



**Acharya Balkrishna**

## **SUNFLOWER: QUALITIES AND BENEFITS**

|                     |                           |
|---------------------|---------------------------|
| <b>Family name</b>  | : Asterceae               |
| <b>Latin name</b>   | : Helianthus annus Linn.  |
| <b>English name</b> | : Sunflower, Lady eleven. |
| <b>Sanskrit</b>     | : Surya vart, Suvarchala. |
| <b>Hindi</b>        | : Surajmukhi, Hruhul.     |
| <b>Gujrati</b>      | : Surajmukhi              |
| <b>Marathi</b>      | : Suchaphula, Brahmika.   |
| <b>Bengali</b>      | : Surajmukhi              |
| <b>Telugu</b>       | : Aditya, Bhakti.         |
| <b>Persian</b>      | : Aftabi, Gule Aaftab.    |
| <b>Arabian</b>      | : Akshwan                 |
| <b>Urdu</b>         | : Surajmukhi              |

### **Introduction:**

Sunflower turns along with the direction of the Sun,

it moves around with the Sun. The flowers bloom at sunrise and wither with the sunset. They are available in white, violet, and yellow color. There are three categories of sunflower- 1. Gyandropsis pentaphylla (white), 2. Cleoma viscosa linn. (Violet), 3. Helianthus annus L. (yellow). These plants are found in plenty in the villages, abandoned fields, gardens, either sides of the roads and fields. The violet color flowers are found especially in Bihar, Orissa, Gujarat and South India. The qualities of all the three flowers are one and the same and compliment each other in qualities.

### **External appearance**

The sunflower plants are approximately one to four feet tall, there are five leaves on each and are situated alternatively. Flowers are white, violet and yellow in color. The middle region contains pollen grains and seeds

are situated in it. The plant grows after sowing the seeds.

### **Chemical combination:**

When the sunflower is crushed an oil is extracted, which contains the same quality as that of garlic or mustard. The dry plant does not contain oil. The oil is extracted from the seeds.

### **Quality:**

Its main quality is to remove vata and phlegm. The five elements of this plant are helpful in overcoming indigestion, vomiting, relieve pain and destroy germs and thereby helps in curing cancer. It especially removes the worms and cures vata. The flowers of the three categories work as mustard and are good for quenching the thirst; it is stimulating, healing and removes pain.

### **Medicinal use:**

**Partial headache:** Take the juice of sunflower leaves and seeds. Mix them thoroughly and apply this mixture on the head for two or three days. It is very effective in partial headache.

#### **Ear pain:**

- The juice of the leaves can be used for ear pain, however for ear pain and wax problem the leaves extract and juice should be extracted and put in the ears.
- If there is any insects in the ear then add sunflower leaves juice in equal quantities of dry ginger, black pepper and trikut, warm it and put one or two drops in the ears, the insect will die.

**Goitre:** Make a cake from the paste of sunflower root and garlic, tie it around the neck to remove goiter, there is severe pain in this process.

**Stomachache:** When the kids complain of stomachache or pain then take ten drops of flower juice, mix it in the milk and give them.

**Motions:** Take one drop of seeds oil and drop it on the navel, motions are caused and through dysentery the stomach becomes clean.

**Painful discharge of urine:** The seeds should be grinded nicely and mixed with stale water and consumed.

**Piles:** Take 3 gm of seeds powder and 3 gm of sugar and consume daily for piles caused due to gas, take clarified butter, kichdi and buttermilk.



**Burning sensation in vagina:** Crush the roots in starch and apply.

### **Worms:**

- One to three grams of the seeds kills the worms in the stomach.
- Take one and half to three grams of the seeds powder with sugar and give it twice daily for two days to the patient and on the third day give Verechan with castor oil, this is helpful in removing worms.

### **Swelling:**

- The leaves when tied on the boils reduce the swelling and relieve

pain.

- In case of severe worms the quath should be given. In case of filariasis the leaves should be grinded and the paste should be applied, the swelling reduces and the boils heal and the water also comes out.

### **Fever:**

- Make quath from 10 gm roots and give 20 ml. of the mixture twice daily to get relief from mild fever.
- The roots should be tied to the ears to get relief from fever.
- Grind sunflower leaves and black pepper in equal quantities; make small tablets of the size of black pepper. Give one tablet each in the morning; afternoon and evening, it will give relief in mild fever.
- One gets relief from paratyphoid or fever by taking 60 gm quath of the leaves twice daily.
- Taking the panchang and trikut powder with milk can cure breathing problem due to vata or pitta. Give rice, clarified butter over it.

**Cholesterol:** Take the sprouted seeds of sunflower regularly to keep the cholesterol level under control

**Insect bite:** To get relief from bite crush the leaves and tie them.

**Poison:** All types of poison can be removed if 15 gm seeds are grinded and consumed.

**Specialty:** The plant of sunflower have the capacity to drive the air, which is contaminated with diseases, wet and has foul smell. It attracts the air, which is contaminated with the malaria virus. The sunflower plants should be planted in the areas where sun rays do not reach, to make the air fresh from fever, joint pain and vata diseases.