

Monograph – *Vitis vinifera*

Unani Ṭibb Name(s)

Mawiz

Botanical Name

Vitis vinifera Linn.

Family

Vitaceae

Common English Name

Raisins

Regional Names

Urdu – Mawiz, Munaqqa; Hindi – Angur, Dakh; Bengali – Angurphal, Drakhyaluta; Malayam – Mundiri, Gostani; Kannada – Angura, Draksha; Tamil – Kodimundiri, Mundiri, Gostani; Telugu – Gostanidraksha, Draksha.

Habitat

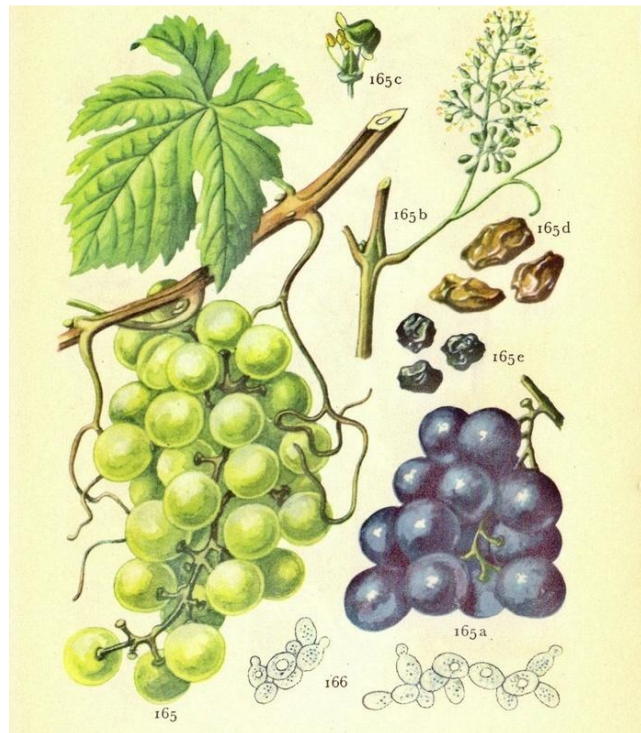
Native to Asia and cultivated in many parts of the world.

Period of Occurrence

Fruits available in May to June.

Description

A large deciduous climber, climbing by means of intermittent, leaf-opposed, long, often bifid tendrils, cultivated in many parts of India; stems up to 35m long, but in cultivation much reduced by pruning; leaves orbicular-cordate, 5-15cm more or less deeply, palmately 3, 5 or



7 lobed, irregularly toothed, glabrescent above, often grey-tomentose beneath, thin, membranous; flowers green, in large, leaf-opposed, rather dense panicles; the peduncle sometimes bear an unbranched tendril below the flowers; berries very variable in size, ovoid to globose; seeds 2-4, pear shaped, with a discoidal tubercle at the back. [8]

Quality

Taste is sweet.

Mizāj

Hot in the first degree and Moist in the first degree.

Actions

Mughazzi (nutrient), Mulaiyyin (laxative), Mulattif (demulcent), Munaffis-e-Balgham (expectorant) and Munzij (concoctive).

Substitutes

Anjeer Khushk (*Ficus carica* Linn.)

Parts Used

Deseeded fruits

Therapeutic Uses

- Chest: Mawiz is also used as Munzij-e-Balgham-o-Sauda (concoctive for phlegm and black bile). It is also good remedy for Sual Balghami (phlegmatic cough) and when used after roasting is very effective for Sual (cough)
- Stomach: Softens the stomach
- Liver: Kuliya-o-Masana (Ailment of liver) and strengthens the liver, useful for Aamraz-e-Kabid

- Intestine: The drug possesses high nutritive value. It removes Qabz (constipation)
- Kidney & Bladder: Kuliya-o-Masana (Ailment of kidney and urinary bladder)

Dose

9 to 11 fruits or up to 20g for nutrition.

Correctives

Sikanjbeen (vinegar honey drink), Khashkhaash (Papaver somniferum Linn.)

Important Formulations

Itrifal Ustukhudus, Jawarish-e-Zarishk, Halwa Supari Pak; Sharbat-e-Zoofa Murakkab, Sharbat-e-Mulaiyyin, Majoon-e-Anjeer, Majoon-e-Falasma, Majoon-e-Qurtum

Cautions

Nil known.