

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

**SUKSHMAILA**

**Botanical Name :** *Elettaria cardamomum* Maton

**Family :** Scitaminae , Zingiberaceae.

**Introduction :**

Ela is famous for aromatic content in Indian Medicine and tradition. It shows abortifacient property

**Names in different Indian languages :**

**English :** Lesser Cardamom

**Hindi :** Elaci

**Kannada :** Elakki

**Malayalam :** Elam ,cittelam

**Sanskrit :** Ela, Trutith

**Tamil :** Elam

**Telugu :** Elakkayalu

**Unani :** Heel Khurd

**Folk :** Ilaayachi

**Synonyms :**

Elaa, Sukshmailaa, Kshudrailaa, Bhrngaparnikaa, Tutthaa, Draavidi, Prithvikaa, Triputaa, Truti, Upkunchikaa

**Classification according to Charaka, Susrutha & Vagbhata :**

Charaka: Svāsahara, Angamardaprasamana, katuka skandha, sirövirecana

Susrutha: Elādi

Vagbhata: Elādi, Trijātaka, Cāturjātaka

**Varieties & adulterants – (CV – controversy, AD – adulterants) :**

1. small
2. large – Ammomumsubulatum.
3. Entada scandens. [CV]
4. Gardenia gummifera [CV]

**Morphology :**

A annual herb; rootstock thick, Leafy stem, 2.5 to 4 cm long.

Leaves— Oblong-lanceolate, pubescent beneath.

Flowers— in panicle (produced direct from the root stock). Bracts 2-3 flowered.

Flowers— shortly pedicel; calyx cylindrical, membranous, shortly lobed; corolla-tube ,lip larger than the corolla-segments, white sheathed with violet.

Fruit— subglobose or oblong capsules. Flowering and fruiting during May to July.

**Distribution & Habitat :**

Cultivated in Kerala, Tamilnadu and Karataka.



**Chemical constituents :**

cineole and alpha-terpinylacetate, with limonene, alpha-terpineol, sabinene, linalool, Bornneol, camphene, p-cymene, geraneol, heptane, D-limonene, linalool, menthone, methylheptenone, myrcene, nerol, nerylacetate, a.- & 13-pinenes, saibenene, a- & -terpeneols, n-alkanes, ascaridole, camphor, citral, citronellal, farnesol, sitosterol, thujene etc

**Properties :**

RASA- Katu, Madhura

GUNA- Laghu, Ruksa

VIRYA- sita

VIPAKA- Katu

Note— Narahari described Ela dvaya as sitavirya while Bhāvami quoted Brhat Ela as Usnavirya.

**Karma :** Kapha-vatahara, sukra, nāsaka, Dipana, Hrdya

Carminative antiemetic, stomachic, orexigenic, anti-gripe, antiasthmatic, antispasmodic, antiseptic

**Indication :**

Hrdroga, kasa, Svāsa, MūtraKrcchra, Chardi, Arsas, visarpa

flatulence, loss of appetite, colic, bronchitis, asthma, headache, gout

**Part used :-** Seeds, oil

**Dosage :-** Powder 2-4 g

**External uses :**

The oil of cardamom seeds is useful in the treatment of toothache.

**Internal uses :**

**Digestive system :** It is a mouth freshener, deodorant and antidiabetic. Seeds and oil are appetizer, digestive and laxative. A whole cardamum burnt in charcoal is a good carminative. It is useful in oral disorders, abdominal pain and piles. Antiemetic but Vagbhatta includes it in emetic class).

**Circulatory system :** Useful in general weakness.

**Respiratory system :** Because of its expectorant property, it is used in cough, asthma and other respiratory disorders.

**Urinary system :** Seeds are diuretic, useful in dysuria.

**Temperature :** Useful in burning sensation.

**Important Yogas or Formations :**

Eladi cūrna, Eladiarista, ElādiKasaya, eladitaila.

**Therapeutic Uses :**

(1) **Hrdroga**— Eala and Pippalimula are taken with honey (V.S.).

(2) **Mutrakrcchra**— Ela is given, along with Dadhimanda (water over the curd)— (G.N.).

(3) **Timira**— Ela powder is soaked in goats urine for three days and applied as collyrium (C.S.Ci. 26).