

Rudraksha

Botanical Name: *Elaeocarpus*

Family: Elaeocarpaceae

Common Name: Rudraksha Tree

Hindi Name: रुद्राक्ष

Part Used: Seed, leaves, bark

Elaeocarpus commonly called Rudraksha, a genus of the family Elaeocarpaceae, is a large evergreen, drought-tolerant, perennial, Broad-leaved tree with a large spreading crown and attains a Height of about 15.0-20.0m. The Hindu mythology considers Rudraksha as symbol of link between earth and heaven. It is believed that it contains the secrets of evolution of entire cosmos within itself. A categorization of rudraksha fruits as Thermogenic, sedative, cough alleviator is mentioned in some ayurvedic texts and are useful for the treatment of Bronchitis, neuralgia, cephalagia, anorexia, migraine, manic conditions and other brain disorders. Rudraksha- factually means “Shiva’s tears” which is believed as the seed of Elaeocarpus species. The word Elaeocarpus is derived from the Greek word Elaeo = olive and carpus fruit (referring to olive-like fruits produced by the genus). Rudraksha seeds are covered with a blue outer husk when fully ripe and are also known as blueberry beads. The blue color is not derived from pigment but is structural. According to the Hindu mythological story in Puranas, the seed of Elaeocarpus was created from the tears of the lord Shiva which were fallen from his eyes after a prolonged fight with a demon called Asur. Pharmacologically, Rudraksha beads have been reported for their therapeutic potential against several disorders Like stress, anxiety, depression, palpitation, nerve pain, Epilepsy, migraine, lack of concentration, asthma, Hypertension, diabetes, arthritis and liver diseases. Pharmacologically, Rudraksha beads have been reported for their therapeutic potential against several disorders like stress, anxiety, depression, palpitation, nerve pain, epilepsy, migraine, lack of concentration, asthma, hypertension, diabetes, arthritis and liver diseases .

Rudraksha beads Might have exhibited multiple pharmacological activities. In the Last few decades, the phytochemical composition of Elaeocarpus has also been studied extensively. Various Extracts from the different Elaeocarpus parts have revealed The presence of alkaloids, phenolics, tannins, flavonoids, and Fatty acids .Rudraksha is the King of herbal medicine working Effectively and positively, are measured to be sacred and Have many spiritual and medicinal values both as Defensive and remedial.It is further believed that the Rudraksha tree also possesses dielectric and magnetic Properties, which may impart positive changes in the human body .Present review has been attempting to make to collect the botanical, Ethnomedicinal, pharmacological information and therapeutic utility of Elaeocarpus ganitrus on the basis of current science