



CRITICAL REVIEW OF AMRA(*MANGIFERA indicalinn*) WITH SPECIAL REFERENCE TO VARIOUS NIGHANTUS

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ABSTRACT: -

Ayurveda is science of life. It deals with treatment, prevention, proper lifestyle and diet. In Ayurveda, Aharvarga has been given equal importance as that of Aushadhivarga. All fruits are mentioned in Phalavarga. Phala are used to prevent the disease and helps to maintain the health. Explanation regarding raspanchak, pathya, apathya of phala has been mentioned in nighantus in detail. Amrai.eMangifera indica commonly known as mango. Various parts Mangifera indica tree have been used in traditional medicine for the treatment of different disease. The fruits of amrai.e Mangoes are most delicious and nutrients dense fruit and are known as a King of fruit. Mango tree is much more than just a source of mangoes. It contains tannins, pyrogallotannins, mangiferin and also contains vitamin A and C. It shows Anticancer, Anti-diabetic, Anti-

inflammatory, laxative action. In various nighantus properties of amrai and its different part have been explained. So in this paper there is a critical review about Amrai.eMangifera indica plant and the utility of its various parts.

KEYWORDS – Ayurveda, Amrai, Mangifera indica, Nighantu.

INTRODUCTION-

Amrai is mentioned in Phalavarga. Phala not only prevent the disease but also helps to maintain the health. Amrai.eMangifera indica Linn. commonly known as mango. Mangoes are one of the most delicious and nutrient-dense fruit, and are known worldwide as the king of fruit. The amazing mango tree (Mangifera indica Linn.) is much more than

just a source for mangos. It's a beautiful, living thing that gives back so much to the planet and the people who tend it. Mangoes are a rich source of vitamins A, C, and D. It shows Anticancer, Antidiabetic, Anti-inflammatory, laxative action. In various *nighantus* properties of *amra* and its different parts have been explained. The Aim of this review study is to obtain the knowledge about *Amra* & its different parts according to different *nighantus*.

Binomial name: *Mangifera indica* Linn.

Family: Anacardiaceae

Classical Categorization:

Charaka: *Hrudya, Chhardinigrhana,*

Purishasangrahaniya, Mutrasangrahaniya

Sushruta: *Nyagrodhadigana*

Vagbhata: *Nyagrodhadigana*

TAXOMINAL CLASSIFICATION-

Kingdom- Plantae plants

Subkingdom- Viridaplantae- green plants

Division- Angiospermae

- Subdivision- Spermatophyta (Seed plant)
- Class- Mangoliopsida
- Subclass- Rosidae
- Order- Sapindales
- Family- Anacardiaceae
- Genus- *Mangifera*
- Species- *Mangifera indica* Linn
- Eng.: Mango

Regional Names-

- Bengali- *Ama*
- Guj.: *Aambaro, Ambanoo, Aambo, Keri*
- Hindi.: *Aam*
- Kan.: *Amavina*
- Mar.: *Aamba*
- Ori.: *Amkoili, Ambakoiti*
- Punj.: *Amba*
- Tam.: *Mangottai Paruppu, Maangottai*
- Tel.: *Mamidi-Jeedi*
- Urdu.: *Aam*

Synonyms of *Amra*:

Table No.1 – Synonyms of *Amra* according to different *nighantus*.

<i>Bhavaprakasha Nighantu</i>	<i>Amra, Chuta, Rasala, Sahakar, Atisaurabha, Kamanga, Madhudhoot, Makanda, Pikavallabha</i>
<i>Kaiyadeva Nighantu</i>	<i>Chuta, Rasala, Sahakara, Chaitravriksha, Vanapusotsava, Manmatha, Shyamatailaka, Shilishta, Supathamoda, Pikamahotsava, Manoratha, Maddhasaha, Maakanda, Pindiphala, Atisaurabha, Shista, Amra</i>
<i>Raja Nighantu</i>	<i>Chuta, Rasala, Kiresta, Kiresta, Kamanga, Sahakara, Kaamashara, Madhuli, Kaamavallabha, Bhringabhista, Sidhuras, Sumadana, Kokilotsava, Vasantaduta, Amlaphala, Madadhaya, Manmathalaya, Madhvavasa, Madhavadhruma, Pikaraga, Nripapriya, Priyambu, Kokilavasa, Amra</i>
<i>Madanpal Nighantu</i>	<i>Chuta, Rasala, Sahakara, Amra, Maakanda, Atisaurabha</i>
<i>Priya Nighantu</i>	<i>Rasala, Sahakara</i>

