



SHIGRU – A MILESTONE IN MANAGEMENT OF NUTRITIONAL DISORDERS

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KEYWORDS :

INTRODUCTION –

Today in this era of many diseases on and around us, people suffering from various life style disorders whereas disease developing as a result of nutrition are very common. Modern scientists are searching for the latest ways and methods to survive. To the quest there exists a plant of tremendous nutrients Shigru. The word moringa is derived from Tamil word moringum.

Shigru's Botanical name is *Moringa oliefera lam* belonging to the family *moringaceae*. It is also called as magician plant, drum stick tree, horse raddish tree. *Moringa oliefera* is a large tree that grows in subtropical areas in north India. It can be grown in any kind of soil and requires very less water. As per Bhaw Prakash Nighantu it is also quoted.

It is therefore extremely nutritional vegetable tree with a variety of uses. The leaves are natural resources of vitamins. Fruits, leaves. Seeds all can be eaten. Only roots are avoided as it contains neuroparalytic toxics it has long drumstick like fruits which are green in colour. Its leaves are highly rich in protein content, unlike other plants. It contains all vitamins, Vit A, B1, B2, B3, B6, B7, Vit C,D,E,K. It is helpful in around three hundred diseases. It helps in muscle building as rich in protein content it contain around 9.8gm & protein in 100 gms and much are

Literature Review –

- There is a vast desaiption of shigru in our ayurvedic tests whether in Brihtrayi or Laghetrayi. All nighantus mainly describes the majestic property of Shrigru
- Charak Samhita. Its described under
- Swedopaga
- Krimighna
- Shirovirechnopaga
- Haritaka varga
- Vatkaphnoulvana
- Hikka and Swasa – Shigru along with soup of kushmand and dry radish.
- Sushrut Samhita –
- Varunadi vrga
- Shiro virechana agan
- Used in Kustha, Kshata, Pleehodara
- Madhu shigru in vidradhi

Ashtang Hriday -

- Juice of shigru leaves in eye disorders.
- Sarangahar Samhita -
- Antar Vidradhic
- Atinidra
- Shleshma janya netra abhishyand

Harit Samhita in Treatment of-

- Shleshmaj Shula
- Sannipataj jwar (Ha. S. Cri. 8)

Where as Nighantus

- Kaiydeva Nighantu – description of Shigru, Madhu Shigru and pushpa
- Bhav Prakash Nighantu – Brief description is present

- Raj Nighantu – It describes property of Neel Shigru
- Sodhal gad Nigraha in Treatment of – Sadyovrana, Masurika

In Chikitsa Granth –

- Chakradutt – Netra Roga, Krimi Roga, Udara roga, Pleeharoga Bhawprakash Madhyam Khand –
- Shobhaangana Kwath – Antar Vidradhi Vaidhya manorama – By kalidas
- Emphasis on the use of Shigru in Sadyovrana

3. Classification

Kingdom - Plantae
Order - Brassicales
Family - Moringaceae
Genus - Moringa
Species - oliefera

4. Botanical Description -

It is found at the height of 20 – 25 fits. It has dense leaves and a pungent smell. Shigru has multiple roots. The wood of the plant is white spongy having antibiotic property. It is the vegetable plant.

5. Other Name –

Name - Shigru
Others synonyms - Shobhanjan, Teekshana gandha mochaka
Hindi - Sahijan
English - Horse radish tree, drum stick plant, miracle tree

6. Habitat –

It is found through out India. It is also found in sub Himalaya range. Plants can also be found in Assam, UP, Gujarat.

Constituents –

Roots of Shigru contains ptergosperrin where as leaves contains carotene, ascorbic acid.

Microbiology –

Protein	-	6.7%
Fat	-	1.7%
Carbohydrate	-	13.4%
Fibers	-	0.9%
Copper	-	1.1 mg
Calcium	-	440 mg
Phosphorus	-	10 mg
Iron	-	700 mg/100 gm

Seeds contains oil, barks contains gum resin.

