



**VIDARIKANDA (PUERARIA TUBEROSE LINN.): A REVIEW FROM  
BRUHATRAYI AND NIGHANTU**

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**ABSTRACT**

*Vidarikanda* is the one of the most essential drug which has been broadly described in all the Ayurveda classics. It is usually known as *Indian kudzu* which is a perennial climber with woody tuberculated stem with large tuberous roots. Generally all the *Nighantus* have mentioned its different properties. It is used in variety of Formulations mentioned in *Ayurvedic Samhita* for treatment of diseases. There are so many researches done on *Vidarikanda* and its property. **Aims and Objectives:** This paper attempts to elaborate, evaluate and discuss the medicinal property, therapeutic effects of *Vidarikanda* in various diseases. **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 reviewed thoroughly. **Conclusion:** *Vidarikanda* has *Madhura Rasa, Shita Virya* and *Guru, Snigdha Guna* and it pacifies *Vata, Pitta* and *Rakta Dosha* and having *Brihani, Vrushya, Jivniya, Rasayana, Stanya, Shukrala, Balya brimhaniya* properties mentioned in Ayurvedic text due to these excellent properties its field of use is highly amplified for cure of diseases. Its formulations are highly used in *Jvara, Raktapitta, Rajayakshma, Apasmara, Kshatksina, Kasa, Vatavyadhi, Vatarakta, Klaibya* and many other diseases.

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

**INTRODUCTION:** Ayurveda has huge source of medicine for many diseases. They state the various properties of mineral, herbal and herbo-mineral drugs which can be used in several diseases by making various combination and formulation. The science of life Ayurveda gives basic philosophy of diagnosis, prevention, and management of any disease. Ayurveda also supposes that there is no need to nomenclature of diseases for treatment, but the diseases can be cured by knowing the *Nidana, Dosha, Dushya, Prakriti* and *Adhithana*.<sup>[1]</sup> 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 is looking towards Ayurveda hopefully. Ayurvedic drugs are based on mineral, herbal and herbo-mineral. The herbals medication are widely accepted today on national and international level, as those having less or negligible adverse effect on human health. *Vidarikanda* is the one of the most important drug which has been broadly described in detail in all the Ayurveda classics including *Brihatrayi, Laghutrayi, and Nighantus*. This article highlighted on efficacy of *Vidarikanda* in various diseases with scientific explanation.

**AIMS AND OBJECTIVES:** To collect, elaborate, evaluate, and discuss the

medicinal properties and therapeutic effects of *Vidarikanda*.

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

**DESCRIPTION OF VIDARIKANDA:** *Vidarikanda (Pueraria tuberosa DC.)* is commonly known as *Indian kudzu*. *Bhavaprakasha* described the *Vidarikanda* in its *Guduchyadi Varga* the synonyms of

*Vidarikanda* as *swadukanda, Krostri, Sita, Ikshugandha, Kshirvalli, Kshirshukla, Payasvani*.<sup>[2]</sup> 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 dry regions.<sup>[3]</sup>

**Vidarikanda and its Properties:** In *Ayurvedic* classics the basic property of any drug is known by its *Rasa Panchaka* which includes *Rasa, Guna, Virya, Vipaka* and *Prabhava*. Various *Nighantus* have mentioned *Vidarikanda* in different *Varga* or *Gana* but the properties mentioned are same and there is no variation seen in *Rasa, Guna, and Virya*.

