REVIEW OF EFFECT OF EUGENIA JAMBOLANA (JAMBU) ON VARIOUS DISEASES OCCURRING IN PERSONS BORN IN ROHINI NAKSHATRA

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ABSTRACT:
Ayurved and Astrology are proven Indian heritage. They both are established with scientific base. Now a day they have got worldwide acceptance. Aim of both the sciences is mainly concerned with human health i.e. physical and mental status. It is seen that there is a massive impact of planets, status of planets at the time of birth in the horoscope as well as constellations in our day to day life. Indian Astrology has stated 27 Nakshatras (Constellations). Constellation means a group of specific stars in the sky. Specific plant species are indicated for 27 constellations as Aaradhya vriksha (worshipped plant) for each Nakshatra. In the same way Eugenia jambolana is the plant stated for Rohini Nakshatra. This study will discuss the pharmaco-dynamic and therapeutic properties of Jambu with ayurvedic aspect and its association with diseases occurring in persons born in Rohini Nakshatra.

Aims and objectives: To know the significance behind the indication of Eugenia jambolana in Rohini Nakshatra is the aim of this study. Person belonging to Rohini Nakshatra has probability of getting specific diseases according to status of planets and Rohini Nakshatra. Mode of action of Eugenia jambolana in those particular diseases will be discussed in detail so as to get correlation between Eugenia jambolana and Rohini Nakshatra.

Key words: Eugenia jambolana, Rohini Nakshatra, constellation, Aaradhya Vriksha.

INTRODUCTION: Ayurved and Astrology both are ancient sciences. They both are correlated with each other. Both the sciences deal with physical and mental wellbeing of human. To achieve this wellbeing Indian astrology has indicated a specific Aaradhya vriksha (worshipped plant) for specific Nakshatra (Constellation). According to Nakshatra, human being is always dominated by presence of Sun, Moon and other planetary structures. Various gems and pearls are indicated to subside or to enhance the effect of planetary structures. But to purchase gems or pearls is too costly for poor or common man. So use of part of specific Aaradhya vriksha (worshipped plant) is suggested as a substitute for that particular gem. It is believed that the dominance of weak and obstacle causing factor can be minimized by wearing and wrapping part of Aaradhya vriksha (worshipped plant) around the body. If the person recite Hymn (mantra) of his particular Nakshatra sitting under the tree, his all problems will get solved and get good results. The idea behind this is to use that plant in some form or other in treating various diseases as that
worshipped plant also has natural medicinal properties.

Hence in present topic the effect of *Eugenia jambolana* is studied as it is indicated as *Aaradhya vriksha* (worshipped plant) for person born in *Rohini Nakshatra*.

**ROHINI NAKSHATRA:** Constellation is a group of specific stars which form a pattern in the night sky. In Indian astrology 27 Nakshatras (Constellations) are stated. *Rohini Nakshatra* (Constellation) is one of the constellations stated in Indian astrology. *Rohini Nakshatra* begins from 10° of Taurus till 23° 20’ of Taurus. *Rohini* means a red cow in Sanskrit and it is the name of mother of Lord Balaram/Balabhadra, elder brother of the Lord Krishna. She is the daughter of Kashyap rishi and Surabhi. It is having a shape of a chariot with five stars in it. It is also called as cart (Shakat). [1]

Following is general information about *Rohini Nakshatra*, [2]

Nadi – *Antya nadi*. Devata (God) – *Br̐amha Dev.*
Yoni – *Sarpa* (Snake).
Tatva – *Prithvi*.
Gana – *Manushya*, Guna – *Raja guna*.
Aaradhya vriksha – *Jambu*.
Nashatra adhipati – *Chandra* (Moon)

*Chandra* (Moon) is the Lord of *Rohini Nakshatra*. *Rohini Nakshatra* has four Charan (Phase). All the four Charan form *Vrishabha Rashi* (Taurus zodiac sign). The Lord of *Vrishabha Rashi* is *Venus*. So along with the Moon, *Venus* also have huge influence on *Rohini Nakshatra*.

The Nirayana Surya (Sun) stays in this *Nakshatra* in first phase from 26th May to 28th May, in second phase from 29th May to 31st May, in third phase from 1st June to 4th June and in fourth phase from 4th June to 8th June. [1]

**EUGENIA JAMBOLANA (JAMBU) – [3]**

*Gana-Mutrasangrahantiya,*
*Purishavirajaniya, Chhardinigrahana* [4]
*Nyagrodhadi* [5], *Panchapallava (Kaiyadev Nighantu).*[6]


Sanskrit names - *Mahaphala, Phalendra, Shukapriya, Shyamala, Neelphala.*
Regional names - *Jamun* (Hindi), *Kalajam* (Bengoli), *Jambhul* (Marathi), *Saval naval* (Tamil), *Neredu chettu* (Telugu), Black berry (English).

