

**PREVENTIVE AND CURATIVE ASPECT OF PHALA VARGA
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ABSTRACT

Mortality rate of Non communicable diseases (NCDs), especially cardiovascular diseases (CVDs), cancer, obesity and type 2 diabetes mellitus etc increasing every year than any other diseases. Four main factors in the epidemiology of these diseases – poor diet, physical inactivity, tobacco and alcohol use – are of overwhelming importance to public health. Ayurveda is the science which uploads the benefits of healthy living. The life science also explains the Pathya- apathy or Hita ahita for disease free living. Achaarya charaka has described 12 varieties of foods (Aahar Varga). One among them is phal varga i.e group of fruits such as draksha, kharjur, phalgu, parushak, madhuk, narikela, bhavya etc. Fruits are an important component of a healthy diet and, if consumed daily in sufficient amounts, could help to prevent

major diseases such as CVDs and certain cancers.

KEYWORDS: Phalavarga, Preventive & Curative Aspect, NCD.

INTRODUCTION

Ayurveda being holistic science of life rather medicine, has its foremost importance and aim how to maintain the health of the healthy person and also provides the preventive, promotive and curative aspects of positive and complete health.

According to Ayurveda the diet plays a very important role for the maintenance of health. Acharyas described Trayopsthambha i.e. Aahara (diet), Nidra (sleep) and Brahmacharya

(celibacy) are essential three pillars of life. With these three pillars, the body is endowed with strength, complexion, and growth and continues uptill the full span of life provided a person does not indulge in such regimen as the detrimental.^[1]

Among these three upstambha Aahara (diet) is the best sustainer of life. Food provides not only essential nutrients needed for life but also other bioactive compounds for health promotion and disease prevention. Previous epidemiologic studies have consistently shown that diet plays a crucial role in the prevention of chronic diseases.^[2]

The categorization of food items in different ways in Ayurveda epitomizes their profound knowledge on food items, their sources, quality, requirement and usage by human beings. A physician can distinguish the types of food and drink for a particular individual depending upon the Prakarti (psychosomatic constitution), etc.

Acharya Charaka furthermore classified the Ahara Dravya into twelve major Varga (classes) depending upon its various forms.

Phala Varga (class of fruits)

This Varga is enriched with different types of fruits like Draksha (Grapes), Kharjur (Dates), Narikela (Coconut), Paravat (Guava), Amra (Mango), Jamuna (Black plum), Bibhitaka (Embelic myrobalan), Anara (Pomgranate), Vatad (almond), Bhhallatakasthi (Marking nut).

This class is very important than others, because it contains the fruit which are part of our daily routine life. Most of the fruits are also described as Rasayana (rejuvenative measures) like Amalaki, Haritaki etc. Rasayana is an important class of drugs or dietary supplements as described in Ayurveda. It rejuvenates the body by its pharmaceutical or nutraceutical action.

Table No. 1: Phala Varga, Taste, Guna- Karma

Sr.no	Name of the Fruit	Taste	Guna	Rogaghnata
1	Mrudvika (Grapes or <i>Vitis vinifera</i> Linn)	Madhuraa	Snigdha Shital, Bruhan (Nourishing) & Vrishya (Aphrodisiac)	Thirst, Burning Sensation, Fever, Dyspnoea, Raktapitta, Wasting, Vitiated Vata & Pitta, Udavarta, Swarabheda (Hoarseness of voice, Alcoholism, Bitter taste and Dryness in the mouth and cough.
2	Kharjura (<i>Phoenix sylvestris</i> Roxb.)	Madhuraa	Nourishing, Aphrodisiac, Heavy, Cold in potency	Beneficial in wasting, injury, burning sensation and vitiated vata & pitta

