

AYURVEDIC ASPECTS OF *DRAKSHA - VITIS VINIFERA L**¹R. G. Raghi and ²Jollykutty Eapen¹PG Scholar, Department of Dravyagunavijnana, Government Ayurveda College, Thiruvananthapuram, Kerala, India.²Professor and HOD, Department of Dravyagunavijnanam, Government Ayurveda college, Thiruvananthapuram.

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ABSTRACT

Ayurveda, the life science describes each and every plants on earth as medicine. *Draksha (Vitis vinifera L.)* is one of such extensively used Ayurvedic medicine. In this article an extensive literary review of the drug was done regarding its historical background, synonyms with its interpretation along with vernacular synonyms, properties, varieties, therapeutical uses, dosage forms and formulations in which *draksha* is an ingredient.

KEYWORD: *Draksha*, Ayurveda, *Vitis vinifera L.*

INTRODUCTION

Draksha is the Sanskrit name of a medicinal plant mentioned in ayurvedic classics. According to Ayurveda Pharmacopoeia of India it consists of dried mature fruits of *Vitis vinifera L.*^[1] (Fam. Vitaceae). And the Fruit is said to be best among all the fruits in classics. Since it's an edible one it can be consider under nitya *Rasayana* dravyas.

Etymology

“द्राक्षाः द्राक्षयते काडक्षयते इति द्राक्षि काडक्षायम्”^[2]

Draksha the word meaning denotes that the fruit which is having good taste.

Historical Background^[3]

Draksha is well known drug since Vedic period. In Atharvaveda the *Draksha* in mentioned under the name of Krushana and mentioned it for the management of Rajayakshama, Kilasa, and Palita. Kautilya in his 'Arthashastra' written in the fourth century BC mentioned the type of land suitable for grape cultivation. Also mentioned it as Balya, Pushatikaraka, *Shukravardhaka*, *Mamsavardhaka*, *Rasa* poshanakara properties. *Draksha* is recommended as the best among the fruits recommended in Ayurveda. Cultivated grapes are believed to have been introduced into the north of India by the Persian invaders in 1300 AD, from where they were introduced into the south (Daulatabad in Aurangabad district of Maharashtra) during the historic event of changing the capital from Delhi to Daulatabad by King Mohammed-bin-Tughlak. Ibn Batuta, a Moorish traveller who visited Daulatabad in 1430 AD, reported to have seen flourishing vineyards in south India. Grape was also introduced in the south

into Salem and Madurai districts of Tamil Nadu by the Christian missionaries around 1832 AD, and into Hyderabad province by HEH, the Nizam of Hyderabad in the early part of the 20th century. From Delhi, Daulatabad, Madurai, Salem and Hyderabad, grape cultivation spread to different parts of the country.

a) *Brhatrayees*

Charak Samhita: In *Caraka Samhita*, *Draksha* is mentioned in 111 places. Also Charaka he said it as “*Phalottama*”. And on describing *Virudha ahara* says grapes with milk have to be avoid. Since he advises to avoid sour fruits processing with milk.

Sushruta samhita: In *Susruta Samhita*, *Draksha* is described in *Parushakadi gana*. And has explained this drug in 97 different contexts.

Ashtanga Hrudaya: In *Ashtanga hrudaya*, it is described in *Parushakadi gana*. And has explained this drug in 88 different contexts.

b) *Nighantu Era*

In *Nighantu*, many drugs have been described in detail by giving different synonyms, their properties and uses. In *Dhanvantari Nigantu*^[12] it is included in *Swadu triphala*-grapes, dates and *kaashmari* fruit (Gmelina aborea) Second type of *Swadu Triphala*- Grapes, dates and pomegranate. This book also classifies Grapes as *Santarpana* foods- nutrition rich foods. *Bhavaprakasha*^[7] – *Amradi Phala* varga (group of fruits such a mango). This book has classified it as – *Svabhavataha hitkara* dravya – one of the naturally healthy substances that is good for all. And he says in case of grapes, bael fruit and *Haritaki* (*Harad* fruit), – the dried fruits are better

than the fresh.

