



## NAVAGRHA DHANYA : AN AYURVEDIC VIEW

## Ayurveda

**Dr. Nageshwar  
Aditya Lakhanlal**

P.G Scholar, Department of Dravyaguna, Govt. Autonomous Dhanwantari Ayurved  
College, Ujjain

**Dr. Sunita D. Ram**

H.O.D, Reader, Department of Dravyaguna, Govt. Autonomous Dhanwantari Ayurved  
College, Ujjain

## ABSTRACT

All the creatures in the universe are related to Adhivadya i.e. mental agony or bodily pain. Acharyas of Ayurveda have classified various disease categories like Agantuja, Sharirika, Manasika, Swabhavika etc. Ayurveda also suggests Daiva Vyapashraya Chikitsa which includes Manidharan and chanting Mantras. Astrological sciences considers the causative factors of various disorders are the Navagrahas (nine planets). According to Vedas, each graha represents a particular aspect of life, and each is under the jurisdiction of a particular deity. Navagrahas are said to determine our destiny. Each of these Navagrahas is associated with a certain planet, day and foods. The Navagrahas or nine planetary gods in Hinduism are: Ravi, Som, Mangal, Budh, Brihaspati, Shukra, Shani, Rahu and Ketu. It is believed that by offering their favourite food items and by taking them one can please them and get their blessings. They are wheat, paddy, pigeon pea, mung bean, chickpea, cowpea, sesame seeds, black gram and horse gram. They have the therapeutic uses and are very important for health. This article explores the dynamics between Navagraha their food/dhanya and their importance in Ayurveda.

## KEYWORDS

Adhivadya, Ayurveda, Navagraha, therapeutic uses

## MATERIAL &amp; METHODS :

All forms of nature are believed to interact and influence one another, be they are of this earth, or of space. This interaction and influence are often reflected in the linking of cosmic influences of planets and stars to life forms on earth.

The Navadhanyas (or the nine seeds) and their respective Navagrahas (nine cosmic influences) are: Navdhanya means Nine grains/legumes. There is a grain/legume associated with each of the nine planets. They are wheat, paddy, pigeon pea, mung bean, chickpea, cowpea, sesame seeds, black gram and horse gram.

When Navagraha Puja is performed, the nine planets are invoked onto kalasha or idol placed above its dhanya. Navadhanyam is also used for giving danam and also for cooking naivedyam or homa dravya for the respective planet.

## 1) CHANDRA (CHAVALA &amp; JWARA)

Som i.e Chandrama, Moon likes white items very much. Donate white items on Mondays Bad omen will be warded off Good omen will be showered on you Moon ( Chandra ) is known to be a calm planet. On this day, people worship Lord Shiva and offer white food to him. Foods like Rice, Jawar are associated with planets. One becomes calm or peace with himself and cough relating problems get cured of.

## Dhanya / Chawal (Rice) –

**Botanical Name** – *Oryza sativa* Linn.

**Family** – Graminae

Unscathed fruit is called as Chawal or Rice.

**Nature** – Multi yearly hazel, grows in rainy season

**Place of Origin** – Eastern and southern provinces of India, Anoop Desha.

## Description -

The rice plant can grow to 1–1.8 m (3–6 ft) tall, occasionally more depending on the variety and soil fertility. It has long, slender leaves 50–100 cm long and 2–2.5 cm broad. The small wind-pollinated flowers are produced in a branched arching to pendulous inflorescence 30–50 cm (12–20 in) long. As a tropical crop, it can be grown during the two distinct seasons (dry and wet) of the year provided that sufficient water is made available.

## Chemical Composition -

Cooked white rice is 69% water, 29% carbohydrates, 2% protein, and contains negligible fat. In a reference serving of 100 grams (3.5 oz), cooked white rice provides 130 calories of food energy, and contains moderate levels of manganese (18% DV), with no other micronutrients.

