

A BIRD'S EYE VIEW ON TRIDOSAGHNA (BALANCING TRI-HUMORS) PHALA OF BHAVPRAKASH NIGHANTU: A LITERARY REVIEW

Dr. KhusbooKumari Gupta*¹, Dr. Sandhya V. Shinde², Dr.Sreenath R³, Dr.Rekha Parmar⁴ and Dr.Satej T. Banne⁵

^{1,2,3}Final year PG Scholar, Department of Dravyaguna, Parul Institute of Ayurved, Parul University, Limda, Vadodara

⁴Professor, Head of Department of Dravyaguna, Parul University, Parul Institute of Ayurveda, Limda, Tal. Waghodia, Dist. Vadodara, Gujarat, India

⁵Associate Professor, Department of Dravyaguna, Parul University, Parul Institute of Ayurveda, Limda, Tal. Waghodia, Dist. Vadodara, Gujarat, India

*Corresponding Author: Dr. Khusboo Kumari Gupta

Abstract:

Fruits are an important components of a healthy daily diet. Reduced fruit consumption is linked to poor health and increased risk of many diseases. An estimated 3.9 million deaths Worldwide were caused due to inadequate fruit and vegetable consumption in 2017. Fruits are rich sources of vitamins and minerals, dietary fibre and a host of beneficial non-nutrient substances including plant sterols, flavonoids and other antioxidants and consuming a variety of fruits and vegetables helps to ensure an adequate intake of many of these essential nutrients. In fact, diets high in fruit are associated with all sorts of health benefits, including a decreased risk of many diseases like CHD, Cancer etc. Ayurveda has very intricately bonded the various groups of Ausadha(medicine) and Aharavarga (food) from the nature. The Brihtrayees and Laghutrayee lays explicit examples for subtle connection of different Aharavarga(group of food), Acharyas have mentioned Phalavarga (group of fruits) under Ahara (food). In BhavprakashNighantu, Acharya Bhavmishra have mentionedPhala(fruits) under Amradiphalavarga. Here he has mentioned total60 Phala(fruits). Among them 9 are Tridosaghna (balancing tri-humors). The present study is designed to screen the Tridosaghna (balancing tri-humors) phala (fruits) which can be used in our daily life to improve health of individuals and decrease risk of any disease.

KEYWORDS: *Phala(fruits), BhavprakashNighantu, Tridosaghna (balancing tri-humors)*

Introduction:

Ayurveda is one of the greatest gifts of the sages of ancient India to the mankind. *Ayurveda* is not only a system of medicine in the conventional sense of curing disease, it is also a way of life that teaches us how to maintain and protect mental and physical health and achieve longevity. The word 'Ayu' means all aspects of life from birth to death. The word 'Veda' means knowledge or learning. *Ayurveda* is a way of life, which describes the diet, behaviour, rules and regulations that are beneficial or harmful for life. The main aim of *Ayurveda* includes, preventing a healthy person from getting diseased and treatment of diseased person

by maintaining the balanced condition of the *Tridoshas*(trihumors)viz *Vata*, *Pitta*, *Kapha* in body. *Acharya Susruta* describes, health of a person means health of body, mind and spiritual wellbeing. Health means balance, harmony and equilibrium in all the physiological activities of body and mind. Our body is composed of *Tridoshas*(tri humors), *dhatu*(body elements) and *mala* (body waste).

The activities of all these elements require the strength of *Jatharagni* (digestive fire). Co-ordinated activities of all these elements give the alertness of senses, which leads to freshness of mind. This harmonious situation gives us pleasure and eternal happiness to soul. Hence, balance of *Dosha*, (humors), *Dhatu*(body elements) and *Mala* (body waste); good digestive power, positive and happy attitude in senses, mind and soul, indicates the healthy condition of any human being.

