

A Conceptual Study on *Phal Varga* of *Bhavprakash Nighantu*

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ABSTRACT

Fruits are integral part of our food system. We often see its presence in almost every disease in every home, even in daily intake too. Fruits contain mostly useful elements, which when studied, guided or advised properly can play a good role in both maintaining health of healthy and in easing of disease. Such useful properties collection is vividly described in almost all Ayurveda texts under the name of *Ahara Varga* or simply *Varga* classification. One such amazing work is done by *Acharya Bhavmishra* in *Bhavprakash Nighantu* named *Phal Varga*, which is collected, tabulated, observed along with modern parlance in context of nutritional values, discussed and described here as a conceptual work.

Key Words Fruit, *Phal Varg*, *Bhavprakash Nighantu*, *Nutrition*, *Supplement*

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INTRODUCTION

A healthy and balanced diet is essential for good health and nutrition. A well-balanced diet goes hand in hand with healthy lifestyle. What we choose to eat and what we choose not to eat, are factors in warding off many leading chronic illnesses and diseases. Food choices make a huge impact on how we feel today, tomorrow, and what the future holds in terms of promoting and maintaining good health. Unhealthy diet and lack of physical activity are leading global risks to health¹.

Right diet can help fight conditions and illnesses like heart diseases, diabetes, osteoporosis, cancer, obesity, etc. among many

other diseases. A healthful and balanced diet typically includes nutrients-dense foods from all major food groups, including lean proteins, whole grains, healthful fats, and fruits and vegetables of many colors.

Ayurveda also believes in dietary rules and has given many literatures regarding diet in form of *Ashta Ahara Vidhi Vishesha Ayatan*, *Pathya Ahara Kalpana*, *Ahara Varga* classification, *Viruddha Ahara*, etc. in detail. Diet taken mindfully maintains health whereas dietic rules if not followed becomes the reason of generating many diseases. Specifically, *Ahara Varga* are explained in benefittingly detailed manner that almost explains everything regarding each food

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item to eat by humans by different *Acharyas*. One such amazing classification is also provided by *Acharya Bhavmishra*.

Modern science well explains the concept of carbohydrates, proteins, fats, etc., but this also must be taken in right quantity to avail it's needed benefit in body. For example, in this time of covid era, just for the immunity purpose, vitamin C in form of citrus fruits, are being taken by people in excess quantity. Now, undoubtedly it benefits when required by body in its needed proportion, but excess of citrus fruits is causing other complications too in form of dry and wet coughing. As per Ayurveda, too much *Amla Rasa* in *Ahara* will cause accumulation of *VikrutKapha* in *Uraha Sthana*. In this way, one disease becomes the cause for generation of new disease,

the reference of which is clearly given in *Apasmar Nidan* by *Charak Samhita* as *Nidanrtharthakari Vyadhiconcept*². Same way *Sanskar* of fruits is nowhere observed in any *Ayurveda Samhitas*. This how quantity and other related aspects of dietics also matter in preserving health. *Acharya Kashyap* has mentioned *FalprashanSanskara* before *Annaprashan Sanskar*. Thus, right knowledge regarding food is important in understanding and maintaining health and eradicating disease.

MATERIALS AND METHODS

Properties of each fruit of *Phal Varga* of *Bhavprakash Nighantu* is used, tabulated and explained in the discussion.

Table 1 PHAL VARGA OF BHAVPRAKASH NIGHANTU³:

Sr no	Fruit	Rasa	Guna	Virya	Vipaka	Doshaghnata	Prayog	Bio-active compounds
1.	<i>Aamra</i> (Mango)	<i>Madhur, Kashaya anurasa</i>	<i>Snigdha, Guru</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Pitta-avardhak, Vatahara, Kaphavardhak</i>	<i>Vrushya, Bala-Sukhprada, Hridya, Varnya, Vahni-Vardhak</i>	Vitamin A, B, C, D, Citric acid, Gallic acid
2.	<i>Amrataka</i> (Indian Hog Plum)	<i>Kashaya, Swadu</i>	<i>Snigdha, Guru</i>	<i>Sheeta</i>	<i>Madhur</i>	<i>Vata-Pittahara, Kaphakara</i>	<i>Ruchikrut, Sara, Tarpan, Vrushya, Vishambhi, Bruhan, Balya, Kshat-Daha-Kshaya-Asrajeet</i>	
3.	<i>Rajamra</i> (Mango sub-type)	<i>Kashaya, Swadu</i>	<i>Vishada, Guru, Ruksha</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Vatakrut, Kapha-Pittanut</i>	<i>Grahi, Vibandh-Adhman-krut</i>	
4.	<i>Koshamra</i> (Ceylon oak)	<i>Amla</i>	<i>Laghu</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha-Vatahara,</i>	<i>Kushtha-Shoth-Raktapitta-Vrana-hara, Grahi, Dipana, Ruchikara</i>	Cyanogenic glucoside
5.	<i>Panasa</i> (Jack fruit)	<i>Swadu</i>	<i>Snigdha</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Pitta-Anilahara, Kaphakara</i>	<i>Tarpan, Bruhan, Mansala, Balya, Shukraprad, Raktapitta-</i>	Vitamin A, C, iron, calcium carbonate,

