

## Asthishrinkhala



**Botanical name-** *Cissus quadrangularis* Linn.

**Family-** Vitaceae (Draksha kula)

**Vernacular names-**

**Hindi name-** Hadjod, hadjora

**English name-** Edible stemmed vine, veldt grape, devil's backbone, adamant creeper

**Telugu name-** Nalleru, Nallerutige

**Kannada name-** Mogaroli

**Tamil name-** Pindai, Perandai, Pirandai

**Malayalam name -** Changalam

Paranda, Changalamparanta

**Bengali name -** Hodjoda

**Marathi name -** Kandvel

**Gujarati name -** Hadsankal

**Synonyms**

Vajra valli, Vajrangi, Asthi Shrinkhala, Asthiyuk, Granthimana , Bhutopadrava  
Chaturdhara, Chatusira ,Asthisamhari

**Morphology -**

*Cissus quadrangularis* is a herb, reaching a height of 1.5 m and has quadrangular-sectioned branches with internodes 8 to 10 cm long and 1.2 to 1.5 cm wide.

- Stems - leafless, quadrangular, glabrous,
- Tendrils - long, slender, simple
- Leaves - 2.5-5 cm, broadly ovate, sometimes 3-7 lobes. Petioles 6-12 mm
- Flowers are cymes, Calyx cup shaped
- Berry obovoid, 6 mm long, red when ripe, seeded.
- Flowering and fruiting post rainy season, autumn.

**Classical categorisation:**

Bhavaprakasha - Guduchyadi Varga

Kaiyadeva Nighantu - Lakshmanadi Varga

**Chemical composition:**

Carotenoids, Triterpenoids, taraxerol, sitosterol and ascorbic acid. The plant extract serves as a rich source of calcium ions..

**Medicinal Properties**

Guna- Laghu - Rooksha

Rasa - Madhura

Vipaka- Katu

Veerya Ushna

Effect on Tridosha - Balances Vata and Kapha Dosha

**Action** - Bhagna sandhanakara, Arsoghna, Krimighna, Vrishya, Balya

**Part used** - Stem

**Dosage-**

Fresh juice 10-20 ml;

Paste 5-10 gm.