

CLASSICAL INSIGHTS ON VIDARIKAND (*PUERARIA TUBEROSA* DC.): A REVIEW OF
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DOI: <https://doi.org/10.5281/zenodo.17224215>

Article Received on 06/08/2025

Article Revised on 27/08/2025

Article Accepted on 16/09/2025

ABSTRACT

Vidarikand (*Pueraria tuberosa* DC.), member of the family *Fabaceae*, a perennial, tuberous climber widely distributed in tropical and subtropical regions of India. The large starchy tubers are the principal medicinal part, valued for their sweet taste and cooling effect. It holds a significant place in traditional systems of medicine, especially *Ayurveda*, where it is regarded as a *Rasayana* drug known for its rejuvenating, nourishing, and strengthening properties. Traditionally, *Vidarikand* has been employed in the management of general debility, infertility, lactation insufficiency, respiratory ailments, and urinary disorders. Modern pharmacological studies further highlight its antioxidant, anti-diabetic, cardioprotective and immunomodulatory activities, thereby underscoring its significance in both classical and contemporary therapeutic applications. *Vidarikand* was reviewed in *Brihatrayee* and emerged out as a chief ingredient in various formulations especially indicated for *Vajikarana* and also found to be used as a *Bhawna dravya* or in the form of *Anupana*. Further, different *Ayurvedic* treatise in particular, *Bhaishjyatatnavali*, *Yogratnakara* and others were observed for this purpose.

KEYWORDS: *Vidarikand*, *Pueraria tuberosa* DC., *Ayurvedic* treatise, *Samhita*, *Vajikarana*.**INTRODUCTION**

Vidarikand (*Pueraria tuberosa* DC.) family *Fabaceae* as per API (Ayurvedic Pharmacopoeia of India). *Vidarikand* is a perennial, woody climber, 10-30 m long with tuberous roots, up to 60 cm long and 30 cm thick, even weighing upto 35 kg, from about 5 or 10 kg in weight. It is found in dry and moist deciduous forest, including Sub-Himalayan tracts of the country, Eastern and Western Ghats and the Eastern and Southern Peninsular India.^[1]

Across *Ayurvedic* classical literatures, *Vidarikand* is consistently described as a rejuvenating and strength-promoting drug. The large starchy tubers are the principal medicinal part, valued for their sweet taste and cooling effect. Various *Ayurvedic samhitas* such as *Charaka samhita*, *Sushruta samhita* and *Nighantus* such as *Bhavaprakash Nighantu*, *Raja Nighantu*, *Dhanvantari Nighantu*, etc. have mentioned *Vidarikand* and its *Guna-Karma*, as *Madhura Rasa*, *Snigdha Guna*, *Sheeta Virya* and *Madhura Vipaka*. The *Vedas*—*Rigveda*, *Yajurveda*, *Samaveda*, and *Atharvaveda*, out of these canonical texts, *Rigveda* and *Atharvaveda* have abundant description and indications of plants but unfortunately no explicit reference regarding *Vidarikand*.^[2]

Charaka Samhita highlights *Vidarikand* as enhancing strength and lactation^[3], while *Sushruta Samhita* emphasizes its aphrodisiac and restorative properties.^[4] *Ashtanga Hridaya* recommends for balancing *Vata* and *Pitta* doshas and for urinary and respiratory disorders.^[5] *Nighantus* such as *Bhavaprakash* and *Dhanvantari* further underscore its cooling, nutritive, and aphrodisiac effects.^{[6][7]} Across these texts, the plant is referred to by multiple synonyms—including *Vidari*, *Bhumikushmanda*, *Ikshugandha*, *Payasya* and many more reflecting diverse therapeutic applications and the continuity of its use from classical *Ayurveda* to contemporary medicine.^[8] A detailed review of *Vidarikand* was also done in a number of *Ayurvedic* treatise for multiple formulations in which *Vidarikand* has been included as an ingredient including but not limited to *Marmagutika*, *Satavaryadi Ghrita*, *Asvagandhadyarista*, *Nityananda Rasa*, *Sarasvatarista*, *Mahavisagarbha Taila*.^[9] *Rasa granthas*, *Kosha granthas* and various *Nighantus* were explored for its wide range of synonyms.