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						<i>Kshat-Vranahara</i>	phosphorous, protein (fruit), Vitamin B1, B2 (seed), tannin (peel), Artostenone (milk)	
6.	<i>Lakucha</i> (Monkey Jack fruit)	<i>Madhur, Amla</i>	<i>Guru</i>	<i>Sheeta, Ushna</i> ⁴	<i>Amla</i>	<i>Pitta-Anilahara, Kaphakara</i>	<i>Vahnikara, Ruchya, Vrushya, Vishtambhkara</i>	Tannin (peel), coloring agents
7.	<i>Kadali</i> (Banana)	<i>Swadu</i>	<i>Snigdha</i>	<i>Sheeta</i>	-----	-----	<i>Vrushya, Bruhana, Kshut-Trushna-Netragad-Hrid-Mehaghna, Ruchi-Manskrut</i>	Potassium (Panchang), Tannin (unripe), Carbohydrates, Vitamin C, B, and other minerals (ripe)
8.	<i>Chirbhut</i> (Snap melon)	<i>Madhur</i>	<i>Ruksha, Guru</i>	<i>Ushna</i>	-----	<i>Pittakara</i>	<i>Grahi, Vishtambhi,</i>	
9.	<i>Narikela</i> (Coconut)	<i>Swadu</i>	<i>Guru, Snigdha</i>	<i>Sheeta</i>	<i>Madhur</i>	<i>Pittahara</i>	<i>Hridya, Dipana, Shukrala, Pipasa-Pittajwarhara, Param Basti Shuddhikara</i>	Water, Proteins, Oils, Carbohydrates, resins, calcium, phosphorous, iron, Vitamin C, B1, A, E (Pulp), Sodium, Potassium, Calcium, Magnesium, Iron, Phosphorous, Sulphur, Chlorine, Vitamin C, B (coconut water)
10.	<i>Kalindam</i> (Watermelon)	<i>Madhur</i>	<i>Laghu</i>	<i>Ushna</i>	-----	<i>Pittakara, Kapha-Vatahara</i>	-----	Yellow oil (seed), Pectin, citrulline
11.	<i>Kharbuja</i> (Musk melon)	<i>Swadu</i>	<i>Guru, Snigdha</i>	<i>Sheeta</i>	-----	<i>Pitta-Anilahara</i>	<i>Mutral, Balya, Koshtha Shuddhikar, Vrushya</i>	Oils (seed), Calcium carbonate, Copper, Phosphorous, Iron, Vitamin A, B1, B2, C (fruit)



