



CLASSICAL REVIEW OF MISHREYA

Ayurveda

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ABSTRACT

Ayurveda is a proven age old science of life & it has its own natural scientific approach regarding to line of treatment. Village & ethnic communities in India have been using *Mishreya*. *Mishreya* is cultivated extensively throughout India up to 18 – 30 Meter & also found in wild. This herb is very useful in relaxing muscles of stomach and also helps relieve gastrointestinal spasms. Due to this, it is considered as an effective herbal remedy for treating bloating and flatulence. It is also helpful in curbing constipation and cures an upset stomach by which abdominal cramps could be relieved. Those suffering from chronic irritable bowel syndrome should take *mishreya* in the form of tea. *Mishreya* is full of volatile oils like anethole and estragole which are helpful in promoting the digestive enzymes secretion in the stomach. The present article attempts to provide comprehensive information on the classical uses of *Mishreya* for further research.

KEYWORDS

Gastrointestinal, foeniculum Vulgare, volatile Oil, *mishreya*

INTRODUCTION

Ayurvedic classic says, "Nothing in the world exists which does not have therapeutic utility"¹

In Ayurveda *Mishreya* & *Satpushpa* are controversial drugs. In *Bhavprakash*, *Mishreya* & *Satpushpa* have some Properties & Action. But *Mishreya* have specific action on *Yonishoola*.

Latin name:- *Foeniculum vulgare* Mill.
Sanskrit name:- *Madhureka* (*Mishreya*)

CLASSIFICATION IN BRIHATRAI

Charak Shamita

- *Madura Skandha*.

COMMON SYNONYMS

Chatra, *Madhurika*, *Misi*, *Salina*, *Saleya*.

DIFFERENT VARIETIES

1. *Vanya*
2. *Gramya*

PROPERTIES & ACTION:-

Rasa (Taste) – *Madhur* (Sweet), *Katu* (Spicy taste after digestion), *Tikta* (Bitter).

Guna (Qualities) – *Laghu* (Light for Digestion), *Snigdha* (Unctuousness).

Virya (Potency) – *Sheeta* (Cold).

Vipaka (Metabolic Property) – *Madhur* (Sweet taste after digestion).

Karma (Actions) – *Kapha-Vata* hara, *Dipanapacana*, *Hridya*, *Shukrahara*/*Avrsya*.

DOSAGE:-

Fruit powder:- 3 – 6 grams per day.

Oil:- 5 – 10 drops per day.

Distillate:- 20 - 40 ml per day.

Root powder:- 3 – 6 grams per day.

ACCORDING TO SAMIHITAKALA

*Sushrat Shamita*²:-

Chatra, *Atichatra* have antimicrobial actions and have origin from *kanda*. It also protect from aging sign and death.

But in this context they are described as having tuber origin (*Kanda Sambhava*).

Charak Shamita:-

Acharya Charak described *Mishreya* under *Madura Skandha chatra* & *Atichatra*. Which is Identified by *F. Vulgare* *Ajwain*, *Arjak*, *Sehjan*, *Shalya*, *Mrishtak* its all beneficial effect for Heart, and best in taste, it vitiates the *pittadosha*.⁴

Ashtang Sangraha:-

In *Ashtang Sangraha* Acharya describes the *Chatra*, *Atichatra* in *Madura skanda*, *Chatra* is synonyms of *Saunf*.³

Shangdhra samitha:-

Which aushadi not digest the undigested food, but increase the gastric fire (*Jathra-agni*) called *Deepnya* like *Mishi*.⁶ In *shandhra samitha* *Phalgrita* also have *saunf dravya* as contents but *saunf* word used for *mishi* or *satpushpa* yet not cleared.

Kashyap samhita:-

In *kashyap samhita*, *Satpushpa* is described as *ritupravartini* mea "Initiator of mensuration". According to *Kashyap* no indication that *Satpushpa* word used for *sowa* or *Mishreya*.⁷

MISHREYA IN NIGHANTUS

In Majority of the *Nighantu* like *Dhanwantri*, *Kaidev*, *Raj Nighantu* the name of *Mishreya*. *Shalya* is commonly accepted and in recent *Nighantu* of *Bhavprakash*, It is accepted as *Talpatri*, *Talparni*.

Reference of *Mishreya* as such is found in *Kaidev*, *Madanpal Nighantu*, *Hali*, *Tikta* as synonyms.

Bhavprakash Nighantu the mentioned *Mishreya*, *Mishi* *Foeniculum vulgare* have same Properties & Action of *Yonishoola*.

Dhanwantri Nighantu has mentioned *Mishreya* Synonyms like *Mishreya*, *Talpatri*, *Talparni*, *Mishi*, *Shalya*, *Shalin*, *Sheetshiva*. According to *Dhanwantri Nighantu* its *Rasa* is *Tikta* & *Madhura*, *Veerya* - *Sheeta*, *Vrashya*, *Balya*. It is also effective in *Arsha*, *khashyajnya roga*, *chasheennashak*, it is *vata pitta*, *rakta dosha* *shamka*.

Kaidev Nighantu has mentioned *Mishreya* Synonyms like *Talparni*, *Madhurika*, *Mishreya*, *Ashavbla*, *Mishi*, *Shali*, *Shalya*, *Shalin*, *Tikta*, *Sheetshiva*

According to *Kaidev Nighantu*, *Rasa* is *katu*, *Vipaka* is *katu*, *Guna* is *Tikshna*, *Laghu*, *Ushna*, *Ruksha*. It is *Haridya*, *Shukarghna*, *Vatahara*, *Dahanashak*, *Aruchinashaka*, *Chardinashaka*, *Kasahara*, *Vatakaphahara*.

