

Original Research Article

Rice-A Review of Nutritional and Medicinal Aspect Mentioned in *Ayurveda*

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Abstract: Rice not only an essential food but also a source of protein. Ancient *Ayurvedic Acharyas* described *Raktashali* red rice as a nutritive food and medicine. Rice is the second most used cereals in the world next to wheat. *Ayurveda* have attributed some medicinal properties too in addition to main stay as food. According to *Ayurveda* rice has the ability to alleviate or subdue *Tridoshas* (humors) – *Vata*, *Pitta* and *Kapha* -whose imbalance causes various types of diseases within the body. Different groups of rice have different effect on human body as they have different inherent properties. From being used as a diet for sick it has been used as a wholesome and rice is considered as best food in some diseases mentioned in different *Ayurveda* text.

Keywords: Rice, *Sali*, *Sastika*, *Charak Samhita*, *Sushruta Samhita*, *Astanga Hridaya*, Health advantages.

INTRODUCTION

Rice, or *Oryza sativa*, is an annual grain that is classified in the family-Poaceae. Rice is one of the most commonly consumed grains in the world with wheat remaining in first place. As a food, rice is frequently boiled, but it can also be ground into flour, and it is present in soups, side dishes, and main dishes. Not only is rice a staple food, but it is an active ingredient in medicine and cosmetics.

Ancient *Ayurvedic Acharyas* delineated *Raktashali* red rice as an alimentary food and medication. Alternative sorts of rice like *Sastika*, *Sali*(rice) and their healthful and nutritionary worth are delineated within the *charka Veda* (c.700BC) and therefore the *Susruta Veda* (c.400BC), inside the treatment of various ailments like vomiting, fever, haemorrhage, chest pain, wounds and burns.

In *Bhavaprakasha Nighantu* rice comes beneath *Dhanya Varga*. In *Dhanvantari Nighantu*, it comes in *Suvarnaadi Varga*. In *Kaiyadeva Nighantu*, it comes beneath *Dhanya Varga*. In *Raja Nighantu*, it comes beneath *Shalyadi Varga*.

AIM AND OBJECTIVES

1. Understanding how rice (*Sali*, *Sastika*) can be used as a nutrient-rich diet, as well as for therapeutic purposes.
2. To understand the scattered topics of rice in the *Charak Samhita* (*Vedic literature*) and the *Sushruta Samhita* (*Vedic literature*) and the *Astanga Hridaya*.
3. Exploration of rice and its numerous applications in *Ayurvedic* texts.

MATERIALS AND METHODS

Through analysis of various classical texts such as the *Charak Samhita*, *Sushruta Samhita*, *Astanga Hridaya* and numerous commentators, followed by critical appraisal.

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THERAPEUTIC USES OF RICE MENTIONED IN VARIOUS AYURVEDA TEXTS
RICE MENTIONED IN CHARAK SAMHITA [1]