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12	<i>Trapusa</i> (Cucumber)	<i>Swadu</i> (<i>Nava</i>), <i>Amla</i> (<i>Pakva</i>)	<i>Laghu</i>	<i>Sheeta</i> (<i>Nava</i>), <i>Ushna</i> (<i>Pakva</i>)	<i>Madhur</i>	<i>Pittahara</i> (<i>Nava</i>), <i>Pittakara</i> , <i>Kapha-</i> <i>Vatahara</i> (<i>Pakva</i>)	<i>Trut-Klama-</i> <i>Dahajeet</i> , <i>Param</i> <i>Raktapittahara</i> , <i>Mutrala</i>	Calcium carbonate, Phosphorous , Iron, Vitamin C, B1 (fruit), oils (seed), Phosphate (seed ash)
13	<i>Guvaka</i> (Betel nut)	<i>Kashaya</i>	<i>Guru</i> , <i>Ruksha</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Kapha-</i> <i>Pittahara</i>	<i>Mohan</i> , <i>Dipana</i> , <i>Ruchya</i> , <i>Asyavairasyanas</i> <i>han</i>	Tannin, Calcium carbonate, Phosphorous , Iron, Arecoline
14	<i>Tala</i> (Palm)	<i>Madhur</i>	<i>Guru</i>	<i>Sheeta</i>	<i>Madhur</i>	<i>Kapha-</i> <i>Pittakara</i>	<i>Raktavardhak</i> , <i>Durjara</i> , <i>Mutrala</i> , <i>Tandra-</i> <i>Abhishyand-</i> <i>Shukrakar</i>	Carbohydrat es, Yeast, Vitamin B
15	<i>Bilva</i> (Bael fruit)	<i>Madhur</i> (<i>Pakva</i>)	<i>Guru</i>	<i>Sheeta</i>	<i>Katu</i> ⁵	<i>Kapha-</i> <i>Vatahara</i> (<i>Apakva</i>), <i>Tridoshkar</i> <i>a</i> (<i>Pakva</i>)	<i>Grahi</i> , <i>Aam-</i> <i>Shulaghna</i> (<i>Apakva</i>), <i>Durjara</i> , <i>Putimarutkara</i> , <i>Vidahi</i> , <i>Vishtambhkara</i> , <i>Vahnimandhyak</i> <i>rut</i> (<i>Pakva</i>)	
16	<i>Kapittha</i> (Wood apple)	<i>Amla</i> , <i>Kashaya</i>	<i>Guru</i>	<i>Sheeta</i> ⁶	<i>Madhur</i> , <i>Amla</i> , <i>Katu</i>	<i>Vata-</i> <i>Pittahara</i>	<i>Trisha-</i> <i>Hikkashamak</i> , <i>Kanth</i> <i>Shodhana</i> , <i>Grahi</i> , <i>Durjara</i>	Calcium carbonate, Phosphorous , Iron, Vitamin B2, C, Pectin (fruit), Volatile oils, Estragol (leaves)
17	<i>Naranga</i> (Orange)	<i>Madhur</i> , <i>Amla</i>	<i>Vishad</i> , <i>Guru</i>	<i>Ushna</i>	-	<i>Vatanashak</i>	<i>Rochana</i> , <i>Durjara</i>	Oils, Limonene, Petitgrain oil (peel), Vitamin A, B, C, carbohydrate s, minerals, acids, pectin
18	<i>Tinduk</i> (Mountain ebony)	<i>Madhur</i>	<i>Guru</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Pitta-</i> <i>Kaphahara</i>	<i>Prameha-</i> <i>Asrahara</i>	Oils (seed), Tannin (leaf, fruits), pectin (fruit)
19	<i>Kupilu</i> (Poison nut)	<i>Tikta</i>	<i>Laghu</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Vatala</i> , <i>Kapha-</i> <i>Pittahara</i>	<i>Madkara</i> , <i>Param</i> <i>Vyathahara</i> , <i>Grahi</i> , <i>Asranashak</i>	Strychnine, Brucine (seed, peel), Glucoside, Loganin, Copper (seed),

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20	<i>Raj Jambu</i> (Jambul tree)	<i>Swadu</i>	<i>Guru</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Kapha-Pittahara</i>	<i>Vishtambhi, Rochak</i>	Ellagic acid (seed), volatile & non-volatile oils, resin
21	<i>Jal Jambuka</i> (Jamun tree subtype)	<i>Madhur, Kashaya</i>	<i>Ruksha</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Kapha-Pittahara</i>	<i>Sangrahi, Asra-Dahajeet</i>	
22	<i>Sauveer</i> (Jujube)	<i>Madhur</i>	<i>Guru</i>	<i>Sheeta</i> ⁷	-	<i>Pittahara</i>	<i>Bhedan, Shukral, Bruhan, Dahan-Asra-Kshaya-Trushnahara</i>	Carbohydrates
23	<i>Kola</i> (Indian plum)	<i>Madhur</i>	<i>Laghu</i>	<i>Ushna</i>	<i>Madhur</i>	<i>Vatahara, Pitta-Kaphakara</i>	<i>Grahi, Ruchya,</i>	
24	<i>Karkandhu</i> (Indian plum, small)	<i>Amla, Tikta, Kashaya, Kinchit Madhur</i>	<i>Guru, Snigdha</i>	<i>Sheeta</i>	<i>Madhur</i>	<i>Vata-Pittahara</i>	<i>Sarak</i>	
25	<i>Prachin Amalak</i> (Puneala plum)	<i>Amla, Kashaya, Madhur</i>	<i>Snigdha</i>	<i>Sheeta</i>	<i>Amla, Madhur</i>	<i>Tridoshahara</i>	<i>Jwarahara</i>	Oils (seed)
26	<i>Lavli</i> (Star gooseberry)	<i>Swadu, Amla, Kashaya</i>	<i>Vishad, Guru, Ruksha</i>			<i>Kapha-Pittahara</i>	<i>Rochak, Ashma-Arshahara</i>	Acetic acid (fruit), Tannin, Saponin, Gallic acid (root bark)
27	<i>Karmarda</i> (Blackberry)	<i>Amla (Apakva), Madhur (Pakva)</i>	<i>Guru (Apakva), Laghu (Pakva)</i>	<i>Ushna</i>	<i>Amla</i>	<i>Kaphakar (Apakva), Pitta-Vatahara (Pakva)</i>	<i>Trushahara, Ruchikara, Raktapittaprad</i>	
28	<i>Priyal</i> (Chironjee)	<i>Madhur</i>	<i>Guru, Snigdha, Sara</i>	<i>Sheeta</i>	<i>Madhur</i>	<i>Pitta-Vatahara</i>	<i>Vrushya, Dahan-Jwara-Trushahara</i>	Oils, protein, carbohydrates (endocarp), Tannin (peel)
29	<i>Rajadan</i> (Rayan tree)		<i>Snigdha, Guru</i>	<i>Sheeta</i>		<i>Tridoshahara</i>	<i>Vrushya, Balya, Trusha-Murchha-Mada-Bhranti-Kshaya-Asra-jeet</i>	Oils (seed), Carbohydrates (fruit)
30	<i>Vikantak</i> (Governor's plum)	<i>Madhur</i>			<i>Katu</i>	<i>Tridoshahara</i>		
31	<i>Padmaksh</i> (Lotus seed)	<i>Swadu, Kashaya, Tikta</i>	<i>Guru, Ruksha</i>	<i>Sheeta</i>	<i>Madhur</i>	<i>Kapha-Vatakar, Pittahara</i>	<i>Vishtambhi, Vrushya, Param Garbhasthapak, Balya, Grahi, Asra-Dahanut</i>	
32	<i>Makkhannam</i> (Foxnut/Gorgon fruit)	<i>Swadu, Kashaya, Tikta</i>	<i>Guru, Ruksha</i>	<i>Sheeta</i>	<i>Madhur</i>	<i>Kapha-Vatakar, Pittahara</i>	<i>Vishtambhi, Vrushya, Param Garbhasthapak, Balya, Grahi, Asra-Dahanut</i>	Protein, Water content, Carbohydrates, Fats, Iron, less calcium

