

Critical Review on Amra (*Mangifera Indica*) W.S.R. to Therapeutic Uses as Explained in Ayurveda

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ABSTRACT

Fruits are the Nature's most abundant and versatile creation that come in a variety of colours, sizes, shapes, scents and flavour. Each type of fruits brings its own unique set of nutrients and benefits to the table. They are an excellent source of essential vitamins and minerals, and they are high in fibre. They contain bountiful phytochemical, the substance responsible for healing properties, excellent protection from illness and diseases. In this article, we have been showed medicinal significance and therapeutic use of Amra (Mango) fruit discussed in detail. According to Ayurveda, varied medicinal properties are attributed to different parts of mango tree. We have been discussed overeating or excess intake of fruit causes side effects and their solution also. Various parts of plants are used as a dentifrice, antiseptic, astringent, diaphoretic, stomachic, vermifuge, tonic, laxative and diuretic and treat diarrhoea, dysentery, anaemia, asthma, bronchitis, cough, hypertension, insomnia, rheumatism, toothache, leucorrhoea, haemorrhage and piles.

Key Words: Amra, Bala Amra, Kachcha phala, Pakwaphala, Amra gutali, Vriksha Sampakwa phala, Kritrima phala, Sooshita (Mango juice), Aamravarta, Therapeutic uses.

INTRODUCTION

Fruits are an excellence source of essential vitamins and minerals, and they are high in fibre. They also provide a wide range of health boosting antioxidants, including flavonoids. Eating a diet in high in fruits and vegetables can reduce a person's risk of developing heart diseases, cancer, inflammation, repairs damages and diabetes, prevents constipation, reverses the aging process and prolongs life.

Mango is the king of fruit and National fruit of India. As the national fruit of India, it represents prosperity, abundance and richness in favour of the country's image. It's sweet fragrance and delectable flavours have won the hearts of many around the World.

फल वर्ग (PHALA VARGA): [1]

आम्रं जम्बूश्च कोलश्च दाडिमामलकन्तथा ।

खर्जूरच परूषञ्च मातुलुङ्गं पियालजम् ॥१॥¹

नागरङ्गाम्लिका चैव द्राक्षा च करमर्दकम् ।

क्षीरिका मधुराञ्चैव फलवर्गे प्रकीर्तिताः ॥ २॥¹

Phala Varga (Group of Fruits)

Amra, Jamoon, Kola, Dadima, Amlaka, Kharjura, Phalasa, Bijouranimbu, Chakottara (Matulunga), Chironji (Piyala), Narangi, Emli (Amlika), Draksha, Karamardha, Khirani (Ksheerika), Khajura all these are told in Phala Varga.(१-२) [1]

फलवर्गः (PHALA VARGA): [5]

तद्यथा-दाडिमामलकबदरकोलककन्धुसौवीरसिञ्चितिकाफलकपित्थमातुलुङ्गाग्राप्रातककरमर्दप्रियालनारङ्गाजाबीरलकुचभव्यपारा
मलकतिन्तिडीकनीपकोशाम्राप्लीकाप्रभृतीनि ॥139 ॥ [5]

General Fruits

Dadima (pomegranate), Amalaka, Badara, kola (a medium size badara), karkandhu (small badara), Sauvira (largest, sweet and found in desert). Sincitikāphala (very sweet and of the size of a fist), Kapitta Matulunga (bijapuraka), Amra (Mango), Amratarka, karamanda, Priyala Naranga, Jambira, Lakuca, Bhavya, Pärāvata (sweetish sour, whitish red fruit found in Assam), Yetraphala (like seeds of lotus). Pricinamalaka and Tintidika (urksāmla), Nipa (kadamba fruit), Kosāmra and Amlilka, etc . [5]