MATERIALS AND METHODS**Vidarikand in Samhita Kala****Charaka Samhita (1000B.C. - 4th Cent.A.D.)**

In Charak Samhita, the plant Vidarikand has been mentioned under *Madhur skandh* and *Kanthyā*, *Snehopaga Mahakashaya* (C.Su.4). It is also mentioned

as a *Shaka varga* (C.Su.27). Acharya Charak has thoroughly observed Vidarikand for its pharmacological properties and mentioned its therapeutic use in various diseases and widely used it in a variety of formulations.^[10]

S.NO.	PREPARATION	INDICATIONS	REF. NO.
1.	Vatrakthar lepa	Vatarakta	C.Su.3/21
2.	Chavanprash Rasayan	Kasa, Swas, Rasayan	C.Ci.1/1/62-69
3.	Pancham haritkyadi rasayan	Rasayan	C.Ci.1/1/76
4.	Aamlak Ghrit	Rasayan	C.Ci.1/2/4
5.	Indrokta rasayan	Rasayan	C.Ci.1/4/6
6.	Indrokta rasayan param	Rasayan	C.Ci.1/4/13-26
7.	Brahani gutika	Vajikar	C.Ci.2/1/24-32
8.	Vajikaran ghrit	Vajikar	C.Ci.2/1/33-37
9.	Apathyakari shastikadi gutika	Vajikar	C.Ci.2/2/3-9
10.	Vrishya ghrit	Vajikar	C.Ci.2/2/21
11.	Apatyakar kshir yoga	Vajikar	C.Ci.2/3/7-10
12.	Vrishya payas yoga	Vajikar	C.Ci.2/3/14
13.	Vrishya mashadi puplika	Vajikar	C.Ci.2/2/23-24
14.	Vrishya yoga	Vajikar	C.Ci.2/4/25-27
15.	Apatyakar ghrit	Vajikar	C.Ci.2/4/28-29
16.	Vrishya gutika	Vajikar	C.Ci.2/4/30-32
17.	Chandanadi tail	Daha, Jwar	C.Ci.3/258
18.	Shatavaryadi ghrita	Raktapitta	C.Ci.4/95-96
19.	Drakshadi ghrita	Pittaj gulma	C.Ci.5/123-125
20.	Jivantydi upnah swed	Rajyakshma	C.Ci.8/75-76
21.	Viradi pradeh	Rajyakshma	C.Ci.8/79
22.	Baladi nasaya	Rajyakshma	C.Ci.8/90
23.	Jivantyadi utsadan	Rajyakshma	C.Ci.8/175-177
24.	Kasadighrit	Apasmar	C.Ci.10/30
25.	Amritprash ghrit	Kshatkshin, Daha	C.Ci.11/35-43
26.	Tryushnadi ghrit	Kasa, Kshatkshin	C.Ci.18/37-49
27.	Yashtyadi vamak yoga	Pittaj kasa	C.Ci.18/84
28.	Vidaryadiyoga	Pittaj kasa	C.Ci.18/95
29.	Vidaryadi ghrit	Kshayaj kasa	C.Ci.18/151
30.	Vidaryadi ghritpak /dugdhpak	Mutravevarnya in Kasa	C.Ci.18/154
31.	Drahshadi churna	Pittaj chhardi	C.Ci.20/26
32.	Shatvaryadi lepa	Vataj-Pittaj Visarpa	C.Ci.21/24
33.	Darimadi lepa	Trishna	C.Ci.22/36
34.	Amrit ghrit	Visha	C.Ci.23/242-249
35.	Shatavaryadi kwath	Pittaj mutrakrichha	C.Ci.26/50
36.	Baladi tail	Shirorog	C.Ci.26/161-162
37.	Mahamayur ghrit	Shirorog	C.Ci.26/166-174
38.	Vidaryadi pan	Raktaj swarbheda	C.Ci.26/288
39.	Majjasneh	Vatavyadhi	C.Ci.28/124-127
40.	Amritadi tail	Vatavyadhi	C.Ci.28/157-164
41.	Parushakghrit	Vatashonit	C.Ci.29/58-60
42.	Jivkadi mahasneha	Vatashonit	C.Ci.29/72-75
43.	Sukumar tail	Vatashonit	C.Ci.29/96-102
44.	Takraarishtha	Pichil stanya chikitsa	C.Ci.30/278
45.	Ajagandhadi churna	Virechan yog	C.K.7/22
46.	Chandnadi niruha vasti	Daha, raktapitta, Pandu	C.K.3/48-52
47.	Drakshadi niruha vasti	Pitta nashak	C.K.3/53-55
48.	Saptprasatki vasti	Vrishya	C.Si.8/11
49.	Vidaryadi kawath	Shukra, Mamsa pushi	C.Si.10/28
50.	Pratham Baladi yapna vasti	Madya klistanam saddho bala jannano	C.Si.12/15/5