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								carbonate, Phosphorous , Keratin
33	<i>Shrungatak</i> (Water Chestnut)	<i>Swadu,</i> <i>Kashaya</i>	<i>Guru</i>	<i>Sheeta</i>	<i>Madhur</i>	<i>Kapha-</i> <i>Vatakar,</i> <i>Pittahara</i>	<i>Vrushya, Grahi,</i> <i>Shukraprad,</i> <i>Asra-Dahanut</i>	Starch, Manganese
34	<i>Kairavinifal</i> (Water lily seed)	<i>Swadu</i>	<i>Ruksha,</i> <i>Guru</i>	<i>Sheeta</i>	<i>Madhur</i>			
35	<i>Madhuk</i> (Butter tree)	<i>Swadu</i>	<i>Guru</i>	<i>Sheeta</i>	<i>Madhur</i>	<i>Vata-</i> <i>Pittahara</i>	<i>Shukral,</i> <i>Ahridya,</i> <i>Trusha-Asra-</i> <i>Daha-Shwas-</i> <i>Kshat-</i> <i>Kshayahara</i>	Saponin, alkali
36	<i>Jal Mahuva</i> (Butter tree subtype)	<i>Swadu</i>	<i>Guru</i>	<i>Sheeta</i>	<i>Madhur</i>	<i>Vata-</i> <i>Pittahara</i>	<i>Shukral,</i> <i>Ahridya,</i> <i>Trusha-Asra-</i> <i>Daha-Shwas-</i> <i>Kshat-</i> <i>Kshayahara</i>	
37	<i>Parushak</i> (Black currant)	<i>Amla,</i> <i>Kashaya</i> (<i>Apakva</i>) , <i>Madhur</i> (<i>Pakva</i>)	<i>Laghu</i> (<i>Apakva</i>)	<i>Sheeta</i> (<i>Pakva</i>)	<i>Madhur</i> (<i>Pakva</i>)	<i>Pittakar</i> (<i>Apakva</i>), <i>Pitta-</i> <i>Vatahara</i> (<i>Pakva</i>)	<i>Vishtambhi,</i> <i>Bruhan, Hridya,</i> <i>Daha-Asra-</i> <i>Jwara-</i> <i>Kshayahara</i> (<i>Pakva</i>)	Citric acid, Carbohydrat es, Vitamin C (fruit)
38	<i>Tuta</i> (Mulberry)	<i>Swadu</i> (<i>Pakva</i>), <i>Amla</i> (<i>Apakva</i>)	<i>Guru</i>	<i>Sheeta</i> (<i>Pakva</i>), <i>Ushna</i> (<i>Apakva</i>)	<i>Katu</i>	<i>Pitta-</i> <i>Vatahara</i> (<i>Pakva</i>)	<i>Sara,</i> <i>Raktapittakar</i> (<i>Apakva</i>)	
39	<i>Dadima</i> (Pomogranate)	<i>Swadu,</i> <i>Kashaya</i> <i>anurasa</i>	<i>Laghu,</i> <i>Snigdha</i>	<i>Sheeta</i> ⁸	<i>Madhur</i>	<i>Tridoshaha</i> <i>ra</i>	<i>Trusha-Daha-</i> <i>Jwarahara, Hrt-</i> <i>Kanth-Mukha-</i> <i>Gandhahara,</i> <i>Tarpan, Shukral,</i> <i>Grahi, Medha-</i> <i>Balavardhak</i>	Yellow coloring agent, Gallotannic acid (peel), Alakali, Pelletierine (Stem bark & Root bark)
40	<i>Bahuvaar</i> (Sebestan)	<i>Madhur,</i> <i>Kashaya,</i> <i>Tikta</i>	<i>Ruksha,</i> <i>Pichhil</i> ⁹	<i>Sheeta</i>	<i>Madhur</i> (fruit), <i>Katu</i> (peel)	<i>Kapha-</i> <i>Pittahara</i>	<i>Visha-Sphot-</i> <i>Vrana-Visarpa-</i> <i>Kushthahara,</i> <i>Keshya</i>	Tannin (peel)
41	<i>Kataka</i> (Clearing nut)	<i>Madhur,</i> <i>Kashaya</i>	<i>Guru</i>	<i>Sheeta</i>	<i>Madhur</i>	<i>Kapha-</i> <i>Vatahara</i>	<i>Netrya</i>	
42	<i>Draksha</i> (Grapes)	<i>Swadu,</i> <i>Kashaya</i>	<i>Guru</i>	<i>Sheeta</i>	<i>Madhur</i>	<i>Kaphakara</i>	<i>Sara,</i> <i>Chakshushya,</i> <i>Bruhan, Swarya,</i> <i>Shrusht Mutra-</i> <i>Vitt,</i> <i>Koshthamarutka</i> <i>ra, Vrushya,</i> <i>Pushti-</i> <i>Ruchiprada,</i> <i>Trusha-Jwara-</i> <i>Shwas-</i> <i>Vatarakta-</i> <i>Kamala-</i> <i>Mutrakrutchh-</i>	Carbohydrat es, Malic acid, Tartaric acid, Arsenic (Ripe fruit), Oxalic acid (unripe fruit), Non- volatile oil (seed)



