



A BIRD EYE VIEW ON MEDICINAL USES OF FRUITS DESCRIBED IN AYURVEDA CLASSIC ACCORDING TO THE VARIOUS SEASONS

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Abstract: Ayurveda is a science which deals with the proper lifestyle and dietary advice by Ayurveda scholars. Among them, fruits and vegetables play a significant role to maintain our health to prevent and cure diseases. In-plant kingdom each plant has its medicinal properties, but in society, common plants are recognized by their fruits. The fruiting season of each plant is different, Nature gives us fruit according to our body requirements and according to our dosha kshaya and vridhi. In ancient times since the Vedic period, the fruits are used for worshipping god and upavasa purpose. In Ayurveda samhitas fruits are classified based on ras, Examples: Sweet fruits, Sour Fruits Etc. In fruits, many vitamins minerals fibers are present which help to reenergize our body cells and also protect our body from outer infections. Here we are trying to collect information about the fruiting season, its effect on dosha, vridhi, and kshaya.

Keywords: Fruits, Ritu, Doshas, Bhavaprakash

I. INTRODUCTION:

At a time when doctors and nutritionists are advising on consuming an immunity-boosting diet and leading a healthy lifestyle amid the coronavirus pandemic, it has become all the more important to eat right to keep illnesses at bay. Ayurveda believes that all diseases come from the stomach, and our health depends not only on what type of food we eat but also on the ability of our body to digest and absorb these foods. This digestive ability is called the digestive fire Agni. From Ayurveda's point of view, fruits are easily digestible food compared to other foods. They are among the healthiest foods in the world. Fruits have historically held a place in dietary guidance because they concentrated vitamins, especially vitamins C and A; minerals, especially electrolytes; and more recently phytochemicals, especially antioxidants. Additionally, fruits are recommended as a source of dietary fibre. But we can get their maximum benefits only if we eat them at the right time and in the right manner. Yes, it makes a lot of difference in the way you consume them. When it comes to fruits, Ayurveda has laid down some rules about eating them. We are aware of how our body is influenced by the external environment, especially changing seasons. And if it is unable to adapt itself to the stress specific to a season, it could lead to Dosha Vaishamy, making it susceptible to various diseases, to help the body adapt, it is therefore important to not ignore foods and regimen followed during a particular season. If what we eat is not in sync with nature, it is likely to result in compromised immunity, unhealthy weight gain or loss, and poor skin and hair quality besides making one prone to lifestyle diseases.

According to Ayurveda, the year is divided into two periods — Uttarayana (northern solstice) and Dakshinayana (southern solstice), each formed of three '*ritus*' or seasons¹. Our body is a combination of *vata* (ruled by air and space), *pitta* (ruled by fire and water) and *Kapha* (ruled by water and earth)². Each of the seasons pacifies or ignites the above-mentioned doshas, so it is important to ensure the body maintains its balance. While '*ritu*' refers to seasons, '*charya*' means guidelines. Seasonal fruits taste great because they are freshly harvested. And fruits in season are usually found at the best price too!

II. MATERIAL AND METHODS:

As per Ayurveda, here is how you can plan out your fruit diet according to seasons³.