51.	Chaturth Baladi yapna vasti	Jwar	C.Si.12/15/10
52.	Mayuradi vasti	Bala varna vardhak	C.Si.12/17/3
53.	Chatur sneha anuvasana vasti	Rasayan	C.Si.12/18/1
54.	Baladi anuvasana vasti	Virya, Bala, Mansa vrdhak	C.Si.12/18/2
55.	Sahachradi anuvasana vasti	Rasayan	C.Si.12/18/3

Sushruta Samhita (1000 B.C. - 6th Cent.A.D)

In Sushruta samhita, Vidarikand has been described in Vidarigandhadi gana, Valli panchamoola, Pitta sanshaman and Madhura varga. Acharya Sushrut

mentioned Vidarikand in Kanda varga. He listed various therapeutic uses of Vidarikand and included it as an ingredient in several formulations.^[11]

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

Ashtang Hridayam (7th Century A.D.)

Acharya Vagbhatta mentioned Vidarikand in Shaka varga, Madhur gana and Vidaryadi gana. Vidarikand has

been indicated in several diseases for its therapeutic uses and also in various formulations.^[12]

S.NO.	PREPARATION	INDICATIONS	REF. NO.
1.	Kapitthadi lepa	Daha, Vedna, Moha	A.H.Ci.1/134-135
2.	Vidari rasa	Pittaj kasa	A.H.Ci.3/26
3.	Medadi ghrta	Pittaj kasa	A.H.Ci.3/38-40
4.	Amritprash ghrta	Kasa, Nastshukra, Kshatkshin	A.H.Ci.3/94-101
5.	Dhatri ghrta	Kasa, Mamsa shukra vardhak	A.H.Ci.3/108-109
6.	Vidari swaras siddh ghrta	Kshayaj Kasa	A.H.Ci.3/153
7.	Vidaryadi ghrta payam	Kshayaj kasa	A.H.Ci.3/155
8.	Baladi ghrta	Swarbhed	A.H.Ci.5/41
9.	Punarnvadi lepa	Rajyakshama pinas	A.H.Ci.5/68
10.	Jivantyadi urdhvartan	Rajyakshama pushtivardhak	A.H.Ci.5/78-80
11.	Vidaryadi ambu	Vataj trishna	A.H.Ci.6/68
12.	Shatavaryadi kwath	Mutrarghat	A.H.Ci.11/6
13.	Kushadi ghrta	Pittaj Ashmari	A.H.Ci.11/22-24
14.	Vidari varg siddha traivat sneha	Vrana ropana	A.H.Ci.13/3
15.	Drakshadi ghrta	Vidradhi, Moha, Mada nashak	A.H.Ci.13/16-17
16.	Vidaryadi ghrta	Vatodara	A.H.Ci.15/53
17.	Vidaryadi kshir	Pittodar	A.H.Ci.15/64
18.	Aragvadadi pana	Kamla	A.H.Ci.16/41
19.	Vidaryadi ghrta	Aptanak	A.H.Ci.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 ghrit	Vataj pratishyay	A.H.U.20/10
27.	Vidaryadi tail	Dantashul	A.H.U.22/25
28.	Mahamayur ghrit	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

Ashtang Sangraha (7th century A.D.)

In Ashtang Samgraha, Vidarikand is mentioned in Balya Mahakshaya. Vidarikand has been mentioned in the text of Ashtang Samgraha under numerous formulations.^[13]

S.NO.	PREPARATION	INDICATIONS	REF. NO.
1.	Vidari guna	Annaroorvigyaneeeya adhyaya	A.S.Su.-7/120
2.	Kashmaryadi ghrita	Kasa	A.S.Ci.-4/5
3.	Vidaryadi ghrita	Kasa	A.S.Ci.-4/7
4.	Vidaryadi paana	Kasa	A.S.Ci.-4/18
5.	Medadi sarpi	Kasa	A.S.Ci.-4/27
6.	Baladi sarpigud	Kshatkshayaj Kasa	A.S.Ci.-5/26
7.	Sansrishtadosha pradeha	Rajyakshma	A.S.Ci.7/42
8.	Jeevanyadi churna udvartan	Rajyakshma	A.S.Ci.-7/52
9.	Putrada rasayana basti	Siddha basti kalpa	A.S.Ka.-5/15
10.	Vidari	Kshudra rog	A.S.U.-36/19
11.	Shirishtwagadi ghrita	Visha pratisheda	A.S.U.-40/75
12.	Chawanprash	Rasayana	A.S.U.-49/25
13.	Swaguptadi churna	Vajikaran	A.S.U.-50/17
14.	Jeevakadi ghrita	Vajikaran	A.S.U.-50/51
15.	Grshyati ksheer (dwitya prayog)	Vajikaran	A.S.U.-50/54
16.	Vrshyabhakshya peya	Vajikaran	A.S.U.-50/61

Kashyapa Samhita (600-1000 B.C.)

