

KHARJUR - A REVIEW FROM BRIHATTRAYI AND ITS THERAPEUTIC USE

Prof. Manohar Ram*

Professor and HOD, Department of Samhita Evum Siddhant, Government Ayurvedic College and Hospital
Chaukaghat, Varanasi.



*Corresponding Author: Prof. Manohar Ram

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ABSTRACT

Kharjur (Phoenix dactylifera Linn.), commonly known as the date fruit, is a time-honored medicinal plant widely recognized in Ayurvedic literature for its nutritional and therapeutic benefits. Referenced across the *Brhatrayi*—*Charaka Samhitā*, *Suśruta Samhitā*, and *Aṣṭāṅga Hṛdaya*—*Kharjur* is acclaimed for its *madhura rasa*, *śītavīrya*, and *balya* (strength-promoting) properties. This review article aims to consolidate the classical descriptions of *Kharjur* from these primary Ayurvedic texts, along with its pharmacological actions and therapeutic applications. In Ayurveda, *Kharjur* is primarily indicated in *kṣaya*, *raktapitta*, *trṣṇā*, *dāha*, and *kāśashvāsa*, owing to its nourishing and pitta-pacifying attributes. The article also examines modern pharmacological findings that support its traditional uses, including its roles as an energy booster, antioxidant, hepatoprotective, and anti-inflammatory agent. By bridging classical Ayurvedic knowledge with contemporary research, this review highlights the therapeutic relevance of *Kharjur* and advocates its potential inclusion in integrative healthcare approaches.

KEYWORDS: *Kharjur*, Phoenix dactylifera, Brhatrayi, Therapeutic uses, Antioxidant, Anti-inflammatory, Balya, Raktapitta, Review.

INTRODUCTION

Kharjur (Phoenix dactylifera Linn.), widely known as the date palm, holds a revered place in classical Ayurvedic literature for its potent nutritive and medicinal properties. Found abundantly in tropical and subtropical regions, its fruit is consumed both as food and medicine. In Ayurveda, *Kharjur* is classified under *Phala Varga* (group of fruits) and is described in detail in the triad of classical Ayurvedic texts collectively referred to as *Brhatrayi*—namely, *Charaka Samhitā*, *Suśruta Samhitā*, and *Aṣṭāṅga Hṛdaya*. These texts emphasize its sweet taste (*madhura rasa*), cooling potency (*śīta vīrya*), and nourishing nature (*balya*).

MATERIAL AND METHOD

Material -Brhatrayi – It includes

- Charak Samhita
- Sushrut Samhita
- Ashtang Sangraha

METHODOLOGY

- All the references of *Kharjur* Phala are taken from Brhatrayi.
- All the references are documented in tabular form highlighting the main aspect of that particular reference.
- Important therapeutic uses mentioned in Brhatrayi.

Types- There are two types of *kharjur* are found

- Kharjur* (Phoenix sylvestris Roxb.)
- Pind *Kharjur* (Phoenix dactylifera Linn.)

Synonyms

Sanskrit	<i>Kharjur</i>
English	Date
Hindi	Khajur
Punjabi	Pinda Khajur.
Marathi	Khajur
Gujrati	Khajur
Malayalam	Prantha Puzam
Bengali	Khejur
Oriya	Khejuri
Greek	Phoinix
Italian	Datter

Taxonomical classification^[4]

Kingdom	Plantae
Division	Magnoliophyta
Class	Liliopsida
Order	Arecales
Family	Arecaceae
Genus	Phoenix
Species	<i>P. dactylifera</i>



Fig. 1: Date tree.



Fig. 2: Date fruit.