Pod contains –

Protein	-	2.5mg
Fat	-	30 mg
Copper	-	3.1 g/mg
Calcium	-	30 mg
Iron	-	5.3 mg/100 gm
Iodine	-	10 g

It also contains carotene shigru is rich in luciene Shigru contains 24 times of Iron of spinach
16 times of calcium of milk

09 times of vit. A of carrot
And many times of Potassium of Banana

Minerals –

It contains calcium, chromium, copper, iron, Florine, manganese, magnesium, Potassium, Sodium, Phosphorus etc.

Varieties –

Total 13 types of species of shigru from tropical and sub tropical climate ranging from tiny herbs to massive plant have found.

1. M. olifera
2. M. arborea (Kenya)
3. M. concanensis
4. M. drohardi
5. M. longituda
6. M. Hilterbrandti
7. M. orbifolia
8. M. peregrina
9. M. pygeni
10. M. ruspolina
11. M. slinpatala etc

M. slenpatala is an African species which is also widely grown but much less extent to M. oliefera.

Types – Varying in flower it is of

1. Shweta (Katu Shigru) M. oliefera
2. Rakta (Madhu Shigru) M. concanensis
3. White

Neel Shigru is also found in habitat.

a. Ras panchaka –

- | | |
|-----------|----------------------------|
| Rasa | – Katu Tikta (Kshariya) |
| Guna | – Laghu, Ruksha, Teekshama |
| Veerya | – Ushna |
| Vipaka | – Katu |
| Doshkarma | – Kapha shamak |

Shigru in Nutritional disorder –

It contains
 Vitamin A (Retinol)
 Vitamin B1 (Thiamine)
 Vitamin B3 (Niacin)
 Vitamin B6 (Pyrodovine)
 Vitamin B7 (Biotin)
 Vitamin C (Ascorbic acid)
 Vitamin D (Cholecalciferol)
 Vitamin E (Tocopherol)
 Vitamin K (Antisterility)

There Moringa containing all the vitamins proves to be holistic in all nutritional disorders.

Moringa on Innune system – Being called mother's best friend it possess anti bacterial, anti fungal properties. It is a potent detoxifying agent. It contains 46 different anti oxidant, 92 nutrients and all essential 18 amino acids. It boosts innune system and stop any further disease to grow in the body.

Shigru – A Miracle tree

- In headache paste of leaves of Moringa applied externally or used as vegetable helps to relieve headache.
- Seed powder can also be used as nasya.

In Diabetes –

Many studies has illustrated the anti diabetic property of moringa.

In Cancer –

Study on hydroalcoholic extract of Moringa oliefera lan. On hepatic carcinogen metabolizing enzymes. Anti oxidants parameters and skin papillonoma suggests of possible of anticarcinomic activity of moringa on chemical carcinogens.

In general it shows effects as –

- Oil relieves headache, due to pungent odour, useful in skin disorders.
- Moringa seeds are chakshushya (helps in increasing vision also called as sweta maricha)
- Moringa leaves and barks are good in relieving pain thus act as a natural analgesic can be used orally or in form of paste externally.

- Indians use leaves in food preparation chutney and smabhar. (south Indian soup)

Side effects of shigru – It increases burning sensation and is pungent. People with gastritis and sensible stomach should use this vegetable carefully. It is not ideal to be taken by female during menses as . It increases Pitta it is also not to be taken if patient suffering from bleeding disorder.

In pregnancy – Shigru fruit is rich in protein Vitamins and Minerals. Antionidants so it can be used during pregnancy. But shigru leaves, roots, barks and flowers are totally not to be taken.

CONCLUSION -

Shigru is humble tree with major properties According to John's Hopkin's school of medicine deptt. of pharmacology and molecular sciences, they produced a very important paper of Shigru. Shigru therefore is a power house of nutrients. Proves to be a holistic approach in the era of nutritional disorder.