The Kashyapa Samhita (also known Vrddha Jivakiya Tantra) as composed by a renowned ancient scholar,

Vriddha Jivaka has mentioned Vidarikand and its formulations for treating disorders of children.^[14]

S.NO.	PREPARATION	INDICATIONS	REF. NO.
2.	Bala taila	Dhatri chikitsa	K.S.Ci

Harita Samhita (600-1000 B.C.)

Vidarikand has also been mentioned by Acharya Harita in different formulations for various diseases as

exemplified by Vidaryadi lepa, Mridwikadi dugdh paka, Vidarikadi churna.^[15]

S.NO.	PREPARATION	INDICATIONS	REF. NO.
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

Sharandhar Samhita (13th Century A.D.)

Vidarikand has been mentioned in Purva khand of Sharandhar Samhita in various formulations as an ingredient.^[16]

S.NO.	PREPARATION	INDICATIONS	REF. NO.
1.	Mashadi churna	Vajikarana	S.S.M.6
2.	Chawanprash avleha	Rasayana	S.S.M.8
3.	Kamdev ghrita	Vajikarana	S.S.M.9
4.	Kandarpasundar ras	Grahani	S.S.M.12

Bhela Samhita

Few formulations have been listed in *Bhela samhita* including *Vidarikand* as an ingredient for instance *Rasayani sarpi* (B.S.Ci.4/34-40), *Sarpigud* (B.S.Ci.4/34-40), *Sarpi modak* (B.S.Ci.4/34-40), *Tilsarpi modak* (B.S.Ci.4/41-53), *Mahanimbadi taila* (B.S.Ci.16/70-73) and *Kakadanyadi ghrita* (B.S.Ci.26/20-23).^[17]

Bhavprakash Samhita (16th Century A.D.)

Bhavprakash samhita documented *Vidarikand* in *Jeevakaj mishrak*, *Vidarkandadi churna*, *Sudarshan churna*, *Strativallabh poogpaka* and others.^[18]

S.NO.	PREPARATION	INDICATIONS	REF. NO.
1.	<i>Sudarshan churna</i> (Use of <i>Vidarikand</i> in <i>abhava</i> of <i>Jeevak</i> and <i>Rshbhak</i>)	<i>Jwar</i>	<i>Bh.Ci.-1/125-135</i>
2.	<i>Vidarikandadi churna</i>	<i>Vaatrakta</i>	<i>Bh.Ci.-29/34</i>
3.	<i>Vidarikandadi kwath</i>	<i>Vaatrakta</i>	<i>Bh.Ci.-29/39</i>
4.	<i>Jeevakaaj mishrak</i>	<i>Vaatrakta</i>	<i>Bh.Ci.-29/152</i>
5.	<i>Vidarikand ras</i> (for <i>basti</i>)	<i>Pittaj Mutrakriccha</i>	<i>Bh.Ci.-35/16</i>
6.	<i>Shatavaryadi kwath</i>	<i>Pittaj Mutrakriccha</i>	<i>Bh.Ci.-35/18</i>
7.	<i>Shatavari ghrita ksheer</i>	<i>Pittaj Mutrakriccha</i>	<i>Bh.Ci.-35/21</i>
8.	<i>Vallipanchmool</i>	<i>Mutrakriccha</i>	<i>Bh.Ci.-35/46</i>
9.	<i>Sukumar kumarak punarnavadya avaleha</i>	<i>Mutrakriccha</i>	<i>Bh.Ci.-35/50</i>
10.	<i>Bhadravaha ghrita</i>	<i>Mutraghaat</i>	<i>Bh.Ci.-36/42</i>
11.	<i>Vidari ghrita</i>	<i>Mutraghaat</i>	<i>Bh.Ci.-36/47</i>
12.	<i>Kushadi ghrita</i>	<i>Pittak Ashmari</i>	<i>Bh.Ci.-37/23</i>
13.	<i>Vidarikandadi churna</i>	<i>Som rog</i>	<i>Bh.Ci.-69/8</i>
14.	<i>Vidarikandadi kalka with dugdha</i>	<i>Garbhini pratimaas chikitsa</i>	<i>Bh.Ci.-70/95-96</i>
15.	<i>Vidarikandadi kwath</i> (for <i>sechan</i>)	<i>Baal rog</i> (<i>Revti grahjusht chikitsa</i>)	<i>Bh.Ci.-71/75</i>
16.	<i>Navpayasyadya kalka taila</i> (for <i>abhyanga</i>)	<i>Baal rog</i> (<i>Putna grahjusht chikitsa</i>)	<i>Bh.Ci.-71/84</i>
17.	<i>Strativallabh poogpaka</i>	<i>Vajikaran</i>	<i>Bh.Ci.-72/33-38</i>

Bhaishajyaratnavali (18th Century A.D.)

