

## COMPARATIVE STUDY BETWEEN INGREDIENTS OF TAAMBUL IN SAMHITAS AND ROUTINE INGREDIENTS OF TAAMBUL

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### Abstract:-

Various Ayurved Samhitas has advised to consume *Taambul* on daily basis as a part of daily routine i.e. *Dinacharya*. The rules and regulations of the *taambul* consumption are described accordingly. But now a days people of various ages tend to eat *masala paan* on daily basis. Thus it is possible to compare effects of both i.e. *Granthokt Taambul* and market available *Masala Paan*.

**Key words:-**Taambul, Masalapaan, Dinacharya,

### Introduction:-

Since ancient times, in various, *Ayurveda Samhitas*, *Taambul* consumption was directed for daily use proving it to be beneficial for maintenance of good health.<sup>1</sup>It is described that the *Taambul* has 13 different properties which enhance the proper physiology of the body<sup>2</sup>.They are as follows- Katu, Tikta, Ushna, Madhur, Kshar, Kashay, Vataghna, Krimighna, Kaphahar, Mukhdurghandhinashak, Mukhasyaabhusan, MukhVishuddhakaran, Agni Deepan.

However changes are observed in ingredients of *Taambul* as discussed in *Ayurveda Samhitas* and modern day procedure of "*Masala Paan*". Thus there is variation in the expected properties of *taambul* and its effects on the body. Also there are distinct variations in the trends of eating *taambul*.

The study is planned with an aim to compare the effects of both the types of *Taambul*.

### Aim :-

To compare between the ingredients of *Taambul in samhita* and routine ingredients of *Masala Paan or Taambul* currently in use.

### Objectives:-

1. Study of ingredients and properties of *Granthokt Taambul*.
2. Study of ingredients and properties of current *Taambul (Masala paan)*.
3. Comparison between ingredients and properties of *Granthokt* and current *Taambul*, using a survey of *Paanwalas* taken across the Pune City.

### Methodology :-

1. Ingredients of *Taambul in samhitas* were enlisted with reference to *Ayurved* texts including *Charak Samhita*, *Sushrut Samhita*, *Ashtang Hriday*, *Bhavprakash Nighantu*, *Adarsha Nighantu*.
2. Their properties were studied with the help of basic *Ayurved* principles like *Rasa-Veerya-Vepak Siddhant* explained in *Charak Samhita*<sup>3</sup> and *Ashtang Hriday*<sup>4</sup>.
3. Survey of 53 *Paan* vendors across the Pune City were taken (Questionnaire was prepared earlier)
4. Survey of the people eating masala paan daily for at least 6 months was done by using self-prepared questionnaire.
5. Routine ingredients of *Masala Paan* were noted.

6. Their properties were studied effects were drawn with the help of *Rasa-Veerya-Vepak Siddhant*.

#### Observations :-

#### Ingredients in Samhitas<sup>5</sup>-

- 1) *Nagavalli Patra* –leaf of *Piper betel*
- 2) *Kankol-Piper cubeba*
- 3) *Latakasturi-Hibiscus abelmosches*
- 4) *Jatiphal-Croton tiglium*
- 5) *Poog-Areca cathechu*
- 6) *Karpoor-Cinnamomumcamphora*

In case *latakasturi* or *kankol* are not available, *Lavanga (Myristica fragrans)* and *Marich (Piper nigrum)* respectively can be also used<sup>6</sup>.