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							<i>Raktapitta-Sammoha-Daha-Shosha-Madatyayhara</i>	
43	<i>Kharjurika</i> (Date)	<i>Madhur</i>	<i>Guru</i>	<i>Sheeta</i>	<i>Madhur</i>	<i>Vata-Kaphahara</i>	<i>Ruchikar, Hridhya, Kshat-Kshaya-Raktapittahara, Tarpan, Pushti-Vishtambhi-Shukraprad, Koshtamarut-Chhardihara, Balya, Jwara-Atisara-Kshut-Trushna-Kasa-Shwashara</i>	Vitamin A, B, C, D
44	<i>Pinda Kharjurika</i> (Date palm)							
45	<i>Chhohara</i> (Date subtype)							
46	<i>Vatada</i> (Almond)	<i>Madhur</i>	<i>Snigdha</i>	<i>Ushna</i>	<i>Madhur</i>	<i>Pitta-Vatahara, Kaphakara</i>	<i>Vrushya, Raktapittakara</i>	Hydrocyanic acid poisonous content (in bitter almonds), Non-volatile oils (in sweet almonds)
47	<i>Sevam</i> (Apple)	<i>Madhur</i>	<i>Guru</i>	<i>Sheeta</i>	<i>Madhur</i>	<i>Pitta-Vatahara, Kaphakara</i>	<i>Bruhan, Ruchi-Shukrakrut</i>	Phlorizin glucoside (peel, leaf), Malic acid, Calcium carbonate, Phosphate (fruit)
48	<i>Amrutphala</i> (Pear)	<i>Swadu</i>	<i>Laghu</i>			<i>Tridoshahara</i>	<i>Vrushya</i>	
49	<i>Pilu</i> (Toothbrush tree/ wild guava)	<i>Swadu, Tikta</i>	<i>Sara, Tikshna</i>	<i>Na-ati-ushna</i>	<i>Katu</i>	<i>Kapha-Vatahara, Pittakara</i>	<i>Sransan, Bhedan, Gulmahara</i>	Trimethylamine (fruit), oils (seed)
50	<i>Akshota</i> (Walnut)	<i>Madhur</i>	<i>Snigdha</i>	<i>Ushna</i> ¹⁰	<i>Madhur</i>	<i>Kapha-Pittakara</i>	<i>Vrushya, Raktapittakara</i>	Oils, nutritious elements, Vitamin A, B, C, Lecithin, many minerals, Iron, Copper, Calcium carbonate, Phosphorous, Zinc, Cobalt, Magnesium, Arsenic, Sulphur, Iodine, Manganese,