DhanvantariNighantu	Chuta, Rasala, Kiresta, Madirasakha, Kamanga, Sahakara, Parpusta, Madodbhava
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- *Amra*: It provides good health and strength or many people like this fruit.
- *Choot*: It possesses plenty of juice.
- *Rasaal*: Its taste is very much palatable and lovable.
- *Sahakar*: This plant appears beautiful with its flowers and fruits
- *Atisaurabha*: Its flowers possess pleasant intoxicating aroma.
- *Amlaphala*: Its raw fruits are sour in taste.
- *Chaitravruksha*: This plant bears flowers in *Chaitramarathi* month i.e. April-may.
- *Pindiphala*: Its fruits are round in shape.
- *Kamang*: Its flowers arouses sexual desire.
- *Maakand*: It never causes distress.
- *Shyamtailak*: Oil extracted from seeds is blackish.
- *Madirasakh*: It is used in preparation of wine.

DESCRIPTION:

Amra is a tree found wild or cultivated throughout the country. It is also found in Central America, South, West and Central Africa, South Korea, Bangladesh and Pakistan. *Amra* tree is evergreen and erect growing up to 30-40 ft in height with oval, upright, dome shaped crown and stout trunk. Seed are 3 - 4.5 cm long, 1.5-2.5 cm wide, ovoid, oblong covered with wrinkled integument, both outer and inner integument closely united, outer integument buff coloured, inner integument reddish-brown; taste, bitter and astringent.

Flower are small, reddish white or yellowish green. Flowering starts in November to February i.e. in *Vasantritu*². Fruiting starts from the time of flowering & ripen. Different parts of this plant which can be used for multiple purposes. Fruits, seeds, pulp, bark, leaves, roots and almost any part of the plant are used for medicinal purpose.

PROPERTIES OF AMRA ACCORDING TO BHAVAPRAKASHNIGHANTU-

Table No.2 – Properties of *Amra* according to *Bhavaprakashnighantu*.









Sr . N o.	Useful Part	Rasa	Veer ya	Vipa ka	Guna	Karma	Action on Tridosha	Roghna ta
1.	<i>BaalAmraPhala</i> (Young Raw fruit)	<i>Kashay,Amla</i>				<i>Ruchya</i> (<i>Ruchikar</i>)	<i>Vatapittakar</i>	
2.	<i>TarunAmraPhala</i> (Grown Raw Fruit)	<i>AtiAmla</i>			<i>Ruksha</i>		<i>Tridoshaprakopak,</i> <i>Raktavikarja</i>	