## Varieties of Rice –

Raktashali, Mahashali, Kalam, Shuknahat, Turnak, Gaurdhanya, Panduk, Langul, Deergashooka, Saugandhik, Lohvaal, Pramodaka, Shalidhanya, Shastikdhanya.

Generally Rice has the properties of Madhura Rasa, Snigdha Guna, Sheeta Veerya, Madhura Vipaka, Kashaya Anurasa, they are binders of stools and reducer of stools.

## Shalidhanya –

Rasa – Madhura, Virya – Sheeta, Vipaka – Madhura, Guna - Laghu, Snigdha, Tridoshashamaka, Shukravardhaka, Brimhaniya

## ACTIONS –

Shukrala, Mutral, Brimhaniya, Malabaddhakrit, slightly aggravates Vata Dosh. It provides fast and instant energy, good bowel movement, stabilizing blood sugar levels and providing essential source of vitamin B, to human body. Other benefits include skin care, resistance to high blood pressure, dysentery and heart diseases.

## JWARA (Great Millet) –

- **Botanical Name** – Sorghum vulgare pers.
- **Family** – Graminae
- **Nature** – 10 to 15 feet tall, firm rainy season shrub.
- **Place of origin** – Cultivation especially in Maharashtra, Karnataka, Madhya Pradesh, Gujarat, Rajasthan.
- **Pharmacodynamics** – Generally, Sorghum is Laghu, Ruksha, Kashaya, Madhur and have Sheet Virya properties.
- **Actions** – Kapha- pittashamaka, shukranashan, kledahara.

The essential nutrients in jwara include iron, calcium, potassium and phosphorus.

## 2.) SURYA (GODHUMA/ GEHU) –

Ravi: This is the day of Sun God. Sun is the symbol of fire. He likes red items very much. Benefits: Longevity increases by keeping the sun God happy and in good humor. The blessings of the father are always showering. Head related complications are removed.

- **Botanical Name** – Triticum sativum
- **Family** – Poaceae
- **Description** - Tufted annual grass. Culms tufted; a lacerated membranous ring. Leaves glabrous or hairy on one or both surfaces. Spike glabrous or hairy.
- **Nature** - Farming crop seasons : Spring to summer seasons. It is extensively cultivated in India as a major food crop.
- **Chemical Composition** - Grains contain Mg. Mineral, Zn, Fe, Ca; fresh plant contains oxalic acid.

## Pharmacodynamics –

Rasa – Madhura; Guna – Guru, Snigdha; Veerya – Sheeta; Vipaka –

Madhura; Doshakarma - Vatapittahara, Kaphavardhaka; Karma: Balya, Shukrala, Brimhaniya, Sandhankar, Jeevaniya, Vranaropaṇa, Hridya; Rogaghñata : Shoola, Kasa, Hridroga, Vatarakta, Asthibhagna, Vraṇa, Prameha, Kustha, Annadravasula.

#### Therapeutic Uses –

- The wheat meal is nutritive, restorative and demulcent. It is useful to check profuse menstruation and leucoderma, it is given as a gruel with sugar and milk. It is given in bleeding of the nose. It is used as an antidote as an antidote in case of mental and iodine poisoning, the meal of wheat is mixed with water.
- The wheat is aphrodisiac, cardiac, anti-dermatosis and general tonic; and it is good for cough, heart diseases, debility, skin diseases, peptic colic and gout, its poultice is applied to boils.
- The wheat flour is a major dietary article in different forms as a common food of fever etc.

#### 3.) MANGAL (Masura) –

Mangal: The God of Mangal is Hanuman Ji., He is very short-tempered Therefore donate red items this day The ill shadows of Mangalic Dasha will end. Benefits: Headache and blood-related complications are warded off Peace ascends in the family life

- **Botanical Name** – Lens culinaris
- **Family** – Fabaceae
- **Description**- Branched hairy herb, 30-60 cm. Leaves peripinnately compound, plant flowering and fruiting during the period from November to April.
- **Distributions**- It is commonly cultivated in India as a cold weather crop for seed-pulse. Large scale crop farming for commercial purpose (trade) of lentils (masura) specially northern western and eastern regions to varying extents (mainly in U.P., M.P., Bihar and West Bengal etc.) other than Southern India (excluding Mysore).
- **Chemical Composition**- Analytical data on values of pulse (lentil) follow: moisture 12.4, protein 25.1, fat (ether extr.) 0.7, Carbohydrate (2.1% the carbohydrates in present are: hemicellulose, starch, paragalactoaraban stachyose and reducing sugars. Lentils contain high protein value, similar to those of peas and beans.