Table 1: Classical categorization of *Draksha*.

| SAMHITHA | |
|------------------------|---|
| Samhita | Gana/ Varga |
| Charaka samhita | Virechanopaga, Phala varga, Madhura skanda, Snehopaga, Kantiya, Kasahara, Jwarahara |
| Sushruta samhita | Phala varga, Kakolyadi, Parushakadi |
| Ashtanga hridaya | Parushakadi, Phala varga |
| NIGHANTU | |
| Nighantu | Varga |
| Bhavaprakasha Nighantu | Phala varga |
| Kaiyadeva Nighantu | Pippalyadi varga |
| Raja Nighantu | Aamradi varga, , Madhura/ Madhuraadi Triphala |
| Dhanvantari Nighantu | Aamradi varga, Swadu Triphala |
| Madanapala Nighantu | Phala varga, |
| Shodala Nighantu | Aamradi varga |
| Priya Nighantu | <i>Drakshadi</i> |

Synonyms^[4]

Table 2: Synonyms of *Draksha*.

| SYNONYMS | C.S | SUS | A.H | D.N | MP.N | MA.DR | B.P | R.N | N.A | P.N | SO.N |
|-------------------|-----|-----|-----|-----|------|-------|-----|-----|-----|-----|------|
| <i>Draksha</i> | √ | √ | √ | | √ | √ | √ | √ | √ | √ | √ |
| Krshna | | | | √ | | √ | | | √ | | √ |
| Priyala | | | | √ | | | | | √ | | √ |
| Tapaspriya | | | | √ | | | | | √ | | √ |
| Kaasmeeri | | | | √ | | | | | | | √ |
| krsa | | | | | | | | | | | √ |
| <i>Rasaala</i> | | | | √ | √ | | | | √ | | √ |
| Karamardika | | | | √ | | √ | | | | | |
| Swadu phala | | | √ | | | | | √ | | | √ |
| <i>MadhuRasa</i> | | | | √ | | | | √ | | | |
| Masma | | | | | | | | | | | √ |
| Mrdwika | √ | √ | | √ | √ | | √ | √ | | | √ |
| Haarahura | | | | √ | √ | | √ | √ | | √ | √ |
| Gosthani | | | | | √ | √ | √ | √ | | √ | √ |
| Kapisha | | | | | | | | | | √ | |
| Phalothama | | √ | | | √ | | √ | | | | |
| Swaadi/ Sumadhura | √ | | | | √ | √ | √ | | | | √ |
| Brhmani | | | | | | | √ | | | | √ |
| Madhuyoni | | | | | √ | | √ | | | | |
| Madhusambhava | | | | | | √ | √ | | | | |
| Madhuphala | | | | | √ | √ | √ | | | | |
| Guda | | | | | √ | | √ | | | | |
| Charuphala | | | | | | | | | | | √ |
| Sramahva | | | | | | | | | | | √ |
| Guchaphala | | | | | | | | | √ | | |

Probable Interpretation Of Synonyms^[5]

Habitat

- उत्तरापथा:उत्तरापथे जाता:(अ.नि) -Mostly grows in high attitude of northern region

Morphology

- गोस्तनि:गो: स्तन इवाकृतो: - Fruit's shape resembles that of Gosthana
- गुच्छफला: गुच्छे फलान्यस्या:(रा.नि) -The fruit appears in bunches

Properties and Action

- मृद्वीका: मृदनाति शरिरम्, -This brings softness to the body hence name
- शरिर मार्दवं लातिरतः मृदयते वा(भा.नि) Mrudwika
- स्वादि स्वदूनि फलान्यस्या -It is having sweet taste
- मधुरसाः मध्विव मधुर रसो स्य -It is very sweet similar to madhu
- यक्ष्मघ्नः राजयक्ष्माणं हन्तीति(शब्दचन्द्रिका) -The one which, cures the Rajayakshama
- बृंहणिः धातुवर्धिनि(कै. नि) -It nourishes the tissues.
- फलोत्तमाःफलेषूत्तमा श्रेष्ठा अत -It is regarded as best one, and hence in
- एव चरकः फलवर्ग प्रथम पठतिः Charaka placed 1st among Fruits
- हारहूराः हारहूरः मद्यं तदर्थमुपयुक्ताः -Using for preparing wine.

Vernacular Names^[6]

Hindi: Munkka

Kannada: *Draksha*Marathi: *Draksha*, Anguar.

Malayalam: Muntringya.

Tamil: *Drakshai*, Kottai, *Drakshai*.Telgu: *Drakshakottai*,

Sanskrit: Mrdvika, Gostani

- ❖ Bala *Draksha* (Child)
- ❖ Taruna *Draksha* (Young)
- ❖ Vruddhaka *Draksha* (Old)
- ❖ Manuka (dried *Draksha*)

According to shape^[7]

- Gosthani (Udder shaped)-Best type of grape
- Kakali And in Kaiyyadeva nighantu according to taste it is divided into two^[14]
- Madhura (Sweet tasted)
- Madhura amla (Sweet-sour tasted)

Varieties^[5]

Raja Nighantukara^[8] mentioned four types of *Draksha* according to their stages of growth.