Characteristic of a Healthy Individual-

1. ***Samadoshas (Balanced state of humor)***- We may observe little variation in the status of *Tridoshas*(Tri-Humors) as per age, season, day and night. But this imbalance or variation is within the physiological limit. Balanced and imbalanced condition of *Tridoshas*(Tri-Humors) depends upon the state of *Agni*(digestive fire).
2. ***Samadhatus (Balanced State of Body elements)*** - For the proper condition of tissues we must take *Dhatu Poshaka Ahar* (tissue nourishing diet) as per body requirement. Balanced tissues will give good immunity, which maintains the health.
3. ***Samamalas (Balanced State of Waste Products)***- Proper formation of *Purisha*(faeces) can only give proper stimulation for bowel movements and it also supports the function of *Agni*. Urine and sweat are interdependent with reference to effect of cold and heat.
4. ***Samaagni (Balanced State of Agni)***- If we take proper food our body will get good nourishment and the person will enjoy proper strength, health, good complexion-colour, lustre and immunity. Healthy and unhealthy conditions depend upon proper and improper status of *Agni* (digestive fire). *Acharya Charaka* says balance and imbalance of all the three *Doshas*(Tri-Humors) depends on *Agni*(digestive fire) hence we should try to maintain the balance of *Agni*(digestive fire).
5. ***Prasanna Atma, Indriya and Manas (Active senses-alert and calm mind and happy soul)***- Balanced state of *Doshas*(humors), *Dhatu*(body elements) and *Mala* (Body waste) will keep up the physiological activities of the body and imbalance of the same disturbs the *Mana* (mind). But for the complete health, balance at the subtle level is also required.¹

'Tri' means three and 'Dosha' are the smallest units of the living beings, thus *Tridosha*(tri humors) denotes to three *Dosha*(trihumors), which are *Vāta*, *Pitta* and *Kapha*. Each of these is responsible for three important functions of the life i.e. *Vāta* for motion, *Pitta* for energy and *Kapha* for structure.² *Sama* Constitution (Balanced Constitution) is an ideal constitution, where balanced state of the three *Doshas*(trihumors) neutralise the bad or unwanted qualities, support and bring out good qualities of each other, so that the person leads a healthy life. A person with a balanced constitution is strong and energetic. He can digest large quantities of heavy food and bear hunger and thirst. He

does not fall a prey to disease. He has a cheerful disposition, pleasing manners and a contented state of mind³. All the foodstuff after digestion is converted into *Kapha*, *Pitta* and *Vata* molecules which after absorption become the constituents of *Rasa*, i.e. body fluids. *Ruksha* (Dry) and *Tikta* (bitter) food substances dominate in *Vatadosha*, *Ushna* (hot) and *Katu* (pungent) substances in *Pittadosha* and *Madhura* (sweet) and *Snigdha* (fatty substances) in *Kaphadosha*. Substances similar to *Kapha*, *Pitta* and *Vata*, when taken internally will increase *Kapha*, *Pitta* and *Vatadosha* in the body respectively. On the other hand, substances having opposite qualities will decrease the *Kapha*, *Pitta* and *Vatadosha* in the body.⁴

Ayurveda places special emphasis on 'Ahara' and 'Anna' as a means to good life, health and wellness. Healthy and wholesome food nourishes the mind, body and soul. In *Ayurveda*, various lexicons have given equal importance to *Phala* (fruits) as they contain many vitamins and minerals that are good for our health. They are a good source of dietary fibres. As a part of well balanced, regular diet and a healthy active lifestyle a high intake of fruits can help us to reduce risk of many diseases. Regular intake of fruits having *Tridoshasamaka* (tri humor balancing) properties will help to maintain the *Dosha*, *Dhatu* and *Mala* in equilibrium condition and prevents *Tridoshajavyadhis*.

Formation of *Vata*, *Pitta* and *Kapha* in the body:

The food which we take is composed of proteins, fats, carbohydrates, vitamins, mineral and water according to modern medicine. After digestion these components are divided into amino acids, sugar, fatty acids, glycerol, vitamins etc. These basic structural molecules are classified by *Ayurvedic* physicians into *Kapha*, *Pitta* and *Vata* categories. They constitute a major portion of the *Rasadhatu* (body fluids). Apart from these, *Rasadhatu* (body fluids) also consists of *Kapha*, *Pitta* and *Vata* molecules, which are derived from the cells of tissues and organs, e.g. various enzymes, hormones, serum albumin etc.⁵ The balanced state of *Vata*, *Pitta* and *Kapha* is health and it means that all the biological elements like lipids, proteins, sugar, sodium, calcium, hormones, enzymes etc. are present in normal amounts and are of good quality.⁶

Nutrition plays an important role to lead a healthy life. Fruits are the rich sources of many essential nutrients like vitamins, minerals and dietary fibres which are essential for a healthy body. Regular consumption of fruits nourishes the body tissues which is essential for a strong immune system. A strong immune system prevents the body from disease. It will also improve the lustre of skin, strong hair, bones and teeth. Fruits are also valued for their property to clean the toxins from our body. Eating fresh organic food on a daily basis provides more energy and happiness. Intake of raw fruits makes people feel more energized and provides better concentration, mental clarity. People tend to lose weight more easily, suffer less inflammations. A diet rich in fruits helps the body to fight against many chronic diseases. Therefore, fruits can be consumed regularly by people of any age group.

