



RESEARCH ARTICLE

Utilization of Some Important Herbs used as “Śāka” (Vegetable) in Ayurveda by Tribal People of Raigarh District, Chhattisgarh State, India

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ABSTRACT

There are a large number of classical Ayurvedic plants that are used as vegetables by tribal communities of Raigarh district. These plants profusely grow on wastelands that are free of insecticides/pesticides and give new relish vegetables. These vegetables are not popular among common people or they feel inferior to accept these vegetables in their diet. The consumption of such important plant resources should be popularized as they could be beneficial resource for prevention, management, and treatment of chronic diseases. The present study deals with the medicobotanical survey work of Dharmajaygarh and Raigarh forest divisions of Raigarh district, Chhattisgarh, India. These vegetables are arranged in their useful part, e.g., leaf, fruit, tuber, etc., their Ayurvedic name, local name, botanical name, family, and part used followed by their Ayurvedic and local uses. The study revealed the utilization of 31 classical Ayurvedic vegetables (śāka) by tribal people of Raigarh district. Vegetables like *Enhydra fluctuans* Lour., *Corchorus capsularis* L., *Leucas cephalotes* (Roth) Spreng., *Boerhavia diffusa* L., *Senna tora* (L.) Roxb., *Celosia argentea* L., *Lathyrus sativus* L., *Centella asiatica* (L.) Urb., *Tamilnadia uliginosa* (Retz.) Tirveng. & Sastre, *Dioscorea alata* L., etc., are unique in this area. The study suggests that the inclusion of these herbs in the regular diet of common people helps in prevention and management of various ailments.

Keywords: Ayurveda, Herbs, Raigarh district, Śāka, Vegetable.

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INTRODUCTION

Āhāra (diet) is kept in uppermost place in *Trayaupast-ambha* (Āhāra, Nindrā, Brahmācārya) in Ayurveda.¹ Diet is most important in nutritional point of view for survival

of living beings. Vegetables (śāka) are described in detail in Ayurveda after cereals (Dhānya). According to useful part, śāka is divided into six types, i.e., *patra* (leaf), *puṣpa* (flower), *phala* (fruit), *nāla* (stem), *Kanda* (bulb, tuber), and *sansvedaja* (fungus)^{2,3} in Ayurveda. Some *ācārya* divided it into four types: *Puṣpa* (flower), *patra* (leaf), *kanda* (bulb, tuber), and *phala* (fruit).⁴

Vegetables are very important in our daily foods, due to availability of micronutrients, vitamins, and fibers. At present, traditional Ayurvedic vegetables are being used in different parts of our country depending upon their availability and uses. These classical vegetables have been claimed to have a physiological benefit or provide protection against the disease and/or found to act as antidiabetics,^{5,6} cardiovascular agents,^{5,7} immunomodulators,^{5,8} cure for chronic inflammatory disorders,^{5,8,9} anti-allergics,^{8,9} gastrointestinal diseases,¹⁰ degenerative diseases, anticancer agents, and antiobese agents⁵ by increasing/decreasing or balancing *Vāta*, *Pitta*, and *Kapha* in the body. They can form an important addition to people's diets by providing essential vitamins and minerals. They also play an important role as famine and seasonal foods especially for poor people. Similarly, they may be an important source of income. They may be collected from forest or areas of natural vegetation, cultivated fields, road sides, and other types of wastelands and water bodies. They may also be named as hidden treasure of health.

Raigarh district lies between 21°20' and 23°15' north latitude and 82°55' and 83°24' east longitude, and is one of the richest sources of herbs in the form of medicinal plants in Chhattisgarh state (Fig. 1).¹¹ Total geographical area of the district is 6527.44 km². It is full of vegetation, jungles (forest), and hills. Mahanadi River passes through this district. Southern part of the district consists of fully plain area. The total forest area of the district is 109,687 hectares as per 2010 to 2011 data. People use forest products for commercial purposes.¹² Majority of the people in the district live in villages. Virhor is a specific tribe in this district, which is inhabited in Dharamajaygarh area. Gond, Kanwar, and Urao are the major tribes in the district.¹³ They use traditional Ayurvedic vegetables (śāka) in their daily meals. Rice is their main cereal food and for vegetables they mostly depend on wild vegetables, fruits, flowers, rhizomes, and tubers, which are also called underutilized vegetables as they are not known throughout

