INFORMATICS JOURNALS

Short Review

Journal of Natural Remedies
DOI: 10.18311/jnr/2026/53163

eISSN: 2320-3358 | Vol 26(3), 2026 | pp. 605-612

# A Comprehensive Review on *Raga Shadava*: An Ancient Classical Dietary Preparation in *Ayurveda*

**Vineeta Singh and Mangalagowri V. Rao***

Department of Swasthavritta and Yoga, Faculty of Ayurveda, Institute of Medical Sciences, Banaras Hindu University, Varanasi – 221005, Uttar Pradesh, India; mangowri@gmail.com

## Abstract

**Background:** *Ayurveda* prescribed various *Pathya kalpana* that are delicious, carminative, and provide health advantages along with nutritional components. *Raga Shadava* or *Raga Khandava* is one among the dietary adjuvants that is advocated in the context of *Grishma Ritucharya*. It is used for the enhancement of diminished *Agni,* in *Trishna* (thirst), *Murchha* (fainting), *Bhrama* (giddiness), *Chhardi* (vomiting), and *Shrama* (fatigue). **Aim:** To have a comprehensive review of *Raga Shadava*, its preparations, and to analyse the therapeutic use of *Raga Shadava* in disease management and health protection. **Materials and Methods:** Detailed information on the *Raga Shadava* or *Raga Khandava* has been reviewed and collected by systematic screening of different classical texts of *Ayurveda*, i.e., *Charak Samhita, Sushruta Samhita, Ashtanga Hridaya, Bhavprakash*, Various *Nighantu,* etc. A comprehensive search was undertaken, and relevant existing research on *Raga Shadava* or *Raga Khandava* was assessed in this review through various search engines like Google Scholar, Wikipedia, PubMed, Scopus, Web of Science, AYUSH Portal, and Namaste Portal, etc. **Results:** *Raga Shadava*, also known as *Raga Khandava*, is widely described across major *Ayurvedic* texts such as *Charka, Sushruta, Ashtanga Hridaya*, and *Kashyap Samhita*, along with several *Nighantus*. Common ingredients include pomegranate, raisins, *kokum, phalsa* fruit, mustard, dry ginger, rock salt, sugar candy, and jaggery. The formulation is light, palatable, appetising, and cardiotonic, without aggravating any *dosha*. It is beneficial for thirst, fainting, giddiness, vomiting, fatigue, and anaemia. The synergistic actions of its ingredients support digestion, antioxidant defence, electrolyte balance, and cardiac health, establishing *Raga Shadava* as a functional traditional dietary preparation ideal for maintaining health during the summer season. **Conclusion:** *Raga Shadava* may have a significant role as a preventive and therapeutic agent by providing nutrition and health benefits. It plays a major role in the quality of life and its improvement in disease conditions like cardiac, anorexia, and acts as an appetiser, etc.

**Major Findings:** *Ayurvedic* manuscripts uniformly characterise *Raga Shadava* as a useful dietary adjunct possessing digestive and cardiotonic attributes. Its traditional use for digestive and seasonal problems shows how important it is to prove scientifically.

**Keywords:** *Agni, Ahara Kalpana*, Appetisers, *Khandava*, *Raga Shadava*

(Article Chronicle: Article Received on: 12.11.2025; Revised on: 04.02.2026; Accepted on: 19.02.2026)

## 1. Introduction

*Ahara Kalpana* (dietary preparation) is one of the unique contributions of *Ayurveda* that accentuates diet as a preventive as well as therapeutic measure. *Ayurvedic* transcripts describe numerous dietary preparations that are palatable, easily digestible, and beneficial for maintaining *Dosha*, *Dhatu*, and *Agni* balance. Among these, *Raga Shadava or Raga Khandava* is a traditional dietary adjuvant preparation advocated in the context of *Grishma Ritucharya* and is available for the enhancement of diminished *Agni*[1]. Although *Raga Shadava* is frequently cited across major *Ayurvedic Samhitas* and *Nighantus*, its descriptions remain scattered, and no consolidated review has systematically compiled its preparation, properties, and therapeutic significance. Therefore, the present study aims to comprehensively review classical references

*Author for correspondence

of *Raga Shadava*, analyse its preparation methods and indications, and correlate traditional concepts with contemporary scientific evidence.