Sr. No	Reference	Mention	Indication
1.	C.Su.4/17	<i>Sthnyajanan Mahakashaya</i>	Galactagogues' action
2.	C.Su.4/40	<i>Sramahara Mahakashaya</i>	<i>Sramahara</i>
3.	C.Su.5/12	<i>Nitya Sevaniya Dravya</i>	As a daily routine diet for better health
4.	C.Su.6/13	<i>Hemant Ritu Charya</i>	As Ahara
5.	C.Su.6/28	<i>Greshma Ritu Charya</i>	As Ahara
6.	C.Su.6/38	<i>Varsha Ritu Charya</i>	Protection of Agni(digestion)
7.	C.Su.6/43	<i>Sarad Ritu Charya</i>	
8.	C.Su.7/11	<i>Adharaniya Vega Chikitsa</i>	Retention of semen
9.	C.Su.13/90	<i>Pancaprasrtika Peya</i>	<i>Snehana</i> (Oleation)
10.	C.Su.15/16	<i>Pathya Ahara</i>	<i>Vaman</i> (Vomiting)
11.	C.Su.21/31	As Ahara	<i>Krushata Nashak</i> (which remove the over-leanness)
12.	C.Su.21/52	As Ahara	<i>Nidra Karak</i> (which bring shortly the sleep)
13.	C.Su.25/38	<i>Hitatam Ahara Dravya</i>	As a daily routine diet for better health
14.	C.Su.27/8	<i>Sukadhanya</i>	
15.	C.Ni.2/4	As a Nidan	<i>Raktapitta</i> (Bleeding disorder)
16.	C.Ni.4/5	As a Nidan	<i>Kaphaja Prameha</i> (Diabetes)
17.	C.Sha.8/24	<i>Garbha Sthapna Dravya</i>	for stabilising the foetus during pregnancy
18.	C.Sha.8/28	<i>lino Garbha Chikitsa</i>	Treatment of lino Garbha
19.	C.Sha.8/56	As a Pathya Ahara	<i>Pathya</i> in <i>Kshirodosh</i> (For purification of breast milk)
20.	C.Ci.2-2/11	<i>Vrushya Pupalikadi Yog</i>	<i>Vajikarana</i> (Aphrodisiac)
21.	C.Ci.2-2/16	<i>Apatya Kar Swaras</i>	<i>Vajikarana</i> (Aphrodisiac)
22.	C.Ci.2-2/20	<i>Vrishya Kshiram</i>	<i>Vajikarana</i> (Aphrodisiac)
23.	C.Ci.2-2-/23	<i>Vrishyam Ghruta</i>	<i>Vajikarana</i> (Aphrodisiac)
24.	C.Ci.2-2/25	<i>Vrishya Dadhisara</i>	<i>Vajikarana</i> (Aphrodisiac)
25.	C.Ci.2-2/27	<i>Vrishya Swastika Odon</i>	<i>Vajikarana</i> (Aphrodisiac)
26.	C.Ci.2-2/28	<i>Vrishya Pupalika</i>	<i>Vajikarana</i> (Aphrodisiac)
27.	C.Ci.2-3/8	<i>Apatya Kar Kshira</i>	<i>Vajikarana</i> (Aphrodisiac)
28.	C.Ci.2-3/13	<i>Vrishya Pipalin Yog</i>	<i>Vajikarana</i> (Aphrodisiac)
29.	C.Ci.2-3/14	<i>Vrishya Payasa</i>	<i>Vajikarana</i> (Aphrodisiac)
30.	C.Ci.2-4/23	<i>Vrishya Masadi Pupalikadi Yog</i>	<i>Vajikarana</i> (Aphrodisiac)
31.	C.Ci.3/178	<i>Jwara Nashak Dravya</i>	<i>Jwara</i> (Fever)
32.	C.Ci.3/179-182	<i>Jwara Nasahk Yavagu</i>	<i>Jwara</i> (Fever)
33.	C.Ci.4/36	<i>Rakta Pitta Ahara</i>	<i>Raktapitta</i> (Bleeding disorder)
34.	C.Ci.5/110	<i>Pathya</i>	<i>Gulma</i> (Abdominal lump)
35.	C.Ci.5/133	As Pathya Ahara	<i>Gulma</i> (Abdominal lump)
36.	C.Ci.6/20-21	As Pathya Ahara	<i>Prameha</i> (Diabetes)
37.	C.Ci.7/63	As Ahara	<i>Kushtha</i> (Leprosy)
38.	C.Ci.8/69	As Ahara	<i>Rajyakshma</i> (Tuberculosis)
39.	C.Ci.8/132	As Ahara	<i>Rajyakshma</i> (Tuberculosis)
40.	C.Ci.11/26	<i>Raktasthivana</i> formulation.	<i>Kshytakhino</i> (Emaciation)
41.	C.Ci.11/32	<i>Nyogrodhadi Ghruta</i>	<i>Kshytakhino</i> (Emaciation)
42.	C.Ci.12/63	<i>Ahara</i>	<i>Swayathu</i> (Oedema)
43.	C.Ci.13/67	<i>Vataudaro Chikitsa</i>	<i>Udara Roga</i> (Ascites)
44.	C.Ci.13/97	<i>Ahara</i>	<i>Udara Roga</i> (Ascites)
45.	C.Ci.13/165	<i>Udar Nashak Yavagu</i>	<i>Udara Roga</i> (Ascites)
46.	C.Ci.14/95	As Ahara	<i>Arsha</i> (Piles)
47.	C.Ci.14/191	<i>Kutajadi Rasakriya</i>	<i>Arsha</i> (Piles)
48.	C.Ci.14/193	As Ahara	<i>Arsha</i> (Piles)
49.	C.Ci.14/205	As Pathya	<i>Arsha</i> (Piles)
50.	C.Ci.14/211	<i>Rakta Arsha Nashak Yog</i>	<i>Arsha</i> (Piles)
51.	C.Ci.16/41	<i>Chikitsa Upakrama</i>	<i>Pandu</i> (Anaemia)
52.	C.Ci.17/74	As Ahara during <i>Vaman karma</i>	<i>Hikka</i> and <i>Swasa</i> (Hiccups & asthma)
53.	C.Ci.17/100	<i>Pathya Ahara</i>	<i>Hikka</i> and <i>Swasa</i> (Hiccups & asthma)
54.	C.Ci.18/76	wholesome diet for <i>Vataja Kasa</i>	<i>Kasa</i> (Cough)
55.	C.Ci.18/97	As a diet in the treatment of <i>Pittaja Kasa</i>	<i>Kasa</i> (Cough)
56.	C.Ci.19/35	<i>Varcha Kshya</i>	<i>Atisara</i> (Diarrhoea)
57.	C.Ci.19/56	As Ahara with <i>Pitta Atisara Nashak Yog</i>	<i>Atisara</i> (Diarrhoea)
58.	C.Ci.20/27	<i>Ahara</i> after <i>Samsadhono</i>	<i>Chardi</i> (Vomiting)
59.	C.Ci.20/33	An ingredient of <i>Churna</i>	<i>Chardi</i> (Vomiting)
60.	C.Ci.20/35	<i>Pathya Ahara</i>	<i>Chardi</i> (Vomiting)
61.	C.Ci.21/113	<i>Pathya Ahara</i>	<i>Visarpa</i>

