

## **A REVIEW OF KHARJUR AS AHAR KALPANA AND AUSHADHI KALPANA IN CHARAK SAMHITA**

**\*<sup>1</sup>Vd. Sharmili Shamrao Patil and Dr. Yeshwant R. Patil**

<sup>1</sup>P.G. Scholar, Department of Swasthavritta and Yoga, Govt. Ayurved College, Nanded.

<sup>2</sup>H.O.D and Professor, Department of Swasthavritta and Yoga, Govt. Ayurved College, Nanded.

Article Received on  
19 October 2021,

Revised on 09 Nov. 2021,  
Accepted on 29 Nov. 2021,

DOI: 10.20959/wjpr202114-22474

### **\*Corresponding Author**

**Vd. Sharmili Shamrao  
Patil**

P.G. Scholar, Department of  
Swasthavritta and Yoga,  
Govt. Ayurved College,  
Nanded.

### **ABSTRACT**

The traditional medical practitioners use many medicinal plants in their day to day practice for curing various diseases. Kharjura is the most useful traditional medicinal as well as Ahariya dravya in India. Its fruit is known as Date which is the edible part of the plant. Date is delicious fruit enjoyed by all since antiquity. It is valuable food and medicinal properties stated by systems of medicine like Ayurveda, Siddha, Unani medicines and secured valuable status in many formulations. It contains high amount of tannins and are used in the different disease condition like swasa (dyspnoea), kasa (cough), raktapitta (hemorrhage), daha (burning sensation), murchha (syncope), abhigata (injury) and kshaya (tuberculosis). The fruits are rich source

of carbohydrates, vitamins, and proteins. Acharya charaka has described phala varga (a group of fruits) in Sutrasthana 27<sup>th</sup> Chapter- Annapana vidhi adhyaya, Kharjur is the most used fruit in various contexts. In this review we have collected various uses of Kharjur as aahar and aushadhi Kalpanas mentioned in Charaka Samhita.

**KEYWORDS:** Kharjura, Nutritional values, Aharkalpana, Aushadhi Kalpana, etc.

### **INTRODUCTION**

Ahar, Nidra and Bramhacharya are three upasthambha (pillars) of life. Acharya charaka has described various properties of Kharjur in Phal varga. It is mentioned in shramhar and virechanopaga gana, also in Madhur and Kashaya Skandha. Pind kharjura is also known as date palm cultivated for its edible sweet fruit. Date fruits are a good source of low-cost food and are an integral part of Arabian diet. For Muslims all over the world dates are of religious

importance and are mentioned in many places in the Quran. It is sweet (madhura), astringent (kasaya) in taste. In Ayurved, it is presented that date should be consumed daily. Date is a potent nutritive, aphrodisiac, tonic, laxative fruit. It has different pharmacological action like antibacterial, anti-inflammatory, anti-diabetic, anti-asthmatic, nephroprotective, hepatoprotective and aphrodisiac activities. Now-a-days its fruit is being used in the different Ayurvedic formulation for the treatment of various diseases like fever, cancer, pittaja disorders, etc. Phytochemical investigation shows that the fruit contains anthocyanins, phenolics, sterols, carotenoids, and flavonoids.

## MATERIALS AND METHODS

Charaka Samhita along with few articles published in Kharjur has been referred for this review.

**Study drug:** kharjur.

**Latin name:** Phoenix Sylvestris Roxb.

**Types:** There are two types of kharjur found in market.

1. Kharjur (Phoenix sylvestris Roxb.)
2. Pind Kharjur (Phoenix dactylifera Linn.)

## Synonyms

<b>Sanskrit</b>	Kharjur
<b>Hindi</b>	Khajur, Pinda, Khajur
<b>Marathi</b>	Khajur
<b>Gujrati</b>	Khajur
<b>Kannada</b>	Kharjura, Pinda Kharajura
<b>Malayalam</b>	Prantha Puzam
<b>Bengali</b>	Khejur
<b>Punjabi</b>	Pinda Khajur.
<b>Oriya</b>	Khejuri
<b>Arabic</b>	Nakhleh
<b>English</b>	Date
<b>Greek</b>	Phoinix
<b>Italian</b>	Datter

