

## FRUITS IN CLASSICAL TEXTS OF AYURVEDA – A REVIEW

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## ABSTRACT

Fruit have been a part of the human diet since the earliest time and there is strong evidence that our ancestors were primarily frugivorous. In ancient time there is no cultivation and man had to fill belly with fruits and whatever he finds in natural surroundings. *Ayurveda* describes *Ahara* (Diet) as the best preventive medicine and management of many diseases. "*Phalavarga*" is a category under *Aharavarga*, enlisted different fruits with their properties and its indications are in different medical conditions. During the last 4000 years, vast change has occurred in use of fruits. Several items have become obsolete and new items are introduced. Available information of fruits in classical texts of *Ayurveda* are not reviewed and not disseminated scientifically. Due to lack of knowledge regarding identification, usage, habitat, distribution and benefits of some fruits remain unexplored. Effort has been made to review and compile the fruits from classical texts of *Ayurveda* in systemic manner so that information regarding them can be used to identify active principles, long term beneficial effects and to understand their mechanism of action to establish their dietetic importance.

**KEYWORDS:** *Aharavarga*, Controversy, Fruit-preparation, Fruit-history, *Phal-varga*.

## INTRODUCTION

*Ayurveda* is science which uploads benefits of healthy living. In *Ayurveda* three essential pillars of life are described i.e *Aahara* (diet), *Nidra* (sleep) and *Brahmacharya* (celibacy). From these three pillars *Aahara* (diet) is best sustainer of life. *Ayurveda* describes *Ahara* (Diet) as the best preventive medicine and management of many diseases. *Acharayas* has described varieties of foods (*Aahar Varga*). "*Phalavarga*" is a category under *Aharavarga*, enlisted different fruits with their properties and its indications are in different medical conditions. Today different diseases like obesity, diabetes, cardiovascular diseases are increasing every year and fruits contain healthy components that helps to prevent major disease. Fruits also helps to recover from illness if taken in sufficient amount.

## History of fruits

In *Vedas* – In Rigveda (1.164.20) '*Pippala*' the fruit of Ashwatha i.e *Ficus religiosa* is mentioned. In *Yajurveda* different fruits like *Badara*, *Karira*, *Udumbara*, *Jmbiri*,

*Vikankata*, *Bilwa*, *Kharjura* are mentioned. *Atharvaveda* has added *Kapitthaka* and *Prushaka* in the list of fruits.

In *Upanishad*– In *Shatpatha Brahmana upnishada* (14.7.41) *Amra*, *Udumbara*, *Pippala* are mentioned. *Aamla* is mentioned in *Jaiminiya Upnishad Brahmana* (1.38.6) which is earlier name of *Amalaka* mentioned first in *Chandogya Upanishad* (7.3.1).

In *Puranas* – In *Purans* importance and knowledge of fruit is clearly seen. *Dwipas* are commonly named on fruits like *Jambudwipa* after *Jambu*, common fruit in India. In *Garuda Purana* (1.169.202 part-4) large number of fruits and fruit-bearing trees are mentioned.

In great epic *Ramayana* fruits play role in social customs, the guests were entertained by offering fruits. No. of fruit-bearing tree like *Aamra*, *Jambu*, *Priyala*, *Panasa*, *Ankola*, *Bilwa*, *Nipa* are mentioned in description of *Chitrakutta*<sup>[1]</sup>. In *Mahabharata* on description of *Dwatavana* fruit bearing plants mentioned like *Maduka*, *Tala*, *Nipa*, *Kadamba*, (M.B.Anu.53.19).

Authentic data about fruits are found in *Kautilya's Arthashastra* of Maurya's period are as follows- The colour of ripe *Jambu*, *Amra*, *Tala* fruit are mentioned (Arth. 2. 28.12. 2). Group of sour fruit in which *Vrikshamla*, *Matulunga*, *Kola*, *Badara* are included (ibid.2.31.15.18). Oil is extracted from seeds of fruit of *Nimba*, *Kapittha*, *Madhuka* and *Ingudi* (ibid.2.21.15.28). Special type of Sura "*Harahuraka*" and "*Kapisayana*" is mentioned that is prepared of *Mridwika* (grapes) (ibid.2.41.25.21).