In new eras, Indian dietary habits have increasingly shifted toward Western food practices, leading to the gradual decline of traditional eating patterns. This change, along with reduced awareness, busy lifestyles, and limited access to classical ingredients, has contributed to a rise in nutritional and metabolic disorders. While earlier centuries focused on identifying nutritional deficiencies, the modern era has renewed interest in functional and therapeutic nutrition. Despite the availability of numerous processed foods, there is a lack of traditional *Ayurvedic* preparations that are both palatable and health-promoting. *Raga Shadava* is one such lesser-known yet nutritionally valuable and palatable *Ayurvedic* formulation, which enhances *Agni* and has significant therapeutic potential. However, no scientific study or review paper has yet explored its pharmacological properties, methods of preparation, or nutritional relevance. Therefore, the present study aims to highlight *Raga Shadava* and bridge the knowledge gap regarding this traditional dietary preparation.

The objective of this review study is to compile the various methods of preparation of *Raga Shadava* from different classical manuscripts and explore the *Ayurvedic* properties and benefits of *Raga Shadava* in different disease conditions.

## 2. Materials and Methods

A comprehensive literature review was conducted, compiled and analysed the information related to *Raga Shadava or Raga Khandava*. Classical *Ayurvedic* manuscripts, such as *Charak Samhita, Sushruta Samhita, Ashtanga Hridaya, Bhavprakash*, and various *Nighantu* (lexicon), were systematically screened. Electronic databases such as Google Scholar, PubMed, Scopus, Web of Science, *AYUSH* Research Portal, *DHARA*, and the NAMASTE Portal[2] were searched using keywords including "*Raga Shadava*", "*Raga Khandava*", "*Phala Shadava*", and "*Shadava*". Relevant classical and contemporary literature was critically reviewed and compiled. Data were organised in tabular form to present preparation methods, ingredients, and therapeutic indications.

### 2.1 Inclusion Criteria

i. Classical *Ayurvedic* texts (*Samhitas, Nighantus,* and *Rasagranthas*) that mention *Raga Shadava* or *Raga Khandava* directly.
ii. Printed or verified electronic versions of manuscripts are available.
iii. Classical descriptions that talk about the ingredients, how to make *Raga Shadava*, its forms, and its health benefits.
iv. Published scientific literature concerning the pharmacological or nutritional attributes of the individual components of *Raga Shadava*.

### 2.2 Exclusion Criteria

i. *Samhita, Nighantu* and *Rasagranthas*, which are not available in manuscript form.
ii. Secondary sources that don't have *Ayurvedic* or classical references.
iii. Literature not directly related to *Raga Shadava* or its ingredients.
iv. Data that hasn't been published, news, *Ayurveda* internet sites, and articles that haven't been peer-reviewed.

## 3. Etymology of *Raga Shadava/Raga Khandava*

*Raga Shadava* is a kind of sweetmeat or syrup compounded of grapes and pomegranates and the juice of *Phaseolus* mango or of half-ripe mango fruit with ginger, cardamoms, oil, butter, etc[3].

## 4. Definition of *Raga Shadava*

i. According to Acharya Sushruta, *Raga Shadava* is a dietary preparation made from pomegranate and raisins, which is appetising, light to digest, and does not aggravate all *doshas*[4].
ii. According to *Acharya Chakrapani Datta* in his *Ayurveda Deepika* commentary on the *Charaka Samhita*, *Raga Shadava* is described as an *Ayurvedic* dietary formulation prepared by boiling freshly ripened mango with jaggery, to which oil and dry ginger are subsequently added[5].

