

KHARJUR – A REVIEW FROM BRIHATRAYI**Dr. Neeta Mahesh Deshpande^{*1} and Dr. Manasi M. Deshpande²**

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ABSTRACT

Ayurved deals with preservation of health, prevention and cure of diseases. Diet plays important role in this concern. Ahar Varga is the speciality of Ayurved. Phala i.e. fruits are essential food articles offering valuable nutrients for nourishment of body. Traditional knowledge about dietary substances is the the guiding pathway to health and longevity of life. Thus the review of Phala Varga dravya is taken from BRIHATRAYI. Kharjur is delicious fruit liked and consumed by people of all ages. All the references of Kharjur are taken from BRIHATRAYI. All are arranged in tabular form and the prepared data is observed for Rasapanchak, Gunakarma, Ahar, Vyadhichikitsa and Vyadhihetu. Thus with the help of the available

data it is concluded that Kharjur is Madhur rasavipaki shita virya, guru snigdha gunatmak dravya imparting various actions and is useful in various disease conditions.

KEYWORDS: kharjur, BRIHATRAYI, Charak Samhita, Sushrut Samhita, Ashtanga Sangraha.

INTRODUCTION

Study of Ahar Varga is important in planning proper diet in swastha and atur. Phala Varga is the broad class of Ahar Varga described in BRIHATRAYI. This naturally available wealth is worth respected as diet in Ayurved. Phala dravya contain many essential nutrients and also some constituents have pharmacological actions contribute in treating diseases. Thus Phala Varga plays important role in swasthya rakshan, vyadhi pratibandhakatwa and vyadhi chikitsa.

Kharjur is one of the Phala described in Phala Varga^[1,2,3] of all the three samhitas of Brihatrayi. Kharjur is very delicious fruit, liked and consumed by all the people of any age. All the references of Kharjur Phala are taken from Brihatrayi. A review of this Kharjur Phala is taken with the help of the references found in Brihatrayi regarding Rasa Panchak, Karma, Karmukatwa those are helpful in explaining the role in swasthya rakshan, vyadhi pratibandhakatwa, vyadhi hetu and vyadhi chikitsa.

MATERIAL AND METHOD

Material

Brihatrayi – It includes

1. Charak Samhita
2. Sushrut Samhita
3. Ashtang Sangraha

Methodology

1. All the references of Kharjur Phala are taken from Brihatrayi.
2. All the references are documented in tabular form highlighting the main aspect of that particular reference.
3. Guna karmatmak study is done with the help of available references.
4. Role as Ahar in swasthya rakshan, vyadhi pratibandhakatwa and ahar and aushadha in vyadhi chikitsa and also vyadhihetu is defined.

OBSERVATIONS

References found in Brihatrayi are as follows

1. Charak Samhita

Sutrasthan

Ref. no.	Nama /Paryaya	Gana/ kalpa, kalpana	Other details
4/16/40	Kharjur	Shramahar Gana	
25/49/2	Kharjur	Phalasav yoni	
27/116	Kahrjur	Shaka varga	Raktapitta kshayapaha
27/127	Kharjur	Phalavarga	Rasa – Madhur, virya – shita, guna- guru, doshakarma – vatapitta har, karma – bruhan, vrushya Pathya – in kshaya, abhigata, daha, vata pitta vyadhi
27/279	Kharjur	Krutanna varga	Panak – vishtambhi, guru

Vimana Sthan

Ref. no.	Nama/ Paryaya	Varga/skandha/gana	Other details
8/139	Kharjur	Madhur skandha	Rasa – Madhur
8/144	Kharjur tarun (ankur)	Kashay skandha	Rasa –Kashaya

