



DRAKSHA (VITIS VINIFERA) – AN USEFUL FRUIT

Ayurveda

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ABSTRACT

Draksha (Grapes, *Vitis vinifera*) is an useful fruit described with its qualities in different Ayurvedic classical texts. It is high in Pectin and Bioflavonoids. We can see Various clinical trials in different International journal providing its efficacy. This is an attempt to aware the public for its benefits.

KEYWORDS

Draksha, Mrudvika, *Vitis Vinifera*, Ayurveda Literature, Modern Literature.

INTRODUCTION-

It is a large climber with light green coloured flowers. This is known for its commercial value and cultivated at many parts of India. It is one of the commonest and best among the fruits recommended in Ayurveda. Angoora is the fresh fruit which, when dried is known as Manukka and Kisamisa according to its variety.



Draksha (Grapes, *Vitis vinifera*)

BOTANICAL NAME- *Vitis vinifera* Linn.

FAMILY- Vitaceae

VERNACULAR NAMES: Marathi- Draksha
Hindi- Angoora
English- Grapes

SYNONYMS- Mrudvika, Gostani

MAJOR CHEMICAL CONSTITUENTS IN FRUITS - Catechin, Epicatechin, Sitosterol beta, Ergosterol, Jasmonic acid.

CLASSICAL CATEGORIZATION:

As per Charaka Samhita - Described in Kanthya, Virechanopaga, Kasahara, Shramhara gana

As per Sushruta Samhita - Described in Parushakadi gana

As per Vagbhata Samhita - Described in Parushakadi gana

PROPERTIES:

Rasa- Madhura

Virya- Shita

Gunas- Snigdha, Guru, Mrudu

Vipaka- Madhura

KARMAS-

Vatapittahara, Vrushya, Bruhana, Chakashushya, Virechanopaga.

INDICATIONS-

Jwara (Fever), Raktapitta (Disorders related to blood), Kamala (Jaundice), Daha (Burning sensation), Trushna (Thirst)

THERAPEUTIC USAGE -

- 1) Rohini- Decoction of Draksha and Parushaka can be used for gargling.
- 2) Raktapitta- Draksha juice can be used as nasal drops.

PART USED- Fruit

DOSAGE- Fruit Juice 20-40 ml

IMPORTANT FORMULATIONS- Draksharishta, Mrudvikasava,

Draksha ghrita, Drakshadi rasayan.

BENEFITS:

- 1) High in Pectin and Bioflavonoids.
- 2) Contain phytochemicals that may reduce risk for Heart disease, Cancer and Strokes.
- 3) A fair source of Iron and Potassium.
- 4) A low calorie sweet, snack and dessert.

DRAWBACKS-

- 1) Since Grapes are often treated with Sulphur dioxide to retard spoiling, grapes may present a problem for sulfite sensitive people.
- 2) Natural Salicylates may provoke an allergic response.

GRAPES ARE DIVIDED INTO TWO GENERAL CATEGORIES-

EUROPEAN-

which encompasses most of the varieties used for table food and wine.

AMERICAN-

which have skins that slips off easily and are used mostly to make jams, jellies and juice.

The European type is the more nutritious of the two, but neither ranks high in the nutritional scale when compared to other fruits. A cup of European table grapes provide about 20% of the Recommended Daily Allowance (RDA) for vitamins C, about four times that found in the American varieties. Most types provides fair amounts of Potassium and Iron.

Low in calories, grapes are favored for their sweet, juicy flavor. Another reason for eating grapes may be found in research on the disease prevention role of Bioflavonoids and other plant chemicals. Anthocyanins found in red and blue grapes have numerous health benefits including lowering Heart disease and Cancer risks.

Grapes contain Quercetin, a plant pigment that is thought to regulate the levels of blood Cholesterol and also reduce the action of Platelets, blood cells that are instrumental in forming clots. Some researchers theorize that it is Quercetin that lower the risk of Heart attack among moderate wine drinkers. The skin of grapes contain Resveratrol, a Phytochemicals that is linked to a reduction of Heart disease as well as a lowered risk of Cancer or Stroke. Grapes also contain Ellagic acid thought to protect the lung against environmental toxins. To reap the full benefit of grapes, it is best to select red or purple varieties, which seem to contain the highest concentration of healthful compounds. Grapes naturally contain Salicylates, compounds similar to the major ingredients in Aspirin. Salicylates have an Anticlotting effect and may account for the benefits of wine with respect to Heart disease. People who are allergic to Aspirin may react to grapes and grape

products.

RAISINS ARE VERY HIGH IN CALORIES -

Raisins are highly concentrated source of nutrients and calories; a cup contains a whopping 440 calories while providing 3 gm of Iron, 1090 mg of Potassium and 6gm of Fiber.

MY OBSERVATIONS -

Fresh juice of Brown Grapes, Apple, Pomegranate and Plum (200ml) kept in diet once in a day for 1-2 months in 40 patients in OPDs and IPDs of M.A. Podar (Govt.) Hospital of Mumbai area. They were suffering from low Platelet count with Dengue or Malaria or Typhoid fever. Patients showed remarkable results in the symptom of Fatigue. They noticed feeling of well- being with almost normal Platelet count.

ARTICLES IN INTERNATIONAL JOURNALS -

1. Literature Review of Draksha (*Vitis vinifera*), Deepashri.T and Sucheta Kumari, International Ayurvedic Medical Journal,(ISSN:23205091)(February,2017)5 (2).

CLINICAL TRIALS -

- 1) Polyphenol- rich juices reduce blood pressure measures in a randomized controlled trial in high normal and hypertensive volunteers, British Journal of Nutrition, 2015; Volume 114 (Issue 7);pages 1054-63
- 2) A Randomized, Double-Blinded, Clinical Trial on Effects of a *Vitis vinifera* Extract on Cognitive Function in Healthy Older Adults, Calapai G et al, Front Pharmacol. 2017 Oct 31;8:776. doi: 10.3389/fphar.2017.00776. eCollection 2017.

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