

SHWET JEERAK (*Cuminum cyminum* Linn) A GOOD REMEDY AGAINST 'AMA' (UNDIGESTED METABOLIC WASTE): AN AYURVEDIC LITERARY REVIEW

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ABSTRACT

Ayurveda, the oldest medical Science uses herbs, inorganic and organic compounds, marine products, etc. for the prevention of health and cure of the disease. Shweta Jeeraka (*Cuminum, cyminum, Linn*) is a very common spice used almost all over the globe and that has a great role in the disorder of the alimentary system and other systemic diseases. The digestive or Amapachaka action of Jeeraka is very much known to all. So, in the present article, several Ayurveda texts have been reviewed to justify the Amapachaka action of Jeeraka which has been claimed in Ayurveda. The pharmacodynamics (Rasa, guna, virya, vipak, etc.) and therapeutic uses have also been studied to represent here for establishing the mode of Shweta Jeeraka over 'Ama' related ailments.

Keywords: Shweta Jeeraka in Ayurveda, Amapachak

INTRODUCTION

There are several terminologies like *Deepak, pachak, Rochak, Anulomak, Bamok, Soshok, Sodhok*, etc. frequently used by the *Ayurvedist* during the therapeutic application of the drugs. The term 'Ama' is ordinary

parlance means unripe, uncooked, immature, and undigested. In the context of medicine, however, this term refers to events that follow and factors that arise, as a consequence of the impaired function of

Kayagni. According to *Vagbhatta*, “due to the hyper-functioning of the *Ushma (Agni)*, the first *dhatu* viz the *rasa* or chyle, is not properly formed. Instead, the *annarasa* undergoes fermentation and putrefication (dustha) being retained in the *Amashaya* (Stomach). It is this state of *rasa* which is spoken of as *Ama*”¹. Other authorities of *Ayurveda* have stated That the impaired *Vatadidosa (Vata, pitta, kapha)* being mixed up with one another, lead to formation of *ama dosa*, very much like the yielding of *visha* (poisonous or toxic substances) by the spoil *Kodrava*. In the absence of or due to the inhibition of *Kayagni* or *jatharagni* the food ingested is not properly digested, and the products which out of such an impaired digestion i.e the chyme and chyle, being retained in the *Amasaya* (stomach), undergoes such change as yield toxin substance. This state is known as *Ama*. This *Ama* is the prime cause of several digestive diseases like *Ajeerna* (indigestion), *Grahani* (irritable bowel syndrome/Tropical spur), *Atisar* (Diar-

rhoea/AGE), *Prabahika* (amoebic dysentery), etc. In longer state when *ama* takes place in *dhatulevel*, through circulation or transformation and admixing with other *dosas* then causes *Amabata* (Rheumatoid Arthritis), Liver diseases, Dyslipidemia, Heart disease, etc. As *mandagni* (hyposecretion of digestive juices like hypochlorhydria) is the main cause for formation of *Ama*, enhancement of *agni* through gastric stimulation is the prime aim of an *Ayurvedic* physician. *Ushna* (hot), *Ruksha* (dry), *katu* (pungent), *amla* (sour) are the properties able to enhance the *agni*, which is homologous to the properties of *pitta*.

AIM: To study the *Ayurvedic* Literatures for justifying the therapeutic action of *Jeeraka (Shweta)* as *Amapachaka*.

OBJECTIVES:

1. Collection of various references of *Jeeraka (Shweta)* from available *Ayurvedic* texts.
2. Methodical diagrammatic representation of properties and therapeutic action of *Jeeraka*.

SHWET JEERAK²

Botanical Name	:	Cuminum cyminum, Linn.
Common Name	:	Sofed Jeera / Shweta jeera.
Family	:	Umbeliferae (Kula-Satapusa-kula)
Possessing Properties	:	Guna - Laghu, Ruksha, Rasa-Katu, Virya-Ushna, Vipaka-Katu
Parts of used ²	:	Seeds
Dosage ²	:	Churna or Powder 3 to 6 grams
Special Preparation ²	:	Jeerakadi modaka, Jeerakadya churna Jeerakadya taila, Jerrakadyarista.

