

Sarso

- **Botanical Name:** *Brassica campestris* (L.) or *Brassica juncea* (L.) Czern.
- **Family:** Brassicaceae (Cruciferae)
- **Synonyms:** Rai, Toria, Banarasi Rai, Sarsapa
- **Vernacular Name:** Commonly known as "Sarso" in Hindi, "Mustard" in English, and "Kadugu" in Tamil.
- **Classification:** An annual herbaceous plant belonging to the Brassicaceae family.
- **Habitat:** Native to temperate regions of Europe and Asia, widely cultivated in India and other tropical and subtropical regions. It thrives in well-drained loamy soils and cool climates.
- **Morphology:** A small herbaceous plant, growing up to 1–3 feet in height. It has erect stems, simple or lobed leaves, and bright yellow flowers arranged in racemes. The fruits are slender pods containing small, round seeds.
- **Useful Parts:** Seeds, leaves, and oil extracted from seeds.
- **Chemical Composition:** Contains glucosinolates, sinigrin, myrosinase, and essential oils. The seeds are rich in fatty acids, proteins, and minerals like calcium and magnesium.
- **Pharmacological Action:** Known for its antimicrobial, anti-inflammatory, digestive, and stimulant properties. It is used in treating joint pain, skin disorders, and as a digestive aid. Mustard oil is also used for massage and as a natural preservative.
- **Formulation:** Used in traditional remedies, mustard oil, and Ayurvedic formulations like Sarsapa Taila for external applications.

Rasa: Katu , Tikta

Guna: Ruksha , Laghu

Virya: Ushna

Vipaka: Katu