A Comprehensive Review of Tinduka 
(Diospyroseembryopteris Pers.)

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ABSTRACT: Tinduka is a lesser-known plant which though finds mention in Ayurvedic Classics for its therapeutic uses such as wound healing, styptic, against female disorders and anti-diarrhoeal action. The various parts of Tinduka have different therapeutics. The fruit is stated to be kapha-pittaghna, it is astringent sweet and laghu in guna. The decoction of bark is orally taken in Udarda, skin affections, urticaria and similar allergic conditions. A paste of bark is also applied on skin diseases, particularly eruptions and glandular affections. This abstract aims to provide a concise overview of Tinduka as described in Ayurvedic and contemporary sciences.

KEYWORDS: Tinduka, ripe fruit, unripe fruit, bark, styptic, astringent, female disorders

INTRODUCTION: The traditional Indian system of medicine encompasses a vast array of medicinal plants that have been utilised for centuries to promote health and well-being. One such plant is Tinduka. It is an evergreen tree, medium-sized or small with many spreading branches forming a shady crown near the ground, quite-glabrous from ebenaceae family.

REVIEW OF AYURVEDIC LITERATURE ON TINDUKA
Table no 1.1 References of Tinduka in Charaka Samhita\textsuperscript{[1]}

<table>
<thead>
<tr>
<th>Sr. No</th>
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<tbody>
<tr>
<td>1.</td>
<td>C.S.Su.4/43</td>
<td>Udardaprashamana Mahakashyaya</td>
<td>Against Udarda (Urticaria)</td>
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<td>2.</td>
<td>C.S.Su. 25/40</td>
<td>Tinduka phala</td>
<td>Causes anorexia</td>
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<td>3.</td>
<td>C.S.Su.25/49</td>
<td>Asava prepared from the sara (heartwood) of Tinduka</td>
<td>Promotes strength, digestives, alleviates sleepness, anxiety and anorexia</td>
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<td>4.</td>
<td>C.S.Su. 27/147</td>
<td>Phala</td>
<td>Kapha-Pittaghana, astringent, sweet and light</td>
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<td>5.</td>
<td>C.S.Vi.8/144</td>
<td>KashayaSkandha</td>
<td>Enema treatment in various KaphaPaittik disorders</td>
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<td>6.</td>
<td>C.S.S.8/47</td>
<td>Kastha (wood)</td>
<td>In Sutikagaraparicharya a used for fire burning</td>
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<td>7.</td>
<td>C.S.Ci.14/10</td>
<td>Tinduka Phal</td>
<td>Shape of samanyaarsha</td>
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<td>8.</td>
<td>C.S.Ci. 30/79</td>
<td>Tinduka along with other drugs like Dhataki, leaves of Amalaki etc sidhatalam, Dhatakyaditailam</td>
<td>Cures sliminess as well as exudation from the genital tract. Acts against yonivyapad like Vipluta, Upapluta. Cures Uttana (prolapse of uterus), unnata (upward displacement of uterus) and odema accompanied with pustular growth as well as pricking pain.</td>
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## Charaka Samhita- Kalpasthana[^1]

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<td>9.</td>
<td>C.S.Ka.1/8</td>
<td>Tinduka Vriksha</td>
<td>Described under vegetation of Jangal desha</td>
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<td>10.</td>
<td>C.S.Ka.12/91</td>
<td>Phala of Tinduka</td>
<td>Maan (unit of weight of measurement)</td>
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## Table 1.2 References of Tinduka in Sushruta Samhita[^2]