Table No. 1: Fruit diet according to the seasons

| Sl.No | Name of the drug | Botanical name | Family | Season | Action |
|-------|------------------|----------------------------------|---------------|--|---|
| 1. | Aamra | <i>Mangifera indica</i> Linn | Anacardiaceae | Grishma ⁴ | Vrishya, Vatashama, Balya, Mamsavardhan |
| 2. | Aamratak | <i>Spondias mangifera</i> | Anacardiaceae | Varsha ⁵ | Vrushya, Snigdha, Brihmaniya, Balya, |
| 3. | Koshamra | <i>Schleichera trijuga</i> wild. | Sapindaceae | Varsha ⁶ | Ruchya, Deepan, |
| 4. | Panas | <i>Artocarpus integrifolia</i> | Moraceae | Grishma & Varsha ⁷ | Sheetalam, Tarpan Brhiman, Mamsala, Sukrapradam, |
| 5. | Lakuch | <i>Artocarpus lakoocha</i> | Moraceae | Grishma & Varsha ⁸ | Vahnikaram, Ruchya, Vrushya, Vishtambhi |
| 6. | Kadali | <i>Musa sapientum</i> . Linn | Musaceae | Mostly in all-season More in Varsha ⁹ | Snigdha, Ruchya, Mamsakrut, Vrushya, Brihman |
| 7. | Phut | <i>Cucumis momordica</i> Roxb | Cucurbitaceae | Grishma & Varsha ¹⁰ | Ushna, Grahi, Vishtambhi |
| 8. | Narikel | <i>Cocos nucifera</i> Linn | Asteraceae | Throughout the year ¹¹ | Hrudya, Deepan, Sukral Laghu, Pipasagith, Swadu, Vasthishodan |
| 9. | Kalinth | <i>Citrullus vulgaris</i> Schard | Cucurbitaceae | Grishma ¹² | Ushna, Sakshara |
| 10. | Kharbuj | <i>Cucumis melo</i> Linn | Cucurbitaceae | Varsha & Sharad ¹³ | Mutrala, Balya, Koshtasudhikaram, Vrushya |
| 11. | Trapush | <i>Cucumis sativus</i> Linn | Cucurbitaceae | Hemant, Sisir, Vasnth, Grishma ¹⁴ | Susheetala, Trutklama daha jith |
| 12. | Guvak (Puj) | <i>Areca catechu</i> Linn | Areaceae | Throughout the year ¹⁵ | Deepan, Ruchya, Aasaya vairasya nashanam, Mohaganak |
| 13. | Tad (Tal) | <i>Borassus flabellifer</i> Linn | Areaceae | Grishma ¹⁶ | Mutral, Sukral, Abhishyandi, Snehayukth, Madhur, Kapha janak |

| | | | | | |
|-----|---------------|---|----------------|---|--|
| 14. | Bilva | <i>Aegle marmelos</i> Linn | Rutaceae | Unripe: Hemant sisir Ripe: Vasant, Grishma ¹⁷ | Unripe: Grahi, Aamhar, shulhar, Ripe: Madur, Guru, Agnimandhyakara, |
| 15. | Kapith | <i>Feronia elephantum</i> Correa | Rutaceae | Hemant, Sisir, Vasant, Grishma ¹⁸ | Guru, Trishnanasak, Hikka nashak, Kanda shodak |
| 16. | Narang | <i>Citrus reticulate</i> Blanco | Rutaceae | Hemant, Sisir ¹⁹ | Rochak, Ushna, Durjar, vatnashak |
| 17. | Tinduk | <i>Diospyros embyroptinus</i> | Ebenaceae | Grishma ²⁰ | Sheetal, Pitta-rakta vikarhar, Prameha har |
| 18. | Kuchala | <i>Strychnos nux - vomica</i> Linn | Loganiceae | Throughout the year ²¹ | Madkrut, Vata krut, Effect on the nervous system |
| 19. | Raj jambu | <i>Eugenia jambolana</i> Lam | Myrtaceae | Vasant, Grishma, Varsha ²² | Swadu, Rochak, Vishtambi |
| 20. | Jal Jambu | <i>Eugenia heyneana</i> Wall | Myrtaceae | Vasanth ²³ | Ruksh, Sangrahi, Kapha pitta hara |
| 21. | Rajabadar | <i>Zizyphus sativa</i> Gaertn | Rhamnaceae | Hemant Sisir ²⁴ | Bhedan Guru Sukrajanan Brumhan |
| 22. | Kol Badar | <i>Zizyphus jujube</i> Lam | Rhamnaceae | Hemant Sisir ²⁵ | Grahi, Rochak, Ushna, Pitta janak |
| 23. | Kshudrabadar | <i>Zizyphus nummularia</i> W&A | Rhamnaceae | Hemant and Sisir ²⁶ | Snigdha guru vata- pitta nashak |
| 24. | Prachin amlak | <i>Flacourtia cataphracta</i> Roxb | Flacourtiaceae | Hemant ²⁷ | Tridosh har Jwara har |
| 25. | Lavli | <i>Cicca acida</i> Linn | Euphorbiaceae | Grishma Varsha ²⁸ | Rochak Ruksha Guru, Arsha Ashmarihara, |
| 26. | Karamard | <i>Carissa carandas</i> Linn | Apocynaceae | Grishma, Varsha ²⁹ | Madhur Ruchya Laghu |
| 27. | Priyal | <i>Buchanania latifolia</i> Roxb | Anacardiaceae | Vasant ³⁰ | Kapha hara, Pitta- rakta vikarajith, Jwara & trisna hara, Hrudya |
| 28. | Rajadan | <i>Mimusops hexandra</i> Roxb | Sapotaceae | Sarad, Hemant ³¹ | Vrushya Balya Snigdha, Trushna har |