Govindadas Sen's renowned *Ayurvedic* treatise, "*Bhaishajyaratnavali*" recognized for its specialization

in the field of medicine, encompasses a wide array of therapeutic formulations.^[19]

S.NO.	PREPARATION	INDICATIONS	REF. NO.
1.	<i>Maharaj vati</i>	<i>Jwar</i>	<i>B.R.5/1120</i>
2.	<i>Lakshmivilaas ras</i>	<i>Jwar</i>	<i>B.R.5/1224</i>
3.	<i>Shrikameshwar modak</i>	<i>Grahani</i>	<i>B.R. 8/157</i>
4.	<i>Chandrasuryatmak ras</i>	<i>Pandu</i>	<i>B.R.12/76</i>
5.	<i>Kamdev ghrita</i>	<i>Rakpitta</i>	<i>B.R. 13/145</i>
6.	<i>Parashar ghrita</i>	<i>Rajyakshma</i>	<i>B.R.14/241-242</i>
7.	<i>Nityodaya ras</i>	<i>Kaas</i>	<i>B.R.15/148</i>
8.	<i>Vrshdhvaj ras</i>	<i>Chardi</i>	<i>B.R.19/25</i>
9.	<i>Eladya modak</i>	<i>Madatya</i>	<i>B.R.22/22-24</i>
10.	<i>Mahachaitas ghrita</i>	<i>Apasmaar</i>	<i>B.R.25/44</i>
11.	<i>Gaganadi vati</i>	<i>Vaatvyadhi</i>	<i>B.R.26/129</i>
12.	<i>Maashbaladi taila</i>	<i>Vaatvyadhi</i>	<i>B.R.26/587</i>
13.	<i>Mahavishgarbha taila</i> (<i>mahat</i>)	<i>Vaatvyadhi</i>	<i>B.R.26/598</i>
14.	<i>Guduchi taila</i> (<i>brihat</i>)	<i>Vaatrakta</i>	<i>B.R.27/141</i>
15.	<i>Poogkhandopar</i>	<i>Shool</i>	<i>B.R.30/221</i>
16.	<i>Drakshadya ghrita</i>	<i>Gulma</i>	<i>B.R.32/149</i>
17.	<i>Bhallatak ghrita</i> (<i>pratham</i>)	<i>Gulma</i>	<i>B.R.32/159</i>

18.	Vidaryadi kwath	Mutrakriccha	B.R.34/18
19.	Sukumarak ghritha	Mutrakriccha	B.R.34/60
20.	Bhadravaham ghritha	Mutrakriccha	B.R.35/38
21.	Kushadyam ghritha	Pittaj ashmari	B.R.36/59
22.	Daadimadya ghritha	Prameha	B.R.37/219
23.	Vrihachyamadi ghritha	Prameha pidika	B.R.38/16,18
24.	Trivritadi ghritha	Vridhhi rog	B.R.43/96
25.	Danti ghritha	Vridhhi rog	B.R.43/102
26.	Sarivadyavleha	Updandh rog	B.R.52/68
27.	Anantadhya ghritha	Updandh rog	B.R.52/74
28.	Vidaryadi taila	Mukhrog	B.R.61/133
29.	Madhukadhyavleha	Pradar	B.R.66/37
30.	Kumar kalpadrum ghritha	Yonivyapad	B.R.67/97
31.	Garbhavilaas taila	Garbhini rog	B.R.68/99
32.	Saubhagya sunthi (brihat)	Sutika rog	B.R.69/39
33.	Stanya vardhan upaya	Stanrog	B.R.70/1
34.	Shiva modak	Baalrog	B.R.71/106
35.	Saraswatarishta	Rasqyan	B.R.73/183
36.	Vajikarmanya pathya yog	Vajikaran	B.R.74/26,29
37.	Narsingh churna	Vajikaran	B.R.74/40
38.	Manmathabhra ras	Vajikaran	B.R.74/98
39.	Kameshvar modak (dwitya)	Vajikaran	B.R.74/186
40.	Kaamagnisandeepan modak	Vajikaran	B.R.74/202
41.	Mahakameshwar modak	Vajikaran	B.R.74/232
42.	Shrimadanand modak	Vajikaran	B.R.74/245
43.	Arjakadi vati	Veeryasatmbh	B.R.75/13
44.	Yamanyadi churna	Gadodvega	B.R.78/7
45.	Shatavari ghritha	Snayurog	B.R.82/18
46.	Somrog nashak yog	Bahumutra	B.R.86/10
47.	Makshikadi churna	Shukrameha	B.R.88/26
48.	Kandarpasundar ras	Dhwajbhanga	B.R.92/42

Yogratnakar (17th Century A.D.)