**General information:** *Jambu* is mentioned among the trees used for rituals. It is repeatedly quoted by Vedic literature. Ashian known as ‘*Jambu Dvipa*’ is probably named because of its abundance in this area continent. *Jambu* is considered to be one of the earliest remedies for diabetes. ‘*Jambava*’ is the name of *Jambu* fruit. Its bark, leaves, fruit, seeds all are used in ancient medicine. *Fruit / seed* are mainly used in management of diabetes while bark is used for diarrhoeal disorders.*Charaka* described it as the best among the substances which aggravates *Vata*. [4]

**Botanical Description:** It is a moderate sized glabrous tree. Leaves- are coriaceous, shining, entire, oval, oval-oblong or lanceolate-oblong, long acuminate, lateral nerves numerous, parallel, confluent near the margin. Flowers are greenish, tetramerous, in 3-flowered cymes, arranged in broad trichotomous panicles. Calyx is tube/ funnel shaped. Fruits- Berry, oblong or subglobose, purple or black, succulent, smooth when ripe.

**Parts used:** Bark, fruit, leaves and seed.
Kinds and varieties: Both Sushruta and Vagbhata have described two varieties of Jambu. Mahendra Bhogik and Shodhala mentioned two varieties viz. Raja Jambu and Kaka Jambu. Kaiyadeva, Bhavamishra and Raja Narahari have quoted three varieties viz. Raja Jambu (Maha Jambu), Kaka Jambu (Jambu) and Jala Jambu(Kshudra Jambu or Bhumi Jambu). Jala Jambu is otherwise known as Nadī Jambu.

The following may be the botanical sources for the three varieties of Jambu.
1. Raja Jambu- Eugenia jambos L. (Syzygium jambos L.)Alston
2. Kaka Jambu- Eugenia jambolana Lam. (Syzygium cumini skeels)
3. Jala jambu- Eugenia heynnea (Wall.) (Eugenia operculata Roxb.)

Distribution- It is found almost throughout India.

Pharmacodynamics –[7]
Rasa : Kashaya, Madhura, Amla.
Virya : Sheeta.
Vipaka : Katu.
Guna : Laghu, Ruksha.
Doshakarma : Kapha-Pitta-shamak, Vata Vardhaka.

Action and properties –[8]
Rasa-Rakta vaha srotas: Dahashamak, Raktastambhaka.
Medovaha srotas: Kleda shoshana, Meda pachana and Shoshana.
Mutravaha srotas: Mutrasangrahana, Pramehaghna.

Skin: Dahashamaka, Vrana Ropana.
Rogagnnata:
- Vomiting, Sluggish digestion, abdominal pain, Diarrhoea, Pravahika, Grahani.
- Raktapitta, Rakatisara, Rakta Pradara (Menorrhagia).
- Prameha.
- Bahumurtrata.
- Daha (Burning sensation).

Therapeutic uses-[9]
1. Diarrhoea: Seed-kernel of Jambu, Aamra, Bilva, Kapittha, and Shunthi–this formulation should be taken with liquid gruel. It checks diarrhoea.
2. Diarrhoea with blood: Juice extracted from the pounded leaves of Jambu, Aamra and Aamalaki should be mixed with goat’s milk and honey. It checks diarrhoea with blood.
3. Raktapitta (Intrinsic haemorrhage): In such conditions cold infusion of Jambu, Aamra and Arjuna is given.
4. Vomiting: One should take cooled decoction of the tender leaves of Jambu and Aamra mixed with honey.
5. Sluggish digestion: Juice of Jambu fruit or vinegar prepared of Jambu fruits is useful.
6. Wound healing: Wounds heal up very fast by dusting the powder of barks of Arjuna, Udumbara, Ashvattha, Lodhara, Jambu and Katphala.
7. Ophthalmia neonatorum: Decoction of Jambu, Aamra Aamlaki and Ashmantaka is useful for washing and sprinkling eyes.
8. Krimikarna (maggots in ear): By filling the ear with juice of the leaves and ripe
fruits of Jambu, the maggots are expelled from ears.
9. Grahani in children: Juice of jambu bark mixed with equal quantity of goat’s milk is beneficial.

