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Taruni (*Rosa centifolia* Linn.) is not just an ornamental plant but also a cardiac tonic Raipure S.

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Abstract:

Ayurveda, is a classic science which in-turn known as Indian system of medicine that dates back over six to seven thousand years ago. It deals with body, mind and spirit balance which targets to maintain-prevent and prolong health of living through nature's own method. Ayurveda revolves around three prominent pillars that is VATA-PITTA and KAPHA, where VATA stands for air and space element, VITTA stands for fire element and KAPHA stands for water element. These three elements are elements of nature which if disturbed diseases the body and if maintained, preserves the body. And for maintaining the pre assumed health many herbal drugs and its medications are used in proper doses and formulations and out of all those drugs one is TARUNI, about which is already written in Ayurveda texts that it is best for cardiovascular system, nervous system, respiratory system and over all body functions. These effects and easy availability of TARUNI makes it special but the power house contains of TARUNI which is heart healthy makes it even exceptional. As in modern lifestyle of new generation; the heart health of everyone is compromised. Hence this article is literature review of TARUNI as potential heart remedy.

Keywords: VATA (*air element*), PITTA (*fire element*), KAPHA (*water element*), TARUNI (*Cabbage Rose*).

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INTRODUCTION:

Ayurveda in literal way means SCIENCE OF LIFE. Which in mythically assumed as medicinal science but originally it is WAY OF LIFE. Ayurveda teaches how to live yet how to protect not cure. From fast many years India has developed into fastest growing economy in the world with drastic change the lifestyle and way of living has changed from SATVIC to RAJSIC EVUM TAMASIC. Accompanied with fast lifestyle came the fast food which ruined our natural immunity, health and balance of elements in the body (VATA-PITTA and KAPHA). As these changes turned into prolonged accumulation of DOSHA'S making world face many deadly diseases like diabetes, cancer, cardiovascular disorders etc. among them the heart diseases became the most fatal diseases of all time, which takes millions of lives every year. Considering the scenario Ayurveda which is a natural healer to life can be used to at-least prevent and maintain the heart health as PRAYOJAN of Ayurveda itself says;

“Swasthasya swasthya rakshanam....” - (Ch.Su. 30:26)

In simple saying this Sanskrit line of Ayurveda text means PRECAUTION IS BETTER THAN CURE. The healthy should maintain the health, for maintaining health many Ayurveda remedies are mentioned in Ayurveda classics and plant and herbal preparations, derivatives and drugs are written and among every is TARUNI, however what makes it unique is that, it is present in 80% of Indian household and this turns TARUNI into easily available yet accessible also affordable. Also, the beauty and fragrance that TARUNI has, makes it loved by all but above everything the drug TARUNI is packed with all the magical ingredients which makes it SUPER-FOOD and a LIFE GUARD for HEART

AIM: -

- 1) To find *Taruni* (*Rosa centifolia* Linn.) is potential as cardiac tonic.

OBJECTIVES: -

- 1) To determine the compounds and its action present in *TARUNI* is good for cardiovascular system and its functions.

Scientific classification of *TARUNI* (Modern-view)

- 1) Kingdom: Plantae
- 2) Clade: Tracheophytes-Angiosperms-Eudicot-Rosids
- 3) Order: Rosales
- 4) Family: Rosaceae
- 5) Genus: *Rosa*
- 6) Species: *R. centifolia*

Ayurvedic classification: Gulaab-Kul or Taruni-Kul.

Different names of *Taruni*

Gabhaa, Shatapatri, Cabbage rose, hundred leaved Rose, Gulaab, Gul e Surkh, Provence Rose, Paninir etc.

***Taruni* (action and effect as mentioned in Ayurvedic Literature by different Acharya's)**

- 1) **BHAVAPRAKASHA:** Hridya (cardiac tonic), Grahi (for loose stools), Shukrala (sperm tonic) etc.
- 2) **AACHARYA PRIYAVAT SHARMA:** Hridya (cardiac tonic)
- 3) **DHANVANTRI NIGHANTU:** Sukrala (sperm tonic), Grahi (relives loose motions), Hridya (cardiac tonic), Varnya (Enhances skin colour).
- 4) **AAUSHADHI NIGHANTU:** Jwara (Fever), Pipasa (excessive thirst), Mukhapaka (Stomatitis), Chhardi (relieves vomiting).

