



**ETHNOMEDICINAL AND TRADITIONAL USES OF *ELAEOCARPUS GANITRUS*
(RUDRAKSHA)**

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Abstract: In the present review, we integrate the botanical, phytochemical, ethnomedicinal, pharmaco-logical information on *Elaeocarpus ganitrus* belongs to family Elaeocarpaceae. The ancient Yogi's extensively explained about useful healing powers of Rudraksha bead. When time is passed over the year people gained Rudraksh beads as their healing and also as a fashion accessory. After this in the recent year scientific studies have been taken in India to determine the degree and mechanism of the healing powers of Rudraksha. In prestigious Indian Institute of Technology, Banaras, India, Dr. Subhas Rai published one of the best known research papers about Rudraksh. Some researcher confirmed that Rudraksha beads have dominant electromagnetic, paramagnetic and inductive properties. These properties describe the healing powers of Rudraksha bead. Furthermore it is retrieve to exhibit multifarious pharmacological activities like anti-inflammatory, analgesic, hypoglycemic, antiulcerogenic and very high antimicrobial activity. This review provides a scientific basis for pharmacological /medicinal properties and therapeutic uses of *Elaeocarpus ganitrus*.

Keywords: *Elaeocarpus ganitrus*, Rudraksha, Mukhi, Elaeocarpaceae, Phytochemistry, Pharmacological.

Introduction: Composition of a Rudraksha:

Active constituents present in Rudraksha are elaeocarpidine, isoelaecarpine, epiisoelaecarpiline, rudrakine, Flavonoids,

quercetin, phytosterols, fat, alkaloids, carbohydrates, ethanol, proteins, tannins, gallic acid and ellagic acid. Rudraksha is covered by a blue outer shell on ripening so it is also called blueberry bead. The percentage compositions of the gaseous elements present in a Rudraksha was determined by C-H-N Analyzer and by Gas chromatography. Rudraksha beads contain 50.031 % carbon, 0.95% nitrogen, 17.897% hydrogen and 30.53% oxygen.

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Description

Botanical classification

Kingdom: Plantae

(unranked): Angiosperms

(unranked): Eudicots

(unranked): Rosids

Order: Oxalidales

Family: Elaeocarpaceae

Genus: Elaeocarpus

Species: *E. ganitrus*

E. ganitrus belongs to genus *Elaeocarpus*, family *Elaeocarpaceae*. It is a plant from kingdom *Plantae*, division *Magnoliophyta*, *Magnoliopsida* class and order *Oxalidales*. The *Elaeocarpus* consists of about 12 genera and 350 species of trees and shrubs and are distributed in the tropical and subtropical regions but mainly it has about 36 sister species including *rudraksha*. Which are distributed in India, Southeast Asia, Malaysia, Southern China, Japan, Australia, New Zealand, Fiji and Hawaii.

The *Rudraksha* tree inhabits areas starting from Manila, Philippines and passing through Myanmar to entire North-East India, Bangladesh, Nepal and Bhutan. However, in present era, the *Rudraksha* tree is localized only in Eastern Nepal due to suitable climatic conditions.

Rudraksha is a large, evergreen broad-leaved tree found in tropical and sub-tropical areas at the altitudes ranging from seacoast to 2,000

meters above the sea level. The tree is a perennial i.e. grows throughout the year and is about 50-200 feet high. a *Rudraksha* tree takes a pyramidal shape. The leaves of *Rudraksha* tree are shining green on the upper side with a dull leathery dorsal side.

Rudraksha flowers are white with fringed petals and they appear in April-May.

Rudraksha fruits appear in June and ripen by August-October. They are globular in shape with a fleshy exterior. The bead present inside is hard and tubercled. They are globular in shape. The bead present inside is hard and tubercle. Fruits are 1cm. in diameter, deep blue or mealy when ripe. The bark is grayish white & rough in texture. The flowers of *Rudraksha* are white with fringed petals & they appear in April-May. Flowers in racemes mostly from axils of fallen, leaves, nodding, white, about 1cm across, anther bristled at the apex. Color- white (flowers); Taste- sour (fruit, pulp); Shape- ovate with tithed edges (leaves); Round and ovate (fruits); Size - length: 5-6 inch, Width: 2 inch (leaves); Diameter: ½ Inch (flowers) Diameter: 1 ½ inch (fruits). *Elaeocarpus sphaericus* is used to make prayer beads the stones of this plant are cleaned, polished, sometimes stained and used for making bracelets and other ornamental objects. The term *rudraksha* itself symbolizes Lord Shiva. *Rudraksha* comes from 1 to 38 mukhis but *rudraksha* of 1-14 mukhis are commonly found.

