्च कालाऽजाजी यवानिका ।

एतच्चतुष्टयं युक्तं चतुर्बीजमिति स्मृतम् ॥८८॥ (*Bhavprakash Nighantu*)

Chaturbeej is mainly described in later ayurvedic text i.e *Bhavprakash Nighantu*, that includes *methika, chandrashura, kala ajaji, yavani*. *Methika* is being described in *shaka varga*, *Kala ajaji* in *aharyogi varg*, *Yavani* as *Shoola Prashmana* by *Acharya Charak*. *Acharya Sushrut* and *Kashyap* has mentioned *Chandrashura* is used as *Ahariya Dravya* (of Nutritional importance) for women. It is clear that these drugs had separate effects on various diseases but their combined effect is given in *Bhavprakash Nighantu*.

Description in *Bhavprakash Nighantu Haritkyadi Varga*¹

1) **Methika**- It is used as *Vatahara, Kaphahar* and also used in fever.

यकुञ्चिका बहुपर्णी च पित्तजिद्वानुद्विधा ॥८४॥

मेथिका वातशमनी श्लेष्मघ्नी ज्वरनाशिनी ।

ततः स्वल्पगुणा बल्या वाजिनां सा तु पूजिता ॥८५॥

- 2) **Chandrashura** – It is used in Vata, kapha and conditions including diarrhea and blood related disorders. This is a proven drug for increasing stamina and physical wellbeing i.e can be given to emaciated person.

चन्द्रशूरं हितं हिक्कावातश्लेष्मातिसारिणाम् ।

असृग्वातगदद्वेषि बलपुष्टिविवर्धनम् ॥८७॥

- 3) **Kala ajaji**- Three types of *Jeerak* are described by *acharya Bhavprakash*. They used in pregnancy related disorders and fever. *Jeerak* is known drug used in digestive issues and loss of appetite.

जीरकत्रितयं रूक्षं कटूष्णं दीपनं लघु ।

संग्राही पित्तलं मेध्यं गर्भाशयविशुद्धिकृत् ॥७५॥

ज्वरघ्नं पाचनं वृष्यं बल्यं रुच्यं कफापहम् ।

चक्षुष्यं पवनाध्मानगुल्मच्छर्द्यतिसारहृत् ॥७६॥

- 4) **Yavani** – It is carminative, *katu* and *laghu* in *guna*. Mainly used in constipation, bloating, spleen disorders and worm infestations.

यवानी पाचनी रुच्या तीक्ष्णोष्णा कटुका लघुः ।

दीपनी च तथा तिक्ता पित्तला शुक्रशूलहृत् ।

वातश्लेष्मोदरानाहगुल्मप्लीहकृमिप्रणुत् ॥६९॥

Rasa Panchak²

Sr. no.	Drug	Rasa	Guna	Veerya	Vipaka	Doshagnata
1	<i>Methika</i>	<i>Katu</i>	<i>Laghu,</i> <i>Snigdha</i>	<i>Ushna</i>	<i>Katu</i>	<i>K, V Shamak</i>
2	<i>Chandrashura</i>	<i>Katu,</i> <i>Tikta</i>	<i>Laghu,</i> <i>Snigdha,</i> <i>Picchil</i>	<i>Ushna</i>	<i>Katu</i>	<i>K, V Shamak</i>
3	<i>Kala ajaji</i>	<i>Katu,</i> <i>Tikta</i>	<i>Laghu,</i> <i>Ruksha,</i> <i>Tikshana</i>	<i>Ushna</i>	<i>Katu</i>	<i>K, V Shamak,</i> <i>Pittakara</i>
4	<i>Yavani</i>	<i>Katu,</i> <i>Tikta</i>	<i>Laghu,</i> <i>Ruksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>K, V Shamak,</i> <i>Pittakara</i>

