Pharmacological Activities Of Phala-Varga (Medicinal Fruits) – An Ayurvedic Review

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Abstract—Ayurveda is not only a science of life but also a spiritual science. This branch of science deals with the proper life style and dietary advice by Ayurveda scholars. Among them vegetables and fruits are used to eradicate the diseases and helps to maintain the health of the person. Since Vedic period the fruits are used as Prasadam as well as in the form of Bhoga (Offering food), Upavasa (Fasting) purposes. The fruits are not only cure the diseases but also helps the mind in relaxed state. As per Ayurveda the fruits are classified on the basis of Rasa (Taste). For example sour fruit, sweet fruit, bitter fruit etc. The fruits are main source for fibers, multivitamins and minerals, which helps to repair the damaged cells. Here an attempt is made to bring the scattered information of various types of fruits from the classical sources and their pharmacological action on the body, are dealt elaborately. Further scope of the study is to cultivate such fruits in the classical manner and make available seasonally to the market in an affordable price.

Key Words— Ayurveda, Charaka Samhita, Sushruta Samhita, Phala-Varga, Bhavaprakasha Nighantu.

I. INTRODUCTION

In botany fruit is the seed bearing structure in flowering plants. Also called as angiosperms which is formed from the ovary after flowering. The fruits are the main source of nutrition. The outer edible layer is the Pericarp, formed from the ovary and surrounding the seeds. The pericarp possess three layers viz; Epicarp, Mesocarp, and Endocarp. The fruits have main source of Vitamin-C, Potassium, , Magnesium, calcium, Proteins etc. Since Vedic period the fruits are used as Prasadam in the form of Bhoga (Food), Upavasa (Fasting) purposes. The fruits are not only cure the diseases but also helps the mind in relaxed state. As per Ayurveda the fruits are classified on the basis of Rasa (Taste). For example sour fruit, sweet fruit, bitter fruit etc. Acharya Sushruta enumerated Dadima, Amalaka, Draksha, Kharjura, Parushaka, Matulunga, Rajadana are considered as best among the fruits. Whereas Acharya Charaka enumerated Mridvika (Dry grapes) are best and the Lakucha fruit is Ahita (Not healthy).

II. DISCUSSION

A. AMRA PHALA^{[1],[2]} -

Botanical Name- *Mangifera indica* Linn

Family- Anacardiaceae

Pharmacological Action- The Apakwa Amra Phala (Tender unripe) is Kashaya (Astringent), Vata-Pittakaraka, Matured mango fruit is Amla (Sour), Pitta Vardhaka, whereas Pakwa (Ripe) fruit is Vatashamaka, Vrishya (Aphrodisiac),

Balya (Tonic), Mamsavardhaka (Increases muscle bulk). The excess in take of sour mango causes Mandagni (Reduces digestive fire), Vishama Jwara (Intermittent fever), RaktaVikara (Blood disorders), Baddha Gudodara (Prolapse of the rectum during defaecation), Netra Roga (Eye diseases).

B. MRIDVIKA PHALA^{[3],[4]} -

Botanical Name- *Vitis vinifera* Linn

Family- Vitaceae

Pharmacological Action- The Mridvika Phala is Madhura (Sweet) in taste, Vata-Pitta Shamaka, Sheeta Virya (Cold in potency), Snigdha (Demulcent), Brimhana (Nourishing), Vrishya (Aphrodisiac). Alleviates Jwara (fever), Kasahara (Cough), Raktapitta (Bleeding diseases), Kshata (Injury), Daurbalya (Generalized weakness).

C. DADIMA PHALA^{[5],[6]} -

Botanical Name- *Punica granatum* Linn

Family- Punicaceae

Pharmacological Action- Dadima Phala is Tridoshagna (Subsides all the three Doshas), Deepana (Appetizer), Hridya (Cardio tonic), Grahi (Absorbent). As per Bhavaprakasha Nighantu he explained three types viz; Madhura (Sweet), Madhuramla (Sweet and Sour), Amla (Sour).

D. KHARJURA PHALA^[7] -

Botanical Name- *Phoenix sylvestris* Roxb

Family- Arecaceae

Pharmacological Actions- Kharjura is Sheetala (Cold in potency), Madhura (Sweet) in taste, Vata-pittahara (Subsides Vata Pitta Doshas), Brimhana (Nourishing), Vrushya (Aphrodisiac). The ripe fruit is used in Kshaya (Emaciation), Abhighata (Injury), Raktapitta (Haemorrhage), Daha (Burning sensation), Daurbalya (Weakness).

