



CLASSICAL REVIEW OF DRAKSHA

Ayurveda

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ABSTRACT

Vitis vinifera, known as the grapevine, is native to southern Europe and Western Asia. *Vitis vinifera* is a perennial woody, climbing tree belongs to family Vitaceae. It is commonly known as grape and draksha. The ripe fruit is laxative and purgative, fattening, diuretic, aphrodisiac, appetizer, and the throat; cures thirst, asthma, vata and vatarakta, jaundice, strangury, blood disease. The ashes of stem are good for pains in joints, swelling of the testicle, and piles. The flowers are expectorant and haematinic, and are useful in bronchitis. In Iran, grape leaves are used in a traditional food and for treatment of diarrhea and bleeding. Grape seed and skin contain several active components including flavonoids, polyphenols, anthocyanins, proanthocyanidins, procyanidins, and the stilbene derivative resveratrol. Grape seed extract in particular has been reported to possess a broad spectrum of pharmacological and therapeutic effects such as antioxidative, anti-inflammatory, and antimicrobial activities, as well as having cardioprotective, hepatoprotective, and neuroprotective effects. The study of plants that have been traditionally used should still be seen as a fruitful and logical research strategy, in the search. In this review, several classical uses of draksha are described

KEYWORDS

Vitis vinifera; grape seed; haematinic, vatarakta

INTRODUCTION

Common Grape Vine (*Vitis Vinifera*) is known as Draksha in ayurveda. This is widely grown in western parts of India, Punjab, Kashmir, central Europe, Turkey, Morocco and Portugal. The grape vine has long, woody stems rooted to ground. Stems are covered with flaky bark. The grapevine usually grows up to 35 meters. It has alternative, broad, palmate leaves. The unripe fruit is usually green and ripe fruit is dark purple in color. Ripe fruits are covered with light grey wax coat. Grape vine has acquired numerous names by virtue of its shape and medicinal properties. These names have been coined by Ayurveda acharyas. It is known as "Draksha" as it is liked by one and all. Due to its medicinal properties it increases the moistness of our body tissues and softens the dried ones.

Hence the name "Mrudweeka". Grapes get the name "Gosthani" as the shape of fruits resemble mammary glands (udder) of cow.

Botanical Classification

Kingdom Plantae
Order Vitae
Family Vitaceae
Genus *Vitis*
Species *Vitis vinifera*
Vernacular names¹
Sanskrit Mridvika, Gostani
Asamese Dakh, Munakka
Bengali Maneka
English Dry grapes, Raisins
Gujrati Drakh, Darakh
Hindi Munakka
Kannada Draksha
Malayalam Munthringya
Marathi Draksha, Angur
Punjabi Munacca
Tamil Drakshai, Kottai Drakshai
Telugu Draksha Kottai, Drakshai
Urdu Munaqq

Morphology²

Habit: It is a large, deciduous climber, tendrils long, bifid.
Leaves: 7.5 – 15 cm orbicular cordate, more or less deeply 3-5 lobed, margins irregularly and coarsely toothed, glabrous or nearly or above, clothed beneath with deciduous grey tomentum, thin membranous, petiole 3.8-7.5 cm long.
Flowers: green, petals five, cohering at the apex. Disc reduced to 5 hypogynous glands adnate to base of ovary. Style very short, thick.
Fruit: berries very variable in size, greenish or bluish black.
Seeds: 2-4, pear shaped

Chemical Composition

The main basic element of grape is manganese. It also contains vitamin

B6, thiamine, riboflavin, vitamin C and potassium. Many studies demonstrated that it also contains a chemical substance i.e resveratrol, a polyphenol which has antioxidant properties³. All of the acylated procyanidins of grape seeds are esters of gallic acid.⁴ Monomers of (+)-catechin, (-) - epicatechin, and (-) - epicatechin-3- o gallate, 14 dimeric, trimeric and one tetrameric procyanidin have also been reported¹³⁶. The anthocyanins that have been reported for *V. vinifera* include 3 – glucosides, 3 acetylglucosides, 3 – coumaroylglucosides, 3 – caffeoylglucosides, 3,5 diglucosides, 3- acetyl -5 diglucosides, 3-coumaroyl 5 diglucosides, and 3 caffeoyl 5 diglucosides of cyaniding, delphinidin, peonidin, petunidin and malvidin⁵. Flavonoids viz quercetin, rutin, kaempferol, luteolin phenolic acids and beta sitosterol.⁶

Pharmacological Action

Antifungal, antiulcer, hepatoprotective, wound healing, anti mutagenic, anti herpetic, cardio protective, breast cancer suppressor, antibacterial activity⁷, antidiabetic⁸, laxative, antihistaminic, use in cough and respiratory tract catarrh⁹, antimicrobial¹⁰, anticancer, and anti inflammatory¹¹, antioxidant.¹²

Actions and Therapeutic Uses

Draksha is used in Trishna, Jwara, Kasa, Shwasa, Daha, Shosha, Kamala, Raktapitta, Kshata, Ksheena, Vibandha, Arsha, Agnimadya, Madatyaya, Pandu, Udavarta and Vatarakta.