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<tr>
<td>1.</td>
<td>S.S.Su.12/25</td>
<td>KandaTwak of Tinduka</td>
<td>Atidaghada pralepana</td>
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<td>2.</td>
<td>S.S.Su.38/48</td>
<td>Nygrodhadi gana</td>
<td>Sangrahi, bhagna sandhankara, raktpittahara, dahanara, medohara</td>
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<td>4.</td>
<td>S.S.Su.46/163</td>
<td>PakvaPhala</td>
<td>Description of properties of pakvaphala-Kshayarasapradhana Kaphapittahara, ruksha, madhura</td>
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<td>5.</td>
<td>S.S.Su.46/168</td>
<td>Apakvaphala</td>
<td>Description of properties of Aam phala- Sangrahi, Vatakopana and Pakva phala- Kapha-Vatahara</td>
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</tbody>
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[^1]: Charaka Samhita- Kalpasthana
[^2]: Table 1.2 References of Tinduka in Sushruta Samhita
<table>
<thead>
<tr>
<th>Sushruta Samhita Chikitsasthana^{b]</th>
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<td>8.</td>
<td>Su.Chi.2/84</td>
<td>Apakvaphalasidhasidha tailam</td>
<td>Vrana ropana</td>
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<td>10.</td>
<td>Su.Chi.11/12</td>
<td>Kwatha of Tinduka, Kapittha, Shirisha, Palasha, Patha, Murva and Dusparsha with madhu</td>
<td>Hastimeha chikitisa</td>
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<td>11.</td>
<td>Su.Chi.21/6</td>
<td>Tinduka along with triphala lodhra, amrataka Siddhatalam</td>
<td>Kumbhika (shukadosha) chikitisa</td>
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<td>12.</td>
<td>Su.Chi.21/10</td>
<td>Tinduka along with Dhava, Ashvakarna, Pattanga and Shalaki, siddhatalam</td>
<td>Avamantha (shukadosha) chikitisa</td>
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<td>13.</td>
<td>Su.Ut.21/46</td>
<td>Kwatha of Tinduka, Haritaki, Lodhra, Samanga and Amalaki along with Kapittha swaras and madhu</td>
<td>Karnapurana in Karnasrava</td>
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<td>14.</td>
<td>Su.Ut.31/5</td>
<td>Ghrita sidha with Dhava, Ashwakarna, Kakubha, Dhataki, Tinduka, drugs of Kakolyadigana</td>
<td>Rewatipratisheada (graha)</td>
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<td>15.</td>
<td>Su.Ut.39/186</td>
<td>Kwatha prepared with Saptacchada, Guduchi, Nimba and Saphurjaka (synonymn of Kaphaj jwara)</td>
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<td>16.</td>
<td>Su.Ut.40/41</td>
<td><em>Kandatwaka</em> of Tinduka along with Aralu, Dadima, Kutaja, Shami</td>
<td><em>Aamaja atisara</em></td>
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<td>17.</td>
<td>Su.Ut.60/36</td>
<td><em>Pushapa</em> of <em>Atimuktaka</em> (synonym of Tinduka) Kunda and Kamal</td>
<td><em>Yakshya graha shanti</em></td>
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Table no 1.3 References of Tinduka in Ashtang Hridyam[^3]

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<td>1.</td>
<td>A.H.Su.15/41</td>
<td><em>Nygrodhadi gana</em></td>
<td><em>Vrana shodhana-ropana, sangrahi, bhagna sadhana, meda, pitta asra, trishna, daha, yoniroga nashak</em></td>
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<td>2.</td>
<td>A.H.Ch.12/12</td>
<td><em>Raga/ Shadava</em> preparation made from Kapitha, Tinduka and Jamun</td>
<td><em>Prameha pathya</em></td>
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<td>A.H.Ka.6/26</td>
<td><em>Phala</em></td>
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<td>A.H.Ut.32/22</td>
<td><em>Tinduka swaras</em></td>
<td><em>Vyanga rogahara lepa</em></td>
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<td>4.</td>
<td>A.H.Ut.34/10</td>
<td><em>Tindukadi siddha tailam</em></td>
<td><em>In Kumbhika chikitsa after raktaveschana of the vrana</em></td>
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<td>5.</td>
<td>A.H.Ut.34/51</td>
<td>Tinduka along with Relieves yonivyapad</td>
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[^3]: International Journal for Multidisciplinary Research (IJFMR)
other drugs like Dhataki, leaves of Amalaki etc sidhatailam, Dhatakyaditailam like vipluta, uppaluta and safota

Table no 1.4 list of synonyms of Tinduka in nighantus

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**Pharmacodynamics of Tinduka**