E. KADALI PHALA^[8] -

Botanical Name- *Musa paradisiaca* Linn

Family- Musaceae

Pharmacological Action- Pakwa Phala is Kashaya (Astringent), Madhura (Sweet), Guru (Heavy), Sheeta (Cold in potency), Vishtambhi (Causes constipation), Kaphavardhaka (Increases Kapha Dosha), Vataгна (Subsides Vata Doshas), Rakta Pitta Shamaka (Cures Bleeding diseases), Balya (Tonic), Vrishya (Aphrodisiac).

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F. *BADARA PHALA* ^[9] -

Botanical Name- *Ziziphus mauritiana* Lam

Family- Rhamnaceae

Pharmacological Action- The unripe *Badara* fruit is *Kapha-Pitta Vardhaka* (Increases *Kapha-Pitta Doshas*), the ripe fruit is *Madhura* (Sweet) in taste, *Vata-Pitta Shamaka* (Subsides *Vata* and *Pitta Doshas*), *Snigdha* (Demulcent), *Bhedana* (Purgative). It is *Hridya* (Cardio tonic), *Trishna Shamana* (subsides thirst), *Shramahara* (Cures exhaustion). The *Raja Badara* is *Balya* (Tonic), *Vrushya* (Aphrodisiac). The gruel of *Badara* is *Kapaha-Vatagna* (Subsides *Kapha* and *Vata Dosh*), *Trishnahara* (Cures thirst), *Sara* (Laxative).

G. *PARUSHAKA PHALA* ^{[10],[11]} -

Botanical Name- *Grewia asiatica* Linn

Family- Tiliaceae

Pharmacological Action- The fruit is *Shramahara* (Cures exhaustion), *Jwarahara* (Cures fever), It is mentioned *Madhura Skandha* in *Charaka Samhita*. As per *Sushruta Samhita* the fruit is *Vatagna* (Subsides *Vata Dosh*), *Ruchikara* (Appetizer), *Trishnahara* (Subsides thirst), *Hridya* (Cardio tonic), and *Mutra Doshahara* (Relieves urinary disorders).

H. *TOODA PHALA* ^[12] -

Botanical Name- *Morus alba* Linn

Family- Moraceae

Pharmacological Actions- The fruit is *Madhura* (Sweet) in taste, *Guru* (Heavy), *Sheeta* (Cold) in potency, *Vata-Pitta Shamaka* (Subsides *Vata-Pitta Doshas*), In unripe it is *Amla* (Sour), *Ushna Virya* (Hot in potency), *Raktapitta Prakopaka* (Increases haemorrhage).

I. *GAMBHARI PHALA* ^[13] -

Botanical Name- *Gmelina arborea* Linn

Family- Verbenaceae

Pharmacological Actions- The *Gambhari* fruit is *Madhura-Kashaya* (Sweet -Astringent) in taste, *Madhura Vipaka* (Sweet in post digestive effect), *Sheeta Virya* (Cold in potency), *Snigdha* (Demulcent), *Vrushya* (Aphrodisiac), *Rasayana* (Vitalizer). It is *Raktasangrahika* (Stops the bleeding), *Raktapitta Shamaka* (Haemorrhage).

J. *BILVA PHALA* ^{[14],[15]} -

Botanical Name- *Aegle marmelos* Corr

Family- Rutaceae

Pharmacological Actions- The tender fruit of *Bilva* is *Ushna* (Hot in potency), *Teekshna* (Penetrating), *Deepana* (Appetizer), *Sangrahi* (Absorbent), *Kapha-Vata Shamaka* (Subsides *Kapha* and *Vata Doshas*) The ripe fruit is *Guru* (Heavy), *Visthambhi* (Causes constipation), *Kostha Vata Vardhaka* (Increases intestinal gas)

K. *PHALGU PHALA* ^{[16],[17]} -

Botanical Name- *Ficus carica* Linn

Family- Moraceae

Pharmacological Action- The *Phalgu Phala* is *Madhura* (Sweet) in taste, *Sheeta* (Cold in potency), *Guru* (Heavy), *Visthambhi* (Causes constipation), *Tarpana* (Nourishing), *Brimhana* (Nutritious), *Vata-Pitta Shamaka* (Subsides *Vata* and *Pitta Doshas*), and *Rakta-Pittahara* (Cures bleeding diseases).

L. *BHALLATAKA PHALA* ^[18] -

Botanical Name- *Semicarpus anacardium* Linn

Family- Anacardiaceae

Pharmacological Actions- The *Bhallataka Phala* is *Madhura* (Sweet) in taste, *Sheetala* (Cold in potency), *Pitta Shamaka* (Subsides *Pitta Doshas*), *Keshya* (Hair tonic).

M. *SHLESHMATAKA PHALA* ^{[19],[20]} -

Botanical Name- *Cordia dichotomz* Forst.f.

