

MEDICINAL USES OF *VITIS VINIFERA* IN UNANI SYSTEM OF MEDICINE: AN OVERVIEW**Dr. Zeshan Haider Rizvi^{*1}, Mohd Naime², Jamal Akhtar³ and Maqbool Ahmad Khan⁴**^{1,2,4}Central Research Institute of Unani Medicine, Lucknow.³Central Council for Research Institute of Unani Medicine, New Delhi.***Corresponding Author: Dr. Zeshan Haider Rizvi**

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ABSTRACT

Grape (*Vitis vinifera*) are known as angoor in Unani and *draakshaa* in Ayurvedic system of medicine. *Vitis vinifera* is a eternal woody, climbing shrub or more rarely a tree belongs to family Vitaceae. Grapes are mostly used as fresh fruit, dried fruit, wine and juice production but due to its medicinal properties it is use in treatment of many diseases such as *bawaseer* (piles), Chronic bronchitis, hepatopathy, *faqr-ud-dam* (anaemia), dyspepsia etc. Recent studies on *vitis vinefera* shows that it have antioxidant, antimicrobial, analgesic and anti-inflammatory properties. Grape vine contains biflovonoids (Vitamin P), thiamine, niacin, Procyanidins B₁ and B₂ etc. It is cultivated extensively in north western India specially Bengal, Himachal and Andra Pradesh.

KEYWORDS: *Vitis vinifera*, angoor, Unani.**INTRODUCTION**

The plant is well-known as grape vine. The name vine is derived from Viere (to twist), referring to the twisting habits of the plant. *Vitis*, is the latin name of Celtic origin.^[1] Plant is famous for its fruiting berries, grape grows in clusters. According to Grieve (1974.p.832) vine is frequently mentioned in the scriptures from the time of prophet Noah (P.B.U.H) onwards.^[1]

Quranic verses

Surah An'am — 6. V: 99; Surah Nahl — 16.V:11 and V: 67; Surah Bani - Israel — 17.V:91; Surah Kuhnif -18. V: 32; Surah Yasin -36. V: 34; Surah Nabaa - 78. V: 31-32; Suruh Muminun -23. V: 19; Surah Abasa — 80. V: 28. Surah Raad - 13. V: 4; Surah Baqrah- 2. V: 266².

Habitat and distribution

Out of Europe the wine is grown in every country with suitable climate eg Australia, the cape, California, other part of N. America.^[1] Their ancient origin and widespread popularity is established by the archaeological finds of fossilized leaves, stem pieces and seeds discovered from Miocene and Tertiary deposits of continental Europe, England, Iceland and North America. The seeds found in the remains of the Swiss lake-dwellings or the Bronze Age and entombed with the mummies in Egypt closely resemble the seeds of, perhaps, the most extensively cultivated species of today. Details of grape and wine production are mentioned in the records of Egyptian hieroglyphics, dating 2400 B.C. In Greece, grape-wine was common consumable

liquor in the time of Homer (c. 700 B.C.). In the Bible, a reference has been made to the vineyard planted by Noah. In India, grapes have been mentioned along with many other plants by *Charaka* and *Sushruta* in their early medical treatises though little information on their cultivation was available prior to the Mohammedan conquest of the country.^[3]

It is cultivated extensively in north western India,^[4,20] and peninsula specially Bengal, Himachal, Kashmir,^[5] Maharashtra and Andhra Pradesh.^[6] It is found wild in north- western Himalaya,^[4] Baluchistan and Afghanistan.^[11]

**Image: *Vitis Vinifera*****Family:** Vitaceae.

Vernacular Names

Sanskrit- *Draksha*.^[11] **Hindi-** *Angur*.^[11] **Bengali-** *Angurphal, drakhyaluta*.^[6] **Gujrati-** *Drakh, Darak*.^[8] **Tam-** *Kodimundari, Gostanidraksha*.^[11] **Malyalam-** *Mundari, Gostani*.^[9] **Arabic-** *Inab*.^[4] **Ayurvedic-** *Draakshaa, Gostani, Mrdvikaa*.^[5] **Quranic Name-** *Inab*.^[3] **Siddha-** *Draksha*.^[5] **Telegu-** *Draksa*.^[12] **Unani-** *Angoor, Persian-* *Kishmish*.^[7] **Raisins** – *Kismis, kishmish, Drakshai, Sougi, Daakh, Munnakaa*.^[11]

Part Used

Fruit,^[2,11] ripe, unripe and partly dried ones (raisins), leaves,^[11] dry fruit and flowers.^[12]

Botanical Description

It is a shrub or more rarely a tree with a thick trunk and numerous long, tortuous, irregular straggling branches, somewhat thickened at nodes, dark brown.^[1] flowers are green, fragrant and grows in cluster;^[6] leaves are orbicular 3-5 lobed,^[9] fruit a berry, sticky and pulpy, dark brown to black; oblong or oval, sometimes spherical; 1.5-2.5 cm long and 0.5-2.5 cm wide; outer skin irregularly wrinkled forming ridges and furrows; usually contain 1-4 seeds, 4-7 mm long, ovoid rounded to triangular or simply ovoid, brown to black, odour, sweetish and pleasant; taste, sweet.⁵

Mizaj

Ripe: *Garam wa tar* in 1st degree.^[13,14,15]

Unripe: *Sard wa khushk*.^[14,15] due to its *hamuzat wa qabziyat*.^[14]

Unripe: *Sard wa khushk*.^[16]

Afaal

Raisins (dried grape) are *mulayyan* (laxative), *mulattif* (demulcent *munaffis* (expectorant).^[3,4,11] attenuant, nutritious and *musaffi khoon* (blood purifier),^[11] *mubarrid* (refrigerative),^[1] and are more *mulayyan* (laxative) than fresh fruit.^[18]