Raj Nighantu has mentioned *Mishreya* synonyms like *Talparni*, *Talpatri*, *Mishi*, *Shalya*, *Sheetashiva*, *shalina*, *Vanja*, *Avakpushpi*, *Madhurika*, *Chatra*, *Sahmitapuspika*, *Supushpa*, *Sursa*, *Vanya*, *Mishreya*. As per *Raj Nighantu*, *Mishreya* *Rasa* is *Madhura*, *Katu*. *Guna* is *Snigdha*, *Kaphahara*, *Vatapidatoshaghna*, *Plheearoganashak*, *Jantunashak* (Antimicrobial)

Bhavprakash Nighantu has mentioned *Mishreya* synonyms like *Chatra*, *Shalya*, *Shalin*, *Mishreya*, *Madhura*, *Mishi*. *Mishreya* has same *Guna* as *Satpushpa*, but specific action on *Yonishoola*. As per

Bhavprakash Nighantu Guna is Ruksha, Ushna Mishreya is Agnimandhara, Vibandhara, Kriminashak, Kasahara, Vatakaphahara. It is Haridya, Pachnya.

Madanpal Nighantu has mentioned Mishreya synonyms like Mishreya, Mishi, Shalin, Shali, Sheeta, Sheetashiv, Amrita. As per Madanpal Nighantu Mishreya consists of Guna is Ruksha, Ushna. Mishreya is Deepaniya, Haridya. It is Vibandnashak, Kriminashak, Shukranashaka, Kasahara, Kaphavatahara.

USES

This herb is very useful in relaxing muscles of stomach and also helps relieve gastrointestinal spasms. Due to this, it is considered as an effective herbal remedy for treating bloating and flatulence. It is also helpful in curbing constipation and cures an upset stomach by which abdominal cramps could be relieved. Those suffering from chronic irritable bowel syndrome should take fennel in the form of tea. Mishreya is full of volatile oils like anethole and estragole which are helpful in promoting the digestive enzymes secretion in the stomach. Essential fatty acids like fluids and other vitamins and minerals make it quite therapeutic. Mishreya also helps ease menstrual cramps. To cure painful joints, volatile oils in fennel should be diluted as massage oils.

PHARMACOLOGICAL ACTIONS

Studies have shown that various extracts of mishreya possess a range of pharmacological actions, such as antiaging, antiallergic, anticolitic, antihirsutism, anti-inflammatory, antimicrobial and antiviral, antimutagenic, antinociceptive, antipyretic, antispasmodic, antistress, antithrombotic, anxiolytic, apoptotic, cardiovascular, chemomodulatory action, cytoprotection and antitumor, cytotoxicity, diuretic, estrogenic properties, expectorant, galactogenic, gastrointestinal effect, hepatoprotective, human liver cytochrome P450 3A4 inhibitory, hypoglycemic, hypolipidemic, memory-enhancing property, nootropic, and oculohypotensive activity supporting its traditional use. However, the most prominent and the well studied effects are the antimicrobial and antioxidant effects of essential oil of fennel in different experimental models.

CHEMICAL CONSTITUENTS

The observed health benefits may be credited to the presence of the various phytochemicals like volatile compounds, flavonoids, phenolic compounds, fatty acids, and amino acids. It also contains mineral and trace elements like aluminum, barium, calcium, cadmium, cobalt, chromium, copper, iron, magnesium, manganese, nickel, lead, strontium, and zinc [124]; fat soluble vitamins such as vitamins A, E, and K; water soluble vitamins like ascorbic acid, thiamine, riboflavin, niacin, and pyridoxine; essential amino acids like leucine, isoleucine, phenylalanine, and tryptophane may contribute to the myriad health beneficial effects at least in part.

CONCLUSION

This herb is very useful in relaxing muscles of stomach and also helps relieve gastrointestinal spasms. Due to this, it is considered as an effective herbal remedy for treating bloating and flatulence. It is also helpful in curbing constipation and cures an upset stomach by which abdominal cramps could be relieved. Those suffering from chronic irritable bowel syndrome should take fennel in the form of tea. Mishreya is full of volatile oils like anethole and estragole which are helpful in promoting the digestive enzymes secretion in the stomach. Essential fatty acids like fluids and other vitamins and minerals make it quite therapeutic. Mishreya also helps ease menstrual cramps. However, the vast traditional use and proven pharmacological activities of mishreya indicate that an immense scope still exists for its chemical exploration.

Future studies should be focused on validating the mechanism of action responsible for the various beneficial effects and also on understanding which plant based compounds are responsible for the reported effects. The required information when available will enhance our knowledge and appreciation for the use of fennel in our daily diet. Also, the outcome of such chemical studies may further expand its existing therapeutic potential.

The extensive survey of literature revealed that *Foeniculum vulgare*, is an important medicinal plant with diverse pharmacological spectrum. *Foeniculum vulgare* is widely used in Ayurveda. Hence, this plant provides a significant role in the prevention and treatment of a disease. Further evaluation needs to be carried out in order to explore the concealed areas and their practical clinical applications, which can be

used for the welfare of the mankind.

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