OBSERVATIONS

References found in Brihatrayi are as follow-

1.Charak Samhita**Sutrasthan**

Ref.no.	Name/ Paryaya	Gana/ kalpa, kalpana	Indication/Contraindication
4/16/40	Kharjur	Shramahar Gana	
23/38	Kharjur	Mantha	Madyavikarnashak manth
25/49/2	Kharjur	Phalasav yoni	
27/116	Kharjur	Shaka varga	Raktapitta kshayapaha
27/127	Kharjur	Phalavarga	Rasa – Madhur, virya – shita, guna- guru, doshakarma – vatapitta har, karma – bruhan, vrushya Pathya – in kshaya, abhigata, daha, vata pitta vyadhi
27/279	Kharjur	Krutanna varga	Panak – vishthambhi, guru

Vimanshan

Ref.no.	Name/ Paryaya	Varga/skandha/ Gana	Other details
8/139	Kharjur	Madhurskandha	Rasa – Madhur
8/144	Kharjur tarun (ankur)	Kashayskandha	Rasa –Kashaya

Chikitsa Sthan

Ref.no.	Name / Paryaya	Kalpa / Kalpana	Karma	Prayog in Vyadhi / Avastha / Lakshan / Pathya - Apathya etc.
1/4/14	Kharjur	Indrokta rasayan Dwitiya	Vrushya, ayushya, smriti agni vardhak, indriyabalya, varna swarakar	Sarva roga prashaman, visha, alakshmi vachadosha nashan
2/1/28	Kharjur	Bruhani gutika	Bruhan, vrushya, balavardhan	Vajikaran (shakti vardhak)
2/2/6	Kharjur	Apatyakari Apatyakar, shukravardhak	Apatyakar, shukravardhak	
2/2/14	Kharjur	Apatyakar swaras	Jaraharan, apatyakar	Vajikaran shakti vardhak
2/2/18	Kharjur	Vrushya ksheer	Vrushya	Vajikaran shakti vardhak
2/2/21	Kharjur	Vrushya ghrita	Vrushya, balya, varnya	Kanthya roga and karshya
3/237	Kharjur	Nagaradi kshirpak	Trushnaprashaman, jwaraghna	Jwara, trushna
3/258	Kharjur	Chandanadya taila	Dahaprashaman, jwaraghna	Jwara, daha
4/33	Kharjur	Kharjuradi tarpan	Raktapitta prashaman	Urdhwaga raktapitta niramavastha
4/71	Kharjur	Shrungatakadi leha	Raktapitta prashaman	Raktapitta
5/123	Kharjur	Drakshadi ghruta	Pitta shaman, virechan	Pittaja gulma, pittavikar
5/133	Kharjur			Pathya in pittaja gulma
8/96	Kharjur	Kharjuradi ghruta	Stroto balya, jwaraghna, kasahar, shwasahar bruhan, swarya,	Rajayakshma gata vaiswarya, kasa, shwasa, jwara nashak
8/100	Kharjur	Yakshma nashak keha	Stroto balya, jwaraghna, kasahar, shwasahar bruhan,swarya,	Yakshma gata – kasa, shwasa, parshwashula, swarabheda

