THERAPEUTIC EFFECTS OF AYURVEDA FRUITS

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ABSTRACT

In Ayurveda different types of fruits and their medicinal values has been explained by acharyas. Acharya Bhaishajyaratnakara said while explaining pathya the ideal fruits in different diseases. These fruits will nourish Rasadisaptadhatu and nutrition and acts as preventive and health promotive. These fruits like Amalaki, Draksha etc, will also acts Rasayana.

Keywords: Ayurveda, Phala, Fruits, Active principles, Nutrition, Samhita, Nighantus etc.

INTRODUCTION

Ayurveda is the only science which guides about healthy regimens, wholesome diet to live healthy, happy and long life. The science given more importance to Ahara, Nidra and Bhramacharya. Food is the main cause for the health as well as diseases. In the present era because of excess use of Junk food, lack of nutrition leading to different Nutritional deficiency disorders. In Ayurveda Samhitagranthas many number of Fruits and their therapeutic effect has been explained by Acharyas.

The body is nourished by the food which is named as Shareera. The health of the body is depend on wholesome and nutritious food otherwise leads to different diseases. Nutrition is defined as the organic process of nourishing or being nourished; the processes by which an organism assimilates food and uses it for growth and maintenance.¹

Nutrition is related to improved Infant, Child, Maternal health, stronger
immune system, safer pregnancy and childbirth lower risk of Non-communicable disease such as Cardiovascular disease, Diabetes mellitus and so on which gives longevity.

The aim of Ayurveda is “swasthasya swasthya rakshanam, aaturasya vikara prashamanam” To maintain the health of a healthy person by following proper food and to cure the diseases.


According to Bhavamishra Amradi Phalavarga

• Amra: Madhura Kashayarasa, Vrushya, Snigdha, Sukhakara, and Balakara, Guru, Vatanashaka, Hrudhya fruits their benefits has been explained in respective chapters.² ³ ⁴

This article throwing light on different fruits which has been explained in amhitagrantras, Nighantus and in respective diseases context, its benefits, Nutrient value, Fruit of choice in specific disease like Dadima in Grahaniroga, Draksha in Panduroga, Kapittha in Madhumeha, Nutrition, Research, Mode of action etc, has been discussed.

Table showing Phalavarga according to Acharya Vagbhata

<table>
<thead>
<tr>
<th>Phalavarga</th>
<th>Amradha</th>
</tr>
</thead>
<tbody>
<tr>
<td>Draksha, Dadima, Kadali, Kharjura, Panasa, Narikela, Parushaka,</td>
<td>Vrukshamla Peelu, Matulunga Bhallataka Palevata Kola Karkunda Amleeka</td>
</tr>
<tr>
<td>Kashmarya, Badara, Phalgu, Sleshmataka, Abhishuka, Akarota, Mukulaka, Nikochaka, Bilva, Kapittha Jambu and Amra</td>
<td></td>
</tr>
<tr>
<td>Varnyakara, Sheeta, Pittakara and Agnivardhaka.</td>
<td></td>
</tr>
<tr>
<td>Draksha: Madhura, Kashayayrasa, Saraka, Sheetala, Netrya, Brumhana, Guru, Swarya, Malamutra pravrittikara, Vrushya, Ruchya, Pushtikara. Trishna, Jwara, Vatarakta, Mutrakrichra,</td>
<td></td>
</tr>
</tbody>
</table>

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Kamala, Raktapitta, Daha, Shosha, Madatyaya.

- **Kharjura:** Sheetaveerya, Madhuratara, Madhuravipaka, Snigdha, Ruchikara, Hrudya, Kshatakshayahara, Guru, Tarpaka, Raktapittahara, Pushti, Vishtamri, Shukrajaram, Balaya, Chardihara, Jwaratisara, Trishna, Kasa Shwasahara. Mada, Murcha.

