

AN INCEPTIVE COGNITION ON MASOORA (*LENS CULINARIS*) - A LITERARY
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ABSTRACT

Masoor (Lens culinaris Medic.) is an antioxidant with antibacterial and anti-inflammatory effects. It is high in nutrients and minerals, making it beneficial to one's health. Masoor is helpful for skin, wounds, and marks because of all of these qualities. It aids in the management of heart, cholesterol, and blood pressure health. It aids in the treatment of diarrhoea and provides immunity to assist enhance one's health. Masoor dal provides the body with the proper quantity of calories to keep it healthy and prevent malnutrition.

KEYWORDS: Masoor, Health, Anti – inflammatory etc.**INTRODUCTION**

It's a useful human meal that's usually eaten as dry seeds (whole decorticated, seed decorticated and split). In the Indian subcontinent, it is commonly prepared as 'Dal' by removing the outer peel and separating the cotyledons, as well as snacks and soups. It's simple to prepare and digest, with a high biological value, thus it's also known as patient food.^[1] Cattle feed is made up of dry leaves, stalks, empty and broken pods.

Pulses are a leguminous crop grown exclusively for the dried seed. beans that have been dried

Pulses such as lentils and peas are the most well-known and eaten. Pulses are more than just a food source. They are important in terms of nutrition.^[2] They are a meat substitute, one of the greatest green manure crops, and may be used for green fodder, animal feed, and catch crops.

Cropping, oils, and low-fertility soils are all possibilities. The lentil, also known as dal or Masoor dal (Lens culinaris Medic.), is a bushy annual legume plant farmed for its lens-shaped seeds.

Seeds. It grows to be approximately 15 inches tall, and the seeds are produced in pods with two seeds in each.^[3] The plant is believed to have originated in the Near East and has been a component of human nutrition since the Neolithic period, when it was one of the earliest crops cultivated in the region.

Masoor, often known as Lentil, belongs to the legume family. The plant produces lens-shaped seeds that

develop in a pod every year. Masoor has become an important part of many people's diets around the world over time.^[4] It is an important source of protein and a part of a well-balanced diet. The lentil plant is one of the world's oldest grain crops.

Masoor is an antioxidant with antibacterial and anti-inflammatory effects. It is high in nutrients and minerals, making it beneficial to one's health. Masoor Dal is helpful for skin, wounds, and marks because of all of these qualities. It aids in the management of heart, cholesterol, and blood pressure health. It aids in the relief of diarrhoea as well as providing immunity to assist enhance one's health. Masoor dal provides the body with the proper quantity of calories to keep it healthy and prevent malnutrition.

METHODOLOGY

The material collected from different articles, authentic websites, books etc.

Historical Use of Masoor

Masoor is included in the category of pulses in the book "Indian Food: A Historic Companion." It's also referenced in the Yajurveda, which goes back to around 1200 BCE. As previously said, lentil is one of the oldest cereals. Lentil traces have been discovered in caverns in Greece dating back to 11000 BC. They are thought to have originated in the eastern Mediterranean area. These crops were widely grown due to their low water and rain needs.^[5]

The Bible also has a significant description of Masoor, or lentil. Esau trades his possessions for a lentil meal

with his brother Jacob, demonstrating the importance of lentils as a food grain.

Lentils were thought to be frightful by Egyptians. It was once presented to Horus, the Egyptian deity. Lentils were also kept in Egyptian tombs and pyramids for the dead's passage to the afterlife.^[6] The slaves who assisted in the construction of the pyramid were also fed lentil soup. With this in mind, it's easy to see why masoor dal is considered so beneficial to one's health and has been utilised for centuries.

Split Orange Lentils Have Ayurvedic Properties:

Rasa: Kashaya (astringent)

Guna: Laghu (Light)

Virya: Sheeta (cold)

Vipaka: Katu (Pungent)

Crop Status

India was first in terms of area and second in terms of output, accounting for 39.79 percent of global area and 22.79 percent of global production, respectively. Croatia had the highest output (2862 kg/ha), followed by New Zealand (2469 kg/ha).^[6] In comparison to India (611 kg/ha), Canada ranks first in output (41.16 percent). This is owing to a very high level of productivity (1633 kg/ha). (FAO State Department, 2014).

Climate requirement

Lentil grows well in a chilly climate. It is quite robust and can withstand cold and harsh winters to a large degree. It requires a chilly environment for vegetative growth and a warm environment for maturity.^[7] The ideal temperature for growth is between 18 and 300 degrees Celsius.

Soil Type and Field Preparation

Lentil farming thrives on well-drained, neutral-reaction loam soils. Acidic soils are unsuitable for lentil cultivation. Seeding can only be done at a consistent depth if the soil is friable and weed-free. One deep ploughing followed by two to three cross harrowing should be done on thick soils.^[8] The land should be levelled after harrowing by creating a moderate slope to aid irrigation.

