

Bharangi bhed

Botanical Name – *Clerodendrum siphonanthus*

Family- Lamiaceae

Classical Names/ Synonyms-

Phanji, Hanjika, Brahmanayastika, Padma, Kharashaka

Vernacular names-

Assamese - *Akal-bih, Akalbih, Akla-brikh, Akla brikhsa, Brahmajasthi*

Beng - *Bamunhati*

English- *Bowing Lady, Sky Rocket, India Tubeflower, Tubbeflower, Tube flower, Turk's Turbin*

Kannada - *Bhaarangi, Angaravalli, Shakapadme*

Karbi *Hanmathucho*

Malayalam- *Cerutekku*

Marathi *Bharangi*

Tamil - *Narivalli, Kovalai*

Telugu - *Bharangi, Chiruteka*

bodo *Ikhlabir*

Botanical synonyms-

Clerodendrum longicolle G.Mey.

Clerodendrum mite (L.) Vatke

Clerodendrum semiserratum Wall., nom. nud.

Clerodendrum siphonanthus R.Br., nom. illeg.

Clerodendrum verticillatum Roxb. ex D.Don, pro syn.

Ovieda mitis L.

Ovieda verticillatum Roxb. ex D.Don, nom. inval.

Siphonanthus angustifolius Willd.

Siphonanthus indicus L.

Different Species-

Clerodendrum indicum is considered as *Bharangi* by Prof P.V Sharma.

Most scholars identify *Clerodendrum serratum* as *Bharangi*. It is also called *Clerodendron serratum*.

Habitat and Distribution-

Global Distribution

Indo-Malesia; cultivated in the warmer parts of the world

Indian distribution

State - Kerala, District/s: Kottayam, Alappuzha, Kollam, Malappuram, Kannur, Kozhikkode, Thrissur, Wayanad, Palakkad

Botanical Description-

Shrub about 5-10 ft tall. Bark ashy-grey and smooth. Stem and branches fluted hollow, subglabrous, virgate, obtusely quadrangular, nodes annulate. Leaves in whorls of 3-6, narrow lanceolate or oblong lanceolate, base acute or cuneate, margins entire or minutely serrate, apex shallow acuminate, chartaceous, glabrous, dark green above, slightly paler, punctuate beneath, lateral veins 6-10 on either side of the midrib, usually meeting in a continuous line somewhat inside the margin, ascending, impressed about and prominent beneath, base tapering, petiole sessile or subsessile up to 0.5 cm long. Inflorescence cymes axillary, drooping solitary or whorled few flowered, peduncle terete about 2-7 cm long, glabrous, bracts linear or linear lanceolate, bractlets linear. Flowers bisexual, handsome, creamish white, pedicels terete, purplish green about 0.5-2.5 cm long, calyx campanulate, 5 toothed, deeply divided, inflated, green, corolla hypocrateriform, 5 lobed, creamish white, lobes oblong or obovate, reflexed, obtuse about 1.5 cm long, corolla tube slender, curvate, glabrous or very slightly hairy outside about 12 cm long, stamens 4 didynamous, exserted, filaments slender, about 3.5 cm long, purple or brown, anthers oblong, purple, ovary bicarpellary, ovoid, 4 lobed, 4 loculed, about 0.2 cm across, style filiform, purple, stigma shortly 2-fid. Fruit drupaceous, globose, about 1 cm in diameter with 4 pyrenes, fleshy, purplish black when ripe, fruiting calyx accrescent about 2.5 cm across, crimson red.







Ayurvedic Properties-

- **Rasa-** *tikta,katu*
- **Guna-** *laghu,ruksha*
- **Virya-** *ushna*
- **Vipaka-** *katu*
- **Dosha Karma-** *Balances Kapha and Vata Dosha.*

Karma-

Deepani – improves digestion strength

Shophahara – useful in inflammatory conditions

Vranashophahara – useful in abscess, infected wounds, induces quick wound healing

Krimighna – antimicrobial, useful in worm infestation

Dahahara – useful in burning sensation

Its leaves are applied as paste on wounds to extract out pus.

Prayoga-

Shwasahara – useful in treatment of asthma and chronic respiratory disorders.

kaphapaha – acts as mucolytic, breaks down mucus and eases it out of lungs

Gulmahara – useful in abdominal tumors

Jvarahara – useful in fever

Vatarakta – useful in gout

Yakshmahara – useful in chronic respiratory conditions, tuberculosis

Peenasa hara – useful in rhinitis

Part used- Root, leaves

Dosage- Powder 3-6 grams in divided dose per day.

Important Formulations-

Bharangi guda, pushkarmoolasav, vasavleha

References from Brihatrayee-

Charaka Samhita – *Pureesha sangrahaniya* – group of herbs that increase bulk of feces.

Sushruta- *Pippalyadi*

Ashtanga Sangraha – *Pippalyadi gana*

Ashtanga Hrudaya – *Arkadi Gana and Surasadi Gana* (Reference: Astanga Hrudayam 15th chapter)

Bibilography-

1. <https://easyayurveda.com/2014/11/11/bharangi-clerodendrum-serratum-uses-side-effects-dose/amp>

2. <https://indiabiodiversity.org/species/show/229224>