**Mustard Seeds in Ayurvedic Medicine**

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**Abstract**

Mustard seeds commonly called as Rai, Sarso etc is scientifically known by the name of Brassica Juncea. Different varieties of mustard seeds have been cultivated in countries like Asia, India, United States, Eastern Mediterranean, Hungary, Britain, Europe, Greece, Rome, Canada and in the Middle East. Besides being used in culinary it was once considered as an important natural remedy for gastric discomforts. With the passage of time numerous health benefits of mustard seeds have been explored which will be valuable for the development of novel drugs.

**Keywords:** Oxalates; Goitrogens; Respiratory congestion; Selenium; Omega fatty acids

**Introduction**

Mustard seeds commonly called as Rai, Sarso, Shorshe, Kadugu in different languages is scientifically known by the name of Brassica Juncea of the family Brassicaceae [1]. Different varieties of mustard seeds such as Brassica alba (White), Brassica juncea (brown) and Brassica nigra (black), seeds are extensively cultivated in countries like Asia, India, United States, Eastern Mediterranean, Hungary, Britain, Europe, Greece, Rome, Canada and in the Middle East where it is used in cooking for its sharp aroma and in traditional medicine [2,3]. Mustard seeds were once considered as an important natural remedy for relieving stomach distress such as flatulence or cramps [4-24]. With recent studies multitude of its medicinal potential was explored which is briefly outlined in the table below (Table 1).

**Table 1**

<table>
<thead>
<tr>
<th>S.no</th>
<th>Medicinal Potential</th>
<th>Medicinal Potential</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Inhibits cancer formation</td>
<td>Presence of selenium, mirosinase, glucosinolates etc impedes cancer cell growth and development and acts as an anti-oxidant [5]</td>
</tr>
<tr>
<td>2</td>
<td>Treatment of Rheumatic Arthritis and Migraine</td>
<td>Magnesium and selenium content aids in providing relief from its associated symptoms [6]</td>
</tr>
<tr>
<td>3</td>
<td>Treatment of Respiratory Congestion</td>
<td>It clears the mucus in the respiratory tract to treat bronchitis/asthma and promotes easy breathing [7].</td>
</tr>
<tr>
<td>4</td>
<td>Treatment of Constipation</td>
<td>Aids in easy bowel movements to keep the colon healthy [8].</td>
</tr>
<tr>
<td>5</td>
<td>Treatment of High Blood Pressure and Menopausal associated problems</td>
<td>Copper, magnesium, iron, and selenium in mustard seeds reduces high blood pressure and conditions like osteoporosis in menopausal women [9,10].</td>
</tr>
<tr>
<td>6</td>
<td>Treatment of Dermal problems</td>
<td>Carotene, vitamins, sulphur and lutein in mustard seeds exhibits antioxidant and antifungal property therefore use as a natural scrub to hydrate skin and fight off fungal infections from the skin [11,12]</td>
</tr>
<tr>
<td>7</td>
<td>Treatment of Hair problems</td>
<td>Mustard seed oil is an excellent source of vitamins, proteins and fattyacids which is required for healthy hair growth and reduces hair fall [13]</td>
</tr>
<tr>
<td>8</td>
<td>Treats Back Pain</td>
<td>It also helps in relieving spasms, backbone pain and other muscular aches [14]</td>
</tr>
</tbody>
</table>
Storage of mustard seeds

Mustard seeds either whole or grounded form can easily be stored in a dry airtight jar for approximately six to eight months [25].

Side effects of over consumption of mustard seeds

Over consumption of mustard seeds might result in the following side effects:

A. Development of allergic reactions such as hypersensitivity [26].
B. Skin irritation [27]
C. Raw mustard seeds contain goitrogens, a compound which interferes with the normal functioning of thyroid gland [28]
D. Presence of oxalates in mustard seeds interfere with the normal absorption of calcium in the body. Therefore, could be problematic for kidney stones patients [29].

Conclusion

Thus, mustard seeds possess numerous therapeutic agents that could be used for the treatment of number of health-related problems.

References

1. Singh D (1958) Rape and mustard. Department of Agriculture; Uttar Pradesh, India.