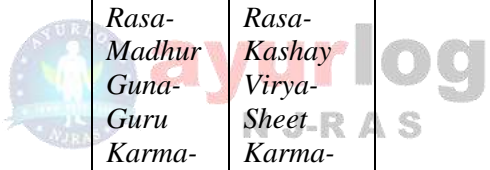
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3.	<i>PakvaAmraPhala</i> (Ripe Fruit)	<i>Madhurpradhan rasa, Kashayanuras ayukta</i>	<i>Sheet</i>		<i>Snigdha, Guru</i>	<i>Vrushya, Hrudya, Varnya</i>	<i>Vatanashak, Pittajanak, Kaphavardhak</i>	
4.	<i>VrukshasampakvaAmra</i> (Fruit ripened on tree)	<i>Madhur, Amla</i>			<i>Guru</i>		<i>Vatahar, Pittakar</i>	
5.	<i>KrutrimaPakvaAmra</i> (Artificially ripened fruit)	<i>Madhur, Amla</i>					<i>Pittahar</i>	
6.	<i>ChushitAmrarasa</i> (its juice if consumed by sucking)		<i>Sheet</i>		<i>Laghu</i>	<i>AtyantRuchikar</i> (very tasty), <i>Balya, Veeryakarak</i>	<i>Vata-Pittanashak, Kaphakar</i>	
7.	<i>GalitAmra rasa</i> (Extracted juice of ripened fruit)				<i>Guru, Sara</i>	<i>Balya, Sarak, Ahrudya</i> (Not good for heart), <i>Attyantsantarpan, Bruhan, Tarpan</i>	<i>Vatahara, Kaphavardhak</i>	
8.	<i>AmraBeeja</i>	<i>Kashaya, Madhur</i>						<i>Chhardi, Atisar, Hrudadaha</i>
9.	<i>AmraPallav</i>					<i>Ruchikarak</i>	<i>Kaphapittas hamak</i>	
10.	<i>Amrakhand</i>	<i>Madhur</i>	<i>Sheet</i>		<i>Guru</i>	<i>Ruchikarak, Balya, Bruhan, Chirpaki</i>	<i>Vatanashak</i>	
11.	<i>DugdhaAmra</i> (Ripe mango with milk)		<i>Sheet</i>		<i>Guru</i>	<i>Ruchikar, Bruhan, Vrushya, Varnya</i>	<i>Vatapittakar</i>	

12	Amavat (Type of Amravadi)				Laghu, Sara	Ruchikar	Vatapittahara	Trushna, Chhardi
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PROPERTIES OF DIFFERENT PARTS OF AMRA ACCORDING TO VARIOUS NIGHANTU: -

Table No. 3 – Properties of different parts of Amra according to various nighantu.

NIGHANTUS NAME	Apakva (Bala) phala	Tarunphala	Pakvaphala	Twak	Pallav	Beeja	Pushpa manjiri	AmaRasa
								
DhanvantariNighantu	Rasa-Kashay, Katu, Amla Guna-Ruksha Rogaghnta-Vatakar&Raktapittakruta	Rasa-Amla Doshapittakapha prakopak Karma-Hrudya, Varnya, Raktaman sabalaprada	Rasa-Madhur Guna-Guru Doshapittashamak Karma-Balya, Bruhan, Shukravardhak	Rasa-Kashay Doshakaphapittakar Karma-Grahi	Rasa-Kashay Doshakaphapittakar Karma-Grahi			
PriyaNighantu	Rasa-Kashaya, Katu, Amla Doshavatapittakar	Rasa-Amla Doshakaphapittakar	Rasa-Madhur Doshavataashamak Karma-Balya, Truptika, Shrukhal	Rasa-Kashay Guna-Ruksha Doshakaphapittashamak Rogaghnta-Atisar, Prameha, Yonivyapad, Charmaroga	Karma-Ruchikar Doshakaphapittashamak Rogaghnta-Chhardig hna	Rasa-Madhur, Kashay Karma-Stambhan	Rasa-Kashay Virya-Sheet Doshakaphapittashamak Rogaghnta-Prameha, Atisar, Raktavikar	Guna-Guru, Snigdha, Sara Doshavataashamak, Kaphavardhak Karma-Balya, Tarpana, Bruhan,

								<i>Mrudya, Shukra l</i>
<i>Kaiyadeva Nighantu</i>	<i>Rasa- Kashay, Katu, Amla Guna- Ruksha Dosha- Vatapittaka r</i>	<i>Dosha- Kapha- pittakar</i>	<i>Rasa- Madhur, Amla, Kashay Guna- Guru, Snigdha, Dosha- Vatashak, Pittakap havar dhak Karma- Ruchikar , Mrudya, Balya</i>	<i>Karma- Grahi, Dahanas hak</i>	<i>Dosha- Kapha- pittanash ak Karma- Ruchikar</i>	<i>Rasa- Madhur , Kashay Karma- Grahi</i>	<i>Virya- Sheeta Dosha- Kapha- pittana shak, Vataka r Karma- Grahi, Ruchik ar Rogagh nta- Atisar, Prame ha, Raktad osha</i>	<i>Guna- Snigdha Karma - Mrudya, Ruchik ar</i>
<i>Raj Nighantu</i>	<i>Rasa- Kashay, Amla Dosha- Tridosha var dhak Rogaghnta- Kantarogna shak</i>		<i>Rasa- Madhur Guna- Guru Karma- Tridosha shamak, Tarpan, Kantivar dhak</i>	<i>Rasa- Kashay Virya- Sheeta Karma- Grahi, Ruchikar</i>			<i>Karma- Ruchik ar, Agnidi pak</i>	

Amra with big seed and less pulp is *Laghu* and *Amra* with more pulp is *Guru*. If it is taken in large quantity, it will cause pain in abdomen and diarrhea.

