



A REVIEW ON SHAKAVARGA W.S.R. PRIYANIGHANTU

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ABSTRACT

In today's era, where salads, raw vegetables, and organic produce are quite trendy, many individuals are suffering from various ailments. Ayurveda's classical texts provide several distinct chapters on dietary items and various groups of food items, such as *Ahara Varga*, *Shaka Varga*, *Haritavarga*, *Kandavarga*, *Nalavarga*, *Pushpavarga*, and *Phalavarga*, along with their properties and indications for different conditions. The vegetables available in our contemporary era and utilized in daily life are referenced in the *Priyanighantu*. This article aims to review these vegetables.

Keywords: *Aharavarga*, *Ahara*, *Shakavarga*, Vegetables

INTRODUCTION

Food has given prime importance since the vedic period. Food is supreme or *Brahma*. All the beings originate from food, food is responsible for the life of all beings. *Anna* is present in all living being in the form of food¹. *Ahara* also mentioned as one of the “*Trayopstambha*” i.e *Ahara*, *Nindra* and *Bramhacharya* in

Ayurvedic classic texts². In classics there are different *Vargas* among them *Shaka varga* is one among *Aharavarga* which is explained in classics. Vegetables are the main source of vitamins and minerals which take part in the prevention and maintenance of health. As *Acharya Charaka* mentioned that “*Anna*”

or food is the best among things which sustain life³. Also, *Kashyapa Samhita* says that food is the primary factor in which all living beings are dependent.⁴

Materials and Methods A Review is done by Plants described in *Shakavarga*, under the category of *Patra shaka* (Leafy vegetables), *Phala shaka* (Fruit vegetables), *Mula shaka* (Tubers) etc, indicated for various diseases were compiled from *Priyanighantu*.

Observation

All the data obtained after literature search are compiled as follows:-

शाकं वदाति लवणं सजलं जनेभ्यस्तत्त्वानि चापि तनु जीवनधारकणि | वर्चासि तत्तु बहिरानयति प्रभूतं किं किं न शर्म विदधाति वराकशाकम् ॥⁵

Fresh vegetables are an important ingredient of healthy food. Use of different types of vegetables provides us with essential vitamins, minerals and other essential nutrients required for the maintenance of health. The observations mentioned here are done on the group of vegetables of *Priyanighantu* with their botanical identity and having their specific *Karma* on *Tridoshas*.

Table 1 - List of Shaka mentioned in Priyanighantu with their Properties and Therapeutic Uses⁶.

Sr. No.	Name of Shaka (Vegetable Name)	Botanical Name	Properties & Action	Therapeutic Uses
1.	Vastukam Synonyms- Yavashaka	<i>Chenopodium murale</i> Linn	Rasa- Madhura, Kshaya Doshakarmata- Tridosahara, Karma- Deepan, Bhedan	Krimi, Arsharoga
2.	Upodika	<i>Basella rubra</i> Linn.	Guna- Snigdha, Pichchhila Virya- Shita Doshakarmata- Kaphakaraka, Pittashamaka Karma- Balya, Shukral, Nidrajanak	-
3.	Marisha Two types – Rakta, Shweta Rakta Shreshtha	<i>Amaranthus blitum</i> Var. Oleracea Duthie	Rasa- Madhura Guna- Guru Virya- Shita Doshakarmata- Pittashamaka, Kaphavatakaraka Karma- Sarak	-
4.	Palkya	<i>Spinacia oleracea</i> Linn	Guna- Guru Virya- Shita Doshakarmata- Vatakaphakaraka Karma- Vishtambhakararak	
5.	Patragobhi	<i>Brassica oleracea</i> var. Capitata Linn.	Rasa- Madhura Guna- Guru Karma- Malashodhak, Vishtambh	
6.	Kalambika	<i>Ipomoea aquatica</i> Forsk.	Rasa- Madhur Virya- Shita Karma- Sarak, Stanyajanan, Shrukal	
7.	Lonika	<i>Portulaca quadrifida</i> Linn	Rasa- Amla Karma- Deepan, Malashodhan	Arsha
8.	Bruhtloni Synonyms- Ghoti- ka	<i>Portulaca oleracea</i> Linn.	Rasa- Amla	
9.	Chanchuk	<i>Corchus acutangulus</i>	Rasa- Madhura	