AIM AND OBJECTIVE-

1. To find out the *Phala* (fruits) mentioned in *Bhavprakash Nighantu* having *Tridoshaghna* (balancing tri humors) properties from *Amradiphalavarga*.

2. To sensitize the community for the utilisation of fruits having *Tridosaghna*(balancing tri humors) properties for the better outcome of *Tridoshajavyadhi* and to balance the *Tridosha*(tri humors)in *samavastha*(equilibrium state).

MATERIALS AND METHOD-

Amradiphalavarga of *Bhavprakashnighantu* was critically reviewed for the *Phala*(fruits)having *Tridosaghna* (*balancing tri humors*) properties.

OBSERVATION AND RESULT-

From the observations it has been identified that 9 *Phala*(fruits)having *Tridosaghna* (*balancing tri humors*) properties have been included with the term *Tridosahara*.

The list of *dravyas* (*drugs*) are tabulated below:

Table No:1 Table showing *Tridosaghna* (*balancing tri humors*) *Phala*(fruits)of *Amradiphalavargawith reference*⁷

Sl.No	Drug name	Family	English name	Action of drugs	Reference
1.	<i>PanasaMajja</i> (<i>A rtocarpusintegri folia</i> Linn.f.)	Moraceae	Jackfruit tree	<i>Tridosaghna</i> (<i>balancing tree doshas</i>)	B.P.N. 6/29
2.	<i>AdraswinnaGuv aaka</i> (<i>Areca catechu</i> Linn.)	Palmae	Betel nut palm	<i>Tridosaghna</i> (<i>balancing tri humors</i>)	B.P.N. 6/51
3.	<i>Prachinamalaka</i> (<i>Flacourtiacata phracta</i> Roxb.)	Flacourtiaceae	Puneala plum/indian coffee plum, scamberry	<i>Tridosaghna</i> (<i>balancing tri humors</i>)	B.P.N. 6/78
4.	<i>Rajadana</i> (<i>Mimusopshexandra</i> Roxb.)	Sapotaceae	Obtuse- leaved mimusops	<i>Tridosaghna</i> (<i>balancing tri humors</i>)	B.P.N. 6/87
5.	<i>Vikankata</i> (<i>Flacourtiaramo ntchi</i> L.Herit)	Flacourtiaceae	Governer's plum	<i>Tridosaghna</i> (<i>balancing tri humors</i>)	B.P.N. 6/88
6.	<i>SwaduDadima</i> (<i>Punicagranatu m</i> Linn.)	Punicaceae	Pomergranate	<i>Tridosaghna</i> (<i>balancing tri humors</i>)	B.P.N. 6/102
7.	<i>Amrita Phala</i> (<i>Pyruscommunis</i> Linn.)	Rosaceae	Pear	<i>Tridosaghna</i> (<i>balancing tri humors</i>)	B.P.N. 6/127
8.	<i>Pilu</i> (<i>Salvadorapersi ca</i> Linn.)	Salvadoraceae	Mustard tree/ salt bush tree	<i>Tridosaghna</i> (<i>balancing tri humors</i>)	B.P.N. 6/128
9.	<i>Nimbuka</i> (<i>Citrus medica</i>)	Rutaceae	Lime	<i>Tridosaghna</i> (<i>balancing</i>)	B.P.N. 6/138

	var. Acida of Watt)			<i>tri humors)</i>	
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Table No: 2 Phala with Guna- Karma and Rasa(Taste)⁸