**Table 1.** Methods of preparation of *Raga Shadava* and its uses

| Sr. No. | Classical Description | Ingredients and Methods of Preparation | Properties and Uses |
|---|---|---|---|
| 1 | *Charaka Samhita*[6,7] | *Sita* (Sugar candy), *Saindava* (Rock Salt), *Vrikshamla* (*Kokum* butter tree), *Parushaka* (*Phalsa* Fruit), *Jambu* (Indian Blackberry), and *Rajika* (Indian mustard), *Nagara* (Dry ginger) and *Til* oil as a *Prakshepa Dravya* (Synergizer). | *Deepana* (Digestive), *Brimhana* (nutritive), *Vrishya* (aphrodisiac), *Hridya* (cardiotonic), *Trishna* (alleviates thirst), *Murchha* (fainting), *Bhrama* (giddiness), *Chhardi* (vomiting), and *Shrama* (fatigue) |
| 2 | *Sushruta Samhita*[8] | *Dadima* (Pomegranate) and *Mridvika* (Raisins) were added with *Mudga Yusha* (Plain or Processed) | *Ruchi* (Improves taste), *Laghu* (light to digest), *Brimhana* (nutritive), *Vrishya* (aphrodisiac), *Rochana* (appetising), *Deepana* (digestive stimulant), useful in thirst, fainting, giddiness, vomiting, and fatigue. |
| 3 | *Ashtanga Hridaya*[9] | *Raga* prepared from ingredients such as *Guda* (jaggery), *Dadima* (pomegranate), and *Mamsa* (meat), and then filtered through a cloth are called *Raga-Khandava*. | *Hridaya* (cardiac tonic), *Vrishya* (aphrodisiac or strengthening), *Ruchi* (enhances taste), and *Grahi* (absorptive action). |
| 4 | *Yogaratnakara* | Pieces of decorticated seeds of unripe mango mixed with four times water, cooked on low flame, then *Prakshepa Dravya* like *Maricha Churna* (black pepper) and *Karpura Churna* (camphor powder) added. Preserved in a vessel coated with ghee. | |
| 5 | *Gadanigraha (Vajikaran Adhayaya)* | *Shadava* is prepared with *Kapittha* (Wood Apple), *Amra*, *Dadima* (Pomegranate), etc., fruits by mixing and grinding with an equal quantity of sugar, followed by trituration of *Bijapura swarasa* and rolled into *gutika shape,* is known as *Gutika Shadava*. | *Santarpana* (nourish the tissue) |
| 6 | *Abhidhana Manjari Nighantu*[10] | *Draksha* (grapes) combined with *Guda* (jaggery) and *Dadima* (pomegranate), this preparation known as *Raga Shadava* (a sweet and sour appetising drink). | *Patu* (Sharp), *Katu* (pungent), and *Utkata* (intense tastes) |
| 7 | *Abhidhanaratmala Nighantu*[11] | *Phala Shadava Vrikshamla* | - |
| 8 | *Kaiyadeva Nighantu*[12] | *Kapittha* (Wood apple), *Guda* (jaggery) and *Sahakara-phala* (fresh mango) are all mixed, and oil and *nagara* (dry ginger) are added to it; this dish is called *Raga Shadava*. | *Hridya* (cardiac stimulant), *Mukhapriyaḥ* (Pleasant to the taste), *Sukrakara* (Support reproductive health), *Brimhana* (Nourishing), *Rochana* (appetite-stimulating), *Trishna* (Thirst), *Murchha* (Fainting), *Bhrama* (Vertigo) *Chhardi* (Vomiting), *Meda* (Excess fat), *Shrama* (Fatigue) |
| 9 | *Dravyagunasangaraha*[13] | *Dadima* (Pomegranate) and *Mridvika* (Raisins) are added together. This preparation is known as *Raga Shadava*. | *Ruchi* (enhances taste), *Laghu-paka* (easy to digest), and *Doshanam Virodhakrit* (helps in balancing the vitiated dosha), *Brimhana* (nourishing), *Vrishya* (aphrodisiac), *Hridya* (Cardiac stimulant), *Rocana-deepana* (promoting taste and stimulating digestive fire), *Bhrama* (dizziness), *Murchha* (fainting), *Trishna* (excessive thirst), *Chhardi* (vomiting), *Shrama* (fatigue) |

**Table 1.** Continued...

| Sr. No. | Classical Description | Ingredients and Methods of Preparation | Properties and Uses |
|---|---|---|---|
| 10 | *Madhavadravyaguna*[14] | *Dadima* (Pomegranate) and *Mridvika* (Raisins) are added together. This preparation is known as *Raga Shadava.* | *Laghu* (light to digest), *Brimhana* (nourishing), *Vrishya* aphrodisiac), *Hridya* (cardiac stimulant), and *Rochana-Deepana* (enhancing taste and stimulating digestive fire). It is also beneficial in conditions such as *Bhrama* (dizziness), *Murchha* (fainting), *Trishna* (excessive thirst), *Chhardi* (vomiting), and *Shrama* (fatigue). |
| 11 | *Rajavallabha Nighantu*[15] | *Dadima* (Pomegranate) and *Mridvika* (Raisins) are added together. This preparation is known as *Raga Shadava.* | - |
| 12 | *Siddhamantra*[16] | *Dadima* (Pomegranate) and *Mridvika* (Raisins) are added together. This preparation is known as *Raga Shadava.* | Palatable, warm in potency, light to digest, promotes proper digestion and metabolism and does not aggravate all three *doshas,* i.e., *Vata, Pitta, or Kapha.* |
| 13 | *Shodhalanighantu*[17] | *Dadima* (Pomegranate) and *Mridvika* (Raisins) are added together. This preparation is known as *Raga Shadava.* | *Ruchi* (palatable), *Ushna* (hot in potency), *Laghu* (easy to digest), *Paka* (enhances digestion), *Doshanam Avirodhakrit* (does not aggravate any of the three doshas). |
| 14 | *Shodhalanighantu*[18] | It can also be prepared using *Masura* (lentils), *Mudga* (green gram), *Godhuma* (wheat), *Kulattha* (horse gram), and *Lavana* (salt), which enhance its nutritional value and therapeutic benefits. | - |