		Linn.	Guna - Pichchhil Virya - Shita Karma - Ruchikar, Anuloman, Medhya, Balya, Dhatuwardhak	
10.	Hilmochika	<i>Enhydra fluctuans</i> Lour.	Rasa - Tikta Virya - Shita Doshakarmata - Kapha-Pittashamak	Shotha, Kushtha
11.	Chanakshak	<i>Cicer arietinum</i>	Rasa - Madhra, Amla Guna - Guru Karma - Vishtambhakararak	
12.	Satinshak	-	Rasa - Madhura, Tikta Doshakarmata - Tridosahara Karma - Malbhedak	
13.	Tripushak	-	Rasa - Madhura Karma - Vishtambhakararak, Dhatukshay	
14.	Sarshapshak	-	Rasa - Katu, Guna - Ruksha, Tikshna Virya - Ushna Doshakarmata - Tridoshkararak Karma - Vidahjanak, Purishajanan	
15.	Mulakpatra	<i>Raphanus sativus</i> var. longipinnatus	Rasa - Madhur Virya - Ushna Doshakarmata - Tridoshnashak Karma - Pachan	
16.	Putiha	<i>Mentha spicata</i> Linn. Emend. Nethh.	Rasa - Katu Virya - Ushna Doshakarmata - Vatahar Karma - Ruchikarak, Deepan	Aadhman, Vaman, Shoola, Amatisara
17.	Pushpagobhi	<i>Brassica oleracea</i> Var. Botrytis Linn	Rasa - Madhur Guna - Guru Virya - Ushna Doshakarmata - Kaphavatashamak Karma - Ruchikar, Vibandhakararak	-
18.	Agastyapushpa	<i>Sesbania grandiflora</i>	Rasa - Kashay, Tikta Virya - Shita	Chaturthak Vishamjwara
19.	Shigrupushpa	<i>Moringa pterygosperma</i>	Rasa - Katu Guna - Tikshna Virya - Ushna Doshakarmata - Kaphavatshamak	Pliha, Gulma, Krimiroga, Vidradhi
20.	Kumudpushpa		Rasa - Madhura, Tikta Virya - Shita Doshakarmata - Pittashamak	
21.	KadaliPushpa	<i>Musa sapientum</i>	Rasa - Madhura, Kashaya Guna - Snigdha Virya - Shita Vipaka - Guru	Vatapaitika Vikaras, Raktapitta
22.	Kanchanar-Kovidarpushpa	-	Rasa - Kashay Guna - Guru	Raktapitta