**Table 1: Rasapanchaka of Vidarikanda as per Various Nighantus**

S. No.	Nighantu	Gana	Rasa	Guna	Virya
1.	<i>Bhavprakash Nighantu</i> <sup>[4]</sup>	<i>Guduchyadi Varga</i>	<i>Madhura</i>	<i>Guru, Snigdha</i>	<i>Shita</i>
2.	<i>Madanpal Nighantu</i> <sup>[5]</sup>	<i>Abhayadi Varga</i>	<i>Madhura</i>	<i>Guru, Snigdha</i>	-
3.	<i>Raj Nighantu</i> <sup>[6]</sup>	<i>Mulakadi Varga</i>	<i>Madhura</i>	<i>Guru, Snigdha</i>	<i>Shita</i>
4.	<i>Kaiyadeva Nighantuh</i> <sup>[7]</sup>	<i>Aushadhi Gana</i>	<i>Madhura</i>	<i>Guru, Snigdha</i>	<i>Shita</i>
5.	<i>Gunaratnamala</i> <sup>[8]</sup>	<i>Guduchyadi Varga</i>	<i>Madhura</i>	<i>Guru, Snigdha</i>	<i>Shita</i>
6.	<i>Dhanvantari Nighantu</i> <sup>[9]</sup>	<i>Guduchyadi Varga</i>	<i>Madhura</i>	<i>Guru, Snigdha</i>	<i>Shita</i>
7.	<i>Priy Nighantu</i> <sup>[10]</sup>	<i>Pippalyadi Varga</i>	<i>Madhura</i>	<i>Snigdha</i>	<i>Shita</i>
8.	<i>Nighantu Adarsh</i> <sup>[11]</sup>	<i>Palashadi Varga</i>	<i>Madhura</i>	<i>Guru, Snigdha</i>	<i>Shita</i>

*Vidarikanda* has *Madhura Rasa, Shita Virya* and *Guru, Snigdha Guna*. Except *Priy Nighantu* in which the *Guru Guna* of *Vidarikanda* is not mentioned and in *Madanpal Nighantu* the *Shita Virya* of *Vidarikanda* is not mentioned.

**Effect of Vidarikanda on Dosha:** In general all the *Nighantus* have mentioned that *Vidarikanda* pacifies *Vata, Pitta* and *Rakta* but *Priy Nighantu* does not mention the effect of *Vidarikanda* on *Rakta Dosha*. *Raj Nighantu* also mentions that it increases the *Kapha Dosha*.

**Table 2: Effect of Vidarikanda on Dosha as per various Nighantus**

Dosha	BP.N.	M.P.	RAJ. N.	KAIY.N.	GRM	DHA.N.	PRI.N
<i>Vatahara</i>	+	+	+	+	+	+	+
<i>Pittahara</i> / <i>Raktahara</i>	+	+	+	+	+	+	<i>Pittahara</i>
<i>Kapha Vardhak</i>	-	-	+	-	-	-	-

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

**Therapeutic effect of Vidarikanda:** The *Vidarikanda* improves general fitness of body. Various therapeutic effect or action of *Vidarikanda* is mentioned in various *Nighantus* given in table no. 3.

**Table 3: Therapeutic Effect of Vidarikanda as per Nighantus**

<b>Karma</b>	<b>BP.N.</b>	<b>M. P.</b>	<b>Raj.N</b>	<b>Kaiy.N.</b>	<b>Grm.</b>	<b>Dha.N.</b>	<b>Pri.N.</b>
<i>Brimhaniya</i>	+	+	+	+	+		+
<i>Vrushya</i>				+		+	+
<i>Jivaniya</i>				+			
<i>Rasayana</i>				+			
<i>stanya janana</i>	+	+		+	+		+
<i>Shukrala</i>	+	+	+		+		
<i>Balya</i>	+		+	+	+	+	+
<i>Varnya</i>	+			+	+		
<i>Kanthyia</i>	+			+	+		
<i>Mutral</i>	+			+	+		
<i>Bastishodhani</i>							+
<i>Dahahara</i>	+	+		+	+		+
<i>Jvarhara</i>							+
<i>Kshayhara</i>							+

In general *Vidarikanda* has *Brimhaniya*, *Vrushya*, *Jivniya*, *Rasayana*, *stanyam*, *Shukrala*, *Balya*, *Varnya*, *Kanthyia*, *Mutral* and *Dahahara* properties. *Priy Nighantu* also mentioned *Bastishodhaka*, *Jvarhara* and *Kshayahara* action of *Vidarikanda*.

**Formulations of Vidarikanda as per Acharya Charaka:** *Acharya Charaka* mentioned *Vidarikanda* in *Madhura Skandha* and *Kanthyia*, *Snehopaga Mahakashaya*. It is also described in *Shaka Varga* (vegetable) which have the property

of *Jivniya* (improving age), *Brimhaniya* (Nourishing), *Vrushya* (aphrodisiac), *Kanthyia* (improve voice), *Rasayana* (rejuvenation), *Balya* (strengthen), *Mutral* (diuretic), *Madhura* (sweat) and *Sheeta* (cold). *Vidarikanda* usually used in disease like *Raktapitta*, *Rajyakshama*, *Kshatkshina*, *Daha*, *Kasa*, *Jvara* etc. and specially mentioned for *Bala Varna Vardhaka*, *Rasayana*, *Vajikara* which are mentioned in given table.<sup>[12]</sup>