Different Varieties of Mango Fruits

- 1) Alphonso Mangoes - Ratnagiri, Maharashtra
- 2) Kesar Mangoes - Junagadh, Gujarat
- 3) Dasherri Mangoes - Lucknow and Malihabad, Uttar Pradesh
- 4) Himsagar and Kishan Bhog Mangoes - Murshidabad, West Bengal
- 5) Chausa Mangoes - Hardoi, Uttar Pradesh
- 6) Badami Mangoes - North Karnataka
- 7) Safeda Mangoes - Andhra Pradesh
- 8) Bombay Green Mangoes - Punjab
- 9) Langra Mangoes - Varanasi, Uttar Pradesh
- 10) Totapuri Mangoes - Bangalore, Karnataka
- 11) Neelam Mangoes - Andhra Pradesh
- 12) Raspuri Mangoes - Karnataka
- 13) Malgoa/Mulgoba Mangoes - Salem, Tamil Nadu
- 14) Lakshmanbhog Mangoes - Malda, West Bengal
- 15) Amrapali Mangoes - All Over India
- 16) Imam Pasand Mangoes - Andhra Pradesh/Telangana/Tamil Nadu
- 17) Fazli Mangoes - Bihar/West Bengal
- 18) Mankurad Mangoes - Goa
- 19) Paheri/Pairi Mangoes - Gujarat
- 20) Mallika Mangoes - All Over India
- 21) Gulab Khaas Mangoes - Bihar, Jharkhand, and West Bengal
- 22) Vanraj Mangoes - Gujarat
- 23) Kilichundan Mango – Kerala
- 24) Rumani Mangoes – Chennai



Botanical Name: *Mangifera Indica Linn.* [8,9,3,6]
N.O: Anacardiaceae. [6,3,9,8]
KULA : Amrakula [8, 3 6,8]

Synonyms of Amra

Medicinal Plants: [7]	Amra, Choota, Rasala, Pikavallabha, Madhudoota, Sahakara, Atisaurabha, Kamanga, Makanda. [7]
Bhavaprakasha : [3]	आम्रभूतो रसालश्च सहकारोऽतिसौरभः । कामाङ्गो मधुदूतश्च माकन्दः पिकवल्लभः ॥११॥ The synonyms of Amra are Cūta, Rasāla, Sahakāra, Atisaurabha, Kamanga, Madhudūta, Mākanda and Pikavallabha. [3]
Kaiyadeva Nighantu [6]	आम्रवृत्तश्चेत्रवृक्षो वनपुष्पोत्सवः स्मृतः । सहकारो मन्मथः स्यात् कामाङ्गः श्यामतैलकः ॥ ३३४ ॥ शिलीष्टः सुपथामोदः शिष्टः पिकमहोत्सवः । मनोरथो मद्यसहो माकन्दः शौण्डिकप्रियः ॥ ३३५ ॥ पिण्डीफलो रसालः स्यात् पुरपुष्टोऽतिसौरभः । फान्तः कोकिलबन्धुश्च स्यात् समन्वितकार्यपि ॥ ३३६ ॥ [6] Amra, Chuta, Chaitravriksha, Vanapusotsava, Sahakara, Manmatha, Haamanga, Shyamatalaka, Shilistha, Supathamoda, Shistha, Pikamahotsava, Manoratha, Bhayasaha, Makanda, Shoundikapriya, Piniphala, Rasala, Puraprutha, Atisourabha, Kokilabandhu, and Samonvitakari. [6]
Dravya Guna Vijnan [8]	Amra , Cūta, Rasāla, Sahakāra, Atisaurabha, Kamanga, Madhudūta. [8]

Names in Other Languages: [8, 9]

Hindi: Aam.

Kannada: Mavu, Mavinamara.

Tamil: Mamaram, Mavu.

Telugu: Mamidi.

Malayalam: Amram, Mavu.