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								Potassium, Sodium (Ripe fruit), Vitamin C, volatile oils (unripe fruit)
51	<i>Beejpura</i> (Citron)	<i>Swadu,</i> <i>Amla</i>	<i>Laghu</i>	<i>Ushna</i>	<i>Madhur</i>	<i>Kapha-</i> <i>Vatahara</i>	<i>Deepan,</i> <i>Raktapittahara,</i> <i>Kantha-Jihva-</i> <i>Hridayashodhan</i> <i>, Shwas-Kasa-</i> <i>Aruchihara,</i> <i>Hridhya,</i> <i>Trushahara</i>	Aromatic Citron oil (peel)
52	<i>Madhukarkati</i> (Shaddock/Pomelo)	<i>Swadu</i>	<i>Guru</i>	<i>Sheeta</i>	<i>Madhur</i> ¹¹		<i>Rochan,</i> <i>Raktapitta-</i> <i>Kshaya-Shwas-</i> <i>Kasa-Hikka-</i> <i>Bhramahara</i>	Aromatic oils (peel)
53	<i>Jambeer</i> (Lemon subtype)	<i>Amla</i>	<i>Guru</i>	<i>Ushna</i>	<i>Amla</i>	<i>Kapha-</i> <i>Vatahara</i>	<i>Vibandhahara,</i> <i>Shul-Kasa-</i> <i>Kaphotklesha-</i> <i>Chhardi-</i> <i>Trushna-</i> <i>Aamdoshajeet,</i> <i>Asyavairasya,</i> <i>Hrtpida-</i> <i>Agnimandhya-</i> <i>Krimihara</i>	Vitamin C, B1, Keratin, Citric acid (fruit), anti- pneumonial & anti-viral content
54	<i>Nimbuka</i> (Lemon)	<i>Amla</i>	<i>Tikshna</i>	<i>Ushna</i>	<i>Madhur</i> ¹²	<i>Vatahara</i>	<i>Krimihara,</i> <i>Udara-</i> <i>Grahaahara, Vat-</i> <i>pitta-kaphaj</i> <i>shulahara,</i> <i>Rochan,</i> <i>Agnimandhya-</i> <i>Vishuchika-</i> <i>Baddhaguda-</i> <i>Vishavihvalhara</i>	Citric acid, Vitamin C (juice) Volatile oils (peel)
55	<i>Mishta</i> <i>Nimbuphala</i> (Sweet lime)	<i>Swadu</i>	<i>Guru</i>	<i>Sheeta</i>	<i>Madhur</i>	<i>Pitta-</i> <i>Vatahara</i>	<i>Galaroga-</i> <i>Visha-Dhwansi-</i> <i>Kaphotklesh-</i> <i>Raktavikarahara</i> <i>, Shosh-Aruchi-</i> <i>Trusha-</i> <i>Chhardihara,</i> <i>Balya, Bruhan</i>	Aromatic oil (peel)
56	<i>Mausambi</i> (Sweet orange)	<i>Madhur,</i> <i>Amla</i>				<i>Pittahara</i>	<i>Jwara-Trusha-</i> <i>Pratishyay-</i> <i>Kshudhanash-</i> <i>Atisarahara</i>	Vitamin C (fruit), Neroli oil (flower), Petitgrain oil (leaf)
57	<i>Karmarang</i> (Cara mbola)	<i>Amla,</i> <i>Madhur</i>		<i>Sheeta</i>	<i>Amla</i>	<i>Kapha-</i> <i>Vatahara</i>	<i>Grahi</i>	Vitamin A, Potassium oxalate
58	<i>Amlika</i> (Tamarind)	<i>Amla</i> (<i>Apakva</i>)	<i>Guru</i> (<i>Apakva</i>) <i>, Ruksha</i> (<i>Pakva</i>)	<i>Ushna</i> (<i>Pakva</i>)	<i>Amla</i>	<i>Vatahara,</i> <i>Pitta-</i> <i>Kaphakara</i> (<i>Apakva</i>),	<i>Raktavikarakar</i> (<i>Apakva</i>), <i>Agnideepan,</i> <i>Sara (Pakva)</i>	Citric acid, Tartaric acid, Potassium