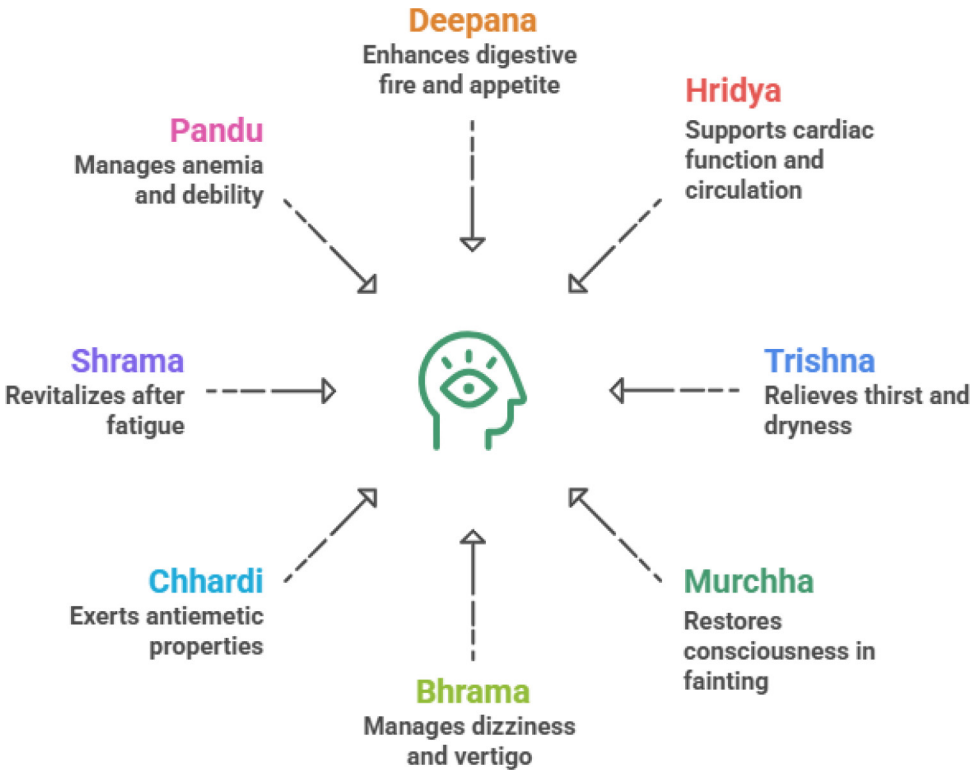



**Figure 1.** Illustrates the major therapeutic use of *Raga Shadava*.

### 4.1 Synonyms of *Raga Shadava*

*Raga Shadava*, *Raga Khandava*, and *Phala Shadava* are synonyms mentioned by various *Ayurvedic* texts.

### 4.2 Form of *Raga Shadava*

Two distinct forms of *Raga Shadava* are described in the *Ayurvedic* classics:

i. *Raga Shadava* in *Rasa* form – a liquid preparation, and
ii. *Raga Shadava* in *Leha* form – a semisolid formulation.

## 5. Results

This comprehensive review recognised extensive references to *Raga Shadava* across major *Ayurvedic Samhitas* and *Nighantus*. Common ingredients of *Raga Shadava* include *Dadima* (*Punica granatum*), *Mridvika* (*Vitis vinifera*), *Guda, Sita, Vrikshamla* (*Garcinia indica*), *Jamun, Falsa* (*Grewia asiatica*) and adjuvants such as *Nagara* (*Zingiber officinale*), *Saindhava Lavana,* and *Rajika*. Across manuscripts, *Raga Shadava* has properties like *Laghu, Rochana, Deepana, Brimhana,* and *Hridya*, with its indications in *Trishna, Murchha, Bhrama, Chhardi,* and *Shrama*. Table 1 summarises classical preparation methods and therapeutic indications.