The five faced *rudraksha* are found easily & abundantly. One much *rudraksha* is rare. *Rudraksha* depending upon the availability & production of *rudraksha* different prices have been allocated for different mukhis *rudraksha*. Most of power of *rudraksha* seems to be associated with no. of mukhis.

The alkaloids have capacity to destroy all the three doshas of Kapha, Pitha and Vata.

The most important quality of *Rudraksha* is its capacity to retain electromagnetic energies. The colour of *Rudraksha* is perhaps the clue. It is ferrous in hue and most important of the electro/magnet conductors is Iron.. The Single face,

three, five and Seven faces are said to have paramagnetic properties while two and four faced one possess diamagnetic properties and six, eight, nine, ten to fourteen have ferro magnetic properties. Their specific gravity varies from 1.2 to 1.6 and weight varies according to the contents of these magnetic forces in them. We should remember here the homeo medicines electricitas and magnetis poli ambo.. With its capacity to retain electrical impulses, it is absolutely clear that there can be no other better medicine than wearing a Rudraksha Mala as a pace maker which will control the rhythm and pace of the heart. The beautiful part is that the Rudraksha can not only retain electricity and magnetic energy in it but knows how to impart it slowly and as per requirement according to the property of the subject to which it relates itself or come in contact. This would answer many of the mysteries attached with Rudraksha how each mukha rudraksha has varying degree of capacity to change human beings into varying states of mental and physical health, thought, mind, prosperity, action and the like by controlling the rhythm of the heart and thereby the brain impulses and consequently all activities of the brain and commanded by the brain. With the right amount of blood flow to brain and impulses carried with it, it is likely that the brain opens up all its chambers for use and thereby the subject is endowed with the wisdom that a man of saintly disposition possesses. Giri's recipe is towards this end and therefore no wonder the blood pressure is lowered, which is only a first step in the ladder of innumerable miraculous potentials of Rudraksha. This capacity is at its highest in the bigger variety of Rudraksha and therefore their bio medical implications.

Microscopy: Seed coat of Rudraksha consists of multilayered, oval to polygonal stone cells and internally followed by 8 to 10 layers of tangentially elongated, oval shaped, thin walled, parenchymatous cells, filled with reddish-brown contents, excepting the middle 2 or 3

layers, endosperm consists of oval to polygonal, thin walled, parenchymatous cells, rosette crystals of calcium oxalate and oil globules present in this region, embryo slightly curved and consists of oval to polygonal, thin walled, parenchymatous cells, a few having oil globules. Powder of seed shows Reddish brown, polygonal lignified with narrow lumened stone cells, thin walled, parenchymatous cells with reddish brown contents, and rosette crystals of calcium oxalate and oil globules.

Phytochemistry: Rudraksha contains indolizidine type of Alkaloids. Indolizidines are widely distributed in nature in plants as well as in many animals. Their structures can be described either as derivatives of the aromatic bicyclic indolizine. The indolizidine alkaloids display a wide range of biological activities and have been the subject of numerous synthetic studies. It also contains minerals, vitamins, steroids, flavanoids. Aqueous extract of leaves contains glycosides also. Ethanolic extract of leaves contains gallic acid, ellagic acid & quercetin. Seven isomeric alkaloids of molecular formula, $C_{16}H_{21}NO_2$, have been isolated from the leaves of *Elaeocarpus sphaericus* (Gaertn.) K. Schum. Two of the alkaloids are identical (-)-isoelaecarpiline and (+)-elaecarpiline previously isolated from *E. dolichostylis*. The other alkaloids are Elaeocarpidine, (+)-Elaecarpine, (+)-Isoelaecarpin, Isoelaecarpidine, Rudra-kine. Study has been made of the alkaloids obtained by sodium borohydride reduction of some isomeric alkaloids [33]. The structures and absolute configuration of seven alkaloids isoelaecarpiline and elaeocarpiline and five new alkaloids have been determined. A cyanogenic glycoside- 6'-O-galloylsambunigrin – has been isolated from the foliage of the Australian tropical rainforest tree species *Elaeocarpus sericopetalus* F. Muell. (Elaeocarpaceae). This is the first formal characterisation of a cyanogenic constituent in the Elaeocarpaceae family, and only the second in the order Malvales. 6'-O-galloylsambunigrin