Picture Shweta Jeeraka

Fig: 1



Plant

Fig: 2



Seeds

Table 1: Showing properties and *dosa karma* (Pharmacodynamics) of *Jeeraka*

Sl. No.	Text / <i>Nighantuh</i>	Rasa	Guna	Virya	Vipak	Dosakarma
1.	<i>Madanpal Nighantuh</i> ³	-	<i>Ushna, Rukksha, Laghu</i>	<i>Ushna</i>	-	<i>Pitta bardhak, vata-kapha nasak</i>
2.	<i>Dhanwantari Nighantuh</i> ⁴	<i>Katu, Madhur</i>	<i>Rukksha</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Pitta bardhak, vata nasak</i>
3.	<i>Nighantuh Adarsha</i> ⁵	<i>Katu, Madhur</i>	<i>Rukksha, Sita, Laghu</i>	<i>Ushna</i>	<i>Katu</i>	<i>Pitta bardhak, vata-kapha nasak</i>
4.	<i>Raj Nighantuh</i> ⁶	<i>Katu, Madhur</i>	<i>Sita</i>	<i>Sheeta</i>	<i>Madhur</i>	-
5.	<i>Saligram Nighantuh</i> ⁷	<i>Madhur</i>	<i>Sitala, Rukksha Ushna(swalpa)</i>	<i>Sheeta</i>	-	<i>Vata nasak</i>
6.	<i>Bhabprakash Nighantuh</i> ⁸	<i>Katu</i>	<i>Laghu, Rukksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Pitta karak vata-kapha nasak</i>
7.	<i>Kaiyadev Nighantuh</i> ⁹	<i>Katu, Tikta</i>	<i>Laghu, Rukksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Pitta karak, vata-kapha nasak</i>
8.	<i>Shankar Nighantuh</i> ¹⁰	<i>Madhur</i>	<i>Laghu, Ushna Rukksha</i>	-	-	<i>Pitta samak, vata nasak</i>
9.	<i>Priya Nighantuh</i> ¹¹	<i>Katu</i>	<i>Katu, Rukksha</i>	<i>Ushna</i>	-	<i>Pitta bardhak, vata-kapha nasak</i>

Table 2: Showing the Therapeutic action of *Shweta Jeeraka* as per different *Nighantuhs*

Sl. No.	Name of the <i>Nighantuh</i> 's	Special action
1.	<i>Madanpal Nighantuh</i> ³	<i>Agnideepak, Grahi, Buddhibardhak, Garvasaya sodhak, Chakkshusya, Adhman-nasak, Gulmanasak, Chhardinasak.</i>
2.	<i>Dhanwantari Nighantuh</i> ⁴	<i>Ruchikarak, Agnideepak, Krimighna, Visanak, Chakkshusya, Adhmannasak.</i>
3.	<i>Nighantuh Adarsha</i> ⁵	<i>Deepan, Atisaraghna, Adhmannasak, Grahi, Gulmonasak, Krimisasak, Grahani-nasak, Dourgandhanasak, Pachak, Garvasaya sodhak.</i>
4.	<i>Raj Nighantuh</i> ⁶	<i>Jatharagni Deepak, Visasamak, Kriminasak, Adhmannasak, Chakkshusya.</i>
5.	<i>Saligram Nighantuh</i> ⁷	<i>Malarodhak, Pachak, Jatharagnideepak, Ruchikark, Garbasayadak, Balakarak, Jwaranasak, Atisarnasak, Kriminasak, Gulmanasak</i>
6.	<i>Bhabprakash Nighantuh</i> ⁸	<i>Jwaranasak, Atisarnasak, Agnideepak, Sangrahi, Medhajanak, Vrisya, Adhman-nasak, Balakarak, Ruchikarak, Garvasaysodhak.</i>
7.	<i>Kaiyadev Nighantuh</i> ⁹	<i>Adhmannasak, Gulmanasak, Atisarnasak, Agnideepak, Ruchikarak, Samgrahi, Medhajanak.</i>
8.	<i>Shankar Nighantuh</i> ¹⁰	<i>Malarodhak, Pachak, Jatharagnideepak, Chakkshusya, Ruchikarak, Garvhasaysodhak, Balakarak, Sugandha, Vaman nasak, Kshayansak, Visasamak, Jwaranasak, Atisarnasak.</i>
9.	<i>Priya Nighantuh</i> ¹¹	<i>Deepan, Pachan, Rochak, Garbhasaya sodhak.</i>

