

**Sri Satya Sai Murlidhar Ayurvedic College & Hospital**  
**Moga (Punjab) -142001**  
**KHUBKALA**

**Botanical name** – *Sisymbrium irio*Linn.

**Family** – Cruciferae

**Vernacular names** -

Hindi name- Khubhkala, Khaksi

Arabic name Khubba

Farsi name - Khoobkala, Khakachi

Marathi name –Ranatikki

English name- Hedge mustard

Hindi name - Khubkala

Punjabi name Maktarusa

**Morphology**–

Its mustard-like annual or biennial shrub 2-3 feet tall, smooth. Leaves glabrous, winged or lobed, lobes spreading far apart and toothed. The last section is large. Flowers yellowish, small, in panicles. Pod-13-2 inches long, shifty, straight and smooth. The circle is folded. Its seeds are reddish yellow and very small (even from poppy seeds). Soaking the seeds in water produces lure.

**Habitat** –

It is found in North India from Rajasthan to Punjab and also in Afghanistan, Iran and Europe.

**Chemical composition** - The leaves contain vitamins A and C, proteins and minerals. The seeds contain isorhamnetin and an oil containing 18-20 per cent.

**Properties** –

Guna : Snigdha, Guru, Picchila

Vipaka; Katu

Rasa: Katu

Veerya: Ushna

**Indications** --

Jwara (fever), Kasa cough, cold, Vomiting, excessive thirst, Skin disorders, indigestion and altered metabolism

It is anti-inflammatory, analgesic.

It is used in treating swelling of gallbladder.

**External application**

Its paste is applied over the breast to relieve mastitis. It is also useful to improve joint flexibility and to relieve pain in arthritis.

**Part used** – Seeds

**Dose** – 3-6 gm