Phala(Fruits)	Guna- Karma	Rasa(Taste)
PanasaMajja (<i>Artocarpusintegriifolia</i> Linn.f.)	Laxative, Aphrodisiac, Nourishing, Strength promoting	Sweet
AdraswinnaGuvaaka (<i>Areca catechu</i> Linn.)	Diarrhoea, Nervine Tonic, Emmenagogue, Round Worm,	Astringent
Prachinamalaka (<i>Flacourtiacataphracta</i> Roxb.)	Fever, Bilious conditions	Tart flavour
Rajadana (<i>Mimusopshehexandra</i> Roxb.)	Aphrodisiac, Strength promoting	Sweet and Astringent
Vikankata (<i>Flacourtiaramontchi</i> L. Herit)	Appetizing, Digestive, given in Jaundice and enlarged Spleen	Sweet
SwaduDadima (<i>Punicagranatum</i> Linn.)	Thirst , Burning Sensation, Fever, Diseases of Heart, Bad Smell of Mouth, Increases <i>Sukradadhu</i> ,	Sweet
Amrita Phala (<i>Pyruscommunis</i> Linn.)	<i>Vrushya</i> (Aphrodisiac)	Sweet
Pilu (<i>Salvadorapersica</i> Linn.)	Purgative, Abdominal tumour	Sweet
Nimbuka (<i>Citrus medica</i> var. Acida of Watt)	Colic's Pain, Increases Digestive Capacity, <i>VataVyadhi</i> , Spasm In Abdomen, Promotes Taste, Poison, Obstruction In Rectum, <i>Vishuchika</i> (Cholera)	Sour ⁸⁵⁷

Table No: 3 Table showing Fruiting Season and Nutrients:

<i>Phala</i> (fruits)	Season	Nutrients	Pictures
<i>Panasamaja</i> (<i>Artocarpusint</i> <i>egrifolia</i> Linn.f)	April– June ⁹	Vitamin: A,C,E, Thiamine, Riboflavin, Niacin, folates, Calcium, Potassium (Rich source) Minerals: Iron, Sodium, Zinc, Magnesium etc. ¹⁰	
<i>Adraswinnagu</i> <i>vaaka</i> (<i>Areca</i> <i>catechu</i> Linn)	Througho ut the year ¹¹	Carbohydrates, Fats, proteins, crude fiber, polyphenols. Alkaloid: Arecoline, Arecaine, Arecidine, Choline, Guvacine, Guvacoline, Gallic Fatty Acid And Tannins. Vitamins: B6& C, Minerals: Calcium, Phosphorus, Iron Copper ¹²	
<i>Prachinaamal</i> <i>aka</i> (<i>Flacourtiacat</i> <i>aphracta</i> Roxb)	August - January ¹³	Fat, Proteins, Tartaric Acid, Ascorbic Acid, Linoleic acid, Oleic acid, Phenolic acid, Stearic acid, Tartaric acid, Tannins Vitamins: A, B1, B2, B3, Minerals: Potassium, Calcium, Phosphorus, Iron, Etc. ¹⁴	

<p><i>Vikankata</i>(<i>Flacourtiaramontchi</i>L. Herit)</p>	<p>November -March¹⁵</p>	<p>Calcium, Dietary fiber, Protein, Fat, Vitamin: A andC, Minerals: Potassium, Phosphorous, Iron, Niacin, Thiamine, Riboflavin¹⁶</p>	
<p><i>Swadu</i><i>Dadima</i> (<i>Punicagranatum</i>Linn.)</p>	<p>October-February¹⁷</p>	<p>Carbohydrates, Proteins, Fat, Dietary fibre Vitamins- B complex: (Folates, niacin, Pantothenic acid, Pyridoxine, Riboflavin, Thiamine) Vitamin C, E, K Minerals: Calcium, Copper, Iron, Magnesium, Phosphorus, Zinc¹⁸</p>	
<p><i>Amrita phala</i>(<i>Pyruscommunis</i>Linn.)</p>	<p>July-August¹⁹</p>	<p>Carbohydrates, Proteins, fat Dietary fibre Vitamins- B complex: (Folates, niacin, pantothenic acid, pyridoxine, riboflavin, thiamine) Vitamin A, C, E, K Minerals: Calcium, Copper, Iron, Magnesium, Zinc, Phosphorus²⁰</p>	
<p><i>Pilu</i>(<i>Salvadora persica</i>Linn.)</p>	<p>April - May²¹</p>	<p>Protein, Fibres, Carbohydrate, Lipids, Vitamins: A & C Minerals: Sodium, potassium, Calcium, Phosphorous, Zinc, Manganese, Iron.²²</p>	

<p>Nimbuka(<i>Citrus medica</i> var. <i>Acida</i> of Watt)</p>	<p>Throughout the year²³</p>	<p>Carbohydrate, Dietary Fibres, Protein, Vitamin: Thiamine, Riboflavin, C Minerals: Sodium, Potassium, Calcium, Iron, magnesium²⁴</p>	
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Results: Out of 60 fruits in *PhalaVarga* (group of fruits) of *BhavaprakashaNighantu* 9 *Phala* (fruits) are *Tridoshaghna* (balancing tri humors).