#### Contents of Taambul– Frequency Chart (According to survey of Paan vendors)-

No.	Name of the Content	No. of people using it	No. of people not using it	Total	%
1	<i>Chuna</i>	47	6	53	88.7
2	<i>Kaat</i>	52	1	53	98.1
3	<i>Chutney</i>	24	29	53	45.3
4	<i>Badishep</i>	45	8	53	84.9
5	<i>Gulkand</i>	47	6	53	88.7
6	<i>Khobare</i>	46	7	53	86.8
7	<i>Supari</i>	17	36	53	32.1
8	<i>Tootifruity</i>	37	16	53	64.8
9	<i>Gunjapatra</i>	16	37	53	30.1

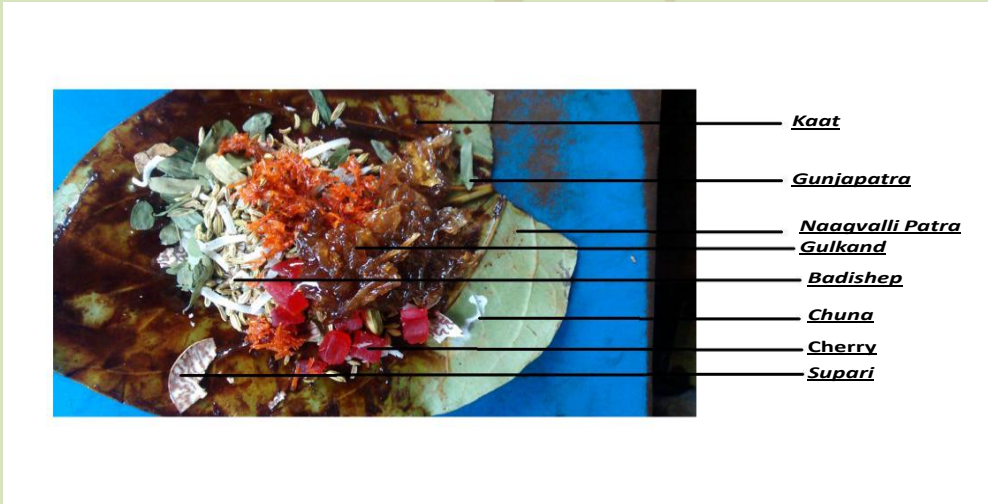
10	<i>Sugandh</i>	26	27	53	49.1
11	<i>Dhanedaal</i>	6	44	53	11.3
12	<i>Lavang</i>	9	41	53	17
13	<i>Veldode</i>	16	37	53	30.1
14	<b>Cherry</b>	45	8	53	85
15	<i>Keshar</i>	8	45	53	15.1
16	<b>Others</b>	7	46	53	13.7

**MODERN INGREDIENTS AND THEIR PROPERTIES**

1)Kaath <i>Acacia catechu</i>	<i>Ras-Tikta, Kashay</i> <i>Vipak-Katu</i> <i>Veerya-Sheet</i> <i>Guna-Laghu, Ruksha</i> <i>Prabhav-Kushthaghna</i>	<i>Rochan,</i> <i>Dantya, aruchipranut<sup>21</sup></i>
2)Khobare (Desicated Coconut) <i>Cocosnucifera</i>	<i>Ras-Madhur</i> <i>Vipak- Madhur</i> <i>Veerya- Sheet</i>	<i>Bruhan</i>
3)Gunjapatra <i>Abrusprecatorious</i>	<i>Ras-Tikta, Kashay</i> <i>Vipak-Katu</i> <i>Veerya-Ushna</i> <i>Guna-Laghu, Ruksha, Teekshna</i>	<i>Mukhshosh-trushna-</i> <i>vinashini<sup>22</sup>;</i> <i>Mukhakharam<sup>23</sup>;</i> <i>Ruchya<sup>24</sup></i>
4)Mishreya		<i>Daahprashaman, Deepan,</i> <i>Pachan<sup>25</sup></i>
5)Gulkand Mainly Contains- <i>Gulab</i> <i>/taruni(Rosa centifolia)</i> <i>₂Sugar (sharkara)</i>	<i>Ras-Madhur</i> <i>Vipak-Madhur</i> <i>Veerya- Sheet</i> <i>Guna- Guru</i>	<i>Bruhan,</i> <i>Pachan,</i> <i>Aasyavairasyakarak<sup>26</sup></i>