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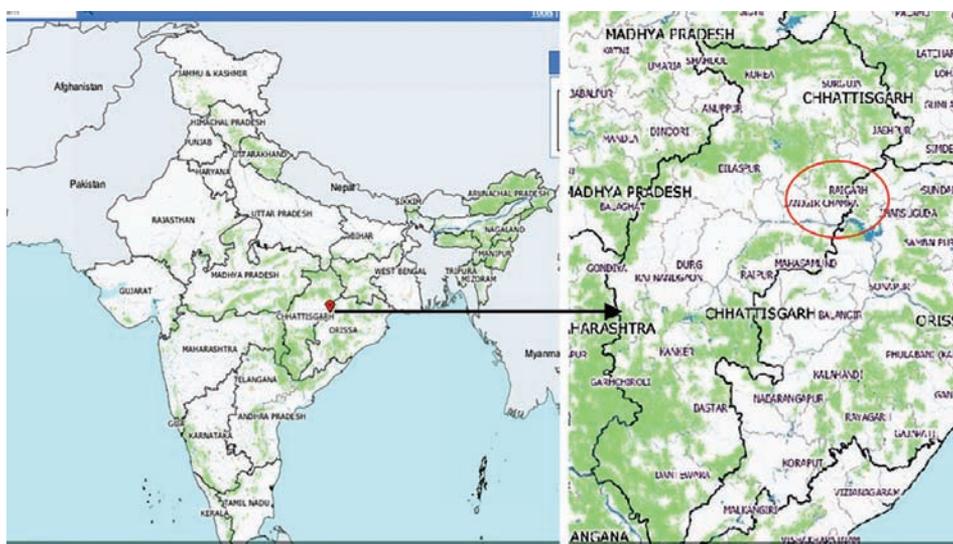


Fig. 1: Source: Bhuvan: Indian Geo Platform of ISRO

the world but described in classical Ayurvedic text. These vegetables are generally being collected from wild and/or natural places, while a few are being cultivated and transported to local weekly market called “hāṭa” and different places for sale and purchase. Vegetables used in eastern part of Chhattisgarh have been reported.¹⁴ There are no reported data on Ayurvedic vegetables used in Raigarh district of Chhattisgarh till date. The present study was carried out to explore the traditional vegetables used by the tribal people of Raigarh district which are described in various classical Ayurvedic texts.

MATERIALS AND METHODS

Study Area and Field Survey

Medico-ethno-botanical survey was carried out in the Dharmjaygarh and Raigarh forest divisions which are situated in Raigarh district of Chhattisgarh, from June to November 2014. Different forest ranges like Dharamjaygarh, Boro, Chhal, Bakaruma, Kapu, and Lelunga in Dharamjaygarh forest division and Raigarh, Saranggarh, Gomarda, Gharghoda, Baramkela, Tamnar, and Kharsia in Raigarh forest division were covered during this period. At the same time, different weekly “hāṭa” at above-mentioned places were visited and there were discussions in detail with the sellers and buyers of local vegetables. The details about the traditional herbs which were available in the “hāṭa,” their local name, and uses were also discussed. The plants were identified and botanical names were authenticated by the authors with the help of local flora.¹⁵⁻¹⁷ Data are presented in regard to the classical references^{1,2,4,7,18-21} followed by Ayurvedic name, local name, botanical name, family, part used, collection period, and their action and uses.

Observation:

