



Acharya Balkrishan



THORN APPLE: QUALITIES AND BENEFITS

Family Name	: Solanceae
Latin Name	: Dhaturmetel Linn
Sanskrit Name	: Dhatur, Shivapriya, Dhutur, Unmat, Kanak, Maatul
Hindi Name	: Dhatura
Gujarati Name	: Dhatura
Marathi Name	: Dhatura
Bengali Name	: Dhatura
Telugu Name	: Ummat
Tamil Name	: Unmat
Persian Name	: Tatus
Arabian Name	: Dhatur

Introduction:

Thorn Apple is the favourite fruit of Lord Shiva,

which is named as *Kanak* in Charak Sanhita and *Unmat* in Sushrut Sanhita. The flowers and fruits are offered to Lord Shiva. In Ayurvedic books it is mentioned as an important alchemy and is considered to be poisonous. In alchemy, Thorn Apple seeds are given in the form of oral medication. Thorn Apple plants grow naturally. Following two types of thorn apple plants are found generally:

1. *Datura Applea Innoxia* – It is originally a foreign plant but now it is available in India. Its appearance is very much like *Daturametel Linn*.
2. *Datura Stramonium Linn* – *Krishna Datura* is found rarely. It has more medicinal values compared to the other species of this plant.

External appearance:

A one-year old Thorn Apple measures 2 to 5 feet in height. The stem is oily, leaves are long and pear shaped, long and pointed at the end. The leaves are poisonous at both sides of the vein. The corners of the leaves are

wavy and slightly folded at the end. The flowers are 5-6 inches long and are usually two to three leaves grow together, violet coloured from outside and white from inside. The fruits are round, lemon sized, thorny and bend downwards. The seeds are light and light brown coloured. seeds of Krishna Thorn Apple are flat and round shaped and black in color.

Chemical Composition:

The thorn apple seeds contain 0.25 percent Hayosanmeen and 0.55 percent of Hayoseen. These are two alkaline available in the leaf and seeds of Thorn Apple. These are the main active ingredients. These two alkaline are found in thymol seeds and Khurasini also. Besides, the seeds also contain 15 percent resin and 30 percent of permanent oil.

Qualities:

- Thorn Apple is intoxicating, improves complexion, increases heat and windy element, it is pungent, sweet and bitter in taste. It helps in destroying lice from scalp. It reduces temperature, overcomes leprosy, phlegm, itching, germs and poison. (Bhav Prakash)
- Thorn Apple is bitter, dry, improves complexion, heals wounds, overcomes doshas, reduces temperature and creates illusion.
- It removes phlegm and is beneficial in removing the blockage in the windpipe.

Medicinal use:

Headache: Take two to three seeds daily to relieve chronic headache

Lice in Hair: Boil four kilos mustard oil, 16 kilos juice of Thorn Apple leaves, 16 kilos of Thorn Apple leaves extract on low flame till only the oil remains. Store cool oil in a bottle. Apply this oil on hair to overcome lice.

Madness:

- Grind the seeds of Krishna Thorn Apple in pitta papada juice and drink for mental stability.
- Prepare powder with equal quantities of pure Thorn Apple seeds and pepper and make small pills of 100 mg each. Mix it with water thoroughly and make one-grain pills. Take 1-2 pills twice daily with butter to overcome mental instability. This medicine improves health and keeps the mind peaceful in case of mental illness, trauma, liquor, drugs, exposing to sunlight for long duration, sleeplessness after delivery.

Eye-disease: Apply fresh juice extracted from Thorn Apple leaves on eyes to relieve pain and reddish-

ness of the eye.

Swelling of Breasts:

- Heat the leaves and tie on swollen breasts and piles for relief.
- If a woman has excessive breast milk and has the fear of developing breast tumours, tie thorn apple leaves on breasts to stop excess milk.

Asthma:

- Grind Thorn Apple fruits, stem, and leaves, dry and make a powder. smoke the powder to relieve breathing problem.
- Take four grains of partially dried Thorn Apple leaves and make a bidi. The breathing problem is overcome within ten minutes. Smoke a second bidi if the problem does not subside within 15 minutes. Take a third bidi if this also does not work. This remedy should be avoided if allergic to thorn apple.
- Take equal quantities of Thorn Apple, tobacco, Apamarg and Javasa and make a fine powder. Take a little quantity of powder in Hukka form to stop asthma attacks.
- Take equal quantities of Thorn Apple, black tea, shora and tobacco and make a fine powder. Smoke it like bidi to stop the asthma attack.