Discussion:

The human body constitutes of *Tridoshas*(tri humors) i.e. *Vata*, *Pitta* & *Kapha* and *Panchamahabhootas*. The *Tridoshas*(tri humors) i.e. *Vata*, *Pitta* & *Kapha* is also made up of *Panchamahabhootas*. *Vata* is made up of *Vayu* and *Akashamahabhoota*, *Pitta* is made up of *Agni mahabhoota* and *Kapha* is made up of *Jala* and *Pruthvimahabhoota*. Each *AaharDravyae* either has *Dosha* aggravating or pacifying or balancing action on human body and *Phalavarga*(group of fruits) comes under *Aaharvarga*. To keep the balance of *Doshas* disturbed due to various factors like season, age etc. one can take these 9 *TridoshaShamak*(balancing tri humors)*Phala* (fruits) in our daily diet to maintain health.

Table No:3 Theory of *Tridosha*(Trihumor) and *Phala*(Fruit)

<i>Phala (fruits)</i>	<i>Mahabhuta</i>	<i>Dosha</i>
<p>Swadu Dadima (<i>Punicagranatum</i> Linn.) Nimbuka (<i>Citrus medica</i> var. <i>Acida</i> of Watt)</p>	<p><i>Vayu + Aakasha</i></p>	<p><i>Vata</i></p>
<p>Prachinaamalaka (<i>Flacourtiacataphracta</i> Roxb) Pilu (<i>Salvadorapersica</i> Linn.)</p>	<p><i>Vayu + Prithvi</i></p>	<p><i>Vata</i></p>
<p>Rajadana (<i>Mimusopshexandra</i> Roxb) Amrita phala (<i>Pyrus communis</i> Linn.) Pilu (<i>Salvadorapersica</i> Linn.)</p>	<p><i>Vayu + Agni</i></p>	<p><i>Pitta</i></p>
<p>Panasamajja (<i>Artocarpus integrifolia</i> Linn.f)</p>	<p><i>Prithvi + Agni</i></p>	<p><i>Pitta</i></p>

<i>Prachinaamalaka</i> (<i>Flacourtiacataphracta</i> Roxb)		
<i>Swadu</i> <i>Dadima</i> (<i>Punicagranatum</i> Linn.)	<i>Jala + Agni</i>	<i>Kapha</i>
<i>Swadu</i> <i>Dadima</i> (<i>Punicagranatum</i> Linn.)	<i>Jala + Prithvi</i>	<i>Kapha</i>

1. ***Panasamajja*** (*Artocarpusintegrifolia*Linn.f):100 g of edible Jackfruit bulbs provide 95 calories. The fruit is made up of soft, easily digestible flesh (arils) made up of simple sugars like fructose and sucrose that when eaten replenishes energy and revitalizes the body instantly. Jackfruit is rich in dietary fibre, which makes it a good bulk laxative and protects the colon mucosa by binding to and eliminating cancer-causing chemicals from the colon. The fresh fruit has small but significant amounts of vitamin-A. Together, these compounds play vital roles in antioxidant, vision functions and for maintaining the integrity of mucosa and skin. Jackfruit is a good source of antioxidant vitamin-C. It is one of the rare fruits that is rich in a B-complex group of vitamins. It contains vitamin B-6 (pyridoxine), niacin, riboflavin, and folic acid. Further, fresh fruit is a good source of potassium, magnesium, manganese, and iron. Potassium is an important component of cell and body fluids that helps controlling heart rate and blood pressure.²⁵
2. ***Adraswinnaguvaaka*** (*Areca catechu* Linn): *Adraswinnaguvaaka*(Unripened betel nut) and boiled nut pacifies *Tridosha*(Tri humors). Arecoline is responsible for some of the effects of betel quid chewing, such as alertness, increased stamina, a sense of well-being, euphoria, and salivation. Chewing the nut stimulates the flow of saliva to aid digestion. Betel nut also has been used to stimulate the appetite. Betel nut offers a lot of health benefits in constipation and diarrhoea problems. People who have suffered a stroke often find it difficult to speak because their muscles are weak. By consuming betel nuts, muscle strength and speech can be improved. People suffering from anaemia also benefit, if they consume betel nut.²⁶
3. ***Prachinaamalaka*** (*Flacourtiacataphracta*Roxb): *Flacourtiacatafracta* is beneficial in treating Biliousness, Dyspepsia, Piles, Toothache, Bronchitis, Gingivitis, Spermatorrhea, Debility, Nausea and Stomatitis. It will act as digestive, diaphoretic and stomachic. Fruits are used to treat jaundice and enlarged spleen and to treat liver associated problems. In South Indian traditional medicine, the plant is used for health