## Botanical Classification

Kingdom - Plantae

Order - Arecales

Family –Arecaceae

Genus - Phoenix

Species – Sylvestris

### Botanical Description

It is a medium sized plant, 15-25 m tall, growing singly or forming a clump with several stems from a single root system. The leaves are 4-6 cm long, with spines on the petiole, and pinnate, with about 150 leaflets are 30 cm long and 2 cm wide. The full span of the crown ranges from 6-10 m. Dates contain 20-70 calories each depending on size and species. Fruits are oval, cylindrical 3-7 cm long and 2-7 cm diameter, and when ripe, range from bright red to bright yellow in color, depending on variety. Date contain single stone about 2- 2.5 cm long and 6-8 mm thick. Date palm is dioecious, having separate male and female plants. They can be easily grown from seed, but only 50% of seedling will be female and hence fruit bearing, and Dates from seedling plants are often smaller and of poorer quality. Most commercial plantations thus use cuttings of heavily cropping cultivars. Plants grown from cuttings will fruit 2–3 years earlier than seedling plants.

### Chemical Composition

Flavonoid glycosides – luteolin, methyl luteolin, quercetin, methyl quercetin. Flavanols – catechin, epicatechin. Cinnamic acids – ferulic acid, sinapic acid, coumaric acid and their derivatives, caffeoylshikimic acid or dactyliferic acid. Free phenolic acid – protocatechuic acid, vanilic acid, caffeic acid, syringic acid, p-coumaric acid, ferulic acid, o-coumaric acid. Steroids – cholesterol, stigmasterol, campesterol,  $\alpha$ -sitosterol. Enzymes – phytase, invertase, peroxidase. Anthocyanins – in fresh dates. Carbohydrates - glucose, fructose, mannose, maltose, sucrose, starch, cellulose.

### Properties and Action

Guna: Snigdha (viscous), Guru (heavy)

Rasa: Madhura (sweet), Kashaya (astringent)

Vipaka: Madhura (sweet)

Virya: Sheeta (cool)

Karma: Vatpittashamak, Balya (tonic), Mastishkshamak (Brain tonic), Hradya (cardiac tonic),

Tarpaka (eye nourishment), Vatahara, Vamak (emetic), kaphanissarak, mutral(diuretic), etc.

**Properties of Kharjura according various acharya**

Charaka Samhita – Madhura (sweet), Guru (heavy), Sheeta (cool), Brimhana (nourishing), Vrushya (aphrodisiac), used in Kshaya (tuberculosis).

Susruta Samhita – Hrdya (cardiac tonic), Sheeta (cool), Tarpana (eye nourishment), Guru (heavy), Kshaya (tuberculosis).

Bhavpraksh Nighantu- Deepana (appetizer), Balya (tonic), shukral (spermatogenesis).

Raj Nighantu- Kashay (tuberculosis), Vrushya (aphrodisiac), Brimhana (nourishing), Krimi (antimicrobial).

Dhanvantari Nighantu – Hrdya (cardiac tonic), Sita (cool), Guru (heavy).

Kayyadev Nighantu - Sheeta (cool), Madhura (sweet), Guru (heavy), Snigdha (viscous), Hrdya (cardiac tonic), Swasa (dyspnoea), Kasa (cough), Jwara (fever) .

Raj Vallabham – Ripe fruit - best Tridosh shamak.

**Part used and their therapeutic uses**

Fruit – Sweet, cooling, tonic, fattening, aphrodisiac, alexiteric, useful in leprosy, thirst, asthma, bronchitis, fatigue, tuberculosis, abdominal complaints, fever, vomiting, loss of consciousness and useful in vata disease.

Seed - Applied to wounds, lesions, inflammation, demulscent, expectorant, laxative, nutrient and prescribed in the case of asthma, gonorrhea.

Leave - Aphrodisiac and good for the liver.

Flower- Bitter, purgative, expectorant, tonic to the liver, fever and blood complaints.

Gum – Useful remedy in diarrhea and disease of the genitor-urinary system.

