Pharmacological Activities Of Phala-Varga (Medicinal Fruits) – An Ayurvedic Review

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Abstract—Ayurveda is not only a science of life but also a spiritual science. This branch of science deals with the proper life style and dietary advice by Ayurveda scholars. Among them vegetables and fruits are used to eradicate the diseases and helps to maintain the health of the person. Since Vedic period the fruits are used as Prasadam as well as in the form of Bhoga (Offering food), Upavasa (Fasting) purposes. The fruits are not only cure the diseases but also helps in the mind in relaxed state. As per Ayurveda the fruits are classified on the basis of Rasa (Taste). For example sour fruit, sweet fruit, bitter fruit etc. The fruits are man source for fibers, multivitamins and minerals, which helps to repair the damaged cells. Here an attempt is made to bring the scattered information of various types of fruits from the classical sources and their pharmacological action on the body, are dealt elaborately. Further scope of the study is to cultivate such fruits in the classical manner and make available seasonally to the market in an affordable price.

Key Words— Ayurveda, Charaka Samhita, Sushruta Samhita, Phala-Varga, Bhavaprakasha Nighantu.

I. INTRODUCTION

In botany fruit is the seed bearing structure in flowering plants. Also called as angiosperms which is formed from the ovary after flowering. The fruits are the main source of nutrition. The outer edible layer is the Pericarp, formed from the ovary and surrounding the seeds. The pericarp possess three layers viz; Epicarp, Mesocarp, and Endocarp. The fruits have main source of Vitamin-C, Potassium, , Magnesium, calcium, Proteins etc. Since Vedic period the fruits are used as Prasadam in the form of Bhoga (Food), Upavasa (Fasting) purposes. The fruits are not only cure the diseases but also helps the mind in relaxed state. As per Ayurveda the fruits are classified on the basis of Rasa (Taste). For example sour fruit, sweet fruit, bitter fruit etc. Acharya Sushruta enumerated Dadima, Amalaka, Draksha, Kharjura, Parshshaka, Matulunga, Rajadana are considered as best among the fruits. Whereas Acharya Charaka enumerated Mridvika (Dry grapes) are best and the Lakhuca fruit is Ahita (Not healthy).

II. DISCUSSION

A. AMRA PHALA\(^1\)\(^2\) -

Botanical Name- Mangifera indica Linn
Family- Anacardiaceae
 Pharmacological Action- The Apakwa Amra Phala (Tender unripe) is Kashaya (Astringent), Vata-Pittakaraka, Matured mango fruit is Amla (Sour), Pitta Vardhaka, whereas Pakwa (Ripe) fruit is Vatashamaka, Vrishya (Aphrodisiac), Balya (Tonic), Mamsavardhaka (Increases muscle bulk). The excess in take of sour mango causes Mandagni (Reduces digestive fire), Vishama Jwara (Intermittent fever), RaktaVikara (Blood disorders), Baddha Gudodara (Prolapse of the rectum during defaecation), Netra Roga (Eye diseases).

B. MRIDVIKA PHALA\(^3\)\(^4\) -

Botanical Name- Vitis vinifera Linn
Family- Vitaceae
 Pharmacological Action- The Mridvika Phala is Madhura (Sweet) in taste, Vata-Pitta Shamaka, Sheetra Virya (Cold in potency), Snigdha (Demulcent), Brimhana (Nourishing), Vrishya (Aphrodisiac). Alleviates Jwara (fever), Kasahara (Cough), Raktapitta (Bleeding diseases), Kshata (Injury), Daurbalya (Generalized weakness).

C. DADIMA PHALA\(^5\)\(^6\) -

Botanical Name- Punica granatum Linn
Family- Punicaceae
 Pharmacological Action- Dadima Phala is Tridoshagna (Subsides all the three Doshas), Deepana (Appetizer), Hridya (Cardio tonic), Grahi (Absorbent). As per Bhavaprakasha Nighantu he explained three types viz; Madhura (Sweet), Madhuramla (Sweet and Sour), Amla (Sour).

