

MANGIFERA INDICA LINN.: A REVIEW ARTICLE**Manisha Pundlikrao Kokane^{1*} and Aparna M. Ghotankar²**

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ABSTRACT

Mangifera indica commonly known as mango/ aam, it has been an important herb in ayurvedic and indigenous medical system, It has great importance in nutritional, social, religious & medicinal field, It is grown in many parts of the world, particularly in tropical countries and is also considered to be the national fruit, Mangoes (*Mangifera indica*) belong to genus *Mangifera*, Family Anacardiaceae. According to ayurveda, varied medicinal properties are attributed to different parts of mango tree. Therapeutic indications of *Mangifera indica* mentioned in Ayurvedic classical texts are Vaman (vomiting), Atisar (diarrhea), Hridayaha (heart burn), Raktasrava, Bhagnasandhana, Yoni roga etc, whereas from modern point of view it has Antibacterial, Anti-fungal, Antiviral, Antioxidant, Antipyretic and

Antiamoebic properties. In this review efforts are made to discuss various aspects of Amra, which will certainly help the researchers to a great extent in their field.

KEYWORDS:- Mango, Anticancer, Antidiabetic, Antimicrobial.

INTRODUCTION

M. indica is a medium, upright, evergreen tree that grows up to 30 m height. Leaves are glossy, evergreen, prominent lateral veins. Woody stem covered by dark grey fissured bark. Broad, rounded canopy and deep rooted.

Leaves are opposite, simple, and petiolate. Blade narrow to elliptic, glabrous, apex acuminate, base attenuate. The main lateral vein is raised on the upper surface of the leaf.

Inflorescence is terminal, long panicles with male and female flowers in the same inflorescence. It is a showy, erect, pyramidal, branched cluster of flowers.

Flowers are small and yellowish or reddish in colour. It flowers in winter and spring. Flowers have a sweet odor.

The fruit is juicy and fleshy, contain a single seed. The fruits are nearly round, oval, ovoid-oblong, or kidney-shaped.

Seed is oval or flattened, kidney-shaped pale yellowish-white. It is protected by a hairy cover clinged to the fruit.

Synonyms of *Mangifera Indica* Linn.

- **Name:** *Mangifera Indica* Linn.
- **Sanskrit:** Ambrah; Madhuli; Madhula; Madhulaka;
- **English:** Mango,
- **Hindi:** Aam,
- **Tamil:** Ambiram; Mambazham; Mambalam; Mangai,
- **Punjabi:** Aamb; Wawashi;
- **Gujarati:** Ambo, Keri; Marvo (unripe);
- **Marathi:** Amchur; Amba



गण :

- **Classical categorization/ गण** = Amradi वर्ग, औषधीवर्ग, फलादि वर्ग , भल्लातकादि वर्ग, महावृक्ष वर्ग , न्यग्रोधादि गण, फल वर्ग, अम्ल वर्ग
- **According to**
- **आचार्य चरक** :- हृदय, Chardinigrahan , पुरीषसंग्रहणीय, मूत्रसंग्रहणीय महाकषाय

आचार्य सुश्रुत - न्यग्रोधादि गण

आचार्य वाग्भट - न्यग्रोधादि गण.

कूल :- अधोभागहर

रस पंचक :- Rasa :- मधुर, अम्ल, कषाय

Guna :- लघु, रूक्ष, (seed pulp), स्निग्ध (fruit)

Virya :- शीत

Vipaka :- कटु

Doshaghata : - कफपित्त शामक (Bark, leaf, flower, seed kernel).

वातपित्त शामक (Ripe fruit),

त्रिदोषकारक (Unripe fruit)

Properties

आम्रपुष्पमतीसारकफपित्तप्रमेहनुत् । असृग्दरहरं शीतं रुचिकृद् ग्राहि वातलम् ।

आम्रं बालं कषायामलं रुचयं मारुतपित्तकृत् । तरुणं तु तदतयाम्लं रूक्षं दोषत्रयासकृत् ॥

पक्वं तु मधुरं वृषयं स्निग्धं बलसुखप्रदम् । गुरु वातहरं हृदयं शीतमपित्तलम् ॥

कषायानुरसम् वन्ही श्लेष्म शुष्क विवर्धनम् ।

आम्रबीजं कषायं छदीअतीसार नाशनम् ईषदम्लं च मधुरं च ॥

भा.प्र.

Parts used for medicinal purposes (प्रयोज्यांग):- Ripe Fruit, Immature fruits, seed pulp (kernals), leaves, bark, root, resins and flowers

Active biological constituent:- The most active biological constituent of *Mangifera indica* is mangiferin, followed by phenolic acids, benzophenones, and other antioxidants such as flavonoids, carotenoids, quercetin, isoquercetin, ascorbic acid, and tocopherols.

Taxonomical classification

Kingdom:- Plantae

Subkingdom:- Tracheobionta

Superdivision:- Spermatophyta

Division:- Magnoliophyta

Class:- Magnoliopsida

Subclass:- Rosidae

Order:- Sapindales

Family:- Anacardiaceae

Genus:- *Mangifera*

Species:- *M. indica*

List of ayurvedic medicine in which the herb is used

- Katakakhardi kashayam
- न्यग्रोधादि चूर्ण
- पत्रांगासव
- वृहद गंगाधर चूर्ण

Biomedical action

Anti-bacterial,

Anti-fungal,

Anti-viral,

Antioxidant,

Antipyretic,

Antiamoebic,

Coagulase

Antiplasmodial,

Hypoglycaemic,

Diuretic

Traditional medicinal uses:- *Mangifera indica* has been explained as an effective herbal medicine to treat various disorders

External uses

- **Treats oral problems:** Poor oral hygiene or diseases of the gums can lead to bad breath. -Clean a few old/mature mango leaves and boil them in water until the water turns slightly yellow. Add some salt to this water and rinse the mouth with it. This helps address problems of unhealthy gums.
- **Treat cracked Feet and Areas affected by scabies:-** Apply mango gum on it
- **Wound healing:** - take 2-5 drops of Mango seed oil. Apply on the affected area once or twice a day for quick wound healing.
- **Soothe sunburns, Remove and Prevent stretch marks, heal Scars and Reduce wrinkles.** - mango butter can be applied on the skin to treat it.

Internal uses

- **For underweight peoples - Helps gain weight -** Consuming mango with milk helps in nourishing the body and gaining weight.
- **Anorexia /Aruchi** – Eating unripe Mango is great for managing anorexia due to its Amla (sour) taste and Deepan (appetizer) property.
- **Heat stroke** - Aam panna is a traditional drink made of raw mangoes consumed during the summer season. It helps to hydrate the body and reduce the body heat in the condition of heat stroke
- **IBS and Diarrhea** - Consuming the powder of dried mango bark provides relief from diarrhea. / Beejamajja swarasa is given with Madhu in atisara
- **Helps in controlling diabetes:-** Tender mango leaves which are pink or purple in color are rich in tannins and anthocyanins. Juice of these mango leaves taken on an empty stomach in the morning helps in controlling blood sugar levels.

CONCLUSION

Mangifera indica is a common plant having great importance in nutritional, social, religious and medicinal field, which is evident from different classical texts and literatures. The fruit bears the nutritional as well as therapeutic property in both ripe and unripe state. The bark, flower and seed kernel also cures number of diseases like vomiting, anemia and dandruff respectively. The leaves bear social and religious values and even it cure piles. It's wide spread therapeutic indications require more intensive studies and research works.

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