3	Phalgu (<i>Ficus hispida</i> Linn.f.)	Madhuraa	Heavy, Cold in potency	Vishtambhi
4	Parushaka (<i>Grewia asiatica</i> Linn.)	Amla, Madhuraa	Refreshing, Nourishing	Useful in alleviating vitiated vata as well as pitta
5	Madhuka (<i>Madhuka indica</i> J. F.Gmel.)	Madhuraa	Refreshing, Nourishing	Useful in alleviating vitiated vata as well as pitta
6	Aamrataka (<i>Sponsias pinnata</i> Kurz.)	Madhuraa, Amla	Nourishing, strength promoting, refreshing, heavy, unctuous, aggravates of kapha, cold in potency, aphrodisiac	Vishtambhi
7	Narikela or coconut (<i>Cocos nucifera</i>)	Madhuraa	Nourishing, cold in potency, strength promoting,	Hridya
8	Bhavya (<i>Dillenia indica</i> Linn.)	Madhuraa, Amla, Kashaya	Vishtambhi, heavy, cold in potency	Aggravator of pitta-kapha, grahi (bowel binding), clarifies mouth
9	Amla Parushaka (<i>Grewia asiatica</i> Linn.)	Amla	Laghu	Aggravates pitta & kapha
11	Badara (<i>Zizyphus jujuba</i> Lam.)	Amla	Laghu	Aggravates pitta & kapha
12	Aruk (<i>Prunus persica</i> Linn.)	Madhuraa	Guru	Aggravates pitta & kapha
13	Karkandhu (<i>Zyzyphus nummularia</i> W.and A.)	Amla	Laghu	Aggravates pitta & kapha
14	Nikuchaa (<i>Artocarpus lakoocha</i> Roxb.)	Amla, Kashaya	Guru	Aggravates pitta & kapha
15	Ripe Aruk (<i>Prunus persica</i> Linn.)	Madhuraa	Not very hot in potency, palatable, nourishing	Easily digestible, does not aggravate much of doshas.
16	Paravata (<i>Psidium guajava</i> Linn.) - 2 types of fruits	One is Madhuraa & cold in potency, other is Amla in taste & hot in potency	Both are heavy to digest	Curative of anorexia as well as digestion & metabolism.
17	Kashmarya (<i>Gmelina arborea</i> Linn.)	Madhuraa, Kashaya	Guru, Snigdha	Slightly differ from bhavya
18	Tuda (<i>Morus acedosa</i> Griff.)	Amla, Madhuraa	Laghu	Slightly differ from parushaka
19	Tanka (<i>Pyrus communis</i> Linn.)	Kashaya, Madhuraa	Sheeta	Aggravates vata
20	Kapitthha unripe (<i>Feronia limonia</i> Swingle)	Kashaya, Amla, Lavan	Guru	Harmful for voice, antitoxic, bowel binding and aggravator of vata
21	Kapitthha ripe fruit	Madhuraa, Amla, Kashaya taste	Guru	It alleviates doshas
22	Ripe fruit of Bilva (<i>Aegle marmelos</i> Corr.)	Kashaya, Madhuraa	Laghu	Difficult for digestion, aggravator of doshas, producer of foul smelling flatus
23	Young unripe fruit of Bilva (<i>Aegle marmelous</i>	Madhuraa, Kashaya	Unctuous, hot in potency, tikshna (sharp)	Promoter of digestion, alleviator of kapha as well as vata

	Corr.)			
24	Aamra (<i>Mangifera indica</i> Linn.)	Madhuraa, Amla	Balya, Bruhaniya	Young fruit Causes rakatapitta, matured but unripe fruits aggravates pitta, ripe fruits of aamra alleviate vata and promote flesh, semen & strength.
25	Jambu (<i>Syzygium cumini</i> Skeels.)	Madhura, Kashaya	Guru, Cold in potency, alleviator of kapha and pitta.	Aggravator of vata, grahi,
26	Badara (<i>Zizyphus jujuba</i> Lam.)	Madhura	Unctuous, laxative	Alleviator of vata pitta, its dried fruits alleviate vata kapha but do not go against pitta.
27	Gangeruki (<i>Grewia papulitalia</i> Vahl)	Madhura, Kashaya	Cold in potency	Alleviate pitta kapha
28	Karir (<i>Capparis decidua</i> Edgew)	Madhura, Kashaya	Cold in potency	Alleviate pitta kapha
29	Bimbi (<i>Coccinia indica</i> W. and A.)	Madhura, Kashaya	Cold in potency	Alleviate pitta kapha
30	Todana (<i>Grewia tillfolia</i> Vahl)	Madhura, Kashaya	Cold in potency	Alleviate pitta kapha
31	Dhanvana (<i>Grewia tillfolia</i> Vahl)	Madhura, Kashaya	Cold in potency	Alleviate pitta kapha
32	Panasa (<i>Artocarpus heterophyllus</i> Lam.)	Madhura, Kashaya	Cold in potency, Unctuous, heavy.	Increases Kapha
33	Moca (<i>Musa paradisiacal</i> Linn.)	Madhura, Kashaya	Cold in potency, Unctuous, heavy.	Increases Kapha
34	Rajadana (<i>Mimusops hexandra</i> Roxb.)	Madhura, Kashaya	Cold in potency, Unctuous, heavy	Increases Kapha
35	Lavali (<i>Cicca acida</i> Merrill)	Kashaya	Palatable, vishada, fragrance	Good for heart, aggravates vata
36	Nipa (<i>Anthocephalus indicus</i> A. Rich.)	Kashaya	-	Alleviate vitiated doshas and toxic condition
38	Satahvaka (<i>Asperagus racemous</i> Willd)	Kashaya	-	Alleviate vitiated doshas and toxic condition
39	Pilu (<i>Salvadora persica</i> Linn.)	Kashaya	-	Alleviate vitiated doshas and toxic condition
40	Trunashunya (<i>Pandanus tectorius</i> Soland.)	Tikta, Kashaya, Madhuraa	-	Alleviate vitiated doshas and toxic condition
41	Vikankata (<i>Gymnosporia spinosa</i> Fiori)	Tikta, Kashaya, Madhuraa	-	Alleviate vitiated doshas and toxic condition
42	Prachin aamalaka (<i>Flacourtia jangomas</i> Raeusch.)	Amla, Kashaya	-	Alleviate vitiated doshas and toxic condition
43	Ingudi (<i>Belantites aegyptiaca</i> Delile)	Bitter, Madhuraa	Unctuous, hot in potency	Alleviator of kapha, vata
44	Tindnka (<i>Dispyros peregrine</i> Gurke)	Kashaya, Madhuraa	-	Alleviator of kapha & pitta
45	Aamalaki (<i>Emblica</i>	All tastes except	Rasayana, Vayasthapan	Tridoshanashak

