



Review Article

CRITICAL REVIEW ON VIDARIKAND (*PUERARIA TUBEROSA* DC.) -AN AYURVEDIC HERB

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ABSTRACT

Background: *Vidarikand* is the one of the most important drug which has broadly described in detail in all the textbook of Ayurveda. It is commonly known as *Indian kudzu* which is a perennial climber with woody tuberculated stem with large tuberous roots. Generally all the *Nighantus* are mention its various properties. It is used in variety of formulation mention in Ayurvedic Samhita for the different-different purpose and treatment of diseases. There are so many researches were done on *Vidarikand* on range of diseases and its property. **Aims and Objects:** This paper trying to elaborate, evaluate and discuss the medicinal property, therapeutic effects of *Vidarikanda* in various diseases including new emerging problems. **Material and Method:** The text book of Ayurveda, its commentaries and text book of modern medicine along with various clinical studies published in index journal have been review thoroughly. **Result and Discussion:** *Vidarikanda* has *Madhur Rasa, Shita Veerya* and *Guru, Snigdha Guna* and it pacify *Vata, Pitta* and *Rakta dosha* and having *Brihani, Vrashya, Jivniya, Rasayan, Stanya, Shukral, Balya* property mention in Ayurvedic text due to these excellent property its field of use is highly amplified for cure diseases. Its formulations are highly used in *Jwara, Raktapitta, Rajayakshma, Apasmar, Kshatksina, Kasa, Vatavyadhi, Vatarakta, Klevya* and many more diseases. It is also mentioned in *Balavarna vardhak* and *Vranaropak* formulation. It is good in Immunomodulating, Antioxidant, Galactogogue, Cardiogenic, Aphrodisiac, Rejuvenation, Nootropic and Anti-inflammatory effect.

KEYWORDS: *Vidarikand, Pueraria tuberosa, Indian kudzu, Ayurveda.*

INTRODUCTION

Ayurveda have huge source of medicine for various diseases. They mention the various properties of Mineral, Herbal and Herbo-mineral drugs which can be used in different-different disease by making many combination and formulation. Ayurveda is an ancient science, which gives basic philosophy of diagnosis, prevention, and management of any disease. Ayurveda also suppose that there is no need to nomenclature of diseases for treatment, but the diseases can be cure by knowing the *Nidan, Dosha, Prakriti* and *Adhistan*.^[1] Thus, Ayurveda is able to manage any new challenges in health. As there are various new emerging challenges along with old diseases in the medical practice today, the world are looking towards in Ayurveda hopefully. Ayurvedic drugs are based on mineral, herbal and herbo-mineral. The herbals medication are more accepted today on national and international level, as those having less or negligible adverse effect on human health. *Vidarikand* is the one of the most important drug which has broadly described in detail in all the textbook of Ayurveda including *Brihatrayi, Laghutrayi, and Nighantus*. This article highlighted on efficacy of *Vidarikand* on various emerging and old diseases with scientific justification

AIMS AND OBJECTS

1. To collect, elaborate, evaluate, and discussed the medicinal properties of *Vidarikand*.
2. To elaborate, evaluate and discussion of the therapeutic effects and medicinal values of *Vidarikand* in various diseases including new emerging problems.

MATERIAL AND METHOD

The text book of Ayurveda along with its respective commentaries has been review thoroughly. The text book of modern medicine, various clinical studies published in index journal which is collected from Ayush research portal, journal on web, Pubmed along with various website of journals has been also referred to review the topic.

DESCRIPTION OF VIDARIKAND

Vidarikand (Pueraria tuberosa DC.) is commonly known as *Indian kudzu*. Bhavaprakash mention the *Vidarikand* in its *Guduchyadi varga* they mention the synonyms of *Vidarikand* as *Swdukanda, Krostri, Sita, Ikshugandha, Kshirvalli, Kshirshukla, Payasvani*.^[2] It is a perennial climber with woody tuberculated stem. It is a climbing, coiling and trailing vine with large tuberous roots, distributed nearly throughout the India except in very humid or very arid regions and ascending up to 1200 m.^[3]