| | | | | | |
|-----|--------------------------------|--------------------------------------|----------------|--|---|
| 29. | Vikankath | <i>Flacourtia ramontchi</i> L. Herit | Flacourtiaceae | Vasant Grishma ³² | Tridosahar, Madhur, |
| 30. | Padmaksham (Seed of Padma) | <i>Nelumbium speciosum</i> Willd | Nymphaeaceae | Hemant ³³ | Vrushya, Sheetal, Garbhasthapak, Rakta-pitta hara |
| 31. | Makhannam | <i>Euryale ferox</i> Salisd | Nymphaeaceae | Grishma varsha ³⁴ | Vrushya, Sheetal, Garbhasthapak, Rakta-pitta hara |
| 32. | Srungatak | <i>Trapa bispinosa</i> Roxb | Trapaceae | Sarad, Hemant Sisir ³⁵ | Sheetal, vrushya, Raktapitta hara Daha hara Grahi |
| 33. | KairaVeniphala (Seed of Kumud) | <i>Nymphaea alba</i> Linn | Nymphaeaceae | Vasant, Grishma, Varsha ³⁶ | Swadu, Ruksh, Hima |
| 34. | Mahuva (Madhuk) | <i>Madhuca indica</i> J.F.Gnel | Sapotaceae | Grishma ³⁷ | Sheeta, swadu Guru, Sukral, Vatapittahara |
| 35. | Jalmahuva | <i>Bassia longifolia</i> Koenig | Sapotaceae | Grishma ³⁸ | Sheeta, swadu Guru, Sukral, Vatapittahara |
| 36. | Parushak | <i>Grewia asiatica</i> Linn | Tiliaceae | Vasanth Grishma ³⁹ | Madhurpaka, sheeta, Dathu vardhak, Hrudy, Daha har |
| 37. | Tuth | <i>Morus indica</i> Griff | Moraceae | Vasanth, Sharad ⁴⁰ | Guru, Swadu Hima |
| 38. | Dadim | <i>Punica granatum</i> Linn | Punicaceae | Vasant, Grishma, Varsha ⁴¹ | Tridoshaghna, trut dha jwara nashak, balavrdhak, sukrajanan |
| 39. | Sleshmathak | <i>Cordia myxa</i> Roxb | Boraginaceae | Grishma, Varsha ⁴² | Madhuer kashaya, Vispota, vrana, kushta nashhak, keshya, |
| 40. | Katak | <i>Strychnos potatorum</i> Linn | Loganiaceae | Vasant ⁴³ | Netrya, Water purifying, sheeta |
| 41. | Draksha | <i>Vitis vinifera</i> Linn | Vitaceae | Grishma, Varsha, Sarad, Hemant ⁴⁴ | Mudupaki Sheetal Chakshushya Brihmaniya, Mutral, Vrushya |
| 42. | Kharjur | <i>Phoenix Sylvestris</i> Roxb | Arecaceae | Varsha, Sarad ⁴⁵ | Sheetal Ruchikar, Madhurpaki, Balwardhak, |
| 43. | Pinda kharjur | <i>Phoenix dactylifera</i> Linn | Arecaceae | Grishma ⁴⁶ | Sheetal Ruchikar, Madhurpaki, Balwardhak, |