8/115	Kharjur	Baladi kshir	Stroto balya, jwaraghna, kasahar, bruhan, swarya	Yakshma gata – jwara kasa, vaiswarya
11/21	Kharjur	Eladi gutika		Kas, shwas, jwar, hikka, chardi, murcha, mad, bhram, raktanishivan, trushna, parshwashool, arochak, shosh, pliha, adhyavata, swarbheda, kshat, kshaya, vrushya, raktapitta
11/37	Kharjur	Amrutprasha ghruta	Stroto balya, jwaraghna, kasahar, shwasahar bruhan, swarya, hikkani-grahan, trushnashaman, shukravardhak, raktapittaprashaman	Nashta shukra, kshata kshina, daurbalya, vyadhikarshit, stripasakta, varnaswara heena, kasa, hikka, jwara, daha, trushna, raktapitta, chhardi, murchha, yoniroga, mutraroga
11/63	Kharjur	Trutiya sarpirguda	Hikkani-grahan, kasahar, shwasahar, shukravardhak, nidrajanan, bruhan, jwaraghna, pittashaman	Hikka, kasa, kamala, jwara, yakshma, shwasa, raktapitta, trushna, halimak, shukrakshaya, nidrakshaya, karshya
11/72	Kharjur	Pancham sarpirmodak		Vatarakta, urahkshata, kasa, kshaya, shosha, pittaja vikar, shukrakshaya, yonistrava, garbhastrava, urasthana gata raktastrava, karshya, daurbalya, vrudhdavastha
15/151	Kharjur	Asava		Grahani
18/89	Kharjur	Kharjuradi leha	Pittashaman, kasahar	Pittaja kasa
20/28	Kharjur	Parushakadi leha	Pittashaman, chhardinigrahan	Pittaja chhardi
21/109	Kharjur	Ahariya prayoga		Visarpa
22/41	Kharjur	Kharjuradi kwath	Trushnashaman	Paittik trushna
22/42	Kharjur	Sanskarit shital jal		Trushna
24/136	Kharjur	Kharjuradi rasa	Trushnashaman, madanashan, pittashaman	Paittik madatyaye trushna
24/140	Kharjur	Tarpan, yusha, mansarasa – ahariya prayog	Madanashan, bruhan	Paittik madatyay
26/76	Kharjur	Phala		Apathy in Ashmarijanya mutrakricchra
26/93	Kharjur	Drakshadi ghruta	Pittashaman, hridya	Pittaja hridroga
26/168	Kharjur	Mahamayur ghruta		Shirirog, kasa, shwasa, manyastambha, prushthagraha, shosha, swarabheda, ardit, yonirog, shukradosha, raktavikar, vandhyatva
28/121	Kharjur	Dashmuladi ghruta – basti, abhyanga, pana	Vatashaman	Nanatmaja vatavikar
29/66	Kharjur	Dwipanchamuladi ghruta		Pandu, parshwashula, jwara, hikka, swarabheda, bhagandar, kshaya, kasa, pleehavruddhi, vatarakta, urahkshata, shosha, apasmara, ashmari, sarvanga ekanga vata
29/96	Kharjur	Sukumarak taila – nasya, pana, abhyanga, basti		Vatavyadhi, manyastambha, hanugraha, sarvanga ekanga vata, urakshata kshina, kshatajanya jwara, vatarakta

Kalpasthan

Ref. no.	Nama / Paryaya	Kalpa / Kalpana	Karma	Prayog in Vyadhi / Avastha / Lakshan / Pathya - Apathya etc.
11/7	Kharjur	Saptalashankhini yoga	Virechan	Vata kaphaja hrudroga, gulma

Siddhisthan

Ref. no.	Name / Paryaya	Kalpa / Kalpana	Karma	Prayog in Vyadhi / Avastha / Lakshan / Pathya - Apathya etc.
12/16/11	Kharjur	Shaliparnyadi yapan basti	Indriya balya, jwaraghna, bruhan	indriyadaurbalya, Vishamajwaragata karshya
12/19/1	Kharjur	Chatuhsneha anuvasan basti	Shukravardhak, raktavardhak, mansavardhak, prajasthapan, dhatuposhan, artava vardhan, jwaraghna	Nashtaretas, kshata, kshina, vishamajwara, vyapannayoni, vandhyatva, vali, palit, raktagulma, mruta apatya, anartava, kshinamansarudhira

2 Sushrut Samhita**Sutrasthana**

Ref. no	Nama /Paryaya	Gana/ kalpa, kalpana	Other details
45/175	Kharjur	Madya varga	Madya – rasa – kashay, Madhur, guna – laghu, sugandhi, vishada, doshakarma – vatakopan, kaphaghna, karma – karshan, indriyashodhan, rochan
46/182	Kharjur	Phala varga	Rasa – Madhur, guna – guru, karma – raktapittahar
46/185	Kharjur	Phala varga	Rasa – Madhur, vipak – Madhur, virya – shita, guna – guru karma – hrudya, tarpan, kshata kshayahar, raktapittahar
46/311	Kharjur (mastak -majja)	Kandavarga	Rasa – Madhur, doshakarma – kaphavruddhikar, anilaghna, dhatukarma – shukrala
46/336	Kharjur	Phalavarga	Prashasta phala
46/438	Kharjur	Anupan varga	Guhashaya mansa sevanottar kharjurasava pana pathya

Chikitsa Sthan

Ref. no.	Nama / Paryaya	Kalpa / Kalpana	Karma	Prayog in Vyadhi / Avastha / Lakshan / Pathya - Apathya etc.
11/9	Kharjur	Guduchyadi kwath		Shonitmeha
17/27	Kharjur	Kumbhikadi taila	vranaropan	Shalyaja nadivrana