Family- Boraginaceae

Pharmacological Actions- The ripe *Shleshmataka Phala* is *Madhura* (Sweet) in taste, *Shleshmala* (Increases *Kapha Dosh*), *Guru* (Heavy), *Sheeta* (Cold in potency). The unripe fruit is *Ruksha* (Dry), *Visthambhi* (Causes constipation), and *Kapha-Pitta Shamaka* (Subsides *Kapha* and *Pitta*)

N. *NARIKELA PHALA* ^{[21],[22]} -

Botanical Name- *Cocos nucifera* Linn

Family- Arecaceae

Pharmacological Actions- The *Narikela Phala* is *Madhura* (Sweet) in taste, *Snigdha* (Demulcent), *Sheeta* (Cold) in potency, *Balya* (Tonic), *Brimhana* (Nourishing), *Vata-Pitta Shamaka* (Subsides *Vata* and *Pitta Doshas*), *Mutrala* (Diuretic). The *Narikela Jala* is *Sheetala* (Cold) in potency, *Hridya* (Cardio tonic), *Trishna Shamaka* (Relieves thirst), *Pitta Shamaka* (Subsides *Pitta Dosh*), *Mutrala* (Diuretic). The tender coconut water is *Pitta Shamaka* (Subsides *Pitta Dosh*). Old coconut water is *Pittakaraka* (Increases *Pitta*), *Vidahi* (Causes burning sensation).

O. *TAALA PHALA* ^{[23],[24]} -

Botanical Name- *Borassus flabellifer* Linn

Family- Palmae

Pharmacological Actions- The ripe *Taala* fruit is *Madhura* (Sweet) in taste, *Snigdha* (Deulcent), *Sheeta* (Cold) in potency *Balya* (Tonic), *Brimhana* (Nourishing), *Guru* (Heavy), *Pitta Shamaka* (Subsides *Pitta Dosh*).

P. *PANASA PHALA* ^[25] -

Botanical Name- *Artocarpus integra* (Thunb) Merrill

Family- Moraceae

Pharmacological Actions- The ripe *Panasa* fruit is *Madhura-Kashaya* (Sweet-Astringent) in taste, *Snigdha* (Demulcent), *Sheeta* (Cold) in potency, *Guru* (Heavy), *Vata-Pitta Shamaka* (Subsides *Vata-Pitta Doshas*), *Kapha Vardhaka* (Increases *Kapha*), *Balya* (Tonic), *Brimhana* (Nourishing), The unripe fruit is *Kashaya* (Astringent), *Guru* (Heavy), *VataVardhaka* (Increases *Vata Dosh*), *Vishtambhi* (Causes constipation).

Vrushya (Aphrodisiac), *Brimhana* (Nourishing).

Q. LAKOOCHA PHALA ^[26] -

Botanical Name- *Artocarpus lakoocha* Roxb

Family- Moraceae

Pharmacological Actions- The unripe fruit of *Lakoocha* is *Kashaya-Amla* (Astringent-Sour), *Guru* (Heavy), *Ushna* (Hot in potency), *Visthambhi* (Causes constipation), *Tridoshakopaka* (Increases all the three *Doshas*; *Vata-Pitta-Kapha*), *Raktakopaka* (Increases blood related diseases), *Shukra Nashana* (Depletes the semen), *Agnimandiyakara* (Decreases appetite), *Dristhinashaka* (Depletes the vision). The ripe fruit is *Madhura-Amla* (Sweet-Sour) in taste, *Vishtambhi* (Causes constipation), *Doshaprakopaka* (Increases all the three *Doshas*; *Vata-Pitta-Kapha*).

R. AROOKA PHALA ^[27] -

Botanical Name- *Prunus persical* Batsch

Family- Rosaceae

Pharmacological Actions- The *Arooka Phala* is *Madhura* (Sweet) in taste, *Ruchikara* (Tasty), *Guru* (Heavy), *Ishad Ushna* (Slightly hot in potency), *Brimhana* (Nourishing). Used in *Prameha* (Urinary diseases including diabetes), *Arsha* (Haemorrhoids), *Gulma* (Visceral organ diseases).

S. URUMAANA PHALA ^[28] -

Botanical Name- *Prunus armeniaca* Linn

Family- Rosaceae

Pharmacological Actions- The *Urumaana Phala* (Apricot) is *Madhura* (Sweet) in taste, *Snigdha* (Demulcent), *Guru* (Heavy), *Ushna* (Hot) in potency, *Balya* (Tonic), *Brimhana* (Nourishing), *Vatashamaka* (Subsides *Vata*), *Kapha-Pitta Vardhaka* (Increases *Kapha-Pitta Doshas*).