Yogratnakar divided into two parts i.e. Purvardha and Uttarardha. Here, Vidarikand has been described in the

Abhava varga. In this treatise, Vidarikand has been described in ample amount of formulations as an ingredient for the treatment of various disorders.^[20]

S.NO.	PREPARATION	INDICATIONS	REF. NO.
1.	Muktapanchamrit ras	Jwar	Jwar
2.	Shadshiti guggul	Vaat vyadhi	Vaat vyadhi
3.	Dhatrayadi yog	Shool	Shool
4.	Drakshadi ghritha	Pittaj Gulma	Gulma
5.	Shatavaryadi sarpi	Pittaj Mutrakriccha	Mutrakriccha
6.	Jalajamrit ras	Prameha	Prameha
7.	Sheetkalyanak ghritha	Somrog	Somrog
8.	Vidarikand churna	Somrog	Somrog
9.	Vidarikandadi ksheerpak	Stri rog	Stri rog
10.	Vidarikand churna with sura	Prasuta stanyajanan	Balrog
11.	Vidarikandadi churna	Karshya	Balrog
12.	Vidarikandadi Kwath	Balgrha	Balrog
13.	Shatavaryadi churna	Vajikaran	Vajikaran
14.	Vidarikand churna	Vajikaran	Vajikaran
15.	Amrit bhallatak	Vajikaran	Vajikaran
16.	Rativallabh poog paak	Vajikaran	Vajikaran
17.	Kamagnisandeepan modak	Vajikaran	Vajikaran
18.	Durvadi ghritha	Ras vaikriti	Ras vaikriti

Siddhasara Samhita (7th century A.D.)

Vidarikand used in various disorders as an ingredient in many formulations namely Kshayahar leha,

Shatavaryadi rasayan, Chaar panchmool, Laghu Chawanprash and Raktapitta nashak ghrita.^[21]

S.NO.	PREPARATION	INDICATIONS	REF. NO.
1.	Raktapitta nashak ghrita	Raktapitta	Si.S.7/25-26
2.	Kshayahar leha	Kshaya rog (Yakshma)	Si.S.8/15
3.	Laghu Chawanprash	Kshaya rog	Si.S.8/26-31
4.	Chaar panchmool	Visarpa	Si.S.23/8
5.	Shatavaryadi rasayana	Rasayana/Vajikaran	Si.S.28/15
6.	Vidarikand yog	Vajikaran	Si.S.28/20

Vidarikand in other valuable Ayurvedic treatise**Vaidyaprasarakam (9th century A.D.)**

The author of above book is Vaidya Acharya Gadadhara, mentioned Vidarikand as an ingredient of

various formulations Amritadhyam, Mahamayura and Ashwagandhadhyam.^[22]

S.NO.	PREPARATION	INDICATIONS	REF. NO.
1.	Narsimha churna	Vrshya	V.Pr. 2- Pg-129
3.	Amritadhyam	Vaatvyadhi	V.Pr. 4- Pg-284
4.	Mahamayuram	Shukra dosha/ Bandhyatva	V.Pr. 5- Pg-370
5.	Ashwagandhadhyam	Vajikarana	V.Pr. 5- Pg- 353
6.	Chawanprash	Rasayana	V.Pr. 6- Pg-381
7.	Virechana yog	Virechan	V.Pr.10- Pg-518
8.	Sarpiguda	Urahkshata	V.Pr.10- Pg-558
9.	Sarpiguda II	Kshayarog	V.Pr.10- Pg-561

Chikitsakalika (10th century A.D.)