D. KHRJURA PHALA\(^7\) -

Botanical Name- Phoenix sylvestris Roxb
Family- Areccaceae
 Pharmacological Actions- Kharjura is Sheetala (Cold in potency), Madhura (Sweet) in taste, Vatapitahara (Subsides Vata Pitta Doshas), Brimhana (Nourishing), Vrshyaa (Aphrodisiac). The ripe fruit is used in Kshaya (Emaciation), Abighata (Injury), Raktapitta (Haemorrhage), Daha (Burning sensation), Daurbalya (Weakness).

E. KADALI PHALA\(^8\) -

Botanical Name- Musa paradisiaca Linn
Family- Musaceae
 Pharmacological Action- Pakwa Phala is Kashaya (Astringent), Madhura (Sweet), Guru (Heavy), Sheetra (Cold in potency), Vismambhi (Causes constipation), Kaphavardhaka (Increases Kapha Dosha), Vatagna (Subsides Vata Doshas), Rakta Pitta Shamaka (Cures Bleeding diseases), Balya (Tonic), Vrishya (Aphrodisiac).

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F. BADARA PHALA [9] -  
**Botanical Name**: Ziziphus mauritiana Lam  
**Family**: Rhamnaceae  
**Pharmacological Action**: The unripe Badara fruit is Kapha-Pitta Vardhaka (Increases Kapha-Pitta Doshas), the ripe fruit is Madhura (Sweet) in taste, Vata-Pitta Shamaka (Subsidies Vata and Pitta Doshas), Snigdha (Demulcent), Bhedana (Purgative). It is Hridya (Cardio tonic), Trishna Shamana (subsides thirst), Shamahara (Cures exhaustion). The Raja Badara is Balya (Tonic), Vrushya (Aphrodisiac). The gruel of Badara is Kapaha-Vatagna (Subsides Kapha and Vata Dosha), Trishnahara (Cures thirst), Sara (Laxative).

G. PARUSHAKA PHALA[10],[11] -  
**Botanical Name**: Grewia asiatica Linn  
**Family**: Tiliaceae  
**Pharmacological Action**: The fruit is Shramahara (Cures exhaustion), Jwaraahara (Cures fever), It is mentioned Madhura Skandha in Charaka Samhita. As per Sushruta Samhita the fruit is Vatagna (Subsides Vata Dosha), Ruchikara (Appetizer), Trishnahara (Subsides thirst), Hridya (Cardio tonic), and Mutra Doshahara (Relieves urinary disorders).

H. TOODA PHALA[12] -  
**Botanical Name**: Morus alba Linn  
**Family**: Moraceae  
**Pharmacological Actions**: The fruit is Madhura (Sweet) in taste, Guru (Heavy), Sheeta (Cold) in potency, Vata-Pitta Shamaka (Subsides Vata and Pitta Doshas), In unripe it is Amla (Sour), Ushna Virya (Hot in potency), Raktpitta Prakopaka (Increases haemorrhage).

I. GAMBHARI PHALA[13] -  
**Botanical Name**: Gmelina arborea Linn  
**Family**: Verbenaceae  
**Pharmacological Actions**: The Gambhari fruit is Madhura-Kashaya (Sweet -Astringent) in taste, Madhura Vipaka (Sweet in post digestive effect), Sheeta Virya (Cold in potency), Snigdha (Demulcent), Vrishya (Aphrodisiac), Rasayana (Vitalizer). It is Raktasangrahika (Stops the bleeding), Raktpitta Shamaka (Haemorrhage).

J. BILVA PHALA[14],[15] -  
**Botanical Name**: Aegle marmelos Corr  
**Family**: Rutaceae  
**Pharmacological Actions**: The tender fruit of Bilva is Ushna (Hot in potency), Teekshna (Penetrating), Deepana (Appetizer), Sangrahi (Absorbent), Kapha-Vata Shamaka (Subsides Kapha and Vata Doshas) The ripe fruit is Guru (Heavy), Visthambhi (Causes constipation), Kostha Vata Vardhaka (Increases intestinal gas)

K. PHALGU PHALA [16],[17] -  
**Botanical Name**: Ficus carica Linn  
**Family**: Moraceae  
**Pharmacological Action**: The Phalgu Phala is Madhura (Sweet) in taste, Sheeta (Cold in potency), Guru (Heavy), Visthambhi (Causes constipation), Tarpana (Nourishing), Brimhana (Nutritious), Vata-Pitta Shamaka (Subsides Vata and Pitta Doshas), and Rakta-Pittahara (Cures bleeding diseases).