T. SEVA PHALA ^[29] -

Botanical Name- *Pyrus malus* Linn

Family- Rosaceae

Pharmacological Actions- The apple fruit is *Madhura-Kashaya* (Sweet-Astringent) in taste, *Sheeta Virya* (Cold in potency), *Vata-Pitta Shamaka* (Subsides *Vata* and *Pitta Doshas*), *Kapha Vardhaka* (Increases *Kapha Dosh*), *Brimhana* (Nourishing), *Grahi* (Absorbent).

U. TANKAM PHALA ^{[30],[31]} -

Botanical Name- *Pyrus communis* Linn

Family- Rosaceae

Pharmacological Actions- The Pear fruit is *Madhura* (Sweet), *Kashaya* (Astringent) in taste, *Sheetala* (Cold in potency), *Balya* (Tonic), *Vatala* (Increases *Vata Dosh*), *Guru* (Heavy).

V. VATAADA PHALA ^[32] -

Botanical Name- *Prunus amygdalus* Batsch

Family- Rosaceae

Pharmacological Actions- The Almond fruit is *Madhura* (Sweet), *Guru* (Heavy), *Snigdha* (Demulcent), *Ushna* (Hot) in potency, *Kapha-Pitta Vardhaka* (Increases *Kapha* and *Pitta*), *Vata Shamaka* (Subsides *Vata Dosh*), *Balya* (Tonic),

W. NIKOCHAKA PHALA ^[33] -

Botanical Name- *Pinus gerardiana* Wall

Family- Pinaceae

Pharmacological Actions- The *Nikochaka Phala* is *Guru* (Heavy), *Snigdha* (Demulcent), *Vrushya* (Aphrodisiac), *Swadu* (Sweet) in taste, *Dhatuvardhana* (Increases all the seven *Dhatus*), *Vatagna* (Subsides *Vata*), *Kapha-Pitta Krit* (Increases *Kapha* and *Pitta*), *Balya* (Tonic), *Brimhana* (Nourishing), *Ushna* (Hot in potency).

X. AKSHOTA PHALA ^[34] -

Botanical Name- *Juglans regia* Linn

Family- Juglandaceae

Pharmacological Actions- The Walnut fruit is *Madhura* (Sweet) in taste, *Ushna* (Hot in potency), *Balya* (Tonic), *Vrushya* (Aphrodisiac), *Brimhana* (Nourishing), *Vatashamaka* (Subsides *Vata Dosh*), *Kapha-Pittakara* (Increases *Kapha* and *Pitta*), *Medha Vardhaka* (Promotes intellect).

Y. PRIYALA PHALA ^[35] -

Botanical Name- *Buchanania lanzan* Spreng

Family- Anacardiaceae

Pharmacological Actions- The *Priyala Phala* is *Madhura* (Sweet in taste), *Snigdha* (Demulcent), *Sara* (Laxative), *Sheeta* (Cold in potency), *Balya* (Tonic), *Vrushya* (Aphrodisiac), *Brimhana* (Nourishing), *Vata-Pitta Shamaka* (Subsides *Vata* and *Pitta Doshas*).

Z. SHRINGATAKA PHALA ^[36] -

Botanical Name- *Trapa natans* Linn

Family- Trapaceae

Pharmacological Actions- The *Shringataka Phala* is *Madhura* (Sweet), *Kashaya* (Astringent) in taste, *Guru* (Heavy), *Sheeta Virya* (Cold in potency), *Pitta Shamaka* (Subsides *Pitta Dosh*), *Kapha-Vata Vardhaka* (Increases *Kapha-Vata Dosh*), *Grahi* (Absorbent), *Vrushya* (Aphrodisiac).

AA. MAKHANA PHALA ^[37] -

Botanical Name- *Euryale ferox* Salsib

Family- Nymphaeaceae

Pharmacological Action- The fruit of *Makhana* is *Madhura* (Sweet), *Sheeta* (Cold in potency), *Vata-Pitta Shamaka* (Subsides *Vata-Pitta Doshas*), *Balya* (Tonic), *Vrushya* (Aphrodisiac), and it is *Garbha Sthapana* (Anti abortive).

BB. PADMABEEJA ^[38] -

Botanical Name- *Nelumbo nucifera* Gaertn

Family- Nymphaeaceae

Pharmacological Actions- The fruit is *Madhura-Kashaya* (Sweet-Astringent in taste), *Balya* (Tonic), *Vrushya* (Aphrodisiac), *Grahi* (Absorbent), *Pittashamaka* (Subsides *Pitta Dosh*), *Kapha-Vata Vardhaka* (Increases *Kapha* and

Vata Doshas), *Garbhasthapana* (Anti abortive).