- 5) **DR. DINESH MUDHGAL:** Varna ropan (healing), Pitta shamak, Hridya etc.
- 6) **KAIYADEV NIGHANTU:** Tridoshhar

Classical utilization of *Taruni* as Pandora's-box

India; which is today the most populous country in world being rich in culture, heritage and traditions. And traditionally flowering species of plants were abundant and *Taruni* is very common and famous from medieval times. From royal families to worker class, used *Taruni* in very different formats as mentioned in several classical books. They used *Taruni* in perfumery forms, in cooking specifically in preparation of sweets and also for cosmetic purposes. But as Ayurveda history states *Taruni* was used by Ayurveda Acharya's in many different medicinal ways.

Example: In the form of cardiac tonic or for respiratory skin, gastric and reproductive system disorders.

Chemical composition of *Taruni*

- 1) **Petals:** Constituents isolated from flower petals by gas chromatography analysis were Phenyl ethanol glycosides (43%), Geranyl acetate (15.6%), Geraniol (10.5%), Linalool (6.9%), Neroli (5-10%), Citronellyl acetate (0.3%).

It also contains tannins, oligomeric proanthocyanidins, mineral salts, gallic acid & tartaric acid, Pectin (11%), Riboflavin, and purgative glycosides.

- 2) **Hips:** Vitamin C (ascorbic acid), carotenoids, flavonoids, polyphenols, tannins, pectin, vitamin E (tocopherol), fatty acids, phytosterols, flavonoids, phenols, hydroxycinnamic acids.
- 3) **Leaves:** Tannins, terpenes, aldehydes, alcohols, vitamin C and minerals

Chemical -compounds inside *Taruni* petals (modern view)

- 1) **Oligomeric Proanthocyanidins (OPCs):** Reduces the risk of atherosclerosis (AS) which is one of the important diseases in CVD, and it is closely related to high blood lipids.
- 2) **Tartaric Acid and Gallic acid:** A dicarboxylic acid has blood pressure lowering and vasodilatory properties at a very low dose.
- 3) **Geranyl Acetate:** Found that it has a recovery effect on the heat shock response of gastric mucosa in malnutrition mice.
- 4) **Vitamin C (ascorbic acid):** It has been shown to improve fibrosis and cardiac dysfunction in heart failure.
- 5) **Phenyl-ethanol Glycosides:** It creates stronger heart muscle contractions.
- 6) **Mineral salts:** Potassium helps regulate heart muscle and nerve function
- 7) **Pectin:** Pectin consumption (15 g/day over a period of 4 weeks) has been shown to slightly reduce blood LDL cholesterol levels by 3–7%
- 8) **Iron compounds:** essential for heart oxygen travel
- 9) **Riboflavin:** Reduce the prevalence of cardiovascular disease.
- 10) **Linalool:** Reduces BP and acts as antidepressant.

Ayurvedic view

- 1) **Rasa:** Madhur, Tikta, Kashaya
- 2) **Gunaa:** Laghu, Snigdha
- 3) **Veerya:** Sheeta
- 4) **Vipaka:** Madhur

Heart-Health according to Ayurveda

In Ayurveda, heart health depends on balancing the three doshas—Vata, Pitta, and Kapha. The heart (Hridaya) is the seat of Ojas (vital energy) and Prana (life force), essential for overall well-being.

Ayurveda emphasizes holistic care—nourishing the body, mind, and soul—to keep the heart strong and resilient. In Ayurveda, *Taruni* (Shatapattra) is a revered heart tonic known for its cooling, rejuvenating, and emotionally uplifting properties. It balances Pitta dosha, which, when aggravated, can cause high blood pressure, stress, inflammation, and emotional disturbances—all of which affect heart health.

Benefits of Rose for Heart Health

1. Cooling & Soothing – Rose calms the mind and reduces stress, preventing emotional strain on the heart.

2. Supports Circulation – It helps improve blood flow and strengthen heart muscles. 3. Rich in Antioxidants – Contains flavonoids and vitamin C, which protect the heart from oxidative stress.