Structure

a) Macroscopic

Drug available in the form of longitudinally sliced pieces of variable size; outer surface reddish-brown, smooth except for protuberances at some places; cut surface creamish-brown, starchy and somewhat porous; usually does not break, but pliable; taste sweetish, no particular smell (cut pieces of the tubers of *Ipomoea digitata*, substitute of *P. tuberosa*, are cubical, smooth, light cream in colour and can easily be distinguished).^[3]

b) Microscopic**Tuberous Root**

T.S. of whole root tuber is slightly wavy in outline, epidermis not discernible; 3 to 4 layers of cork cells, followed by 5 to 7 layers of parenchymatous cells present; cork cambium-brown in colour and 2 or 3 cells thick, endodermis well developed; pericycle fibrous followed by 2 layers of stone cells filled with sandy crystals; phloem consist of sieve tubes, companion cells, patches of bast fibers and phloem parenchyma; xylem pentarch in young root, consist of vessels with scalariform cross perforation, tracheids, xylem fibers and parenchyma; medullary rays broad and parenchymatous. The medullary rays and phloem cells are filled with starch grains which are polygonal, 2 to 5 μm in diameter, simple or two to many-compound, hilum usually indistinct, occasionally a central cleft, lamellae indistinct. In macerated preparation crystal fibers are multicellular, articulated, each cell carrying a crystal of calcium oxalate; some of the articulated fibers are swollen in the middle like a bulb pipette.

Powder

Buff colored; shows plenty of starch grains with central hilum and striations measuring 5.5 - 13.75 μm in dia.,

fragments of cork, prismatic crystals of calcium oxalate, a few xylem vessels with reticulate thickening and phloem fibers.^[3]

Chemical Constituents

Tubers contain 85.1% dry matter, 64.6% carbohydrates, 28.4% crude fibers, 10.9% protein, 0.5% ether extract. B-sitosterol, sucrose, glucose and fructose have been identified. Pterocarpan-tuberosin, pterocarpanone-hydroxytuberosone, two pterocarpenes-anhydrotuberosin and 3-O-methylanhydrotuberosin, and a coumestan tuberostan, an isoflavone-puerarone and a coumestan-puerarostan are found ^[3]. Tubers are rich in isoflavanoids such as puerarin, daidzein, genistein and genistin.^[17]

Vidarikand and its Properties

In Ayurveda the basic property of any drug is known by its Rasa panchak which include *Rasa, Guna, Veerya, Vipaka* and *Prabhav*. Different Nighantus are mentioned *Vidarikand* in different *Varga* or *Gana* but the property mentioned are same and there is no variation seen in *Rasa, Guna, and Veerya*.

Table 1: Physical Properties of Vidarikand as per Various Nighantu

S. No.	Nighantu	Gana	Rasa	Guna	Veerya
1.	Bhav Prakash Nighantu ²	Guduchyadi varga	Madhura	Guru, Snigdha	Shita
2.	Madan pal Nighantu ⁴	Abhayadi Varga	Madhura	Guru, Snigdha	-
3.	Raj Nighantu ⁵	Mulakadi Varga	Madhura	Guru, Snigdha	Shita
4.	Kaiyadeva Nighantuh ⁶	Aushadhi gana	Madhura	Guru, Snigdha	Shita
5.	Gunaratnamala ⁷	Guduchyadi varga	Madhura	Guru, Snigdha	Shita
6.	Dhanvantari Nighantu ⁸	Guduchyadi varga	Madhura	Guru, Snigdha	Shita
7.	Priya Nighantu ⁹	Pipalyadi varga	Madhura	Snigdha	Shita
8.	Nighantu Adarsh ¹⁰	Palashadi varga	Madhura	Guru, Snigdha	Shita

Vidarikand has *Madhur Rasa, Shita Veerya* and *Guru, Snigdha Guna*. Except *Priya Nighantu* in which the *Guru guna* of *Vidarikand* is not mentioned and in *Madanpal Nighantu* the *Shita veerya* of *Vidarikand* is not mentioned.

Effect of Vidarikand on Dosh

Generally all the Nighantus are mention that *Vidarikand* pacify *Vata, Pitta* and *Rakta* but *Priya nighantu* does not mention the effect of *Vidarikand* on *Rakta dosha*. *Raj nighantu* also mention that it increase the *Kapha dosha*.