L. BHALLATAKA PHALA [18] -  
**Botanical Name**: Semicarpus anacardium Linn  
**Family**: Anacardiaceae  
**Pharmacological Actions**: The Bhallataka Phala is Madhura (Sweet) in taste, Sheetala (Cold in potency), Pitta Shamaka (Subsides Pitta Doshas), Keshya (Hair tonic).

M. SHLESHMATAKA PHALA [19],[20] -  
**Botanical Name**: Cordia dichotomz Forst.f.  
**Family**: Boraginaeaceae  
**Pharmacological Actions**: The ripe Shleshmataka Phala is Madhura (Sweet) in taste, Shleshmala (Increases Kapha Dosha), Guru (Heavy), Sheetala (Cold in potency). The unripe fruit is Ruksha (Dry), Visthambhi (Causes constipation), and Kapha-Pitta Shamaka (Subsides Kapha and Pitta)

N. NARIKELA PHALA [21],[22] -  
**Botanical Name**: Cocos nucifera Linn  
**Family**: Arecales  
**Pharmacological Actions**: The Narikela Phala is Madhura (Sweet) in taste, Snigdha (Demulcent), Sheetala (Cold in potency), Balya (Tonic), Brimhana (Nourishing), Vata-Pitta Shamaka (Subsides Vata and Pitta Doshas), Mutrala (Diuretic). The Narikela Jala is Sheetala (Cold) in potency, Hridya (Cardio tonic), Trishna Shamaka (Relieves thirst), Pitta Shamaka (Subsides Pitta Dosha), Mutrala (Diuretic). The tender coconut water is Pitta Shamaka (Subsides Pitta Dosha). Old coconut water is Pittakaraka (Increases Pitta), Vidali (Causes burning sensation).

O. TAALA PHALA [23],[24] -  
**Botanical Name**: Borassus flabellifer Linn  
**Family**: Palmae  
**Pharmacological Actions**: The ripe Taala fruit is Madhura (Sweet) in taste, Snigdha (Deulcent), Sheetala (Cold) in potency Balya (Tonic), Brimhana (Nourishing), Guru (Heavy), Pitta Shamaka (Subsides Pitta Dosha).

P. PANASA PHALA [25] -  
**Botanical Name**: Artocarpus integrifolia (Thunb) Merril  
**Family**: Moraceae  
**Pharmacological Actions**: The ripe Panasa fruit is Madhura-Kashaya (Sweet-Astringent) in taste, Snigdha (Demulcent), Sheeta (Cold) in potency, Guru (Heavy), Vata-Pitta Shamaka (Subsides Vata-Pitta Doshas), Kapha Vardhaka (Increases Kapha), Balya (Tonic), Brimhana (Nourishing), The unripe fruit is Kashaya (Astringent), Guru (Heavy), VataVardhaka (Increases Vata Dosha), Visthambhi (Causes constipation).

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Q. LAKOOCHA PHALA [26]

**Botanical Name**: Artocarpus lakoocha Roxb  
**Family**: Moraceae  
**Pharmacological Actions**: The unripe fruit of Lakoocha is Kashaya-Amal (Astringent-Sour), Guru (Heavy), Ushna (Hot in potency), Vishtambhi (Causes constipation), Tridoshakapaka (Increases all the three Doshas; Vata-Pitta-Kapha), Raktakapaka (Increases blood related diseases), Shukra Nshanaha (Depletes the semen), Agnimitryakara (Decreases appetite), Drishtinashaka (Depletes the vision). The ripe fruit is Madhura-Amal (Sweet-Sour) in taste, Vishtambhi (Causes constipation), Doshaprakopaka (Increases all the three Doshas; Vata-Pitta-Kapha).