| | | | | | |
|-----|---------------|--|-----------------|--|---|
| 44. | Vatad | <i>Prunus amygdalus</i> Batsch | Rosaceae | Grishma ⁴⁷ | Ushna, Snigdha, Sukrakrit, Guru |
| 45. | Sev | <i>Pyrus malus</i> Linn | Rosaceae | Grishma ⁴⁸ | Brumhan, Sheetal, Sukrakrut, |
| 46. | Amrut phal | <i>Pyrus communis</i> Linn | Rosaceae | Grishama, Varsha, ⁴⁹ | Laghu Vrushya, Tridoshahara, |
| 47. | Pilu | <i>Salvadora persica</i> Linn | Salvadoraceae | Grishma, Vasanth ⁵⁰ | Kapha vata hara, Malabhedak, Sramsan |
| 48. | Akhrot | <i>Juglans regia</i> Linn | Juglandaceae | Varsha, Sarad ⁵¹ | Ushna, Snigdha, Sukrakrit, Kapha karak |
| 49. | Beejpur | <i>Citrus medica</i> Linn | Rutaceae | Throughout the year ⁵² | Deepan Lagu, Raktapitta hara, Swasa kasa Aruchi hara |
| 50. | Madhukarkati | <i>Citrus decumana</i> Watt | Rutaceae | Sarad Hemant ⁵³ | Hrudya, Trisha shamak, Seethal, Raktapitta hara |
| 51. | Nimbu | <i>Citrus limon</i> Linn | Rutaceae | Throughout the year ⁵⁴ | Ushna, Vata sleshma Vibandhanuth, |
| 52. | Nimbuk | <i>Citrus aurantifolia</i> (Christm) Swingle | Rutaceae | Varsha Sarad ⁵⁵ | Vtaghna Deepan Pachan Laghu |
| 53. | Mishti nimbuk | <i>Citrus limettioides</i> Tanaka | Rutaceae | Varsha, Grishma ⁵⁶ | Swadu guru marut pittanut, aruchi trisha har, |
| 54. | Mosambi | <i>Citrus sinensis</i> Linn Osbeck | Rutaceae | Grishma, Varsha ⁵⁷ | Jwara har, tisha har, Pittaja vikaras, |
| 55. | Karmarang | <i>Averrhoa carambola</i> Linn | Oxalidaceae | Varsha, Sarad Hemant ⁵⁸ | Grahi, kapha vata hara, Hima, |
| 56. | Amlika | <i>Tamarindus indica</i> Linn | Caesalpiniaceae | Hemant Sisir Vasant ⁵⁹ | Agnideepak, Ruksha, Sarak, Ushna |
| 57. | Amlavetas | <i>Garcinia pedunculata</i> Roxb | Guttiferae | Grishma Varsha ⁶⁰ | Bhedan laghu, Hridrogshuklgulm aghna, Ruksha |
| 58. | Vrukshamla | <i>Garcinia indica</i> Chois | Guttiferae | Varsha Sarad ⁶¹ | Ripe: Sangrahi, Guru Ushna Rochak Unripe: Ushna Kapha pitta kara vata hara |

III. DISCUSSION:

A detailed description of all the phalas are mentioned here:

AMRA PHALA⁶² The Pakwa (Ripe) fruit is Vatashamaka, Vrishya (Aphrodisiac), Balya (Tonic), Mamsavardhaka (Increases muscle bulk). Excessive consumption of sour mango results in Mandagni (decreases digestive fire), Vishama Jwara (intermittent fever), RaktaVikara (blood disorders), Baddha Gudodara (rectal prolapse during defecation), and Netra Roga (eye diseases), whereas Apakwa Amra Phala (tender unripe) is Kashaya (astringent), Vata-Pittakaraka

AMRATAKA PHALA⁶³ - Amla (sour), Ushna (potent), Sara (laxative), and Rochana (Taste promoter) are the characteristics of the unripe Amrataka Phala. Madhura (sweet), Amla (sour), Sheeta (cold in potency), Vata-Pitta Shamaka (subsidies Vata and Pitta Doshas), and Balya (Tonic) are the characteristics of the ripe Amrataka fruit.

KOSHAMRA PHALA⁶⁴- Amla (Sour), Guru (Heavy), Ushna (Hot in potency), Vata Shamaka (Subsidies Vata), Kapha-Pitta Vardhaka (Increases Kapha and Pitta Doshas), Grahi (Absorbent), Trishna Shamaka (Cures Thirst) are the properties of the Koshamra Phala.

PANASA PHALA⁶⁵- The ripe Panasa fruit has a Madhura-Kashaya (Sweet-Astringent) taste, Snigdha (Demulcent), Sheeta (Cold) potency, Guru (Heavy), VataPitta Shamaka (Subsidies Vata-Pitta Doshas), Kapha Vardhaka (Increases Kapha), Balya (Tonic), Brimhana (Tonic) taste, and Guru (Nourishing), Kashaya (Astringent), Guru (Heavy), VataVardhaka (Increases Vata Dosha), and Vishtambhi (Causes constipation) are the unripe fruits.

LAKOOCHA PHALA⁶⁶ - The unripe fruit of Lakoocha is Kashaya-Amla (Astringent-Sour), Guru (Heavy), Ushna (Hot in potency), Visthambhi (Causes constipation), Tridoshakopaka (Increases all the three Doshas; Vata-PittaKapha), Raktakopaka (Increases blood-related diseases), Shukra Nashana (Depletes the semen), Agnimandyakara (Decreases appetite), Drishthina (Depletes the vision). The ripe fruit tastes like Madhura-Amla (sweet-sour), Vishtambhi (constipation), and Doshaprakopaka (Increases all three Doshas; Vata-Pitta-Kapha).