**Hrudhyagana**

Acharya Charaka said Hrudhyaganasa are:

Aamramaratakakuchakaramardavruk shamlalamavetasas kuvala badaradadima matulunga

The fruits like Amalaki, Dadima, Kapittha, Draksha, Jambu, Kharjura, Phalgu, Amra, Chincha and Nimbuka gunakarma, Medicinal value, Nutrition Pharmacological Action Chemical Constituent and Indication has been discussed here.

1. **AMALAKI:**


   **Gunakarma:** Amla, Madhura, Kashaya, Tikta and Katurasas, Guru, Ruksa and Sheetaguna, sheetaveerya, Madhuravipaka and Doshaghata Tridoshashamaka.

   **Action:** Deepana, Pachana, Ropana, Trishna, Grahi, Mutrala, Jwaraghna, Balya, Hrudhya and Shothaghna.

   **Pharmacological Action:** Anti diarrheal, Anti hermetic, Antifungal, Antibacterial, Antioxidant and Anti diabetic.

   **Chemical Constituents:** Tannin, Carbohydrates, Proteins, Riboflavin, Thiamine, Vitamin-C and Citric acid.

   **Nutrition:** Rich in Vitamin C, Calcium and Tannin.

   **Indication:** Mukharoga, Kantharoga, Aruchi, Agnimandhya, Thrishna, Amlapitta, Atisara, Pravahika, Jwara and Krimiroga.

2. **DADIMA**

   Latin name: *Punica granatum* Linn, Family: *Punicaceae*, English: *Pomegranate*
**Gunakarma:** Madhuramlakatu vipaka, Doshaghnata Vatapittashamaka.

**Action:** Hridhya, Anulomana, Medhya, Kantya, Raktaprasadana, Vrushiya, Mutrala, Balya, Brumhana and Chakshushyaya.

**Pharmacological Action:** Hepatoprotective, Antioxidant, Cardio protective, Breast cancer suppressor & Antibacterial, Anti ulcer and Tumour inhibitory.

**Chemical Constituents:** Linoleic acid, Glycosoid, Biflavonoids, Tannic acid, Glucose, Fructose and Galactose.

**Nutrition:** Calcium, Phosphorus and Iron.

**Indication:** Bhrama, Madatyaya, Trishna, Chardi, Vibandha, Grahani, Gulma, Kamala, Panduroga, Vatarakta, Raktapitta, Kshaya, Kasa, Swasa, Jwara, Mutrakrichra and Twakroga.

4. **DRAKSHA:** 9-12

Latin name: Vitis vinifera Linn,
Family: Vitaceae, English: Dry Grapes

**Gunakarma:** Madhurarasa, Snigdhagurumridu guna,
Sheetavverya, Madhuravipaka Doshaghnata Vatapittashamaka.

**Action:** Deepana, Pachana, Stambhana, Dahaprashamana and Chardinigraha.

**Pharmacological Action:**
Hypoglycaemic, Antiviral, Anti fertility, Anti inflammatory and Antipyretic.

**Chemical Constituents:**
Glucosids, Sucrose, Tannin, Gallic acid, Malic and Oxalic acid, Oleanolic acid, Seed- 4-beta glucoside, 5-hydroxymethyl.

**Nutrition:**
Proteins, Carbohydrates, Minerals, Tannin and Vitamins.

**Indication:**
Ajeerna, Agnimandhya Atisara, Pravahika, Grahaniroga, Twakroga, Raktapitta, Raktapradara, Raktatisara, Madhumeha, Phiranga and Upadamsha.

5. **JAMOON/ JAMBU:** 9-12

**Latin name:** Syzygiyum cumuni Linn,
**Family:** Myrtaceae, English: Indian blackberry

**Gunakarma:** Kashaya, Madhura, Amlarasa, Laghu, Rukshaguna, Sheetaveerya, Katuvipaka and Doshaghnata Pittashamaka.

**Action:**
Deepana, Pachana, Stambhana, Dahaprashamana and Chardinigraha.

Pharmacological **Action:**
Hypoglycaemic, Antiviral, Anti fertility, Anti inflammatory and Antipyretic.