was identified as the principal glycoside, accounting for 91% of total cyanogen in a leaf methanol extract. Preliminary analyses indicated that the remaining cyanogen content may comprise small quantities of sambunigrin, as well as di- and tri-gallates of sambunigrin.

E. sericopetalus was found to have foliar concentrations of cyanogenic glycosides among the highest reported for tree leaves, up to 5.2 mg CN g⁻¹ dry wt. A cyanogenic glycoside – 6'-O-galloylsambunigrin – has been isolated from foliage of the highly cyanogenic Australian tropical rainforest endemic *Elaeocarpus sericopetalus* (Elaeocarpaceae). This is the first published characterisation of a cyanogenic glycoside in the family Elaeocarpaceae. Five new indolizidine alkaloids, grandisines C, D, E, F, and G, and one known indolizidine alkaloid, (–)-isoelaecarpiline, were isolated from the leaves of *Elaeocarpus grandis* and their structures determined by 1D and 2D NMR spectroscopy. Grandisine C is isomeric with the known compound rudrakine (1). The absolute configuration of grandisine D was deduced by its conversion to (–)-isoelaecarpiline. Grandisine E contains a novel tetracyclic ring system. Grandisine F is the 14-amino analogue of grandisine C. Grandisine G contains the novel combination of a piperidine attached to an indolizidine.

Pharmacological Activities: Extracts of *E. ganitrus* has shown to exhibit the following properties:

Antioxidant, Antifungal, Antibacterial, Anticancer, Antihypertensive, Antidiabetic, Anti-asthmatic, antiinflammatory and antidepressant and many more.

Antifungal investigations of *Elaeocarpus ganitrus*: Microscopic studies revealed the presence of a hard stony endocarp and elliptical seed with a membranous seed coat, which enclosed a dense cellular endosperm and had a dense layer of circular brachysclereids. Endosperm had a large calcium oxalate druses or sphaerocrystal. Powder microscopy

revealed that stony endocarp had only isodiametric sclereids, with lignified walls. Physicochemical parameters viz total ash, acid insoluble ash; water soluble ash, extractive values and loss on drying were performed. Total ash was about 1.36 times more than the acid insoluble ash indicating the presence of good acid soluble inorganic matter in *E. ganitrus*. The water soluble ash was 1.56 times less than the total ash. Out of all the solvents used, ethanol had a maximum extractable value of 2.4%, whereas chloroform had a minimum value of 0.5%. Moisture content was found to be 9.7%. In phytochemical investigations, PE showed the presence of phytosterols along with fats and fixed oils. CE had phytosterols. EE gave the tests for alkaloids, flavonoids, carbohydrates, proteins and tannins. WE showed the presence of proteins, tannins and carbohydrates. All the extracts (PE, CE, EE and WE) were evaluated for the antifungal activity on different fungal strains. The maximum inhibition (MIC 1.5 mg/ml) was observed for CE against *C. albicans*. The CE and EE showed maximum inhibitory potential (MIC 3.0 mg/ml) on *A. niger*.

Antioxidant properties: *Elaeocarpus ganitrus* are reported to possess promising antioxidant capacity. Phytochemical analysis has revealed that different extracts contain constituents like flavonoids, polyphenols, biflavones, tanins and phenolic compounds etc. Experiments have shown that ethanolic extract (EE) is found to have 24.18 mg ascorbic acid equivalents at 500 µg/ml extract concentration proving antioxidant activity of extracts. Reducing power of a compound also reflects its potential of antioxidant capacity. Reducing power of tannins prevents liver injury by inhibiting the formation of lipid peroxides. Reducing power of EE ranged from 1.112 to 1.973 concentrations. Metal chelating agents reduce the concentration of catalyzing transition metal in lipid peroxidation by forming sigma bonds with metals, reducing redox potential thereby stabilizing the oxidized form of the metal ion.