#### Pharmacodynamics -

- Rasa: Madhura, Kaṣaya
- Guna : Laghu, rūkṣa
- Virya: Sita
- Vipāka: Madhura
- Doṣakarma: Kaphapittanāśaka, Vātala
- Properties and action: Grāhī, Jvaraghna, Raktapittaśāmaka, Mūtrala, Varnya, Adhmānakara vātala, Tvacya, Visaghna.

#### Therapeutic uses -

- Masūra is used as medicine. Its grains and pulse are used in various ailments. In diarrhoea (atisāra), masūra ghrta is prescribed and similarly another formulation masura ghrita has been indicated in sangrahani Sarangadhara samhita, 2-9/25-26.
- The drug Masura is valued as Varnya (lustre pigmentation, or complexion promoting) and sundarikarana (beautifying) herbal agent. Besides its use as paste in face and other parts of body, the some is applied in freckle (vyanga).
- **Parts used:** Seeds.
- **Dose:** Decoction, 50-100 ml.
- **Formulation:** Masūrīkā lepa, Masura ghrta.

#### 4.) BUDHA (Moonga & Bajra) –

Budh: This the day of Budha God He likes green items and is donated to ward off the evil effects of Budh. Benefits: Mental disorders are cured off from donating green items to God Budha.

#### A.) MOONGA/MUDGA -

- **Botanical Name** – Vigna radiata
- **Family** – Fabaceae
- **Description** - Climbing or erect herbs, 30-45 cm. long; stem and branches covered with brown or greyish-brown spreading hairs. Flowers and fruits appear during the period from September to December. Farming seasons. Kharif crop (also cold season crop).
- **Distributions** - There are some classical varieties of Mudga viz Krsna mudga, Śārada mudga and Dhūsara mudga Vanamudga or Makuṣṭha is also another kind mentioned in texts (Nighantu etc.).

- **Chemical Composition** - Analysis of the whole seed and of pulse (dal) with and out husk gave, respectively, the following values: moisture Fading 004.10.1; protein 24680723495 fat 1.3, 1.2; fibre 4.1.0.8. other carbohydrates 56.7, 59.9; minerals 3.5, 3.5g; Ca 24.(Phytin P. 148, 209); calorific value 334, 348 K.cals./ 100 g.

#### Pharmacodynamics -

- Rasa: Madhura, Kaṣaya
- Guna : Laghu, rūkṣa
- Virya: Sita
- Vipāka: Madhura
- Doṣakarma: Pittakaphanāśana
- Properties and action : Balya
- Karma : Jvaraghna, Dāha-santāpahara, Rocana-dipana-pācana, Grahi, Caṣuṣya, Trṣṇāpraśamana, Chardinigrahaṇa, Kāsaghna, Raktasāvahara, Raktaprasādana.