Benefits of Using Masoor Dal in Ayurvedic Treatment

A few research have been conducted to demonstrate the health advantages of masoora. Although the research was conducted on animals, our forefathers utilised masoor dal to successfully treat a few illnesses that cannot be overlooked. Masoor dal is a nutrient-dense dish. 14 grammes of protein, 8 grammes of fibre, 44 grammes of carbs, and 6 milligrams of iron are all included in one cup of dal. Potassium, Vitamin C, Vitamin B6, Vitamin B2, folic acid, calcium, magnesium, and zinc are all important sources.

All of these factors contribute to the Masoora's ability to combat a wide range of illnesses and issues.^[9] It benefits the skin, the heart, the immune system, and the digestive system. Furthermore, a thorough discussion of the same with Scientific and Ayurvedic rationale may be found.

Ayurvedic Properties of Masoor Dal

Masoora has a "madhura" (sweet) rasa or flavour. It works well as a "grahi," or absorbent. It contains a shita virya, or cold powerful, which aids in stomach cooling. Masoor dal is "laghu" (easy to digest) and "ruksha" (dry) on the stomach. It is beneficial to the skin and complexion because of its "varnya" character. It provides "balya," or strength, as well as increased immunity.^[10] Excessive consumption of masoor dal can produce aadmanakara, or stomach bloat, which results in the formation of gas.

Forms of Masoora in Ayurveda with Recommended Dosage

Masoora is sold in masoor dal packets on the market. It may be used to produce a paste, soup, or dal water, according to the need. Masoora is consumed by a household of four in the amount of 100 grammes. It indicates that a single person's dal needs may be as little as 20 to 25 grammes or 1 medium-sized bowl of cooked Masoora.

AYURVEDIC TREATMENT PROTOCOL USING MASOORA

1. Masoora Soup

- Wash some lentils and set them aside to dry.
- Using 2 to 4 cups of water, bring the dried seeds to a boil, seasoning to taste.
- Allow the water to boil until it turns red or brown in colour.
- Once the soup is ready, let it aside at room temperature for a while to cool.
- When the soup is lukewarm enough to consume, serve it with whole wheat bread.^[11]

2. Masoora Face Packs and Masks

- To make a powder, grind half a cup of fresh red lentils.
- Allow it to dry at room temperature, then spread it evenly on the tray or sheet.
- Take 1 scoop of masoor dal powder and mix it with little milk or rosewater to form a pack.
- To produce a paste, combine the ingredients.
- Apply it evenly to your face and wait 15 to 20 minutes for it to dry.
- Remove the pack from your face and apply moisturiser.
- Repeat the procedure 2 to 4 times each week.

3. Masoora Paste^[12]

- To form a paste, combine 1 teaspoon Masoora powder with 1 teaspoon honey.
- Use it to treat the afflicted region.

- Swelling and irritation are reduced with the use of this material.
- It can also assist with swelling-related redness.
- Apply the paste directly to a cut or pimple.

Side Effects of Eating Masoora

Excessive consumption is harmful to your health. Even Masoora, which has so many advantages, is harmful if consumed in excess. It can result in the production of gas, as well as a variety of other issues. Stomach discomfort and distress are two of the most common symptoms. It can also have negative effects on the kidneys and lead to kidney stones, which can lead to urinary tract infections. Masoora is high in both calories and carbohydrates. Excessive intake can result in the accumulation of fat in the body, as well as obesity.^[13]

Precautionary Guide While Using Masoora

1. Masoora while Pregnancy

There isn't enough research on the effects of masoor dal on a pregnant woman. While pregnant, it is best to avoid using or ingesting masoor dal in any form. Before making a final choice, visit your gynaecologist.

2. Masoora while Breastfeeding

There isn't enough research on masoor dal intake while nursing. It's better to stay away from lentils while you're feeding your infant. Before eating masoor dal while nursing, talk to your doctor or gynaecologist.

3. Masoora with kidney stones

If you have kidney stones, you should avoid eating masoor dal or lentils. It can lower the amount of urine produced, making the condition worse for the body.^[14] As a result, if you have kidney stones, you should avoid eating masoor dal.

CONCLUSION

Masoor Dal, often known as Lentil, belongs to the legume family. The plant produces lens-shaped seeds that develop in a pod every year. Masoor Dal has been a significant element of many people's diets throughout the world over time. It is an important source of protein and a part of a well-balanced diet. The lentil plant is one of the world's oldest grain crops. Stem colour, blossom colour, seed coat colour, seed coat colour pattern, cotyledon colour, seed size, and tendril development were all investigated. Stem colour, flower colour, and tendon development were not varied among the seven characteristics investigated, since all genotypes had green stems with white flowers.

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