**Civilization-** In ancient time there is no cultivation and man had to fill belly with fruits and whatever he finds in natural surroundings. The Proto-Australoids who displaced the negritos, the earliest inhabitants of India, started cultivation. It is said that they used fruits like *Kadali*, *Narikela*, *Jambu*, *Dadima* And *Bhavya* in their diet. The Dravidians who came next, used fruits like *Panasa*, *Chincha* and *Puga*. The Indus valley civilization shows that people at Harappa and Mohanjodaro used fruits like *Kharjura*, *Narikela*, *Dadima*, *Kadali* and *Nimbuka*.

### Fruits in classical texts of Ayurveda

*Ahara* (diet or food) is one of the important factors provided by nature for healthy living. The ancient classics emphasize more on *Ahara* for the promotion of positive health and prevention from a wide range of disorders. Acharya Charaka has classified the *Ahara Dravya* (diet/food articles) in different ways and one of the classification of the *Ahara Dravya* is into twelve major *Varga* (classes) depending upon its various forms. One of them is *Phala-varga*. This *Varga* is enriched with different types of fruits like *Draksha* (grapes), *Paravat* (guava), *Mango*, *Jamuna*, *Bibhitaka* (*Terminalia bellerica*), *Anara* (pomegranate), *Almond*, *Bhallatakasthi* (*Semecarpus anacardium*). The *Phala Varga* have been arranged according to *Rasas* (Taste). Begins with *Madhura* i.e *Mridwika* (*Vitis vinifera*) and proceeds with order *Madhura-Amla*, *Madura-Kashaya*, *Amla*, *Dry fruits*, *Katu-Tikta* and *Kashaya*. Though there are one or two fruits that are outside the group. In *Vimana Sthana* of Charaka Samhita, drugs and edibles are classified in six groups (*Skandhas*) according to *Rasas*. Fruits in respective groups in *Charaka Samhita* are mentioned here in Table no.1.

**Table 1: Fruits in Skandha (Group) mention in Vimana-Sthana of Charaka Samhita.**<sup>[2]</sup>

Skandha (Group)	Fruits
Madhura	<i>Mridwika</i> , <i>Kharjura</i> , <i>Parushaka</i> , <i>Rajadana</i> , <i>Kashmarya</i> , <i>Taal</i> , <i>Kharjurmastaka</i>
Amla	<i>Aamra</i> , <i>Aamrataka</i> , <i>Lakuch</i> , <i>Karmard</i> , <i>Vrikshaamla</i> , <i>Amalvetas</i> , <i>Kuval</i> , <i>Badar</i> , <i>Dadima</i> , <i>Matulunga</i> , <i>Aamlaka</i> , <i>Tintidik</i> , <i>Dantasatha</i> , <i>Gandira</i> , <i>Nanditaka</i> , <i>Airavata</i> , <i>koshamra</i> , <i>Dhanwana</i> ,
Tikta	<i>Nimba</i> , <i>Vaartaku</i> , <i>Kakoudumbarika</i>
Kashaya	<i>Jambu</i> , <i>Vata</i> , <i>Plaksha</i> , <i>Kapitana</i> , <i>Udumbara</i> , <i>Ashwatha</i> , <i>Bhallataka</i> , <i>Tinduka</i>

Shusruta classified *Phal-varga* starting with sour fruits i.e *Amla* next in order are *Kashaya-Madhura*, *Madhura*, *Dry fruits*, and *Tikat-Katu*. Shusruta further classified *Madhura Rasa* fruit in two groups one consist of *Tala*, *Narikela*, *Panasa* and *Kadali* which are *Vaatpittahara*, *Balya* and *Brihana*. Other group contains *Draksha*, *Kashmarya*, *Madhuapuspa*, and *Kharjura* which are *Rakta-Pittahara* and *Guru*.

**Best-fruit-** Charaka mentioned *Mridwika* as best fruit while *Lakucha* as the worst one<sup>[3]</sup>. Shusruta mentions *Dadima*, *Amalaka*, *Draksha*, *Kharjura*, *Parushaka*, *Rajadana* and *Matulunga* as best among fruits<sup>[4]</sup>. *Vagbhata* has only made compromise and has mentioned *Draksha* and *Dadima* as the first and second

one. *Padampurana* says *Amalaki* as best fruit. Now a day mango is the national and best fruit of India.