	<i>officinalis</i> Gaertn.)	Lavana		
46	Bibhitaka (<i>Terminalia belerica</i> Roxb.)	Madhura, Kashaya, Amla	Madakarak	Alleviator of kapha & pitta, cures diseases relating to rasa (plasma), rakta (blood), medas (fat).
47	Dadima (<i>Punica granatum</i> Linn.)- 3 types	i) Amla, Kashaya, Madhuraa ii) Amla iii) Madhuraa	i) Unctuous, hot in potency ii) unctuous	i) Grahi ,promoter of digestion,cardiac tonic, does not provoke kapha & pitta, cures horseness of voice, diseases due to vitiation of kapha & pitta ii) It aggravates pitta & vata iii) Illeviates pitta
48	Vrikshamla (<i>Garcinia indica</i> Linn.)	Amla	Unctuous, hot in potency	Grahi (bowel binding), useful in vitiating vata & kapha.
49	Aamlaka – ripe fruit (<i>Tamarindus indicus</i> Linn.)	Amla	Hrudya	-
50	Amlavetasa (<i>Rheum emodi</i> Wall.)	Amla	Unctuous, hot in potency	Laxative, useful in vitiating vata & kapha.
51	Matulunga –filaments (<i>Citrus decamana</i> Linn.)	Amla	Hrudya	Useful in colic pain, anorexia, constipation, impairment of digestion, alcoholism, hiccough, vomiting, disorders relating to faeces and other diseases arise from vitiated vata & kapha.
52	Karchura (<i>Hedychium spicatum</i> Ham ex Smith)	Kashaya	Without skin is palatable, digestive stimulant, cordial, fragrant	Alleviator of kapha & vata, useful in hiccough, dyspnoea and piles.
53	Nagarangphala (<i>Citrus reticulate</i> Blanco)	Amla	Cordial, heavy, palatable	Alleviate vata.
54	Vatama (<i>Prunus amygdalus</i> Batsch)	Madhura	Unctuous, hot in potency, heavy, strength promoting, nourishing	Alleviator of vata and aggravator of kapha & pitta.
55	Abhishuka aksota (<i>Juglans regia</i> Linn.)	Madhura	Unctuous, hot in potency, heavy, strength promoting, nourishing	Alleviator of vata and aggravator of kapha & pitta.
56	Mukula (<i>Pistacia vera</i> Linn.)	Madhura	Unctuous, hot in potency, heavy, strength promoting, nourishing	Alleviator of vata and aggravator of kapha & pitta.
57	Nikucha (<i>Artocarpus lakoocha</i> Roxb)	Madhura	Unctuous, hot in potency, heavy, strength promoting, nourishing	Alleviator of vata and aggravator of kapha & pitta.
58	Urumana (<i>Prunus armeniaca</i> Linn.)	Madhura	Unctuous, hot in potency, heavy, strength promoting, nourishing	Alleviator of vata and aggravator of kapha & pitta.
59	Priyal (<i>Buchanania lanzan</i> Spreng.)	Madhura	Unctuous, cold in potency, heavy, strength promoting, nourishing	Alleviator of vata and aggravator of kapha & pitta.
60	Shleshmantaka (<i>Cordia</i>	Madhura	cold in potency, heavy	Aggravator of kapha.