Chikitsa Sthan

Ref. no.	Nama / Paryaya	Kalpa / Kalpana	Karma	Prayog in Vyadhi / Avastha / Lakshan / Pathya - Apathya etc.
1/4/14	kharjur	Indrokta rasayan Dwitiya	Vrushya, ayushya, smriti agni vardhak, indriyabalya, varna swarakar	Sarva roga prashaman, visha, alakshmi vachadosha nashan
2/1/28	kharjur	Bruhani gutika	Bruhan, vrushya, balavardhan	Vajikaran shakti vardhak
2/2/6	kharjur	Apatyakari shashtikadi gutika	Apatyakar, shukravardhak	
2/2/14	kharjur	Apatyakar swaras	Jaraharan, apatyakar	Vajikaran shakti vardhak
2/2/18	kharjur	Vrusha kshir	Vrushya	Vajikaran shakti vardhak
3/237	kharjur	Nagaradi kshirpak	Trushnaprashaman, jwaraghna	Jwara, trushna
3/258	kharjur	Chandanadya taila	Dahaprashaman, jwaraghna	Jwara, daha
4/33	kharjur	Kharjuradi tarpan	Raktapitta prashaman	Urdhwaga raktapitta niramavastha
4/71	kharjur	Shrungatakadi leha	Raktapitta prashaman	Raktapitta
5/123	kharjur	Drakshadi ghruta	Pitta shaman, virechan	Pittaja gulma, pittavikar
5/133	kharjur			Pathya in pittaja gulma
8/96	kharjur	Kharjuradi ghruta	Stroto balya, jwaraghna, kasahar, shwasahar bruhan,swarya,	Rajayakshma gata vaiswarya, kasa, shwasa, jwara nashak
8/100	kharjur	Yakshma nashak keha	Stroto balya, jwaraghna, kasahar, shwasahar bruhan,swarya,	Yakshma gata – kasa, shwasa, parshwashula, swarabheda
8/115	kharjur	Baladi kshir	Stroto balya, jwaraghna, kasahar, bruhan,swarya,	Yakshma gata – jwara kasa, vaiswarya
11/37	kharjur	Amrutprasha ghruta	Stroto balya, jwaraghna, kasahar, shwasahar bruhan,swarya, hikkani-grahan, trushnashaman, shukravardhak, raktapittaprashaman	Nashta shukra, kshata kshina, daurbalya, vyadhikarshit, striprasakta, varnaswara heena, kasa, hikka, jwara, daha, trushna, raktapitta, chhardi, murchha, yoniroga,

				mutraroga
11/63	kharjur	Trutiya sarpirguda	Hikkanigrahan, kasahar, shwasahar, shukravardhak, nidrajanan, bruhan, jwaraghna, pittashaman	Hikka, kasa, kamala, jwara, yakshma, shwasa, raktapitta, trushna, halimak, shukrakshaya, nidrakshaya, karshya
11/72	kharjur	Pancham sarpirmodak		Vatarakta, urahkshata, kasa, kshaya, shosha, pittaja vikar, shukrakshaya, yonistrava, garbhastrava, urasthana gata raktastrava, karshya, daurbalya, vrudhastha
18/89	kharjur	Kharjuradi leha	Pittashaman, kasahar	Pittaja kasa
20/28	kharjur	Parushakadi leha	Pittashaman, chhardinigrahan	Pittaja chhardi
21/109	kharjur	Ahariya prayoga		Visarpa
22/41	kharjur	Kharjuradi kwath	Trushnashaman	Paittik trushna
24/136	kharjur	Kharjuradi rasa	Trushnashaman, madanashan, pittashaman	Paittik madatyaye trushna
24/140	kharjur	Tarpan, yusha, mansarasa – ahariya prayog	Madanashan, bruhan	Paittik madatyay
26/76	kharjur			Apathy in Ashmarijanya mutrakricchra
26/93	kharjur	Drakshadi ghruta	Pittashaman, hridya	Pittaja hridroga
26/168	kharjur	Mahamayur ghruta		Shirirog, kasa, shwasa, manyastambha, prushthagraha, shosha, swarabheda, ardit, yonirog, shukradosh, raktavikar, vandhyatva
28/121	kharjur	Dashamuladi ghruta – basti, abhyanga, pana	Vatashaman	Nanatmaja vatavikar
29/66	kharjur	Dwipanchamuladi ghruta		Pandu, parshwashula, jwara, hikka, swarabheda, bhagandar, kshaya, kasa, pleehavruddhi, vatarakta, urahkshata, shosha, apasmara, ashmari, sarvanga ekanga vata,

				mutrasanga
29/96	kharjur	Sukumarak taila – nasya, pana, abhyanga, basti		Vatavyadhi, manyastambha, hanugraha, sarvanga ekanga vata, urakshata kshina, kshatajanya jwara, vatarakta

