

# Comparative Study on *Suka Dhanya Varga* Mentioned in Brihat-Trayi

Panchanana Kisan<sup>1</sup>, S. S. Yadav<sup>2</sup>

<sup>1</sup>JR2, Department of Samhita & Sanskrit, Faculty of Ayurveda, IMS, BHU, Varanasi (UP), India.

<sup>2</sup>Assistant Professor, Department of Samhita & Sanskrit, Faculty of Ayurveda, IMS, BHU, Varanasi (UP), India.

Corresponding Author: Panchanana Kisan

## ABSTRACT

*Ayurveda* is the eternal science of life. The first principle of *Ayurveda* is to maintain a healthy life for which Nutritious Diet (*Ahara*) or balanced diet is required. In *Ayurveda Acharya Caraka* has cited regular intake of food articles belongs to different categories of food. *Acharya Caraka* has classified *Ahara* (diet) in twelve Vargas. Among these, *Suka Dhanya* is the first one. In Modern literature, *Suka Dhanya* has been compared as monocotyledons and energy giving food. Energy giving food mainly includes cereals group like Wheat, Rice, Maize (corn), Oats, Jowar, Ragi and Bajra. Ancient *Acharyas* has mentioned some *Suka Dhanya Dravyas* with their *Gunas* (qualities) like *Shasthika*, *Vrihi* (variety of rice), *Yava*, and *Wheat* which play an important role in prevention of diseases. Those dravyas sustain qualities like *Sheeta* (cold in potency), *Swadu* (sweet in taste) and in *Swadu Vipaka* (sweet in digestion). These are used as *Vatavardhaka*, *Alpavarchasa*, *Brimhana*, *Sukrala* and *Mutrala*. Cereals are abundant with niacin, iron, riboflavin and thiamine and mostly fiber content (especially in Barley, oat and wheat). Cereals also possess soluble bran that helps to reduce blood cholesterol level and helps in preventing heart diseases. Aim of this article is to analyze the *Suka Dhanya Varga* mentioned in *Brihat-Trayi* on a scientific basis. Among brihat trayi *Suka dhanya varga* is abundantly found in *Ahara kalpana*, which source importance of *suka dhanya varga*. So review of *Suka Dhanya Varga* is taken from *Brihat Trayi* with their commentators. It is compared with modern nutritional value to check the advantages and disadvantages of ancient diet principles.

**Key Words-** *Suka Dhanya*, Vargas, Properties, Benefits, Brihat trayi.

## INTRODUCTION

*Ayurveda* has a unique role in prevention of disease as well as treatment of diseases vide *Ahara* (diet), *Vihara* (lifestyle) and *Aachara* (behavioral pattern). Amongst them *Ahara* i.e. diet is the most efficient and important one. *Acharya Caraka* mentioned that “*Rogascha aharasambhava*”.<sup>[1]</sup> Which denotes *Roga* (diseases) is originated from *Ahara*. Nature of diet taken is responsible for *Saarata* of *Dhatu* which is the reflection of body's immunity. Therefore *Acharyas* have advised to take only those food items which are beneficial for maintaining the health. *Ayurveda* recommends that while diet is not applicable for curing all the

diseases, but can controlled diseases by doing adjustment in diet and maintaining proper eating habits. In fact *Ayurveda* is based on *Trayopstambha* i.e. three pillars of *Ayurveda* which are the basics of healthy human life that are *Ahara* (diet), *Nidra* (proper sleep), *Brahmacharya* (Abstinence from excessive sexual and mental activity).<sup>[2,3]</sup> Basically, *Ayurveda* focuses on two principles i.e. prevention or maintaining the health and the second one is treatment of disease.<sup>[4]</sup> Thus there is a saying “prevention is better than cure”. *Acharyas* suggest that “*Matrashi Syat*” (Diet in definite quantity) or Balanced diet is responsible for maintaining of healthy life.