ailments such as skin disease, inflammation, diarrhoea, tumours, jaundice, diabetes, nausea and dyspepsia.²⁷

4. **Rajadana** (*Mimusops hexandra* Roxb): These pulpy fruits are remedy for microbial skin infections, prevent cancers, pacify stomach ulcers and bolster immune function. Drinking a glass of fresh juice is a well-known remedy for fever and jaundice, vastly diminishing the symptoms of body pain and discomfort. It is endowed with proteins, which aside from building strong muscles and promoting metabolism, also possess diuretic properties. It encompasses noteworthy levels of tannins and saponins. Adding a few slices in the breakfast or having it as a snack in the evening soothes the tummy, by regulating gastric acid volumes and stimulating protective mucosal secretions by the walls of the stomach and gives relief to gastrointestinal ulcers. Immense quantities of vitamin C are found in this fruit, making it an advantageous food for improving the body's defence mechanism. The antioxidant nature of vitamin C also aids in flushing out harmful free radicals from the system.²⁸

5. **Vikankata** (*Flacourtia ramontchi* L. Herit): This fruit helps to prevent and treat the condition of arthritis as it has high amount of phosphorus, calcium, minerals and zinc. The daily intakes of this fruit enhance the level of blood due to the presence of iron. So it is safe during pregnancy and the people with menstrual bleeding problems. It helps to treat cold and flu effectively along with the symptoms such as coughs, sneezing and running nose. It has high content of Vitamin A, C and riboflavin. The intake of this fruit helps to replace the minerals which is helpful in diarrhoea. Thiamine and Vitamin A promotes the immunity power of the body and prevents skin allergies and respiratory reactions.²⁹

6. **Swadu Dadima** (*Punicagranatum* Linn.): Pomegranate carries about 83 calories per 100 grams. It is a good source of soluble and insoluble dietary fibers; providing about 4 grams per 100 g (about 12% of RDA). Dietary fiber aid in smooth digestion and bowel movements. Regular inclusion of fruits in the diet boosts immunity, improves circulation and offers protection from cancers. Certain ellagitannin compounds such as Granatin B, and Punicalagin are found abundantly in the pomegranate juice. Studies suggest that punicalagin and tannins can be effective in reducing heart-disease risk factors by scavenging harmful free radicals from the human body. Total antioxidant strength of pomegranate fruit measured regarding its oxygen radical absorbance capacity (ORAC) is 2341 $\mu\text{mol TE}/100\text{ g}$. The fruit is an also good source

of antioxidant *vitamin-C*, which helps the body develop ability to combat infectious agents by boosting immunity. Regular consumption of pomegranate has also been found to be effective against prostate cancer, benign prostatic hyperplasia (BPH), diabetes, and lymphoma.³⁰