W. NIKOCHAKA PHALA [33]

**Botanical Name**: Pinus gerardiana Wall  
**Family**: Pinaceae  
**Pharmacological Actions**: The Nikochara Phala is Guru (Heavy), Snigdha (Demulcent), Vrshaya (Aphrodisiac), Swadhi (Sweet) in taste, Dhaturikvadana (Increases all the seven Dhatus), Vataagna (Subsides Vata), Kapha-Pittaka (Increases Kapha and Pitta), Balya (Tonic), Brimhana (Nourishing), Ushna (Hot in potency).

X. AKSHOTA PHALA [34]

**Botanical Name**: Juglans regia Linn  
**Family**: Juglandaceae  
**Pharmacological Actions**: The Walnut fruit is Madhura (Sweet) in taste, Ushna (Hot in potency), Balya (Tonic), Vrshaya (Aphrodisiac), Brimhana (Nourishing), Vatashamaka (Subsides Vata Dosha), Kapha-Pittaka (Increases Kapha and Pitta), Medha Vardhaka (Promotes intellect).

Y. PRIYALA PHALA [35]

**Botanical Name**: Buchanania lanzan Spreng  
**Family**: Anacardiaceae  
**Pharmacological Actions**: The Priyala Phala is Madhura (Sweet in taste), Snigdha (Demulcent), Sara (Laxative), Sheeta (Cold in potency), Balya (Tonic), Vrshaya (Aphrodisiac), Brimhana (Nourishing), Vata-Pitta Shamaka (Subsides Vata and Pitta Doshas).

Z. SHRINTAKA PHALA [36]

**Botanical Name**: Trapa natans Linn  
**Family**: Trapaceae  
**Pharmacological Actions**: The Shringataka Phala is Madhura (Sweet), Kashaya (Astringent) in taste, Sheeta Virya (Cold in potency), Vata-Pitta Shamaka (Subsides Vata and Pitta Doshas), Kapha Vardhaka (Increases Kapha Dosha), Brimhana (Nourishing), Grahi (Absorbent).

AA. MAKHANA PHALA [37]

**Botanical Name**: Euryale ferox Salsib  
**Family**: Nymphaceae  
**Pharmacological Action**: The fruit of Makhana is Madhura (Sweet), Sheeta (Cold in potency), Vata-Pitta Shamaka (Subsides Vata-Pitta Doshas), Balya (Tonic), Vrshaya (Aphrodisiac), and it is Garbha Shapana (Anti abortive).

BB. PADMABEEJA [38]

**Botanical Name**: Nelumbo nucifera Gaertn  
**Family**: Nymphaceae  
**Pharmacological Actions**: The fruit is Madhura-Kashaya (Sweet-Astringent in taste), Balya (Tonic), Vrshaya (Aphrodisiac), Grahi (Absorbent), Pittashamaka (Subsides Pitta Dosha), Kapha-Vata Vardhaka (Increases Kapha and Pitta Doshas), and it is Garbha Shapana (Anti abortive).
**Vata Doshas**, Garbhasthapana (Anti abortive).

CC. **KUMUDA PHALA**\(^{[39]}\) -

**Botanical Name**- Nymphaea nouchali Burm. F.
**Family**- Nymphaeaceae

**Pharmacological Actions**- The fruit is used in Jwara (Fever) and Grahani (Dysentery).

DD. **TRAPUSA PHALA**\(^{[40]}\) -

**Botanical Name**- Cucumis sativus Linn
**Family**- Cucurbitaceae

**Pharmacological Actions**- The Trapusa fruit is Madhura (Sweet) in taste, Guru (Heavy), Ruksha (Dry), Sheetata (Cold in potency), Visthambhhi (Causes constipation), Mutrala (Diuretic), Pittashamaka (Subsides Pitta Dosha), Raktapittahara (Cures haemorrhage).

EE. **ERVARUKA PHALA**\(^{[41]}\) -

**Botanical Name**- Cucumis utilissimus Linn
**Family**- Cucurbitaceae

**Pharmacological Action**- The Ervaruka fruit is Kapha-Vatakrit (Increases Kapha and Vata Doshas), Guru (Heavy), Swadu (Sweet in taste), Visthambhhi (Causes constipation), Sheetala (Cold in potency).