#### Therapeutic uses -

- Dourbalya, Aruci-agnimandya, Kāsa, Raktapitta-raktasrāva, Netravikāra-drṣṭimandya, Śīroroga, Madātyaya-śukra, Visarpa.
- The drug Mudga is tonic (balya), febrifuge (jvaraghna), stomachic (dipana), digestive (pacana), (ivarastatic (raktasravahara), blood purifier (rakta prasādana) and expectorant (kasaghna). It allays burning sensation (dāhāprasamana), excessive thirst (trṣṇāprasamana), vomiting (chardinigrahaṇa) and excessive fat (medohara). It has properties of grahi, laghu (light), supācya (easily digestible), pathya (wholesome) and caksusya (good for eyes and vision). It is cordiotonic (hridya) and indicated in fever, diarrhoea, abdominal disorders and ailments caused by loss of digestive power (pācakāgni).
- The pulse is also useful in vertigo (bhrama) and given in some areas. Decoction of the seeds is used as an effective diuretic in beriberi. The mungo extract is reported to have protective and curative in polyneuritis gallinarum.
- Green gram or Mudga, commonly known as Mung, ranks high among the pulse crops of India. Mature of seeds are rich in protein and cooked seeds and dal from a valuable constituent of the daily diet and component of several dishes, regimen and food articles consumed by a consider able number of people in the country. Mudga belong to Simbidhānya varga (legume seeds). Being a potent dietary item with medicinal properties, the preparations and use of Mudga as wholesome (pathya khadya) diet.
- **Parts used:** Seeds.
- **Dose:** Decoction, 50-100 ml. Edible (pulse)

#### B.) BAJRA/VAJRANNA –

- **Botanical Name** – Pennisetum typhoides
- **Family** – Poaceae
- **Description** – Pearl millet has ovoid grains of 3–4 millimetres length, the largest kernels of all varieties of millet (not including sorghum). These can be nearly white, pale yellow, brown, grey, slate blue or purple. The 1000-seed weight can be anything from 2.5 to 14 g.

The height of the plant ranges from 0.5–4 metres.

- **Distributions** - Pearl millet is well adapted to growing areas characterized by drought, low soil fertility, low moisture, and high temperature. It performs well in soils with high salinity or low pH. Because of its tolerance to difficult growing conditions, Pearl millet is a summer annual crop well-suited for double cropping and rotations. The grain and forage are valuable as food and feed resources in Africa, Russia, India and China. In India, it is mainly cultivated in Central region.
- **Chemical Composition** - Pearl millet usually has higher protein and fat contents than sorghum or other millets because the kernel is a naked caryopsis.

#### Pharmacodynamics –

- Rasa: Madhura, Kaṣaya
- Guna : Laghu, rūkṣa
- Virya: Ushna
- Vipāka: Katu
- Doṣakarma: Kaphavatashamaka
- Properties and action : Balya (Strength promoting), Durjara (Difficult for digestion) Pumstvahara (Antaphrodisiac), Vilekhana (Scarifying), Baddhanisyanda (Dries up and accumulates the fluid tissues of the body).
- Rogaghñata: Raktapitta (Bleeding disorders), krumi (Worm infestation), Visha (Poisoning), Shula (GI ulcers), Ashmari

(Calculi), Mutrakrucchra (Dysuria), Raktadosha (haematological disturbances), Trusha (Dyspepsia), Kandu (Pruritis), Jvara (Fever), Vrana (Wounds and ulcers) and Durnama (Haemorrhoids).

### 5.) GURU (MAKKA/MAIZE)–

Brihaspati: Brihaspati i.e. the day of Guruvar is the day of Brihaspati. Brihaspati God likes yellow food items. Therefore yellow items are donated to him on this day. Benefits: By donating yellow items, kidney, bile etc remain intact and disease-free. Conjugal life turns happy.

- **Botanical Name** – Zea mays
- **Family** – Poaceae
- **Description** – The maize plant is often 3 m (10 ft) in height, though some natural strains can grow 13 m (43 ft) and the tallest recorded plant reached almost 14 metres (46 ft). The stem is commonly composed of 20 internodes of 18 cm length. The leaves arise from the nodes, alternately on opposite sides on the stalk and have entire margins.
- **Distributions** – Maize is widely cultivated throughout the world, and a greater weight of maize is produced each year than any other grain. In 2020, total world production was 1.16 billion tonnes, led by the United States with 31.0% of the total. China produced 22.4% of the global total. In India, it is mainly cultivated in Central region.
- **Chemical Composition** - More than 70% of corn kernel composition is starch, and the rest is sugar, protein, oil, and ash. However, many natural fibers can be extracted from corn plant parts including the stalk, straw, leave, and husk. Minerals like Sodium, Potassium, Magnesium, Calcium etc.

