

A Conceptual Study On The Medicinal Properties Of Badam (Prunus Amygdalus Batsch)

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Abstract: - Ayurveda not only deals with herbs but also guided humanity about every creature. The ancient Ayurvedic texts well elaborated the properties of herbs, shrubs, trees, vegetables, fruits & dry fruits. The dry fruits a major source of energy and can be consume any time; but Ayurveda suggests the best time, condition of consuming dry fruit for shake of more health benefits. Badam (Prunus dulcis Batsch) is very common dry fruit and used frequently among peoples having wonderful health benefits. Let's focus on them.

Keywords: - Ayurveda, Charaka Samhita, Sushruta Samhita, Astang Hridaya, Sukravardhaka, Guna-Karma etc.

Introduction

Ayurveda not only deals with herbs but also guided humanity about every creature. The ancient Ayurvedic texts well elaborated the properties of herbs, shrubs, trees, vegetables, fruits & dry fruits. The dry fruits a major source of energy and can be consume any time; but Ayurveda suggests the best time, condition of consuming dry fruit for shake of more health benefits. There is group of certain herbs whom parts can be used in form of dry fruits¹ i.e.

Badam, Chironji, Khurmani, Chigoja etc. Mainly the fruit kernel part and seeds of plant is consumed in dry form. Almost all the dry fruits are mentioned in different Vargas of Samhitas and Nighantus. The Badam (Prunus amygdalus Batsch) is very common dry fruit and used frequently among peoples having wonderful health benefits. The Badam (Prunus amygdalus Batsch) is Shukravardhaka², Balya³, and Shrestha Vatanashaka⁴ as suggested by ancient Acharyas.

Classical categorization of Badam (Prunus amygdalus Batsch)

S. N.	Classical text	Gana & Varga	S. N.	Classical text	Gana & Varga
1.	Charaka Samhita ⁵	Phala Varga	2.	Bhavaprakash Nighantu ⁸	Amradi Varga
3.	Sushruta Samhita ⁶	Phala Varga	4.	Madanpala Nighantu ⁹	Phala Varga
5.	Astang Hridayam ⁷	Phala Varga			

Vernacular Names of Badam (Prunus amygdalus Batsch)¹⁰

S. N.	Language	Names
1.	Sanskrit	Vatad
2.	Hindi	Badam

3.	Tamil	Badumahe
4.	Arbi	Lojal
5.	English	Almond

Synonyms of Badam (*Prunus amygdalus* Batsch) in different Classical texts

S. N.	Synonyms	C.S. ¹¹	S.S. ¹²	A.H. ¹³	B.P.N. ¹⁴	M.P.N. ¹⁵
1.	Vatam	-	+	+	-	-
2.	Badam	+	+	+	+	+
3.	Vatad	-	+	+	+	+
4.	Vataveri	-	-	-	+	+
5.	Netropamphala	-	-	-	+	+
6.	Suphala	-	-	-	-	+

Action & uses of Badam (*Prunus amygdalus* Batsch) in different classical texts

S. N.	Classical text	Action & Uses
1.	Charaka Samhita ¹⁶	Difficult to digest, Balakaraka, Mamas-Shukravardhaka
2.	Sushruta Samhita ¹⁷	Brihana, Balya
3.	Astang Hridayam ¹⁸	Brihan, Vishtambhaka, Daha-Ksha-Urkshat-Vranashamaka, Rakta & Pitta Shudhikaraka 112
4.	Bhavaprakash Nighantu ¹⁹	Viryavardhaka, Ahitkara in Raktpitta
5.	Madanpala Nighantu ²⁰	Balya, Sukrkara, Vrishya, Madhumehahara, Shirshulanashaka, Twakarognashaka, Jeevaniya, Sangrahi & Ahitkara in Raktpitta