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						<i>Kapha-Vatahara (Pakva)</i>		bitartrate, Carbohydrates
59	<i>Amlavetas (Rhubarb)</i>	<i>Atiamla</i>	<i>Laghu, Ruksha</i>	<i>Ushna</i> ¹³	<i>Amla</i>	<i>Pittakara, Kapha-Vatahara</i>	<i>Bhedan, Deepan, Hrdroga-Shul-Gulmahara, Lomaharshakara, Vitt-Mutradoshaghnam, Pliha-Udavartanashanam, Hikka-Anaha-Aruchi-Shwas-Kasa-Ajirna-Vamihara, Kapha-Vataj Rogahara</i>	
60	<i>Vrukshamla (Kokam butter)</i>	<i>Amla (Apakva), Katu, Kashaya, Amla (Pakva)</i>	<i>Guru (Pakva), Laghu, Ruksha (Pakva)</i>	<i>Ushna</i>	<i>Amla</i>	<i>Vatahara, Kapha-Pittakara (Apakva), Kapha-Vatakara (Pakva)</i>	<i>Sangrahi (Apakva), Rochan, Deepan, Trusha-Arsha-Grahani-Gulma-Shula-Hrdrogahara</i>	Malic acid, citric acid (fruit), oil (seed)

Likewise, table no. 1, describes all the properties of fruits in detail from *Bhavprakash Nighantu*.

OBSERVATION

When properties of all these fruits was studied as detailed in table no. 2, below mentioned *Rasadhikya* was observed, where maximum *Madhur Rasa* was present in 73.34 % of fruits, *Kashaya Rasa* was present in 26.67 % of fruits, *Amla Rasa* was present in 25 % of fruits, *Tikta Rasa* was observed in 10 % of fruits and *Katu Rasa* was present in 1.67 % of fruits, whereas *Lavana Rasa* was not present in any fruit.

When *Doshagnata* of all these fruits was studied, 56.67 % of fruits are found to have *Vataghna* and *Pittaghna* property, whereas 36.67 % of fruits have *Kaphaghna* property, which is shown in table no. 3.

Table 2 Properties of fruits as per *Rasadhikya*

Properties of Fruits	Percentage
<i>Madhur Rasa</i>	73.34 %
<i>Amla Rasa</i>	25 %
<i>Lavana Rasa</i>	0
<i>Katu Rasa</i>	1.67 %
<i>Tikta Rasa</i>	10 %
<i>Kashaya Rasa</i>	26.67 %

Table 3 Properties of fruits as per *Doshagnata*:

Properties of Fruits	Percentage
<i>Vataghna</i>	56.67 %
<i>Pittaghna</i>	56.67 %
<i>Kaphaghna</i>	36.67 %

While studying the properties of all these fruits in detail in table no. 4, 23.34 % of fruits were found to have aphrodisiac property, 16.67 % fruits are found to increase the strength of body, 18.34 % of fruits are found to increase sperm or semen, 8.34 % of fruits are found to have beneficial effect on heart health, 8.34 % of fruits are found to improve digestion, 26.67 % of fruits are increasing taste and likeliness for food, 8.34 % of fruits are mild purgative, 13.34 % of fruits are



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helpful in increasing weight, 6.67 % of fruits are providing nourishing effect, 11.67 % of fruits are increasing hunger and 23.34 % of fruits are absorbant in property.

Table 4 Properties of fruits as per *Karma*:

Properties of Fruits	Percentage
<i>Vrushya</i>	23.34 %
<i>Balya</i>	16.67 %
<i>Shukral</i>	18.34 %
<i>Hridhya</i>	8.34 %
<i>Agnivardhak</i>	8.34 %
<i>Rochak</i>	26.67 %
<i>Sara</i>	8.34 %
<i>Bruhan</i>	13.34 %
<i>Tarpan</i>	6.67 %
<i>Deepan</i>	11.67 %
<i>Grahi</i>	23.34 %

Also, maximum 33.34 % of fruits are found to have thirst satisfying property, 31.67 % fruits are helpful in haemorrhagic disorders, 13.34 % fruits are effective in fever, 8.34 % of fruits are helpful in relieving pain, 11.67 % of fruits are helpful in breathlessness/asthma, 6.67 % fruits are useful as anti-emetic, 8.34 % fruits are helpful in Coughing and heart diseases, 13.34 % fruits are useful in tuberculosis, 18.34 % fruits are helpful in relieving burn/ heating effect and 8.34 % fruits are helpful in healing wound, as described in table no. 5.