Table 3: Properties of *Draksha* (a).

| Guna | | C.S ^[9] | S.S ^[10] | A.H ^[11] | D.N ^[12] | MPN ^[13] | KN ^[14] | B.P ^[15] | R.N ^[16] | API ^[17] |
|-------------|----------------|--------------------|---------------------|---------------------|---------------------|---------------------|--------------------|---------------------|---------------------|---------------------|
| Rasa | Madhura | √ | √ | √ | √ | | √ | √ | √ | √ |
| | Amla | | √ | | | | | | | |
| | kasaya | | | | | | | | | √ |
| | Snigdha | √ | | | √ | | √ | √ | | √ |
| | Sara | | √ | | | √ | √ | √ | √ | √ |
| | Mrdu | √ | | √ | | | | | | |
| | Guru | | √ | | | √ | √ | √ | √ | √ |
| Veerya | Sheetha | √ | √ | √ | √ | √ | √ | √ | √ | √ |
| Vipaka | Madhura | √ | √ | √ | | | √ | | | √ |
| Doshagnatha | VPhara | | | | | | | | | √ |
| | Kapha vardhaka | √ | √ | √ | | | | | √ | |

Table 4: Properties of *Draksha* (b).

| Karma | CHSU | SUSU | A.HR | D.N | MPN | K.N | B.P | API |
|-------------------|------|------|------|-----|-----|-----|-----|-----|
| Brmhana | √ | √ | √ | √ | | | √ | √ |
| Vrshya | √ | √ | √ | | √ | √ | √ | √ |
| Swarya | | | | | | √ | √ | √ |
| Kandya | √ | | √ | √ | | √ | | |
| Netrya | | | | | | | √ | √ |
| Balya | √ | √ | √ | | | | | |
| Pushti | | √ | | | | √ | √ | |
| RuchikaaRasa | | | | | | √ | √ | |
| Sramahara | √ | | | | | | | |
| Rechana | | | | | | | √ | |
| Koshta maruta krt | | | | | | √ | √ | |
| Srshtavinmutra | | | | | | √ | | |
| Trphti | | | | | | | | |

| | | | | | | | | |
|-------------------|---|---|---|---|---|---|---|--|
| Snehana | √ | √ | √ | √ | | | | |
| Mutrala | | | | √ | | | | |
| Saaraka | | | | | | | | |
| Santarpana | √ | √ | √ | | | | | |
| Raktapittahara | √ | √ | √ | √ | √ | √ | √ | |
| Urakshatahara | √ | | √ | | | | | |
| Panduhara | √ | | | | | √ | | |
| Kshayahara | √ | √ | √ | √ | √ | | | |
| Swarabhedahara | √ | √ | | | √ | | | |
| Jwarahara | √ | √ | √ | √ | √ | √ | √ | |
| Swasahara | √ | | √ | √ | √ | √ | √ | |
| Trshnahara | √ | √ | √ | √ | √ | √ | √ | |
| Daahahara | | √ | | √ | √ | √ | | |
| Kaasahara | √ | | | | | | | |
| VataRaktahara | | | | | √ | | √ | |
| Kaamalahara | √ | | √ | | √ | | √ | |
| Mutrakchrahara | | √ | | | | | √ | |
| Shoshahara | | | | | √ | | √ | |
| Madathyayahara | √ | | √ | | √ | √ | √ | |
| Vathapithahara | | | | | | √ | | |
| Murchahara | | √ | | | √ | | | |
| Kshatahara | | | | | | √ | | |
| Visarpahara | | | | | | | | |
| Chardhihara | √ | | | | √ | | | |
| Mohahara | | | | | √ | | √ | |
| Grahanihara | √ | | | | | | | |
| Vibandhahara | √ | √ | √ | | | | | |
| Gulmahara | √ | | √ | | | | | |
| Pramehahara | √ | | | | | | | |
| Hrdrogahara | √ | | √ | | | | | |
| Raajyakshma | √ | | | √ | | | | |
| Tikthasyathvahara | | | | | | √ | | |