Enumeration of Classical Ayurvedic Medicinal Plants in Various Literature

- हिलमोचिका^{2-4,22}
(Bhav Prakash Nighantu (BPN). Shak Varga (SV)/28, Kaideva Nighantu (KN). Aushadhi Varga (AV)/692, Dravyagunasamgraha (DGS).SV/9)
Ayurvedic name – Hilamochika
Local name – Harkuch
Botanical name – *Enhydra fluctuans* Lour.
Family – Asteraceae
Part used – Leaves and tender twig.
Collection period – June–September
Action and Uses – Leaves are used as vegetable. It alleviates śoṭha (edema), kuṣṭha (skin diseases), kapha, and pitta.
- कालशाक^{1,2-4,20,23}
(SS.SU46/272, CS. Sutra Sthan (SU) 27/91, Ashtang Hridaya (AH).SU6/97, KN.AV/630 BPN.SV/17, Madanpal Nighantu (MN).SV/38-39, DGS.SV/12)
Ayurvedic name – Kalashaka
Local name – Chench
Botanical name – *Corchorus capsularis* L.
Family – Tiliaceae
Part used – Leaves
Collection period – September–November
Action and Uses – Leaves are used as vegetable and relishable. It is medhya (brain tonic), appetizer, removing toxicity, and alleviates kapha. It removes śoṭha (edema) and raktapitta (intrinsic hemorrhage).
- सुनिषण्णक^{1-4,18-20,22,24}
(SS.SU46/262-263, CS.SU27/89, AH.SU6/73, BPN.SV/30-31, KN.AV/685-687, MN.SV/54, DGS.SV/10)
Ayurvedic name – Sunnishannaka
Local name – Sunsunia
Botanical name – *Marsilea minuta* L.
Family – Marsileaceae
Part used – Leaves
Collection period – June–September

- Action and Uses** – Leaves are used as vegetable and relishable. Vegetable is used in insomnia, jvara (fever), śvāsa (bronchial asthma), kuṣṭha (skin diseases), bhrama (vertigo), vāta, pitta, and kapha.
- मारिष^{3-5,23}
(CS.SU27/100, Kaideva Nighantu (KDN).AV/634-635, DGS.SV/11)
Ayurvedic name – Marisha
Local name – Lal bhaji
Botanical name – *Amaranthus tricolor* L. Syn. *Amaranthus gangeticus* L. (For red sps.) and *Amaranthus blitum* var. *oleracea* Duthie (For green sps.)
Family – Amaranthaceae
Part used – Leaves and tender twigs.
Collection period – September–November
Action and Uses – Leaves and tender twigs are used as vegetable. It is considered to possess raktapitta (clotting disorders). It alleviates kapha and viṣamaghanī.
 - लोणीका^{1,2,4,5,19-24}
(SS.SU46/274, CS.SU27/102, BPN.SV/21-22, MN.SV/52-53, KN.AV/648, RN. Moolakadi Varga (MV)/150)
Ayurvedic name – Lonika
Local name – Ghol, Kulfa bhaji, Lunia
Botanical name – *Portulaca oleracea* L.
Family – Portulacaceae
Part used – Leaves and tender twig
Collection period – June–September
Action and Uses – Leaves and tender twigs are used as vegetable. It alleviates vāta, kapha, arśa (piles), mandāgni (indigestion), viṣa (poison), vrana (ulcer), śvāsa (bronchial asthma, śoṭha (edema), and netra roga (eye diseases).
 - द्रोणपुष्पी^{1,2,4,18,22,23}
(CS.SU27/98, AH.SU6/93, BPN.SV/34, KN.AV/66-665)
Ayurvedic name – Dronapushpi
Local name – Guma bhaji, Gumi
Botanical name – *Leucas cephalotes* (Roth) Spreng.
Family – Lamiaceae
Part used – Leaves
Collection period – September–November
Action and Uses – Leaves are used as vegetable (another two sps. of *Leucas* 1. *Leucas aspera* (Willd.) Link and 2. *Leucas linifolia* (Roth) Spreng. are also used as “Guma bhaji” in Raigarh). It is considered to cure kāmī (jaundice), jvara (fever), and śoṭha (edema).
 - चणकशाक^{2-4,19,20,22,23}
(SS.SU46/277, BPN.SV/45, MN.SV/62, KN.AV/642, DGS.SV/13)
Ayurvedic name – Chanaka
Local name – Chana bhaji
Botanical name – *Cicer arietinum* L.
Family – Fabaceae
Part used – Leaves
Collection period – October–November
- Action and Uses** – Leaves are used as vegetable. It is sour but relishing vegetable and causes constipation (an adverse effect as described in Ayurveda) and alleviates daṇṭa śoṭha (odontitis).
- पुनर्नवा^{3,5,18,19,22}
(SS.SU46/239, 46/254-255, CS.SU27/96, AH.SU6/97, KN.AV/755-756, RN.MV/156, DGS.SV/14)
Ayurvedic name – Punarnava, Kathillaka
Local name – Gurru
Botanical name – *Boerhavia diffusa* L.
Family – Nyctaginaceae
Part used – Leaves
Collection period – June–September
Action and Uses – Leaves are used as vegetable. It alleviates pitta, kapha, rakta, and śoṭha (edema).
 - दद्रुघ्नपत्र^{1,2,4,5,18,19,22-24}
(SS.SU46/262, CS.SU27/101, AH.SU6/94, BPN.SV/36, BPN. Harityakadi Varga (HV)/27, KN.AV/699-702)
Ayurvedic name – Cakramarda
Local name – Chakoda, Charota
Botanical name – *Senna tora* (L.) Roxb. Syn. *Cassia tora* L.
Family – Fabaceae
Part used – Leaves
Collection period – June–September
Action and Uses – Leaves are used as vegetable. It is used in kaṇḍū (itching), kāsa (bronchitis), śvāsa (bronchial asthma), worm, dadru (ringworm), and kuṣṭha (all types of skin diseases).
 - कलम्बी^{2,3,5,18,19,22,23}
(SS.SU46/272, CS.SU27/97, AH.SU6/77, DGS.SV/17, BPN.SV/19)
Ayurvedic name – Nadika/Kalambi
Local name – Karmi, Karma bhaji
Botanical name – *Ipomoea aquatica* Forssk
Family – Convolvulaceae
Part used – Leaves
Collection period – September–November
Action and Uses – Leaves and tender stem are used as vegetable. It acts as stanyadā (galactopoietics) and śukra kāraka (aphrodisiac).
 - कुरण्टिका^{4,18-20,23}
(SS.SU46/274, AH.SU6/93, KN.AV/660-662, MN.SV/59-60)
Ayurvedic name – Shitivara, Shitivaraka, Kurantika
Local name – Survari, Sirivali
Botanical name – *Celosia argentea* L.
Family – Amaranthaceae
Part used – Leaves and tender twigs.
Collection period – June–September
Action and Uses – Leaves are used as vegetable. It is madhura (sweet) in taste. It possesses rūkṣa (dryness) guru (heaviness) properties, increases pitta and kapha. It alleviates aśmarī (renal calculus) and mūtrakṛccha (painful micturition).

