



Nava Graha Vanam

Rahu – Dhup Grass



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Botanical Name:	<i>Cynodon dactylon</i> (L.) Pers.
Tamil Name:	Arugampillu
Sanskrit Name:	Niladurva
English Name:	Bermuda grass

Habitat

Slender, stoloniferous creeping perennials. Leaves 1-10 x 0.1-0.5 cm, linear-lanceolate, acuminate, glaucous; sheaths keeled; ligules fimbriate, membranous. Inflorescence of terminal, digitate 3-4 spikes; spikes 1-sided, oblong to 5 cm long. Spike-lets sessile, 2-3 mm long, oblong-lanceolate, laterally compressed, 1-flowered. Lower glume 1.5-2 x 0.5 mm, lanceolate, chartaceous, 1-nerved. Upper glume c. 2 x 0.5 mm, lanceolate, chartaceous, 1-nerved. Lemma 2-3 x 1.5-2 mm, boat-shaped, ovate-oblong when spread, keeled. Palea 2-2.5 x 0.5-1 mm, boat-shaped or oblong when spread, chartaceous. Stamens 3; anthers 1-1.5 mm long. Ovary c. 0.5 mm long, oblong; stigmas 0.5-1 mm long, pink. Caryopsis c. 1 mm, linear.

(<https://indiabiodiversity.org>)



Photo Source: www.farmtalknewspaper.com

Religious association

The Bermuda grass (*Cynodon dactylon*) has long been associated with the subject of astrology under the planet Rahu (*Raaghu*).



Photo source: www.indiamart.com

Medicinal uses and other benefits

Bermuda grass has been found to be very useful cure for anasarca, calculus, cancer, carbuncles, convulsions, cough, cramps, cystitis, diarrhea, dropsy, dysentery, epilepsy, hemorrhoids, leukoderma, headache, hemorrhage, hypertension, hysteria, bronchitis, asthma, tumors, measles, rubella, snakebite, sores, stones, tumors, urogenital disorders, warts, wounds, eye disorders and weak vision. It can also be used to get relief from pains, inflammations, toothache and gripe. The concentrated juice of the plant can be used as an astringent and can stop the bleeding of cuts and wounds (Chopra et al., 1999).

The plant can also be made into a paste and can be mixed with honey which can be used in the treatment of epitaxies. A treatment of menorrhagia is the oral administration of the juice of the plant mixed with honey and taken two or three times a day. A paste of the plant can be applied to the lower abdomen area to relieve pain. The problem of urine retention can be solved by a mixture of bermuda grass mixed with sugar. Bermuda grass acts as an appetizer, anthelmintic, antipyretic, alexiteric agent. Durvadikvatha, Durvadyaghrta, Durvadyataila and Durvadi yoga are some classical Ayurvedic preparations of the plant. It can be also used as a laxative, coolant, and expectorant, carminative and as a brain and heart tonic. It is also useful in the treatment of bleeding and skin problems (Badri Prakash Nagori and Renu Solanki, 2011).



www.dailymotion.com

Other Uses

Bermuda grass can also usefully be transplanted in ornamental gardens. Another use of this grass is that it can be fed to cattle. *Cynodon dactylon* juice can be extracted from this grass and can be marketed profitably. This grass is also used in religious rites especially to the god Ganesha.

Conclusion

Cynodon dactylon (Poaceae), a hardy perennial grass, grows very well in most parts of India. However, due to agricultural activities it is being destroyed by pesticide. Of late, this grass is being decimated in the natural surroundings and being nurtured in artificial conditions like nurseries.

This grass is useful as cattle feed and is also consumed by humans. According to astrology, belief in *Rahu* will give good benefits. Bermuda grass should be allowed to grow naturally so that all its benefits can be reaped by both human beings as well as animals.