### 5.1 Therapeutic Uses of *Raga Shadava* (*Raga Khandava*)

*Raga Shadava* is a classical *Ayurvedic* dietary formulation recognised for its multifaceted therapeutic potential. It is primarily utilised as a health-promoting adjuvant, particularly in managing conditions aggravated during *Grishma Ritu* (summer season) due to *Agnimandya* (reduced digestive fire) and *Tridosha* imbalance. The preparation exhibits a range of pharmacological actions attributed to its ingredients and method of preparation, making it both a preventive and supportive therapy.

## 6. Discussion

Various classical *Ayurvedic* texts consistently describe that *Raga Shadava* is a light and tasty mix that does not aggravate any *Dosha*. It has strong properties that make it a good appetiser, improve taste, nourish, and protect the heart (Table 1). The ingredients *Vrikshamla* (*Garcinia indica*), *Jambu* (*Syzygium cumini*), *Parushaka* (*Grewia asiatica*), *Dadima* (pomegranate), *Mridvika* (raisins), *Guda* (jaggery), *Sita* (sugar candy), *Apakva Amra* (unripe mango), and adjuvants like *Nagara* (dry ginger), *Saindhava Lavana* (rock salt), and *Rajika* (brown mustard) have been shown to have antioxidant, digestive, hepatoprotective, immunomodulatory, and electrolyte-balancing effects. In the present context of increasing lifestyle and metabolic disorders, where improper digestion (*Agnimandya*) and toxin accumulation (*Ama*) are often implicated, dietary interventions such as *Raga Shadava* can play a vital complementary role. *Raga Shadava* in its juice form helps to nourish the *Rasa Dhatu*. Hence, in conditions of *Rasa Kshaya* (depletion of nutrient-rich plasma or chyle tissue), such as *Shrama* (fatigue), *Chhardi* (vomiting), *Trishna* (excessive thirst), and *Pandu* (anaemia), the juice form of *Raga Shadava* is particularly beneficial. The *Leha* form of *Raga Shadava*, on the other hand, possesses a longer shelf life compared to the juice form and enhances *Agni*, making it useful in *Murchha* (fainting), *Bhrama* (giddiness), and other conditions commonly seen during *Grishma Ritu* (summer season) or *Pitta and Vata* aggravations. The pharmacological perspective of *Raga Shadava* (Figure 1) is as follows:

### 6.1 Deepana and *Pachana* Action (Enhancement of Digestive Fire)

The maximum ingredients, like *Vrikshamla* (*Garcinia indica*), *Jambu* (*Syzygium cumini*), and *Parushaka* (*Grewia asiatica*), possess *Laghu* and *Ruksha guna,* and *Dadima (pomegranate)* possess *Laghu* and *Snighdha* properties, having high water content, organic acids, and mild astringency. *Dadima*, which has a lot of water, organic acids, and a mild astringent effect, help the body produce saliva, speeds up the emptying of the stomach, and stops heaviness after eating, which helps *Deepana* without irritation[19]. *Vrikshamla* (*Garcinia indica*) enhances gastroprotective and anti-*Helicobacter pylori* properties through garcinol[20]. The addition of *Prakshepa Dravya*, namely *Nagara* (*Zingiber officinale*) and *Rajika* (*Brassica nigra/juncea*), plays a decisive role in supporting digestibility. Their *Deepana*, *Pachana*, and *Anulomana* properties balance the *Guru* and *Snigdha* nature of *Sita* (sugar candy) and *Til Taila*, ensuring efficient metabolism and preventing *Ama* formation.

*Saindhava Lavana*, owing to its *Laghu, Sukshma,* and *Avidahi* properties, additionally enhances digestive stimulation[21].

### 6.2 *Trishna-hara* (Relief from Thirst)

*Raga Shadava* is particularly effective in *Trishna*, especially during *Grishma Ritu*, due to the combined cooling and hydrating actions of its fruit base and sweetening agents. *Parushaka* and *Jambu*, with *Sheeta virya* and *Kashaya-Amla rasa*, regulate excessive thirst and fluid loss, while *Sita* provides immediate cooling and demulcent effects[22,23].