- कलाय^{1-4,19,20,22,23}
(CS.SU27/92, 27/197, 46/248, 46/277, MN.SV/62, KN.AV/644, DGS.SV/13)
Ayurvedic name – Triputa, Kalaya, Khandika
Local name – Tivda, Khesari, Lakhari, Tivriya
Botanical name – *Lathyrus sativus* L.
Family – Fabaceae
Part used – Leaves and tender twigs
Collection period – October–November
Action and Uses – Leaves and tender stem are used as vegetable. It is pungent in taste and possesses laghu (lite) and rūkṣa (dryness) properties. It alleviates kapha and pitta.
- उपोदिका^{1-5,18-24}
(SS.SU46/256, CS.SU27/94, AH.SU6/84, BPN.SV/8-9, MN.SV/50-51, KN.AV/657-658, RN.MV/137, DGS.SV/9)
Ayurvedic name – Upodika/Potaki
Local name – Poi
Botanical name – *Basella alba* L. syn. *Basella rubra* L.
Family – Basellaceae
Part used – Leaves and tender twigs
Collection period – June–September
Action and Uses – Leaves and tender stem are used as vegetable. It is smooth, and possesses śīta (cold) and picchila (sliminess) properties. It alleviates vāta, pitta and raktapitta (gout). It induces śukra (aphrodisiac) and nindrā (sleep).
- तण्डुलीय^{1-5,18-21,24}
(SS.SU46/256, CS.SU27/95, AH.SU6/83, BPN.SV/12-13, MN.SV/40-41, KN.AV/632-633, RN.MV/145, DGS.SV/3)
Ayurvedic name – Tanduliyaka
Local name – Cholai
Botanical name – *Amaranthus viridis* L.
Family – Amaranthaceae
Part used – Leaves and tender twigs
Collection period – June–September
Action and Uses – It has śīta (coldness) and rūkṣa (dryness) properties and alleviates pitta and kapha. Its leaves and tender twigs are used as vegetable. It also alleviates blood disorders and poisonous conditions.
- वास्तूक^{1-5,18-24}
(SS.SU46/256, CS.SU27/88, 27/102, AH.SU6/73, BPN.SV/6-7, MN.SV/35, KN.AV/626, RN.MV/122-123, DGS.SV/4)
Ayurvedic name – Vastuka
Local name – Bathua bhaji
Botanical name – *Chenopodium album* L.
Family – Amaranthaceae
Part used – Leaves and tender twigs
Collection period – October–November
Action and Uses – It has madhura (sweet), alkali, laghu (lightness), and relish properties. It alleviates plīharoga (diseases of spleen), kṛmī (worm infestation), arśa (piles) caused by pitta and alleviates constipation and all doṣas.
- मण्डूकपर्णी^{1,3-5,18,19,23,24}
(SS.SU46/262, CS.SU27/95, AH.SU6/76, KN.AV/720-723, DGS.SV/58)
Ayurvedic name – Mandukaparni
Local name – Bengcha
Botanical name – *Centella asiatica* (L.) Urb.
Family – Apiaceae
Part used – Leaves.
Collection period – June–November
Action and Uses – Leaves have rasāyana (antiageing) and medhya (brain tonic) properties. It alleviates śoṭha (edema), kuṣṭha (skin diseases), śvāsa (bronchial asthma), and jvara (fever). It is said to be the best vegetable in the group.³ Leaves are used as vegetable.
- शिग्रुपत्र^{4,5,18,19,21,23}
(SS.SU46/238, KN.AV/747, AH.SU6/106, RN.MV/131,)
Ayurvedic name – Shigru patra
Local name – Munga
Botanical name – *Moringa oleifera* Lam.
Family – Moringaceae
Part used – Leaves
Collection period – June–September
Action and Uses – Leaves are used as vegetable and relishable. Vegetable is kaṭu (pungent) in taste and uṣṇa (hot), dīpana (appetizer), pācana (digestive) and kṛmī (worm infestation) properties. It alleviates vāta and pitta.
- कौसुम्भशाक^{1,4,18-21,23}
(SS.SU46/272, CS.SU27/110, AH.SU6/101, MN.SV27/61, KN.AV/639, RN.MV/143)
Ayurvedic name – Kusumbha
Local name – Kusum
Botanical name – *Carthamus tinctorius* L.
Family – Asteraceae
Part used – Leaves
Collection period – June–November
Action and Uses – Leaves are used as vegetable. It is sweet and kaṭu (pungent) in taste. It is uṣṇa (hot), delicious, dīpana (appetizer), and for cleaning and tonicity of eye.
- कूष्माण्ड^{1-4,18-22}
(SS.SU46/213-214, CS.SU27/102, 27/113, AH.SU6/88, BPN.SV54-55, KN.AV/531-532, RN.MV/161, MN.SV/3-6, DGS.SV/29-30)
Ayurvedic name – Kushmanda