**Table no 1.5 Pharmacodynamics of various parts of Tinduka**
VARIETIES OF TINDUKA

Table no 1.6 varieties of Tinduka in the Ayurvedic texts

<table>
<thead>
<tr>
<th>Grantha</th>
<th>Variety of Tinduka</th>
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<tr>
<td>Dhanwantari Nighantu¹⁶</td>
<td>Kakatinduka is considered as variants of Tinduka</td>
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<tr>
<td>Raja Nighantu¹⁷</td>
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<td>Kaiyadeva Nighantu¹⁸</td>
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<tr>
<td>Shaligram Nighantu²⁰</td>
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<tr>
<td>Madanpal Nighantu²¹</td>
<td>Vishatinduka is taken as variants of Tinduka</td>
</tr>
<tr>
<td>Nighantu Sangreha²²</td>
<td>Kakatinduka and tinduka as separate plants</td>
</tr>
<tr>
<td>Adarsh Nighantu²³</td>
<td>Mentions another spiny variety that has small fruit, unpalatable astringent taste and pungent; this fruit produces intoxicating effect.</td>
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Table no 1.7 Varieties of Diospyros used as Tinduka

<table>
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<tr>
<th>Sr no.</th>
<th>Varities of Diospyros used as Tinduka</th>
<th>English Name</th>
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<tbody>
<tr>
<td>1</td>
<td><em>Diospyros peregrina</em> (Gaertn.) Gurke <em>syn Diospyros embryopteris</em> Pers <em>Diospyros malabarica</em> (Desr) Kostel</td>
<td>Malabar ebony</td>
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<td></td>
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<td>Rubber ebony</td>
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<td>Indian Persimmon</td>
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<td><em>Diospyros melanoxylon</em> Roxb</td>
<td>Coromandel Ebony</td>
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<td>East Indian Ebony</td>
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<td>3</td>
<td><em>Diospyros paniculata</em> Dalz,</td>
<td>Panicle flowered Ebony</td>
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<td>4</td>
<td><em>Diospyros tomentosa</em> Roxb</td>
<td>Persimmon</td>
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<td>5</td>
<td><em>Diospyros montana</em> Roxb</td>
<td>Bombay ebony</td>
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Table no 1.8 Some classical therapeutics of bark, unripe and ripe fruit of Tinduka

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<tr>
<td>1.</td>
<td>Sangrahi</td>
<td>Atisaraghna</td>
<td>Sangrahi</td>
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<td>vranya</td>
<td>Asravikaranashna</td>
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<td>3.</td>
<td>Lekhan</td>
<td>raktastambhaka</td>
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CONCLUSION

The review of Ayurvedic literature on Tinduka furnishes ample references to explore its therapeutic uses of diseases. Tinduka by its pharmacodynamic properties of kashaya rasa pradhana and laghu-ruksha guna acts against kapha vitiation, thus listed to be useful in diseases like kapha pradhanayoni rogas (female disorders) like upapluta, vipluta (correlated with leucorrhoea in contemporary medicine), in prameha disorders like Shonitameha and Hastimeha in particular since it is Kapha-pittashamak. It is vranaya drug since it is styptic due to its Kashaya rasa, it promotes healing of the sadhyovrana (fresh wound) due to its astringent property. Due to its Kashaya rasa pradha and laghu ruksa guna it acts against vitiated kapha and pitta hence it is useful in skin diseases as well. The decoction of bark is orally taken in Udarda, skin affections, urticaria and similar allergic conditions those are kapha pitta pradhana. A paste of bark is also applied on skin diseases, particularly eruptions and glandular affections. Tinduka is atisaraghna due to its Sangrahi karma and kashaya rasa. These classical uses open a room for innovation for exploration of role of the drug, Tinduka in modern day diseases like I.B.S., female disorders, as antiseptic, and as antimicrobial agent. Tinduka is found to be of enormous therapeutic uses as stated in the Ayurvedic and contemporary texts. The drug can be explored further for its uses. The various varieties of Tinduka like Diospyros malabarica, D. cordifolia etc can be compared amongst themselves for their therapeutic uses.

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