The Author Tista Acharya, (son of Vagbhata) of “Chikitsakalika” an important treatise described many

formulations with Vidarikand as an ingredient for instance, Phal ghrita and Shukradhatu vriddhikar yog.^[23]

S.NO.	PREPARATION	INDICATIONS	REF. NO.
1.	Raktapitta nashak ghrita	Raktapitta	Chi. Ka. Raktapitta-shlok 239-240
2.	Chawanprash rasayana	Kshaya rog	Chi. Ka. Kshaya-shlok 266
3.	Amritprash	Kshaya	Chi. Ka. Kshaya-shlok 270
4.	Phalghrita	Bandhyatva	Chi. Ka. Bhootvidya-shlok 376
5.	Shukradhatu vriddhikar yog	Vajikaran	Chi. Ka. Vajikaran-shlok 402

Vangsen Samhita (12th century A.D.)

The Vangsen Samhita also famous as Chikitsasara-Sangrha containing 104 chapters mentioned Vidarikand in various formulations.^[24]

S.NO.	PREPARATION	INDICATIONS	REF. NO.
1.	Brihat shatavari ghrita	Raktapitta	V.S.-Raktapitta/117
2.	Kaamdev ghrita	Raktapitta	V.S.-Raktapitta/130
3.	Chawanprash avaleha	Rajyakshma	V.S.-Rajyakshma/143
4.	Sarpiguda	Kshatkshaya	V.S.- Kshatkshaya/44
5.	Ashwagandhadhya ghrita	Kasa	V.S.-Kasa/103
6.	Mahachaitas ghrita	Apasmaar	V.S.-Apasmaar/61
7.	Mahaashalvan sweda	Vaatvyadhi	V.S.-Vaatvyadhi/67
8.	Mahakalyanak taila	Vaatvyadhi	V.S.-Vaatvyadhi/277
9.	Samishmahamaash taila	Vaatvyadhi	V.S.-Vaatvyadhi/338
10.	Vaatrakta nashak lepa	Vaatrakta	V.S.-Vaatrakta/37
11.	Kaishore guggul	Vaatrakta	V.S.-Vaatrakta/161
12.	Shiv gutika	Vaatrakta	V.S.-Vaatrakta/194
13.	Shalparni taila	Udar rog	V.S.-Udar rog/113
14.	Jeevakadya taila	Shiro rog	V.S.-Shiro rog/119
15.	Godhumadhya ghrita	Vajikarana	V.S.-Vajikarana/81

Vaidyarahashya (13th century A.D.)

Notably, *Vidarikand* is mentioned as an ingredient in several preparations for the treatment of various ailments in this treatise.^[25]

S.NO.	PREPARATION	INDICATIONS	REF. NO.
1.	<i>Ashwagandhadi vati</i>	<i>Pradar roga</i>	<i>Vd. Rh. Streerog chikitsa-shlok 21</i>
2.	<i>Mashadi yog</i>	<i>Somroga</i>	<i>Vd. Rh. Streerog chikitsa-shlok 36</i>
3.	<i>Kamdev churna</i>	<i>Vajikaran</i>	<i>Vd. Rh. Vajikaranadhikar-shlok 7</i>
4.	<i>Supari pak</i>	<i>Vajikaran</i>	<i>Vd. Rh. Vajikaranadhikar-shlok 25</i>

Abhinav-navajivanam

This significant text, comprising 16 chapters, presents a wide range of formulations intended for the treatment of

various diseases. Among these, *Vidarikand*, featured as an ingredient in multiple preparations.^[26]

S.NO.	PREPARATION	INDICATIONS	REF. NO.
1.	<i>Drakshadyam ghrita</i>	<i>Pittaj Kasa</i>	<i>Abhi. Na. 2/78</i>
2.	<i>Mahatrayushna ghrita</i>	<i>Vata roga</i>	<i>Abhi. Na. 2/162</i>
3.	<i>Sharmooliyam ghrita</i>	<i>Vrshya</i>	<i>Abhi. Na. 2/224-228</i>
4.	<i>Samdugdhakam ghrita</i>	<i>Vajikaran</i>	<i>Abhi. Na. 2/239</i>
5.	<i>Mahamasha taila</i>	<i>Vata roga</i>	<i>Abhi. Na. 2/128</i>
6.	<i>Chawanprash avaleha</i>	<i>Rasayana</i>	<i>Abhi. Na. 4/25</i>
7.	<i>Pittahar basti</i>	<i>Pittaj Vikar</i>	<i>Abhi. Na. 5/32</i>
8.	<i>Ashwagandha Rasayana</i>	<i>Rasayana</i>	<i>Abhi. Na. 6/1</i>
9.	<i>Vidari churna</i>	<i>Vrshya</i>	<i>Abhi. Na. 8/27</i>
10.	<i>Vidaryadi prayog</i>	<i>Vrshya</i>	<i>Abhi. Na. 8/28</i>
11.	<i>Vidaryadi Puplika</i>	<i>Vrshya</i>	<i>Abhi. Na. 8/30</i>
12.	<i>Vidari yog</i>	<i>Vrshya</i>	<i>Abhi. Na. 8/32</i>
13.	<i>Saraswat ghrita</i>	<i>Vrshya</i>	<i>Abhi. Na. 8/37</i>