6)Erandkarkati (papaya as tutifruity) <i>Carica papaya</i>	<i>Ras-Katu, Tikta</i> <i>Vipak- Katu</i> <i>Veerya-Ushna</i> <i>Guna- Laghu, Ruksha,</i> <i>Teekshna</i>	<i>Deepan</i> <sup>26</sup>
7)Velchi(chhoti) <i>Eletariacardamomum</i>	<i>Ras-Katu,Tikta</i> <i>Vipak-Katu</i> <i>Veerya- Ushna</i> <i>Guna-Laghu, Ruksha</i>	<i>Deepan,</i> <i>Pachan,</i> <i>Vaatanuloman,</i> <i>Rochan</i> <sup>26</sup>
8)Velchi(mothi) <i>Amomumsubulatum</i>	<i>Ras-TiktaKatu</i> <i>Vipak-Katu</i> <i>Veerya-Ushna</i> <i>Guna-Ruksha</i>	<i>Deepan,</i> <i>Trushanashan,</i> <i>Aasyarognashan</i> <sup>26</sup> ; <i>Rochan</i> <sup>27</sup>

### Contents of routine masala pana



GRANTHOKT INGREDIENTS AND THEIR PROPERTIES		
1)Naagvalli Patra <u>Piper betel</u>	<i>Ras- Katu,Tikta</i> <i>Vipak-Katu</i> <i>Veerya-Ushna</i> <i>Guna-Laghu,Ruksha,</i> <i>Teekshna</i>	<i>Vaatkaphagna</i> <sup>7</sup>
2)Karpoor <u>Cinnamomum camphora</u>	<i>Ras-Tikta,Madhur, Katu</i> <i>Vipak-Katu</i> <i>Veerya-Sheeta</i> <i>Guna-laghu, Teekshna</i>	<i>Dah-trushna-aasyavairasya-med-</i> <i>dourgandhyanashan</i> <sup>8</sup> ; <i>Kanthdoshhara, Pachan</i> <sup>9</sup>

3) <u>Katuka</u> <u>Hibiscus abelmoschus</u> [as explained in Ch. Sut.5, Chakrapaniteeka]	<u>Ras-Tikta, Madhur, Katu</u> <u>Vipak-Katu</u> <u>Veerya-Sheeta</u> Guna-Laghu, Ruksha, Tikshna	Deepan <sup>10</sup> , Rochan <sup>11</sup> , vaktra-kleda-dourgandhyanashan <sup>12</sup>
4) <u>Pooga</u> <u>Areca cathechu</u>	<u>Ras-Kashay, Madhur</u> <u>Vipak-Katu</u> <u>Veerya-Sheeta</u> Guna-Guru, Ruksha	Ruchyam, Deepan, Aasyavairasyanashan <sup>13</sup>
5) <u>Kankol</u> <u>Piper cubeba</u>	<u>Ras- Katu, Tikta</u> <u>Vipak-Katu</u> <u>Veerya-Ushna</u> Guna- Laghu, Ruksha, Teekshna	Deepaan , Pachan, Ruchya, Vaktra- jadyaharam <sup>14</sup> ; Vaktra-Dourgandhya nashanam <sup>15</sup>
6) <u>Jaatiphal</u> <u>Mysterica myrrh</u>	<u>Ras-Katu, Tikta,</u> Kashay <u>Vipak-Katu</u> <u>Veerya- Ushna</u> Guna-Laghu, Snigdha, Tikshna	Deepan, Rochan, Swarya, Nihantimukhvairasya-mal- dourgandhya <sup>16</sup> ; Vaktra-Kleda- Dourgandhyanashanam <sup>17</sup> ; Dantveshta-vranartinut <sup>18</sup>
7) <u>Lavang</u> <u>Syzygium aromaticum</u>	<u>Ras-Katu++ , Tikta</u> <u>Vipak- Katu</u> <u>Veerya- Sheet</u> Guna-Laghu, Teekshna, Snigdha	Deepan, Pachan, Rochan <sup>19</sup> ; Vaktra-kleda-dourgandhyanashan <sup>20</sup>



**CONTENTS OF TAAMBUL AS PER AYURVED SAMHITAS**

**Time Of Consumption Of Masala Paan according to survey of Paan consumers-**

After Lunch	12
After Dinner	33
Anytime	8

**Time for Taambul consumption as suggested by Ayurveda is<sup>28</sup> -**

- 1) Early in the morning.
- 2) After bath.
- 3) After meals.
- 4) After vaman karma.