### Pharmacodynamics –

- Rasa: Madhura
- Guna : Guru, rūkṣa
- Virya: Ushna
- Vipāka: Madhura
- Doṣakarma: Kaphapittashamaka

### Health Benefits -

The B-complex vitamins in maize are good for skin, hair, heart, brain, and proper digestion. They also prevent the symptoms of rheumatism because they are believed to improve the joint motility.

### 6.) SHUKRA (Shweta Tila) & Ketu (Kala Tila) :

Shukra: Shukravar is supposed to be the day of the God of ghouls and ogre Shukracharya whose favorite food items are white-colored. Benefits: Shukra is the God who bestows happiness. Life becomes full of comforts by pleasing him. Conjugal life remains happy.

- **Botanical Name** – Sesamum indicum Linn.
- **Family** – Pedaliaceae
- **Description** – An erect branched or unbranched annual, 60-180 cm. high, Leaves are simple or when variable with upper ones slightly oblong. Flowers white, pink or mauve-pink. Fruits capsular, oblong-subtriangular.
- **Distributions** – Plant is cultivated throughout India. It is dinder commercial farming for seed- oil crop produce, also for edible seeds. Plant flowers in October-December and fruits in December-January.
- **Chemical Composition** – Seed of sesamum contains fat, proteins, fibrous matters, carbohydrates, mineral matters, calcium and phosphorous. Seeds contain various vitamins particularly A, B, C. Seeds oil contains sesamol, sesamol, a phenol compound. It is rich in oleic and linoleic acid.
- **Kinds and Varieties** - There are three varieties of sesamum seed (tilabija) base on colour distinctions viz. white (śveta), red (rakta) and yellow (pita). Red variety of sesamum seeds is known as 'Ramtil'. The cultivated varieties of sesamum differ from each other in their flowers colour, and in the size, shape and arrangement of pods, colour, and in the colour and maturity of the seed. The commonly cultivated varieties are mostly either black or white seeded. In some areas like Uttar Pradesh, the white seeded varieties are called 'tilli' and black varieties are called 'til'.

### Pharmacodynamics –

- Rasa: Madhura ; Anurasa: Kashaya, Tikta
- Guna : Guru, Snigdha
- Virya: Ushna
- Vipāka: Madhura
- Doṣakarma: Tridoshashamaka
- Karma: Keśya, Balya, Snehana, Yogavāhi, Vranaśodhana-ropana,

Vadanāsthāpana, Vājīkaraṇa, Sandhaniya, Medhya, Dipanāgrāhi-sūlapraśamana, Raktasravarodhaka, Ārtavajanana.

- **Rogaghñata:** Keśavikara-khālitya-pālitya Vātavikara (vātavyādhi)-paksāghāta-ardita Śīroroga-śīrahśūla, Vrana-sotha, Viṣa-ki aṣiṣa, Kṣaya, Vātarakta, Rasayana, Yakrtplihāroga, Udararoga, Atisāra, Arsa, Mastiṣkadourbalya, Rajorodhakastartava, Stanyālpatā-kāmaśakti-hrāsa Agnimandya-grahani, Hikkā-śvāsa, Prameha-puyameha, Dantadourbalya, Netrarogatiṃira, Kṣaya, dourbalya, kārsya, Viṣa-kita - vrścikaviṣa, Raktagulma.
- **Therapeutic Uses** - The drug Tila is demulcent emollient, diuretic emmenagogue. It is used in constipations, dysentery, piles, scalds and urinary disorders and burns.
- The seeds (tila bija) are considered emollient, diuretic, lactagogue and a nourishing tonic. They are helpful in piles; a paste of the seeds mixed with butter being used in bleeding piles. A decoction of the seeds is considered be emmenagogue and also given in cough. Combined with linseed (Atasi), the decoction of the seeds as used as an aphrodisiac. A plaster made ground seeds is applied to ulcers, scalds etc. and a poultice of the seeds as applied to ulcers. Powdered seeds are used in amenorrhoea and dysmenorrhoea.
- The oil (tila taila) is regarded as best oil among the oils employed for medicinal purposes used in different modes. It is widely used in Indian medicine in therapeutics.
- The seeds of sesame (tila bija) are used as a nourishing food and also as flavouring agent. It is invariably dehulled for use as food. There is traditional practice consumption of seeds in different forms and conventional conventions, and further some commercial methods have also been developed.
- **Parts Used** : Seeds, Oil
- **Dose** : Seeds powder 3-6 gm, Seeds oil 10-20 ml
- **Formulations** : Tiladi gudika, Tiladi lepa, Tilastaka.