Materials and methods-	-Brihat –Trayee with their commentaries. -Supportive texts of contemporary science. - Reference from internet and journals.
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## VARGAS-

In *Ayurveda Acharya Caraka* has mentioned regular intake of food articles belongs to different categories of food. These categories includes the following according to *Acharya Caraka, Sushruta* and *Vagbhata*- [5-9]

SL.NO	Caraka	Sushruta		Vagbhata	
		Drava Varga(10)	Annapana Varga(11)	Drava Varga (7)	Annasvarupa Varga (7)
1	Suka Dhanya	Jala	Shali	Toya	Suka
2	Shami Dahanya	Kshira	Kudhanya	Kshira	Shimbi
3	Mamsa	Dadhi	Mamsa	Ikshu	Kritanna
4	Saka	Takra	Phala	Madhu	Mamsa
5	Phala	Ghruta	Shaka	Taila	Shaka
6	Harita	Taila	Puspa	Madya	Phala
7	Madya	Madhu	Kanda	Mutra	Ausadha (A.H)
8	Ambu	Ikshu	Lavana		
9	Gorasa	Madya	Kritanna		
10	Ikshu vikara	Mutra	Bhakshya		
11	Kritanna		Anupana		
12	Aharaupayogi				

### Review of Suka Dhanya Varga-

*Acharya Caraka* has described twelve types of *Ahara* in *Annapana Vidhi Adhyaya*, among them, *Suka Dhanya* is the first one. *Cakrapani* has differentiated *Suka dhanya* into 3 classes' viz. *Shali, Shashtika* and *Vrihi*.

As its name suggests, *Suka dhanya* are corns with spikes. *Acharya Sushruta* has not mentioned *Suka Dhanya Varga* by name, but *Dravyas* of *Suka Dhanya Vargas* has been described in *Mudgadi, Shali* and *Kudhanya Varga*. In modern literature, *Suka Dhanya* has been compared to in monocotyledons and energy giving foods. Energy giving food mainly includes Wheat, Rice, Maize, Oats, *Jowar, Ragi* and *Bajra*. Ancient *Acharyas* has mentioned some *Suka Dhanya Dravyas* with their *Gunas* (qualities) like *Shasthika, Vrihi* (variety of rice), *Yava*, and *Wheat* which play an important role in prevention of diseases. Those *dravyas* sustain qualities like *Sheeta* (cold in potency), *Swadu* (sweet in taste) and in *Swadu Vipaka* (sweet in digestion). These are used as *Vatavardhaka, Alpavarchasa, Brimhana, Sukrala* and *Mutrala*.

Grains which grows in *Hemant, Greeshma* and *Sarad Ritu* are termed as *Shali, Shasttik* and *Vrihi* respectively. [10]

*Gangadhar* has grouped *Suka Dhanya* as *Suka Dhanya* and *Kudhanya*. Again *Kudhanya* is divided into *Shali, Shastika* and *Vrihi*.

Review of *Shali dhanya* (Rice paddy /*Oryza Sativa*)-

In *Caraka Samhita- Raktashali, Mahasali, Kalam, Shakunahrita, Churnaka, Deerghashuka, Gour, Panduka, Languli, Sugandhak, Lohavala, Sarivakhya, Pramodaka, Patanga, Tapaneeya, Yavak, Hayan, Panshu, Naishadha* [11] are included in *Shali Dhanya*.

Among them *Rakta Shali* is of best quality rather than other varieties, as it possess *Madhura* in *Rasa, Laghu, Sheeta Virya* and pacifies all three *Doshas*. According to modern literature, rice has three varieties i.e. paddy rice, brown rice and white rice. Rice with inedible outer husk is said to be paddy rice. When husk gets removed from grain it is known white rice. After removal of husk, the rice is milled to remove the bran (brown skin just yellow the husk), and germ or embryo.

According to *Chakrapani Yavak* and *Gangadhara* is *Trimalakara* and possess opposite qualities of *Raktasali*. *Chakrapani* has described *Aguna* as *Guna Viparit Dosh*. [12] Opposite to view of *Chakrapani* and *Gangadhar, Yogendra Sen* has

mentioned that these *Yavak* etc. have same *Guna* and *Dosha* that of *Shali*.

In *Sushruta Samhita- Lohit Shali, Kalam, Kardamak Panduka, Sugandhak, Shakunahrita, Pushpandak, Pundarik, Mahashali, Sheet, Bheeruk, Rodhra, Pushpak, Deerghashuka, Kanchanak, Mahisha, Mahashuka, Hayanak, Dushak, Mahadushak* [13] are included among *Shali dhanya*.