Table 2: Effect of Vidarikand on Dosha According to Different Nighantu

Dosha	B.P.N. ²	M. P. ⁴	Raj.N. ⁵	Kaiy.N. ⁶	Grm. ⁷	Dha.N. ⁸	Pri.N. ⁹
Vatahar	✓	✓	✓	✓	✓	✓	✓
Pitta Rakta har	✓	✓	✓	✓	✓	✓	Pittahar
Kapha vardhak	-	-	✓	-	-	-	-

B.P.N. = Bhavprakash Nighantu; **M. P.** = Madanpal Nighantu; **Raj.N.** = Raj Nighantu; **Kaiy.N.** = Kaiyadeva Nighantuh; **Grm.** = Gunaratnamala; **Dha.N.** = Dhanvantari Nighantu; **Pri.N.** = Priya Nighantu

Therapeutic Effect of Vidarikand

The *Vidarikand* have excellent and extraordinary therapeutic action to improve general fitness of body. Various therapeutic effect or action of *Vidarikand* is mentioned in various Nighantu given in table no. 3.

Table 3: Therapeutic Effect of Vidarikand as per Nighantu

Karma	B.P.N. ²	M. P. ⁴	Raj.N. ⁵	Kaiy.N. ⁶	Grm. ⁷	Dha.N. ⁸	Pri.N. ⁹
Brihani	✓	✓	✓	✓	✓		✓
Vrashya				✓		✓	✓
Jivniya	✓			✓	✓		
Rasayan	✓	✓		✓	✓		✓
Stanya	✓	✓		✓	✓		✓

Shukral	✓	✓	✓		✓		
Balya	✓		✓	✓	✓	✓	✓
Varnya	✓			✓	✓		
Kanthy	✓			✓	✓		
Mutral	✓			✓	✓		
Vastishodhani							✓
Dahakar	✓	✓		✓	✓		✓
Jvarhar							✓
Kshayhar							✓

B.P.N. = Bhavprakash Nighantu; **M. P.** = Madanpal Nighantu; **Raj.N.** = Raj Nighantu; **Kaiy.N.** = Kaiyadeva Nighantuh; **Grm.** = Gunaratnamala; **Dha.N.** =Dhanvantari Nighantu; **Pri.N.** = Priya Nighantu

In general *Vidarikand* has *Brihani*, *Vrasha*, *Jivniya*, *Rasayan*, *Stanya*, *Shukral*, *Balya*, *Varnya*, *Kanthy*, *Mutral* and *Dahakar* effects. Priya nighantu also mentioned *Vastishodhak*, *Jvarhar* and *Kshayhar* effect of *Vidarikand*.

Therapeutic Ayurvedic Formulations of *Vidarikand* as Per Acharya Charak

Acharya charak mention the *Vidarikand* in *Madhur skandh* and *Kanthy*, *Snehopaga Mahakashaya*. It is also mentioned as a *Shaka varga* (vegetable) which have the property of *Jeevniya* (improving age), *Vriahniya* (Nourishing), *Vrishya* (aphrodisiac), *Kanthy* (improve voice), *Rasayan* (rejuvenation), *Balya* (strengthen), diuretic, sweat and cold. *Vidarikand* widely used for a variety of formulation and used in disease like *Raktapitta*, *Rajyaksham*, *Kshatkshin*, *daha*, *Kasa*, *Jwar* etc. and specially mentioned for *Bala varna vardhak*, *Rasayan*, *Vajikar* which are mentioned in given table.^[11]