There is a positive relationship with antioxidant properties and concentrations of flavonoids & polyphenols.

Maximum the quantity of flavonoids and polyphenols maximum the antioxidant capacity. Total phenolic compounds of *E.ganitrusare* 56.79 mg gallic acid equivalent/g of dry material. Total flavonoids present are 18.58 mg equivalent/g of dry material.

(Kumar TS., *et al.*, 2008) Antifungal activity: Different extracts of dried Rudraksha beads [petroleum ether extract (PE), chloroform extract (CE), ethanol extract (EE) and water extract (WE)] have shown different Minimum Inhibitory Concentrations (MIC) for different strain of fungi like *Candida albicans*, *Candida tropicallis* and *Aspergillus niger*.

MIC for CE was found to be 1.5 mg/ml followed for EE i.e. 4.0 mg/ml for *C. albicans*.

MIC for CE was 5.0 mg/ml when investigated for *C. tropicallis*. *C. tropicallis* did not show any sensitivity against WE and EE. MIC of CE and EE for *A. niger* was 3.0 mg/ml followed by WE (MIC 5.0 mg/ml) and no inhibition was shown for *C.glabrata* and *G.candidum* even at higher concentrations (Singh *et al* 2010).

Antibacterial activities: Extracts of fruits of *Elaeocarpus sphaericus* in petroleum ether (PE), benzene (BE), chloroform (CE), acetone (AE), and ethanol (EE) were tested for its bactericidal properties. Several bacterial strains (*Staphylococcus aureus*, *Enterococcus faecalis*, *Bacillus subtilis*, *Salmonella typhi* and *paratyphi*, *Salmonella typhimurium*, *Vibro cholera*, *Aeromonas hydrophila*, *Shigella sp.*, *Klebsilla pneumonia*, *Enterobacter sp.* And *Pseudomonas sp.*

etc.) were found to be sensitive to the exposure of these extracts (Singh RK and Nath G, 1999).

Anxiolytic effects: Shah Gagan *et al.*, 2010, have investigated the anxiolytic effect of methanolic extract (ME) of Rudraksha fruit by Elevated plus-maze (EPM) assay and found that magnitude of the anxiolytic effects of 200mg/kg of ME of Rudraksha fruit was close to that observed with 0.5 mg/Kg of diazepam. ME

prolonged the ketamine-induced latency to sleep. ME was also found to affect locomoter activities. Thus these results support the traditional use of plant in management of anxiety. (Shah G. *et al.*, 2010).

Anticancer agent: Chloroform soluble extract from bark of *Elaeocarpus mastersil* from Malaysia has shown significant cytotoxic activity against human cancerous cell lines (human oral epidermoid carcinoma cell line). Phytochemical analysis revealed the presence of ellagic acid and curarbitacin from bark which have shown an effective cytotoxicity against tumour cells (Ito A. *et al.*, 2002).

Antihypertensive agents: Aqueous extract of seeds of *Elaeocarpus ganitrus* have decreased the mean arterial blood pressure at the dose level of 25, 50 and 100 mg/kg in models Male Wister rat and Swiss albino mice. The activity may be due to the action on rennin angotensin system. (Sakat SS *et al.*, 2009).

Antidiabetic activity: Extract of plant has been shown to have anti hyperglycemic activity in a dose dependent manner. STZ (Streptozotocin) induced hyperglycemia in rats was shown to be reduced by the extract but was not able to restore the blood glucose level to the baseline value. The results were given so as to use the plant extract with alternative for diabetic control. (Hule & Juvekar *et al*, 2011).

Antiasthmatic activity: Different extracts of *E. sphaericus* fruit (PE, BE, CE, AE and EE) are reported to have protective role in bronchial asthma. In vitro experiments have shown that fruit extracts have rat mesenteric mast cells stabilizing activities (Singh RK, *et al.*, 2000).

Antiinflammatory and Analgesic activities Jaspreet Nain and group (Jaspreet N. *et al.*, 2012) have investigated the analgesic and anti-inflammatory properties of different extracts of *E. sphaericus* leaves by carrageenan induced paw oedema in rats and tail flick tests in mice. Methanolic and aqueous extracts have shown promising antiinflammatory activities at the doses of 50, 100 and 200mg/kg. Diclofenac

sodium at an concentration of 5mg/kg was used as positive control.