Juice of unripe grapes and leaves are *qabiz* (astringent).^[11,20]

Flower - *Munaffis* (Expectorant), *muqawwi jigar* (tonic to liver) and *mudir haiz* (emmenagogue).^[2]

Angoor kham: *Muqawwi* (tonic),^[10] and *daf e tahaffun* (antiseptic),^[18] *Mughazi*,^[13] *kaseer tagziya Qabiz*. (constipative),^[16] *mulattif* (demulcent), *mubarrid* (refrigerative),^[8,11] *habis ud dam* (haemostatic), restorative tonic,^[9,10] emollient, intellect promoting, *muqawwi qalb* (cardiotonic), haematonic, *muqawwi baah* (aphrodisiac), rejuvenating, *muqawwi e asab* (nervine tonic), *daf e tashannuj* (antispasmodic), *munaffis* (expectorant), *hazim* (digestive), *muqawwi meda* (stomachic), *musammin badan* (adipogenous for whole of the body).^[15,16] *mulayyan batan* (laxative, aperient),^[16] *mughazi*,^[16] *munzij* (concoctive), *muqawwi badan*, *moallid khoon saleh*, *muddir baul*.^[16]



Image: vitis vinifera seeds

Seeds- *Mubarrid* (refrigerative), *qabiz* (astringent to the bowels) and *muqawwi baah* (aphrodisiac).^[2]

Uses

Image: vitis vinifera leaves

Leaves - Juice cures *bawaseer* (piles), *warm e tihal* (inflammation of the spleen), *suda* (headache), *jarab* (scabies), stops bleeding from the mouth,^[2] used as an eye wash,^[9] *ishal* (diarrhoea), *nafs uddam* (haemorrhage), *dawali* (varicose veins),^[9] *taqteer-ul-baul* (strangury), skin diseases and *azame tihal* (splenomegaly).^[10]



Image: vitis vinifera flower

Flower - Chronic bronchitis,^[2] hepatopathy, *faqr-ud-dam* (anaemia), *ehtebas-e-tams* (amenorrhoea) and dysmenorrhoea.^[10]

Ashes - The ashes of the Stem are good for joint pains, *bawaseer* (piles), swelling of the testicles, and *hasat e masana* (stones in the bladder),^[2] and *waram-e-unsayain* (orchitis),^[10] Seeds Ash is applied in inflammation.^[2]

Grapes are beneficial in, heart diseases, bright's disease, gout, wasting diseases, cases of bilious dyspepsia, dysuria^[11], cachexia, cancer, cholera, small pox, dropsy, hoarseness, nausea,^[9] putrid fever, dysentery,^[18] burning sensation, constipation, amentia, cardiac debility, emaciation, leprosy, colic, flatulence, cough, asthma, ophthalmopathy, pharyngopathy, general debility,^[10] fattens the body, recommended to weak people,^[2] reduces capillary permeability, heavy menstrual bleeding and uterine haemorrhage,^[8] Fresh grapes are aphrodisiac,^[21] Strained juice is given to children for constipation during teething and also to prevent convulsions. Grape juice was formerly used in Europe in epilepsy. It is also useful for thrush in children also invaluable in severe colds and fevers. Juice of sour grapes is used for bruises and sprain.^[11] The powder of *Terminalia chebula* may be used orally after mixing it with the juice of grapes in the management of cyst-tumor (granthi - arbuda),^[22] Raisins are useful in catarrh and sub acute cases of enlarged liver and spleen,^[11] thirst.^[9]

The sap of branches is used in ophthalmia and throat infections,^[9] and used as a remedy for skin diseases.^[3,8,20]

Musleh

Kateera (*Sterculia urens* Roxb.), *Zarishk*, (*Berberis vulgaris*),^[15] *injeer* (*Ficus carica* Linn), *anisun* (*Pimpinella anisum* L fruit), *kasir riyah advia* (carminative drugs).^[16]

Angoor *Tursh*: *Unnab* (*Zizyphus Jujube* Mill), *Anar sheeren* (*Punica granatum* L fruit).

Badal

Kham angoor- Rebas. (*Rheum emodi* Wall.),^[17] *Munaqqa*.^[15,16,17]

Miqdar E Khuraq

Dried mature fruits 5- 10 gm.^[7]

Mashoor Murakkabaat

1. Sharbat angoor.
2. Majoon maweez
3. Majoon zabeeb.^[16]
4. Majoon kalkalanaj.^[12]

Chemical Constituents

Grape vine contains flavonoids, tannins, tartrates, inositol, carotenes, choline and sugars. The fruit contains tartaric and malic acids, sugars, pectin, tannin, flavone glycosides, vitamins A, B₁, B₂, C and minerals.^[7]

Fruits: A good source of biflavonoids (Vitamin P), malic acid and tannic acid; dehydroascorbic acid, cholesterol, ergosterol and beta-sitosterol.

The leaves contain thiamine, niacin, biotin, tocopherol, hulme, hexokinase, catalase and polyphenyl oxidase.^[23]

Seeds: Procyanidins B₁ and B₂; oleanolic acid and beta-sitosterol glucoside.^[4]

Recent Studies

Vitis vinefera is known to be having hepatoprotective,^[25] antioxidant,^[26] antimicrobial,^[27] analgesic and anti-inflammatory,^[28] and antiherpetic properties against HSV-1.^[24]

CONCLUSION

Vitis vinifera has been used by ancient Unani physicians from centuries ago because of its medicinal properties. It is also found to be effective by different phytochemical, experimental and clinical studies carried out on modern parameters. Hence claims of Unani physicians are found to be true but further studies are needed to explore its other medicinal and useful properties.

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