### 6.3 *Shrama-hara* (Relief from Fatigue)

*Raga Shadava* is traditionally indicated in *Shrama* (fatigue) and *rasa kshaya*, conditions characterised by depletion of fluids and nutrients. The juice form directly nourishes *Rasa Dhatu*, providing rapid energy replenishment. Modern evidence supports this effect through the formulation's polyphenol-rich antioxidant matrix, comprising anthocyanins, flavonoids, tannins, phenolic acids, and vitamin C derived from fruits like *Vrikshamla, Jambu,* and *Parushaka*. These compounds collectively neutralise reactive oxygen species and inhibit lipid peroxidation, thereby alleviating oxidative fatigue[24,25].

### 6.4 *Hridya* (Cardioprotective Synergy)

Classical texts uniformly describe *Raga Shadava* as *Hridya*, not by direct cardiac stimulation but through systemic nourishment, metabolic regulation, and unobstructed circulation. Fruits such as *Vrikshamla* and *Parushaka* are traditionally recognised for their *Hridya* and *Brimhana* properties, while modern studies corroborate their role in endothelial protection, lipid regulation, and nitric oxide modulation[26]. *Vrikshamla* has cardiotonic effects due to the presence of Garcinol-enriched fraction (GEF) in the fruit rind of *Garcinia indica*[27]. *Jambu* contributes through glycaemic control and inhibition of lipid oxidation, thereby reducing cardiovascular risk factors. *Til Taila*, rich in sesamin, sesamol, and tocopherols, supports myocardial integrity and vascular elasticity[28,29]. *Saindhava Lavana*, uniquely described as *Hridya* and *Avidahi*, enhances circulation without aggravating *Pitta*, distinguishing it from other salts[30]. The *Prakshepa Dravya*, *Nagara* and *Rajika* enhance microcirculation, reduce inflammation, and prevent metabolic stagnation, indirectly strengthening cardiac function[31].

### 6.5 *Pandu* (Anaemia)

*Raga Shadava* is indicated in *Pandu* (anaemia) due to its ability to restore *Rasa* and *Rakta Dhatu*. *Jambu* and *Parushaka*, rich in iron-supportive polyphenols and vitamin C, enhance nutrient absorption, while *Saindhava Lavana* improves digestion and assimilation. The formulation thus addresses fatigue, pallor, and debility through nutritional and metabolic pathways rather than pharmacological iron supplementation.

### 6.6 *Chhardi Nigrahana* (Antiemetic Properties)

The combination of *Laghu* fruits, *Saindhava Lavana*, and *Nagara* stabilises gastric function, reduces nausea, and prevents vomiting (*Chhardi*). *Falsa* have antiemetic effect due to the alcoholic extracts present in it[32]. Ginger exhibits the antiemetic property due to the presence of gingerols and [6]-shogaol[33].

## 7. Conclusion

As per the classics of *Ayurveda*, *Raga Shadava* is a food preparation described in liquid or semisolid, i.e. *Lehya* forms. There is also variation in the ingredients according to different authors. *Ayurvedic* manuscripts reliably describe it as a *Pathya Kalpana* with *Deepana, Rochana, Brimhana,* and *Hridya* properties. It enhances *Agni*, balances *Tridosha* and promotes hydration and vitality. This is specifically indicated during *Grishma Ritu* in *Ayurvedic* scriptures, with proven digestive, cardiotonic, and restorative actions. By relating classical concepts with contemporary scientific evidence on its ingredients, this review highlights the relevance of *Ayurvedic* dietary preparations in health promotion and disease prevention and provides a foundation for future experimental and clinical research.

## 8. Scope for Future Research

Despite its presence in multiple classical *Ayurvedic* texts, *Raga Shadava* remains an unexplored dietary formulation. To date, no comprehensive developmental, analytical, or clinical study has been conducted to evaluate its nutritional composition, therapeutic efficacy, or pharmacological properties. Given its *Deepana* (appetiser) and *Pachana* (digestive stimulant) qualities, as well as its relevance in managing various

ailments mentioned in traditional texts, there is a compelling need for interdisciplinary research. Future studies should focus on well-designed clinical trials to evaluate the therapeutic efficacy of *Raga Shadava* in the management of various disease conditions as indicated in classical *Ayurvedic* texts.