Some studies have also reported the cardioprotective (Sarkar PK *et al.*, 1972 and 1973) and nootropic (increasing learning and memory) activities of methanolic extract of *E. ganitrus* in animal models.

Traditional uses of *E. ganitrus*: Traditional uses /ayurvedic properties of rudraksha Different parts (beads, bark and leaves) of rudraksha are used for the treatment of diverse ailments as well as may be worn either on arm, wrist or other parts of the body. As blood purifier and general tonic: Rudraksha can be taken as a medicament for blood purification and powers the body substance. Regular consumption as a quath in conjunction with honey purifies blood and works as general tonic.

Curing breathing problems or cough: A quath made by mixing beads of rudraksha, bark of adusa and harad, in equal amount can be consumed with honey. The concoction of ten-faced rudraksha with milk mitigates recurrent cough.

For getting good sleep: Rudraksha shall be keep under pillow and preparation of its bead in the milk shall be applied on the eye lid for getting better sleep.

Rectifier of chicken pox or small pox: Equal proportion of black pepper and *Elaeocarpus ganitrus* should crushed together and taken with stale water alleviate the problem of small pox.

Burn Pox or Marks alleviator: The five-faced rudraksha is the foremost remedy for burn or pox marks on face. It can be used as a panacea for skin diseases, ringworms, sores, pimples and boil also.

Epilepsy management: Pulverized bark of rudraksha tree and pulp of fruit or the bead can be used.

For curing Piles: Rudraksha bead in combination with triphala churna and guggul or with root of kaneer is beneficial for treating piles.

For jaundice, liver related problems or stomach ache: Rudraksha, chitrak, harad, devdaru, giloy, daruhaldi, dharangi and punarnava shall be taken in equal proportion and regular consumption of it as a quath is an important medicine.

For nullifying poisonous effects caused by bites of insects: Panchamukhi rudraksha can be grinded with lemon juice on a stone and the application of this paste on the affected spot will subside pain.

For improving memory power: Milk boiled with four or six faced rudraksha seed is excellent remedy for mental disorders. This also assists in enhancing memory.

Sexual power improvement: A recipe of rudraksha applied over the forehead improves sexual power.

Sure shot remedy for conceiving baby: One rudraksha and one karsa (10 gm) of Sarpa'kshi (Ophiorrhizamungos) can be cooked together and pestled in the milk of one colored cow.

Consumption of it during the menstrual period will bestow even a sterile woman conceive - Damara Tantra.

Alleviator of heaviness, tongue cracks and tastelessness: Gargling with rudraksha decoction is beneficial in heaviness, tongue cracks and tastelessness.

Curing all brain disease: All brain disorders can be recovered with four faced rudraksha remedy.

For Neutrilizer of brain fever: Consumption of overnight kept water of rudraksha in earthen pot on an empty stomach can get rid of brain fever.

For Hysteria and Coma: *Elaeocarpus ganitrus* is also a good assistance for panic conditions of hysteria and coma in woman. For Frequent fever: Rudraksha is also good for children's who suffers from frequent fever.

Imparts calmness to mind: It cools down the body temperature and brings calm to mind.

Controlling anxiety: A person grieves from anxiety should keep big size panchmukhi rudraksha with themselves and during

nervousness; they should hold them tightly in their right palm for ten minutes. It will assist them to get back their confidence.

Types of Rudraksha with its Astrological uses

There are many references in Shree Shivapuranam, Devi Bhagvatam, Balopanishad and other ancient books. Too many myths and mythology are related to its origin and use. Single faced rudraksha is said to be Rudra Incarnation. Shiva Puranam prescribes 101, 50 or 32 rudrakshas to be worn on neck. It is worn in different parts from waist to vertex, reminds that endocrine glands are situated only on these parts. It is also worn in lower parts of the body which are considered as abode of element of earth, though Brahma dwells in the foot, where by touching the foot as tradition seems to have evolved from paying ebullition to Brahma in the feet. Spiritually speaking it must be an adoration for Brahma the beginning while it adores the Rudra(at Anjana Chakra), Vishnu(at waist and heart region) and Sadshiva and Ishwara the most around the neck and upwards. Perhaps the mythology Rudra Akhsha or the tears of lord Rudra when fell on earth gave rise to the evolution of the tree of Rudraksha is answer to this riddle spiritually, while anatomically it is worn around the marmas which are hundreds in number and I shall relate later, while synergically speaking about marmas/ endocrine / major/minor/sub minor charkas there are three hundred major/minor charkas and 237 minor minor charkas which are energy centres and which are touched by the Rudraksha worn on various parts of the body and is in constant communion.