**Chemical Constituents:**
Glucosids, Sucrose, Tannin, Gallic acid, Malic and Oxalic acid, Oleanolic acid, Seed- 4-beta glucoside, 5-hydroxymethyl.

**Nutrition:**
Proteins, Carbohydrates, Minerals, Tannin and Vitamins.

**Indication:**
Ajeerna, Agnimandhya Atisara, Pravahika, Grahaniroga, Twakroga, Raktapitta, Raktapradara, Raktatisara, Madhumeha, Phiranga and Upadamsha.

6. **KHARJURA:** 9-12

**Latin name:** Phoenix sylvestris Roxb, Family: Arecaceae, English: Date

**Gunakarma:** Madhurarasa, Snigdhaguna guru, Sheetaveerya, Madhuravipaka and Doshaghnata Vatapittashamaka.

**Action:**
Snehana, Anulomana, Raktashodhaka, Mutrala, Vrushya,
**Balya, Brumhana and Dahaprashamana.**

**Pharmacological Action:**
- Antibacterial, anti-inflammatory, anti-diabetic, anti-asthmatic, nephroprotective, hepatoprotective and aphrodisiac activities. Fruit contains anthocyanins, phenolics, sterols, carotenoids, and flavonoids.

**Chemical Constituents:**
- Sterols, Carotenoids, Procyanidins and Flavonoids

**Nutrition:**
- Proteins, Vitamins, Carbohydrates and Calcium

**Indication:**

7. **ANJUR/ PHALGU: 9-12**

**Latin name:** Ficus carica Linn,
**Family:** Moraceae, English: Figs

**Gunakarma:** Madhurarasa, Guru, Snigdhaguna, SheetaVeerya, MadhuraVipaka and Doshaghnata Vatapittashamaka.

**Action:** Vrunaropana, Raktashodhaka, Stambhana, Krimighna, Balya, Brumhana, Deepana, Pachana and Rochana.

**Pharmacological Action:**
- Antibacterial, Antifungal, CNS and Cardiac stimulant, Cardio tonic, Antipyretic, Antioxidant, Hypoglycaemic and Diuretic.

**Chemical Constituents:**
- Amino acids, Gallicacids, Citric, malic acid, Riboflavin, Vitamin-C and Tannin.

**Nutrition:**
- Proteins, Carbohydrates, Minerals and Iron.

**Indication:**
- Atisara, Pravahika, Raktapitta, Krimi, Prameha, Hridroga, Aruchi and Aghnimandhya.

8. **AMRA: 9-12**

**Latin name:** Mangifera Indica Linn, **Family:** Anacardiaceae, **English:** Mango

**Gunakarma:** Madhurarasa, Guru, Snigdhaguna, Sheetaveerya, Madhuravipaka and Doshaghnata Vatapittashamaka.

**Action:** Pittakara, Thishnashamaka and Rochaka.

**Pharmacological Action:**
- Anti-inflammatory, Antifungal, Immuno modulator,
Ant oxidative and insecticide.

**Chemical Constituents:** Vitamin C, Riboflavin, Proteins, Carbohydrates, Carotenes, Malic, Lactic, oxalic and citric acid.

**Nutrition:** Proteins, Carbohydrate, Minerals Calcium, Tannin and Vitamins.

**Indication:** Aruchi, Agnimandhya, Arshas, Atisara, Jwara, Pratishyaya, Kasa, Shotha, Vatavyadhi, Twakroga, Neterroga and Karnarogas.

9. **CHINCHA:** 9-12

**Latin name:** Tamarindus indica Linnaeus, Family: Caesalpiniaceous,

**English:** Tamarind

**Gunakarma:** Madhuramlarasa, Gururukshaguna, Ushnaveerya, Amlavipaka and Doshaghnnata Vatashamaka.

**Action:** Deepana, Pachana, Rochana, Anulomanas, Malabedaka, Trishna and Shramahara.

**Pharmacological Action:** Anti inflammatory, Antifungal, Immuno modulator, Ant oxidative and insecticide.

**Chemical Constituents:** Vitamin C, Riboflavin, Proteins, Carbohydrates, Carotenes, Malic, Lactic, oxalic and citric acid.