**Preferred fruit<sup>[5]</sup> (for medicinal use)-** The fruits diseased, affected by maggots, overripe, unseasonal and unripe were to be discarded except that young unripe fruits of *Bilwa* are preferred.

Various fruits are described in different *Samhitas* like *Charaka samhita*, *Shusruta Samhita* etc, in *Nighantus* like *Raja Nighantu* and by famous *Dravyaguna* specialist P.V.Sharma. Some fruits out of them are controversial. The fruits described in different classical texts like *Samhitas*, *Nighantus* are described here in Table no. 2 and 3 and Table no. 2 is also illustrated in Fig. 1 to 9 (excluded Controversial drugs).

**Table 2: Fruits in different Classical texts.**<sup>[6]</sup>

Fruits	Latin name	Family
<i>Abhisuka</i>	<i>Pistacia vera</i> Linn.	Anacardiaceae
<i>Airavata</i>	<i>Elaeocarpus serratus</i> Linn.	Elaeocarpaceae
<i>Aksota</i>	<i>Juglans regia</i> Linn.	Juglandaceae
<i>Amalaka</i>	<i>Embllica officinalis</i> Gaertn.	Euphorbiaceae
<i>Amalvetas</i>	<i>Garcinia pedunculata</i> Roxb.	Clusiaceae
<i>Aervaruk</i>	<i>Cucumis utilissimus</i> Linn.	Cucurbitaceae
<i>Amlika</i>	<i>Temarindus indica</i> Linn.	Fabaceae

Amra	<i>Mangifera indica</i> Linn.	Anacardiaceae
Amrataka	<i>Spondias pinnata</i> Kurz.	Anacardiaceae
Ananaas (ra.v)	<i>Ananas comosus</i> Linn.	Bromeliaceae
Ankalodya	<i>Euryale ferox</i> salisb.	Nymphaeaceae
Ankota	<i>Alangium salvifolium</i> Linn.	Cornaceae
Aaruka	<i>Prunus domestica</i> Linn.	Rosaceae
Ashmantaka	<i>Ficus rumphii</i> Blume	Moraceae
Aswattha	<i>Ficus religiosa</i> linn.	Moraceae
Bakula	<i>Mimusops elengi</i> Linn.	Sapotaceae
Bhallatak	<i>Semecarpus anacardium</i> linn.	Anacardiaceae
Bhavya	<i>Dillenia indica</i> Linn.	Dilleniaceae
Bihi *	<i>Cydonia oblonga</i> Mill	Rosaceae
Bilwa	<i>Aegle marmelos</i> Corr.	Rutaceae
Bimbi	<i>Coccinia indica</i> W. & A.	Cucurbitaceae
Dadima	<i>Punica granatum</i> Linn.	Punicaceae
Dantasatha	<i>Averrhoa carambola</i> Linn.	Oxalidaceae
Dhanwana	<i>Grewia tiliaefolia</i> Vahl.	Malvaceae
Draksha	<i>Vitis vinifera</i> Linn.	Vitaceae
Gangeruka	<i>Grewia tenax</i> Forsk.	Tiliaceae
Ingudi	<i>Balanites aegyptiaca</i> Linn.	Zygophyllaceae
Jambira	<i>Citrus limon</i> Linn.	Rutaceae
Jambu	<i>Syzygium cumini</i> Linn.	Myrtaceae
Kalinda	<i>Citrullus vulgaris</i> Schrad.	Cucurbitaceae
Kapittha	<i>Feronia limonia</i> Linn.	Rutaceae
Kadamb	<i>Anthocephalus indicus</i> Miq.	Rubiaceae
Karmarda	<i>Carissa carandas</i> Linn.	Apocynaceae
Karchura	<i>Curcuma zedoaria</i> Rosc.	Zingiberaceae
Karira	<i>Capparis decidua</i> Edgew.	Capparaceae
Kasmarya	<i>Gmelina arborea</i> Linn.	Lamiaceae
Kaaju *	<i>Anacardium occidentale</i> Linn	Anacardiaceae
Kharjura	<i>Phoenix sylvestris</i> Roxb.	Arecaceae
Kosamra	<i>Schleichera oleosa</i> Lour.	Sapindaceae
Litchi	<i>Litchi chinensis</i> Gaertn.	Sapindaceae
Lakucha	<i>Artocarpus lakoocha</i> Roxb.	Moraceae
Lavali	<i>Luvunga scandens</i> Ham.	Rutaceae
Madhuka	<i>Madhuca indica</i> J.F.Gmel.	Sapotaceae
Matulunga	<i>Citrus medica</i> Linn.	Rutaceae
Moca (Kadali)	<i>Musa paradisiaca</i> Linn.	Musaceae
Mrgalindika	<i>Gnetum montanum</i> Markgraf.	Gnetaceae
Mukulaka	<i>Sapium insigne</i> Royle.	Euphorbiaceae
Naranga	<i>Citrus reticulata</i> Blanc.	Rutaceae
Narikela	<i>Coccus nucifera</i> Linn.	Arecaceae
Nikochaka	<i>Pinus gerardiana</i> Wall.	Pinaceae
Nipa	<i>Anthocephalus cadamba</i> Mig.	Rubiaceae
Nyagrodha	<i>Ficus bengalensis</i> Linn.	Moraceae
Panasa	<i>Artocarpus heterophyllus</i> Lam.	Moraceae
Paravata	<i>Garcinia cowa</i> Roxb.	Clusiaceae
Parpataki	<i>Gardenia latifolia</i> Ait.	Rubiaceae
Parusaka	<i>Grewia asiatica</i> Linn.	Malvaceae
Phalgu	<i>Ficus carica</i> Linn.	Moraceae
Pilu	<i>Salvadora persica</i> Linn.	Salvadoraceae
Plaksa	<i>Ficus lacor</i> Buch-Ham	Moraceae
Pracinamalaka	<i>Flacourtia jangomas</i> Lour.	Salicaceae
Priyala	<i>Buchanania lanzan</i> Spreng.	Anacardiaceae
Shami	<i>Prosopis cineraria</i> Druce.	Fabaceae
Seb	<i>Malus pumila</i> Mill.	Rosaceae
Sitaphala	<i>Annona squamosa</i> Linn.	Annonaceae
Slesmataka	<i>Cordia myxa</i> Roxb.	Boraginaceae