### 7.) SHANI (Kala Masa & Chana)–

Shani: Shanivar is the day of Sahni God. His favorite items are black items. His blessing could be had by donating black items. Benefits: Shani God has the power of making a beggar a king and a king a beggar. If he will be pleased, your enemies would automatically be destroyed. He cures all physical ailments.

### A.) MASA / URADA :

- **Botanical Name** – Vigna mungo (L.) Hepper.
- **Family** – Fabaceae
- **Description** – Much branched climbing or erect annual herbs, with 30-60 cm. long straggling branches. Leaves 3-foliolate, Seeds are dirty green in colour.
- **Distributions** – It is commonly cultivated in India as Kharif crop for agro produce of pulse. Forming in northern India specially in western Uttar Pradesh, Punjab and Haryana and different regions in country. Plant flowers in August-September and fruits in October-November.
- **Chemical Composition** – Seeds contains albuminoid, starch, oil, fibre and alkalies ( including phosphoric acid).
- **Kind & Varieties** – There are mainly two varieties of Masa in texts of indigenous material medica and medicine ( nighantu and samhita) viz. Masa and Rajamasa.

### Pharmacodynamics –

- Rasa : Madhura
- Guna : Guru, Snigdha
- Virya : Usna
- Vipāka : Madhura
- Dosakarma : Vatasamaka, Pittakaphakara
- Karma : Vātaghna, Vedanāsthāpana, Nāḍībalya, Mādaka, Rocanapuri ajanana-sransana, Śūlapraśamana, Yakrdutejaka, Mūtrala, Vrsya-stanyajanana-ārtavajanana, Balya-brihana-jīvaniyamedovardhana.
- Roga: Vātavyādhi-ardita-paksāghāta- sandhivāta, Nāḍīdourbalya, Aruci-vibandha-udaraśūla, Yakrdvikāra, Arśa-gudakṭā.

### Therapeutic Uses –

- The drug Masa is aphrodisiac, carminative, diuretic, laxative, galactagogue, emmenagogue and nervine tonic. It is useful in anorexia, gastrointestinal diseases, impotency, liver disorders, nerve and neurological diseases and urinary tract ailments. It is used frequently in all types of nerve and neurological disorders and also used in impotency. Māsa is very commonly consumed as

- a household food article belonging to pulse (dāli or dal) group.
- Māṣa has been employed as a drug in a number of classical recipes and formulations which are prescribed mainly for vājīkaraṇa and vātanāśaka medicine.
  - Māṣa is specifically incorporated as effective drug in treatment of vātavyādhi such as aridita, paksāghāta, manyāstambha, viśāci, avabāhuka, sandhivāta and other vata roga. The oil prepared with masa is frequently recommended and the poultice is also suggested in case of vātavyādhi. Among important formulations Māhāmāsa taila and Masa taila are prominent oil formulations which are generally prescribed in clinical management of the diseases under vātavyādhi group.
  - **Part Used** : Fruit – seeds, Root
  - **Dose**: Powder 5-10 gm.
  - **Formulations**: Mashabaladi taila, Mahamasa taila, Masa taila, Brhanmasa taila, Vrīsyamasha Yoga.