**Nutrition:** good source of minerals like copper, potassium, calcium, iron, selenium, zinc and magnesium. Potassium is an important component of cell and body fluids that helps control heart rate and blood pressure. Iron is essential for red blood cell production and as a co-factor for cytochrome oxidases enzymes. Functions for enzyme metabolism in the human body, including thiamin, vitamin-A, folic acid, riboflavin, niacin, and vitamin-C.

**Indication:** Aruchi, Trishna, Vamana Agnimandhya, Shoola, Yakritvikara and Krimi.

10. **NIMBU:** 9-12

**Latin name:** Citrus Limon Linnaeus, Family: Rutaceae, English: Lemon

**Gunakarma:** Amlarasa, Guru, Teekshna Guna, Ushna Veerya, Amla Vipaka and Doshaghnnata Kaphavatashamaka.
**Action:** Deepana, Pachana, Rochana and Anulomana.

**Pharmacological Action:** antioxidant, anti-inflammatory, antiallergic, antiviral, antiproliferative, antimutagenic and anticancer activities.

**Chemical Constituents:** including polyphenols, terpenes and tannins and Citric acid.

**Nutrition:** Vitamin-C, Fibre and Potassium.

**Indication:** Aruchi, Trishna, Yamana Agnimandhya, Shoola, Yakritvikara and Krimi.

**Table showing Roganusara Phala** 13-14

<table>
<thead>
<tr>
<th>SL. NO</th>
<th>DISEASE</th>
<th>NAME OF THE FRUITS</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Hridroga</td>
<td>Kadaliphala, Draksha, Chincha, Dadima and Madhuramara phala.</td>
</tr>
<tr>
<td>2.</td>
<td>Panduroga</td>
<td>Amalaki, Pakvamra and Draksha</td>
</tr>
<tr>
<td>3.</td>
<td>Atisara, Grahani</td>
<td>Dadimadwaya, Jambuphala and Kapittha</td>
</tr>
<tr>
<td>4.</td>
<td>Amlapitta</td>
<td>Kapittha, Dadima and Amalaki.</td>
</tr>
<tr>
<td>5.</td>
<td>Vrushya/ Rasayana</td>
<td>Kharjura, Amrataka, Draksha, Abhishuka, Akshot, Nikochaka, Kadali, Amra and Panasaphala</td>
</tr>
<tr>
<td>6.</td>
<td>Arshas</td>
<td>Amalaki, Jambeera, Kapittha and Nimbhuka</td>
</tr>
<tr>
<td>7.</td>
<td>Raktapitta</td>
<td>Dadima, Kharjura, Amalaki, Draksha and Kapittha</td>
</tr>
<tr>
<td>8.</td>
<td>Rajayakshma</td>
<td>Drakshaphala, Panasaamraphala, Amalaki and Kharjura</td>
</tr>
<tr>
<td>10.</td>
<td>Chardi</td>
<td>Jambeera, Amra, Draksha, Kapittha, Dadima, Bijapura, Jatipha and Narikela</td>
</tr>
<tr>
<td>11.</td>
<td>Madatyaya</td>
<td>Matulunga, Parushaka, Kharjura, Dadima, Narikela and Draksha</td>
</tr>
<tr>
<td>12.</td>
<td>Daharoga</td>
<td>Draksha, Parushaka, Narikela, Kharjura</td>
</tr>
<tr>
<td>13.</td>
<td>Unmada, Apasmar</td>
<td>Narikela, Draksha, Kapittha, Panasa, Parushaka and Swadu dadima</td>
</tr>
<tr>
<td>14.</td>
<td>Vatavyadhi</td>
<td>Parushaka, Jambeera, Badara, Draksha, Naranga, Dadimadwayam, Badara</td>
</tr>
<tr>
<td>15.</td>
<td>Shoola</td>
<td>Amra, Draksha and Kapittha</td>
</tr>
<tr>
<td>16.</td>
<td>Madhumeha</td>
<td>Kharjura, Kapittha, Udumbara and Amalaki</td>
</tr>
</tbody>
</table>

**Functions of Active principles and Nutrition:**

- **Tannin:** Accelerate blood clotting, reduce blood pressure, decrease
serum lipid level, and modulate immune responses and antimicrobial activity.