3. Balances Blood Pressure – Acts as a mild diuretic, helping regulate blood pressure naturally.

4. Uplifts Mood – Supports emotional well-being, reducing anxiety and depression, which can indirectly impact heart health.

Simple home-made preparations of *Taruni* petals

1) Taruni-Tea

Tea is wholesomely loved by masses mostly in India. And for making the daily tea time healthier the normal tea can be substituted with healthier option being *Taruni*-Tea. Which can be easily made by boiling some

water with *Taruni* fresh petals now just strain it and have it.

2) Jam can be curated from *Taruni* petals also known as *Gulkand*

For making the yummiest jam, pluck some fresh *Taruni* petals. And cleanse them properly. After washing pat, it dries with muslin cloth. Subsequently softly grate them. Now, put one layer *Taruni* petals in a jar and alternate with jaggery syrup. Alternate this sequence. As of close the vessel and place it near sun-raise for at least a week.

3) Taruni Petal juice

The *Taruni* syrup or juice is very refreshing in summer times. Also, it is very easy to prepare domestically. For the syrup: Mix some dried-finely powdered *Taruni* petals in jaggery and add adequate amount of water.

4) Taruni Petal-Powder

Without complicating the process. The *Taruni* petal powder can be prepared at home by desiccating the petals in daylight and milling it with the help of mortar and pestle. Anupanam: Ghee or Honey.

Some of its Ayurvedic uses of *Taruni* are as follows;

Pravala pishti

Medicine prepared from Coral and *Taruni-water*. It is used in Ayurvedic treatment of cardiac functions.

Mukta pishti

Medicine prepared from Pearl adding *Taruni-water*, it relaxes the cardiac system.

Manikya pishti

Medicine prepared from Ruby stone with *Taruni-water*. Which helps to strengthen the heart muscles and maintains the proper blood supply throughout the body.

RESULT: -

After studying the composition, uses and formulation made from *Taruni* and also considering the literature present in Ayurveda regarding the mechanisms and action of drug. The *Taruni* can be considered as potential heart tonic.

DISCUSSION:

Cabbage rose (*Rosa centifolia*) has been traditionally valued for its therapeutic properties, particularly in promoting heart health. Recent research has identified several bioactive compounds in *R. centifolia* that contribute to its cardioprotective effects.

Cardiac protective Mechanisms:**Endothelium-Dependent Vasorelaxation:**

Studies have shown that *R. centifolia* petal extract induces relaxation of the aorta in rats, mediated by the endothelium. This effect is partly due to the activation of nitric oxide synthase, leading to increased nitric oxide production, a critical factor in vascular health.

Anti-Inflammatory Effects: The extract has demonstrated the ability to suppress the accumulation of inflammatory markers such as tumor necrosis factor-alpha (TNF- α) and nuclear factor-kappa B (NF- κ B) in endothelial cells, suggesting a protective role against vascular inflammation.

Antioxidant Activity: The high flavonoid content contributes to the plant's antioxidant capacity, protecting cardiovascular tissues from oxidative damage. And antioxidant maintains the overall health of body.

CONCLUSION:

Taruni - The symbol of Healer and Heart, the connection of cabbage rose is not just with heartfelt-emotions but directly with the

heart. It is regarded as the king of flowers. As not its beauty but the benefits of its multiple functions outweigh other flowers. The beauty of *Taruni* can comfort people; the fragrance of it can relax a stressed-out-soul yet body; the ingredients of rose is natural source of nutrients, especially a potential heart tonic. Traditional Ayurvedic texts recommend rose-infused water, Gulkand (rose jam), and herbal decoctions for cooling the body, reducing stress, and enhancing heart function. Regular consumption of cabbage rose preparations may reduce palpitations, balance Pitta dosha, and promote emotional well-being, making it a valuable natural heart tonic.

Taruni's fragrance calms the restless soul, A balm to make the broken whole. In cup and tincture, sweet and mild. It soothes the heart, the lost and the wild.

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