**Nutritional value of Kharjur per 100 gm.**

Content	Nutritional Value
Energy	317 kcal.
Protein	2.5 gm
Fat	0.4 gm
Minerals	2.1 gm
Fiber	3.9 gm
Carbohydrates	75.8 gm
Calcium	120 mg
Phosphorus	50 mg
Iron	7.3 mg
Carotene	26 mcg
Thiamine	0.01 mg
Niacin	0.9 mg
Vit. C	3 mg

## References kharjura in Charaka Samhita

Sr. No.	Reference	Kalpana/Yoga	Indication/contraindication	Used as Ahar /Aushadhi Kalpana
1	Cha. Su.4/40	Shramhar mahakashay	Shramhar	Aushadhi
2	Cha. Su. 23/38	Mantha	Madyavikarnashak manth	Aushadi
3	Cha. Su. 25/49	Phalasava	Pathyakar asava	Aushadhi
4	Cha. Su. 27/116	Phalamajja	Raktapitta and Rajyashma nashak	Ahar
5	Cha. Su. 27/127	Phalvarga	Bruhan, vrushya, kshay, abhighat, dahshamak	Ahar
6	Cha. Su. 27/279	Panak	Guru, vishtambhi	Ahar
7	Cha. Vi. 8/139	Madhurskandha	-	Ahar/ aushadhi
8	Cha. Vi. 8/144	Kashayskandha	-	Ahar/ aushadhi
9	Cha. Chi. 1.4/13	Avaleha-Indrokta Rasayana	Sarvarog Prashman, Rasayana	Aushadhi
10	Cha. Chi. 2.1/28	Bruhani Gutika	Vajikaran, bruhan, balvardhak	Aushadhi
11	Cha. Chi. 2.2/6	Shashtikadi Gutika	Vajikaran	Aushadhi
12	Cha. Chi. 2.2/14	Swaras	Santatijanan	Ahar
13	Cha. Chi. 2.2/18	Vrushya ksheer	Vajikaran	Ahar
14	Cha. Chi. 2.2/21	Vrushya ghrita	Vrushya, balya, varnya, kanthya, bruhan	Ahar
15	Cha. Chi. 3/237	Nagradi dugdha	Trushna and jwarnashak	Ahar
16	Cha. Chi. 4/33	Kharjuradi tarpan	Trushnashamak, tarpan	Ahar/aushadhi
17	Cha. Chi. 4/71	Raktapittashamak yoga- churna	Raktapittashamak yoga	Aushadhi
18	Cha. Chi. 5/123	Drakshadi ghrita	Pitta vikar , pittaja gulma	Aushadhi
19	Cha. Chi. 5/134	Phal	Pittaj gulma	Ahar
20	Cha. Chi. 8/96	Kharjuradi ghrita	Rajyashma, kas, shwas, jwar	Aushadhi
21	Cha. Chi. 8/100	Avleha	Rajyashma, kas, shwas, swarbheda, parshwashool	Aushadhi
22	Cha. Chi. 8/115	Baladiksheer	Jwar, kas, swarbheda	Aushadhi
23	Cha. Chi. 11/21	Eladi gutika	Kas, shwas, jwar, hikka, chardi, murcha, mad, bhram, raktanishivan, trushna, parshwashool, arochak, shosh, pliha, adhyavata, swarbheda, kshat, kshay, vrushya, raktapitta	Aushadhi