**Table 4: Formulations of Vidarikanda as Per Acharya Charaka**

<b>Sr.No</b>	<b>Yog</b>	<b>Rogadhikar</b>	<b>Reference</b>
1	<i>Vatrakthar Lepa</i>	<i>Vatarakta</i>	<i>Ch.Su.3/21</i>
2	<i>Chavanprach Rasayana</i>	<i>Kasa, Swasa, Rasayana</i>	<i>Ch.Chi.1/1/62-69</i>
3	<i>Pancham Haritakyadi Rasayana</i>	<i>Rasayana</i>	<i>Ch.Chi.1/1/76</i>
4	<i>Aamlak Ghruta</i>	<i>Rasayana</i>	<i>Ch.Chi.1/2/4</i>
5	<i>Indrokta Rasayana</i>	<i>Rasayana</i>	<i>Ch.Chi.1/4/6</i>
6	<i>Indrokta Rasayana Param</i>	<i>Rasayana</i>	<i>Ch.Chi.1/4/13-26</i>

7	<i>Brahani Gutika</i>	<i>Vajikara</i>	<i>Ch. Chi. 2/1/24-32</i>
8	<i>Vajikaran Ghruta</i>	<i>Vajikara</i>	<i>Ch. Chi. 2/1/33-37</i>
9	<i>Apathykari Shastikadi Gutika</i>	<i>Vajikara</i>	<i>Ch. Chi. 2/2/3-9</i>
10	<i>Vrushya Ghruta</i>	<i>Vajikara</i>	<i>Ch. Chi. 2/2/21</i>
11	<i>Apatyakar Kshir Yoga</i>	<i>Vajikara</i>	<i>Ch. Chi. 2/3/7-10</i>
12	<i>Vrushya Payas Yoga</i>	<i>Vajikara</i>	<i>Ch. Chi. 2/3/14</i>
13	<i>Vrushya Mashadi Puplika</i>	<i>Vajikara</i>	<i>Ch. Chi. 2/4/23-24</i>
14	<i>Vrushya Yoga</i>	<i>Vajikara</i>	<i>Ch. Chi. 2/4/25-27</i>
15	<i>Apatyakar Ghruta</i>	<i>Vajikara</i>	<i>Ch. Chi. 2/4/28-29</i>
16	<i>Vrushya Gutika</i>	<i>Vajikara</i>	<i>Ch. Chi. 2/4/30-32</i>
17	<i>Chandanadi Tail</i>	<i>Daha, Jvara</i>	<i>Ch. Chi. 3/258</i>
18	<i>Shatavaryadi Ghruta</i>	<i>Raktapitta</i>	<i>Ch. Chi. 4/95-96</i>
19	<i>Drakshadi Ghruta</i>	<i>Pittaja Gulma</i>	<i>Ch. Chi. 5/123-125</i>
20	<i>Jivantydi Upnah Sweda</i>	<i>Rajyakshama</i>	<i>Ch. Chi. 8/75-76</i>
21	<i>Viradi Pradeha</i>	<i>Rajyakshama</i>	<i>Ch. Chi. 8/79</i>
22	<i>Baladi Nasya</i>	<i>Rajyakshama</i>	<i>Ch. Chi. 8/90</i>
23	<i>Jivantyadi Utsadan</i>	<i>Rajyakshama</i>	<i>Ch. Chi. 8/175-177</i>
24	<i>Kasadighrut</i>	<i>Apasmara</i>	<i>Ch. Chi. 10/30</i>
25	<i>Amritprash Ghruta</i>	<i>Kshatkshina, Daha</i>	<i>Ch. Chi. 11/35-43</i>
26	<i>Tryushnadi Ghruta</i>	<i>Kasa, Kshatkshina</i>	<i>Ch. Chi. 18/39-47</i>
27	<i>Yashtyadi Vamak Yoga</i>	<i>Pittaja Kasa</i>	<i>Ch. Chi. 18/84</i>
28	<i>Vidaryadiyoga</i>	<i>Pittaja Kasa</i>	<i>Ch. Chi. 18/95</i>
29	<i>Vidaryadi Ghruta</i>	<i>Kshayaja Kasa</i>	<i>Ch. Chi. 18/151</i>
30	<i>Vidaryadi Ghrutapaka /Dugdhpaka</i>	<i>Mutravevarnya in Kasa</i>	<i>Ch. Chi. 18/154</i>
31	<i>Drahshadi Churna</i>	<i>Pittaja Chhardi</i>	<i>Ch. Chi. 20/26</i>
32	<i>Shatvaryadi Lepa</i>	<i>Vataja Pittaja Visarpa</i>	<i>Ch. Chi. 21/24</i>
33	<i>Darimadi Lepa</i>	<i>Trushana</i>	<i>Ch. Chi. 22/36</i>
34	<i>Amrit Ghruta</i>	<i>Visha</i>	<i>Ch. Chi. 23/242-249</i>
35	<i>Shatavaryadi Kwath</i>	<i>Pittaja Mutrakachha</i>	<i>Ch. Chi. 26/50</i>
36	<i>Baladi Tail</i>	<i>Shiroroga</i>	<i>Ch. Chi. 26/161-162</i>
37	<i>Vidaryadi Pan</i>	<i>Raktaj Swarbheda</i>	<i>Ch. Chi. 26/288</i>
38	<i>Mahamayur Ghruta</i>	<i>Shiroroga</i>	<i>Ch. Chi. 26/166-174</i>
39	<i>Majjasneha</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>Parushak Ghruta</i>	<i>Vatashonita</i>	<i>Ch. Chi. 29/58-60</i>
42	<i>Jivkadi Mahasneha</i>	<i>Vatashonita</i>	<i>Ch. Chi. 29/72-75</i>
43	<i>Sukumar Tail</i>	<i>Vatashonita</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 Basti</i>	<i>Daha, Raktapitta, Pandu</i>	<i>Ch. K. 3/48-52</i>
47	<i>Drakshadi Niruha Basti</i>	<i>Pitta Nashak</i>	<i>Ch. Si. 3/53-55</i>