English: Mango.⁸

Habitat (Utpattisthana): Found all over India. Cultivated in the tropics generally. [8, 9]

Habit (Swarupa): A large spreading evergreen tree reaching 15 m. in height, all parts glabrous except inflorescence. Leaves crowded at the ends of the branches, coriaceous 12-5-25 by 3.8 to 7.5 cm, oblong Flowers monoecious, 5 mm. long, with a somewhat disagreeable odour. Drupes large fleshy, obliquely pyriform or subovoid 7.5-20 cm. long; Stone compressed, fibrous, very hard. [8]

Botanical Description:⁷

A large, evergreen tree, 10-45 m high. Leaves simple, linear-oblong or elliptic - lanceolate, 10-30 cm long. Flowers small, reddish white or yellowish green, in large panicles. Fruits variable in form and size, green, yellowish or red, fleshy. Seeds solitary, ovoid – oblique, encased in a land fibrous endocard. [7]

Swarupa: [9]

- Vriksha: 30 - 40 feet to 100- 120 feet height.
- Patra: 4 – 12-inch length, 1–3-inch breadth, Bhalakara, Ayatakara, Teekshnaagra.
- Pushpa: Small, Harita- peeta, having long Manjari.
- Phala: Different shapes, Unripe fruit in green colour, ripen fruit having Yellow or Red in colour.
- Phala Majja: Peetavarna, Madhura, Madhuramla, Sughandhita. Gutali is present in fruit and beeja majja is in the gutali.
- Puspa: Vasanta
- Phala: Grishma and Varsha.
- Jati: Different varieties of Mango are present. Generally, Kalami and Biju are great.⁹

Chemical Composition: [9]

Kachcha phala -21% jala, 61.5% jaliya satwa, Cellulose 5%. Avileya bhasma 1.5% and Vileya bhasma 1.6% (Tartaric, Potash, Satiric and Moulic acid).

Pakwa Phala: Peeta Ranjaka drauya, Parna hareeta dravya, Carbon Baisalphaid, Bejjoul, Gallic acid, Saitric acid and Gond.

Chchal: Tenin (16% - 20%).

Beejamajja: Gallic and Tenuic acid, Vasaa, Sharkara, Gound, Bhasma, Starch.

Mango butter (Vasa) is extracted from beeja majja of Mango by Satwapatana.
Fruit: Vit C, and A.

Puspa: Sahakara taila. [9]

Prayojya Anga (Part Used)

Dravya Vignana. [8]	Puspa, Phala, Bija, Pallava. [8]
Dravya guna vignana [9]	Twak, Patra, Puspa, Phala, Beejamajja. [9]
Medicinal Plants. [7]	Root, Bark, Leaf, Flower, Fruit, Seed kernel.[7]

Guna (Character)

DG. [8]	Tvak, Bija : Rasa - Kaşaya Virya - Sheeta Guna - Laghu, Rūkṣa Vipāka - Katu	Pakwaphala: Rasa - Madhura Guna- Guru, Snigdha	Apakwaphala: Rasa – Amla
MP[7]	Bark: Rasa -Kashaya Guna - Laghu, Ruksha Veerya - Sheeta Vipaka - Katu	Ripe fruit: Rasa -Madhura Guna -Guru, Snigdha Veereya -Sheeta Vipaka -Madhura	Unripe fruit: Rasa-Amla Guna-Laghu, Ruksha Veerya-Sheeta Vippaka-Amla
DV[9]	Twak : Guna: Laghu ,Rukshya Rasa – Kashaya.	Pakva Phala: Guna -Guru,snigdha, Rasa -Madhura,	Kachcha Pala: Rasa -Amla Guna: Laghu,

Vipaka-Katu, Veerya- Sheeta	Rooksha. Rasa: Kashaya. Vipaka: Katu. Veerya: Sheeta.
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आम के फल का गुण (CHARACTER OF AMRA PHALA): [1]

अपक्वमानं फलमेव शस्तं संग्राहि पित्तासृजि कोपनञ्च ।

तथा विपक्वं मधुरन्तु चाम्लं भेद्यं सपित्तामयनाशनञ्च ॥३॥ ¹

अपक्व आम फल गुण (Character of Unripe Mango)