- Local name – Rakhiya, Kumhada
 Botanical name – *Benincasa hispida* (Thunb.) Cogn.
 Family – Cucurbitaceae
 Part used – Fruit
 Collection period – July–October
Action and Uses – Immature fruits are used as vegetable. Fruits have medhya (brain tonic), vṛṣya (aphrodisiac), cleaning of urinary bladder, guru (heaviness), śīta (cold), and kṣhār (alkali) properties.
- कारवेल्ल^{2-4,18-22}
 (SS.SU46/262-263, AH.SU6/76, 6/80, BPN.SV/63-64, KN.AV/589, RN.MV/186, MN.SV/27-28, DGS.SV/28)
 Ayurvedic name – Karvellaka
 Local name – Karela
 Botanical name – *Momordica charantia* L.
 Family – Cucurbitaceae
 Part used – Fruits
 Collection period – June–November
Action and Uses – Fruits are used as vegetable. Fruits have śīta (cold), laghu (lite), tikta (bitter) and kṛmīghna (wormicidal) properties. It alleviates jvara (fever) and pāṇdu (anemia).
 - पटोल^{2-4,18-20,24}
 (SS.SU46/262-263, Charak Samhita (CS). SU27/96, AH.SU6/75, 6/79, BPN.SV/69-70, KN.AV/562-566, RN.MV/175-176, MN.SV/44-47, DGS.SV/20)
 Ayurvedic name – Patola
 Local name – Parval
 Botanical name – *Trichosanthes dioica* Roxb.
 Family – Cucurbitaceae
 Part used – Fruits
 Collection period – June–September
Action and Uses – Fruits are used as vegetable. Fruits have pācana (digestive), vṛṣya (aphrodisiac), dīpan (appetizer), tridoṣahara, kṛmīghana (antihelminthic), and śnigdha a properties. It alleviates fever and bronchitis.
 - शोभाज्जनफल^{2,4,5,20-22}
 (BPN.SV/78, KN.AV/750, RN.MV/27, MN.SV/71-76)
 Ayurvedic name – Shigru phala
 Local name – Munga
 Botanical name – *Moringa oleifera* Lam.
 Family – Moringaceae
 Part used – Fruits
 Collection period – September–November
Action Uses – Fruit is used as vegetable. Fruits have madhura (sweet), kaṣāya (astringent), and dīpana (appetizer) properties. It alleviates kapha, pitta, śūla (colic), kuṣṭha (skin diseases), and śvāsa (bronchial asthma).
 - बिम्बी^{2,4,20-22}
 (BPN.SV/73-74, KN.SV/585, RN.MV/189-190, MN.SV/25-26)
 Ayurvedic name – Bimbi
 Local name – Kundru, Tindori
 Botanical name – *Coccinia grandis* (L.) Voigt
 Family – Cucurbitaceae
 Part used – Fruits
 Collection period – September–November
Action and Uses – Green fruits are used as delicious vegetable. Fruits have madhura (sweet), śīta (cold), guru (heaviness), stambhana, and lekhana properties. Its vegetable causes constipation, which is an adverse effect described in Ayurveda.
 - पिण्डार²
 (BPN.SV/85)
 Ayurvedic name – Pindar
 Local name – Thelka, Thelko
 Botanical name – *Tamilnadia uliginosa* (Retz.) Tirveng. & Sastre
 syn. *Randia uliginosa* (Retz.) Poir.
 Family – Rubiaceae
 Part used – Fruits
 Collection period – June–October
Action and Uses – Fruits are used as vegetable. Fruits are used as tonic and alleviate pitta, viṣa (poison), and śīta (cold) properties.
 - ककोटी^{2-4,18-24}
 (SS.SU46/262-263, CS.SU27/96, AH.SU6/76, BPN.SV/86, KN.AV/598-599, RN.MV/188, MN.SV/35, DGS.SV/28)
 Ayurvedic name – Karkotaki
 Local name – Kheksi, Kheksa
 Botanical name – *Momordica dioica* Roxb. ex Willd.
 Family – Cucurbitaceae
 Part used – Fruits
 Collection period – July–September
Action and Uses – Fruits are used as vegetable and relishable. Fruits have dīpana (appetizer) properties. It alleviates śvāsa (bronchial asthma), kāsa (cough), kuṣṭha (skin diseases), hṛllāsa (nausea), and jvara (fever).
 - पनस^{2,23}
 (BPN. Amradi Varga (AMV)/25-29)
 Ayurvedic name – Panasa
 Local name – Katahal, Phanas
 Botanical name – *Artocarpus heterophyllus* Lam.
 Family – Moraceae
 Part used – Fruit
 Collection period – June–November
Action and Uses – Tender and unripe fruits are used as vegetable. Fruit is kaṣāya (astringent), guru (heaviness), increases vāta, kapha, and fat. It also causes constipation. Ripe fruit is śukrala (aphrodisiac) and used in bleeding disorders. In Ayurveda it is contra-