48	<i>Saptprasatki Basti</i>	<i>Vrushya</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>Amritadi Tail</i>	<i>Madya Klistanam Saddho Bala Jannano</i>	<i>Ch.Si. 12/15/5</i>
51	<i>Parushak Ghruta</i>	<i>Jvara</i>	<i>Ch.Si. 12/15/10</i>
52	<i>Jivkadi Mahasneha</i>	<i>Bala Varna Vardhak</i>	<i>Ch.Si. 12/17/3</i>
53	<i>Sukumar Tail</i>	<i>Rasayana</i>	<i>Ch.Si.12/18/1</i>
54	<i>Takraarishtha</i>	<i>Virya, Bala, Mansa Vrdhaka</i>	<i>Ch.Si.12/18/2</i>
55	<i>Ajagandhadi Churna</i>	<i>Bala Varna Vardhaka</i>	<i>Ch.Si. 12/18/3</i>

**Formulation of Vidarikanda as per Acharya Sushruta:** In Sushruta Samhita Vidarikanda is described in Vidarigandhadi Gana, Valli Panchamula, Pitta Sanshaman and Madhura Varga. Whereas Vidaryadi Gana pacifies Vata-Pitta, indicated in Shosha, Gulma, Angamarda, Urdhva-Swasa and Kasa. Valli Panchamula is indicated in Raktapitta, Shotha, Prameha, Shukra Dosh and Acharya Sushruta mentioned

Vidarikanda in Kanda Varga which is Madhura (sweat), Brumhaniya (Nourishing), Vrushya (aphrodisiac), kantya (improve voice), Balya (strengthen), Mutrala (diuretic) and Vata-Pittahara properties. There are various preparation of Vidarikanda in Sushrut Samhita which is used for different purpose specially Vajikara, Jvarghna, Dahahara, Pittaja Shulhara, Luta and Vrishchik Vishhara.<sup>[13]</sup>