Table 4: Formulations of *Vidarikand* as Per Acharya Charak

S.No	Yog	Rogadhikar	Reference
1	Vatrankthar lepa	Vatarakta	Ch.Su.3/21
2	Chavanprach rasayan	Kasa, swasa, Rasayan	Ch.Chi.1/1/62-69
3	Pancham haritakyadi rasayana	Rasayan	Ch.Chi.1/1/76
4	Aamlak ghrith	Rasayan	Ch.Chi.1/2/4
5	Indrokta rasayana	Rasayan	Ch.Chi.1/4/6
6	Indrokta rasayana param	Rasayan	Ch.Chi.1/4/13-26
7	Brahani gutika	Vajikar	Ch.Chi.2/1/24-32
8	Vajikaran ghrith	Vajikar	Ch.Chi.2/1/33-37
9	Apathykar shastikadi gutika	Vajikar	Ch.Chi.2/2/3-9
10	Vrishya ghrith	Vajikar	Ch.Chi.2/2/21
11	Apatyakar kshir yoga	Vajikar	Ch.Chi.2/3/7-10
12	Vrishya payas yoga	Vajikar	Ch.Chi.2/3/14
13	Vrishya mashadi puplika	Vajikar	Ch.Chi.2/4/23-24
14	Vrishya yoga	Vajikar	Ch.Chi.2/4/25-27
15	Apatyakar ghrith	Vajikar	Ch.Chi.2/4/28-29
16	Vrishya gutika	Vajikar	Ch.Chi.2/4/30-32
17	Chandanadi tail	Daha, jvar	Ch.Chi.3/258
18	Shatavaryadi ghritha	Raktapitta	Ch.Chi.4/95-96
19	Drakshadi ghritha	Pittaj gulma	Ch.Chi.5/123-125
20	Jivantydi upnah swed	Rajyakshama	Ch.Chi.8/75-76
21	Viradi pradeh	Rajyakshama	Ch.Chi.8/79
22	Baladi nasaya	Rajyakshama	Ch.Chi.8/90
23	Jivantyadi utsadan	Rajyakshama	Ch.Chi.8/175-177
24	Kasadighrit	Apasmarz	Ch.Chi.10/30
25	Amritprash ghrith	Kshatkshin, Daha	Ch.Chi. 11/35-43
26	Tryushnadi ghrith	Kasa, Kshatkshin	Ch.Chi.18/39-47
27	Yashtyadi vamak yoga	Pittaj Kasa	Ch.Chi.18/84
28	Vidaryadiyoga	Pittaj kasa	Ch.Chi.18/95
29	Vidaryadi ghrith	Kshayaj Kasa	Ch.Chi.18/151
30	Vidaryadi ghrithpak /dugdhpak	Mutravevarnya in Kasa	Ch.Chi.18/154
31	Drahshadi churna	Pittaj chhardi	Ch.Chi.20/26

32	<i>Shatvaryadi lepa</i>	<i>Vataj pittaj visarpa</i>	<i>Ch.Chi.21/24</i>
33	<i>Darimadi lepa</i>	<i>Trishana</i>	<i>Ch.Chi.22/36</i>
34	<i>Amrit ghrit</i>	<i>Visha</i>	<i>Ch.Chi.23/242-249</i>
35	<i>Shatavaryadi kwath</i>	<i>Pittaj mutrakachha</i>	<i>Ch.Chi.26/50</i>
36	<i>Baladi tail</i>	<i>Shirorog</i>	<i>Ch.Chi.26/161-162</i>
37	<i>Mahamayur ghrit</i>	<i>Shirorg</i>	<i>Ch.Chi.26/166-174</i>
38	<i>Vidaryadi pan</i>	<i>Raktaj swarbheda</i>	<i>Ch.Chi.26/288</i>
39	<i>Majjasneh</i>	<i>Vatavyadhi</i>	<i>Ch.Chi.28/124-127</i>
40	<i>Amritadi tail</i>	<i>Vatavyadhi</i>	<i>Ch.Chi.28/157-164</i>
41	<i>Parushakghrit</i>	<i>Vatashonit</i>	<i>Ch.Chi.29/58-60</i>
42	<i>Jivkadi mahasneha</i>	<i>Vatashonit</i>	<i>Ch.Chi.29/72-75</i>
43	<i>Sukumari tail</i>	<i>Vatashonit</i>	<i>Ch.Chi. 29/96-102</i>
44	<i>Takraarishtha</i>	<i>Pichil stanya chikitsa</i>	<i>Ch.Chi. 30/278</i>
45	<i>Ajagandhadi churna</i>	<i>Virechan yoga</i>	<i>Ch.K. 7/22</i>
46	<i>Chandnadi niruha vasti</i>	<i>Daha, raktapitta and Pandu</i>	<i>Ch.K. 3/48-52</i>
47	<i>Drakshadi niruha vasti</i>	<i>Pitta nashak</i>	<i>Ch.Si. 3/53-55</i>
48	<i>Saptprasatki vasti</i>	<i>Vrishya</i>	<i>Ch.Si. 8/11</i>
49	<i>Vidaryadi kawath</i>	<i>Shukra, Mamsa pushti</i>	<i>Ch.Si. 10/28</i>
50	<i>Pratham Baladi yapna vasti</i>	<i>Madya klistanam saddho bala jannano</i>	<i>Ch.Si. 12/15/5</i>
51	<i>Chaturth Baladi yapna vasti</i>	<i>Jwar</i>	<i>Ch.Si. 12/15/10</i>
52	<i>Mayuradi vasti</i>	<i>Bala varna vardhak</i>	<i>Ch.Si. 12/17/3</i>
53	<i>Chatur sneha anuvasana vasti</i>	<i>Rasayan</i>	<i>Ch.Si.12/18/1</i>
54	<i>Baladi anuvasan vasti</i>	<i>Virya, Bala, Mansa vrdhak</i>	<i>Ch.Si.12/18/2</i>
55	<i>Sahachradi anuvasan vasti</i>	<i>Rasayana</i>	<i>Ch.Si. 12/18/3</i>

