ROHIT MATSYA AN AYURVEDIC AND MODERN VIEW

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ABSTRACT

India being the richest nation with regard to genetics resources of fishes, among the Indian major carp Rohu is most preferred species and commands a higher price in the market. In ayurveda rohit is consider superior most among all fishes रोहित मत्स्या| (ch.su.25/38). Rohit matsya flesh is considered laghu, digestive stimulant, promotive of great strength. Present article gives an overview of evaluation of rohit matsya guna on the scientific background.

Keywords: Rohit, Ayurveda, Guna, Matsya.

INTRODUCTION

India being an agricultural country, its economy mainly depends on the successful production of agricultural products. Coming to the fisheries sector, India accounts for 4.4% of the global fish production. It is one of the richest nations in the world with regard to genetic resources of fishes which are distributed over a network of perennial river systems in the country.

India contributes around 3.6 million tons to world freshwater fish production in 2013 (FAO, 2013). Among the Indian major carps, rohu is one of the most preferred species in the country and commands a higher price in the market.

Andhra Pradesh, West Bengal, Assam and Odisha are the most important states for aquaculture production and rohu is the most preferred species in these states and also in other states of the country.

In ayurveda also different type of fishes and its property described by different acharya. Among fishes almost every acharya considers Rohit matsya (Labeo rohita) as superior most रोहित मत्स्या| (ch.su.25/38)

Division of food in Ayurveda:

Acharya charak has divided aahar dravyas into different vargas depending upon there parts used;

The creatures that eat their food after tearing it from its place are known as tearer or of tearer group of creature.

Owing to making there lodgement into holes the earth, such creature are called burrowing creature.

those that dwell in wet land are known as wet land creature.

Owing to their living in water, some creature are called aquatic creature or water dweller.

Keywords: Rohit, Ayurveda, Guna, Matsya.
Those that move about in water are known as water-roamer or amphibious creature.
Those that dwell and roam on jangala type of land are known as jangala creature.
Those that scatter there food with claws and pick it up are known as gallinaceous bird and those that seek and pick up there food are called peckers.

**Aquatic creature:**

- Shishu, kumbhira, karkata, krashanakrakata, sisumara, etc.
- The tortoise, crab, fish, estuarine crocodile, whale, pearl oyster, conch snail, cat fish, gangetib gharial, susu, magar (the great Indian crocodile)-these are aquatic animal.
- Acharya shusruta has divided aquatic creature as:
  - shelled animal
  - legged animal
  - matsya

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- Shisinghakshaksheshamshukkalukambarasruti: kosastha
  - Sh.Su.46/109

- Sankha, sankhanaka, sukti, shabuka, bhalluka, etc.
- Are called -shelled animal

- Kurma, kumbhira, karkata, krashanakrakata, sisumara, etc.
- Are known as legged animal.

- General properties of aquatic animal:

**Non-shelled aquatic animal:**

- Shisinghakshaksheshamshukkalukambarasruti: kosastha
  - Sh.Su.46/110

- Kurma, kumbhira, karkata, krashanakrakata, sisumara, etc.
- Are known as legged animal.

- General properties of aquatic animal:

**Types of fishes:**

- Sh. Su.46/110

Conch, tortoise, etc are sweet in taste and vipaka, vata pacifying, cold, unctuous, wholesome in pitta, kapha-increasing and increases bulk of faeces.

**Types of fishes**:

- Sh. Su.46/111

Amongst them black crab, promotes strength, pacifies vata and is slightly hot; the white one promotes union, purgative, diuretic and pacifies vata and pitta.

**Matsya:**

- Acharya shusruta has divided matsya into two viz;
- Nadeya and samudra.

- Matsyastu dhwijwad Nadaya: samudrash
  - Sh. Su.46/112

**Nadeya matsya and its property:**

- Sh. Su.46/113

The varities of fish living in river rohita, pathina, patala, Rajeev, varmi, gomatsya, krshana matsya, vangujara, murala, shasradmastra, etc

- Nadeya matsya: vishayatvam gurave matsya
- Sh. Su.46/114

The types of fishes of river are sweet, heavy, vata pacifying, exite rakta-pita are hot, aphrodisiac and make faeces unctuous and little.

- Pathina: shala matsya: vishayatvam
- Sh. Su.46/116

Pathina is kapha increasing, aphrodisiac, sleepy, carnivorous, vitiates rakta-pita and causes kustha.

Murala is weight promoting, aphrodisiac, promotes breast milk and kapha.

**Comparison between river and sea fish:**

- Sh. Su.46/118

Those living in lakes and tanks are unctuous and sweet, those living in big tanks and in shallow water they are poor in strength.

- Sh. Su.46/117

Those living in lakes and tanks are unctuous and sweet, those living in big tanks and in shallow water they are poor in strength.

- Sh. Su.46/119

Types fishes of sea are heavy, unctuous, sweet, not highly pitta increasing, hot, vata alleviating, aphrodisiac, increase faeces and kapha, because of being carnivorous, they particularly promote strength.

**Comparison between river and sea fish:**

- Sh. Su.46/120-21

Fishes of river are superior to those of seas due to weight promoting property; amongst them too, those of swallow well and well are superior due to alleviation of vata; those of
staired well are superior to those of unctuousness and sweet vipaka.

