Comparative Study on Suka Dhanya Varga Mentioned in Brihat-Trayi

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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”. [1] 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). [2,3] Basically, Ayurveda focuses on two principles i.e. prevention or maintaining the health and the second one is treatment of disease. [4] 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.

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]

<table>
<thead>
<tr>
<th>SL.NO</th>
<th>Caraka</th>
<th>Sushruta</th>
<th>Vagbhata</th>
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<td>Annapana Varga (11)</td>
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<td>Shali</td>
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<td>2</td>
<td>Shami Dahanya</td>
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<td>3</td>
<td>Mamsa</td>
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</table>

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. Cačrapani 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, Shashtik and Vrihi respectively. 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, Pataneeya, Yavak, Hayan, Panshu, Naishadha 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 Dosha. Opposite to view of Chakrapani and Gangadhar, Yogendra Sen has
mentioned that these Yavak etc. have same Guna and Doshha that of Shali. In Sushruta Samhita- Lohit Shali, Kalam, Kardamak Panduka, Sugandhak, Shakunahrita, Pushpandak, Pundarik, Mahashali, Sheet, Bheeruk, Rodhra, Pushpak, Deergashhuka, Kanchanak, Mahissha, Mahashhuka, 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, Deergashhuka, Rodhrashhuka, Sugandhak, Pundra, Pandu, Pundareeka, Pramod, Gourasarariva, Kanchan, Mahissha, Shuka, Dushaka, Kusumandak, Langala, Lohaval, Kardama, Sheetaabheeruka, 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, Gandhama, 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, Mahashtikata, Churnak, Kurvak and Kedar. [16] While commenting on this Dalhana has explained that Shashtika are sheeehrapaki. 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, Pittaka and Guru. Patal is also one of Vrihi.

In Shruti 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 Daagdha Bhum, Sthalaja, Anup etc. [17] Here qualities of Atriopya 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, Neever, Toyaparnee, Gavedhuka, Prashtantika, shyamak, Priyangu, Mukunda, Zintirmukhi, Varuka, Varaka, Shibir, Jurnavha.

Chakrapani has viewed that Koraduisha means Kodrava and mentioned as Sleshamapitaghna. But in Raktapitta Nidana it is mentioned as Pittaparakopak due to combination with Nispav, Kanji etc. Gangadhhar has explained Koradusaha as Kangu and Shyamaka as Shyamahasasyya Beeja. Yogendra Sen has also mentioned

International Journal of Health Sciences and Research (www.ijhsr.org)  
Vol.10; Issue: 4; April 2020
same as Chakrapani i.e. Koradusha as Kodrava. He has redacted quotes from Sushruta Samhita and explaining that Shyamaka (Trinadhaneya) 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, Neewara, 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, Vataavridhikara, Lekhana and Kaphapittashamaka. Also qualities of Priyangu, Yava, Anuyava, Vanshayava, Godhuma and Nandimukhi are mentioned.

**Review of Yava (Barley/ Hordeum Vulgare)**

Yava has included Sukadahnya Varga in Caraka Samhita while Sushruta in Mudgadi Varga. Caraka has included Yava in shramahara, Chardinigraha, 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)**

Achrya Caraka has included Godhuma in Suka Dhanya Varga while Sushruta in Mudgadi Varga explaining qualities like Snigdha (unctuous), Guru (not easily digestable), 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**

<table>
<thead>
<tr>
<th>Season</th>
<th>Variety</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grishma Ritu</td>
<td>Shali dhanya</td>
</tr>
<tr>
<td>Varsha Ritu</td>
<td>Purana Shali (Old rice)</td>
</tr>
<tr>
<td>Sharada Ritu</td>
<td>Shali and Shashtika</td>
</tr>
<tr>
<td>Hemanta Ritu</td>
<td>Ravadhanya (New rice)</td>
</tr>
</tbody>
</table>

**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. Phenolic 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.

REFERENCES

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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