## 9. References


1. Paradakara HS. *Ashtanga Hridaya* of Vagbhatta. *Sutrasthana*, Chapter 3, Verse 30. Reprinted. Varanasi: Chaukhambha Surabharati Prakashana; 2010. pp. 38.
2. Ministry of *AYUSH*, Government of India. NAMASTE Portal – Ayurveda. https://namstp.ayush.gov.in/Ayurveda
3. Monier-Williams M. A Sanskrit–English Dictionary. Volume 2. Oxford: Clarendon Press; 2021, pp. 1270.
4. Sushruta. *Sushruta Samhita*. *Sutra Sthana*, *Annapanavidhi Adhyaya* 46/367. Murthy KRS, translator. Volume 1. Varanasi: Chaukhambha Orientalia; 2007. pp. 429.
5. Charaka. *Charaka Samhita*. *Sutrasthana, Annapana Vidhi Adhayaya*, 27/279. Ayurveda Deepika commentary by Chakrapani Datta. Varanasi: Chaukhambha Orientalia;2023.
6. Agnivesha. *Charaka Samhita* with *Ayurveda Dipika* commentary of Chakrapani Datta. Acharya YT, editor. *Sutra Sthana, Annapanavidhi Adhyaya* 27/281. Reprinted. Varanasi: Chaukhambha Surabharati Prakashan; 2000. pp. 169.
7. Sushruta. *Sushruta Samhita* with *Nibandha Samgraha* commentary of Dalhana and *Nyayachandrika Panjika* of Gayadasa. Acharya YT, Acharya NR, editors. *Sutra Sthana, Annapanavidhi Adhyaya* 46/383. 7th ed. Varanasi: Chaukhambha Orientalia; 2002. pp. 241.
8. Sushruta. *Sushruta Samhita*. *Sutra Sthana, Annapanavidhi Adhyaya* 46/372. Murthy KRS, translator. Vol 1. Varanasi: Chaukhambha Orientalia; 2007. pp. 431.
9. Vagbhata. *Ashtanga Hridaya* with *Sarvangasundara* commentary, *Sutra Sthana*, Chapter 3/ 30. https://vedotpatti.in/samhita/Vag/ehrudayam/?mod=readSarvangasundari
10. *Abhidhanamanjari*. *Shukadhanayadi Varga* 7/910. E-Nighantu. https://niimh.nic.in/ebooks/e-Nighantu/abhidhanamanjari
11. *Abhidhanaratnamala*. *Amlaskandha* 2/14–15. E-Nighantu. https://niimh.nic.in/ebooks/e-Nighantu/abhidhanaratnamala
12. *Kaiyadeva Nighantu*. *Krutannavarga* 5/95–96. E-Nighantu. https://niimh.nic.in/ebooks/e-Nighantu/kaiyadevanighantu
13. *Dravyagunasangraha*. *Krutannavarga* 11/29–30. E-Nighantu. https://niimh.nic.in/ebooks/e-Nighantu/dravyagunasangraha
14. *Madhavadravyaguna*. *Panabhaksha Varga* 27/30–32. E-Nighantu. https://niimh.nic.in/ebooks/e-Nighantu/madhavadravyaguna
15. *Rajavallabha Nighantu*. 3/494. E-Nighantu. https://niimh.nic.in/ebooks/e-Nighantu/rajavallabhanighantu
16. *Siddhamantra Nighantu*. 7/151. E-Nighantu. https://niimh.nic.in/ebooks/e-Nighantu/siddhamantra
17. *Shodhala Nighantu*. Khanda 2, Krutannavarga 23/995. E-Nighantu. https://niimh.nic.in/ebooks/e-Nighantu/shodhalanighantu
18. *Shodhala Nighantu*. Khanda 2, Krutannavarga 23/996. E-Nighantu. https://niimh.nic.in/ebooks/e-Nighantu/shodhalanighantu
19. Azmat F, Safdar M, Ahmad H, Khan MR, Abid J, Naseer MS, Aggarwal S, Imran A, Khalid U, Zahra SM, Islam F. Phytochemical profile, nutritional composition J. Berry Res. of pomegranate peel and peel extract as a potential source of nutraceutical: a comprehensive review. Food Sci Nutr. 2024; 12(2):661-674. https://doi.org/10.1002/fsn3.3777 PMid: 38370077 PMCid: PMC10867480.
20. Chatterjee A, Yasmin T, Bagchi D, Stohs SJ. Bactericidal effects of *Lactobacillus acidophilus*, garcinol and Protykin® against *Helicobacter pylori*. Mol Cell Biochem. 2003; 243:29–35. https://doi.org/10.1023/A:1021649427988 PMid: 12619886.
21. Sarker A, Ghosh A, Sarker K, Basu D, Sen DJ. Halite; the rock salt: enormous health benefits. World J Pharm Res. 2016; 5(12):407-416.
22. Khan RS, Asghar W, Khalid N, Nazir W, Farooq M, Ahmed I, Syed QA. *Phalsa* (*Grewia asiatica* L) fruit berry, a promising functional food ingredient: a comprehensive review. J Berry Res. 2019; 9(2):179-193. https://doi.org/10.3233/JBR-180332
23. Van Belzen L, Postma EM, Boesveldt S. How to quench your thirst. The effect of water-based products varying in temperature and texture, flavour, and sugar content on thirst. Physiol Behav. 2017; 180:45-52. https://doi.org/10.1016/j.physbeh.2017.08.007 PMid: 28811190
24. Abate M, Pagano C, Masullo M, Citro M, Pisanti S, Piacente S, Bifulco M. Mangostanin, a xanthone derived from *Garcinia mangostana* fruit, exerts protective and reparative effects on oxidative damage in human keratinocytes. Pharmaceuticals. 2022; 15(1):84. https://doi.org/10.3390/ph15010084 PMid: 35056141 PMCid: PMC8780152.
25. Bijauliya RK, Alok S, Singh M, Mishra SB. Morphology, phytochemistry and pharmacology of *Syzygium cumini* (Linn.)-an overview. Int J Pharm Sci Res. 2017; 8(6):2360-2371.
26. Akram Z, Perveen R, Siddiqi HS, Hussain M, Imam S, Abrar H, Mahmood SM. Pharmacological basis for the antihypertensive activity of *Grewia asiatica* fruit extract. Pak J Pharm Sci. 2021; 34(4).
27. Barve K. Garcinol enriched fraction from the fruit rind of *Garcinia indica* ameliorates atherosclerotic risk factor in diet induced hyperlipidemic C57BL/6 mice. J. Tradit. Complement. Med. 2021; 11(2):95-102. https://doi.