**DISCUSSION:**
Rohini Nakshatra has Antya nadi and Prithvi tatva hence the person born in this Nakshatra has Kapha Prakruti. So the person belonging to this Nakshatra has higher chances of getting diseases due to vitiated Kapha. Jambu is Kapha-Pittaghna and Vatakara. Because of Ruksha guna and Kashaya Rasa, it works as Kaphaghna and being of Kashaya rasa and Sheet Virya, it works as Pittaghna. But because of Ruksha guna, Kashaya Rasa and Sheet Virya, it is Vatakara.

The Moon is the Lord of Rohini Nakshatra. Moon has influence on following parts of the body- abdomen and digestive organs like liver, pancreas, small intestine, large intestine and also on breast. The Moon is known to cause diseases related to digestion, abdominal pain, typhoid and psychological disorders.[10]

The Moon also causes convulsions, Gandamala, Unnada, weak digestion, asthma, diseases related to throat, eye diseases, diseases related to menstruation in females, diabetes, ascitis and lack of Vit B or B-complex.[11]

Jambu has Amla rasa; hence it works as Deepana, Pachana and Yakrut-uttejak. In diabetes, liver function gets disturbed. In such conditions Jambu phala majja works better and corrects liver function. If Jambu fruit is eaten in excess, it causes flatulence. Hence it is used in sluggish digestion, abdominal pain, Pravahika, Grahani. Jambu seed powder or decoction of bark with honey works as Purisha-stambhana as it is Kashaya and Sheet. Hence it is given in Niramavastha of Atisara and Pravahika.

Because of Kashaya rasa tender leaves of Jambu with honey is useful in Vomiting. Kashaya rasa leads to Shoshana of Kleda in stomach and Shoshana of Pitta as well as Kapha which alleviates vomiting.

Rohini Nakshatra has four Charan (phases). All these Charan form Vrishabha Rashi (Taurus). Venus is the Lord of Vrishabha Rashi. Venus has influence on following organs of the body- eyes, reproductive organs, throat, kidneys, and also on Virya (Semen). Venus is known to cause following diseases- Rakta-kshaya, Kshaya, Kapha-Vataj Roga, eye diseases, diseases related to urinary system, diseases related to reproductive system, Virya dosha. Diseases related to sex, diseases related to sedentary lifestyle like diabetes, diseases related to menstruation in females.[10]

Decoction of Jambu, Aamra, Amalaki, Ashmantaka is used in washing and sprinkling eyes in Ophthalmia neonatorum. [9]

Because of Kashaya Rasa and Ruksha Guna, it leads to Shoshana of Kleda and hence performs Mutrasangrahana Karma. It decreases the frequency of micturition.

Because of Kashaya Rasa, Sheet Virya and Pittashamaka Karma, Jambu works as Raktastambhak. Hence it is useful in Rakta Vikara (blood born diseases), Raktapitta (intrinsic haemorrhage). In such conditions juice of leaves of Jambu is given in Raktapitta (intrinsic haemorrhage) and seed powder is given in Raktapradara (menorrhagia) and Raktatisara.
In diseases related to sex like Phiranga and Upadansha which are associated with skin disorder along with burning sensation Jambu is very effective. As Jambu is Dahashamaka, medicated oil made using Jambu leaves is used for external application so as to decrease the burning sensation. Because of Madhura Rasa, Kashaya Rasa and Ruksha Guna, Jambu leads to Shoshana of Kleda which alleviates Dushta Meda. It also leads to Pachana and Shoshana of Vikrut Meda. Jambu seed leads to Pachana of sugar in urine. So the sugar level in blood and that of in urine get decreased. Hence it is useful in diabetes mellitus and diabetes insipidus. In this way Jambu is useful in most of the diseases caused in person born in Rohini Nakshatra. So the person born in this Nakshatra should worship this tree and recitation of the Hymn (mantra) of Rohini Nakshatra sitting under the tree. It will give expected result and good fortune.

CONCLUSION: After discussing pharmacodynamic properties of Eugenia jambolana (Jambu) and diseases occurring in person born in Rohini Nakshatra, it can be stated that the mentioned aaradhya vriksha (worshipped plant) has pharmacodynamic properties in accordance with the diseases occurring in Rohini Nakshatra people. Hence Eugenia jambolana (Jambu) is aaradhya vriksha for Rohini Nakshatra people.

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Eugenia jambolana (Jambu)

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