Sr. No	Reference	Mention	Indication
62.	C.Ci.22/28	<i>Peya</i>	<i>Trishna</i>
63.	C.Ci.22/42	<i>Trishna Shamak Yog</i>	<i>Trishna</i>
64.	C.Ci.23/224	<i>As Pathyanna</i>	<i>Visha</i> (Poisoning)
65.	C.Ci.24/124	<i>As Ahara</i>	<i>Madaty</i> (Alcohol disorder)
66.	C.Ci.24/138	<i>As Ahara</i>	<i>Madaty</i> (Alcohol disorder)
67.	C.Ci.25/112	<i>Payasa</i> used for <i>Tarpanartha</i>	<i>Vrana</i> (Wound)
68.	C.Ci.26/21	<i>Satavaryadi Kwatha</i>	<i>Pittaja Mutrakuchra</i> (Urinary incontinence)
69.	C.Ci.26/142	<i>As Pathya Ahara</i>	<i>Pittaja Pratishya</i>
70.	C.Ci.27/40	<i>Abastika Chikitsa.</i>	<i>Urusthambha</i>
71.	C.Ci.28/114	<i>Utkarikadi Upanaha.</i>	<i>Vatavyadhi</i> (Neurological disorder)
72.	C.Ci.28/185	<i>Pitta Abruta vata chikitsa</i>	<i>Vatavyadhi</i> (Neurological disorder)
73.	C.Ci.29/50	<i>Pathya Ahara</i>	<i>Vatarakta</i> (Osteoarthritis)
74.	C.Ci.30/152	<i>Vasti (enema)</i>	<i>Sukradosha</i> (Azoospermia)
75.	C.Ci.30/257	<i>Doshaghanna</i>	Purification of breast milk
76.	C.Si.3/27	<i>As Ahara after Vasti</i>	<i>Niruha Vasti Paschat Karma</i>
77.	C.Si.3/51	<i>Chandanadi Niruha Vasti</i>	

Abbreviation:C-Charaka Samhita, Su-Sutra Sthana, Ni-Nidan Sthana, Sha-Shareera Sthana, Ci-Chikitsa Sthana, Si-Sidhi Sthana

RICE MENTIONED IN SUSRUTA SAMHITA [2]