Sangrahi (causes constipation), Raktapitta prakopaka. (३) [1]

पक्वं आम फल गुण (Character of Ripened Mango)

Madhura, Amla, Bhedanakaraka, and cures Pittajanaka Vikara's. [1]

BĀLA ĀMRA (Tender, Unripe mango)

वातपित्तास्त्रकृद्दालं, बद्धास्थि कफपित्तकृत् ॥ १२८ ॥ [2]

गुर्वाग्रं वातजित्पक्वं स्वादुम्लं कफशुकृत् ।

Bāla āmra (tender, unripe mango) increases vāta sweet and sour in taste, rakta and pitta; when its stone is formed, it increases kapha and pitta; when it is ripe it is not easily digestible, mitigates vāta, increases kapha and semen. [2]

बालं आम्र (Bāla āmra):

आमं बालं कषायम्लं रुच्यं मारुतपित्तकृत् ।

तरुणं तु तदत्यम्लं रूक्षं दोषत्रयास्त्रकृत् ॥३॥ [3]

The immature mango fruit is astringent and sour in taste, promotes taste and is tasty and vitiates Vāta and Pitta. Well grown but not ripe mango is very much sour, drying and vitiates all the three Dosas and Rakta. [3]

आम्रपुष्प (Amra pushpa): [3]

आम्रपुष्पमतीसारकफत्तिप्रमेहनुत् ।

असृग्दुष्टिहरं शीतं रुचिकृद् ग्राहि वातलम् ॥२॥ [3]

The flower of the mango tree is cold in potency and controls diarrhea, diseases of Kapha and Pitta, problems related with urinary system including glycosuria and diseases caused by the vitiation of Rakta. The flowers promote taste perception, absorb water and enhance Vāta. [3]

GROWN UP MANGO:

आम्रमामं त्वचाहीनमातपेऽतिविशोषितम् ।

अम्लं स्वादु कषायं स्याद्भेदनं कफवातजित् ॥४॥ ³

When grown up mango is peeled and its cut pieces are dried under the heat the sun, then its taste is sour, sweet and astringent, softens the hard faeces and controls Kapha and Vāta. [3]

पक्कं आम्र (Ripened Mango)

पक्कं तु मधुरं वृष्यं स्निग्धं बलसुखप्रदम्!

गुरु वातहरं हृद्यं वयं शीतमपित्तलम् ॥

कषायानुरसं वह्निश्लेष्मशुक्रविवर्द्धनम् ॥५॥[3]

Well ripe mango fruit is sweet in taste followed by astringency, aphrodisiac, demulcent, general tonic, benefits comfort, heavy, controls Vāta, cordial, enhances - complexion cold in potency, doesn't aggravate Pitta and promotes appetite, Kapha and semen. [3]

वृक्षसम्पक्कं (Natural ripens fruit on tree)

तदेव वृक्षसम्पक्कं गुरु वातहरं परम्!

मधुराम्लरसं किञ्चिद्भवेत्पित्तप्रकोपणम् ॥६॥ [3]

The mango fruit ripen on its own while on a tree is heavy. Sweet and Sour. [3]

Reduces Vata and increases Pitta. [3]

कृत्रिमपक्क (Artificial ripen fruit):

कृत्रिमपक्कञ्च तद्भवेत्पित्तनाशनम् ।

रसस्याम्लस्य हीनस्तु माधुर्याच्च विशेषतः ॥७॥ [3]

The mango fruit made ripen artificially after plucking it out from the tree reduces Pitta. It is devoid of much sourness and is full of sweetness. When sucked, it is tasty, increases strength and potency, light in action, cold in potency, digests very easily, laxative and controls Vāta and Pitta. [3]

सूषित (MANGO JUICE):

सूषितं तत्परं रुच्यं बलवीर्यकरं लघु ।

शीतलं शीघ्रपाकि स्याद्वातपित्तहरं सरम् ॥८॥[3]