org/10.1016/j.jtcme.2019.11.001 PMid: 33728268 PMCid: PMC7936105.
28. Vennila L, Pugalendi KV. Efficacy of sesamol on plasma and tissue lipids in isoproterenol-induced cardiotoxicity in Wistar rats. *Arch. Pharmacal Res.* 2012; 35(8):1465-1470. https://doi.org/10.1007/s12272-012-0817-0 PMid: 22941490.
29. Sankar D, Sambandam G, Rao MR, Pugalendi KV. Sesame oil exhibits additive effect on nifedipine and modulates oxidative stress and electrolytes in hypertensive patients. J Nutraceuticals Funct Med Foods. 2005; 4(3-4):133-145. https://doi.org/10.1300/J133v04n03_09
30. Khandelwal N, Dhundi S, Yadav P, Prajapati PK. *Lavana* (salt): an *ayurvedic* outlook on *saindhava* (rock salt). Indian J Anc Med Yoga. 2012; 5(2):95-101.
31. Mustafa I, Chin NL, Fakurazi S, Palanisamy A. Comparison of phytochemicals, antioxidant and anti-inflammatory properties of sun-, oven- and freeze-dried ginger extracts. Foods. 2019; 8(10):456. https://doi.org/10.3390/foods8100456 PMid: 31590464 PMCid: PMC6835366.
32. Kaur S, Shams R, Dash KK, Pandey VK, Shaikh AM, Harsányi E, Kovács B. Phytochemical and pharmacological characteristics of *phalsa* (*Grewia asiatica* L.): a comprehensive review. Heliyon. 2024; 10(2). https://doi.org/10.1016/j.heliyon.2024.e25046 PMid: 38312640 PMCid: PMC10835009.
33. Kazi-Chishti M, Syed WH, Chishti N. Exploring herbal nutraceuticals: unlocking potential in nausea and vomiting prevention-a comprehensive review. Bull. Pharm. Sci. Assiut Univ. 2024; 47(2):723-749.

## Author Contribution

Dr Vineeta Singh: Conceptualisation, Methodology/ Study design, Formal analysis, Resources, writing original draft, writing review and editing; Prof. Mangalagowri V. Rao: Conceptualisation, Methodology/ Study design, Formal analysis, Resources, writing review and editing. All authors have read and agreed to the published version of the manuscript.