Kalpasthan

Ref. no.	Nama / Paryaya	Kalpa / Kalpana	Karma	Prayog in Vyadhi / Avastha / Lakshan / Pathya - Apathya etc.
11/7	kharjur	Saptalashankhini yoga	Virechan	Vata kaphaja hrudroga, gulma,

Siddhisthan

Ref. no.	Nama / Paryaya	Kalpa / Kalpana	Karma	Prayog in Vyadhi / Avastha / Lakshan / Pathya - Apathya etc.
12/16/11	kharjur	Shaliparnyadi yapan basti	Indriya balya, jwaraghna, bruhan	indriyadaurbalya, Vishamajwaragata karshya
12/19/1	kharjur	Chatuhsneha anuvasan basti	Shukravardhak, raktavardhak, mansavardhak, prajasthapan, dhatuposhan, artava vardhan, jwaraghna	Nashtaretas, kshata, kshina, vishamajwara, vyapannayoni, vandhyatva, vali, palit, raktagulma, mruta apatya, anartava, kshinamansarudhira

2 Sushrut Samhita**Sutrasthana**

Ref. no.	Nama /Paryaya	Gana/ kalpa, kalpana	Other details
45/175	Kharjur	Madya varga	Madya – rasa – kashay, Madhur, guna – laghu, sugandhi, vishada, doshakarma – vatakopan, kaphaghna, karma – karshan, indriyashodhan, rochan
46/182	Kharjur	Phala varga	Rasa – Madhur, guna – guru, karma – raktapittahar
46/185	Kharjur	Phala varga	Rasa – Madhur, vipak – Madhur, virya – shita, guna – guru karma – hrudya, tarpan, kshata kshayahar, raktapittahar
46/311	Kharjur (mastak - majja)	Kandavarga	Rasa – Madhur, doshakarma – kaphavruddhikar, anilaghna, dhatukarma – shukrala
46/336	Kharjur	Phalavarga	Prashasta phala

46/438	Kharjur	Anupan varga	Guhashaya mansa sevanottar kharjurasava pana pathya
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Chikitsa Sthan

Ref. no.	Nama / Paryaya	Kalpa / Kalpana	Karma	Prayog in Vyadhi / Avastha / Lakshan / Pathya - Apathya etc.
11/9	Kharjur	Guduchyadi kwath		Shonitmeha
17/27	Kharjur	Kumbhikadi taila	vranaropan	Shalyaja nadivrana

Uttar Tantra

Ref. no.	Nama / Paryaya	Kalpa / Kalpana	Karma	Prayog in Vyadhi / Avastha / Lakshan / Pathya - Apathya etc.
36/5	Kharjur (mastak)	Dashamuladi ghruta	grahabadhahar	Naigamesha grahabadha
39/185	kharjur	Kawaladharanartha yoga	pittashaman	Pittaja mukhavairasya
42/108	kharjur	Panak	pittashaman	Paittik shula
45/21	kharjur	Kharjur churna	Raktapitta shaman	Raktapitta
46/16	kharjur	Panak	murcchahar	Murchha
47/40	kharjur	Hima, panak	Madya prabhava nashak	panavibharama
50/28	Kharjur (mastak – majja/ bija)	Churna	hikkanigrahan	Hikka
52/34	kharjur	Eladi churna	Kasahar, dhatuposhan, kshatahar	Pittaja, kshayaja, kshataja kasa

3. Ashtanga Sangraha**Sutrasthana**

Ref. no.	Nama /Paryaya	Gana/ kalpa, kalpana	Other details
6/121	Kharjur	madyavarga	Rasa – Madhur, virya – natyushna, guna – guru, sara, doshakarma – vatal, alpapittanila, karma – lekhan, hridya
7/169	Kharjur	phalavarga	Rasa- Madhur, virya – shita, vipak – Madhur, guna – guru, snigdha, doshakarma – kaphakar, pittaprasadan, dhatukarma – raktaprasadan, shukrakar, malakarma – vishtambhi, karma - bruhan
7/237	Kharjur		Phala – vatahar, koshtavata kara
14/7	Kharjur	Pittashaman varga	Doshakarma – pittashaman
15/36	Kharjur	shramanashan gana	Karma – shramanashan
24/56	Kharjur	Mantha	Trushna madatyay har, karma – trushna prashaman, madanashak