Therapeutic Ayurvedic Formulation of *Vidarikand* as per Acharya Susruta

In Sushruta samhita *Vidarikand* is mentioned in *Vidarigandhadi gana*, *Valli panchamoola*, *Pitta sanshaman* and *Madhura varga*. Whereas *Valli panchamoola* is indicated in *Raktapitta*, *Shoth*, *Prameha*, *Shukra dosha* and *Vidaryadi gana* pacify *Vata-pitta*, indicated in *Shosh*, *Gulma*, *Angamarda*, *Urdhva-Swash* and *Kasa*. Acharya Sushrut mentioned *Vidarikand* in *Kanda varga* and here they listed the property of *Vidarikand* which is sweat, *Vriahniya* (Nourishing), *Vrishya* (aphrodisiac), improve voice, *Balya* (strengthen), diuretic, and *Vata-pittahar*. There are various preparation of *Vidarikand* in Shushrut samhita which is used for various purpose specially *Vajikar*, *Jwarghna*, *Dahakar*, *Pittaj shoolhar*, *Luta* and *Vrishchik vishhar*.^[12]

Table 5: Formulation of *Vidarikand* as per Acharya Sushruta

S.No.	Yog	Rogadhikar	Reference
1	<i>Sitadi choorna</i>	<i>Daha, jawar,</i>	<i>S.Su.47/17</i>
2	<i>Ashwakarnadi churna</i>	<i>Saddhovrana</i>	<i>S.Ch. 2/64-65</i>
3	<i>Sahadi pradeha</i>	<i>Vatarakta</i>	<i>S.Ch.5/12</i>
4	<i>Kushadi ghrita</i>	<i>Pittaj ashamari</i>	<i>S.Ch.7/9-13</i>
5	<i>Vidaryadi nashya</i>	<i>Krimidant</i>	<i>S.Ch.22/40</i>
6	<i>Tiladi utkarika</i>	<i>Vajikar</i>	<i>S.Ch.26/23</i>
7.	<i>Vidarikand yoga</i>	<i>Vajikar</i>	<i>S.Ch.26/23</i>
8	<i>Viarimoola yoga</i>	<i>Vajikar</i>	<i>S.Ch.26/28</i>
9	<i>Mashadi kshir</i>	<i>Vajikar</i>	<i>S.Ch.26/36</i>
10	<i>Bhutikadi tail</i>	<i>Vatvyadhi (Vasti)</i>	<i>S.Ch.37/19-22</i>
11	<i>Kushadi asthapan vasti</i>	<i>Vasti</i>	<i>S.Ch.38/51-54</i>
12	<i>Vidarigana siddha tail</i>	<i>Mand vish/ Vrishchika dansh</i>	<i>S.K.8/70</i>
13	<i>Vidaryadi kwath</i>	<i>Luta vish</i>	<i>S.K. 8/132</i>
14	<i>Aswgandhadi kwath</i>	<i>Revwti grah</i>	<i>S. U.31/3</i>
15	<i>Vidaryadi lepa</i>	<i>Jwar</i>	<i>S.U.39/303</i>
16	<i>Vidaryadi choorna</i>	<i>Pittaj shool</i>	<i>S.K.42/71</i>

