

MEDICINAL USE OF MAKHANNA (*Euryale ferox* Salisb): A REVIEW ARTICLE**Dr. Vikram Sidh*¹ and Dr. Omprakash Sharma²**¹PG Scholar Deptt. of Dravyaguna, ²Professor Deptt. of Dravyaguna,
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ABSTRACT

The health benefit of Makhana (Fox Nuts) are attributed to its antioxidant, aphrodisiac, spermatogenic and antihyperglycemic properties. It improves physical strength, increases stamina, and helps to manage diabetes and other diseases. In Ayurvedic Medicine, it is considered as a procreative agent, which means it also helps with begetting child. Generally, it increases sperm count and improve quality of spermatozoa. So, it also helps to treat oligospermia and impaired spermatogenesis. In addition, it is also beneficial for women suffering from heavy bleeding, leucorrhea and infertility.

KEYWORDS: *Makhanna*, antioxidant, spermatozoa.**INTRODUCTION**

Makhanna are roasted and popped seeds of *Euryale Ferox Salisb*. It belongs to Nymphaeaceae (water lilies) family. These seeds are processed in traditional ways, roasted and sold popped Makhana. These nuts are also called Phool Makhana, Fox Nuts and Gorgon Nuts. In Chinese Medicine, it is called Quin Shi. *Euryale ferox* plant grows in water bodies. In some places of Bihar state in India, it is cultivated commercially by local folks.

Common Name - Makhanna
English Name - Fox nut
Family - Nymphaeaceae

Name in another languages

Sanskrit - Padambijabh, Paniyaphala, anklodhya
Gujarati - Makhana
Telugu - Mellunipdananu
Marathi - Makane
Punjabi - Jaivar
Tamil - Tagarai

Ayurvedic Properties

Rasa - Madhura
Guna - Guru, Snigdha or Sneha
Virya - Sheeta
Vipaka - Madhura
Dosha karma - Pacifies Vata dosha and Pitta Dosha
Dhatu (Tissue) effect - Rasa, Mamsa, Shukra
Organ Effect - Heart, Testes, Uterus and Ovaries

According to ayurvedic science, fox nut pacifies Vata and Pitta Dosha. However, it can increase Kapha Dosha. It gives strength to the body and reduce chronic fatigue. It provides nourishment to the heart, testes, uterus and ovaries. Furthermore, it also reduces burning sensation that occurs in any disease due to its Pitta reducing properties.

Medicinal Uses

The medicinal uses of Makhana are attributed to the following medicinal properties:

1. Antioxidant
2. Cardioprotective
3. Aphrodisiac
4. Spermatogenic
5. Procreative agent (helps in reproduction)
6. Antidiabetic
7. Antihyperglycemic

Benefits and Uses

Makhana benefits to improve cardiac strength, increase sperm count, treat premature ejaculation. The flower juice of this plant is helpful in palpitation and restlessness.

According to Bhavprakash nighantu, it is easy to digest and it can be included in regular diet. When it is taken along with milk it improves sperm count, increase fertility in both men and women and reduces debility.

Medicinal Parts

- Fruits

Powder Dosage

The normal adult dosage for Makhana is 10 to 20 g per day. In ayurvedic medicine, its seed powder is advised to take in a dosage of 5 to 10 g twice daily. Its adult dosage can be increased up to 30 g per day. In Chinese Medicine, its 30 grams Euryale is the recommended dosage.

- Children – 1 to 5 grams
- Adults – 5 to 10 grams

Main Components

- Valrianic acid

Therapeutic Indications

It is therapeutically indicated in the following health conditions:

1. Oligospermia
2. Impaired spermatogenesis
3. Defective quality of spermatozoa
4. Spermatorrhea
5. Premature ejaculation
6. Uterine weakness
7. Leukorrhea (In condition, when the discharge is coming with burning sensation and discharge is thin but yellowish green in color.)
8. Postpartum debility
9. Heart disease in which cardiac muscles become weak to pump the blood
10. Physical weakness
11. Diarrhea
12. Leucorrhea
13. Weakness in muscle of the uterus.

As a tonic it helps to enhance vitality, boost energy, delays aging, increase lifespan and provides beautiful skin. In Traditional Medicine some practitioners also use it for kidney disease, leucorrhea chronic diarrhea and spleen hypofunction.

In Chinese Traditional Medicine, fox nuts also indicated in the following diseases:

- Chronic diarrhea
- Gonorrhea
- Leucorrhea
- Nocturnal emission
- Stranguria with increased urine turbidity
- Urinary incontinence
- Underweight individuals

Flowers of Makhanna plant help to reduce burning sensation, bleeding, palpitation and tachycardia.

Ayurvedic Formulations of Makhanna

1. Paushtik churana

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