Chikitsa Sthan

Ref. no.	Nama / Paryaya	Kalpa / Kalpana	Karma	Prayog in Vyadhi / Avastha / Lakshan / Pathya - Apathya etc.
2/40	Kharjur	Siddha kshirapana	Jwaraghna	jirnajwara
3/16	Kharjur	Mantha	Virechan	Adhoga raktapitta
3/27	Kharjur	Lajadi leha		Raktapitta
4/32	Kharjur	Kharjuradi leha		Pittaja kasa
5/57	Kharjur	Modak		Vatarakta, pittaroga, kshata kshaya, kasa, yonidosha, kshina oja swara shukra, sansrava, mrutapraja, vandhyatva, garbhastrava
5/71	Kharjur	Nagabala sarpi	Rasayan balya, pushtikara, varnya, ayushya, ojasya	Pittarakta Vicar, kshata kshaya, trushna, bhrama, daha vali palit
7/28	Kharjur	Kharjuradi ghruta		Vaiswarya, kasa, shwasa, jwara
7/49	Kharjur	Kharjuradi leha	kaphaghna	Kasa, kshaya, parshwaruk
8/53	Kharjur	Shreyasyadi ghruta	pittashaman	Pittaja hrudroga
9/19	Kharjur	Panak	Pittashaman, madahar	Pittolban madatyay
9/153	Kharjur	Swaras		Mada, murchha, sanyas
14/7	Kharjur	Drakshadi kwath		Shonitmeha
15/6	Kharjur	Drakshadi ghruta		Antarvidradhi
18/11	Kharjur			Pathya - pandu vyadhi
23/41	Kharjur	Siddha ghruta – pana, abhyanga, basti, nasya	Vatashaman	Kevala vatavikar
24/5	Kharjur	Jivaniya ghruta	Balya, vrushya, varnya, chakshushya, putrada	Vataroga, pandu, jwara, apasmar, bhagandar, shwasa, kasa, hidhma, swarabheda, parshwashula, yakrutpleeha roga, mutrasanga, ashmari, vatashonit, sarvanga ekanga roga

Kalpasthan

Ref. no.	Nama / Paryaya	Kalpa / Kalpana	Karma	Prayog in Vyadhi / Avastha / Lakshan / Pathya - Apathya etc.
5/34	kharjur	snehabasti	Kantivardhak, jivaniya, rasayan, apatyakar, vrushya	Vali palit, nashtashukra, kshatakshina, vishamajwara, vyapannartava

Uttarsthan

Ref. no.	Nama / Paryaya	Kalpa / Kalpana	Karma	Prayog in Vyadhi / Avastha / Lakshan / Pathya - Apathya etc.
19/54	kharjur	Anjan	Raktaprasadan	Raktabhishyanda
22/15	kharjur	Siddha taila karnapurana	Pittashaman	Pittaja shula, daha,
28/12	kharjur	Anuvasan basti		Pittaja raktaja shiroroga
28/73	kharjur	Mahamayur ghruta		Dhatu indriya swarabhansha, shwasa, kasa, ardit, yoniroga, asrukdosha, shukradosha, vandhyatva
35/34	kharjur	Siddha taila	Vranaropan	Shalyaja nadivrana
37/28	kharjur	Snehanartha ghrutapana, abhyanga, navan nasya		Pittavyanga
49/222	kharjur		Balya, varnya, teja ojavardhak, swarya, saumanasyajanan, shukravruddhi, raktavruddhi	Palandu rasayan prayoge – pathya phala
50/26	kharjur	Sharadi ghruta	Vajikaran	
50/91	kharjur	siddhakshir	Shukravardhak	
50/93	kharjur	Siddha ghruta	Vrushya, balya, kanthya, bruhan	
50/110	kharjur		Vajikaran	Nitya sevaniya phala