Taala	<i>Borassus flabellifer</i> Linn.	Arecaceae
Tanka	<i>Pyrus communis</i> Linn.	Rosaceae
Tinduka	<i>Disospyros embryopteris</i> Pers.	Ebenaceae
Tintidika	<i>Rhus parviflora</i> Roxb.	Anacardiaceae
Tuda	<i>Morus alba</i> Linn.	Moraceae
Trinsunya	<i>Pandanus odoratissimus</i> Linn.	Pandanaceae
Todana	<i>Grewia oppositifolia</i> Roxb.	Malvaceae
Udumbara	<i>Ficus racemosa</i> Linn.	Moraceae
Urumana	<i>Prunus armeniaca</i> Marsh.	Rosaceae
Vartaka	<i>Solanum melongana</i> Linn.	Solanaceae
Vaatama	<i>Prunus amygdalus</i> Batsch.	Rosaceae
Vaat-Kumbh ni.r	<i>Carica papaya</i> Linn.	Caricaceae
Vikankata	<i>Flacourtia indica</i> Mess.	Salicaceae
Vriksamla	<i>Garcinia indica</i> Chois	Clusiaceae
Vetrphala	<i>Calamus rotang</i> Linn	Arecaceae

Table 3: Fruits mentioned in *Bhavprakash Nighantu Aamradi-Varga*.