CC. KUMUDA PHALA^[39] -

Botanical Name- *Nymphaea nouchali* Burm. F.

Family- Nymphaeaceae

Pharmacological Actions- The fruit is used in *Jwara* (Fever) and *Grahani* (Dysentery).

DD. TRAPUSA PHALA^[40] -

Botanical Name- *Cucumis sativus* Linn

Family- Cucurbitaceae

Pharmacological Actions- The *Trapusa* fruit is *Madhura* (Sweet) in taste, *Guru* (Heavy), *Ruksha* (Dry), *Sheeta* (Cold in potency), *Visthambhi* (Causes constipation), *Mutrala* (Diuretic), *Pittashamaka* (Subsides *Pitta Dosh*), *Raktapittahara* (Cures haemorrhage).

EE. ERVARUKA PHALA^[41] -

Botanical Name- *Cucumis utilissimus* Linn

Family- Cucurbitaceae

Pharmacological Action- The *Ervaruka* fruit is *Kapha-Vatakrit* (Increases *Kapha* and *Vata Doshas*), *Guru* (Heavy), *Swadu* (Sweet in taste), *Visthambhi* (Causes constipation), *Sheetala* (Cold in potency).

FF. KHARBUJA PHALA^[42] -

Botanical Name- *Cucumis melo* Linn

Family- Cucurbitaceae

Pharmacological Actions- The fruit of *Kharbuja* is *Guru* (Heavy), *Madhura* (Sweet in taste), *Sheeta* (Cold in potency), *Vata-Pitta Shamaka* (Subsides *Vata-Pitta Doshas*), *Mutrala* (Diuretic), *Balya* (Tonic), *Vrushya* (Aphrodisiac), *Sara* (Laxative).

GG. KAALINDA PHALA^[43] -

Botanical Name- *Citrullus vulgaris* Schrad

Family- Cucurbitaceae

Pharmacological Actions- The water melon is *Guru* (Heavy), *Sheetala* (Cold in potency), *Pittashamaka* (Subsides *Pitta*), *Grahi* (Absorbent), *Achakshushya* (Not good for eyes), *Avrushya* (Non-aphrodisiac).

HH. BAHUNETRA PHALA^[44] -

Botanical Name- *Ananas comosus* (Linn) Merr

Family- Bromeliaceae

Pharmacological Actions- The pineapple is *Madhura* (Sweet), *Amla* (Sour) in taste, *Vatashamaka* (Subsides *Vata Dosh*), *Kaphavardhaka* (Increases *Kapha Dosh*), *Sara* (Laxative), *Krimigna* (Vermifuge), *Balya* (Tonic).

II. MADHUKA PHALA^[45] -

Botanical Name- *Madhuka indica* J. F. Gmel

Family- Sapotaceae

Pharmacological Actions- The *Madhuka Phala* is *Madhura* (Sweet) in taste, *Sheeta* (Cold in potency), *Guru* (Heavy), *Vata-Pitta Shamaka* (Subsides *Vata-Pitta Dosh*),

Vrushya (Aphrodisiac), *Brimhana* (Nourishing).

JJ. NARANGA PHALA^[46] -

Botanical Name- *Citrus reticulata* Blanco

Family- Rutaceae

Pharmacological Actions- The *Naranga Phala* is *Madhuramla* (Sweet-Sour) in taste, *Hridya* (Good for heart), *Rochana* (Appetizer), *Vata Shamaka* (Subsides *Vata Dosh*).

KK. MISTHA NIMBAKA PHALA^[47] -

Botanical Name- *Citrus limettoides* Tanaka

Family- Rutaceae

Pharmacological Actions- The sweet lime fruit is *Madhura* (Sweet in taste), *Guru* (Heavy), *Vata-Pitta Shamaka* (Subsides *Vata* and *Pitta Dosh*), *Balya* (Tonic), *Rochana* (Appetizer), *Galaroga* (Cures throat diseases), *Visha* (Poisonous effect), *Raktapitta* (Haemorrhage), *Shosha* (Emaciation), *Trishna* (Cures thirst), *Kaphagna* (Subsides *Kapha Dosh*).

LL. BEEJAPURA PHALA^[48] -

Botanical Name- *Citrus medica* Linn

Family- Rutaceae

Pharmacological Actions- The fruit of *Beejapura* is *Deepana* (Appetizer), *Pachana* (Digestive), *Rochana* (Taste promoter), *Sara* (Laxative), *Hridya* (Cardio tonic). It cures *Shoola* (Spasmodic pain), *Gulma* (Visceral organ diseases), *Chardi* (Vomiting), *Ajirna* (Indigestion), *Arsha* (Haemorrhoids).

