

## **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, Trutih
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: Svãsahara, Angamardaprasamana, katuka skandha, sirövirecana

Susrutha: Elãdi

Vagbhata: Elädi, Trijätaka, Cãturjãtaka

## 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.

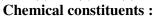
Flowers— in panicle (produced direct from the root stock). Bracts 2-3 flowered.

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.



cineole and alpha-terpinylacetate, with limonene, alpha-terpineol, sabinene, linalool.Bornneol, càmphene, 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 Bhãvami quoted Brhat Ela as Usnavirya.

Karma: Kapha-vatahara, sukra, näsaka, Dipana, Hrdya

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

#### **Indication:**

Hrdroga, kasa, Svãsa, MütraKrcchra, 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 antidipsetic. 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 cürna, Eladiarista, ElädiKasaya, 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).