In both *Astanga Hridaya* and *Astanga Samgraha* same species are interpritate among *Sahali dhanya* like – *Rakta Shali, Kalam, Turnak, Shakunahrita, Saramukha, Deerghashuka, Rodhrashuka, Sugandhika, Pundra, Pandu, Pundareeka, Pramod, Gourasariva, Kanchan, Mahisha, Shuka, Dushaka, Kusumandak, Langala, Lohavala, Kardama, Sheetabheeruka, Patanga, Tapaneeya, Yavaka, Hayana, Pansu, Bashpa, Naishadha*. [14]

According to *Bhavaprakash*, *Dhanya* matured in *Hemanta Ritu* is known as *Shalidhanya*.

#### **Review of Shashtika Dhanya (Rice)-**

In *Caraka Samhita Shashtika* are of different name as - *Gour, Krishna, Varak, Uddlaka, Cheena, Sharad, Ujjvala, Durdara, Gandhana, Kuruvinda*, having qualities like – *Sheeta Virya, Snigdha, Aguru, Madhura, Tridosaghna* and *Sthira*. [15]

In *Sutra sthana 46 Acarya Sushruta* has mentined *Shashtika* as follows – *Shashtik, Kanguka, Mukundak, Peetak, Pramodak, Mahashashtika, Churnak, Kurvak* and *Kedar*. [16] While commenting on this *Dalhana* has explained that *Shashtika* are *sheeghrapaki*. In *Sushruta Samhita* qualities of *gour shashtik* is also available. Here it is mentioned that *Gour Shashtika* is same as *Rakta Shali*.

In *Astanga Samgraha* and *Astanga Hridaya* two types of *Shashtika* are available i.e. *Gour Shashtika* and *Asitagour Shashtika*. While commenting on it, *Hemadri* has explained three types of *Shashtika* – *Gour, Krishna* and *Krishnagour*. According to him the name

*Shashtika* has been given to those who ripens in sixty days.

#### **Review of Vrihi Dhanya (rice)-**

*Acharya Caraka* has included *Vrihi Dhanya* in *Sukadhanya Varga* but *Acharya Sushruta* included *Vrihi Dhanya* in *Shali Dhanya Varaga*. *Dhanya* matured in *varsha ritu* is said to be *Vrihi Dhanya*. *Krishna Vrihi* is best among *Vrihi Dhanya*, having qualities like *Madhura* in *Rasa, Guru, Ushna Virya, Amla Vipaka*.

*Chakrapani* and *Gangadhara* has explained that *Vrihi* is *Ashudhanya* from, *Sharad Ritu*. Having qualities like *Madhura rasa, Amla vipaka, Pittakara* and *Guru*. *Patal* is also one of *Vrihi*.

In *Shruta Samhita*, *Vrihi* is classified as – *Krishna Vrihi, Shalamukha, Jatumukha, Nandimukha, Lavakshi, Tvaritak, Kukkutandak, Paravatak, Patal*. While commenting on general qualities of *Vrihi*, *Dalhan* has mentioned that it possess *Amadhuara* or *Katu Vipaka*. In *Sushruta Samhita* qualities of *Vrihi* according to *utpatti sthana* are mentioned, e.g. qualities of *Vrihi* from *Dagdha Bhumi, Sthalaja, Anup* etc. [17] Here qualities of *Atiropya Vrihi* and *Chinnarudha* are also mentioned. Which is a special one.

In *Astanga Samgraha* and *Astanga Hridaya Vrihi* and *Shashtika* are mentioned together having *Amla Vipaka* same as *Caraka Samhita*.

#### **Review of Kudhanya-**

In *Caraka Samhita* the term *Kudhanya* is not found. But *Chakrapani* has include some species in *Kudhanya* [18] i.e. *Koraduisha, Shyamak, Hasti Shyamak, Neevar, Toyaparnee, Gavedhuka, Prasthantika, shyamak, Priyangu, Mukunda, Zintirmukhi, Varuka, Varaka, Shibir, Jurnavha*.

