

CONTRIBUTION OF VEGETABLES IN AYURVEDA: ADVANTAGES OF DRUMSTICK

Abstract

Since ancient times, doctors and nutritionists around the world have been giving importance to vegetables in the human diet. Vegetables are the best means to protect our health. Vegetables have excellent health giving and disease-preventing powers. Naturopaths also emphasize the consumption of vegetables. Many vegetables in our kitchen like bitter gourd, milkweed, radish, mango, spinach, rice, sweet neem, and sorghum have medicinal properties along with nutrients. It is also similar to Drumstick nectar. Apart from nourishing the body, Drumstick also has medicinal properties. Different parts of Drumsticks like bark, leaves, horns, flowers, roots, gum, seeds, etc. are useful in curing many diseases.

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I. INTRODUCTION

There are many places in India where Drumstick occurs. Drumstick is a plant of the Moringaceae family. Its scientific name is *Moringa*. In Gujarat, it is known as Sargwa. Drumstick is called Shigru, Shobhanjan, Garbhapatka, Shwetamrich, Akshiv, Mochak and Tiksangandha in Sanskrit. It is also called sahijna, sahajna, sahajan in Hindi and Sejana in Bengali. It is known as Sahajan and Mongha in North India. Sweet drumstick is highly potent and has chemical properties. Sweet drumstick is preferred for food. Of the two varieties of sorghum, sweet sorghum is more used medicinally. The use of bitter drumsticks is particularly beneficial for external treatments.

Benefits of Different Parts of Drumstick

According to Ayurveda, Drumstick is pungent, bitter, acrid, palatable, easy to digest, hot, digestive, stomachic, Ruksha, salty, diarrheic, sperm enhancer, beneficial for heart and eyes, cough, gas, Wounds, Worms, Tumors, Spleen (Spleen), cures obesity, goitre and eye pain. (2) According to Ayurvedacharya Dr. R.P. Parasar, sorghum contains various nutrients like protein, carbohydrates, phosphoric acid, vitamin B complex, potassium, magnesium, iron, copper, phosphorus, and fibre. Also, Drumstick has anti-fungal, anti-viral, and anti-depressant properties due to which immunity increases. The stone falls out. Cholesterol is reduced. The digestive system is improved and keeps blood pressure normal. Prevents tooth cavities. It is also beneficial for sciatica. Keeps the liver healthy and relieves many stomach problems.

According to Herbal organic info, Drumsticks contain 93 nutrients, 46 antioxidants, and 14 amino acids.

II. Drumstick

Drumstick is 9 to 16 inches long, new-edged, green colour outside, hard upper bark and white pulp inside. Inside the large horn are ripe seeds about the size of a pepper. Drumstick is soft and supple. Drumstick fulfills the body's need for nutrients. Drumstick is sweet, and pungent in taste. Drumsticks contain calcium, iron and other vitamins. Due to this, the bones become stronger. Drumstick has anti-microbial properties that help relieve throat and skin infections. Vitamin C increases immunity. Being rich in vitamin B improves digestion, which reduces fat. Due to the fibre in it, the stomach feels full so food is taken less and weight is reduced. Cough choleric and gastric fire and also relieves pain, leprosy, tuberculosis, lumps, and breathing problems. Drumstick is also given boiled in milk in gas disease. According to Yuna, rose hip is beneficial in spleen and liver enlargement, joint inflammation, rheumatism, scurvy and paralysis.

2.1 Drumstick Bark

Drumstick bark is white and smells like ground rye. Drumstick bark paste is good for inflammation. Grinding the green bark and tying it to the wound makes the skin red. And white blood cells accumulate in that place. Blood vessels dilate and sweat and wound swelling subsides. Keeping the Drumstick bark paste for too long can cause redness and irritation of the skin and blisters may also occur.

Charak considers Drumstick bark to be diaphoretic. Sushruta considers cough, pain reliever, pain reliever. Charaka and Sushruta mention its use in many diseases. Its consumption causes sweating urination and fever. By drinking the decoction of Drumstick bark and tying a pot of its bark, the blood disperses and the pimple ripens and bursts soon. Rubbing Drumstick bark and sticking it will also settle the lump. Drumstick bark is given for anorexia, indigestion, indigestion, stomach aches. Placing a wart patient in a solution prepared from a decoction of Drumstick reduces the pain.

2.2 Drumstick Leaves

100 grams of saffron leaves contain 11,300 IU of carotene (a precursor of vitamin A). And 220 mg. Contains vitamin C. Apart from this, vitamin B complex is also found in good amounts. The vitamin C in saffron leaves also reduces blood pressure and weight. The juice of saffron leaves is a pain reliever.