Table 3: Showing the action of *shweta Jeeraka* over different system (*sanasthanik karma*)

Sl. No.	<i>Abhyantar sansthan</i> (internal)	System	Action
1.	<i>Pachan sansthan</i>	Digestive	<i>Rochan (Anti anorexogenic), Deepan (Appetiser), Pachan (Digestiv), vatanulomon (carminative), Sulaprasanam (Antispasmodic), Grahi (Anti dysenteric), krimighna (Antihelmintic).</i>
2.	<i>Raktabaha sansthan</i>	Cardiovascular	<i>Uttejak (Stimulant), Rakta Sodhak (Blood Purifer)</i>
3.	<i>Mutrabha sansthan</i>	Urinary	<i>Mutrala (Diuretic)</i>
4.	<i>Prajanan sansthan</i>	Genital	<i>Garbhasasaya Sothahara (Uterine anti infalmmatory), Stanna-janan (Galactogogue), Vrisya (Rejuvenator)</i>
5.	<i>Twacha</i>	Dermatology	Used in Skin problems
6.	<i>Tapakram</i>	Temperature	<i>Jwaranasak (Antipyretic)</i>
7.	<i>Swatmikaran</i>	-	<i>Katupoustic (Nutritious)</i>

Sl. No.-1	<i>Bahya sansthan</i>	External	<i>Lekhana, Sotha hara (Anti-inflammatory), Vedanasthapanana (Analgesic)</i>
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DISCUSSION

In present study, *Jeeraka* (*shweta*) has been taken into consideration for finding out its properties and actions or Pharmacodynamics reviewing the ancient as well as modern *Ayurvedic* literatures. The *Ayurvedic* texts related to the pharmacology if known as *Nighantuh*. So some popular *Nighantuhs* like *Madnpal nighantuh*, *Dhanwantari nighantuh*, *Nighantuh Adarsha*, *Raj nighantuh*, *Saligram nighantuh*, *Bhabprakash nighantuh*, *Kaiyadev nighantu*, *Shankar nighantuh* and *Priya nighantuh* have been studied vividly where almost all the authors have opined that *Jeeraka* (*Shweta*) having *katu* and *madhur rasa*, *ruksha* and *laghu guna*. Regarding the *virya*, there are so many controversies because some have mentioned it has *ushna virya* and others have opined *sheeta* and equally in the context of *vipaka* also controversy has been found, some have taken it *katu vipaka* and others have stated as *madhur vipaka*. As it is known that 'Ama' is caring the homogenous properties of *kapha* i.e *guru*, *snigdha*, *sheeta* so those *gunas* could be antagonized by the *laghu*, *ruksha* and *ushna*. As *Jeeraka* each full of *laghu ruksha gunas* so by the virtue of its properties it could be able to pacify or digest 'Ama'. As per mahabhoutic constitution *Jeeraka* may be called *Agneya dravya*, so it has the potency towards the action of *vata-kapha saman*. Almost all ancestors of *Ayurveda* have stated the special action of *Jeeraka* are like *Ag-nideepan* (enhancement of digestive fire), *pachan* (digestive) *Rochan* (anti anorexogenic), *kshudha bardhak* (appetizer), *Adhmannasak* (anti flatulent), *Visanasak* (anti toxic), *vatanulomon* (carminative), *Gourava nasana* (lightening), *durbalyanasan* (enhancement of strength) which are opposite to the feature of 'Ama', because *Ama* when is in or system shows the effects *srotorodhak* (obstruction to channel), *balabhramsha* (lowering of energy or strength), *Gourava* (heaviness of the body), *anila-murhata* (flatulence). After the vivid literary review and discussion of the topic, it could be concluded that

Jeeraka has the potent *Amapachana* action, and it could be declared as a good remedy against 'Ama' or undigested metabolic waste or uncooked chyle.

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