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MUSTARD: QUALITIES AND BENEFITS

Family name	: Crucifereae
Latin name	: Brassica Juncea, (L) Czern and coss.
Sanskrit	: Rajika, Raji, Asuri, Teekshna gandha
Hindi	: Rai
Gujarati	: Rai
Marathi	: Mohari
Bengali	: Rai, Sarisha
Telugu	: Avalu
Arabian	: Khardal, Kubra
Persian	: Sarkash

Introduction:

Mustard is grown in India in fields. There is another breed of mustard known as Brassica Integrifolia West.

External Form:

It appears like rapeseed and is two to three feet high. The leaves are round in shape with a cut. Some times they are divided and sometimes undivided and

are one foot long. The leaves are attached to the stem and are small in size. It is grown during the Rabi season. The flowers are shining yellow in color, the fruits are one to two inches long, they look suppressed from top to bottom, and the end is small and looks long. The seeds are reddish wheatish color and are smaller than the rapeseeds.

Chemical Combination:

The seeds contain mayorosin, sinigrin, evaporable oil and some useful fluids.

Quality:

Mustard is very hot, little dry, controls phlegm and pitta, it results in rakta pitta and increases digestive fire, it controls tumours, leprosy and disease caused due to germs.

Specialties:

If mustard is consumed in little quantity, it controls digestive fire and digestion and results in perspiration. It causes vomiting if consumed in excess quantities. The application of mustard paste is famous in Ayurved type of medication.

Vegetable made with mustard leaves: It is pungent, slightly hot, strengthening, tasty, results in pitta,

destroys the germs, phlegm and throat related problems.

Oil: The oil increases digestive fire, hot and pungent in taste, small, sharp, destroys vata, heals wounds, increases phlegm and reduces fat. It cures piles, it is useful in headache, ear pain, boils, germs, sheetapitta, and it causes painful urination.

Illusion caused due to joint pain: Mustard paste should be applied on the neck, when the skin turns red remove it and apply clarified butter or oil.

Tumor in armpit: In case of tumor under the armpits, take jaggery, guggul and mustard, grind them fine. Mix it in water, put it on a cloth. Tie this on the tumor, it will break open.

MEDICINAL USE

Ear pain: In case of joint pain, pus flows out from the ear or there is swelling near the ear then, mix mustard flour in rapeseed oil, castor oil, and apply on the ear, the pain will stop after bleeding.

Boil on the eyelid: In case of boils on the eyelids, add clarified butter in mustard powder and apply for immediate relief.

Boil in the nose: Take 10 gm of mustard powder, one and half grams of camphor and clarified butter. Make a paste and apply on the boil, it removes pus, phlegm along with sneezing. Now mix white Katha and camphor in clarified butter and apply on the wound for quick healing.

Toothache : Mix mustard in warm water and gargle to relieve toothache.

Baldness: Wash hair with mustard powder to control hair loss, lice, boils and itching.

Headache : Apply mustard paste on the forehead.

Asthma : Take 500 mg – 750 mg mustard seeds, one gm sugar, mix them nicely and give them with little water. It controls asthma.

Breathing problem : Take 500 mg of mustard powder with clarified butter or honey. Consume it twice daily to control breathing problem.

Heart problem : When there is heart pain or shivering, restlessness, breathlessness or weakness is felt then massage mustard powder on the hands and legs.

Cholera : When the patient complains of vomiting,



dysentery then apply mustard paste, vomiting and motions can be controlled. This mustard paste can control any type of vomiting, or loose motions. One gram of mustard should be consumed with sugar in the initial stage of cholera.

Piles : In case of itching in warts, they are thick and pain when touched or if the patient gets relief when touched then apply mustard paste, the warts will dry and heal quickly.

Indigestion or stomach-ache : One or two gm of mustard powder and sugar should be consumed with half cup of water.

Acidity: Take two grams of mustard with sugar and consume it with 750 mg – one gm of lime with half cup water, acidity will be controlled.

Menstrual cycle : In case of disturbance in menstrual cycle, mild bleeding or painful bleeding, add mustard powder in lukewarm rapeseed water, patient should be made to sit in this water till waist level.

Uterus cancer: Uterus cancer can be cured when lukewarm mustard water is sprinkled and used to wash the vagina. Continue this procedure twice or thrice in a week.

