

ANCIENT AND MODERN REVIEW OF NUTRITIONAL VALUE AND THERAPEUTICAL BENEFITS OF GRUNJAN (CARROT)

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Article Received on 06/07/2018

Article Revised on 26/07/2018

Article Accepted on 15/08/2018

ABSTRACT

According to *Bhavaprakash*, *Grunjan* have been described in *Shaka varga*. *Grunjan* is *Madhur* (sweet) & *Tikta* (bitter) in taste, *Ushna viryatmak*, *Tikshna- Laghu gunatmak*, *Deepaniya & Grahi*. Carrot is very useful in *Raktapitta*, *Arsha* and *Grahani*. As it is *Vata kaphajit* it can be used in diseases caused by vitiated *vata* and *Kapha*. According to *Charaka*, *Grunjan* is used in *Atisara*, *Arsha*, *Grahani*. As carrot contains Vitamin A, it is essential for eye health. It will work as promotive as well as preventive for eye health.

KEYWORDS: *Grunjan* (carrot), *Daucus carota*, carrot juice, *Grahi*.

INTRODUCTION

Scientific classification of Carrot

Kingdom	Plantae
Unranked	Angiosperms
Unranked	Eudicots
Unranked	Asterids
Order	Apiales
Family	Apiaceae
Genus	<i>Daucus</i>
Species	<i>Daucus carota</i>

Ayurvedic classification

Kul	Umbelliferae
Latin name	<i>Daucus carota</i>
English name	Carrot
Sanskrit name	<i>Grunjan</i>
Marathi name	<i>Gajar</i>
Hindi name	<i>Gajar</i>
<i>Rasa</i>	<i>Madhur, Tikta</i> (Sweet & Bitter)
<i>Virya</i>	<i>Ushna</i>
<i>Vipaka</i>	<i>Katu</i>
<i>Guna</i>	<i>Laghu</i> (light), <i>tikshna</i>
Dosha relation	<i>Kapha-vataghna</i>
<i>Prabhav</i> (Effect on health)	<i>Grahi, Deepan</i>
Effect on disease	<i>Raktapitta, Arsha</i> (Antihaemorrhage), <i>grahani</i> , Good for Eye health.

Nutritional value per 100gms

Calories	41
Total fat	0.2g
Saturated fat	0g
Polyunsaturated fat	0.1g
Monounsaturated fat	0g
Transfat	0g
Cholesterol	0mg
Sodium	69mg
Potassium	320mg
Total Carbohydrate	10g
Dietary fiber	2.8g
Sugar	4.7g
Protein	0.9g
VitaminA	334%
Calcium	3%
VitaminD	0%
VitaminB	0%
VitaminC	9%
Iron	1%
VitaminB-6	5%
Magnesium	3%

Uses

1. Haemorrhoides: In haemorrhoids carrot is very useful. Haemorrhides Caused by constipation, obesity, eating tikshna i.e. fried and spicy foods. Carrot is very good for digestion and elimination. Eating carrot improves digestion and corrects elimination. Haemorrhoides or Piles can be treated by drinking carrot juice or eating it raw.

- 2. Respiratory diseases:** In cough and phlegm, Apart from being excellent for vision, carrots are also useful in strengthening the immune system, as well as for the Bowel movements. Also help in the case of cold, cough, bronchitis, asthma.
- A) Asthma:** Carrot juice contains several essential nutrients, providing a rich source of antioxidants, vitamins and minerals, as well as natural sugar that provides the body with energy. Nutrients in the carrot not only cures eye diseases, respiratory diseases and piles but can benefit the overall health. During the asthma attack, the airways that allow air to move into the lungs become irritated and constricted, causing coughing and difficult breathing. Both beta carotene- a form of vitamin A and choline might aid in controlling asthma.
- 3. Ophthalmic conditions:** Carrots are rich in beta-carotene, a carotenoid pigment which is an essential precursor for vitamin. Deficiency of Vitamin A is the leading cause of blindness. Carrots contain lutein, an important antioxidant. Lutein- rich foods are known to increase the density of pigment in the macula, in the centre of Retina. As pigment density increases, the Retina is protected more and the risk for macular degeneration decreases.

Carrot Juice

Fresh carrot juice is the king of vegetable juices. It contains a lot of beta-carotene, vitamins and minerals. The beta carotene present in the carrot after having been split in the liver, it turns into necessary vitamins, such as vitamin A. 100gm of fresh carrot juice contains 2.1 mg of beta-carotene and 350mcg of vitamin. Upto 3 mg of vitamin C, which is necessary to maintain immunity. 0.2 mg of vitamin B, which has beneficial effects on metabolic processes in the body. 0.01 mg of vitaminB1, required for proper function of the brain and nervous system. 0.02 mg of vitaminB2, needed to maintain healthy metabolism and vision. 0.3 mg of vitamin for healthy cells and synthesis of hormones. Carrot juice is also rich in potassium, calcium, sodium, magnesium, iron, phosphorus. Besides, this juice contains flavonoids, phytoncides and enzymes as well as organic acids, monosaccharides and disaccharides, starch and ash. Carrot juice is good for everyone, special attention should be paid by those who have lowered immunity or eye diseases. Drinking a glass of carrot juice a day is recommended for pregnant and lactating women. Slightly diluted with water it can be given to children.

The main healthy component in carrot juice is vitamin, which is required:

If ones got eye problems.

If ones got skin problems.

For growth and development of bones of the body.

For healthy tooth enamel.

For mucous membranes to be healthy.

For cleansing the liver.

Helps in gastritis with high acidity.

Carrot juice is rich in antioxidants, which slow down the aging process and reduce the risk of cancer. Help cleanse the cells of toxins and impurities, thus ridding the skin of acne.

Drinking carrot juice can help to get rid of dermatitis and eczema. A glass of fresh carrot juice perfectly relieves stress after a hard day and calms if one is over excited. It is important to drink carrot juice for smokers because nicotine destroys all supplies of vitamin C in the body. Vitamin C in combination with B vitamins reduces the level of harmful cholesterol, thereby protecting the cardiovascular system. It increases appetite and improves digestion. It is very useful to women. Carotene normalizes the synthesis of female sex hormones. That allows women to stay young and healthy for longer. Because the lack of vitamin A leads to infertility.

Contraindications and side effects

1. Carrot juice should be avoided by the people with diabetes.
2. It has a mild laxative effect, so it should not be consumed if a person has diarrhoea.
3. Not to be used during exacerbation of diseases of pancreas and intestines as it create a heavy load on pancreas.
4. Excessive consumption of carrot juice can cause yellow skin, weakness, drowsiness, headache and vomiting. In such situations, drinking should be stopped immediately.

Gajar halwa Nutritional value (1 Bowl)

Calories	532
Total fat	18g
Saturated fat	1g
Polyunsaturated fat	0g
Monounsaturated fat	0g
Transfat	0g
Cholesterol	0mg
Sodium	132mg
Potassium	324mg
Total carbohydrates	56g
Dietary fibre	18g
Sugars	20g
Protein	35g
Vitamin A	1%
Calcium	3%
Iron	10%
VitaminB-6	5%
Vitamin C	15%
Magnesium	3%

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