ABSTRACT

Elaeocarpus is a genus comprising of evergreen broad-leaved trees and shrubs, belonging to family Elaeocarpaceae which is widely distributed in warm regions. In traditional system of medicine, different parts of rudraksha such as beads, bark, leaves and outer shell of beads are taken for the alleviation of various health problems such as mental disorders, headache, fever, skin diseases, and for healing the wounds. A categorization of rudraksha fruits as thermogenic, sedative, cough alleviator is mentioned in some ayurvedic texts and are useful for the treatment of bronchitis, neuralgia, cephalagia, anorexia, migraine, manic conditions and other brain disorders.

INTRODUCTION

“Elaeocarpus ganitrus” commonly called Rudraksha belongs to the Elaeocarpaceae family in India and it grows mainly in the Himalayan region. Rudrakshas are considered to be sacred and King of herbal medicine having many spiritual and medicinal values both as preventive and curative. Type Elaeocarpus has about 360 species, found over Australia, East Asia, Malaysia and the Pacific Islands. From different parts of Asia, about 120 species belongs to this genus and 25 species out of this occur in India alone. According to Hindu mythology, Rudraksha beads bear a great religious, spiritual, and materialistic significance; also considers Rudraksha as symbol of link between earth and heaven. It is believed that it contains the secrets of evolution of entire cosmos within itself.

BOTANICAL DESCRIPTION

It is a large evergreen tree having large leaves. Its height ranges from 50–200 feet. Leaves are large and shining green on the sun facing side and dull stringy on earth facing side. Flowers become visible in the month of April- May and are white or yellow in colour.

SCIENTIFIC CLASSIFICATION

- Kingdom : Plantae
- Sub kingdom : Viridiplantae
- Super division : Embryophyta
- Division : Tracheophyta
- Sub division : Spermatophytina
- Class : Magnoliopsida
- Order : Oxalidales
- Family : Elaeocarpaceae
- Genus : Elaeocarpus
- Species : Ganitrus

MORPHOLOGICAL DESCRIPTION

Leaves are simple, glabrous, oblong-lanceolate, sub-entire or irregularly crenate, acute or acuminate. Flowers are White or yellow colored, in dense racemes and mostly from axils of fallen leaves, fringed petals, anthers are linear, appear in April-May. Having round or oval, small, violet or blue colored fruit and acidic in taste. The endocarp will be stony and hard, globular, strongly tubercule, marked with 5 to longitudinal ridges, rarely 1 to 4, reddish brown in colour.

ACTIVE CONSTITUENTS

The Elaeocarpus ganitrus fruit have many phytoconstituents such as alkaloids, flavonoids, tannins, carbohydrates, steroids, triterpenoids and cardiac glycosides. Also contains a significant amount of phytocomponents such as isoelaeocarpicine, elaeocapine, isoelaeocarpine and quercetin, gallic, ellagic acids and rudrakine.

COMPOSITION OF RUDRAKSHA

Rudraksha beads contains carbon, hydrogen, oxygen, nitrogen and trace elements in combined form. Percentage composition of gaseous elements in rudraksha beads are 50.031%, 17.897%, 30.53%, 0.95% respectively.

AYURVEDIC PROPERTIES

It is Madhura in rasa, guru (heavy) & snigdha (unctuous) in
Rudraksha is acidic and warm and controls vata and kapha. It removes headache, cures mental diseases. Our ancient epics mention the bead as useful for several ailments.