FF. **KHARBUJA PHALA**\(^{[42]}\) -

**Botanical Name**- Cucumis melo Linn
**Family**- Cucurbitaceae

**Pharmacological Actions**- The fruit of Kharbuja is Guru (Heavy), Madhura (Sweet in taste), Sheetata (Cold in potency), Vata-Pitta Shamaka (Subsides Vata-Pitta Doshas), Mutrala (Diuretic), Balya (Tonic), Vrushya (Aphrodisiac), Sara (Laxative).

GG. **KAALINDA PHALA**\(^{[43]}\) -

**Botanical Name**- Citrullus vulgaris Schrad
**Family**- Cucurbitaceae

**Pharmacological Actions**- The water melon is Guru (Heavy), Sheetala (Cold in potency), Pittashamaka (Subsides Pitta), Grahi (Absorbent), Achakshushya (Not good for eyes), Avrushya (Non-aphrodisiac).

HH. **BAHUNETRA PHALA**\(^{[44]}\) -

**Botanical Name**- Ananas comosus (Linn) Merr
**Family**- Bromeliaceae

**Pharmacological Actions**- The pineapple is Madhura (Sweet), Amla (Sour) in taste, Vatashamaka (Subsides Vata Dosha), Kaphavardhaka (Increases Kapha Doshas), Sara (Laxative), Krimigna (Vermifuge), Balya (Tonic).

II. **MADHUKA PHALA**\(^{[45]}\) -

**Botanical Name**- Madhuka indica J. F. Gmel
**Family**- Sapotaceae

**Pharmacological Actions**- The Madhuka Phala is Madhura (Sweet) in taste, Sheetata (Cold in potency), Guru (Heavy), Vata-Pitta Shamaka (Subsides Vata-Pitta Doshas), Vrushya (Aphrodisiac), Brimhaha (Nourishing).

JJ. **NARANGA PHALA**\(^{[46]}\) -

**Botanical Name**- Citrus reticulata Blanco
**Family**- Rutaceae

**Pharmacological Actions**- The Naranga Phala is Madhuraml (Sweet-Sour) in taste, Hridya (Good for heart), Rochana (Appetizer), Vata Shamaka (Subsides Vata Dosha).

KK. **MISTHA NIMBAKA PHALA**\(^{[47]}\) -

**Botanical Name**- Citrus limettoides Tanaka
**Family**- Rutaceae

**Pharmacological Actions**- The sweet lime fruit is Madhura (Sweet in taste), Guru (Heavy), Vata-Pitta Shamaka (Subsides Vata and Pitta Doshas), Balya (Tonic), Rochana (Appetizer), Galaroga (Cures throat diseases), Visha (Poisonous effect), Raktabhita (Haemorrhage), Shosha (Emaciation), Trishna (Cures thirst), Kaphagna (Subsides Kapha Dosha).

LL. **BEJAPURA PHALA**\(^{[48]}\) -

**Botanical Name**- Citrus medica Linn
**Family**- Rutaceae

**Pharmacological Actions**- The fruit of Bejapura is Deepana (Appetizer), Pachana (Digestive), Rochana (Taste promoter), Sara (Laxative), Hridya (Cardio tonic). It cures Shoola (Spasmodic pain), Gulma (Visceral organ diseases), Chardi (Vomiting), Ajirna (Indigestion), Arsha (Haemorrhoids).

MM. **JAMBEERA PHALA**\(^{[49]}\) -

**Botanical Name**- Citrus limon (Linn), Burm.f.
**Family**- Rutaceae

**Pharmacological Actions**- The Jambeera fruit is Amla (Sour) in taste, Guru (Heavy), Ushna Virya (Hot in potency), Vata-Kapha Shamaka (Subsides Vata and Kapha Doshas), Sara (Laxative), Deepana (Appetizer), Pachana (Digestive). It cures Agnimandya (Loss of appetite), Shoola (Pain abdomen), Krimi (Worms), Chardi (Vomiting).

NN. **NIMBUKA PHALA**\(^{[50]}\) -

**Botanical Name**- Citrus aurantifolia (Christm) Swingle
**Family**- Rutaceae

**Pharmacological Action**- The Nimbuka fruit is Rochana (Taste promoter), Deepana (Appetizer), Pachana ( Digestive), Vatanulomana (Helps to easy evacuation of Vata Dosha).