Modern Aspects

Sr. No.	Dravya	Latin Name	Family	Active component
1	<i>Methika</i>	<i>Trigonella foenum-graecum</i>	Fabaceae	Trigonelline(C ₇ H ₇ O ₂ N), Choline, Phosphates, Lecithin, Nucleo-albumin, Protein 20-25%, Dietary fibers 45-50%, Mucilaginous soluble fibre 20-25%, Fixed fatty acids and essential oils 6-8%, Steroidal saponins 2-5% ³ .
2	<i>Chandrashura</i>	<i>Lepidium sativum</i> Linn.	Cruciferae	Threonine, Tryptophan, Valine, Arginine, Histidine, Alanine, Aspartic acid, Cystine, glutamic acid, Glycine, Proline, Serine and Tyrosine ⁴ .
3	<i>Kala ajaji</i>	<i>Nigella sativa</i> Linn.	Ranunculaceae	Fixed oil (32-40%) includes arachidonic, eicosadienoic, linoleic, almitoleic, palmitic, stearic and myristic acid Volatile oil 90.4- 0.45% includes only nigellone ⁵ .
4	<i>Yavani</i>	<i>Trachyspermum amni</i> Spragne	Umbelliferae	Fiber (11.9%), Carbohydrates (38.6%), tannins, glycosides, moisture (8.9%), protein (15.4%), fat (18.1%), saponins, flavone and mineral matter (7.1%) containing calcium, phosphorus, iron and nicotinic acid ⁶ .

Morphological Features**Pharmacological Importance**

तच्चूर्णं भक्षितं नित्यं निहन्ति पवनामयम् ।

अजीर्णं शूलमाध्मानं पार्श्वशूलं कटिव्यथाम् ॥८९॥

According Acharya Bhavprakash Chaturbeeja churna, if taken on regular basis can eliminate indigestion, pain, bloating and backaches. It also cures gaseous abdomen.

Other Therapeutic properties

Dysmenorrhea – The drug alters prostaglandin production by altering arachidonic acid metabolism. It shows anti-platelet aggregation activity, that results in prevention of clot formation.

Digestive disorders- The composition is *Kaphavatahara* and *pittakara* in nature, that stimulates *agni* (digestive fire). As most of gastric disorders like *ajeerna* (Indigestion), *adhman* (bloating) and gaseous abdomen are because vitiation of *vata* and *kapha dosha*.

Pain Relief- *Shoola* is predominant feature of *vata dosha*, *chaturbeej* being *vatahara* has promising result in diseases like *katishoola*, *parshvashoola*, *angamarda* etc.

Research Works

Sr. no.	Name	Result
1	A clinical study to evaluate efficacy of <i>chaturbeej churna</i> and <i>kaishore guggulu</i> in <i>kastartava</i> (spasmodic and congestive dysmenorrhea) – Vandana, Seema Shukla, Eena Sharma, Soni Kapil.	Both drugs showed marked improvement.
2	Study effect of <i>chaturbeej churna</i> in <i>sutika awastha</i> in first week- Dr. Mangesh G. Mundhe, Dr. Dhate R.H, Dr. Gunale Ravindra	Effective in <i>Sutika Awastha</i>
3	Ayurvedic management of Katishool with special reference to non specific low back pain: a case study- Renuka S. Kulkarni, Vijay G. Patrikar, Sumeet S. Jain.	Marked improvement in patient condition.

Discussion

Ayurveda is an ancient science of health and wellbeing, most of diseases are sedentary lifestyle disorders. Treatment can never be better option without proper management of *Ahara* and *Vihara*. Most of time *Dravyas* are underestimated of having any ADRs (adverse drug reaction), *chartubeej* being *pittakara* has adverse reaction on *pittaj vikara* if taken without precaution. *Prakriti parikshan* is essential element for treatment, that differs from patient to patient even with same signs and symptoms.

Conclusion

Bhavprakash Nighantu has described *chaturbeej gana* in *haritkyadi varga*. This is used in *churna* formulation with dosage of 2-3gm with warm water. Most of gastric disorders like indigestion, loss of appetite, bloating can be cured by it. *Acharya Bhavprakash* has also mentioned its *shoolahara* properties.

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