*Chakrapani* has viewed that *Koradusha* means *Kodrava* and mentioned as *Sleshmapittaghna*. But in *Raktapitta Nidana* it is mentioned as *Pittaprakopak* due to combination with *Nispav, Kanji* etc. *Gangadhar* has explained *Koradusha* as *Kangu* and *Shyamaka* as *Shyamaghasashya Beeja*. *Yogendra Sen* has also mentioned

same as *Chakrapani* i.e. *Koradusha* as *Kodrava*. He has redacted quotes from *Sushruta Samhita* and explaining that *Shyamaka* (*Trinadhanya*) are of three types-*Shyamak*, *Hasti Shyamak* and *Jala Shyamak*.

In *Sushruta Samhita*, *Guna karma* of *Kodrava*, *Nivara*, *Shyamaka*, *Shantanu*, *Priyangu*, *Nandumukhi*, *Mukundak* and *Venuyava* are mentioned.

In *Astanga Samgraha* these are named as *Trina Dhanya* and also mentioned *Guna Karma* of *Priyangu*, *Neevara*, *Uddalak*, *Madhulika*, *Yava*, *Venuyava*, *Godhuma* and *Nandimukhi*. While commenting on it *Indu* has also explained *Koradusha* as *Kodrava*.

In *Astanga Hridaya Sutra Sthana* 6, these are named as *Trina Dhanya* which is same as *Astanga Samgraha* explaining qualities like *Sheeta*, *Laghu*, *Vatavidhikara*, *Lekhana* and *Kaphapittashamaka*. Also qualities of *Priyangu*, *Yava*, *Anuyava*, *Vanshayava*, *Godhuma* and *Nandimukhi* are mentioned.

#### **Review of yava (Barley/ Hordeum Vulgare) -**

*Yava* has included *Sukadhanya Varga* in *Caraka Samhita* while *Sushruta* in *Mudgadi Varga*. *Caraka* has included *Yava* in *shramahara*, *Chardinigrahana*, and *Swedopaga Mahakashaya*. In *Ayurveda*, pharmacodynamics of *Yava* is *Ruksha* (dry), *Sheeta Virya* (cold in potency), *Laghu* (light in digestion), *Madhura* (sweet) and *Kashaya* (astringent taste), aggravates *Vata* and increases the amount of faeces. Also it enhances the body strength and pacifies *Kaphaja* disorders. [19] It is best known as *Stanyavardhaka*, *Medohara* (helps in reducing fat) when used with *Amalaki Churna*. [20] *Yava* is a carbohydrate rich food. According to National Health and Nutrition examination Survey, Barley contains potassium, calcium and magnesium which are helpful to decrease blood pressure naturally. Also barley helps in lowering the cholesterol in the blood as it is an excellent source of fiber and hence decreasing the risk of cardiac diseases. In diseases like *Vrana*

and *Visharpa*, *Yava* is used with *Madhuka Churna* externally. Inhaled *Dhuma* of *Yava Chura* with *Ghrita* is said to be beneficial in *Swasha Roga* (Asthma).

#### **Godhuma (Wheat/ Triticum Vulgare)-**

*Acharya Caraka* has included *Godhuma* in *Suka Dhanya Varga* while *Sushruta* in *Mudgadi Varga* explaining qualities like *Snigdha* (unctuous), *Guru* (not easily digestible), *Sheeta Virya* (cold in potency), and *Madhura* (sweet in taste) and specify *Vata* and *Pitta dosha*. [21] *Godhuma* can be used with *Ghrita* and goat milk in *Vatarakta* (osteoarthritis). It can also be used with *Ghrita* externally in *Asthibhanga* (bone fracture). *Godhuma* with *Madhu* is beneficial in *Kaphaja Shula* (pain). [22] Wheat flower contains glutelin and gliadin as proteins which are commonly known as gluten. The strength of the wheat flower is based on the quality of gluten used.