	<i>dichotama</i> Forst F.)			
61	Ankota (<i>Alangium salviifolium</i> Wang.)	Amla, Madhuraa	Heavy, hot in potency	aggravator of kapha, vishtambhi, alleviates heat of the body.
62	Shami (<i>Prosopis spicigera</i> Linn.)	Madhura	Heavy, hot in potency, Unctuous	Depilatory of hair.
63	Karanja (<i>Pongamia pinnta</i> Merr.)	Tikta, Kashaya	-	vishtambhi, does not provoke vata or kapha.
64	Aamrataka (<i>Spondius Pinnata</i> Kurz)	Amla	-	-
65	Dantashatha (<i>Citrus medica</i> Linn.)	Amla	-	-

DISCUSSION

Fruits are low in calories, fat and are of simple sugars, fibres and vitamins, which are essential for optimizing our health. Fruits provide plenty of soluble dietary fibre, which helps toward off cholesterol and fats from the body and to help in smooth bowel movements as well as offer relief from constipation ailments. Fruits compose of many anti-oxidants such as poly-phenolic flavonoids, vitamin-C and anthocyanins.^[3] These compounds, firstly help human body protected from oxidative stress, diseases, cancers and secondly help the body to develop capacity to fight against these ailments by boosting our immunity level. Many fruits, when compared to vegetables and cereals, have very high anti-oxidant values, which is measured in terms of their "Oxygen Radical Absorbent Capacity" or (ORAC).^[4] Anthocyanins are flavonoid category of poly-phenolic compounds found in some "blue-fruits" like blue-black grapes, mulberries, acai berry, chokeberry, blueberries, blackberries & in many vegetables featuring blue or deep purple pigments. Consumption of fruits rich in blue pigments offers many health benefits.^[5] These compounds have potent anti-oxidant properties that help remove free radicals from the body and thus offer protection against cancers, aging, infections, etc. Majority of these pigments in the fruits tend to concentrate just underneath their skin. Fruit's health benefiting properties are because of their richness in vitamins, minerals, micro-nutrients, pigment anti-oxidants. Altogether, these compounds help the body to prevent or at least prolong the natural changes of aging by protecting from damage and rejuvenating cells, tissues and organs.^[6] Their overall benefits are manifold. Fruit nutrition benefits are enormous- including fruits in daily diet, you are protecting yourself from minor ailments like wrinkling of skin, hair-fall and memory loss to major ailments like age-related macular degeneration (AMRD) of the retina in the eyes, Alzheimer's disease, colon cancers, weak bones (osteoporosis etc. and the list of fruit nutrition benefits simply never ends.^[7]

Dry fruits are rich of nutrients such as vitamins and minerals. Consumption of some dry fruits daily enhances the overall bioavailability of nutrients. Try-raisins (Dried grapes), Goji Berry, Apricots, Dates, Figs, Tamarind which are indeed very good in iron, calcium, zinc, selenium and manganese. In addition, mixing dry fruits with some fresh fruits would help you get vitamin C which in-turn facilitates complete absorption of iron inside the stomach.^[8]

CONCLUSION

Fruit has been recognized as a good source of vitamins and minerals and for their role in preventing vitamin C and vitamin A deficiencies. People who eat fruit as part of an overall healthy diet generally have a reduced risk of chronic diseases. The nutrients in fruit are vital for health and maintenance of our body. The potassium in fruit can reduce your risk of heart disease and stroke. Potassium may also reduce the risk of developing kidney stones and help to decrease bone loss as you age. Women of childbearing age who may become pregnant and those in the first trimester of pregnancy need adequate folate. Folate helps to prevent neural tube defects, such as spina bifida.^[9]

Furthermore, the health benefits of the consumption of fruit extend beyond lowering the risk of developing cancers and cardiovascular diseases; this consumption also has preventive effects on other chronic diseases such as cataracts, age-related macular degeneration, central neurodegenerative diseases and diabetes.

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