- indicated in mandāgnī (loss of appetite) and gulma.
- राजकोशातकी^{2,4,20-22}
(BPN.SV/67-68, KN.AV/573-574 RN.MV/171, MN.SV/20)
Ayurvedic name – Kritavedhan, Ghoshataki
Local name – Taroi
Botanical name – *Luffa acutangula* (L.) Roxb.
Family – Cucurbitaceae
Part used – Fruits
Collection period – June–September
Action and Uses – Fruits are used as vegetable. Fruits have śīta (cold), madhur (sweet), kapha and vāta, kṛmī (antihelminthic), and dīpana (appetizer) properties. It alleviates śvāsa (bronchial asthma), (cough), and jvara (fever).
 - रक्तालुभेद^{2,19-21}
(SS.SU46/298, BPN.SV/98 RN.MV/72, MN.SV/92)
Ayurvedic name – Raktalu
Local name – Shakhen kanda
Botanical name – *Dioscorea alata* L.
Family – Dioscoraceae
Part used – Tuber.
Collection period – September–November
Action and Uses – Tubers are used as vegetable. Tubers have guru (heaviness) and snigdha properties. Its action is vṛṣya (aphrodisiac), dugdha vardhaka (increase lactation), and viṣṭīmbhī (constipation) also subside kapha; tuber chips fried in vegetable oil become delicious.
 - शूरण^{2-4,18-23}
(SS.SU46/304, AH.SU6/113, BPN.SV/91-93, KN.AV/1588, Raj Nighantu (RN).MV/62-64, MN.SV/5479-82, DGS.SV/44)
Ayurvedic name – Shurana
Local name – Jimikand
Botanical name – *Amorphophallus paeoniifolius* (Dennst.) Nicolson
syn. *Amorphophallus campanulatus* Decne.
Family – Araceae
Part used – Corm
Collection period – September–November
Action and Uses – Corms are used as vegetable. It is a delicious vegetable and useful in śvāsa (bronchial asthma), kāsa (cough), vama (vomiting), arśa (piles), and śūla (colic).
 - भूमिच्छत्र^{1-4,18,20,22}
(CS.SU27/123, AH.SU6/113, BPN.SV/120-121, KN.AV/1610-1614, MN.SV/87, DGS.SV/55-56)
Ayurvedic name – Bhumichhatra
Local name – Khokhadiz
Botanical name – *Agaricus campestris* L.
Family – Agaricaceae

