



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<sup>0</sup> of Taurus till 23<sup>0</sup> 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)* – *Brahma*. *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 26<sup>th</sup> May to 28<sup>th</sup> May, in second phase from 29<sup>th</sup> May to 31<sup>st</sup> May, in third phase from 1<sup>st</sup> June to 4<sup>th</sup> June and in fourth phase from 4<sup>th</sup> June to 8<sup>th</sup> June. [1]

### **EUGENIA JAMBOLANA (JAMBU) – [3]**

*Gana-Mutrasangrahaniya*,

*Purishavirajaniya*, *Chhardinigraphana* [4]

*Nyagrodhadi* [5] , *Panchapallava (Kaiyadev Nighantu)*. [6]

Botanical name - *Eugenia jambolana* Lann.

Family - Myrtaceae.

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 *Nadi 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 heyneana* Walp. (*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]

*Karma:* *Grahi, Vata vardhaka, Vrana Ropak. Anna-Purishavaha srotas: Deepana, Pachana, Yakrut-uttejaka, Vatanuloman, Purisha-Stambhana, Chhardi nigradhana (Antiemetic).*

*Rasa-Rakta vaha srotas: Dahashamak, Raktastambhaka.*

*Medovaha srotas: Kleda shoshana, Meda pachana and Shoshana.*

*Mutravaha srotas: Mutrasangrahana, Pramehaghna.*

*Skin : Dahashamaka, Vrana Ropana.*

*Rogaghnata:*

- Vomiting, Sluggish digestion, abdominal pain, Diarrhoea, *Pravahika, Grahani.*
- *Raktapitta, Raktatisara, Rakta Pradara (Menorrhagia).*
- *Prameha.*
- *Bahumutrata.*
- *Daha (Burning sensation).*

**Therapeutic uses**–[9]

1. Diarrhoea: Seed-kernel of *Jambu, Aamra, Bilva, Kapitha,* 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, Lodhhra, 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*, *Unmada*, 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)*



**Rohini Nakshatra**

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