The relations of Rudraksha with the planets and their influence on the human beings who wear Rudraksha have been a matter of reference is many astrological books. Sun is said to rule Single faced Rudraksha, two for moon and three for mars, four for Mercury, five for Jupiter, Six for Venus and Seven for Saturn. This would by turn be applicable for all 27 stars of the Astrology. And the qualities associated with the planet will rule the wearer. Like

Mercury for education. Four faced therefore should be worn for increasing the memory or education and good for students and children etc. It could also be according to the month in which born or the Rasi/Koor in which he was born and Rudrakshas are worn for prosperity :

March 15 to April 14 - 3 & 5 faces

April 15 to May 14 4 & 7

May 15 to June 14 4 & 6

June 15 to July 14 3 & 2

July 15 to Aug 14 12- 3

Aug 15 to Sep 14 4-6

Sep 15 to Oct 14 6-7

Oct 15 to Nov 14 5-2

Nov 15 to Dec 14 5-12

Dec 15 to Jan 14 6-7

Jan 15 to Feb 14 6-7

Feb 15 to Mar 14 5-3

Rudraksha can also be worn for professional benefits

:
Children - 4 face ; businessmen -5, 7; doctors – 1 face; Rulers -12 face; Judges -11 face; heart patients – 5 face; brain development 465 in that order on neck; philosophers; scientists, writers – 4 face; Industrialists and Manager -6 face; lovers -13 face;

Rudraksha beads are catalogued depending on the number of “mukhis” – the clefts and furrows – they have on the surface. The scriptures state of 1 to 38 mukhis, but Rudrakshas of 1 to 14 mukhis are usually bring to light. One mukhi rudraksha is not widely distributed. Five faceted or Panchmukhi rudraksha bead is most commonly found. The higher mukhis or faces are very rare.

Among all the Rudraksha each type of Rudraksha possesses Medical Properties which is explained as:

One Mukhi Rudraksha:

One Mukhi Rudraksha works as a medical medicine for medicinal diseases like chronic asthma, heart problems, mental anxiety, TB, paralysis, stroke, eye problem, bone pain, head ache etc.

Two Mukhi Rudraksha:

Two Mukhi Rudraksha works unbelievably for the treatment of diseases like impotency, renal failure, stress, anxiety, lack of concentration, depression, negative thinking, eye problems, mental chaos, hysteria, intestinal disorder etc.

Three Mukhi Rudraksha: It is best medicine for the diseases like depression, Schizophrenia, weakness multifarious, directive of the menstrual cycle/menstrual stress, fixation or guilt induced complexes, blood pressure, mood swings, fever or weakness, jaundice, and mental disability etc.

Four Mukhi Rudraksha: Four Mukhi Rudraksha gives medical treatments for diseases as blood circulation, cough, and brain linked illness, asthma, hesitate, memory lapse, respiratory strip problems etc.

Five Mukhi Rudraksha: Five Mukhi Rudraksha is a benefit medical treatment for the blood pressure, heart problems, stress, mental disability, fatness, anger management, diabetics, piles, neurotic and maladjustment problems etc.

Six Mukhi Rudraksha: It treat the diseases like epilepsy, gynecological problems etc.

Seven Mukhi Rudraksha: Extremely the Seven Mukhi Rudraksha is more valuable for treating diseases like asthma, pharyngitis, impotency, foot related diseases, respiratory confusion etc.

Eight Mukhi Rudraksha: This Rudraksha treat diseases like stomach ache, stress, skin diseases, anxiety etc.

Nine Mukhi Rudraksha: It works as a mysterious medical medicine for treating strange diseases.