KADALI PHALA⁶⁷ - Pakwa Phala is Kashaya (Astringent), Madhura (Sweet), Guru (Heavy), Sheeta (Cold in potency), Vishtambhi (Causes constipation), Kaphavardhaka (Increases Kapha Dosha), Vatagna (Subsidies Vata Doshas), Rakta Pitta Shamaka (Cures Bleeding diseases), Balya (Tonic), Vrishya (Aphrodisiac).

PHUT PHALA⁶⁸ - The unripe fruit is madhur (Sweet), Ruksha (Dry) Guru (heavy) Pitta kaphapaham (Subsidies pitta and kapha) Anushna (Not much hot in potency) Grahi (Absorbent Vishtambi (Constipating). The ripe fruit is Ushna (hot in potency) and pitta janak.

NARIKELA PHALA⁶⁹ - The Narikela Phala is Madhura (Sweet) in taste, Snigdha (Demulcent), Sheeta (Cold) in potency, Balya (Tonic), Brimhana (Nourishing), Vata-Pitta Shamaka (Subsidies Vata and Pitta Doshas), Mutrala (Diuretic). The Narikela Jala is Sheetala (Cold) in potency, Hridya (Cardio tonic), Trishna Shamaka (Relieves thirst), Pitta Shamaka (Subsidies Pitta Dosha), Mutrala (Diuretic). The tender coconut water is Pitta Shamaka (Subsidies Pitta Dosha). Old coconut water is Pittakaraka (Increases Pitta), Vidahi (Causes burning sensation).

KAALINDA PHALA⁷⁰ - The watermelon is Guru (heavy), Sheetala (potently cold), Pittashamaka (subsidies Pitta), Grahi (absorbent), Achakshushya (harmful to the eyes), and Avrushya (Non-aphrodisiac).

KHARBUJA PHALA⁷¹- Guru (Heavy), Madhura (Sweet in taste), Sheeta (Cold in potency), Vata-Pitta Shamaka (Subsidies Vata-Pitta Doshas), Mutrala (Diuretic), Balya (Tonic), Vrushya (Aphrodisiac), Sara (Laxative) are the properties of Kharbuja fruit.

TRAPUSA PHALA⁷² - The taste of the Trapusa fruit is Madhura (Sweet), Guru (Heavy), Ruksha (Dry), Sheeta (Cold in potency), Visthambhi (Causes constipation), Mutrala (Diuretic), Pittashamaka (Subsidies Pitta Dosha), Raktapittahara (Cures haemorrhage).

POOGA PHALA⁷³ - The fruit of betel nut is Guru (Heavy), Hima (Cold in potency), Kashaya (Astringent), Kapha-Pittajit (Subsidies Kapha and Pitta Doshas), Mohanakara (Produces drowsiness), Deepana (Appetizer), Ruchya (Tasty), Asya Vairasya Nashana (Subsidies lethargy). The wet fruit of betel nut is Guru (Heavy), Abhishyandi (Obstructs the channels), Agnimandyakara (Produces Loss of appetite), Drishtihara

(Produces Loss of vision), The boiled fruit of betel nut cures Chardi (Vomiting), Tridoshahara (Subsides all the three Doshas; Vata-Pitta-Kapha).

TAALA PHALA⁷⁴ - The ripe Taala fruit is Madhura (Sweet) in taste, Snigdha (Demulcent), Sheeta (Cold) in potency Balya (Tonic), Brimhana (Nourishing), Guru (Heavy), Pitta Shamaka (Subsides Pitta Dosh).

BILVA PHALA⁷⁵ - 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)

KAPITTHA PHALA⁷⁶ - The unripe fruit is Kashaya (Astringent), Sangrahi (Absorbent), Swarabhedaka (Causes hoarseness of voice), Vata Vardhaka (Increases Vata Dosh). The ripe fruit is Madhura (Sweet), Amla (Sour), Vata-Pitta Shamaka (Subsides Vata and Pitta), Grahi (Absorbent), Trishna Shamaka (Cures thirst).

NARANGA PHALA⁷⁷ - The Naranga Phala is Madhuramla (Sweet-Sour) in taste, Hridya (Good for the heart), Rochana (Appetizer), Vata Shamaka (Subsides Vata Dosh).