Fruits	Latin name	Family
Aamra	<i>Mangifera indica</i> Linn.	Anacardiaceae
Ambaada	<i>Spondias mangifera</i> Willd	Anacardiaceae
Rajaamra	-	-
Koshamra	<i>Scleichera trijuga</i> Willd.	Sapindaceae
Panas	<i>Artocarpus integrifolia</i> Linn.	Moraceae
Lakucha	<i>Artocarpus lakoocha</i> Roxb.	Moraceae
Kadali	<i>Musa Sapientum</i> Linn.	Musaceae
Chirbhit	<i>Cucumis Momordica</i> Roxb.	Cucurbitaceae
Narikela	<i>Cocus nucifera</i> Linn.	Arecaceae
Kalind	<i>Citrullus vulgaris</i> Schrad	Cucurbitaceae
Kharbuj	<i>Cucumis melo</i> Linn.	Cucurbitaceae
Trapus	<i>Cucumis sativus</i> Linn.	Cucurbitaceae
Guvak (supari)	<i>Areca catechu</i> Linn.	Palmae
Taal	<i>Borassus flabellifer</i> Linn.	Arcaceae
Bilwa	<i>Aegle marmelos</i> Corr.	Rutaceae
Kapith	<i>Feronia elephantum</i> Correa	Rutaceae
Naarang	<i>Citrus reticulata</i> Blanco.	Rutaceae
Tinduk	<i>Diospyros embryopteris</i> Pers.	Ebenaceae
Kupilu	<i>Strychnos nux-vomica</i> Linn.	Loganiaceae
Raj-Jambu	<i>Syzygium cumini</i> Skeels	Myrtaceae
Jal-Jambu	<i>Eugenia heyneana</i> wall.	Myrtaceae
Raj-Badar	<i>Zizyphus sativa</i> Gaertn.	Rhamnaceae
Kol	<i>Zizyphus jujube</i> Lam.	Rhamnaceae
Karkandhu	<i>Zizyphus nummularia</i> W.&A.	Rhamnaceae
Prachin-Aamlak	<i>Flacourtia cataphracta</i> Roxb.	Flacourtiaceae
Lavali	<i>Cicca acida</i> Linn.	Euphorbiaceae
Karmard	<i>Carissa carandas</i> Linn.	Cynaceae
Priyaal	<i>Buchanania latifolia</i> Roxb.	Anacardiaceae
Rajadan	<i>Mimusops hexandra</i> Roxb.	Sapotaceae
Vinkkat	<i>Flacourtia ramontchi</i> L'Herit	Flacourtiaceae
Padmaksham	<i>Nelumbo speciosum</i> Willd.	Nymphaeaceae
Makkhana	<i>Euryale ferox</i> Salisb.	Nymphaeaceae
Shringatak	<i>Trapa bispinosa</i> Roxb.	Trapaceae
Kairviniphal	<i>Nymphaea alba</i> Linn.	Nymphaeaceae
Madhuk	<i>Madhuca indica</i> J.F.Gmel	Sapotaceae
Jal-Mahua	<i>Bassia longifolia</i> Koenig	Sapotaceae
Parushak	<i>Grewia asiatica</i> Linn.	Tiliaceae
Tut	<i>Morus indica</i> Griff.	Moraceae
Dadim	<i>Punica granatum</i> Linn.	Punicaceae
Bahuvaar	<i>Cordia myxa</i> Roxb.	Boraginaceae

<i>Katak</i>	<i>Strychnos potatorum</i> Linn.	Loganiaceae
<i>Draksha</i>	<i>Vitis vinifera</i> Linn.	Vitaceae
<i>Sulemani kharjur</i>	<i>Phoenix sylvestris</i> Roxb.	Palmae
<i>Pind kharjur</i>	<i>Phoenix dactylifera</i> Linn.	Arecaceae
<i>Vaatad (Badam)</i>	<i>Prunus amygdalus</i> Batsch.	Rosaceae
<i>Sev</i>	<i>Pyrus malus</i> Linn.	Rosaceae
<i>Amrit-Phal</i>	<i>Pyrus communis</i> Linn.	Rosaceae
<i>Pilu</i>	<i>Salvadora persica</i> Linn.	Salvadoraceae
<i>Akshot</i>	<i>Juglans regia</i> Linn.	Juglandaceae
<i>Bijora</i>	<i>Citrus medica</i> Linn.	Rutaceae
<i>Madhukarkati</i>	<i>Citrus maxima</i> Linn.	Rutaceae
<i>Jambiri</i>	<i>Citrus limon</i> Linn.	Rutaceae
<i>Nimbuk</i>	<i>Citrus aurantifolia</i> Christm.	Rutaceae
<i>Misht-Nimbuk</i>	<i>Citrus limettiodes</i> Tanaka	Rutaceae
<i>Maosambi</i>	<i>Citrus sinensis</i> Linn.	Rutaceae
<i>Karmaranga</i>	<i>Averrhoa carambola</i> Linn.	Oxalidaceae
<i>Amalika</i>	<i>Tamarindus indica</i> Linn.	Caesalpinaceae
<i>Amalvetas</i>	<i>Garcinia pedunculata</i> Roxb.	Guttiferae
<i>Vrikshaamalak</i>	<i>Garcinia indica</i> Chois.	Guttiferae