Part Used¹³: fruit

Pakva Draksha has Madhura, Kashaya Rasa and Sheeta virya, Madhura Vipaka, Snigdha, Guru and Sara Guna. It is Swarya, Hridya, Chakshushya, Shrishtavidmutra, Vatapittanashaka, Tikhtasyata, Raktapittanashaka, Kshayanashaka, Kshatanashaka, Jwarahara, Shwasahara, Trishnahara, Dahashamaka, Madatyayanashaka and Vrishya. Gostani Draksha is Madhura and Vrishyatama.

Draksha in Brihatrayi

Charaka Samhita:

Acharya Charaka has started the enumeration of Phala Varga beginning with Draksha, it is best among all the fruits. In Charaka Samhita, Draksha is described in Jwarahara Mahakashaya, Kasahara Mahakashaya, Kanthaya Mahakashaya, Shramahara Mahakashaya, Phala Varga and Madya Varga described as ingredient of Vasadi Ghrita, Baladi Ghrita, Chandanadya Taila, Drakshadya Ghrita, Eladi Gutika, Jeewaneeya Ghrita, and Pushyanaga Churna. Charaka indicated it in Jwara, Kasa, Visarpa, Trishna, Pittaja Madatyaya, Ashmari, Pittaja Hridya Roga and Arochaka.

Sushruta Samhita

In Sushruta Samhita, Draksha is described in Kakolyadi Gana, Parushakadi Gana, Madhura Varga, and Madya Varga and described as an ingredient of Pippalyadi Gana, Gaduchyadi Ghrita and Mahabala Ghrita. Sushruta indicated it in Jwara, Hikka, Shwasa and Pramada

Ashtanga Hridaya-

Acharya Vagbhata has also depicted Draksha as 'Phalottama'. In Ashtanga Hridayam Draksha is described in Parushakadi Gana dhyaya and Shloka Used as ingredient of

Sutrasthana 2/24 PIPASAGHNI YAVAGU
Sutrasthana 4/9 KANTHYA MAHAKASHAYA
Sutrasthana 4/21 SNEHOPAGA MAHAKASHAYA
Sutrasthana 4/24 VIRECHANOPAGA MAHAKASHAYA
Sutrasthana 4/36 KASAHARA MAHAKASHAYA
Sutrasthana 4/39 JWARAHARA MAHAKASHAYA
Sutrasthana 4/40 SHRAMAHARA MAHAKASHAYA
Sutrasthana 27/125-126 PHALAVARGA AS JWARAHARA
Sutrasthana 27/188 MADYAVARGA AS DEEPANA
VIMANASTHANA 8/139 MADHURA ASTHAPANA SKANDHA
CHIKITSASTHANA 3/186 JWARANASHAKA PEYA
CHIKITSASTHANA 3/201 ANYEDYUSHAKA JWARAHARA KASHAYA
CHIKITSASTHANA 3/206 MADHUKADI SHEETA KASHAYA
CHIKITSASTHANA 3/208 TRIPHALADI KWATHA
CHIKITSASTHANA 3/220 PIPPALYADI GHRIHA
CHIKITSASTHANA 3/223 VASADI GHRIHA
CHIKITSASTHANA 3/225 BALADI GHRIHA
CHIKITSASTHANA 3/230 VIRECHANA GHRIHA
CHIKITSASTHANA 3/258 CHANDANADYA TAILA
CHIKITSASTHANA 5/123 DRAKSHADYA GHRIHA
CHIKITSASTHANA 8/96 KHARJURADI GHRIHAVALEHA
CHIKITSASTHANA 8/115 BALADI KSHEERA
CHIKITSASTHANA 11/21 ELADI GUTIKA
CHIKITSASTHANA 11/36 AMRITAPRASHA GHRIHA
CHIKITSASTHANA 11/62 SARPI GUDA
CHIKITSASTHANA 12/32 ASHTASHATA ARISHTA
CHIKITSASTHANA 14/162 KANAKARISHTA
CHIKITSASTHANA 16/100 DHATRYAVALEHA
CHIKITSASTHANA 18/39 TRAYUSHNADYA GHRIHA
CHIKITSASTHANA 18/50 AVALEHA IN VATIKA KASA
CHIKITSASTHANA 18/71 KASA CHIKITSA
CHIKITSASTHANA 18/87 PITTAJA KASA CHIKITSA
CHIKITSASTHANA 18/88 PITTAJA KASA CHIKITSA
CHIKITSASTHANA 18/90 PITTAJA KASA CHIKITSA
CHIKITSASTHANA 18/94 PITTAJA KASA CHIKITSA
CHIKITSASTHANA 18/127 KANTAKARI GHRIHA
CHIKITSASTHANA 18/136 KSHATA KASA CHIKITSA
CHIKITSASTHANA 18/163 KASA CHIKITSA
CHIKITSASTHANA 18/176 PADMAKADI LEHA
CHIKITSASTHANA 21/112 VISARPA CHIKITSA
CHIKITSASTHANA 22/34 TRISHNA ROGA CHIKITSA
CHIKITSASTHANA 22/42 TRISHNA ROGA CHIKITSA
CHIKITSASTHANA 24/136 PITTAJA MADATYAYA CHIKITSA
CHIKITSASTHANA 26/45 ASHMARI CHIKITSA
CHIKITSASTHANA 26/83 PITTAJA HARIDYA ROGA CHIKITSA
CHIKITSASTHANA 26/212 AROCHAKA CHIKITSA
CHIKITSASTHANA 29/64 JEEVANEeya GHRIHA
CHIKITSASTHANA 29/96 SUKUMARAKA TAILA
CHIKITSASTHANA 30/92 PUSHYANUGA CHURNA
KALPA STHANA 1/12 ANUPANA IN PITTA PRAKOPA
KALPA STHANA 7/26 NISHOTHA AVALEHA IN PITTA PRAKOPA
KALPA STHANA 7/29 VIRECHANA DRAVYA
KALPA STHANA 7/56 VIRECHANA DRAVYA
SIDDHI STHANA 3/53 DRAKSHADI NIRUHA BASTI IN DAHA
SIDDHI STHANA 8/16 GUDADAHA CHIKITSA
SIDDHI STHANA 12/15 BALADI YAPANA BASTI
SIDDHI STHANA 12/18 BALADI YAMAKA ANUVASANA BASTI
SIDDHI STHANA 12/19 ENEMA IN DISORDERS OF GENITAL TRACT