			Virya- Shita Karma- Sangrahi	
23.	<i>Shalmalipushpa</i>	<i>Bombax malabaricum</i>	Rasa- Madhur Kashay Guna- Guru Virya- Shita Karma- Stambhan	Raktapradar
24.	<i>Patol</i>	<i>Trichosanthus dioica</i> Roxb.	Rasa- Madhur Guna- Laghu, Snigdha Virya- Ushan Doshakarmata- Tridoshashamak Karma- Balya, Deepan, Sarak	-
25.	<i>Alabu</i> (<i>Mishtatumbi</i>)	<i>Lagenaria vulgaris</i> Ser.	Rasa- Madhur Guna- Laghu Virya- Shita Doshakarmata- Phittashamak, Kaphavardhak Karma- Ruchikar, Hridya, Brumhan, Shkral	Raktapitta, Kshaya, Uadra Vyadhi
26.	<i>Chichind</i>	<i>Trichosanthus anguina</i> Linn	Doshakarmata- Vatapittashamak Karma- Ruchikar, Srotoshodhak	-
27.	<i>Mahakoshataki</i>	<i>Luffa cylindrica</i> (Linn.) M. J. Roem	Rasa- Madhur Guna- Laghu, Snigdha Virya- Shita	Raktapittanashak
28.	<i>Koshataki</i>	<i>Luffa acutangula</i> (Linn.) Roxb.	Same as Mahakoshataki	-
29.	<i>Bimbi</i>	<i>Coccinia indica</i> W. & A.	Rasa- Madhur Guna- Guru Virya- Shita Karma- Ruchikar, Amedhya, Vishtambhakararak	-
30.	<i>Shimbi (Nishpav)</i>	<i>Dolichos loblab</i> Linn.	Rasa- Madhur Virya- Shita Doshakarmata- Kaphavardhak, Vatapittakararak Karma- Brumhan, Hridya, Vidahi	-
31.	<i>Shami</i>	-	Rasa- Madhur Guna- Ruksha Virya- Ushna	-
32.	<i>Shobhajana</i> <i>Phalam</i>	<i>Moringa pterygosperma</i>	Rasa- Madhur, Tikta Virya- Ushna Doshakarmata- Vatakaphashamak Karma- Jwaraghna, Ruchikarak, Deepan, Shulaha- hara	
33.	<i>Vartakam (Vrun-</i> <i>tak)</i>	<i>Solanum melongena</i> Linn	Rasa- Madhur Guna- Laghu Doshakarmata- Kaphapittashamak (Balya) Kaphapittavardhak (Vardhkya) Karma- Deepan	-
34.	<i>Dindish</i>	<i>Citrullus vulgaris</i> Schard Var. Fistulosus (Stocks) Duthie & Fuller	Guna- Ruksha Virya- Shita Doshakarmata- Vatavrdhak, Kaphapittashamak Karma- Ruchikar, Bhedan, Mutral	

35.	<i>Jivanti</i>	<i>Leptadenia reticulata</i> W. & A.	Rasa- Madhur Virya- Shita Doshakarmata- Tridhoshghna Karma- Chakshushya	
36.	<i>Bhindika</i>	<i>Hibiscus esculenta</i> Linn.	Rasa- Madhur Guna- Guru, Pichchhila Virya- Shita Doshakarmata- Vatapittashamak Karma- Balya, Shukral, Ruchikarak	
37.	<i>Mashashimbi</i>	<i>Vigna unguiculata</i> (Linn.) Walp	Rasa- Madhur Guna- Guru, Vishtambhi, Ushna	
38.	<i>Gopashimbi</i>	<i>Cyamopsis teragonaloba</i> (Linn.) Taub.	Rasa- Madhura Guna- Guru, Ruksha Virya- Shita Doshakarmata- Pittashamak, Kaphavatavardhak Karma- Sarak	-
39.	<i>Pitkushmand</i>	<i>Cucurbita maxima</i> Duchesne	Rasa- Madhur Guna- Ruksha, Guru, Isht Ushna, Vishtambhi Doshakarmata- Kaphavatavardhak Karma- Purishajanan	
40.	<i>Raktavruntak</i>	<i>Lycopersicon esculentum</i> Mill.	Same as Vruntak Karma- Jivaniya, Balya	
41.	<i>Karkota</i>	<i>Momordica dioica</i> Roxb. Ex Wild	Rasa- Madhura, Tikta Virya- Ushna	<i>Kushtha, Kasa, Jwara</i>
42.	<i>Krchari</i>	<i>Cucumis</i> Sp.	Rasa- Tikta, Amla Guna- Laghu Virya- Ushna Doshakarmata- Tridoshashamak	<i>Kasa, Jwara, Vata-vikar</i>
43.	<i>Suran</i>	<i>Amorphophallus campanutatus</i> Blume.	Rasa- Madhura, Kashay, Katu Guna- Ruksha Virya- Ushna Doshakarmata- Kaphavatashamak Karma- Kandukari	
44.	<i>Aalukam</i>	<i>Solanum tuberosum</i> Linn.	Rasa- Madhura Guna- Guru Virya- Ushna Doshakarmata- Vatashamak, Kaphapittavardhak Karma- Ruchikar, Balya, Vrushya	<i>Apathya for Prameha</i>
45.	<i>Aalooki</i>	<i>Colocasia esculenta</i> (Linn.) Schott.	Guna- Guru, Snigdha, Vishtambhi Virya- Ushna Doshakarmata- Kaphapittakarak Karma- Balya	
46.	<i>Sitalukam</i>	<i>Ipomoea batata</i> (Linn) Lam.	Rasa- Madhura Guna- Guru, Kinchit Ushna	<i>Dushpachya</i>

