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Folklore practices of *Peruka* (*Psidium guajava* Linn.) in different diseases

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ABSTRACT

Peruka / *Amrutaphala* (*Psidium guajava* Linn) is indigenous to Tropical America, it was brought to India by Portuguese. *Peruka* is treated with less chemicals in comparison to other fruits which makes this a healthier choice. *Peruka* is *Kashaya Rasa Pradhana*, *Madhura*, *Amla*, and *Tridoshaghna*, *Shukrala*, and *Sheetaveerya*. *Perukabeeja* is *Vistambhi*. It is rich in Vitamin C. *Peruka*, white variety is *Grahi* and red variety is indicated in *Vishuchika*. In folklore practices, *Peruka* unripened fruit is applied externally in *Pittaja Shirashoola*. This review is compiled to explore the various folklore practices of *Peruka* with respect to its different parts like leaves and fruits.

Key words: Ayurveda, *Peruka*, Folklore, Diseases.

INTRODUCTION

Folklore medicine is one of the traditional knowledge that developed over generation and is the integral part of our culture. Nearly 80% of the world population rely on traditional medicines for primary health care.^[1] *Peruka* (*Psidium guajava* Linn.) is native to Tropical America.^[2] It is popularly known as guava and has been used traditionally as a medicinal plant throughout the world for a number of ailments. There are two most common varieties of guava, the red (*P. guajava* var. *pomifera*) and the white (*P. guajava* var. *pyrifera*).^[3] Red variety is known as apple guava and white variety as cherry guava or strawberry guava or cattley guava.^[4] Among wide range of plants used in

folklore practice, few are well known, easily available as used in day to day life, on the other hand, there are many plants which are controversial, not much known to public and difficult to get. *Peruka* is commonly found in garden and easily available which can be used as nutritional and medicinal purpose. A large group of population suffer from ailments which are often neglected like *Amlapitta*, *Pittaja Shirashoola*, *Kastartva*, these can be managed by proper usage of *Peruka*. *Peruka* also helps in controlling *Prameha* for some extent. As *Peruka* references are not widely found in Ayurveda literature, some of the references are present in *Nighantu Adarsha*, *Nighantu Ratnakara*, *Shivadutta* and *Nighantu Sangraha*. From these references it is considered as *Kashaya*, *Madhura*, *Amla Rasa*, *Sheetaveerya* and *Tridoshaghna*.^{[5],[6]}

पेरुकं दृढबीजं च मांसलं चापृथक् त्वचम् ।

मृदु पीतं वर्तुलं च तुवरं मधुराम्लकम् ॥ - शिवदत्त

पेरुकं तुवरं प्रोक्तं स्वाद्वम्लं कफकारकम् ।

शुक्रलं वातपित्तघ्नं शीतलं च रसं गतम् ॥ - नि. सं.

ततोऽमृतफलं स्वादु तुवरं नातिशीतलम् ।

तीक्ष्णं गुरु कफकरं वातलं मदनाशकम् ॥

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वृष्यं रुचिशुक्रकरं त्रिदोषघ्नं च कीर्तितम् ॥ - नि. र.

Description of *Psidium guajava* Linn.^{[7],[8]}

Botanical name	<i>Psidium guajava</i> Linn.
Family	Myrtaceae.
Varga	<i>Jambvadvarga</i>
Sanskrit	<i>Peruka, Amrutaphala, Amarudha, Mamsala, Dridhabija, Tuvara.</i>
English	Guava tree.
Hindi	<i>Amrudh, Peyar.</i>
Kannada	<i>Sibbehannu.</i>
Telugu	<i>Ettajama, Gova, Goyya, Jama, Tellajama.</i>
Konkani	<i>Per</i>
Bengal	<i>Goaachhi, Peyara, Piyara.</i>
Tamil	<i>Koyya, Segappugoyya, Sirugoyya, Vellaikoyya.</i>
Malayalam	<i>Koyya, Malakkapera.</i>
Marathi	<i>Jamba, Tupkel.</i>

Botanical classification^[9]

Kingdom	Plantae - Plants
Subkingdom	Tracheobionata vascular plants
Superdivision	Spermatophyte Seed plants
Division	Magnoliophyte Flower plants
Class	Magnoliopsida Dicotyledonous

Subclass	Rosidae
Order	Myrtales
Family	Myrtaceae
Subfamily	Myrtoideae
Tribe	Myrteae
Genus	<i>Psidium</i>
Species	<i>guajava</i>

Morphology^[10]

Habitat	A large evergreen or sub deciduous shrub, sometimes a small tree up to 90cm. girth and 7.5m high.
Stem	Irregularly fluted when old. Bark quite smooth, pale pinkish brown or buff with grey patches, exfoliating in very thin woody plates.
Leaves	10- 15cm long, oblong, or elliptic – oblong, entire, glabrous above, pubescent, beneath, pellucid – punctate, lateral nerves 10 – 20 pairs, prominent beneath, strongly curved near the edge and joined by intramarginal veins. Petioles 2.5 – 7.5mm long.
Flowers	White and peduncles long, axillary, 1-3 flowered.
Fruit	Globose or pyriform berry.
Ovary	Calyx tube adnate to the ovary and produced above it, the upper free portion entire, closed in bud at length bursting irregularly into lobes.