Rubbing the juice of Drumstick leaves on the head cures the scalp. Also grinding pepper in the juice of Drumstick leaves and applying it relieves headache. Drinking Drumstick leaf juice relieves hiccups and shortness of breath. Applying equal parts of honey in the juice of Drumstick leaves cures sore eyes. (1) Drumstick leaves purify the blood. (tv Gujarati.com) Drumstick leaves heated and placed on the stomach relieves stomach ache. Drumstick leaf juice is applied to skin diseases. Apply crushed Drumstick leaves as a poultice for chest pain (7) The leaf extract has antioxidant properties which help in reducing the symptoms of cancer. (11) Rich in antibiotic and anti-bacterial properties, Drumstick leaves are beneficial for fat. Making a vegetable of Drumstick leaves makes the stomach light and clears the stomach. Along with digestion, it also works to eliminate the problem of gas in the stomach. It is very useful for the stomach and intestines Consuming Drumstick leaves improves memory. Antioxidants found in Drumstick leaves help balance glucose levels. It lowers blood sugar and is considered beneficial in controlling diabetes. Fresh Drumstick leaves can be used. If fresh leaves are not possible then powder of saffron leaves can also be used. The powder can be consumed with water or added to cooking. Drumstick leaves are dried and ground to make a powder. Such powder can be stored in a dry environment for up to one year.

2.3 Drumstick Roots

Drumstick root bark is pungent, palatable, digestive stimulant, carminative, diaphoretic, and expectorant. Digests food. It also cures diarrhoea. Drumstick bark and roots are considered diaphoretic and diaphoretic. Drumstick root bark rubbed in water or cow's urine and applied to shingles cures shingles. A fresh decoction of Drumstick root is beneficial in kidney stones. Fainting can be relieved by infusing pepper powder in the juice of Drumstick root. Saffron root juice mixed with jaggery and honey cures cough colic. By adding honey oil and Sindh in the juice of saffron root and putting its drops in the ear, the earache is cured. When there is deep swelling in the inner part of the body, the bark of the root is boiled and rubbed on the swelling. It is also useful in urinary bladder stones. (1) Drumstick root contains an active antibiotic ingredient which inhibits the growth of many bacteria and fungi. The root contains a very bitter and foul-smelling volatile oil. Pressing yields an oil which is clear, colourless and hard. It is known in the trade as 'Behan' oil.

2.4 Drumstick Seeds

Red pepper is triangular in shape and white and is also known as white pepper. The seeds of bitter melon are pale yellow. 36 to 40% oil is extracted from the seeds of Drumstick. The oil is very thin, pure and precious. Used in cleaning watches and making perfume oil. Drumstick seeds can also be used as a vegetable apart from frying. Drumstick seeds are beneficial for the eyes. Drumstick seeds are pungent, bitter, and hot. Antitoxin, cough, gas and antipyretic. The headache is relieved by taking Nash. Sniffing the powder of saffron seeds and pepper relieves sneezing and headache. (1) Saffron destroys swelling, obesity, goitre, indigestion, poison, and worms. Drumstick seed oil is beneficial for itching, arthritis, as well as wounds.

2.5 Drumstick Gum

Gum is obtained in good quantity from the Drumstick tree. The colour of this glue is initially white, red and finally black. The gum is not edible. It is insoluble in water but slightly soluble in alcohol and ether. Drumstick gum is obtained in clothing printing dyes. Grinding Drumstick gum in milk and applying it to the head relieves headaches. A few drops of Drumstick gum mixed with oil and placed in the ear can cure earache.

2.6 Things to Keep in Mind While Using Drumstick

Despite the many health benefits of Drumstick, it is imperative to use it according to the health condition. So some precautions are necessary before using a Drumstick. It is harmful for people who have problems with low blood pressure. For people who have high blood pressure and are taking medication that keeps the blood pressure normal, in such cases the use of Drumstick is likely to lower the blood pressure. In the same way, if diabetes is taking medicine to reduce sugar and sugar remains normal, there is a possibility of sugar reduction. Drumstick should be used with caution even while on thyroid medication. Most people lack knowledge about the benefits of sorghum. Then, to provide information about the benefits of Drumstick for educational purposes only, I have tried to write this article using the main sources for information. It is imperative to use it under the advice and supervision of a health practitioner for treatment. As children around the world are suffering from malnutrition, sorghum can prove useful as a nutritious food alternative. Drumstick leaf powder can provide nutrition at a very low cost. Drumstick powder is regularly provided by the government in Anganwadis. The benefit of which will surely be to the next generation. Because today's healthy child is the foundation of building a healthy society of tomorrow.

III. CONCLUSION

Drumstick is a "powerhouse" of nutrients. Drumstick is rich in nutrients like protein, carbohydrates, vitamins like vitamin A, vitamin B complex, and vitamin C. Salts like potassium, magnesium, iron, copper, zinc, phosphorus, and calcium are found. 46 antioxidants are found in it. Drumstick has antiviral, anti-fungal, and anti-depressant properties. Drumstick keeps organs like the digestive system, liver, kidney, brain, eyes, and teeth, healthy. It controls blood pressure, tuberculosis, leprosy, cholesterol, diabetes, weight etc. It helps to relieve cough, joint pain and other body pains. That is why Drumstick is considered a "super food".

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