TINDUKA PHALA⁷⁸ - The Tinduka Phala is Kashaya (Astringent), Madhura (Sweet), Kapha-Pitta Shamaka (Subsides Kapha and Pitta Doshas), Cures Raktapitta (Haemorrhage), Prameha (Urinary diseases including diabetes).

KUCHALA⁷⁹ - The fruit is Tikta rasa, Sheetal vatajanak, Madakatrak, Laghu, Vyadhahara Grahi, Kaphapitta and rakta vikar nashak

RAJA JAMBU⁸⁰ - The fruit is swadu vishtambi (Constipating) guru (Heavy) and Ruchikara (Tasty).

JAL JAMBU⁸¹ - The fruit is Sangrahi (Absorbent), Ruksha(Dry) Kapha pitta rakta vikar hara (Subsides kapha pitta and rakta) and dahajith (Subsides burning sensation).

BADARA PHALA⁸² The unripe Badara fruit is Kapha-Pitta Vardhaka (Increases Kapha-Pitta Doshas), the ripe fruit is Madhura (Sweet) in taste, Vata-Pitta Shamaka (Subsides Vata and Pitta Doshas), Snigdha (Demulcent), Bhedana (Purgative). It is Hridya (Cardiotonic), Trishna Shamana (subsides thirst), Shramahara (Cures exhaustion). The Raja Badara is Balya (Tonic), Vrushya (Aphrodisiac). The gruel of Badara is Kapaha-Vatagna (Subsides Kapha and Vata Dosh), Trishnahara (Cures thirst), Sara (Laxative)

PRACHINAMALAKA PHALA⁸³ - - The Prachinamalaka fruit is Tridosha Shamaka (Subsides all the three Doshas; VataPitta-Kapha), Vishagna (Subsides Poisonous effects), Jwaragna (Cures fever).

LAVLI⁸⁴ - The fruit is amla and kashaya (Astringent), vishada (clearness), rochak (appetizer) , ruksha (Dry), guru (heavy), swadishta (palatable), Ashmari (Kidney stone), Arsha(Piles) hara, Kapha pitta hara (Subsides kapha and pita).

KARAMARDA PHALA⁸⁵ - - 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)

PRIYALA PHALA⁸⁶ - - The Priyala Phala is Madhura (Sweet in taste), Snigdha (Demulcent), Sara (Laxative), Sheeta (Cold in potency), Balya (Tonic), Vrushya (Aphrodisiac), Brimhana (Nourishing), Vata-Pitta Shamaka (Subsides Vata and Pitta Doshas).

RAJADAN⁸⁷ - The fruit is vrushya (Aphrodisiac), balya (Tonic), snigdha (Slimy), hima (Cool) guru (Heavy) useful in trushna (thirst) murcha (loss of consciousness) mada (intoxication) bhranti (Halucination), kshaya rog (emaciation). It is tridosha hara (Subsides tridosha) and useful in rakta vikar (Subsides diseases of rakta).

VIKANKAT⁸⁸ - The ripe fruit is madhura (Sweet) and sarva doshajith(Subsides all doshas).

PADMAKSHAM⁸⁹ - The fruit is Madhura-Kashaya (Sweet-Astringent in taste), Balya (Tonic), Vrushya (Aphrodisiac), Grahi (Absorbent), Pittashamaka (Subsides Pitta Dosh), Kapha-Vata Vardhaka (Increases Kapha and Vata Doshas), Garbhasthapana (Anti abortive).

MAKHANA PHALA⁹⁰ - The fruit of Makhana is Madhura (Sweet), Sheeta (Cold in potency), Vata-Pitta Shamaka (Subsides Vata-Pitta Doshas), Balya (Tonic), Vrushya (Aphrodisiac), and it is Garbha Sthapana (Anti abortive).

SHRINGATAKA PHALA⁹¹ - The Shringataka Phala is Madhura (Sweet), Kashaya (Astringent) in taste, Guru (Heavy), Sheeta Virya (Cold in potency), Pitta Shamaka (Subsides Pitta Dasha), Kapha-Vata Vardhaka (Increases Kapha-Vata Dasha), Grahi (Absorbent), Vrushya (Aphrodisiac).

KUMUDA PHALA⁹² - The fruit is used in Jwara (Fever) and Grahani (Dysentery).