Mango juice taken and filtered in a vessel is a tonic, heavy, laxative and reduces Vāta. It is not cordial but is satisfying, nourishing and increases Kapha. [3]

CUT PIECES OF A MANGO FRUIT:

र इसी गालितो बल्यो गुरुवातहरः सरः अहृद्यस्तर्पणोऽतीव बृंहणः कफवर्द्धनमः ॥९॥[3]

The cut pieces of a mango fruit are heavy, very tasty, difficult to digest, very sweet, nourishing, and cold in potency and reduce Vata. [3]

MANGO FRUIT ALONG WITH MILK:

तस्य खण्डं गुरु परं रोचनं चिरपाकि च !

मधुरं बृंहणं बल्यं शीतलं वातनाशनम् ॥१०॥³

If mango fruit is used along with milk, it is tasty, nourishing, acts as a tonic, reduces Vata and Pitta, aphrodisiac, palatable, promotes complexion, heavy and cooling. [3]

पक्कआम्र रस (RIPE MANGO JUICE):

पक्कस्य सहकारस्य पटे विस्तारितो रसः ।

धर्मशुष्को मुहुर्दत आम्रावर्त्त इति स्मृतः ॥१५॥[3]

आम्रावर्त्तः (Amrāvarta):³

आम्रावर्तस्तृषाच्छर्दिवातपित्तहरः सरः ।

रुच्यः सूर्याशुभिः पाकाल्लघुश्च स हि कीर्तितः ॥१६॥ [3]

Ripe mango juice, when dried in sun heat, after spreading it on a cloth, it is known as

Amrāvarta

Amrāvarta relieves thirst, vomiting, vitiated Vāta and Pitta as a laxative and taste promoter. It is light in action because of its exposure to sun-light. [3]

मधुराम्लकपायत्वात् सौगन्ध्याच्च रुचिप्रदम् ।

परिपकं च दोषघ्नं विषघ्नं ग्राहि गुर्वपि ॥१३७॥ [4]

The young fruits of Amra (mango) cause internal haemorrhage, the mature ones aggravate pitta while the ripe ones alleviate vāyu and promote muscles, semen and strength. [4]

पित्तानिलकरं बालं पित्तलं बद्धकेसरम्!!152 ॥ [5]

दृष्ट्वं वर्णकरं रुच्यं रक्तमांसबलप्रदम् ।

कषायानुरसं स्वादु वातघ्नं बृंहणं गुरु॥15३॥

पित्ताविरोधि सम्यक्वमानं शुक्रविवर्धनम् ।⁵

The unripe mango increases pitta and vata, and the (unripe) one in which the fibrous mesh has formed increases pitta. Fully ripe mango is Pleasant, improves complexion and taste, increases blood, muscles and strength, is astringent in the secondary taste, is sweet, pacifies pitta, is nutritive, heavy and is not incompatible with pitta, and is spermatogenic. [5]

गुणधर्म (Character): [6]

Roopaya, Rooksha, Raktapitta, Kapha, Vruna, Yonidosha, Atisara, and Pramehanashaka.

आम के पलयः Kaphapitta-anashaka and Ruchirakari.

आम्रपुष्पमतीपा प्रमेहं दुष्टशोणितम् ॥ ३३८ ॥

कफपि शीतं रुचिकृद् माहि वातलम् ।⁶

आम का फूल (मजर): Atisara, Prameha, Raktadosha, and Kapha-Pittahara. It is Sheetala, Ruchikaraka, Grahi and Vatavardhaka.

बालं तस्य फलं रुक्षं कपायकटुकालकम् ॥ ३३६ ॥

बातपितास्रकृद् यत्तु बद्धास्थि कफपित्तकृत् । [6]

आम के कच्चे फलः Rooksha, Amlarasa, and Vata-Pitta, and Rakta dushitakara.