#### **Jowar (Great millet/ Sorghum Vulgare)-**

*Jowar* has qualities like *Madhura* and *Kashaya* in *rasa*, *Laghu*, *Sheeta Virya* and pacifies *Vata* and *Kapha dosa*. *Jowar* has essential nutrients like iron, calcium, potassium and phosphorus. It sustains good amount of thiamine and riboflavin. Phytochemicals are also present in high amount in millet that they have shown potential usefulness in reducing the obesity. *Jowar* is also said to be beneficial for heart. [23]

#### **Bajra (Pearl millet / Pennisetum glaucum)-**

*Bajra* has qualities like *Madhura* in *Rasa*, *Ruksha*, *Usna Virya* and pacifies *Vata* and *Kapha Dosha*. [24] It is known to be relatively low glycemic index than wheat and rice. Magnesium in millet form helps in reducing the effect of heart attacks. *Bajra* contains Niacin which helps in lowering the cholesterol level. Its consumption causes decrease in triglycerides and C-reactive protein. The pearl millet bran is low in mineral matter. The germ fraction in pearl millet is about 16% and also rich in oil, protein, ash. [25] The fat content present in the pearl millet is higher than the other millets. Due to its larger germ size and its

high oil contains. The pearl millet is predominantly starchy as it contains 73 gm. of carbohydrate per 100 gm. of bajra. It is an important source of B complex vitamins, mainly present in the outer bran layer of grain.

#### Use of *Shali*, *Vrihi* and *Shashtika* according to season-

Grishma Ritu	Shali dhanya
Varsha Ritu	Purana Shali (Old rice)
Sharada Ritu	Shali and Shashtika
Hemanta Ritu	Ravadhanya (New rice)

## DISCUSSION

Cereals are originated from *Ceras*, which means Roman goddess of harvest and agriculture. Cereal is combination of endosperm, germ and bran. Cereals are abundant source of vitamins, minerals, carbohydrate, fat, oils and protein. Endosperm is obtained when the bran and germ layer gets dethatched, which is carbohydrate. During processing, bran germ gets refined from cereals which make them less healthy.

Whole grain cereals mainly include entire grain kernel, which is a rich source of healthy fiber. For controlling blood sugar levels and reducing risk of heart diseases Fiber is a very important factor. The whole grain cereals contain some phytochemicals having some health benefits. These phytochemicals include. [26]

1. Lignin's- lower the risk the heart disease and slow cancer.
2. Phytic acid- reduces the glycemic index of food which is helpful for diabetic patients and protects against the cell developing colon cancer.
3. Saponins, phytosterols, oryzanol have been found to lower blood cholesterol.
4. Phenolioc compounds- have antioxidant effects.

Cereals are rich source of niacin, iron, riboflavin and thiamine and most cereals have abundant fiber contain, especially barley, oat and wheat.

#### Cereals in diabetes-

For maintains of blood glucose level some whole grains are helpful like i.e. oat meal, whole wheat flower, wheat bran, whole corn meal, barley, brown rice. Oats and barley are abundant in soluble dietary fiber i.e.  $\beta$ -glucan which helps in reducing postprandial glucose and insulin responses and also in maintaining glycemic control and regulating blood lipids. [27] Along with fiber content, oats and barley having low glycemic index which is helpful in maintaining of blood glucose level.

#### Cereals in Coronary Heart Diseases-

The outer layers of cereals contain phenolic acids, which are antioxidants and plays as a protective potential against CHD. These phenolic acid in cereals brans after they gets absorbed in adequate in adequate amounts, which are beneficial for circulated system. The United States Food and Drug Administration (FAD) suggested that  $\beta$ -glucan of about 3 gm. or more per day from barley or oats may reduce the risk of coronary heart disease. [28]

#### Cereals in Cancer-

Cereals are mainly phytoestrogens of the *lignin* family. These phytoestrogens may play as a protective effect against hormone related cancers. Barley is abundant with soluble as well as insoluble fiber. Soluble fiber i.e.  $\beta$ -glucan is helpful in type 2 diabetics. Insoluble fiber present in barley may be helpful in maintaining regular bowel function and in lowering the risk for certain cancers such as colon cancer.

## CONCLUSION

As discussed above in *Caraka Samhita*, *Sushruta Samhita* and *Vagbhata*, cereals should be taken in diet daily in certain amount for promotion of health and prevention from diseases like Meda roga, Sthaulya etc. it is advised to take regularly *Yava* and *Shashtika*, *Shali Dhanya* for maintenance of health and prevention from diseases. Cereals are chosen for the consumption as they have higher fiber

which is an important nutrient that helps to prevent weight gain and heart disease, in diabetes and cancer.

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How to cite this article: Kisan P, Yadav SS. Comparative study on *suka dhanya varga* mentioned in brihat-trayi. Int J Health Sci Res. 2020; 10(4):65-71.

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