Cholera: Keep the thorn apple saffron in sugar cake and swallow for relief.

Pregnancy: Mix 1/4th gm thorn apple seeds powder and taken with equal quantity of honey and clarified butter to conceive.

Rheumatism:

- Extract juice of panchang of Thorn Apple and cook in linseed oil till only the oil remains. massage the painful area and tie the leaves to relieve pain. This oil overcomes rheumatism and itching.
- Take half grain Thorn Apple extract thrice daily to relieve joint pain.
- Apply the lep of Thorn Apple leaves and tie poultice of Thorn Apple leaves to relieve rheumatism and joint pain.

Swelling: Mix the paste of Thorn Apple leaves in Shilajit and apply on swollen testicles, stomach swelling, swelling of lung membrane, joint pain and swelling of bones to relieve pain.

Sexual Power:

- Mix the seeds of Thorn Apple, Akarkara and Clove and make pills. This tablet is beneficial for increasing sexual power.
- Massage Thorn Apple seeds oil on soles to increase

pleasure during intercourse and reach orgasm.

- Take 15 fruits with seeds, grind and make a fine powder, added in 20 kilos milk and set curds. Churn it the next day and make clarified butter from this curd. Take 125 mg powder with betel leaves to overcome infertility. Massage it on sexual organs to make them active.

Fever:

- 125 mg ash of Thorn Apple seeds taken twice daily is beneficial for malaria patients.
- 65 mg of fine powder of the seeds taken in fever or before brings down the temperature.
- Take equal number of Thorn Apple leaves, Nag bail leaves, black pepper, and grind and make tablets horse bean sized. Take one tablet twice daily. This should be taken with aniseeds extract to overcome chronic discharge of vital humours through urine.

Tartan: Mix 5-6 drops of Thorn Apple leaf juice in 25 gm of curd and consume and take 25 gm curd over it again. Follow this remedy twice daily to overcome tartan.

Scorpion Bite: Apply Thorn Apple leaves pulp on scorpion bitten area for relief.

Wound: In case the wounds are full of pus or thick

rough layer forms on wounds, wash the wounds with lukewarm water initially. Then tie the poultice of thorn apple leaves for healing.

Gonorrhea

- Make thick quath of the leaves of thorn apples and apply at the back of the ear to cure gonorrhea.
- In case of wax formation in the ears, mix eight parts of mustard oil, one part of sandal, 32 parts of Thorn Apple leaves juice and extract oil. Pour one drop of oil in the ear twice daily.
- Thorn Apple oil: take 400gms of Thorn Apple juice, add 25gms of turmeric powder in Thorn Apple juice as chutney, 100gms of sesame oil and cook on low flame. When oil is left out, remove it from flame and sieve it. This is useful in case of wounds on nerves of ear.

Insect bite

Cold extract of cotton flowers and leaves removes poisonous affect of thorn apple.

Side effects: Excessive amount of thorn apple is harmful. It makes the body numb due to its dry nature. It causes headache, mental instability and even unconsciousness and can be fatal. External use is only advisable and all care should be taken while using it.

DEVOTIONAL SONG

तूने खूब रचा भगवान् खिलौना माटी का, माटी का रे माटी का-2।

तूने खूब रचा भगवान् खिलौना माटी का, माटी का रे माटी का-2॥

कान दिये हरि भजन सुनन को, तू मुख से कर गुणगान।
खिलौना माटी का रे माटी का ॥

जिह्वा दी हरि भजन करन को दी आँखे कर पहचान।
खिलौना माटी का रे माटी का ॥

शीश दिया गुरुचरन झुकन को और हाथ दिये कर दान।
खिलौना माटी का रे माटी का ॥

ओ३म नाम का बना के बेड़ा और उतरो भव से पार।
खिलौना माटी का रे माटी का ॥

तूने खूब रचा भगवान् खिलौना माटी का, माटी का रे माटी का-2।
तूने खूब रचा भगवान् खिलौना माटी का, माटी का रे माटी का-2॥

God has created the human beings, he gave us ears to hear devotional songs, and mouth to chant his name. god gave us tongue to sing songs in his praise and eyes to recognize. god gave us head to bow down in front of him and hands for charity. The man should chant Aum and accomplish life.