Sr. No	Reference	Mention	Indication
1.	Su.Su.12/25	<i>Atidagdha Chikitsa</i>	<i>As Pralepa</i> in <i>Atidagdha</i> (burn wound)
2.	Su.Su.15/40	<i>As Ahara</i>	<i>Krushata Nashak</i> (which remove the over-leanness)
3.	Su.Su.19/32	<i>Ahara</i>	during recovery from wound
4.	Su.Su.20/4	<i>Hitakari Dravya</i>	As a daily routine diet for better health
5.	Su.Su.20/5	<i>Pathyama Ahara</i>	As wholesome diet for human being
6.	Su.Su.42/18	<i>Madhura Varga Dravya.</i>	Sweet group of drugs
7.	Su.Su.44/31	<i>Vaman& Virechanik Sura</i>	<i>Vaman</i> (Vomiting) & <i>Virechan</i> (purgative)
8.	Su.Su.44/82	<i>Sadya Virechan Yavagu</i>	<i>Virechan</i> (Purgative)
9.	Su.Su.45/7	To examine types of water	<i>Ganga Jal & Samudra Jal</i> (i.e., gangetic and oceanic water)
10.	Su.Su.46/4	<i>Types of Sali rice</i>	Types of rice
11.	Su.Su.46/5	<i>General Qualities of Sali</i>	Properties of rice
12.	Su.Su.46/7	<i>Qualities of Rakta Sali</i>	Specific properties of red rice
13.	Su.Su.46/8	<i>Types of Sastika rice</i>	Types of rice
14.	Su.Su.46/9	<i>General Qualities of Sasthi rice</i>	Properties of rice
15.	Su.Su.46/10-11	<i>Qualities of Sastika rice</i>	Specific properties of rice
16.	Su.Su.46/16-17	<i>Qualities of Sali rice grown in Jangala Desha</i>	Properties of rice according to region
17.	Su. Sha.2/16	<i>As Ahara</i>	<i>Vata Artava Dushta Chikitsa</i> (Menstrual disorder)
18.	Su. Sha.10/4	<i>As Ahara</i>	women in 3 rd , 4 th , 5 th and 6 th month of pregnancy respectively
19.	Su. Sha.10/16	<i>As Ahara</i>	<i>Sutika Roga Chikitsa</i> (Post-partum)
20.	Su. Sha.10/30	<i>As Ahara</i>	<i>Sthanya Vardhana</i> (In loss of lactation)
21.	Su.Ci.3/23	<i>As Pralepa</i>	if the junction of nail (with skin) is crushed and is full of vitiated blood
22.	Su.Ci.5/8	<i>As Pralepa</i>	to use in the predominance of <i>Pitta&Vata Vatarakta</i> (Osteoarthritis)
23.	Su.Ci.5/12	<i>As Ahara</i>	during intake of <i>Pippali-Vardhamanaka</i>
24.	Su.Ci.5/37	<i>As Pathya Ahara</i>	<i>Urusthambha</i>
25.	Su.Ci.6/17	<i>As Ahara</i>	to be taken during <i>Bhallataka Sevana</i>
26.	Su.Ci.9/5	<i>As Pathya Ahara</i>	<i>Kushtha</i> (Leprosy)
27.	Su.Ci.10/14	<i>As Ahara</i>	rice mixed with <i>Ghee</i> should be taken with <i>Amalaka</i> soup in <i>Kushtha</i> (Leprosy)
28.	Su.Ci.11/6	<i>As Pathya Ahara</i>	<i>Prameha</i> (Diabetes)
29.	Su.Ci.14/4	<i>As Nitya Ahara</i>	<i>Udara</i> (Ascites)
30.	Su.Ci.26/17	<i>Vajikaran Utkarika</i>	<i>Vajikaran</i> (Aphrodisiac)
31.	Su.Ci.26/22	<i>Vajikar Pupalika</i>	<i>Vajikaran</i> (Aphrodisiac)
32.	Su.Ci.31/40	<i>Sadya Snehana Yavagu</i>	<i>Snehana</i> (Oleation)
33.	Su.Ci.38/15	<i>As Ahara</i>	On the day of <i>Niruha Vasti</i> , there is a great risk of aggravation of <i>Vayu</i> and so boiled rice is advised
34.	Su.Ka.7/57	<i>As Ahara</i>	if bitten by <i>Unmata</i>
35.	Su.Ut.10/4		
36.	Su.Ut.26/23	<i>As Ahara</i>	<i>Kaphaj Siro Roga</i> (Head disorder)
37.	Su.Ut.39/262	<i>As Ahara</i>	for fever caused by <i>Srama</i> and <i>Kshya</i> (exertion & wasting)
38.	Su.Ut.39/315	<i>As Ahara</i>	residual pitta, after elimination, being localised in skin produces