अस्थियुक्त प्रौढ कच्चे फलः Kapha- Pittavardhaka.

पकं तु मधुरं साम्लं गुरु स्निग्धमपित्तलम् ॥ ३४० ॥

बात बृहणं रुच्यं हृद्यं मांसबलप्रदम् ।
कपायानुर सं ग्रण्यं कफशुक्रविवर्धनम् ॥ ३४१ ॥ [6]

पका आम का फल: Madhura, Amla and Kashaya Anurasaayukta, Guru, Snigdha, Pittavriddhikara, Vtanashaka, Dhatuvaradhaka, Ruchikaraka, Hridhya, Mamsavardhaka, and Balakaraka. Hitakara in Vrunavikara, and Kapha and Shukravardhaka. [6]

सूखा आम का फल:

शुष्कं कषायमुष्णं च भेदनं कफजित् ।

Kashayarasayukta, Ushnaveerya, Malabhedaka, and Kaphanashaka. [6]

सहकाररसो हृद्यः सुरभिः स्निग्धरोचनः ॥ ३४२ ॥

त्वच्यः' प्रलेपनेऽभ्यङ्गे केशयो रौक्ष्यमलापहः । [6]

रुक्षवृतस्य संग्राही कृमिवातप्रकोपणः ॥ ३४३ ॥

कषायमधुरो मज्जा, माहिणी त्वक् च दाहनुत् । [6]

सहकार (आम) का रस: Hridhya, Sugandhita, Snigdha, and Ruchikaraka. Twachya, Used as Pralepana and Abhyanga, Keshavriddhikara, and Rookshata, and Destroys Mala. [6]

आम की गुठली: Kashaya and Madhura, Sangrahi, Krimi avam Vataavidhdhikara. [6]

आम का छिलका; Grahi, Dahanashaka. [6]

सहकारभवं तैलं कषायं स्वादुतिक्तकम् ॥ ३४४ ॥

मुखरोगहरं रूक्षं सुगन्धि श्लेष्मवातजित् ।

सहकार (आम का) तैल; kashaya, Madhura, Tikta, Sugandhita, Rooksha, Mukhavikaranashaka and Kaphavatanashaka. [6]

MATRA (Dose)

Dravya Guna Vignana: [8]	Medicinal Plants: [7]	Dravyaguna Vignana: [9]
Phala Swarasa: 10 to 20 ml. Twak cūrna: 3 to 6 gms. Bijamajja: 1-3 gms. Twak kwata: 50 to 100 ml. [8]	Juice: 10 to 20 ml; Decoction: 50 to 100 ml; Powder: 3 to 6 gm.	Swarasa: 10- 20ml, Kwatha: 50-100ml, Choorna: 3-6gm.

DOSAKARMA: Kaphapittasāmaka. [8]

ROGAGHNAKARMA: [8]

Pushpa: Rucya, grāhi, vātajanaka, atisārahara, pramehaghna, kaphaghna, raktadosahara.

Pakvaphala: Vrsya, balya, sukhakara, hrdya, varnya, agnivardhaka, šukravardhaha.

Apakvaphala : Rucya, tridosakāraka, raktavikāarakāraka.

Bija: Chardhinigrahana, atisāranāsana hrđya dahaprasamana.

Pallava: Ruchya, kaphapittanasaka. [8]

ROGA NIVÁRAKA KARMA

Useful as raktasangrahaka, garbhasaya raktasrāva, atyārtava, arsas, atisāra, raktapitta. [8]

ACTIONS AND USES: [7]