Fruits in different classical texts

**Abhisuka****Airavata****Aksota****Amalaka****Amalvetas****Aervaruk****Amlika****Amra****Amratarka (Fig.1)**

Fruits in different classical texts



**Ananas**



**Ankalodya**



**Ankota**



**Aaruka**



**Ashmantaka**



**Aswattha**



**Bakula**



**Bhallatak**



**Bhavya (Fig.2)**

Fruits in different classical texts



**Bihi**



**Bilwa**



**Bimbi**



**Dadima**



**Dantasatha**



**Dhanwana**



**Draksha**



**Gangeruka**



**Ingudi (Fig.3)**



**Jambira**



**Jambu**



**Kalinda**



**Kapittha**



**Kadamb**



**Karmard**



**Karchura**



**Karira**



**Kashmarya (Fig-4)**



**Kaaju**



**Kharjura**



**Kosamra**



**Litchi**



**Lakucha**



**Lavali**



**Madhuka**



**Matulunga**



**Moca(Kadali) (Fig.5)**

Fruits in different classical texts



**Mrgalindika**



**Mukulaka**



**Naranga**



**Narikela**



**Nikochaka**



**Nipa**



**Nyagrodha**



**Panasa**



**Paravata (Fig-6)**

Fruits in different classical texts



**Parpataki**



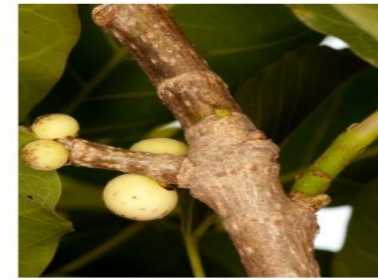
**Parushak**



**Phalgu**



**Pilu**



**Plaksha**



**Prachinamalaka**



**Priyala**



**Shami**



**Seb (Fig-7)**



Fruits in different classical texts



**Sitaphala**



**Sleshmataka**



**Taala**



**Tanka**



**Tinduka**



**Tintidika**



**Tuda**



**Trinsunya**



**Todana (Fig. 8)**

Fruits in different classical texts



**Udumbara**



**Urumana**



**Vartaka**



**Vaatama**



**Vaata-Kumbha**



**Vikankata**



**Vetraphala**

**(Fig. 9)**

### Controversial fruits

**Aakshikiphala** – It has been mentioned only once in Charaka Samhita. The fruit has *Amla Rasa* and it is considered *Vaat-Vardhak* and *Pittakaphashamaka*. *Akshika* has been described in all the three great texts. *Shusruta* has described *Aksa* fruit after *Aksika* fruit, the former one is derived from *Aksa* i.e. *Bibhitaka* (*Terminalia bellarica*). *Shusruta* consider *Aksa* fruit as *Madhura Rasa*, *Ushana Virya* and *Kapha-Vaatshamaka*.<sup>[7]</sup> *Chakrapani* describe *Aksika* as *Lata* (climber) the fruit of which are used. Following plants considered as *Aksika* on basis of similarity in nomenclature and use of fruits; *Achi* i.e. *Morinda coreia* Buch-Ham, *Akhni* i.e. *Alangium begonifolium* Harms, *Asophala* i.e. *Euphoria longan* Steud, *Aggai* i.e. *Dillenia pentagyna* Roxb. *Priyavrat sharma* considered *Asophala* i.e. *Euphoria longan* Steud from sapindaceae family as *Akshiphala* because its fruit has more extensive uses than those of other plants. In recent research memory enhancing effect of its fruit extract is seen on mice.<sup>[8]</sup>

**Anupaki** – This fruit has been described by *Charaka* only<sup>[9]</sup>. This fruit has *Madhura Rasa* and it is *Pitta* and *Kapha* pacifying. *Chakrapani* on commenting only said it as *Anuya*. It was also described in *Dravyaguna Samgraha* in *Phala-Varga* as *Anupaki* and have *Madhura Rasa* and *Vaatpittahara* which is reasonable as compare to *Pittashleshmara* said by *Charaka*. *Shivdas Sen* interpreted as *Anuya*.