Rasapanchaka of Badam (*Prunus amygdalus* Batsch) in Different Classical texts

S. N.	Classical texts	Rasa	Guna	Virya	Vipaka	Dosh-Karma
1.	Charaka Samhita ²¹	Madhura	Ushna, Snigdha	-	-	Vatashamaka, Kapha-Pittavardhaka
2.	Sushruta Samhita ²²	Madhura	Snigdha, Guru	Ushna	-	Vataghna, Pitta-Sheshmhara
3.	Astang Hridayam ²³	Madhura	Snigdha, Guru	-	Madhura	Kaphavardhaka, Shrestha Vatanashaka
4.	Bhavaprakash Nighantu ²⁴	Madhura	Snigdha	Ushna	-	Vatanashaka, Kaphakarka
5.	Madanpala Nighantu ²⁵	Madhura	Guru, Snigdha	Ushna	-	Vatanashaka, Kaphavardhaka

Therapeutic indications²⁶

- Netra Roga, Krishta, Dantroga, Ksheenshukra etc.

Therapeutic uses

1. Rich source of protein can be useful for children²⁷.

2. Dantmanjan: By burning the shell of almond, it is used as toothpaste²⁸.

3. Brihan: Badampaaka is used in Hemant-Shishra Ritu as an energy source²⁹.

4. Lower Cholesterol: Eating almonds helps to lower levels of the bad kind of cholesterol, called low-density lipoprotein (LDL), and increase levels

of the good kind, high-density lipoprotein (HDL) cholesterol³⁰.

5. Lower Blood Pressure: Almonds can help lower your systolic blood pressure, which offers even more protection against heart disease³¹.

6. Stronger Bones: Almonds have calcium and phosphorus, which improve bone health and can protect you from fractures³².

7. Blood Sugar Control: Almonds seem to help curb blood sugar spikes after meals, which is keys for people with diabetes³³.

8. Antioxidants: Antioxidants help protect against oxidative stress, which can damage molecules in your cells and contribute to inflammation, aging and diseases like cancer³⁴.

Useful Part³⁵

- Seeds
- Seed Kernel

Dosage³⁶

- **Seed Powder** – 3-5gm
- **Seed oil** – 3-10 ml
- **Seed** – 7-10

Discussion

Herbs are the most important part of human life either in fresh form or dry. In most of the cases fresh herbs are more fibrous and nutritious and in dry form they become enriched source of energy, fat, sugar, nutrients, vitamins, etc. The Badam (*Prunus amygdalus* Batsch) is very common dry fruit and used frequently among peoples either raw or in form of milk, oil, deserts etc. The Badam³⁷ (*Prunus amygdalus* Batsch) is considered as Madhura-Rasa, Ushna-Virya, Snigdha-Guru-Guna, Pitta-Kaphavardhaka, Shrestha Vatanashaka and Madhura-Vipaki in many ancient Ayurvedic Classical texts. The properties of Badam (*Prunus amygdalus* Batsch) are specially elaborated in Phala Varga of

Brihtryee Granths. On studying its properties, it is Prithvi Mahabhuta Pradhana and is responsible for the growth of body in every aspect. With the help of its Madhura-Rasa, Snigdha-Guru-Guna & Madhura-Vipaka; it is capable of treating Vataja Roga and promote health, weight, glow, smoothness in the body. The Ushna-Virya of Badam (*Prunus amygdalus* Batsch) is somewhere can vitiated Pitta Dosha and prone to cause Pittaj Vyadhi. If it is taken along with milk it is probably give strength & clam to the body. Also, its Madhura-Rasa, Snigdha-Guru-Guna & Madhura-Vipaka helps in the nourishment of Saptdhatu in the body especially Sukradhantu³⁸ that is the reason many Acharya advised it in Ksheensukra. In short it is complete food while consuming wisely.

Conclusion

The Badam (*Prunus amygdalus* Batsch) is enriching source of energy & having very high nutritive value. One should add this in daily regimen and more research or clinical trials are needed for proving its efficacy in Shaptdhatu Poshana; So that an authenticated data can be collaborated on the modern parameters to establish the efficacy of Ayurvedic flora and fauna.

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