Therapeutic Ayurvedic Formulations of Vidarikand as per Acharya Laghu Vagbhata

Acharya Vagbhata mentioned the *Vidarikand* in *Shaka varga* and *Madhur gana* same as Acharya charak. They mentioned *Vidarikand* in *Vidaryadi gana* which have *Hridya*, *Vrihana* property and pacify *Vata-pitta*, indicated in *Shosh*, *Gulma*, *Swash* and *Kasa*. There are various formulations are given for various diseases which are given in below table.^[13]

Table 6: Formulations of Vidarikand as per Acharya Laghu Vagbhata

S.No.	Yog	Rogadhikar	Reference
1	Kapitthadi lepa	Daha, Vedna, Moha	A.H.Chi.1/134-135
2	Vidari rasa	Pittaj kasa	A.H.Chi.3/26
3	Medadi ghrith	Pittaj kasa	A.H.Chi.3/38-40
4	Amritprash ghrith	Kasa, Nastshukra, Kshatkshin	A.H.Chi.3/94-101
5	Dhatri ghrith	Kasa, Mamsa shukra vardhak	A.H.Chi.3/108-109
6	Vidari swaras siddh ghrith	Kshayaj Kasa	A.H.Chi.3/153
7	Vidaryadi ghrith payam	Kshayaj kasa	A.H.Chi.3/155
8	Baladi ghritha	Swarbhed	A.H.Chi.5/41
9	Punarnvadi lepa	Rajyakshama pinas	A.H.Chi.5/68
10	Jivantyadi urdhvartan	Rajyakshama pushtivardhak	A.H.Chi.5/78-80
11	Vidaryadi ambu	Vataj trishna	A.H.Chi.6/68
12	Shatavaryadi kwath	Mutrighat	A.H.Chi.11/6
13	Kushadi ghrith	Pittaj Ashmari	A.H.Chi.11/22-24
14	Vidari varg siddha traivat sneha	Vrana ropana	A.H.Chi.13/3
15	Drakshadi ghrith	Vidradhi, Moha, Mada nashak	A.H.Chi.13/16-17
16	Vidaryadi ghrith	Vatodara	A.H.Chi.15/53
17	Vidaryadi kshir	Pittodar	A.H.Chi.15/64
18	Aragvadadi pana	Kamla	A.H.Chi.16/41
19	Vidaryadi ghritha	Aptanak	A.H.Chi.21/27
20	Ajagandhadi yoga	Virechan yoga, Jwar	A.H.K.2/10-11
21	Rasnadi kalpa	Atisar, Kamla, Raktapitta	A.H.K.4/12-16
22	Paysyadi kwath	Shukrakarak vasti	A.H.K.4/25
23	Mayur vasti	Bala and Shukrakarak	A.H.K.4/45-46
24	Kasadi dugdha	Apasmar	A.H.U.7/28
25	Utpaladi paya	Kshataj Shukra	A.H.U.11/31
26	Vidaryadi ghrith	Vataj pratishyay	A.H.U.20/10
27	Vidaryadi tail	Dantashul	A.H.U.22/25
28	Mahamayur ghrith	Shiroroga, Indriyabhransh, Shukradosh	A.H.U.24/49-55
29	Chyavanprash	Rasayana	A.H.U.39/33-41
30	Sharadi yoga	Vajikara	A.H.U.40/12-20
31	Vidaryadhavleha	Vajikara	A.H.U.40/21-22
32	Vidarikand churnakriya	Vajikara	A.H.U.40/26

Therapeutic Ayurvedic Formulations of Vidarikand as per Harit Samhita

Vidarikand is also mentioned by Acharya Harit in different - different formulations for various diseases given below.^[14]

Table 7: Formulations of Vidarikand as per Harit Samhita

S.No.	Yog	Rogadhikar	Referance
1.	Vidaryadi Lepa	Trishna, Murchha	Ha.S.Tri 2/73
2.	Drakshadi kwath	Trivagni samam, Pushthikar	Ha.S.Tri 6/19
3.	Shatavariyadi dugdh	Kasa	Ha.S.Tri 10/51
4.	Mridwikadi dugdh paka	Strirog	Ha.S.Tri 10/52
5.	Vidarikadi churna	Klevya	Ha.S.Tri 47/8
6.	Vidarkandadi churna	Klevya	Ha.S.Tri 47/16