Uttar Tantra

Ref. no.	Nama / Paryaya	Kalpa / Kalpana	Karma	Prayog in Vyadhi / Avastha / Lakshan / Pathya - Apathya etc.
36/5	Kharjur(mastak)	Dashamuladi ghruta	grahabadhahar	Naigamesha grahabadha
39/185	Kharjur	Kawaladharanartha yoga	pittashaman	Pittaja mukhavairasya
42/108	Kharjur	Panak	pittashaman	Paittik shula
45/21	Kharjur	Kharjur churna	Raktapitta shaman	Raktapitta
46/16	Kharjur	Panak	murcchahar	Murchha
50/28	Kharjur (mastak – majja/ bija)	Churna	hikkanigrahan	Hikka
52/34		Eladi churna	Kasahar, dhatuposhan, kshatahar	Pittaja, kshayaja, kshataja kasa

3. Ashtanga Sangraha**Sutrasthana**

Ref. no.	Nama /Paryaya	Gana/ kalpa, kalpana	Other details
6/121	Kharjur	Madyavarga	Rasa – Madhur, virya – natyushna, guna – guru, sara, doshakarma – vatal, alpapittanila, karma – lekhan, hridya
7/169	Kharjur	Phalavarga	Rasa- Madhur, virya – shita, vipak – Madhur, guna – guru, snigdha, doshakarma – kaphakar, pittaprasadan, dhatukarma – raktaprasadan,

			shukrakar, malakarma – vishthambhi, karma – bruhan
7/237	Kharjur		Phala – vatahar, koshthavata kara
14/7	Kharjur	Pittashaman varga	Doshakarma – pittashaman
15/36	Kharjur	shramanashan gana	Karma – shramanashan
24/56	Kharjur	Mantha	Trushna madatyay har, karma – trushna prashaman, madanashak

Chikitsa Sthan

Ref. no.	Nama / Paryaya	Kalpa / Kalpana	Karma	Prayog in Vyadhi / Avastha / Lakshan / Pathya - Apathya etc.
2/40	Kharjur	Siddha kshirapana	Jwaraghna	jirnajwara
3/16	Kharjur	Mantha	Virechan	Adhoga raktapitta
3/27	Kharjur	Kharjuradi leha		Pittaja kasa
5/57	Kharjur	Modak		Vatarakta, pittaroga, kshata kshaya, kasa, yonidosha, kshina oja swara shukra, sansrava, mrutapraja, vandhyatva, garbhastrava
5/71	Kharjur	Nagabala sarpi	Rasayan balya, pushtikara, varnya, ayushya, ojasya	Pittarakta Vicar, kshata kshaya, trushna, bhrama, daha vali palit
7/28	Kharjur	Kharjuradi ghruta		Vaiswarya, kasa, shwasa, jwara
7/49	Kharjur	Kharjuradi leha	kaphaghna	Kasa, kshaya, parshwaruk
8/53	Kharjur	Shreyasyadi ghruta	pittashaman	Pittaja hrudroga
9/19	Kharjur	Panak	Pittashaman, madahar	Pittolban madatyay
9/153	Kharjur	Swaras		Mada, murchha, sanyas
14/7	Kharjur	Drakshadi kwath		Shonitmeha
15/6	Kharjur	Drakshadi ghruta		Antarvidradhi
18/11	Kharjur			Pathya - pandu vyadhi
23/41	Kharjur	Siddha ghruta – pana, abhyanga, basti, nasya	Vatashaman	Kevala vatavikar
24/5	Kharjur	Jivaniya ghruta	Balya, vrushya, varnya, chakshushya, putrada	Vataroga, pandu, jwara, apasmar, bhagandar, shwasa, kasa, hidhma, swarabheda, parshwashula, yakrutpleeha roga, mutrasanga, ashmar, vatashonit, sarvanga ekanga roga