Sr. No	Reference	Mention	Indication
			fever, in such cases patient should eat rice
39.	Su.Ut.40/95	<i>Atisarhar Yog</i>	<i>Atisara</i> (Diarrhoea)
40.	Su.Ut.41/33	<i>As Ahara</i>	<i>Samanya Chikitsa</i> of <i>Rajyakshma</i> (Tuberculosis)
41.	Su.Ut.41/106	as a remedy	<i>Pittaja Shula</i> (Pain)
42.	Su.Ut.42/89	<i>Sweda Payasa</i>	<i>Vatika Shula</i> (Pain)
43.	Su.Ut.43/14	<i>As Pathya</i>	<i>Vatika Hrid Roga</i> (heart disease)
44.	Su.Ut.43/20	<i>As Ahara</i>	<i>Krimija Hrid Roga</i> (heart disease)
45.	Su.Ut.44/37	<i>As Ahara</i>	<i>Pandu</i> (Anaemia)
46.	Su.Ut.45/16	<i>As Pathya</i>	<i>Raktapitta</i> (Bleeding disorder)
47.	Su.Ut.46/16	<i>As Pathya</i>	<i>Murcha</i> (Fainting)
48.	Su.Ut.51/49	<i>As Ahara</i>	After <i>Swedana</i> (Sudation therapy)
49.	Su.Ut.53/12	<i>As Ahara</i> with jaggery and ghee	<i>Vataja Swara Bheda</i>
50.	Su.Ut.53/13	<i>Payasa</i> (rice milk) with <i>Yasthimadhu</i> and <i>Ghee</i>	<i>Pittaja Swara Bheda</i>
51.	Su.Ut.64/14	<i>Sarad Ritu Charya</i>	As Ahara
52.	Su.Ut.64/23	<i>Hemant Ritu Charya</i>	As Ahara
53.	Su.Ut.64/34	<i>Vasant Ritu Charya</i>	As Ahara
54.	Su.Ut.64/50	<i>Pravrut Ritu Charya</i>	As Ahara

Abbreviation: S-Sushruta Samhita, Su-Sutra Sthana, Sha-Shareera Sthana, Ci-Chikitsa Sthana, Ka-Kalpa Sthana, Ut-Uttara Tantra

RICE MENTIONED IN ASTANG HRIDAYA [3]