MADHUKA PHALA⁹³ - The Madhuka Phala is Madhura (Sweet) in taste, Sheeta (Cold in potency), Guru (Heavy), Vata-Pitta Shamaka (Subsides Vata-Pitta Doshas), Vrushya (Aphrodisiac), Brimhana (Nourishing).

JAI MAHUVA⁹⁴ - Same as madhuka phala.

PARUSHAKA PHALA⁹⁵ - The fruit is Shramahara (Cure's exhaustion), Jwarahara (Cures fever), It is mentioned Madhura Skandha in Charaka Samhita. As per Sushruta Samhita, the fruit is Vatagna (Subsides Vata Dasha), Ruchikara (Appetizer), Trishnahara (Subsides thirst), Hridya (Cardiotonic), and Mutra Doshahara (Relieves urinary disorders).

TUTH PHALA⁹⁶ - The fruit is Madhura (Sweet) in taste, Guru (Heavy), Sheeta (Cold) in potency, Vata-Pitta Shamaka (Subsides Vata-Pitta Doshas), In unripe it is Amla (Sour), Ushna Virya (Hot in potency), Raktapitta Prakopaka (Increases hemorrhage).

DADIMA PHALA⁹⁷ - Dadima Phala is Tridoshagna (Subsides all the three Doshas), Deepana (Appetizer), Hridya (Cardiotonic), Grahi (Absorbent). As per Bhavaprakasha Nighantu, he explained three types viz; Madhura (Sweet), Madhuramla (Sweet and Sour), Amla (Sour).

SHLESHMATAKA PHALA⁹⁸ - - The ripe Shleshmataka Phala is Madhura (Sweet) in taste, Shleshmala (Increases Kapha Dasha), Guru (Heavy), Sheeta (Cold in potency). The unripe fruit is Ruksha (Dry), Visthambhi (Causes constipation), and Kapha-Pitta Shamaka (Subsides Kapha and Pitta)

KATAKA PHALA⁹⁹ - - The Kataka fruit is VataShleshmahara (Subsides Vata and Kapha Doshas), Sheeta (Cold in potency), Madhura (Sweet), Kashaya (Astringent) in taste, Guru (Heavy), Netrya (Good for eyes).

DRAKSHA¹⁰⁰ - - The Mridvika Phala is Madhura (Sweet) in taste, Vata-Pitta Shamaka, Sheeta Virya (Cold in potency), Snigdha (Demulcent), Brimhana (Nourishing), Vrishya (Aphrodisiac). Alleviates Jwara (fever), Kasahara (Cough), Raktapitta (Bleeding diseases), Kshata (Injury), Daurbalya (Generalized weakness).

KHARJURA PHALA¹⁰¹ - - Kharjura is Sheetala (Cold in potency), Madhura (Sweet) in taste, Vatapittahara (Subsides Vata Pitta Doshas), Brimhana (Nourishing), Vrushya (Aphrodisiac). The ripe fruit is used in Kshaya (Emaciation), Abhighata (Injury), Raktapitta (Haemorrhage), Daha (Burning sensation), Daurbalya (Weakness).

VATAADA PHALA¹⁰² - - The Almond fruit is Madhura (Sweet), Guru (Heavy), Snigdha (Demulcent), Ushna (Hot) in potency, Kapha-Pitta Vardhaka (Increases Kapha and Pitta), Vata Shamaka (Subsides Vata Dasha), Balya (Tonic), Vrushya (Aphrodisiac), Brimhana (Nourishing).

SEVA PHALA¹⁰³ - - The apple fruit is MadhuraKashaya (Sweet-Astringent) in taste, Sheeta Virya (Cold in potency), Vata-Pitta Shamaka (Subsides Vata and Pitta Doshas), Kapha Vardhaka (Increases Kapha Dasha), Brimhana (Nourishing), Grahi (Absorbent).

AMRUT PHALA¹⁰⁴ - The Pear fruit is Madhura (Sweet), Kashaya (Astringent) in taste, Sheetala (Cold in potency), Balya (Tonic), Vatala (Increases Vata Dasha), Guru (Heavy).

PILU PHALA¹⁰⁵ - - The Peelu Phala is Tikta (Bitter), Katu (Pungent), Teekshna (Penetrating), Ushna (Hot in potency), Snigdha (Demulcent), Sara (Laxative), Bhedana (Purgative), Cures Visha (Poison effect), Kapha-Vata Shamaka (Subsides Kapha-Vata Doshas), Pitta Vardhaka (Increases Vata Dasha). The unripe fruit is Madhura (Sweet), Tikta (Bitter), Anushna (Not much hot in potency), Tridosha Shamaka (Subsides all three Doshas; VataPitta-Kapha), Gulma (Cures Visceral organ diseases).