Fish and different parts of body;

- **Nadideya guroo**: which causes excessive sliminess or because of lack of exercise;
- **Fish and different parts of body**;
- **Staired well are superior to those of unctuousness and sweet**

Fishes of river as they move with tail and front, are heavy in middle while those of lakes and tanks particularly head is in front and lower parts.

*Mahabhisyandi*; which causes excessive sliminess or moistening in channels of dosas, dhatus and malas.

**Rohit matsya**;

Rohit matsya is nadeya matsya its superior most among all fishes

- **Identification of rohit matsya**;

**Modern view**;

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Body bilaterally symmetrical, moderately elongate, its dorsal profile more arched than the ventral profile; body with cycloid scales, head without scale; snout fairly depressed, projecting beyond mouth, without lateral lobe; eyes dorsolateral in position, not visible from outside of head; mouth small and inferior; lips thick and fringed with a distinct inner fold to each lip, lobate or entire; a pair of small maxillary barbels concealed in lateral groove; no teeth on jaws; pharyngeal teeth in three rows; upper jaw not extending to front edge of eye; simple (unbranched) dorsal fin rays three or four, branched dorsal fin rays 12 to 14; dorsal fin inserted midway between snout tip and base of caudal fin; pectoral and pelvic fins laterally inserted; pectoral fin devoid of an osseous spine; caudal fin deeply forked; lower lip usually joined to isthmus by a narrow or broad bridge; pre-dorsal scale 12-16; lateral line distinct, complete and running along median line of the caudal peduncle; lateral line scales 40 to 44; lateral transverse scale-rows six or six and a half between lateral line and pelvic fin base; snout not truncate, without any lateral lobe; colour bluish on back, silvery on flanks and belly.

**Rohit matsya property**:

**Shivalekshamyamohitawastwangan kahatva dhvaja**

- **Rohit matsya**

The flesh of rohita fish owing to its living on moss and its habit of not sleeping is digestive stimulant, light and promotive of great strength

**Kashayamastetra shapshaivahalabojana**

- **Rohita matsya yogas in Ayurveda**;

Amongst them, rohita which eats grasses and saivala, is astringent in susdiary taste, pacifies vata and aggravates pitta not highly.

Labeo rohita is a rich source of protein, fatty acids, and essential vitamins and minerals such as vitamin A, calcium, iron, zinc, and iodine. The vitamin A, calcium and iron found in small fish species are particularly bioavailable—that is, easily absorbed by the body.

Among fats, which include omega-3, essential fatty acids that benefit the body and help check occurrence of certain diseases. Beneath the skin of the fish the fat is actually its oil, which is termed omega 3 fatty acid and is of three types: alpha linolenic acid (ACA), ecosa pentaneoic acid (EPA) and decosahaxnenoic acid (DHA). Both EPA and DHA can be extremely helpful to counter heart diseases as also increase our immunity power.

These constituent are high in concentration in small fish, which are economically cheaper.

**Rohit matsya yogas in Ayurveda**;

- **Unique Journal of Ayurvedic and Herbal Medicines, 03 (02), March-April 2015**

- **Ansari et al. UJAHM 2015, 03 (02): Page 64-67**

- **Modern view**;

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One desirous of progeny should take rohita fish fried in ghee together with meat juice of goat, prepared with fruit juices and take unctuous juices as after draughts.

The collyrium of the paste of long pepper, black pepper, alkali, sweet flag, rock salt and drum stick mixed with bile of rohita fish cures poison that have reach eyes.

Enema may be prepared also with the meat-juices of the birds of the gallineaceous, pecker and tearer and aquatic groups. it may also be prepared with fish juices such as the rohita fish, but in that case milk should be omitted. this enema should be given to those who are debilitated by over indulgence in sex. It is promotive of sex, strength and complexion.

Rasa prepared with drugs mitigating vata, causing constipation and increasing hunger may be consumed; or fish may be eaten, or meat soup boiled with vata mitigating drugs added with ghee and oil.

DISCUSSION

Due to presence of vitamin E, it is used as vajikar. Presence of high concentration of vitamin A which is because its feed on grasses and shaivala. Because of this property charak has mentioned its use in poison treatment, when poison reaches upto eyes. Its light and appetizer property is may be due to its higher activity as it sleeps less. Because of this property its used in constipation caused by rasa dravya. Due to presence of high concentration of omega-3 fatty acid it causes unblocking of arteries and the artery being sthanas of vyayu vas which is the main cause of hridya roga. Thats why in modern medicine doctors recommends eating of fishes on daily basis and popular slogan which says “A FISH A DAY KEEPS THE DOCTORS AWAY.”

CONCLUSION

India being agricultural country, its economically mainly dependent upon good management of agrarian system. Rohit matsya being superior most can also be due to because it can survive on minimum need. High concentration of different vitamins viz A, E and its other property such as mahabala i.e. Promotive of great strength may be the other reason for its superiority, but this needs a scientific ground its other parts such as rohita matsu pitta is also superior among all pitta gana mentioned in ayurveda but this also needs scientific validation.

REFERENCES


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