**Badara** – In *Charaka samhita* *Badara*, *Krkandhu* have been described in *Phalvarga*.<sup>[10]</sup> and third variety *Kola* mentioned in preparation of *Panaka* (Syrup). In *Mahakshaya Kuvala* is mentioned with *Badara*. *Sinchitika*.<sup>[11]</sup> is also described after *Badara* in *Phala Varga*. In *Sushruta Samhita* five varieties of *Badara* have been mentioned i.e. *Badara*, *Kola*, *Karkandhu*, *Sauvira* and *Sinchitika*. *Sauvira* is novelty of *Shusruta* as *Kuvala* of *Charaka* and is described as biggest in size by *Dalhana*. *Badar* may be identified as follows *Badara*, *Kola* varieties of i.e. *Ziziphus mauritiana* Linn., *Karkandhu* i.e. *Ziziphus nummularia* Burm.f, *Sauvira* or *Kuvala* as *Z.jujuba* Mill. *Sinchitika* is considered apple by some scholars but both *Charaka* and *Shusruta* consider it in context of *Badara*. Hence it may be bigger variety of *Badara*.

**Karmaranga** – It is found in *Markandeya Purana* (24) and *Kalyanakaraka*(4.43). It seems like early authors describe it by name *Dantasatha* i.e. *Averrhoa carambola* Linn. *Karmaranga* was first mention in *Chakrapani* commentary on C.Su.27.131 where he has interpreted *Bhavya* as *Karmaranga*. It is an ancient fruit mentioned in *Vaijayanti Kosa*.

**Nicula** - It is dry fruit mentioned by *Sushruta*.<sup>[12]</sup> It may be one of sub-species of *Prunus ameriniaca* Linn. that is locally known as *Cauri* or any other *prunus* species. It may be fruit of some *Salix* species that is edible.

**Puskaravartti** – It is only once described in *Shusruta Samhita* in *phalvarga*.<sup>[13]</sup> when its properties are described *Pauskara* word is used. *Chakrapani* in his *Bhanumatti* commentary interpreted it as *Pushkarbeej*. *Puskaravartti* has been interpreted by *Dalhana* as *Amoda*, it is for *Puskarbeej* (seeds of Lotus) that has been described by *Charaka* in *Shakavarga*.

**Rajadana** – The fruit of *Rajadana* are said as one of the best fruit by *Shusruta*.<sup>[14]</sup> It is interpreted as *Kshirika* i.e. *Mimusops hexandra* Roxb. By many commentators. *Shivdas Sen* consider it fruit like *Kharjur* but *Chandrika* take it as fruit of *Kshirika*. *Rajadana* is also synonym of.<sup>[15]</sup> but are read together therefore not same. From the word it may be best among fruit or costly food imported from other country or fruit relished by kings. *Kshirika* not comes in any of above form. It may be one of good variety of *Kharjur* as said by *Shivdas* that is imported from Arab.

**Satahwaka** – It is considered *Tridoshnashak* and *Gara Visha nashaka* by *Charaka*.<sup>[16]</sup> *Chakrapani* on his commentary say that it is locally know as *Seha*. Maybe it was rare fruit.

**Sitapakya** – It was described by *Shusruta* in *Phalvarga*.<sup>[17]</sup> It was considered in *Madhura Skandha* by *Charaka* in *Vimansthana* chapter 8.

**Vasira** – *Vasira* is only once mentioned in *Charaka Samhita* in *Mutravirechaniya Mahakshaya*. *Sushruta* included it in *Varunadi* and *Viratarvadi Ganas* and described it in fruit in *Phalvarga*.<sup>[18]</sup> *Dalhana* has interpret it as fruit of *Suryavarta* and *Chakrapani* also said same in his *Bhanumati* commentary.

In ancient time as well as today in 21<sup>st</sup> century fruit plays important role in dietary preparation. Some of the dietary preparation and mouth refreshing fruits are mentioned here in table no. 4 and 5.

Table 4<sup>[19]</sup>: Different kinds of preparations from fruits.