- 1) Root and bark are astringent, acrid, refrigerant, haemostatic, and vulnerary. antiemetic, anti-inflammatory, constipating and are useful haematocoagulatory disorders, intrinsic haemorrhages, haemoptysis, metrorrhagia, leucorrhoea, uterine inflammation, gonorrhoea, syphilis vomiting, diarrhoea, dysentery, diphtheria, rheumatism, wounds, scalds and ulcers.
- 2) Leaves are astringent, cooling, antiemetic, refrigerant, styptic, vulnerary and constipating and are useful in vitiated bilious conditions, hyperacidity. Hic-cough, hyperdipsia, emesis, burning sensation, haemorrhages, haemoptysis, haemorrhoids, diarrhoea, dysentery, fever, pharyngitis, stomatitis, wounds and ulcers.
- 3) The ash of leaves is used for its wound healing properties in burns and scalds.
- 4) Flowers are acrid, astringent, refrigerant, cooling, haemostatic, haematinic, vulnerary, constipating and are useful in haemorrhages. haemoptysis wounds, ulcers, anorexia, Pravahika, Raktapitta Rakasrava Kshata, Vrana, Atisara, (Flower); Pravahika, Raktapradara, Shwetapradara, Krimi, Prameha Pooyamcha (Seed kernel); Vibandha, Kosthagata roukshya, Raktapitta Hridaroga Raktalpata, Raktapitta, Krishata (Ripe fruit); Shukradaurbalya, Anshughata, Aruchi, Daurbalya, Agnimandya Varnavikara (Unripe fruit). Vranaropaka, Stambhana Chhardinigrahana (Flower).

Karma: Raktarodhaka, Vranaropaka, Stambhana, Garbhashayashothahara (Leaf); Raktarodhaka, (Bark); Raktarodhaka, Raktarodhaka Vranaropaka, Vranaropaka, Stambhana, Garbhashayashothahara Krimighna kernel), Mootrasangrahaniya, [7]

Doshagnata: Kaphapittashamaka (Bark, Ripe fruit Amla Madhura Guru, Snigdha Sheeta Madhura leaf, flower, kernel); Vatapittashamaka (Ripe fruit); Tridoshakaraka (Unripe fruit).

Rogagnata: Raktasrava, Kshata, Vrana, Atisara, Pravahika, Raktapitta, Raktasrava, Kshata, Vrana, Chhardi, Pooyameha (Leaf); Raktasrava, Kshata, Vrana, Atisara, Pravahika, Raktapitta.

Flower: Pravahika, Raktasrava, Raktapradara, Atisara, Krimi Raktapitta, Shwetapradara, Vibandha, Kosthagata roukshya Prameha, Pooyameha (Seed kernel); Raktapitta, Shukradaurbalya, Daurbalya, Hridaroga, Raktalpata. Varnavikara Krishata (Unripe fruit). (Ripe fruit); Anshughata, Aruchi, Agnimandya.

Karma: Raktarodhaka, Vranaropaka, Stambhana, Garbhashayashothahara (Bark); Raktarodhaka, Vranaropaka, Chhardinigrahana (Leaf); Vranaropaka, Mootrasangrahaniya, Stambhana (Flower); Raktarodhaka, Raktarodhaka Stambhana, Krimighna, Vranaropaka Garbhashayashothahara (Seed kernel); Snehana, Anulomana, Saraka, Balya, Varnya, Brinhana, Vrishya, Hridya, Shonitasthapana (Ripe fruit); Dahaprashamana (Unripe fruit-Roasted); Rochana, Deepana, Pachana, Raktapitta- prakopaka (Unripe fruit Unroasted). [7]

Doshakarma: Twak, Patra, Puspa and Beejamajja – Kaphapittanashaka. [9]

Pakwaphala – Vatapitta shamaka.

Kachcha phala – Tridoshakaraka.

Samsthanika Karma [9]

BAHYA (External)

Twak, Patra, Puspa and Beejamajja – Raktarodhaka and Vranaropana. Kachchaphala when it is baked in agni that is Dahaprashamana.

ABHYANTARA (Internal): [9]

Pachana samsthana

Kachcha phala – Rochana, Deepana.

Pakwa phala – Snehana, Anulomana, Saraka. Patra – Chardhinighrahana. Puspa,

Twak, and Beejamajja – Sthambhana. Beejamajja – Krimighna.