PHYTOCONSTITUENTS:

It contains Tannins, Pyrogallotannins, Protocatechuic Acid, Catechin, Mangiferin, Mangiferolic acid, Alanine, Glycine, α - Aminobutyric acid, Kinic acid. It also contains saponins, triterpenes, hydrocarbons, xanthenes, phenolics, chromones, fatty acids

and essential oil¹. It also contains Vitamin A as well as Vitamin C¹.

Amraatiyogajanyadosha (Adverse effect of excessive eating of Sour mango):

Jatharagnimandya, *Vishamajwar*, *Raktadushtijanyavikar*, severe constipation, *Netravayadhi*².

Treatment:

1. Drink *Shunthi* (Dry *Zinziberofficinale*) with water².

2. Eat *Jeerak* (Cumin seed) with *Sauvarchallavan*².

PartsUsed- Stem, Bark, Leaf, Flower, Seed Kernel.

Important formulations –

Seed-*Pushyanugchurna*,
BruhatGangadharchurna,*Ashokarishtha*.
Bark - *Nyagrodhadichurna*,
Nyagrodhadikwathchurna,*Candanasava*,
GrahanimihiraTaila,
MutraSangrahaniyakashayachurna.

THERAPEUTIC USES:

- 1.*MatsyabhakshanajaAjirna*: The unripe fruit or seed are useful.
2.*Raktapitta*: *Amrasthi* rasa as *Nasya*.
3.*Atisara*: Tender leaves of *Amra* and *Kapittha* fruit are made into paste and given with *Tandulodaka*.

Indication of seed -*Atisar*, *Pravahika*, *Chhardi*, *Daha*, *Tvacharoga*.

Indication of bark - *Atisara*, *Vrana*, *Agnimandya*, *Grahani*, *Prameha*, *Yoni Roga*.

Indication of Tail- *Mukhavikar*, *Kaphavatanashak*.

Dose:

- Seed- 1-2 gm in powder form.
- Bark - 3-6 gm Powder
- Decoction- 50-100ml
- Flower *churna* -1- 4 gm.
- Fresh Juice- 10-20 ml.

MEDICINAL USES-

It is used to relieve dysentery, diarrhea, asthma, cough, bronchitis, hypertension, insomnia, anemia, rheumatism, hemorrhage, piles and leucorrhoea. It is used in wound

healing and prevents bleeding from fresh injuries.

PHARMACOLOGICAL ACTIONS-

Anticancer, Anti-diabetic, Anti-inflammatory, Hepatoprotective, Anti-hemorrhagic, Anti-tetanus, Analgesic and Antipyretic, Anti-ulcer, Hypolipidemic, Bronchodilatory, Laxative, Anti-amoebic¹.

DISCUSSION-

Amra is a common plant having great importance in nutritional, social, religious and medicinal field, which is evident from different classical texts i.e. *nighantus*. The various parts of *amra* having different properties. The fruit bears the nutritional as well as therapeutic property in both ripe & unripe state. The bark, flower and seed also cures various diseases like *Atisar*, *Chhardi*, *Prameha* etc. The leaves bear social and religious values and they have *Ruchikar*, *Grahi* property. Along with *AmraPanchangAmrakhand*, *Dugdha-amra*, *Amravata* also have medicinal properties. So every part of *Amra* have different properties.

CONCLUSION-

So in this study, we can conclude that, *Amra* as well as their different parts also have medicinal properties & different *Rasapanchaka*. *Amra* is beneficial for healthy as well as diseased person in all age groups.

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