(Soak 25 gm mustard seeds in one-cup cold water, crush nicely and then mix it in 750 gm lukewarm water to prepare this medicinal water).

Pain in Uterus: In case of pain or severe pain in the uterus, keep mustard plaster on the waist or below it several times in a day for relief.

Phlegm : If thick phlegm comes out due to cough or is not coming out easily then add 500 mg of mustard, 250 gm black salt and sugar candy. Take it twice daily; phlegm is thrown out easily.

Sciatica Pain: In case of unbearable sciatica pain, apply mustard paste on the painful area for relief.

Joint pain : In case of joint pain due to swelling in Joints, pains due to arthritis, syphilis or any other reason then apply mustard paste with camphor and massage.

Pain due to vata

- Grind mustard and sugar, make a poultice with the paste and tie it on the painful area.
- If the patient complains of mild headache everyday then take mustard and drumstick skin, grind it with

buttermilk and apply on the forehead.

Burning sensation and swelling – In few diseases mustard should be used when the patient complains of swelling and burning sensation. For instance, inflammation of the lungs, inflammation of the cells of the lungs, inflammation of liver cells, inflammation of respiratory system, inflammation of brain related diseases, heart weakness, then apply mustard powder on hands, legs and heart.



Thorn: If thorn or any metal has pricked in the skin then mix clarified butter and honey in mustard powder and apply on the pricked region. The thorn comes up and can be easily removed.

Leprosy :

- Mix mustard powder and clarified butter made with cow milk in 1:8 ration and apply on the leprosy affected area, the marks will vanish.
- Apply the mustard paste on eczema, ringworm and other skin ailments to cure.

Ear boils and secretion:

- Boil 100 grams rapeseed oil or sesame oil and remove from flame. When it gets slightly cool, add 10 gm mustard, 10 gm garlic and 1 ½ gm camphor and cover it. When it cools down completely, sieve it and store it in a bottle. Whenever there is pain in the ear put 4 – 5 drops to overcome secretion and it also heals wounds.
- If the boils or wounds become badly infected with worms etc. then take 24 gm of mustard powder, mix it with honey and apply on the wounds.

Swelling

- If the hands or legs become crucked then take castor leaves and mustard, mix them thoroughly and put them in a cloth, tie it on the swollen area.
- Grind mustard and salt and apply it on the swelling.

Tumor: Grind mustard and black pepper in equal quantities and mix it in clarified butter. Apply on the tumours to stop the growth. mustard is very effective in stopping the growth of tumour and cancer.

Poison affect :

- If the patient is unconscious due to snakebite, then apply mustard paste on chest and thighs and other places. Leave the paste for one hour at the most

once the patient gains consciousness.

- If the patient becomes unconscious due to fever and cholera, apply mustard paste on groin, chest and thighs.

Method of making the paste:

- Always make the paste in cold water. Do not apply mustard paste directly on the skin as it could cause boils, remove the application when the skin turns red, wipe the portion thoroughly and apply clarified butter or oil. Grind mustard with cold water,

place it on a muslin cloth and keep it on the patient's body. Avoid putting the paste directly on the skin.

- For external use peel out the mustard skin. To peel the skin, put mustard seeds in water and keep on shaking it slightly. Dry the mustard seeds nicely and make a powder and store it in the bottle.

Excess vata: Fry pakoras or puris in mustard oil and eat to overcome vata. Massage the body with mustard oil and take bath with mustard mixed water. Avoid applying mustard on the delicate areas, such as eyes.

Rai plaster or paste :

- Specialties – poultice of mustard for old people - take 3 parts of linseed powder and one part of mustard, mix it in cold water.
- For children - take one part of mustard powder, 10-15 times linseed powder.
- When the skin becomes red after 10-30 minutes, remove the application.
- Take one part of mustard powder and 3 times wheat or rice flour, mix it in cold water and use it whenever necessary.
- Mustard poultice or lep should be used.

For poison affect:

- Grind 10 gm mustard powder in cold water, mix it in 1 ½ glass of water and give it to the patient, the poison will be thrown out with vomiting. It does not give weakness unlike other medicines.
- Mustard is recommended at the time of vomiting or some poisonous affect.

Fever with phlegm: If the tongue has white patches, loss of appetite and thirst is noticed along with mild fever then take 500 gm of mustard flour with honey to bring down the temperature.