Gunakarma Mentioned In Brihatrayi

Parameters	Charak Samhita	Sushrut Samhita	Ashtanga Sangraha
Rasa	Madhur	Madhur	Madhur
Virya	Shita	Shita	Shita
Vipak		Madhur	Madhur
Guna	Guru	Guru	Guru, snigdha
Doshakarma	Vata pittahar,	Vataghna, kaphakar	Kaphakar, pitta prasadan
Dhatukarma	Vrushya	Shukrjala	Raktaprasadan, shukrakar
Malakarma			Vishthambhi
Karma	Bruhan vrushya, shramahar	Hridya, tarpan	Bruhan

Chikitsmaka Prayoga of Kharjur In Brihatrayi

Charak Samhita	Sushrut Samhita	Ashtanga Sangraha
Jware trushna, daha	Kshatakshaya	Meha
Raktapitta	Shonitmeha	Arsha
Pittajagulma	Nadivrana	Pandu
Rajayakshma	Paittik shula	Daha
Vatarakta	Paittik jwara	Kshata kshaya
Urahkshata	Mukhavairasya	Trushna
Yonistrava	Hikka	Madatyay
Garbhastrava	Murchha	Adhoga raktapitta
Pittaja kasa	Panavibhrama	Jirnajwara
Pittaja chhardi	Pittaja kasa	Pittaja kasa
Pittaja trushna	Kshayaja kasa	Vatarakta
Paittik madatyay	Kshataja kasa	Pitta roga
Pittaja hrudroga		Kasa
Kasa shwasa		Yonidosha
Manyastambha		Kshinashukra
Prushthagraha		Sansrava
Shosha		Mrutapraja
Swarabheda		Vandhyatva
Pandu		Garbhasrava
Kevala vatavikar		Raktapitta
Parshwashula		Bhrama
Hikka		Vali palit
Bhagandar		Vaiswairya
Pleehavruddhi		Parshwashula
Karshya		Mada, murchha, sanyasa
Mutrasanga		Shonitmeha
		Antarvidradhi
		Vatavyadhi
		Bhagandar
		Hidhma
		Yakrutpleeha roga
		Mutrasanga
		Ashmari
		Artavadosha
		Pittaja karnashula
		Raktabhishyanda
		Raktaja shiroroga
		Ardit
		Shukradosha
		Nadivrana
		Vandhyatva
		Dhatu indriya swara bhransha
		Pittaja vyanga

Aushadhiya Kapla

Charak Samhita	Sushrut Samhita	Ashtanga Sangraha
Gutika	Kwath	Siddha kshira
Kshirpak	Taila	Leha
Ghruta	Ghruta	Modak
Taila	Kavala	Siddha ghruta
Leha	Churna	Kwath
Kwath	Leha	Snehabasti
Siddhakshira		Anjan
Guda		Taila
Modak		Anuvasan basti
Yapan basti		Asava
Virechan yoga		Swaras
Swaras		

Ahariya Kaplana

Charak Samhita	Sushrut Samhita	Ashtanga Sangraha
Panak	Mantha	Hima
Yusha	Panak	Panak
Mansarasa		
Tarpan		

Pathya – Apathya

Pathya - apathya	Charak Samhita	Sushrut Samhita	Ashtanga Sangraha
Pathya	Kshaya, abhighata, daha, pittaja gulma, visarpa, paittik madatyay	Paittik shula, murchha, panavibhrama	Madatyay, adhoga raktapitta, pandu, palandu rasayan prayog, nitya sevaniya phala
Apathya	Ashmarjanya mutrakrucchra		

DISCUSSION

In this literature study, it is observed that Kharjur is an important aushadhiya dravya. It is ingredient of many formulations. These formulations are used in chikitsa of many disease conditions. Due to nourishing action on dhatus, it is curing various disease conditions like kshaya. Also it has pittashamak action due to Madhur rasa, Madhur vipak and shita virya. Thus it is useful in pitta pradhan conditions mentioned above. It is mentioned as nitya sevaniya ahariya dravya. Thus it will nourish dhatus and will prevent kshaya, pittaja vikar etc. to be occurred.

CONCLUSION

With the help of above mentioned references and observationed, it is concluded that Kharjur is essential ahariya and aushadhiya dravya and not a vyadhi hetu of any disease.

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