Acharya Bhela also mentioned *Vidarikand* in *Dashmuladi tailam* which is indicated in *Urustambh*, *Aadyavata*, and *Shlipad*.^[15]

DISCUSSION

Vidarikand is very important drug, which is described from ancient time. Acharyas already know the

importance of *Vidarikand* in the therapeutic management. Hence they used single or in combination in the form of *Churna, Kwath, Lepa, Ghrta, Taila* internally or externally to cure and prevent the various diseases. *Vidarikand* pacify *Vata, Pitta* and *Rakta dosha* and having *Brihani, Vrashya, Jivniya, Rasayan, Stanya, Shukral, Balya, Varnya, Kanthya, Mutral, Vastishodhani* and *Dahakar* property due to these excellent property its field of use is highly amplified for cure diseases. Its formulations are highly used in *Jwara, Raktapitta, Rajyakshma, Apasmar, Kshatksina, Kasa, Vatavyadhi, Vatarakta, Klevya* and many more diseases. It is also mentioned in *Balavarna vardhak* and *Vranaropak* formulation.

The tubers of *P. tuberosa* are described as sweet, refrigerant, emollient, laxative, aphrodisiac, galactogogue, diuretic, emetic, cardiogenic, expectorant, and used for the treatment of various ailment [16]. Tubers are rich in isoflavonoids such as puerarin, daidzein, genistein and genistin.[17] Its *Brihan* effect is seen in *Karshya vyadhi*.[18] It also having effective anti-diabetic potential against STZ-induced diabetes in rats.[19] It holds a promising therapeutic potential as an immunomodulator and the effects mostly due to the effects of isoflavones puerarin, daidzein and genistein.[20] The Puerarin is the major isoflavonoid present in *Vidarikand* and demonstrated to have antioxidant activity.[21] Puerarin present in Indian Kudzu, possess a cardioprotective activity and give Protection against stress induced myocardial ischemia[22]. On the basis of its significant effect on fibrinolytic activity in patients with coronary artery disease, *P. tuberosa* may be incorporated as an addition to the list of thrombolytic agents of plant origin, with negligible side effects and inexpensive too.[23] It reduce alcohol consumption and the mechanism of action of this herbal preparation to reduce alcohol consumption remains elusive.[24] It shows Aphrodisiac effect which is mention in our *Samhitas*.[25] *P. tuberosa* increases the level of LH, FSH, testosterone and also gonadotropin release hormone GnRH. The role of phytoestrogenic compounds from *P. tuberosa* in improvement of sexual function and testosterone production in male rats and thus adds to the evidence for its ethnopharmacological utilization as an Ayurvedic herb for improvement of sexual performance and fertility [26]. Nootropic effect of *Vidarikand* i.e. memory enhancer, neuro enhancer, cognitive enhancer, and intelligence enhancer effect is also access[27]. The anti-inflammatory effect of *Pueraria tuberosa* extracts is also seen due to improvement in activity of red blood cell anti-oxidant enzymes[28].

CONCLUSION

Vidarikanda has *Madhur Rasa, Shita Veerya* and *Guru, Snigdha Guna* and it pacify *Vata, Pitta* and *Rakta dosha* and having *Brihani, Vrashya, Jivniya, Rasayan, Stanya, Shukral, Balya, Varnya, Mutral,* and *Dahakar* property mention in Ayurvedic text, due to these excellent property its formulations are highly used in *Jwara, Raktapitta, Rajyakshma, Apasmar, Kshatksina, Kasa, Vatavyadhi, Vatarakta, Klevya* and many more diseases. It is good in Immunomodulating, Antioxidant, Galactogogue, Cardiogenic, Aphrodisiac, Rejuvenation, Nootropic and

Anti-inflammatory effect. It is a very valuable drug which is effective on various ailments.

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Cite this article as:

Anshu Malviya, Radha Gupta, Sharad M. Porte. Critical Review on *Vidarikand* (*Pueraria Tuberosa* DC.) -An Ayurvedic Herb. *International Journal of Ayurveda and Pharma Research*. 2016;4(2):46-52.

Source of support: Nil, Conflict of interest: None Declared

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