			Virya- Ushna Doshakarmata- Kaphavardhak Karma- Balya	
47.	Mulak	Raphanus sativus Linn.	Rasa- Katu (Balyavstha) Guna- Guru (Vardhkya) Virya- Ushna Doshakarmata- Tridosahar (Balya) Tridoshajanak (Vardhkya) Karma- Deepan (Balya)	Shwasa (Balya)
48.	Garjar	Daucus carota Var. Sativa Linn	Rasa- Madhura, Tikta Guna- Laghu, Grahi, Tikshna Virya- Ushna Doshakarmata- Vatakaphashamak Karma- raktavardhak, Balya, Deepan, Arshoghna	
49.	Shalayam	Brassica rapa Linn.	Rasa- Madhura Guna- Laghu, Kinchit Ushna Doshakarmata- Tridhoshashamaka Karma- Sarak, Deepan, Ruchikar, Jwarghna	Udararoga
50.	Kevrukam	Costus speciosus (Koeing) Sm.	Rasa- Tikta Virya- Shita Doshakarmata- Kaphapittahar Karma- Deepan, Hridya, Jwaraghna	
51.	Kasheruka	Scirpus grossus Linn. F.	Rasa- Madhura, Kshaya Virya- Shita Doshakarmata- Pittashamak Karma- Grahi Satnyajanan, Garbhasthapana, Shukral	Daha and Raktapitta
52.	Shaluka Bisha	Lotus Root	Rasa- Madhura Guna- Guru Virya- Shita Doshakarmata- Pittashamak, Kaphavardhak Karma- Grahi, Satnyajanan, Garbhasthapana, Balya, Vrushya, Raktarodhak	
53.	Mrunal	Lotus Stalk	Rasa- Madhura, Kashaya Guna- Guru, Durjar Virya- Shita Doshakarmata- Kaphavatavardhak	Raktapitta
54.	Aalukinal		Rasa- Madhura Guna- Guru, Virya- Ushna Doshakarmata- Doshajanan Karma- Vishtambhi	
55.	Chhatrakam	Mushroom	Guna- Guru	Vaman, Atisar,

			Doshakarmata- Doshajanan	Jwara, Kaphaja Vikara
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DISCUSSION

The *Shakavarga* is a group of different vegetables. In *Priyanighantu* six types of *Shaka* are mentioned according to the use of part used; these are *Patra*, *Pushpa*, *Phala*, *Nala*, *Kanda* and *Sanswedaja*⁷. As mentioned in the above table there are *Patrashaka* - 16, *Pushpashaka* - 07, *Phalashaka*-19, *Nala*-03,

Kanda-09 and *Sanswedaja*-01. Among them *Jivanti* is Best *Shaka*⁸, it is also considered best by *Acharya Charaka*, *Acharya Sushurt*, *Acharya Vagabhatta*. *Suran* is Best among *Kandashaka* and best *Aushadhi* for *Arsha*⁹.

Table 2. Properties of Shaka as per Rasadhikya

Sr. No.	Rasa	Percentage
1.	<i>Madhura</i>	60 %
2.	<i>Amla</i>	6.7 %
3.	<i>Lavana</i>	0 %
4.	<i>Katu</i>	8.3 %
5.	<i>Tikta</i>	15 %
6.	<i>Kashaya</i>	10 %

As mentioned in table 2 *Rasadhikya* in vegetables, where maximum *Madhura Rasa* is present observed in 60% of vegetables, *Tikta Rasa* is present observed in 15% of vegetables, *Kashaya Rasa* is present ob-

served in 10% of vegetables, *Katu Rasa* is present observed in 8.3% of vegetables, *Amla Rasa* is present observed in 6.7% of vegetables.