MM. JAMBEERA PHALA^[49] -

Botanical Name- *Citrus limon* (Linn), Burm.f.

Family- Rutaceae

Pharmacological Actions- The *Jambeera* fruit is *Amla* (Sour) in taste, *Guru* (Heavy), *Ushna Virya* (Hot in potency), *Vata-Kapha Shamaka* (Subsides *Vata* and *Kapha Dosh*), *Sara* (Laxative), *Deepana* (Appetizer), *Pachana* (Digestive). It cures *Agnimandya* (Loss of appetite), *Shoola* (Pain abdomen), *Krimi* (Worms), *Chardi* (Vomiting).

NN. NIMBUKA PHALA^[50] -

Botanical Name- *Citrus aurantifolia* (Christm) Swingle

Family- Rutaceae

Pharmacological Action- The *Nimbuka* fruit is *Rochana* (Taste promoter), *Deepana* (Appetizer), *Pachana* (Digestive), *Vatanulomana* (Helps to easy evacuation of *Vata Dosh*).

OO. AMALAKA PHALA^{[51],[52]} -

Botanical Name- *Emblica officinalis* Gaertn

Family- Euphorbiaceae

Pharmacological Actions- The *Amalaki* fruit is *Pancha Rasa Lavana Varjita Amla Pradhana* (Possess five types of tastes except Salt), *Madhura Vipaka* (Sweet at the end of digestion), *Sheeta Veerya* (Cold in potency), *Tridosha Shamaka* (Subsides all the three *Dosh* especially *Pitta Dosh*), It cures *Prameha* (Urinary diseases including

diabetes), *Amlapiita* (Hyper acidity), *Raktapitta* (Haemorrhage), *Daurbalya* (Generalized weakness).

PP. BHAVYA PHALA ^[53] -

Botanical Name- *Dillenia indica* Linn

Family- Dilleniaceae

Pharmacological Action- The *Bhavya* fruit is *Swadu* (Tasty), *Kashaya* (Astringent), *Amla* (Sour), *Ruchikara* (Taste promoter), *Grahi* (Absorbent), *Guru* (Heavy), *Visthambhi* (Causes constipation), *Sheeta Virya* (Cold in potency), *KaphaPitta Vardhaka* (Increases *Kapha* and *Pitta Doshas*).

QQ. AMLIKA PHALA ^[54] -

Botanical Name- *Tamarindus indica* Linn

Family- Caesalpiniodeae

Pharmacological Actions- The *Amlika Phala* is *Amla* (Sour), *Guru* (Heavy), *Ushna Virya* (Hot in potency), *Vata Shamaka* (Subsides *Vata Dosh*), *Kapha-Pitta Vardhaka* (Increases *Kapha* and *Pitta Doshas*). The ripe fruit is *Deepana* (Appetizer), *Sara* (Laxative), *Kapha-Vata Shamaka* (Subsides *Kapha* and *Vata Dosh*).

RR. KARMARANGA PHALA ^[55] -

Botanical Name- *Averrhoa carambola* Linn

Family- Oxalidaceae

Pharmacological Actions- The *Karmaranga* fruit is *Sheetala* (Cold in potency), *Madhura* (Sweet), *Amla* (Sour) in taste, *Grahi* (Absorbent), *Kapha-Vata Shamaka* (Subsides *Kapha* and *Vata Doshas*).

SS. AMRATAKA PHALA ^[56] -

Botanical Name- *Spondias pinnata* Linn

Family- Anacardiaceae

Pharmacological Actions- The unripe *Amrataka Phala* is *Amla* (Sour), *Ushna* (Hot in potency), *Sara* (Laxative), *Rochana* (Taste promoter). The ripe *Amrataka* fruit is *Madhura* (Sweet), *Amla* (Sour), *Sheeta* (Cold in potency), *Vata-Pitta Shamaka* (Subsides *Vata* and *Pitta Doshas*), *Balya* (Tonic).

TT. KARAMARDA PHALA ^[57] -

Botanical Name- *Carissa carandus* Linn

Family- Apocynaceae

Pharmacological Actions- The unripe fruit of *Karamarda* is *Amla* (Sour), *Ushna* (Hot in potency), *Ruchikara* (Tasty), *Trishna Shamaka* (Cures thirst), *Kapha-Pitta Vardhaka* (Increases *Kapha* and *Pitta Doshas*). The ripe fruit is *Madhura* (Sweet), *Vata-Pitta Shamaka* (Subsides *Vata* and *Pitta Doshas*).