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

S.No.	Yog	Rogadhikar	Reference
1	<i>Sitadi Churna</i>	<i>Daha, Jvara</i>	<i>Su.Su.47/17</i>
2	<i>Ashwakarnadi Churna</i>	<i>Saddhovrana</i>	<i>Su.Ch. 2/64-65</i>
3	<i>Sahadi pradeha</i>	<i>Vatarakta</i>	<i>Su.Ch.5/12</i>
4	<i>Kushadi Ghruta</i>	<i>Pittaja Ashamari</i>	<i>Su.Ch.7/9-13</i>
5	<i>Vidaryadi Nasya</i>	<i>Krimidanta</i>	<i>Su.Ch.22/40</i>
6	<i>Tiladi utkarika</i>	<i>Vajikara</i>	<i>Su.Ch.26/23</i>
7.	<i>Vidarikanda Yoga</i>	<i>Vajikara</i>	<i>Su.Ch.26/23</i>
8	<i>Vidarimula Yoga</i>	<i>Vajikara</i>	<i>Su.Ch.26/28</i>
9	<i>Mashadi Kshir</i>	<i>Vajikara</i>	<i>Su.Ch.26/36</i>
10	<i>Bhutikadi tail</i>	<i>Vatvyadhi (Basti)</i>	<i>Su.Ch.37/19-22</i>
11	<i>Kushadi asthapan Basti</i>	<i>Basti</i>	<i>Su.Ch.38/51-54</i>
12	<i>Vidari Gana Siddha Tail</i>	<i>Manda Visha/ Vrishchika Dansha</i>	<i>Su.K.8/70</i>
13	<i>Vidaryadi Kwatha</i>	<i>Luta Visha</i>	<i>Su.K. 8/132</i>
14	<i>Aswgandhadi Kwatha</i>	<i>Revati Grah</i>	<i>Su. U.31/3</i>
15	<i>Vidaryadi Lepa</i>	<i>Jvara</i>	<i>Su.U.39/303</i>
16	<i>Vidaryadi Churna</i>	<i>Pittaja Shula</i>	<i>Su.K.42/71</i>

**Formulations of Vidarikanda as per Acharya Vagbhatta:** Acharya Vagbhatta described Vidarikanda in Shaka Varga and Madhura Gana same as Acharya Charaka. They mentioned Vidarikanda in Vidaryadi Gana which have Hridya, Brumhana property and pacify Vata-

Pitta, indicated in Shosha, Gulma, Swasa and Kasa. There are various formulations are given for various diseases which are given in below table.<sup>[14]</sup>

**Table 6: Formulations of Vidarikanda as per Acharya Vagbhata**

S.No.	Yog	Rogadhikar	Reference
1	Kapitthadi Lepa	Daha, Vedna, Moha	A.H.Chi.1/134-135
2	Vidari Rasa	Pittaja Kasa	A.H.Chi.3/26
3	Medadi Ghruta	Pittaja Kasa	A.H.Chi.3/38-40
4	Amritprash Ghruta	Kasa, Nastshukra, Kshatkshina	A.H.Chi.3/94-101
5	Dhatri Ghruta	Kasa, Mamsa Shukra Vardhak	A.H.Chi.3/108-109
6	Vidari Swaras Siddh Ghruta	Kshayaj Kasa	A.H.Chi.3/153
7	Vidaryadi Ghruta Payam	Kshayaj Kasa	A.H.Chi.3/155
8	Baladi Ghruta	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	Mutrghat	A.H.Chi.11/6
13	Kushadi Ghruta	Pittaja Ashmari	A.H.Chi.11/22-24
14	Vidari Varg Siddha Traivat Sneha	Vrana Ropana	A.H.Chi.13/3
15	Drakshadi Ghruta	Vidradhi, Moha, Mada Nashak	A.H.Chi.13/16-17
16	Vidaryadi Ghruta	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 Ghruta	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 Basti	A.H.K.4/25
23	Mayur Basti	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 Ghruta	Vataj Pratishyay	A.H.U.20/10
27	Vidaryadi Tail	Dantashul	A.H.U.22/25
28	Mahamayur Ghruta	Shiroroga, Indriyabhransh, Shukradosha	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	Vidarikanda Churnakriya	Vajikara	A.H.U.40/26

**Formulations of Vidarikanda as per Harita Samhita:** Vidarikanda is also mentioned by Acharya Harita in different - different formulations for various diseases given below.<sup>[15]</sup>