Kalpasthan

Ref. no.	Nama / Paryaya	Kalpa / Kalpana	Karma	Prayog in Vyadhi / Avastha / Lakshan / Pathya - Apathya etc.
5/34	Kharjur	Sneha Basti	Kantivardhak, jivaniya, rasayan, apatyakar, vrushya	Vali palit, nashtashukra, kshatakshina, vishamajwara, vyapannartava

Uttarsthan

Ref. no.	Nama / Paryaya	Kalpa / Kalpana	Karma	Prayog in Vyadhi / Avastha / Lakshan / Pathya - Apathya etc.
19/54	Kharjur	Anjan	Raktaprasadan	Raktabhishyanda
22/15	Kharjur	Siddha taila karnapuran	Pittashaman	Pittaja shula, daha,
28/73	Kharjur	Mahamayur ghruta		Dhatu indriya swarabhransha, shwasa, kasa, ardit, yoniroga, asrukdosha, shukradosha, vandhyatva
35/34	Kharjur	Siddha taila	Vranaropan	Shalyaja nadivrana
37/28	Kharjur	Snehanartha ghrutapana, abhyanga, nava nasya		Pittavyanga
49/222	Kharjur		Balya, varnya, teja ojavardhak, swarya, saumanasyajanan, shukravruddhi, raktavruddhi	Palandu rasayan prayoge – pathya phala
50/26	Kharjur	Sharadi ghruta	Vajikaran	

50/91	Kharjur	siddhakshir	Shukravardhak	
50/93	Kharjur	Siddha ghruta	Vrushya, balya, kanthya, bruhan	
50/110	Kharjur		Vajikaran	Nitya sevaniya phala

Threapeutic use of Kharjur explained in Brihatrayi

Charak Samhita	Sushrut Samhita	Ashtanga Sangraha
Jware trushna, daha	Kshatakshaya	Pitta roga
Raktapitta	Mukhavairasya	Vatarakta
Pittajagulma	Hikka	Pittaja kasa
Rajyakshma	Murchha	Jirnajwara
Vatarakta	Panavibhrama	Adhoga raktapitta
Urahkshata	Pittaja kasa	Madatyay
Yonistrava	Kshayaja kasa	Trushna
Garbhastrava	Kshataja kasa	Kshata kshaya
Pittaja kasa	Paittik jwara	Daha
Pittaja chhardi	Paittik shula	Pandu
Pittaja trushna	Nadivrana	Arsha
Paittik madatyay	Shonitmeha	Meha
Pittaja hrudroga		Nadivrana
Kasa shwasa		Shukradosha
Manyastambha		Ardit
Manyastambha		Raktaja shiroroga
Prushthagraha		Raktabhishyanda
Shosha		Pittaja karnashula
Swarabheda		Artavadosha
Pandu		Ashmari
Kevala vatavikar		Mutrasanga
Parshwashula		Yakrutpleeha roga
Hikka		Bhagandar
Bhagandar		Vatavyadhi
Pleehavruddhi		Antarvidradhi
Karshya		Pittaja vyanga
Mutrasanga		Dhatu indriya swara bhransha
		Vandhyatva
		Nadivrana
		Shukradosha

DISCUSSION

In this literature review study, it is observed that Kharjur is an important aushadhiya dravya. It has been used for treating pittaj vikar, madatyata, jwar, shwas, kas, swarbheda, rajyakshma, etc. Acharya Charaka has mentioned it in shramhar gana, phalasava and phalvarga along with 35 Ahar/Aushadhi Kalpana. Also it has pittashamak action due to Madhur rasa, Madhur vipak and shita virya. Thus it is useful in pitta pradhan conditions mentioned above.

Moreover, the integration of Kharjur into therapeutic regimens requires a standardized approach, including preparation methods, dosing guidelines, and identification of possible contraindications (e.g., in uncontrolled diabetes or certain metabolic syndromes).

CONCLUSION

With the help of above mentioned references and observation, it is concluded that Kharjur is essential ahariya and aushadhiya dravya and not a vyadhi hetu of any disease. Kharjur, as described in the Bṛhatrayī,

exemplifies a perfect blend of nutrition and medicine. With its strong foundation in classical texts and increasing modern validation, it remains a valuable dravya in Ayurvedic practice.

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