Ten Mukhi Rudraksha: It works as a medical sanction for medicinal diseases like hormonal inequality in the body, mental insecurity, whooping cough etc.

Eleven Mukhi Rudraksha: This Rudraksha is used for the treatment of diseases like body pain, backache, chronic alcoholism and liver diseases.

Twelve Mukhi Rudraksha: Medically it is most valuable for treating diseases like bone

diseases, rickets, osteoporosis, mental disability, anxiety etc.

Thirteen Mukhi Rudraksha: Thirteen Mukhi Rudraksha is used for treating the diseases of muscle like dystrophies; etc.

Fourteen Mukhi Rudraksha: Significantly Fourteen Mukhi Rudraksha is more beneficial in curing brain related and many other types of diseases.

Fifteen Mukhi Rudraksha: It best for curing diseases like skin diseases, recurring miscarriage, still birth etc. Fifteen mukhi Rudraksha is measured as a blessing for women who are incapable to imagine and in such case both the partner should wear it for fruitfulness.

Sixteen Mukhi Rudraksha: It is used for curing the diseases like leprosy, tuberculosis, cor-pulmonale, lung diseases etc.

Seventeen Mukhi Rudraksha: It is best for the treating diseases like memory lapse, body functional disorders etc.

Eighteen Mukhi Rudraksha: Its treatment is best for prevent and curing diseases like mental in harmonization, loss of power etc.

Nineteen Mukhi Rudraksha: Nineteen Mukhi Rudraksha eradicate the diseases like blood disorder, spinal disorder etc.

Twenty Mukhi Rudraksha: It is used as medical cure for eyesight problem and snake bites.

Twenty - One Mukhi Rudraksha: Only Twenty - One Mukhi Rudraksha has deep-rooted medical healing and it eliminates every form of diseases.

Trijuti/Tribhagi Rudraksha: Trijuti Rudraksha is best for keeping diseases like internal and external body disorders at bark.

Gauri Shanker Rudraksha: It is used for the treatment of diseases like sexual problems, behavioral disorders etc.

Garbh Gauri Rudraksha: Garbh Gauri Rudraksha is best for those women who bear defects in their beginning and they are laying face down to abortion.

Conclusions: The seed of Rudraksh tree has been given a very special place and it is credited

with mystical and divine properties. It is said that the plant of Rudraksh is originated from the tear drops of Lord Shiva. The word Rudraksh is a Sanskrit compound consisting of the name Rudra (the name of Lord Shiva) and Aksha which means eye, tear. As per the vedic scriptures Rudraksh can nullify the effects of malefic planets to a great extent. Before the seeds are dried, they are a deep rich blue, dried they become brown and are used as prayer beads. It is said that the seed of Rudraksh contains the secrets of entire evolution of the cosmos within it. No other necklace or bead is so auspicious and powerful as Rudraksh.

Elaeocarpus is a tall shrub or small tree which can reach 32-50ft in height but is usually much smaller in gardens. It is the most commonly grown member of the genus and is popular for its size, attractive flowers and colorful blue berries. It is adaptable to many climate zones provided water is available. It is not demanding as to soils but sands and waterlogged areas are not favored. Plants will grow in full sun to heavy shade. Small plants require regular watering, then as the plant matures in the ground, it becomes drought tolerant.

For thousands of years in India, yogis have worn Rudraksha Beads to experience the deep tranquility and concentration which are vital for meditation and control of mind and body. Under the power of Rudraksha's positive influence, vast amounts of Vedic literature were studied and memorized in ancient India by disciples of spiritual knowledge. In China, Rudraksha is used to enhance the flow of Chi life energy in the body and balance Yin & Yang. The Zen Buddhist sect in Japan uses Rudraksha beads to induce deeper states of meditation.

In recent years, the general populace in India has taken to wearing Rudraksha beads to combat the effects of stress: hypertension, depression, and high blood pressure. Without the harmful side-effects and addictive nature of tranquilizers, anti-depressants, and beta blockers, men and women experience heightened energy levels, stamina, and peace of

mind within a few hours of placing Rudraksha beads in direct contact of their chest region. In the long term, Rudraksha beads reverse the effects of stress, alleviate depression, eliminate anxiety and other mood disorders, improve concentration, enhance relaxation, and exhibit anti-aging properties.

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