



Moong (*Vigna radiata* Linn.)-An Ayurvedic Review

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Abstract:-

Ayurveda is the science of Life. It mentions about Pulses in Shimbidhanya Varga. Mudga or green gram is one of the most commonly used pulses in India. Many of the Ayurvedic texts quote that it is the best among all pulses. This review throws light on some of the important aspects of Mung bean in diet and medicine. References of Mudga from various Samhitas and Nighantus of Ayurveda were collected and its properties and actions were reviewed.

Keywords: Mung,Green gram, Ayurveda,Shimbidhanyavarga .

Introduction:-

Pulses are widely used across the Globe. Green Gram is a type of small, green legume in the same plant family as peas and lentils is a high source of protein, fibre, antioxidants and phytonutrients. Although in most parts of the world they're less popular than other bean varieties, like chickpeas or black beans, moong beans have some huge health benefits.The word Mudga in Sanskrit means “that which brings joy, delight and gladness”.All the pulses are known to produce flatulence with an exception of Mudga. This property makes Mudga complementary to health. There are evidences to show that Mudga was used as a measurement parameter in Ayurvedic practice. It has been used to explain the size of a mass of haemorrhoids. These days, beans are beginning to pop up in protein powders, canned soups and in restaurant dishes state-side. Ayurveda has rich literature on beans.

Moong-Ayurvedic view:-

The pharmacodynamics of mung in Ayurveda has been explained to be that as Madhura (Sweet) and Kashaya (astringent) in taste, Laghu(light for digestion), ruksha (Dry), sheetaveerya (cold

in potency), katu vipaka(post digestive transformation into pungency) and it exhibits Kaphapittahara Vatakaratva (pacifies kapha and pitta whereas aggravates Vata). It is known to be drushtiprasadaka (improves quality of vision). Different varieties of Mudga as Shyama (Black), Harita (Green), Peeta (Yellow), Shwetha (White) and Rakta (Red) based on the seed colour are mentioned by the nighantus wherein the green variety is considered to be the best one.



Moong Beans and Plant of *Vigna radiate linn.*

Nutritional Facts of Mung

Green gram is known for its high nutritional value. 100 g of it produces 334 Kcal of energy. It is rich in carbohydrates (56.7 g/100 g) and is a very good source for minerals like Potassium (843 mg/100 g), Magnesium(127 mg/100 g), Calcium (124 mg/100 g), Phosphorus (326 mg/100 g) and Iron (4.4 mg/100 g). Vitamins like Carotene, Thiamine, Niacin, Riboflavin, Ascorbic acid and Folic acid are also present in Mung. It is considered one of the best sources for proteins and constitutes a number of essential amino acids such as Arginine, Histidine, Lysine, Tryptophan, Phenylalanine, Leucine, Isoleucine, Tyrosine, Valine, Threonine, Cystine and Methionine. Mung, hence is considered to be a substantive source of dietary proteins and carbohydrates. Mungbean provides significant amounts of dietary iron to plant based diets in developing countries where Mungbean is consumed. Certain chemical components such as flavanoids (Flavones, isoflavones and isoflavonoids), phenolic acids (Gallic acid, Vanillic acid, Caffeic acid, Cinnamic acid, protocatechuic acid, Shikimic acid, *p*-hydroxybenzoic acid etc), and organic acids isolated from Mung in recent years, supports its health promoting action as mentioned in the classics.

Role of Moong in Medicine:-

Mudga has been prescribed as a pathya ahara (favourable interventional diet) in a broad spectrum of disorders like Agnimandya (Loss of appetite), Arochaka (Anorexia), Amlapitta (Hyperacidity), Atisara (Diarrhoea), Pravahika (dysentary), Grahani (Irritable bowel syndrome, Tropical sprue), Chardi (Emesis), Kamala (Jaundice), Sthoulya (Obesity and Dyslipidemia), Prameha (Urinary diseases and Diabetes), Pratishyaya (Rhinitis), Shvasa

(Dyspnoea), Kasa (Cough), Rajayakshma (Pthisis), Kushta (Skin diseases), Sheetaapitta (Urticaria), Shotha (Inflammatory conditions) Research are going on antioxidant property of Moong. Regular consumption of Mungbeans can regulate flora of enterobacteria decrease absorption of toxic substances, reduce risk of hypercholestraemia and coronary heart disease, and prevent cancer Mungbean protein isolates improved the plasma lipid profile by normalizing insulin sensitivity and significantly reduced plasma triglyceride level. Many studies have recommended the daily consumption of mung beans by PCOS women due to the d-chiro inositol found in it. D-chiro-inositol is considered a secondary messenger that is effective for restoring better insulin sensitivity and better hormonal pattern in PCOS patients.

CONCLUSION

Mudga or *V. radiata*, one of the most commonly used components of Indian cuisine, is mentioned as the best among Shimbidhanyas (legumes) in Ayurveda. It is mentioned in both treatment and dietary aspects in various diseases. Some of the researches of recent years have provided evidence on the validity and authenticity of the classical view points about Mudga. Research is necessary for better understanding about Mudga so as to throw more light on its pharmacological efficacy.

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