24	Cha. Chi. 11/37	Amrutprash ghrita	Nashtashukra, kshatksheen, durbal, vyadhikarsheet, streeprasakta, krush, varnaswarheen, bruhan, kas, shwas, jwar, hikka, dah, trushna, raktapitta, putrad, vami, murcha, mutrarog	Aushadhi
25	Cha. Chi. 11/63	Trutiya sarpigud	kas, jwar, hikka, rajyashma, tamakshwas, trushna, raktapitta, halimak, shukrakshay, nidranasha, karshya, kamala	Aushadhi
26	Cha. Chi. 11/72	Pachham sarpimodak	Vatrakta, pittaj vikar, urkshat, kasa, kshay, shosha, ksheenshukra, rakte ch urosi sansthite, krusha, durbal, vruddha, Pushti, varna, bala, yonidosh, yonistrav, garbhdharan, garbhastrav, shukra-rakta vruddhikar	Ahar / aushadhi
27	Cha. Chi. 15/151	Asava	Grahani	Aushadhi
28	Cha. Chi. 18/89	Ghrit and madhuyukta leha	Pittaj kasa	Aushadhi
29	Cha. Chi. 20/28	Lehan	Pittaj chardi	Ahar / aushadhi
30	Cha. Chi. 21/109	Tarpana	Visarpa	Ahar
31	Cha. Chi. 22/41	Drakshadi Tarpana	Pittaj trushna	Ahar
32	Cha. Chi. 22/42	Sanskatit shital jal	Trushna	Ahar
33	Cha. Chi. 24/136	Sattu	Pittaj madatyaya	Ahar
34	Cha. Chi. 24/140	Tarpan/yusha/ mansarasa	Pittaj madatyaya	Ahar
35	Cha. Chi. 26/76	Phala	Contraindicated in ashmari	Ahar
36	Cha. Chi. 26/93	Mahishghrita sah siddha Ksheer	Pittaj hridroga	Ahar
37	Cha. Chi. 26/168-171	Mahamyur ghrita	Putraprapti	Aushadhi
38	Cha. Chi. 28/120	Kevalvathar dashamooladi ghrita	Vatvyadhi	Aushadhi
39	Cha. Chi. 29/66	Dwipanchamooladi ghrita	Vatrakta, panduroga, jwar, hikka, swarbhed, bhagandar, parshwashool, kshay, kasa, pleeha, kshat, shosha,	Aushadhi

			apasmar, sharkara, mutasanga, balvarnakar, valipalitnashak, vrushya, vandhyatva	
40	Cha. Chi. 29/96	Sukumar taila	Vatvyadhi, manyasthambha, hanugrahe, sarvangekangvat, kshatksheen, kshatjwar, vatarakta, swarvarnkar, arogyabalpushtiprad	Aushadhi

## DISCUSSION AND CONCLUSION

Khajur is nutritious fruit. It has been used for treating pittaj vikar, madatyata, jwar, shwas, kas, swarbheda, rajyashma, etc. Acharya Charaka has mentioned it in shramhar gana, phalasava and phalvarga along with 35 Ahar/Aushadhi Kalpana. It has sweet and astringent taste which helps in tarpana karya. Kharjura is relatively cheap, nutritious, and is devoid of toxic effect. This plant has a great medicinal value as it has been reported to have versatile phytochemical including phenolics, sterols, carotenoids, anthocyanins, procyanidins, flavonoids, different minerals and vitamins. These phytochemicals have been responsible for the different pharmacological effect like antibacterial, anti-inflammatory, antidiabetic, anti-asthmatic, nephroprotective, hepatoprotective and aphrodisiac etc. It is safe to suggest that their consumption should be recommended on a daily basis for better health.

## REFERENCES

1. Dr. Bramhanand Tripathi, Charak Samhita, Vol.1 (Purvardh), Chaukhamba Prakashan, Edition, 2017.
2. Dr. Bramhanand Tripathi, Charak Samhita, Vol.2 (Uttarardh), Chaukhamba Prakashan, Edition, 2017.
3. Kaviraj Atridev Gupt, Ashtanghridaya, Chaukhamba Prakashan, Edition, 2008.
4. Jadhavji Trikamji Acharya, *Sushrut Samhita, Nibandhasangraha Tika*, Krishnadas Academy Varanasi, Chaukhamba Publication, Edition, 1998.
5. Dr. K.C. Chunekar Bhavprakash Nighantu of Shri. Bhavamishra commentary, Chaukhamba prakashan, edition, 2004.
6. Acharya Priyavat Sharma, Dravyaguna vigyan part 2, Edition, 2011.
7. Soni Dutta Sunil, Singh K Varun, Maurya K Santosh, phoenix dactylifera linn. (pind kharjura): a review, IJRAP, May-June 2013; 4(3).
8. www.google.com.