OO. **AMALAKA PHALA**\(^{[51],[52]}\) -

**Botanical Name**- Emblica officinalis Gaertn
**Family**- Euphorbiaceae

**Pharmacological Actions**- The Amalaki fruit is Pancha Rasa Lavana Varjita Amla Pradhana (Possess five types of tastes except Salt), Madhura Vipaka (Sweet at the end of digestion), Sheetata Veyrya (Cold in potency), Trimoshya Shamaka (Subsides all the three Doshas especially Pitta Dosha), It cures Premeha (Urinary diseases including

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diabetes), Amlapitta (Hyper acidity), Raktapitta (Haemorrhage), Daurbalya (Generalized weakness).

**PP. BHAVYA PHALA [53]** -  
**Botanical Name**: Dillenia indica Linn  
**Family**: Dilleniaceae  
**Pharmacological Action**: The Bhavya fruit is Swadu (Tasty), Kashaya (Astringent), Amla ( SOUR ), Ruchikara (Taste promoter), Grahi (Absorbent), Guru (Heavy), Visthambhi (Causes constipation), Sheeta Virya (Cold in potency), Kapha-Pitta Vardhaka (Increases Kapha and Pitta Doshas).

**QQ. AMLIKA PHALA [54]** -  
**Botanical Name**: Tamarindus indica Linn  
**Family**: Caesalpiniodeae  
**Pharmacological Action**: The Amlika Phala is Amla (SOUR), Guru (Heavy), Ushna Virya (Hot in potency), Vata Shamaka (Subsides Vata Dosha), Kapha-Pitta Vardhaka (Increases Kapha and Pitta Doshas). The ripe fruit is Deepana (Appetizer), Sara (Laxative), Kapha-Vata Shamaka (Subsides Kapha and Vata Doshas).

**RR. KARMARANGA PHALA [55]** -  
**Botanical Name**: Averrhoa carambola Linn  
**Family**: Oxalidaceae  
**Pharmacological Action**: The Karmaranga fruit is Sheetala (Cold in potency), Madhura (Sweet), Amla (SOUR) in taste, Grahi (Absorbent), Kapha-Vata Shamaka (Subsides Kapha and Vata Doshas).

**SS. AMRATAKA PHALA [56]** -  
**Botanical Name**: Spondias pinnata Linn  
**Family**: Anacardiaceae  
**Pharmacological Action**: The unripe Amratakha Phala is Amla (SOUR), Ushna (Hot in potency), Sara (Laxative), Rochana (Taste promoter). The ripe Amratakha fruit is Madhura (Sweet), Amla (SOUR), Sheetala (Cold in potency), Vata-Pitta Shamaka (Subsides Vata and Pitta Doshas), Balya (Tonic).

**TT. KARAMARDA PHALA [57]** -  
**Botanical Name**: Carissa carandas Linn  
**Family**: Apocynaceae  
**Pharmacological Action**: The unripe fruit of Karamarda is Amla (SOUR), Ushna (Hot in potency), Ruchikara (Tasty), Trishna Shamaka (Cures thirst), Kapha-Pitta Vardhaka (Increases Kapha and Pitta Doshas). The ripe fruit is Madhura (Sweet), Vata-Pitta Shamaka (Subsides Vata and Pitta Doshas).

**UU. KAPITTHA PHALA [58]** -  
**Botanical Name**: Feronia limonia (Linn) Swingle  
**Family**: Rutaceae  
**Pharmacological Action**: The unripe fruit is Kashaya (Astringent), Sangrahi (Absorbent), Swarabhedaka (Causes hoarseness of voice), Vata Vardhaka (Increases Vata Dosha). The ripe fruit is Madhura (Sweet), Amla (SOUR), Vata-Pitta Shamaka (Subsides Vata and Pitta), Grahi (Absorbent), Trishna Shamaka (Cures thirst).