Vitamin A	31ug
Beta-Carotene	374ug
Thiamine (B1)	0.067ug
Riboflavin (B2)	0.04mg
Niacin (B3)	1.084mg
Pantothenic acid (B5)	0.451mg
Pyridoxine (B6)	0.11mg
Ascorbic acid (Vitamin C)	228.3mg
Vitamin K	2.2ug
Iron	0.26ug
Magnesium	0.15mg
Phosphorus	40mg
Potassium	417mg
Sodium	2mg
Zinc	0.23mg
Lycopene	5204ug
Folic acid (B9)	49ug

Chemical Constituents^[12]

- Leaves - phenolic compounds, iso-flavonoids, gallic acid, catechin, epicatechin, rutin, naringenin, kaempferol, Quercetin.
- Pulp - Ascorbic acid, carotenoids (lycopene, β -carotene, β -cryptoxanthin).
- Seed - Glycosides Carotenoids, phenolic compounds.

Nutritional value per 100gm of fruits^[11]

Energy	285kj (68 kcal)
Carbohydrates	14.2g
Sugars	8.92g
Dietary fibres	5.4g
Fat	0.95g
Protein	2.55g

- Skin - Ascorbic acid and Phenolic compounds.
- Bark - Phenolic compounds.

MATERIALS AND METHODS

1. *Kastartava*

Kashaya preparation: 5 – 6 young leaves are taken and boiled in 4 cups of water, till the whole extract is obtained from leaves.

Dose and duration: Fresh *Kashaya* is given orally on empty stomach, 2- 3 tbsp up to 3rd day of menstruation.

2. *Amlapitta*

Kashaya preparation: 10- 15 leaves are boiled in 3 – 4 cups of water till it is reduced to half.

Dosage and duration: Warm decoction, 2-3tbsp is given orally on empty stomach as single dose for 1week.

3. *Pittaja Shirashoola*

Lepa preparation: Smooth paste of unripened fruits of *Peruka* is applied as a *Lepa* over forehead.

Duration: Once a day for 5 days.

4. *Prameha*

Churna preparation: Ripened Guava fruit is dried and powdered.

Dosage and Duration: 1tsp powder is given along with buttermilk before food, twice a day for 15 days.

Kashaya preparation: 10-15 leaves and 4 cups of water are boiled till it is reduced to half.

Dosage and duration: 2-3 tbsp of warm *Kashaya* is given on empty stomach or after having white rice for 3 months.

OBSERVATION AND RESULTS

Peruka fruit:

1. Ripened fruit has hypoglycemic effect in *Prameha*.
2. Unripened fruit *Lepa* has analgesic effect in *Pittaja Shirashoola*.

Peruka leaves:

1. *Kashaya* of leaves shows an effective result in *kastartava, amlapitta, prameha*.

DISCUSSION

Kastartava

Kastartava is considered under *Vatajaartava Dusti*,^[13] which is *Shareerika Dourbalyajanya* (because of its *Nidana*) along with the *Alpaartava*. Therefore, here *Vatadoshahara* and *Raktashodhaka* treatment is needed. *Peruka* is *Vatadoshahara* and *Kashaya Rasa* is *Raktashodhaka*. Vitamin B3 is responsible for production of serotonin which reduce the menstrual cramps^[14] and Vitamin C is mild anti- inflammatory which decreases cramps.^[15] Flavanoids (Quercetin), inhibits prostaglandin induced pain.^[16]

Amlapitta

Amlapitta is *Vidagdhapitta Vruddhijanya Vyadhi*.^[17] *Kashaya* and *Madhura Rasa* are helpful in alleviating *Pitta*, *Sheeta Veerya* also alleviates *Pitta*, Alkaline nature of guava leaves gives good response in *Amlapitta*. Saponins and flavonoids act mainly via an anti-secretory mechanism, they inhibit acid secretion, total acid output and lower pH of gastric juice.^[18] Flavanoids and saponins in the guava leaves have been found to be an effective remedy in counteracting *Amlapitta*.

Pittaja Shirashoola

According to *Brihatrayee* in *Pittaja Shirashoola*, *Madhura Rasa*, *Sheeta Veerya Dravya Lepa* is mentioned^[19-21] and *Peruka* has *Madhura Rasa*, *Sheeta Veerya Pittaghna* property and *Lepa* of the unripened *Phala Twak* of *Peruka* alleviates the *Pittaja Shirashoola*. The main constituent of the pericarp is ascorbic acid.^[22] Ascorbic acid is proved to have analgesic activity.^[23] Many pharmacological studies have proved the ability of plant to exhibit antinociceptive activities.^[24]

Prameha

Prameha is *Santarpanajanya* and *Kledapradhana Vyadhi*.^[25] *Peruka* is *Kashaya Rasa* which does *Kledashoshana* and *Tridosahara*. High fibres in ripened guava fruit slows down the absorption of

glucose, thereby it prevents raise in blood glucose level right after the meal.^[26] Tannins, flavanoids, pentacyclic triterpenoids, quercetin present in leaves speculated for hypoglycemia.^[27]

CONCLUSION

The ripe fruit, *Kashaya* of leaves and unripe fruit *Lepa* have shown effectiveness in diseases like *Amlapitta*, *Pittaja Shirashoola*, *Kastartava*, *Prameha*, which are supported by several studies. From all these, there is a scope for research in folklore practice which will be a great contribution in addressing common ailments. By using the medicinal plants available in and around can help in conservation and can overcome the exploitation of medicinal plants.

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