Sr. No	Reference	Mention	Indication
1.	Ah.Su.3/29	<i>Grisma Ritu Charya</i>	As Ahara
2.	Ah.Su.3/50	<i>Sarad Ritu Charya</i>	As Ahara
3.	Ah.Su.4/20	<i>Adharaniya Vega Chikitsa</i>	Retention of semen
4.	Ah.Su.4/28	under regimen	to be adopted after purificatory measures
5.	Ah.Su.6/4	General properties of <i>Sali Dhanya</i>	
6.	Ah.Su.6/5	General properties of <i>Rakta Sali Dhanya</i>	
7.	Ah.Su.6/8-9	General properties of <i>Sastika Dhanya</i>	
8.	Ah.Su.6/25	discrimination of <i>Dhanya</i>	
9.	Ah.Su.7/3	feature of the poisonous boiled rice grain	
10.	Ah.Su.10/33	As an exception	all the substances having <i>Madhura Rasa</i> increases <i>Kapha</i> except old <i>Sali</i> rice
11.	Ah.Su.16/41	<i>Krsara, Pancha prasrta Peya</i>	<i>Snehana</i> (Oleation)
12.	Ah.Su.22/20	<i>Darbhamuladi Mukhalepa</i>	<i>Vasant Ritu Charya</i>
13.	Ah. Sha.2/5	As Ahara	if the pregnant women develop discharge of menstrual blood or pain
14.	Ah. Sha.6/30	as a <i>Subha Shakun</i> (auspicious omen)	
15.	Ah.Ci.1/72	<i>As Pathya Ahara</i>	<i>Jwara</i> (Fever)
16.	Ah.Ci.1/95	<i>As Ahara</i> (<i>Sarpi Sevan Paschat Pathya</i>)	after the medicated ghee is well digested
17.	Ah.Ci.3/19	<i>As Ahara</i>	<i>Kasa</i> (Cough)
18.	Ah.Ci.3/33	as ideal food	In <i>Tanu Kapha</i> (when <i>Kapha</i> is thin)
19.	Ah.Ci.3/73	as an ideal food	<i>Ksatakasa Chikitsa</i> (Cough)
20.	Ah.Ci.4/25	<i>As a Pathya Ahara</i>	<i>Swasa</i> and <i>Hikka</i> (Hiccups & asthma)
21.	Ah.Ci.4/36	<i>As Ahara</i>	<i>Vata</i> and <i>Pitta Anubandha Swasa</i> and <i>Hikka</i> (Hiccups & asthma)
22.	Ah.Ci.5/5	<i>As Ahara</i>	<i>Rajayakshma Chikitsa</i> (Tuberculosis)
23.	Ah.Ci.6/12	Intake of rice along with <i>Mudga</i> and <i>Jangala Mamsa Rasa</i>	<i>Pittaja Chardi</i> (Vomiting)
24.	Ah.Ci.7/21	<i>As Ahara</i>	<i>Pittajamadaty Chikitsa</i> (Alcohol disorder)
25.	Ah.Ci.8/120	as <i>Param Oushadham</i>	<i>Arsha</i> caused by <i>Rakta</i> (Piles)
26.	Ah.Ci.12/11	<i>Pathya Ahara</i>	<i>Prameha</i> (Diabetes)
27.	Ah.Ci.14/59	<i>Ahara</i>	<i>Vataja Gulma</i> (Abdominal lump)
28.	Ah.Ci.14/74	<i>Ahara</i> to be taken along with goat milk or cow milk	<i>Pittaja Gulma</i> (Abdominal lump)
29.	Ah.Ci.14/109	<i>As Pathya Ahara</i>	<i>Gulma Chikitsa</i> (Abdominal lump)
30.	Ah.Ci.17/17	<i>Ahara</i>	<i>Swayathu Chikitsa</i> (Oedema)
31.	Ah.Ci.19/25	<i>Pathya Ahara</i>	<i>Kustha</i> (Leprosy)
32.	Ah.Ci.19/29	<i>rice</i> (<i>Sali</i>) with <i>Potolomuladi Kwath</i>	
33.	Ah.Ci.22/54	<i>As Ahara</i>	<i>Pitta Abruta Vata</i> (Neurological disorder)

Abbreviation: Ah-Ashtanga Hridaya, Su-Sutra Sthana, Sha-Shareera Sthana, Ci-Chikitsa Sthana

DISCUSSION

It is well known that India has a number of rice varieties that offer medicinal properties, as well as fitting the description of a healthy food using both modern and old concepts. Clinical validation of rice in terms of medicinal value is needed for rice to be accepted internationally.

While rice has been described as a traditional medicine in various categories, the data on its functional effects and health benefits has been limited. In this study, we summarize the data about rice's health-promoting and therapeutic properties. Rice has the ability to provide fast and instant energy.

In India, the dietary supply of rice per person per day is 207.9 g, rice provides about 24.1% of the required dietary protein [4]. The fat present in rice is a good source of linoleic acid and other essential fatty acids. The rice does not contain cholesterol [5]. The presence of fibre in the diet increases the bulk of faeces, which has a laxative effect in the gut [6]. Rice has high magnesium content, Magnesium is an important mineral that plays a vital role in the regulation of blood pressure and sodium balance in the body [7] rice is rich in fibre and has the ability to keep healthy bowel function and metabolic function. Anthocyanins present in red rice have properties that can help in weight management [7].

CONCLUSION

Rice is an essential food for human being, almost in all parts of India rice has been used in various forms that may be as regular diet or as therapeutic purposes. As a regular diet in south Indian, rice has been used as *Dosai*, *idli*, *kichadi* and *idiyappam* whereas for therapeutic uses Rice like *Matali* and *Lal Dhan* are used for curing blood pressure and fever in Himachal Pradesh. Due to the limited availability of data, the beneficial properties of these rice varieties are unknown to most of the population. Therefore, in addition to providing health benefits to most of the population, the above data will assist researchers to conduct research on various therapeutic aspects of rice, so that rice can be consumed as part of a balanced diet or for specific purposes.

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