- **Vitamin C:** Powerful antioxidant helps to lower blood pressure, help to reduce uric acid in blood, improve the absorption of iron and reduce risk of heart disease.

- **Calcium:** To build and maintain strong bones, proper functioning on heart muscles, nerves, prevent high blood pressure, protect against breast cancer.

- **Minerals:** Sodium, Potassium, Chloride, Calcium, Phosphorous, Magnesium, Sulphur.

- **Sodium:** Fluid balance, Nerve impulse transmission and muscle function.

- **Potassium:** Helps to regulate fluid balance, Muscle contractions, nerve signals, reduce blood pressure and water retention, protect against stroke and prevent osteoporosis and kidney stones, relief from anxiety and stress.

- **Chloride:** Fluid balance, maintain proper blood volume, blood pressure, pH of body fluids.

- **Calcium:** To build strong bones, for proper functioning of heart, muscles, nerves, in high blood pressure.

- **Phosphorous:** Build strong bones and teeth, filter out waste in kidney, managing energy storage, assess, maintain and repair tissue and cells. Produce D.N.A and R.N.A, body’s genetic building blocks.

- **Magnesium:** Involved in biochemical reactions of body, boosts exercise performance, benefits against type 2 diabetes mellitus, can lower the blood pressure, anti-inflammatory benefits, prevents migraines, and reduces insulin resistance.

- **Sulphur:** Antibacterial effects against the bacteria that cause acne help to promote the loosening and shedding of skin.

- **Linoleic acid:** support of heart health, reduces total and L.D.L Cholesterol, improves insulin sensitivity and blood pressure.

- **Glycosides:** Antioxidant activity, Anticancer and anti tumour activity, Hepato protective activity, anti-inflammatory activity, anti diabetes activity, Antiviral activity, Antibacterial activity, Antifungal activity.

- **Oleanolic acid:** Anticancerous effects, Anti diabetic activity, Antimicrobial activity, Hepatoprotective activity, Antihypertensive activity, Antioxidant activity, Anti-inflammatory potential.
Gallic acid: Antifungal, antiviral properties, antioxidant properties, cytotoxicity against cancer cells.

Mallic acid: Boosts sport performance, improve body’s absorption of creatinine, promote energy production, increase exercise endurance, help fight off muscle fatigue.

Lactic acid: Control of intestinal infections, improved digestion of lactose, control of some types of cancer, control of serum cholesterol levels.

Oxalic acid: No much good health effects, it’s a normal end product of metabolism in a number of plant tissues, additional consumption may cause stone formation.

Amino acid: Greater fat burn, building blocks of protein, prevents muscle damage, reduce mental fatigue, and improve muscle recovery, synthesis of hormones and neurotransmitters.

Riboflavin: Helps the body to breakdown carbohydrates, proteins, fats to produce energy, allows oxygen to be used by the body.

Discussion:
Acharyas have been explained different types of Fruits in different context exclusively. In Bhaishajyaratnavali best pathya fruit is said in different diseases while explaining pathya apathya like Dadima in Grahaniroga, Draksha in Panduroga and so on.

Conclusion:
Many numbers of fruits said by acharyas among them Amalaki fruit is said to be Sadapathya consists different active principles and Nutrition which acts preventive and health promotive.

Amalaki, Udumbara, Kapittha, Jambu and Kharjura are said to be best pathya fruit in most common disease like Madhumeha and so on.

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