Table 5 Properties of fruits as per *Rogaghata*:

Properties of Fruits	Percentage
<i>Trusha-hara</i>	33.34 %
<i>Jwarahara</i>	13.34 %
<i>Shulahara</i>	8.34 %
<i>Shwashara</i>	11.67 %
<i>Chhardihara</i>	6.67 %
<i>Kasahara</i>	8.34 %
<i>Hridrogahara</i>	8.34 %
<i>Kshayahara</i>	13.34 %
<i>Dahahara</i>	18.34 %
<i>Kshat-hara</i>	8.34 %
<i>Rakta-pitta-hara</i>	31.67 %

DISCUSSION

In *Phal Varga*, 36.67 % of fruits are with *Kaphaghna* property, *Kleda* is associated with *Kapha*. These fruits can be given to the patients of *Trusha*, *Jwara*, *Shwas*, *Chhardi*. 56.67 % of fruits are with *Pittaghna* property, *Ushnata* and *Dravata* is associated with *Pitta*. These fruits can be given to the patients of *Raktapitta*, *Daha*, *Jwara*, *Kshat*, etc. 56.67 % of fruits are with *Vataghna* property, *Rukshata* is associated with *Vayu*. These fruits can be given to the patients of *Shula*, *Kasa*, *Kshaya*, *Kshat*, etc.

Fruits are not replaceable with main course of diet, but they are indeed a best supplement to aid in. fruits usually are too watery, ready to eat, soft in consistency and with multi taste (*Madhur*, *Amla*, *Kashaya Rasa* majorly), hence have “*Rochak*” property in it. Because of *Ushna Virya*, they tend to be “*Shulahara*”, by the way of *Vayu Shamana/ Anulomana*, where *Vayu* is responsible for pain as per Ayurveda and as per modern science, increase in velocity of nerve conduction, counter irritant effect of heat, effects on pain gate, reduction in muscle spasm or relief in local ischemia through availability of oxygen can be the reason of pain relief. Fruits like *Amlika*, *Draksha*, etc. are “*Sara*” in nature, because of their *Prakrut Pitta Vardhak* and *Kapha-Vatahara* property. More than 70% fruits are with *Madhur Rasa* & with full of nutrients, carbohydrates, proteins and other essential minerals, hence, they naturally possess qualities like *Bruhan*, *Balya*, *Vrushya*, *Kshayahara*, etc. So notably, fruits contain multivitamins and multi-minerals which



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clearly indicate their *Tarpan* i.e., nourishing quality.

Watery content in fruits is enough to quench the thirst of liquid in body, thus showing its “*Trushahara*” quality. Physical qualities of *ShukraDhatu* like *Drava*, *Madhur*, *Sheeta*, *Snigdha* matches somewhere with fruits that gives *Shukral* quality to fruits, along with regeneration through supplements present in fruits within body. *Dadim*, etc fruits contain anti-oxidant, anti-inflammatory¹⁴ qualities along with *Ushna Virya* and *Amla Rasa* can also be considered responsible for *Pachak Pitta Vardhak*, *Agnideepan* and *Grahi* properties.

Amla Rasa is considered *Hridhya*, which means it is easily accepted or liked by *Hridaya* (mind), hence fruits like *Parushak*, *Beejapur*, *Kharjur*, etc. are *Hridhya* as well as *Hridrogahara*. Fruits are much beneficial in many ways to body. Vitamin C in most of fruits contribute towards synthesis, maturation, secretion and degradation of collagen¹⁵, helping in internal and external wound healing, thus justifies the role of *Vranaropana*, *Raktapittahara* and *Kshatahara*. Acidity in form of high pH of citric acid helps in breakdown of mucus which helps them to work as “*Shwashara*” *Dravyas*¹⁶. By the action of *Amla Rasa*, *Ushna Guna* and *Kapha-Vatahara* quality, fruits tend to react as little *Anulomak* in nature, hence its *Kasahara* property justifies.

Serotonin, Dopamine, etc. are chemoreceptors via olfactory nerves which interact with CTZ (vomit commanding part of brain). Stimulating limbic system, release of serotonin (5-HT3

receptor) and decrease of dopamine secretion via soothing sour smell of lemon like fruits, is thought to have psychological effect increasing nausea and reducing vomiting thereby showing *Chhardighna* property. Thus, almost in many ways fruits have beneficial effects on health. Also, we do have scattered references of fruits in *Pathya Ahara* in *Chikitsa* of various diseases like *Kharjura*, *Parushak*, *Mrudvika*, *Amalaka* and *Amla Rasa* is given in *Raktapitta Chikitsa* of *Charak Samhita*¹⁷.

Amalaka in *Prameha*, *Madhuk*, *Mrudvika* in *Kshat-Kshina Roga*, *Dadim*, *Amalaka*, *Phalamla* in *Arsha*, *Sauveer*, *Beejapur*, *Dadim*, etc. and such other many fruits in diseases are given in *Samhitas*.

CONCLUSION

From the above conceptual study, it can be concluded that, if *Rasa*, *Guna*, *Virya*, *Vipaka*, *Doshaghata* and *Rogaghata* of each fruit is studied properly and while treating the patient, if suitable fruit is advised in disease to patient, it definitely has beneficial effect on treatment as well as on the health of the patient. Here, fruits can be beneficial as both *Ahara* and *Aushdhi*.

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