**VV. KOSHAMRA PHALA [59]** -  
**Botanical Name**: Schleichera oleosa (Lour) Oken  
**Family**: Sapindaceae  
**Pharmacological Action**: The Koshamra Phala is Amla (SOUR), Guru (Heavy), Ushna (Hot in potency), Vata Shamaka (Subsides Vata), Kapha-Pitta Vardhaka (Increases Kapha and Pitta Doshas), Grahi (Absorbent), Trishna Shamaka (Cures thirst).

**WW. PRACHINAMALAKA PHALA [60]** -  
**Botanical Name**: Flacourtia jangomas Raechus  
**Family**: Flacourtiae  
**Pharmacological Action**: The Prachinamalaka fruit is Tridoshsha Shamaka (Subsides all the three Doshas; Vata-Pitta-Kapha), Vishagna (Subsides Poisonous effects), Vjaragna (Cures fever).

**XX. JAMBU PHALA [61,62]** -  
**Botanical Name**: Syzygium cumini (Linn), Skeels  
**Family**: Myrtaceae  
**Pharmacological Action**: The Jambu Phala is Kashaya (Astringent), Amla (SOUR), Madhura (Sweet) in taste, Rudsha (Dry), Vata Vardhaka (Increases Vata Doshas), Kapha-Pitta Shamaka (Subsides Kapha-Pitta Doshas), Grahi (Absorbent), Pramehagna (Cures urinary diseases including diabetes), Medoroja (Obesity).

**YY. UDUMBARA PHALA [63]** -  
**Botanical Name**: Ficus glomerata  
**Family**: Moraceae  
**Pharmacological Action**: The Udumbara fruit is Kashaya (Astringent), Sheeta Virya (Cold in potency), Stambhana, Rakta-Pitta Shamaka (Cures haemorrhage), Grahani (Dysentery), Prameh (Urinary diseases including diabetes).

**ZZ. TINDUKA PHALA [64]** -  
**Botanical Name**: Diospyros peregrina (Gaertn) Guerke  
**Family**: Ebenaceae  
**Pharmacological Action**: The Tinduka Phala is Kashaya (Astringent), Madhura (Sweet), Kapha-Pitta Shamaka (Subsides Kapha and Pitta Doshas), Cures Rakta-Pitta (Haemorrhage), Prameh (Urinary diseases including diabetes).

**AAA. BAKULA PHALA [65,66]** -  
**Botanical Name**: Mimusops elengi Linn  
**Family**: Sapotaceae  
**Pharmacological Action**: The Bakula Phala is Kashaya (Astringent), Madhura (Sweet), Sheeta (Cold in potency), Kapha-Pitta Shamaka (Subsides Kapha-Pitta Doshas), Vata Vardhaka (Increases Vata Dosha), Hridya (Cardio tonic), Grahi (Absorbent), Dantaroga (Used for teeth diseases).
The wet fruit of betel nut is Ruchya Mohanakara Kapha Pitta Tridosha Shamaka (in potency), Keshagna Virya (Brimhana)(Heavy), Kas Heavy), Kas (Cough), Ajirna (Indigestion), Udvarta (Sour belching), Pleehodara (Enlargement of spleen).

III. AMALVETASA PHALA [76] -
Botanical Name- Garcinia pedunculata Roxb
Family- Clusiaceae
Pharmacological Action- The Garcinia fruit is Amla (Sour) in taste, Bhedana (Purventive), Laghu (Light), Deepana (Appetizer), Cures Hridroga (Heart related diseases), Shoola (Pain abdomen), Hikka (Hiccough), Anaha (Distantin of the abdomen), Shwas (Dyspnoea), Kas (Cough), Ajirna (Indigestion), Udvarta (Sour belching), Pleehodara (Enlargement of spleen).

III. CONCLUSION-
All the mentioned fruits possess the anti-oxidant, aphrodisiac property, anti-poisonous activity, anti-obesity activity, cardio tonic activity. Some of them contain rich in fibers which help to easy evacuation of the faeces . These fruits not only helps to prevent the diseases but also helps to maintain the health of the person. The further scope of study is to carry such pharmacological activities and make available these original and classical method of cultivated fruits in the market in an affordable price, so that the manifestation of the disease will be reduced and helps to maintain the health of the person.

IV. REFERENCES

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