Raktavaha samsthana [9]

Pakwa phala – Hridhya and Shonitasthapana.

Kachcha phala – Raktapittakopaka.

Prajanana samsthana [9]

Pakwa phala – Vrushya. Twak, and Beejamajja – Gharbhashayashothahara.

Mootravaha samsthana

Beejamajja – Mootra sanghrahaneeya.

Taapakrama

Kachcha phala when it is baked in fire and made it in to Panaka – Dahaprashamana.

Satmikanana: Pakwa phala – Balya, Varnya and Bhrihana. [9]

EXCESSIVE INTAKE OF MANGO FRUIT (ATIYOGA): [3]

वातपित्तहरं रुच्यं बृंहणं बलवर्द्धनम् ।

वृष्यं वर्णकरं स्वादु दुग्धाम्रं गुरु शीतलम् ॥ ११ ॥³

मानत्वं विषमज्वरं च रक्तामयं बद्धगुदोदरं च ।

आप्रातियोगो नयनामयं वा करोति तस्मादति तानि नाद्यात् ॥१२॥³

एतदमलाप्रविषयं मधुराम्लपरं न तु।

मधुरस्य परं नेत्रहितत्वाद्या गुणा यतः ॥१३॥³

शुण्ठयम्भसोऽनुपानं स्यादाप्राणामतिभक्षणे ।

जीरकं वा प्रयोक्तव्यं सह सौवर्चलेन च ॥१४॥³

If mango fruit is taken in excess - it diminishes digestive power, aggravates Visama Jwara (alternate fevers) diseases of Rakta and obstructed intestines. It may cause diseases of eye and hence consumption in excess may be avoided. These restrictions are applicable for sour fruits only but not for sweet or sweet and sour fruits as sweetness is beneficial for eyes.

Upachara: To relieve such unwanted symptoms of excess intake decoction of Sunthi or Jiraka along with Sauvarcala is advised. [3]

Excessive intake of Mango Fruit (Atiyoga): Excessive intake of Kachcha phala leads - Mandagni, Vishamajwara, Raktavikara, Vibhandha and Netraroa. [9]

UPACHARA

Shunti churna with jala, or Jeera churna along with Black salt should be given to remove above upadrava [9]

VISHISTHAYOGA: Pushyanuga Churna, Aamrapanaka. [9]

PHARMACOLOGICAL ACTIVITIES

Antibacterial, antifungal, CNS and cardio stimulant, cardiogenic, antiinfluenza virus activity, antitumour, antiplasmodial, antipyretic, antiamebic, coagulase suppressor, hypocholeretic, antioxidant, hypoglycaemic, diuretic. [7]

TOXICOLOGY

The LD₅₀ of mangiferin in albino rats was 365 mg/kg i.p. The LD of 50 % ethanolic extract of the whole plant (excluding root) is reported to be more than 1000 mg/kg i.p. in mice. [7]

DISCUSSION

- 1) India's National fruit and it is also king of fruit's.
- 2) As per different author's synonyms, parts used, general characters' (Pakwa and Apakwa), matra, rogagnatha, doshagnatha of amra are same.
- 3) BĀLA ĀMRA (tender, unripe mango) specially told by Astanga hrudhaya and Bhava prakasha.
- 4) वृक्षसम्पक्कं (Natural ripens fruit on tree) and कृत्रिमपक्कं (Artificial ripen fruit) various preparations of Amra etc. told by Bhavaprakasha.
- 5) Excessive intake of Amra and Upachara told by Bhava Prakasha, Dravya Guna Vijnana.
- 6) Explained Vishista yogas : Pushyanuga Churna, Aamrapanaka in Dravya Guna Vijnana.
- 7) Explained uses of different parts of Amra plant and their rogagnatha in Data base on Medicinal plants used in Ayurveda and Dravya Guna Vijnana.

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