Table 3. Properties of Shaka as per Karma

Sr. No.	Karma	Percentage
1.	<i>Balya</i>	27.3 %
2.	<i>Ruchikara</i>	20 %
3.	<i>Deepan</i>	18.2 %
4.	<i>Sarak</i>	9.1 %
5.	<i>Vishtambhakararak</i>	9.1 %
6.	<i>Grahi</i>	7.1 %
7.	<i>Shukral</i>	5.5 %

Table 3 shows *Karmas* of *Shaka*, 27.3% of vegetables are found to have *Balya* property, 20% of vegetables are found to have *Ruchikara* property, 18.2% of vegetables are found to have *Deepan* property, 9.1% of vegetables are found to have *Sarak* and *Vishtambhakararak* property, 7.1% of vegetables are found to have *Grahi* property, 5.5% of vegetables are found to have *Shukral* property, less than 5 % vegetables are having properties of *Malasodhaka*, *Nidrajanak*, *Purishajanana*, *Stanyajanana*, *Vibandhakara-*

ka etc. *Karmas* are also found in *Shaka* as mentioned in table 1. In Table 1 mentioned therapeutic uses, which are *Vastuka* is beneficial in *Krimi*, *Arsharoga*; *Lonika* is beneficial in *Arsha*; *Hilmochika* is beneficial in *Shotha*, *Kushtha*; *Putiha* is beneficial in *Aadhman*, *Vaman*, *Shoola*, *Amatisara*; *Agastyapushpa* is beneficial in; is beneficial in *Chaturthak Vishamjwara*; *Shigrupushpa* is beneficial in *Pliha*, *Gulma*, *Krimiroga*, *Vidradhi*; *KadaliPushpa* is beneficial in *Vatapaitika Vikaras*, *Raktapitta*; *Kanchanar-Kovidarpushpa* is beneficial in *Raktapitta*; *Shalmali-*

pushpa is beneficial in *Raktapradara*; *Alabu (Mishtatumbi)* is beneficial in *Raktapitta*, *Kshaya*, *Udara Vyadhi*; *Mahakoshataki* is beneficial in *Raktapitta*; *Karkota* is beneficial in *Kushtha*, *Kasa*, *Jwara*; *Krchari* is beneficial in *Kasa*, *Jwara*, *Vatavikar*; *Balya Mulak* is beneficial in *Shwasa*; *Shalayam* is beneficial in *Udararoga*; *Kasheruka* is beneficial in *Daha* and *Raktapitta*; *Mrunala* is beneficial in *Raktapitta*; *Chhatrakam* is beneficial in *Vaman*, *Atisar*, *Jwara*, *Kaphaja Vikara*. *Aluka* is considered *Apathya* for *Prameha*¹⁰.

CONCLUSION

The route of health is nothing but food itself. The choice of healthy and nutritious food has become a prime importance in the present era. Vegetables (*Shaka varga*) mentioned in the *Priyanighantu* are mostly being used in day-to-day practice with their nutritive in present era. Thus, proper utilization of naturally available vegetable food sources like fresh vegetables prevents several disorders. As shows in table 1, some vegetables are beneficial in specific diseases i.e. *Balya Mulka* beneficial in *Shwasa Roga*, *Kasheruka* is beneficial in *Daha*, so *Mulaka* could give benefits to asthmatic patient, and *Kasheruka* could be beneficial for *Pitta Prakriti*, *Ushna Ritu*. *Suran* is beneficial for *Arsha*. *Aluka* is *Apathya* for *Pramehi*. So, choose vegetables according to *Agni*, Diseases, *Ritu* etc.

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