Preperation	Example	References
<i>Saktu</i>	Powder of dried fruits like <i>Badar</i>	A.S.Su.7/63
<i>Phalaudana</i>	Pomengrate fruit mixed with rice and cooked together,	C.S.Su.27/256
<i>Phalbhaksya</i>	Food preparation containing fruit.	C.S.Su.27/268
<i>Leha</i>	Prepare from <i>Aam (Mangifera indica)</i> or <i>Amlaki (Embelica officinale)</i>	C.S.Su.27/282
<i>Raga-shadav</i>	Preparation like modern <i>Murabba</i>	S.S.Su.46/383
<i>Vilepi</i>	Fruits are used in preparation of <i>Vilepi</i>	S.S.Su.46/344
<i>Lajjamanda</i>	Prepared from sour pomengranate is used after purification of body.	C.S.Su.27/256
<i>Rasa</i>	Fruit juices like <i>Aamrarsa</i> , juice of <i>Dadima</i> , <i>Draksha</i> .	A.S.Su.7/190
<i>Panaka</i>	Drinks of fruit like <i>Draksha</i> , <i>Kharjura</i> , <i>Kola</i> etc.	C.S.Su.27/278
<i>Mantha</i>	Fruits also used in preparation of <i>Mantha</i> .	C.S.Su.46/387
<i>Yush</i>	Soups from fruit like <i>Amalaka</i> , <i>Dadima</i> .	S.S.Su.46/373
<i>Asava</i>	26 fruit mentioned by <i>Charaka</i> for <i>Asava</i> , <i>Shusruta</i> mentioned <i>asava's</i> of fruit as <i>Anupan</i> (drink after meals), <i>Vagbhata</i> mentioned <i>Draksasava</i> .	C.S.Su.25/48 S.S.Su.46/433A.S.Su.6/132
<i>Arista</i>	Like <i>Asava</i> prepare from fruits.	A.S.Su.6/125
<i>Sura</i>	<i>Aakshiki Sura</i> prepared from <i>Akshiki</i> fruit.	S.S.Su.45/179
<i>Madya</i>	<i>Madya</i> prepared from <i>Mridvika</i> and <i>Kharjura</i>	S.S.Su.45/172-174
<i>Sidhu</i>	<i>Sidhu</i> prepare from <i>Akshiki</i> and <i>Jambu</i> .	S.S.Su.45/186-187

Table 5<sup>[20]</sup>: Some fruits used as mouth refreshing agents.

Fruits	References
Bhibhitaka ( <i>Terminalia bellirica</i> Roxb.)	S.S.Su.46/200
Jatiphala ( <i>Myristica fragrans</i> Houtt.)	S.S.Su.46/202
Ela ( <i>Elettaria cardamom</i> Maton)	C.S.Su.5/77
Kakkola ( <i>Piper cubeba</i> Linn.)	C.S.Su.5/77, S.S.Su.46/202
Latakasturi ( <i>Hibiscus abelmoschus</i> Linn.)	S.S.Su.46/204, A.S.Su.12/86
Lavali ( <i>Luvunga scandens</i> Ham.)	C.S.Su.27/145
Lavang ( <i>Syzygium aromaticum</i> Linn.)	C.S.Su.5/77

## CONCLUSION

Classical texts of Ayurveda has detail of different fruits under the heading of *Phala-Varga*. A systemic review of classical vegetables provides a lot of information regarding their identification, distribution and usage. However there is a lack of knowledge of some fruits about how to use them as drugs and used in clinical practice. The effective dosage and toxicity of these fruits are needed to be defined. Further long-term usage beneficial or side effects should be examine and the mechanism of action should be establish according to their dietic importance.

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  13. Ibid, 4, Sutra-Sthana Chapter 46, versus 163.
  14. Ibid, 4, Sutra-Sthana Chapter 46, versus 33.
  15. Ibid, 2, Sutra-Sthana Chapter 27, versus 47.
  16. Ibid, 2, Sutra-Sthana Chapter 27, versus 145.
  17. Ibid, 4, Sutra-Sthana Chapter 46, versus 190.
  18. Ibid, 4, Sutra-Sthana Chapter 46, versus 190.
  19. Ibid, 6, 82-84.
  20. Ibid, 6, 85-86.