UU. KAPITTHA PHALA ^[58] -

Botanical Name- *Feronia limonia* (Linn) Swingle

Family- Rutaceae

Pharmacological Actions- The unripe fruit is *Kashaya* (Astringent), *Sangrahi* (Absorbent), *Swarabhedaka* (Causes hoarseness of voice), *Vata Vardhaka* (Increases *Vata*

Dosha). The ripe fruit is *Madhura* (Sweet), *Amla* (Sour), *Vata-Pitta Shamaka* (Subsides *Vata* and *Pitta*), *Grahi* (Absorbent), *Trishna Shamaka* (Cures thirst).

VV. KOSHAMRA PHALA ^[59] -

Botanical Name- *Schleichera oleosa* (Lour) Oken

Family- Sapindaceae

Pharmacological Actions- The *Koshamra Phala* is *Amla* (Sour), *Guru* (Heavy), *Ushna* (Hot in potency), *Vata Shamaka* (Subsides *Vata*), *Kapha-Pitta Vardhaka* (Increases *Kapha* and *Pitta Doshas*), *Grahi* (Absorbent), *Trishna Shamaka* (Cures thirst).

WW. PRACHINAMALAKA PHALA ^[60] -

Botanical Name- *Flacourtia jangomas* Raeusch

Family- Flacourtiaceae

Pharmacological Actions- The *Prachinamalaka* fruit is *Tridosha Shamaka* (Subsides all the three *Doshas*; *Vata-Pitta-Kapha*), *Vishagna* (Subsides Poisonous effects), *Jwaragna* (Cures fever).

XX. JAMBU PHALA ^{[61],[62]} -

Botanical Name- *Syzygium cumini* (Linn), Skeels

Family- Myrtaceae

Pharmacological Actions- The *Jambu Phala* is *Kashaya* (Astringent), *Amla* (Sour), *Madhura* (Sweet) in taste, *Ruksha* (Dry), *Vata Vardhaka* (Increases *Vata Doshas*), *Kapha-Pitta Shamaka* (Subsides *Kapha-Pitta Doshas*), *Grahi* (Absorbent), *Pramehagna* (Cures urinary diseases including diabetes), *Medoroga* (Obesity).

YY. UDUMBARA PHALA ^[63] -

Botanical Name- *Ficus glomerata*

Family- Moraceae

Pharmacological Actions- The *Udumbara* fruit is *Kashaya* (Astringent), *Sheeta Virya* (Cold in potency), *Stambhana*, *Rakta-Pitta Shamaka* (Cures haemorrhage), *Grahani* (Dysentery), *Prameha* (Urinary diseases including diabetes).

ZZ. TINDUKA PHALA ^[64] -

Botanical Name- *Diospyros peregrina* (Gaertn) Guerke

Family- Ebenaceae

Pharmacological Actions- The *Tinduka Phala* is *Kashaya* (Astringent), *Madhura* (Sweet), *Kapha-Pitta Shamaka* (Subsides *Kapha* and *Pitta Doshas*), Cures *Raktapitta* (Haemorrhage), *Prameha* (Urinary diseases including diabetes).

AAA. BAKULA PHALA ^{[65],[66]} -

Botanical Name- *Mimusops elengi* Linn

Family- Sapotaceae

Pharmacological Actions- The *Bakula Phala* is *Kashaya* (Astringent), *Madhura* (Sweet), *Sheeta* (Cold in potency), *Kapha-Pitta Shamaka* (Subsides *Kapha-Pitta Doshas*), *Vata Vardhaka* (Increases *Vata Dosh*), *Hridya* (Cardio tonic), *Grahi* (Absorbent), *Dantaroga* (Used for teeth diseases).

BBB. KSHEERIKA PHALA ^[67] -

Botanical Name- *Manilkara hexandra* Roxb

Family- Sapotaceae

Pharmacological Actions- The *Ksheerika Phala* is *Snigdha* (Demulcent), *Sheeta* (Cold in potency), *Guru* (Heavy), *Tridosha Shamaka* (Subsides all the three *Doshas*; *Vata-Pitta-Kapha*), *Balya* (Tonic), *Vrushya* (Aphrodisiac), *Brimhana* (Nourishing).

CCC. KADAMBA PHALA ^[68] -

Botanical Name- *Anthocephalus indicus* Miq

Family- Rubiaceae

Pharmacological Actions- The *Kadamba Phala* is *Guru* (Heavy), *Kashaya* (Astringent), *Madhura* (Sweet), *Sheeta* *Virya* (Cold in potency), *Abhishyandi* (Obstructs the channels), *Vata-Pitta Shamaka* (Subsides *Vata-Pitta Doshas*).

DDD. KAREERA PHALA ^[69] -

Botanical Name- *Capparis decidua* Edgew

Family- Capparidaceae

Pharmacological Actions- The *Kareera Phala* is *Madhura* (Sweet), *Katu* (Pungent), *Tikta* (Bitter) in taste, *Ushna Virya* (Hot in potency), *Kapha-Vata Shamaka* (Subsides *Kapha-Vata Doshas*).