Important Yogas^[18,19]**Table 5: Formulations.**

| Preparation | Reference |
|-------------------------|----------------------|
| KASHAYA | |
| <i>Drakshadi phanta</i> | Ashtanga Hridaya |
| <i>Drakshadi kwatha</i> | Ashtanga Sangraha |
| ARISHTA | |
| <i>Draksharista.</i> | Sharngadara Samhita |
| GHRTHA | |
| Vidari Ghrita | Bhaishajya Ratnavali |
| Traushanadi ghruta | Charaka Samhita |
| Parushaka grutha | Charaka Samhita |
| Sukumara grutha | Ashtanga Hridaya |
| A VALEHA | |
| Chittrakadi leha | Charaka Samhita |

Part Used^[19]

Dried fruits

Therapeutic Dose^[20]

Kalka- 10-20gm

Swarasa -40-50 ml

5-10 gm of the drug.^[18]**Therapeutic Uses^[20]**

1. The preparation with *Draksha*, Sariva, fried paddy, Pippali, honey and Shunthi, alleviates Trushna.
2. Mantha (saturated drink) with *Draksha*, Kharjura, Vrakshamla, Parushaka, and Amalaki fruits alleviates the Madatyaya vikaras.
3. Seeds of Kapikachchu, Pippali, fruits of *Draksha*, Kharjura, Shatawari, Shringataka, each 80gm, should be boiled in milk and water each 640ml, till 640 ml remains, this should be filtered with clean cloth and added with sugar, Vamshalochana and fresh ghee each 80 gm. This should be taken mixed with honey keeping diet of boiled Shashtika rice. It acts as best Vajikarana properties.
4. Water boiled and cooled with Kharjura, *Draksha*, Madhuka (flowers), and Parushaka, cooled it and used for Urdhwaga *Raktapitta*.
5. One who suffering from Kasa, Asthishoola, should take the *Draksha*, Madhuka, Tugakshiri, Pippali, and Bala mixed with ghee and honey.
6. Madhuka, Musta, Mrudvika, *Kaashmari*, Parushaka (fruits of these three), Trayamana, Usira, Triphala and Katukarohini, all together kept over night in water and taken in the morning this alleviates Jwara.

7. Decoction of Vasa, Mrudvika, Haritaki, added with sugar and honey, alleviates Swasha, Kasa and *Raktapiita*.
8. In *Rajayakshma Draksha*, Kharjura, Pippali, Haritaki, Shringi and Duralabha, this formulation should be taken along with honey and ghee.
9. Old ghee 640gm cooked with paste of dried grapes 320gm alleviates Kamala, Gulma, Pandhu, Jwara, Prameha, Udararoga.
10. Manjistha, *Draksha*, Haridra, Bala(root), Lohabhasma, Lodhra, with these jaggary should be prepared for those suffering from Pandu roga.
11. Ghee, juice of sugarcane, *Draksha*, milk, sugar, should be given to him to induce vomiting by this alimentary tract and chest becomes purified by Shodhana.
12. Parushaka, *Draksha*, Katphala, Dadima, and Triphala etc included in Parushakadi gana mitigate Vata disorders.
13. Roots of Danti, Dravanti, along with Maricha, Vishvabheshaja, Mridvika, Chitaraka, are soaked in Gomutra for 7 days and converted in powder it act as a Kapha-Pithahara.
14. Mridvika, Sharkara, Amalaki, is best used for the reducing Bhrama, and Trushna.
15. *Draksha* decoction also used for *Raktapiita*, Kshyaya, Swarabheda, Jwara, Trushana, Mutrakruha, and Vibhanda.
16. Haritaki churna should be drink along with *Draksha SwaRasa* for *Pitaja Granthi chikitsa*
17. The preparation of Mridvika, Amalaki, Nagara, Badara, Sariva, Musta, Chandana, mixed with honey it cures Trushna, Chardi, Daha, Jwara, and Pittaja disorders.
18. Phanta prepared from Madhukapushpa, Mridvika, Tiktaka, Triphala, Ghambhari, consumed at proper time it will cure all types of fever.
19. Medicated ghee prepared with Kharjura, *Draksha*, Parushaka, Madhuka, and Pipali it cures Kasa, Jwara and Swasha.
20. The juice of *Draksha* and Amalaki is best for patient suffering from Pandhu and Kamala.
21. For Rasnadi Basti the paste of Madhanaphala, Saindhava, Indrayava, soup of meet, honey, *Draksha*, are used for Basti karma.
22. In vaginal disorders *Draksha* and Kashamrya will be used.
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