Review of Draksha in Sushruta Samhita

Adhyaya & Shloka Used as ingredient of

Sutra Sthana 38/36 Kakolyadi Gana
Sutra Sthana 38/43 Parushakadi Gana
Sutra Sthana 42/18 Madhura Varga
Sutra Sthana 44/50 Virechana Dravya in Pittaja Vikara
Sutra Sthana 45/172 Madya Varga
Sutra Sthana 46/182 Guna of Phala Varga
Sutra Sthana 46/394 Used as Trishna Shamaka
Sutra Sthana 46/518 Daha in Hridaya Roga
Chikitsa Sthana 38/73 Rasanadi Asthapana
Kalpa Sthana 5/76 Mandolin anti venomous recipe
Uttara Tantra 39/70 Vataja Jwarahara Kwatha
Uttara Tantra 39/169 Pippalyadi Kwatha in Vataja Jwara
Uttara Tantra 39/173 Drakshadi Kwatha in Vataja Jwara

Uttara Tantra 39/182 Padmakadi Kashaya in Pittaja Jwara
Uttara Tantra 39/185 Gandusha in Pittaja Jwara
Uttara Tantra 39/196 Katukadi Kwatha
Uttara Tantra 39/198 Kiratadi Kwatha
Uttara Tantra 39/218 Pippalyadi Ghrita
Uttara Tantra 39/223 Guduchyadi Ghrita
Uttara Tantra 39/224 Kalsheyadi Ghrita
Uttara Tantra 39/304 Dadimadi Kalka in Mukh Vrana
Uttara Tantra 40/77 Dardvyadi Ghrita
Uttara Tantra 46/19 Treatment of fainting
Uttara Tantra 47/34 Pramada Chikitsa
Uttara Tantra 47/40 Treatment of chronic alcoholism
Uttara Tantra 51/40 Treatment of dyspnoea
Uttara Tantra 51/41 Treatment of dyspnoea
Uttara Tantra 51/47 Treatment of hiccup
Uttara Tantra 58/66 Mahabala Ghrita

Description of Draksha in Nighantus**1. Dhanvantari Nighantu (10th A.D)**

In this Nighantu Draksha has been described under Amradi Varga. Paryaya and Guna Karma¹⁴ Draksha, Charuphala, Krishna, Priyala, Tapaspriya, Kashmirika, Rasala and Karmardika are synonyms. Draksha is Hridaya and Swarya. Madhura in Rasa, Snigdha Guna and Sheeta Virya. It is useful in Raktapitta, Jwara, Shwasa, Trishna and Kshya.