AKSHOTA PHALA¹⁰⁶ - - The Walnut fruit is Madhura (Sweet) in taste, Ushna (Hot in potency), Balya (Tonic), Vrushya (Aphrodisiac), Brimhana (Nourishing), Vatashamaka (Subsides Vata Dosha), Kapha-Pittakara (Increases Kapha and Pitta), Medha Vardhaka (Promotes intellect).

BEEJAPURA PHALA¹⁰⁷ - - The fruit of Beejapura is Deepana (Appetizer), Pachana (Digestive), Rochana (Taste promoter), Sara (Laxative), Hridya (Cardiotonic). It cures Shoola (Spasmodic pain), Gulma (Visceral organ diseases), Chardi (Vomiting), Ajirna (Indigestion), Arsha (Haemorrhoids).

MADHU KARKATI¹⁰⁸ - The fruit is Madhur (Sweet), Swadu (Palatable), Rochani (appetizer) Sheetal (Coolant) guru (Heavy), and Useful in Raktapita (epistaxis) kshaya (emaciation), swasa (Respiratory disease), kasa (cough), hikka (hiccup) and bhrama (halucination).

NIMBU PHALA¹⁰⁹ - - 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).

NIMBUKA PHALA¹¹⁰ - - The Nimbuka fruit is Rochana (Taste promoter), Deepana (Appetizer), Pachana (Digestive), Vatanulomana (Helps to the easy evacuation of Vata Dosha).

MISTHANIMBAKAPHALA¹¹¹ - - 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), Raktapitta (Haemorrhage), Shosha (Emaciation), Trishna (Cure's thirst), Kaphagna (Subsides Kapha Dosha).

MOSAMBI¹¹² - This is not mentioned by acharya bhavapraksha but in today's era this fruit is commonly used. Acharya Krishna Chandra chunekar has mentioned this in his book as fruit juice is used in jwara (Fever) trishna (thirst) atisara-pittika (Diarrhoea) Aruuchi (Less appetite), Fruit cover is deepana (appetizer) and balya (tonic).

KARMARANGAPHALA¹¹³ - - The Karmaranga fruit is Sheetala (Cold in potency), Madhura (Sweet), Amla (Sour) in taste, Grahi (Absorbent), Kapha-Vata Shamaka (Subsides Kapha and Vata Doshas).

AMLIKAPHALA¹¹⁴ - - 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 Dosha).

AMLAVETASAPHALA¹¹⁵ - - The Garcinia fruit is Amla (Sour) in taste, Bhedana (Purgative), Laghu (Light), Deepana (Appetizer), Cures Hridroga (Heart-related diseases), Shoola (Pain abdomen), Hikka (Hiccough), Anaha (Distention of the abdomen), Shwasa (Dyspnoea), Kasa (Cough), Ajirna (Indigestion), Udavarta (Sour belching), Pleehodara (Enlargement of the spleen).

VIKSHAMLAPHALA¹¹⁶ - - The Vrikshamla fruit is Amla (Sour), Ushna (Hot in potency), Vatahara (Subsides Vata Dosha), Guru (Heavy), Rochana (Tasty), Ruksha (Dry), Deepana (Appetizer), Sangrahi (Absorbent). Cures Trishna (Thirst), Arsha (Haemorrhoids), Grahani (Dysentery), Gulma (Visceral organ diseases), Shoola (Pain abdomen), Hridroga (Heart diseases), Jantu (Worm infestation).

IV. CONCLUSION:

Nature provides everything according to our requirement, Fruits are also like that. Every fruit is having its season. It grows according to our body's requirements that is according to dosha Chaya vrudhi. That's why seasonal fruit is good for our health. Acharya charak has opined that fruit should be collected according to their season. "Yatha pinde tatha brahmande, yatha brahmande tatha pinde". This is mentioned in Yajurveda that an individual and universe are the same. So whatever we consume makes our body. So the food we eat makes our body. Food items available in each season are according to nature. In today's era due to cold storage and hybrid techniques, fruits are available in all seasons. Those fruits are not good for our health as each fruit is having its specific property. Some fruits can be taken in dry form as their property changes from fresh. Like draksha which has different properties in dry and fresh form. So, the consumption of fruit should be done according to season and yukti.

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