**IMPORTANT FORMULATIONS OF ELAEOCARPUS GANITRUS**

- Dhanwantharam gulika
- Chukkumittapalyadi gulika
- Gorochandani gulika
- Mritasanjeevani gulika
- Suwarnamuktaadi gulika
- Rudraksha Churna
- Rudraksha Hima
- Rudraksha Lehyam
- Rudraksha Vihuti
- Rudraksha tailam
- Rudraksha Bhasma

**DOSEAGE**

- Children: 500mg – 1 gm
- Adults: 1 gm – 3 gm

**BENEFITS OF RUDRAKSHA**

- Provides strength to the body.
- Reduces headache & beneficial in mental disorders.
- Acts as blood purifier.
- Possess anti ageing property.
- Immuno-stimulatory property.
- Good for women’s who suffering from hysteria and coma.
- Adjuvant therapy in breathing disorders & chronic cough.
- Anti hypertensive & cardio protective.
- In liver disorders & abdominal disorders.
- Rudraksha powder which is used as paste with rose water increases skin glow.
- Fruit/ bark: good remedy for controlling epilepsy.
- To cure small pox equal quantity of black pepper & Rudraksha powdered and taken with water.

**THERAPEUTIC BENEFITS & MEDICINAL USES OF RUDRAKSHA**

The main action of Rudraksha is on brain, nerves and alimentary canal. The details of its therapeutic benefits with appropriate adjuvants is given below:

**Restlessness & Body Ache in Fever**

Rudraksha makes person feel better in fever. It has ameliorative effects. The studies show it has immunostimulatory effects. Therefore, it can also helps as adjuvant to fight off infections.

**DIABETES**

Research studies show the potential antidiabetic effects of Rudraksha. In some experimental studies with animals, a notable reduction is observed in blood sugar level is recorded.

Intake of 1 gram Rudraksha Churna with 2 teaspoons of neem leaf juice helps controlling blood sugar level. Also the mixture of Rudraksha churna 1000mg, Jamun leaves 1000mg and tulsi leaves 1000mg should be taken on empty stomach and twice a day.

**High Blood Pressure (Hypertension)**

Rudraksha is a good alternative measure against hypertension as it is having antihypertensive and cardioprotective effects. The research studies suggested that...
intake of Rudraksha soaked in water in copper vessel, in the morning on empty stomach is more beneficial in high blood pressure. Copper may increase the antihypertensive property of Rudraksha.

Ayurvedic measures to use Rudraksha for managing high blood pressure is as follows:
1. Take 250 ml water in a copper vessel and soak Rudraksha in this water overnight. Drink the water on empty stomach.
2. Alternatively, eating 2 grams Rudraksha churna with water kept in copper vessel is more beneficial as compared to first one.
3. The decoction made with 400 ml water and 5 grams Rudraksha churna and then reduced to 100 ml water is also beneficial in hypertension.

**Breathing Problems & Asthma**
Effective in curing severe cases of asthma and breathing troubles.

Rudraksha churna and haridra churna (turmeric) each of 2000 mg are mixed in equal amount with honey (10ml). In acute attack, the patient is asked to lick the paste after every 15 to 30 minutes. In chronic cases, this mixture should be taken 2 to 3 times a day.

**Tuberculosis**
Even though we have better treatment for tuberculosis, our ancient doctors were using the following Rudraksha combination.

<table>
<thead>
<tr>
<th>Herbs</th>
<th>Quantity per Dose</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rudraksha Powder</td>
<td>2000 mg</td>
</tr>
<tr>
<td>Rudanti Powder – Capparia Moonni</td>
<td>2000 mg</td>
</tr>
<tr>
<td>Vamshalachan – Bamboo Manna</td>
<td>1000 mg</td>
</tr>
</tbody>
</table>

This mixture was given to patients with tuberculosis. Now, it can be used as supportive therapy along with Swarna Bhasma and Vasant Muli Rasa in case of Multi Drug Resistant Tuberculosis. Vamshalachan should be added in higher possible dosage to protect and strengthen the lungs.

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2. द्रव्याश्रितसाधारणकालिकीधातुमगुप्तीकलानुललित्तात्त्वकालिकीधातु

**SUMMARY**
The mode of action of Rudraksha covers the basic principles of Ayurveda and also fulfils the ideas of gentle, harmless and quick restoration of health basing on comprehensive principles. Rudraksha being purely herbal and most tolerable by human body, can be taken by persons of any age, sex and profession with least side effects.

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