## B.) KALACHANA/CHANAKA:

- **Botanical Name** – Cicer arietinum Linn.
- **Family** – Fabaceae
- **Description** – A viscid much-branched annual. Leaves 2.5 – 6 cm. long with usually a terminal leaflet, Seeds obovate or subglobose, beaked, reddish brown, black or white.
- **Distributions** – It is largely cultivated in most parts of India as a major food crop. Flowering and fruiting time is in January-April; colder season to spring/summer months; farming seasons.
- **Chemical Composition** – Plant contains oxalic, acetic, malic and another acid. As-0.009 mgs. in 100 g. seeds. Other active substances, three crystalline products and oil-soluble Vitamins A, D and E. Gram seeds contain higher percentage of oil (than other pulses) 4-5%.

### Pharmacodynamics –

- Rasa: Kashaya, Madhura
- Guna: Laghu, Ruksha
- Virya: Sheeta
- Vipaka: Madhura
- Dosakarma : Vatajanan, Pittakaphahara
- Karma: Vistambhi-ādhmānakara, Grāhi Jvaraghna, Mehaghna, Kāsaghna Balya, Sukrala, Rasayana, Rocana Dīpti-varnakara, Santarpana Dāha-tr āhara.
- Roga: Jvara, Dāha, Trsā, Dourbalya, Aruci Sosa, Asmari, Kāsa, Atisāra, Prameha-dada, madhumeha.

### Therapeutic Uses –

- Acid exudation is astringent and it is used in dyspepsia, constipation and snake-bite.
- The soup of gram is given in case of excessive burning in fever. Soup of gram mixed with Usira and Dhanyaka is given in case of bilious vomiting. The parched grain flour of gram is given with soup of Patola leaves. Grams soaked in Snuhi latex and slightly heated on fire is useful as a drastic purgative.
- The gram (seeds) are a major food item; the gram (seeds as a whole or pulse), flour and leaves (vegetable) are quite commonly used diet in various forms and preparations (dishes).
- The gram flour mixed with mustard oil is often applied (udvartan) on body parts for promoting complexion as a domestic use.
- The gram is useful in cough, culculus, dyspepsia, debility, heating sensation and overthirst. The gram is frequently recommended in the restricted diets of the diabetics.
- **Part Used** – Seeds (grams), Leaves, Acid Exudation (chanakamala)
- **Dose** – Soup 100-200 ml. Edible (food).

## 8.) RAHU ( Kala Masa ) & KETU ( Kala Masa , Kala Tila ) –

Rahu-Ketu: Amongst all the Navgrahas, Rahu and Ketu are both supposed to be the shadow- grahas, meaning thereby, where one goes the other also follows. They both move together. They like black items. Benefits: Keep Rahu-Ketu pleased and remain healthy and wealthy for good. The food or dhanya related to this planet is mentioned above.

### DISCUSSION :

The basis of Navgraha and their dhanya is from the ancient scripture – the Vedas. It tells that the configuration of the nine planets or navgrahas in our solar system have an effect on the world and every individual. There is a strong belief that worshipping these planets can ward off any misfortune that can arise from past karmas. Turning to physical health benefits of Navgraha dhanya, the pulses used in the

practice (offered to nine planets) have varied health benefits and can be used to bring balance to the Doshas.

### CONCLUSION:

Ayurveda is closely related to Hinduism, combines both science and spirituality, which holds food and lifestyle as supporting healing factors along with medicines. Navgraha and it's dhanya are interlinked with each other as it is mentioned above. Navgraha and it's dhanya doesn't have just spiritual and religious importance, but according to Ayurveda there are plenty of effective and proven health benefits that Navgraha dhanya can have on the human body. Navgraha dhanya is a healthy mix of cereals, lentils, oilseeds that are rich in vitamins. Navdhanya is also a good source of minerals, proteins, fats and carbohydrates all that enhances the digestion process and improves immunity.

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