**Following people must not eat Taambul/Masala paan<sup>29</sup> -**

1. Suffering from haemorrhagic disorders(*Raktapitta*)
2. Severely diseased/immunocompromised people(*Kshata-kshina*)
3. Thirsty(*Trushna*)
4. In unconscious state(*Murchcha*)
5. Having mouth disorders(*Aashyshoshinam*)

**Methods of paan storage according to survey of paan vendors-**

No. of People using fridge for storage of paan	No. of people who prepare paan as per the demand	Total
26	28	53

**Note -Ayurveda advices to eat freshly prepared Paan.****DISCUSSION-**

Taambul consumption according to Ayurved samhitas was advised in daily regime. Preferred time is early in the morning. Purpose of the same was to improve oral hygiene and complete

digestion. The Taambul acts directly on the “Bodhaka Kapha” (the kapha type which helps to derive the taste of any substance so consumed). Taambul as explained in samhitas helps the taste buds to do their work properly by enhancing the

properties of bodhaka kapha. The detailed study of the ingredients of taambul as per samhitas confirms that Taambul so prepared has deepana , rochana (appetizing), kaphaghna, mukha vaishadyakara i.e mouth cleansing properties. These herbs are mainly having (tikta) bitter, (kashaya) astringent, (katu) spicy taste. Their vipaka is katu and the guna are teekshna vishada laghu.

These days the masala paan and tobacco paan has replaced the traditional taambul. People of age groups ranging from 20-70 years. Modern day Masala paan is consumed mainly after the heavy meals and especially at night hence the appetizing effect of Taambul is not achieved. The ingredients of modern day Masala paan are of variable and complex properties. They are agnimandyakar (slow down the metabolism) and difficult to digest. People prefer to consume the Masala paan with some amount of tobacco in it as well. The contents like choona (calcium carbonate) and Pooga (beetle nut) are irritating and can lead to addiction tendencies. Nicotine content in the tobacco paan is also considerably high. The Effect observed by the people (who have regular consumption) if *paan* is not consumed shows Aswasthata (Irritation) , *Nidra alpata*(Insomnia) , *Krodh* (Anger), *Klama* (Unnecessary fatigue) , *Hruddrava* (Palpitation) which are the indicators of addiction.

Majority of the ingredients of Masala paan are Madhura (sweet) in tastes which are opposite to that of the taambul contents in samhitas. Effects observed by people after eating *Masala paan* were *Gaurav* (heaviness), *Madhurasyata* (sweet taste in mouth for long time), *Nidra*

(Lethargic feel), *Tandra* (drowsiness).Most of the *Paan* vendors prefer to store the prepared *Paan* in refrigerator hence people are served stale *Paan*.

While conducting the survey It was also observed that these days the young generation is more addicted to smoking and most importantly female percentage consuming tobacco products is considerably high as well.

Hence the study suggests that the Taambul in samhitas had many pharmacological properties and the modern day Masala paan is more tasty but less healthy. The desired effects of taambul sevan as enlisted in Samhitas are<sup>30</sup>

- 1) Mouth cleansing
- 2) Odour enhancer
- 3) Enhances complexion
- 4) Strengthens gums
- 5) Strengthens teeth
- 6) Improves vocal quality
- 7) Tongue cleanser
- 8) Has soothing effect
- 9) Subsides throat infections

### **Conclusion :-**

Society is not aware about the contents of *Taambul in samhitas* and its method of consumption thus it is more inclined towards consumption of available *Masala Paan*.



Thus desired effects of *Taambul sevan* are not observed in fact it hampers the

Digestive System because the advised procedure is not followed

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