Part used – Fruit body.

Collection period – June–August

Action and Uses – Fruit bodies are used as vegetable. Fruit body have śīta (cold), picchila (sliminess), and guru (heaviness) properties. It alleviates atisāra (diarrhea), vama (vomiting), and jvara (fever).

- वंश – करीर^{2-4,19,21,22}

(Sushrut Samhita (SS).SU46/304, AH.SU6/99, BPN. Guduchyadi Varga (GV)/155, KN.AV/135, RN.MV/39-40, DGS.SV/43)

Ayurvedic name – Vansh karira, Venu karira

Local name – Karir (Fresh), Hedva (Dried)

Botanical name – *Bambusa bambos* (L.) Voss Syn. *Bambusa arundinacea* Willd.

Family – Poaceae

Part used – Young shoot

Collection period – June–September

Action and Uses – Young shoots have khara (rough), guru (heaviness), kaṣāya (astringent) in taste, tridoṣakara, and vidāhī (burning properties). Young shoots are used as relish vegetable, used in arucī (anorexia) and baddhamūtra (retention of urine).

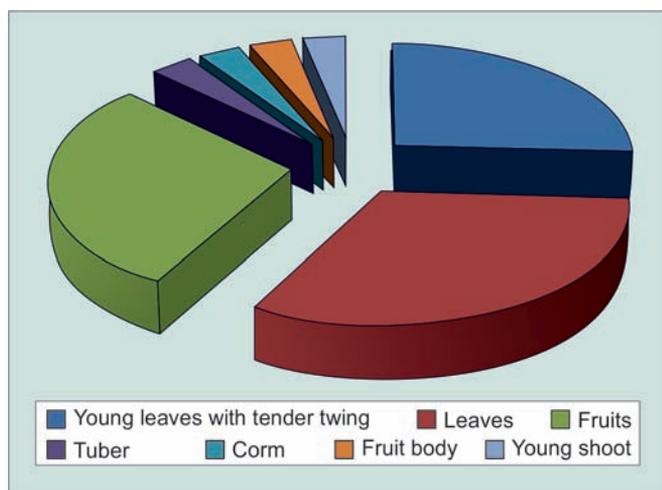
RESULTS

Raigarh district in Chhattisgarh state is very rich in terms of medicinal plants as well as important vegetables which are described in classical Ayurvedic texts. Local tribal people use these Ayurvedic śāka (vegetables) in their daily routine diet. It is very interesting that most of the vegetables used by the rural people are well documented in the classical Ayurvedic texts. This is the first study so far to understand the correlation between classical Ayurvedic text and important vegetables sold in the local market of Raigarh district. The plants used as vegetables by the tribal people of Raigarh district of Chhattisgarh state, their Sanskrit name, local name, and uniqueness of vegetables/herbs/Ayurveda-related plants are shown in Table 1.