2. Shodhala Nighantu (12th A.D)

Acharya Sodhala kept Draksha under Amradi Varga. Paryaya (Nama Sangraha)¹⁵ Karmarda, Rasala, Kashmiri, Tapaspriya, Draksha, Charuphala, Krishna and Priyal are synonyms of Draksha Guna-Karma (Guna Sangraha)¹⁶

It is best among fruits (Phalottama), It is Vrishya, Chakshushya, Shrishtavitmutra. Pakva Phala is sweet in Rasa and Vipaka with Kashaya. It is Snigdha, Sheetala and Guru. It is Vatapittanashaka, Madatyayanashaka, Trishnahara, Kasahara, Jwarahara, Shwasahara, Swarabhedananashaka, Kshatanashaka and Kshayanashaka.

3. Madanpala Nighantu (14th A.D)

This Nighantu is also known as Madana Vinoda. Madanpala has kept this drug in Phaladi varga.

Paryaya¹⁷

Draksha, Madhuphala, Swadvi, Harhura, Phalottama, Mridvika, Madhuyoni, Rasala, Gostani and Guda are synonyms.

Guna – Karma¹⁸

Ripen Draksha has Sara, Guru Guna, Sheeta Veerya. It Chakshushya, Brinhani, usefull in Trishna, Jwara, Shwasa, Chhardi, Vatarakta, Kamala, Mutrakriccha, Raktapitta, Moha, Daha and Madatyaya.

4. Kaiyadeva Nighantu (14th A.D)

It is also known as Pathyapathyavibodhaka written by Acharya Kaiyadeva. He has kept this drug in Aushadhi Varga.

Paryaya¹⁹

Draksha, Phalottama, Swadvi, Harhura, Brinhani, Madhuyoni, Charuphala, Rasala, Madhusambhava, Madhuphala, Swaduphala, Mridvika, Gostani, Guda, Krishna, Madhu Rasa Vrishya and Kashmirika are synonyms.

Guna – Karma²⁰

Pakva Draksha has Madhura, Kashaya Rasa and Sheeta virya, Madhura Vipaka, Snigdha, Guru and Sara Guna. It is Swarya, Hridaya, Chakshushya, Shrishtavidmutra, Vatapittanashaka, Tiktasyata, Raktapittanashaka, Kshayanashaka, Kshatanashaka, Jwarahara, Shwasahara, Trishnahara, Dahashamaka, Madatyayanashaka and Vrishya. Gostani Draksha is Madhura and Vrishyatama.

5. Bhavaprakash Nighantu (16 th A.D)²¹

Draksha is kept in Amradi Phala Varga.

Paryaya and Guna –Karma²²

Draksha, Swaduphala, Madhuras, Mridvika, Harhura and Gostani are synonyms. Ripe fruits of Draksha have Madhura and Kashaya Rasa, Sara and Guru Guna, Sheeta Virya, Madhura Vipaka. It is Chakshushya, Brinhani, Swarya, Ruchya, Vatahara, Shrishtamutrava, Vrishya, Trishnashamaka, Jwarahara, Shwasahara, Vataraktahara and Vatahara; it is indicated in Kamala, Mutrakriccha,

Raktapitta, Sammoha, Daha, Shosha and Madatyaya.

6. Raj Nighantu (17th A.D)

Narhari Pandita described Draksha under Amradi Varga.

Paryaya²³

Draksha, Charuphala, Krishna, Priyala, Tapaspriya, Gucchaphala, Rasala and Amritaphala are synonyms.

Guna –Karma²⁴

Draksha has Madhura and Amla Rasa, Sheeta Virya. It is Dahashamaka, Mutravikaranashaka, Ruchya, Vrishya and Santarpani. Synonyms of Draksha.

The synonyms suggest the different morphological features along with the therapeutic properties of the plant as enlisted in classical texts are mentioned Pharmacological action Antifungal, antiulcer, hepatoprotective, wound healing, anti mutagenic, anti herpetic, cardio protective, breast cancer suppressor, antibacterial activity⁷ antidiabetic⁸, laxative, antihistaminic, use in cough and respiratory tract catarrh⁹, antimicrobial¹⁰, anticancer, and anti inflammatory¹¹, antioxidant.¹²

CONCLUSION

Draksha is used in Trishna, Jwara, Kasa, Shwasa, Daha, Shosha, Kamala, Raktapitta, Kshata, Ksheena, Vibandha, Arsha, Agnimadya, Madatyaya, Pandu, Udavarta and Vatarakta V. vinifera and its bioactive compounds have several pharmacological activities such as antioxidative, anti-inflammatory and antimicrobial activities, as well as in vitro activity against several cancer cell lines and hepatoprotective and cardioprotective effects. It seems that grape seed extract and its active components such as proanthocyanidins, resveratrol, and quercetin are potent antioxidants. The consumption of grapes and grape juice is likely to have positive effects on human health and especially in postmenopausal women. These results suggest that grape seeds and their active components should be studied in more detail for development as agents to assist in the treatment of cardiovascular, gastrointestinal, and neurodegenerative disease

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