7. ***Amrutphala***(*Pyruscommunis*Linn.): Pears are one of the very low-calorie fruits; provides just 58 calories per 100g. A low calorie but high fiber diet may help bring significant reduction in body weight, and blood LDL cholesterol levels. They contain good quantities of *vitamin-C* (7% of RDA per 100 g). They are a modest sources of antioxidant flavonoid phytonutrients such as *β-carotene*, *lutein*, and *zeaxanthin*. These compounds, along with vitamin C and A, help the body protected from harmful free radicals. Total measured antioxidant strength (ORAC value) in pears is 2941 μmol TE/100 g. Regular eating of this fruit may offer protection against colon cancer. Most of the fiber in them is a **non-soluble polysaccharide (NSP)**, which functions as a good bulk laxative in the gut.³¹
8. ***Pilu***(*Salvadorapersica*Linn.): According to studies, it contains about nineteen active ingredients that help in promoting dental hygiene and health. It contains calcium, chloride and fluoride, all of which are important elements used for dental care. Other than these three ingredients, it also contains good amounts of vitamin C, resins, tannins, silica, alkaloid, and aromatic oils. Fluoride helps in remineralisation of tooth structure. Silica acts as abrasive material and helps remove stain. Tannins offer astringent effect and stimulates premolar saliva production. Resins form protective layer over enamel and thus prevent caries. Alkaloids – salvadorine and trimethylamine are active ingredient which offer antibacterial effects. Essential oils while offering mild taste, act against bacteria, stimulate saliva and have carminative effect.³²
9. ***Nimbuka***(*Citrusmedica* var. **Acida of Watt**): The fruit is less in calories among the citrus fruits group.They contain zero saturated fats or cholesterol and an excellent source of dietary fiber (7.36% of RDA). Lemon is one of the very low glycemic fruits. Lemon's acidic taste is because of citric acid. Citric acid is a natural preservative, aids in smooth digestion, and helps dissolve kidney stones. Lemons are an excellent source of vitamin-C (ascorbic acid, 88% of daily recommended intake) which is a potent water-soluble natural anti-oxidant which is helpful in preventing scurvy and helps the

human body develop resistance against infectious agents and scavenge harmful pro-inflammatory free radicals from the blood. Naringenin (flavonoid glycosides) is found to have a bioactive effect on human health as antioxidant, free radical scavenger, anti-inflammatory, and immune system modulator. Consumption of natural fruits rich in flavonoids helps the body to protect from lung and oral cavity cancers. Total ORAC value, which measures the antioxidant strength of 100 g of fresh lemon juice is 1225 $\mu\text{mol TE}$ (Trolox equivalents).³³

To lead a healthy life everyone needs to take proper nutritious diet and fruits are an easily available food which are highly nutritious and are full of vitamins and minerals, they are easily digestible food as compared to other food and are low in calorie.

Fibrous fruits like *Amritaphala* (*Pyrus communis* Linn.), *Pilu* (*Salvadora persica* Linn.) are helpful in proper bowel movement and in reducing constipation they are lower in calorie and reduces the risk of cholesterol. *Nimbuka* (*Citrus medica* var. *Acida* of Watt) is a rich source of vitamin C having detoxifying properties, and hence, are used in some detoxification diet plans like the Master Cleanse (lemonade diet).

Adraswinnaguvaaka (*Areca catechu* Linn), *Rajadana* (*Mimusopshexandra* Roxb), *Vikankata* (*Flacourtiaramontchi* L. Herit) are rich in tannins, tannins has natural defense mechanism against microbial infections.

Swadudadima (*Punicagranatum* Linn.) has many health benefits like antioxidant, anti-inflammatory, lowers risk of heart diseases, helps fight against bacterial and fungal infection, increases haemoglobin, as it is rich in Dietary fibres, Protein, Vitamins (B Complex, C, E, K), Calcium, Iron, Potassium, Phosphorus, Sodium, Zinc, Magnesium, Ascorbic Acid, Citric Acid, Malic Acid, Sugars, Sour fruits. *Panasamajja* (*Artocarpus integrifolia* Linn.f) and *Prachinaamalaka* (*Flacourtiacataphracta* Roxb) are rich source of Vitamins A, C, B complex, like Vitamin A is beneficial for normal vision, the immune system, and reproduction.

Conclusion:

This review helps us to justify that fruits are beneficial for our health and one should include fruits in their daily diet to prevent any chronic diseases and to lead a healthy life. Regular intake of fruits helps to increase immunity, prevent any chronic diseases leading to a healthy life. In order to maintain a healthy life *Ayurveda* has provided significance to *Aharadravyas* (food). Our *Acharyas* have classified *Phalavarga* (group of fruits) under *Aharavarga* (group of food). These 9 *Phala* (fruits)

of *BhavprakashNighantu*, has the property to bring down the *Doshas* in *samavastha* (equilibrium condition) as they are having *Tridosaghna* (balancing tri humors) properties which helps to maintain the equilibrium of *doshas*. The further scope of study may include critical analysis of these fruits and cultivation of these fruits to make it available easily in the market at affordable price. By and large, everyone loves fruits. They are healthy and should definitely be included in the daily diet. Also, remember the cliché, “An *apple (any fruit) a day keeps the doctor away!*”

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