Out of 31 classical Ayurvedic vegetables (sāka) used by the tribal people of Raigarh, it was found that leaves are consumed more (10), followed by fruits (9), young leaves with tender twig (8), tuber (1), corm (1), young shoot (1), and fruit body (1) (Graph 1).

DISCUSSION

Present exploration reveals 31 classical Ayurvedic vegetables (sāka) which are being traditionally used by tribal people in Raigarh district of Chhattisgarh. These herbs are commonly collected from wild places and few are being cultivated, while these have been outdated from tradition in other parts of the country. These are very important in a medicinal point of view as they act as antidiabetics,^{5,6}



Graph 1: Distribution of plant parts used as "śāka" (vegetable) in Raigarh district

Ayurvedic vegetables (śāka) used by the tribal people in Raigarh district of Chhattisgarh state, plants like *Enhydra fluctuans* Lour., *Corchorus capsularis* L., *Leucas cephalotes* (Roth) Spreng., *Boerhavia diffusa* L., *Senna tora* (L.) Roxb., *Celosia argentea* L., *Lathyrus sativus* L., *Centella asiatica* (L.) Urb., *Moringa oleifera* Lam., *Tamilnadia uliginosa* (Retz.) Tirveng. & Sastre, *Dioscorea alata* L., etc., are not so familiar with common people.

It is evident from the present study that most of the species used as vegetable in Raigarh district are useful for curing different diseases, which are well reported in the classical texts of Ayurveda. The present observation may give a lead for more scientific evaluation and validation about these traditional claims. The leads from this study may provide a strong basis for development of a potential dietary supplement.

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हिन्दी सारांश

छत्तीसगढ़ राज्य, भारत के रायगढ़ जिले के आदिवासी लोक द्वारा आयुर्वेद में शाक (वेजिटेबल) के रूप में उपयोगी कुछ महत्वपूर्ण वनस्पतियों का उपयोग

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रायगढ़ जिले में आदिवासी समुदाय, बहुलता से होने वाली शास्त्रोक्त आयुर्वेदिक वनस्पतियों को शाक के रूप में उपयोग करते हैं। ये वनस्पतियां बहुतायत से खाली क्षेत्र पर होती हैं जो की कृमिनाशक/कीटनाशकों से रहित, स्वादिष्ट शाक प्रदान करती हैं। यह शाक प्रायः सामान्य जन में प्रसिद्ध नहीं है या वे इसे अपने आहार में निम्न शाक मानते हैं। इन महत्वपूर्ण वनस्पतियों का उपयोग रोगों की रोकथाम व जीर्ण व्याधियों की चिकित्सा में सिद्ध हो सकता है। प्रस्तुत अध्ययन छत्तीसगढ़ राज्य के रायगढ़ जिले में धर्मजयगढ़ व रायगढ़ वन मण्डल के चिकित्सीय – वनोषधि सर्वेक्षण के अंतर्गत किया गया। यहाँ शाकों को उनके, प्रयोज्याङ्ग यथा – पत्र, फल, कन्द, आदि उनके आयुर्वेदिक नाम, स्थानीय नाम, वानस्पतिक नाम कुल व प्रयोज्याङ्ग उनके आयुर्वेदिक व स्थानिक प्रयोगों के आधार पर व्यवस्थित किया गया है। प्रस्तुत अध्ययन प्रकाशित 31 शास्त्रोक्त आयुर्वेदिक शाकों का उपयोग रायगढ़ जिले के आदिवासी जन द्वारा किए जाने का है। शाक यथा – एनहाईड्रा पलूक्वुएन्स लॉर., कोरकोरस केप्सुलेरिस एल., लुकास सिफेलोटिस (रॉथ) स्प्रिंग., बोइरेहेवीया डिफ्यूसा एल., सेन्ना टोरा (एल.) रोक्सब., सीलोसिया अरजेनटिया एल., लेथार्सिस सटार्डवस एल., सेंटैला एसियाटिका (एल.), तमिल नाडिया यूलीजीनोसा (रिट्ज) तिरवेंग अँड सस्तरे, डायसकोरीया अलाटा एल. इन स्थानों पर अद्वितीय है। प्रस्तुत अध्ययन यह सुझाव देता है कि इन वानस्पतिक शाकों का दैनिक आहार में प्रयोग करने पर सामान्यजन रोगों से रक्षण और अनेक व्याधियों को नष्ट करने में प्रबंधकारी हो सकता है।