**Table 7: Formulations of Vidarikanda as per Acharya Harit**

S.No.	Yog	Rogadhikar	Reference
1.	Vidaryadi Lepa	Trushna, Murchha	Ha.S.Tri 2/73
2.	Drakshadi Kwatha	Trivagni Samam, Pushthikara	Ha.S.Tri 6/19
3.	Shatavariyadi Dugdha	Kasa	Ha.S.Tri 10/51
4.	Mridwikadi Dugdh Paka	Striroga	Ha.S.Tri 10/52
5.	Vidarikadi Churna	Klebya	Ha.S.Tri 47/8
6.	Vidarkandadi Churna	Klebya	Ha.S.Tri 47/16

Acharya Bhela also mentioned Vidarikanda in Dashmuladi Tailam which is indicated in Urustambha, Adhyavata, and Shlipada.<sup>[16]</sup>

**DISCUSSION:** Vidarikanda is very important drug, which is described from ancient time. Acharyas already know the importance of Vidarikanda in the therapeutic management. Hence they used single or in combination in the form of Churna, Kwatha, Lepa, Ghruta, Taila internally or externally to cure and prevent the various diseases. Vidarikanda pacifies Vata, Pitta and Rakta Dosha and having Brumhaniya, Vrushya, Jivniya, Rasayana, Stanya, Shukrala, Balya, Varnya, Kanthya, Mutral, Bastishodhani and Dahahara properties due to these property it is used in Jvara, Raktapitta, Rajayakshma, Apasmar, Kshatkshina, Kasa, Vatavyadhi, Vatarakta, Klaibya and many more diseases. It is also stated in Balavarna Vardhaka and Vranaropaka formulation. The tubers of *P. tuberosa* are described as sweet, refrigerant, emollient, laxative, aphrodisiac, galactagogue, diuretic, emetic, cardiogenic, expectorant, and used for the treatment of various disorder.<sup>[17]</sup> Tubers are rich in isoflavanoids such as puerarin, daidzein, genistein and genistin.<sup>[18]</sup> Its Brumhaniya effect is seen in Karshya Vyadhi.<sup>[19]</sup> It also having useful anti-diabetic potential against STZ-induced diabetes in rats.<sup>[20]</sup> Its having

beneficial potential as an immunomodulator effects mostly due to the property of isoflavones puerarin, daidzein and genistein.<sup>[21]</sup> The Puerarin is the chief isoflavanoid present in Vidarikanda and verified to have antioxidant activity.<sup>[22]</sup> Puerarin present in Indian Kudzu, possess a cardioprotective activity and give protection against stress induced myocardial ischemia.<sup>[23]</sup> On the basis of its significant effect on fibrinolytic activity in patients with coronary artery disease, *Pueraria tuberosa* may be included into the list of thrombolytic agents of plant origin, with negligible side effects and inexpensive too.<sup>[24]</sup> It reduce alcohol consumption and the mechanism of action of this herbal preparation to reduce alcohol consumption remains elusive.<sup>[24]</sup> It shows Aphrodisiac effect which is mention in our Samhitas.<sup>[26]</sup> *P. tuberosa* increases the level of LH, FSH, testosterone and also gonadotropin release hormone GnRH. The role of phytoestrogenic compounds from *P. tuberosa* in enhancement 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.<sup>[27]</sup> nootropic effect of Vidarikanda i.e. memory enhancer, neuro enhancer, cognitive enhancer and intelligence enhancer effect

is also access.<sup>[28]</sup> The anti-inflammatory effect of *Pueraria tuberosa* extracts is also seen due to improvement in activity of red blood cell anti-oxidant enzymes.<sup>[29]</sup>

## CONCLUSION

*Vidarikanda* has *Madhura Rasa*, *Shita Virya* and *Guru*, *Snigdha Guna* and it pacifies *Vata*, *Pitta* and *Rakta Dosha* and also having *Brumhaniya*, *Vrushya*, *Jivniya*, *Rasayana*, *Stanya*, *Shukrala*, *Balya*, *Varnya*, *Mutral*, and *Dahahara* property mention in *Ayurvedic* classics, due to these excellent properties its formulations are vastly used in *Jvara*, *Raktapitta*, *Rajyakshma*, *Apasmara*, *Kshatksina*, *Kasa*, *Vatavyadhi*, *Vatarakta*, *klaibya* and many other diseases too. It is tremendous in immunomodulating, Antioxidant, Galactogogue, Cardiotonic, Aphrodisiac, Rejuvenation, Nootropic and Anti-inflammatory effect. It is a very important drug which is effective in various disorders.

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