EEE. SHAMI PHALA ^[70] -

Botanical Name- *Prosopis cineraria* Druce

Family- Fabaceae

Pharmacological Actions- The *Shami Phala* is *Madhura* (Sweet) in taste, *Ruksha* (Dry), *Ushna* (Hot in potency), *Keshagna* (Causes hair loss).

FFF. PEELU PHALA ^{[71],[72]} -

Botanical Name- *Salvadora persica* Linn

Family- Salvadoraceae

Pharmacological Action- The *Peelu Phala* is *Tikta* (Bitter), *Katu* (Pungent), *Teekshna* (Penetrating), *Ushna* (Hot in potency), *Snigdha* (Demulcent), *Sara* (Laxative), *Bhedana* (Purgative), Cures *Visha* (Poison effect), *Kapha-Vata Shamaka* (Subsides *Kapha-Vata Doshas*), *Pitta Vardhaka* (Increases *Vata Dosh*). The unripe fruit is *Madhura* (Sweet), *Tikta* (Bitter), *Ishat Ushna* (Not much hot in potency), *Tridosha Shamaka* (Subsides all the three *Doshas*; *Vata-Pitta-Kapha*), *Gulma* (Cures Visceral organ diseases).

GGG. POOGA PHALA ^{[73],[74]} -

Botanical Name- *Areca catechu* Linn

Family- Arecaceae

Pharmacological Actions- The fruit of betel nut is *Guru* (Heavy), *Hima* (Cold in potency), *Kashaya* (Astringent), *Kapha-Pittajit* (Subsides *Kapha* and *Pitta Doshas*), *Mohanakara* (Produces drowsiness), *Deepana* (Appetizer), *Ruchya* (Tasty), *Asya Vairasya Nashana* (Subsides lethargy). The wet fruit of betel nut is *Guru* (Heavy), *Abhishyandi* (Obstructs the channels), *Agnimandya* (Produces Loss of appetite), *Drishitihara* (Produces Loss of vision), The boiled

fruit of betel nut cures *Chardi* (Vomiting), *Tridosahara* (Subsides all the three *Doshas*; *Vata-Pitta-Kapha*).

HHH. KATAKA PHALA ^[75] -

Botanical Name- *Strychnos potatorum* Linn

Family- Loganiaceae

Pharmacological Action- The *Kataka* fruit is *Vata-Shleshmahara* (Subsides *Vata* and *Kapha Doshas*), *Sheeta* (Cold in potency), *Madhura* (Sweet), *Kashaya* (Astringent) in taste, *Guru* (Heavy), *Netrya* (Good for eyes).

III. AMLAVETASA PHALA ^[76] -

Botanical Name- *Garcinia pedunculata* Roxb

Family- Clusiaceae

Pharmacological Actions- The *Garcinia* fruit is *Amla* (Sour) in taste, *Bhedana* (Purgative), *Laghu* (Light), *Deepana* (Appetizer), Cures *Hridroga* (Heart related diseases), *Shoola* (Pain abdomen), *Hikka* (Hiccough), *Anaha* (Distention of the abdomen), *Shwasa* (Dyspnoea), *Kasa* (Cough), *Ajirna* (Indigestion), *Udavarta* (Sour belching), *Pleehodara* (Enlargement of spleen)

JJJ. VRIKSHAMLA PHALA ^[77] -

Botanical Name- *Garcinia indica* Choisy

Family- Clusiaceae

Pharmacological Action- The *Vrikshamla* fruit is *Amla* (Sour), *Ushna* (Hot in potency), *Vatahara* (Subsides *Vata Dosh*), *Guru* (Heavy), *Rochana* (Tasty), *Ruksha* (Dry), *Deepana* (Appetizer), *Sangrahi* (Absorbent). Cures *Trishna* (Thirst), *Arsha* (Haemorrhoids), *Grahani* (Dysentery), *Gulma* (Visceral organ diseases), *Shoola* (Pain abdomen), *Hridroga* (Heart diseases), *Jantu* (Worm infestation).

III. CONCLUSION-

All the mentioned fruits possess the anti-oxidant, aphrodisiac property, anti-poisonous activity, anti-obesity activity, cardio tonic activity. Some of them contain rich in fibers which help to easy evacuation of the faeces. These fruits not only help to prevent the diseases but also help to maintain the health of the person. The further scope of study is to carry such pharmacological activities and make available these original and classical method of cultivated fruits in the market in an affordable price, so that the manifestation of the disease will be reduced and helps to maintain the health of the person.

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