Vidarikand in Ras-Grantha**Rasaratnasamuccaya**

The text encompasses numerous formulations involving metallic and herbal components. Notably, *Vidarikand*

has been mentioned as an ingredient in several formulations.^[27]

S.NO.	PREPARATION	INDICATIONS	REF. NO.
1.	<i>Chandravaleha</i>	<i>Pittaj roga</i>	<i>Ras. Rat. Sa. 21/274</i>
2.	<i>Amritprash churna</i>	<i>Pittaj vikar</i>	<i>Ras. Rat. Sa. 21/177</i>

Vidarikand in Kosha-Grantha**Amar Kosha (5th Century A.D.)**

Vidarikand is mentioned in *Dwitya Kand* in *Vanaushadhi Varga* in verse 110 in *Amar Kosha*. Here four synonyms of *Vidarikand* are mentioned as *Vidari*, *Ksheershukla*, *Ikshugandha*, *Koshtri*.^[28]

Bhumikushmanda, *Shukla*, *Ikshuganda*, *Koshtri*, *Vidarika*, *Swadukanda*, *Sita*, *Shringalika*, *Vrishyakanda*, *Vidaali*, *Vrishyavallika*, *Bhukushmandi*, *Swadulata*, *Gajeshta* and *Vaarivallabha*.^[29]

Shabdakalpadruma (20th Century A.D.)

The *Shabdakalpadruma Kosha* was written by Raja Radhakant Dev in 20th century. The *Kosha* describes various synonyms of *Vidarikand* such as

Bedi-Vanaspati-Kosha

The author Prof. Ramesh well described *Vidarikand* featured as *Vidalika*, *Vidali*, *Vidarika*, *Vidari*, *Vidarikand*, *Bilaikand*, *Bhuikohada* and *Bhumikushmanda*.^[30]

Classification of Vidarikand in different Nighantu at a glance

S. No.	Nighantu	Gana/Varga	Reference
1.	<i>Saushrut Nighantu</i>	<i>Vidarigandhadi gana</i>	<i>Sau. Ni. Vidarigandhadi gana (Pg. 3)</i>
2.	<i>Astanga Nighantu</i>	<i>Vidaryadi gana</i>	<i>As. Ni. Vidaryadi gana (Pg. 2)</i>
3.	<i>Paryayaratnamala</i>	-	<i>Pray. (Pg. 24)</i>
4.	<i>Madanadi Nighantu</i>	<i>Vidaryadi gana</i>	<i>Madn. Ni. Vidaryadi gana (Pg. 87)</i>
5.	<i>Dhanvantari Nighantu</i>	<i>Guduchyadi varga</i>	<i>Dh. Ni. Guduchyadi varga (Pg. 42)</i>
6.	<i>Sodhala Nighantu</i>	<i>Guduchyadi varga</i>	<i>So. Ni. Guduchyadi varga (Pg. 39,209)</i>

7.	Abhidhanratnamala	Swadu kandh	Abhi. Rat.Swadu kandh (Pg. 3)
8.	Hridayadipaka Nighantu	Dwipaad varga	Hr. Ni. Dwipaad varga (Pg. 25)
9.	Madanpala Nighantu	Abhyadi varga	Ma. Ni. Abhyadi varga (Pg. 140)
10.	Kaiyadev Nighantu	Aushadhi varga	Ka. Ni. Aushadhi varga (Pg. 638)
11.	Raj Nighantu	Moolakadi varga	Ra. Ni. Moolakadi varga (Pg. 167)
12.	Bhavaprakasha Nighantu	Guduchyadi varga	Bh. Ni. Guduchyadi varga (Pg. 373)
13.	Gunaratnamala	Guduchyadi varga	Gu. Rat. Guduchyadi varga (Pg. 258)
14.	Saraswati Nighantu	Latadi varga	Sar. Ni. Latadi varga (Pg. 50)
15.	Laghu Nighantu	Guduchyadi varga	La. Ni. Guduchyadi varga (Pg. 22)
16.	Shaligrama Nighantu	Guduchyadi varga	Sha. Ni. Guduchyadi varga, Vol.7-8 (Pg. 287)
17.	Nighantu Adarsha	Palashadi varga	Ni. Ad. Palashadi varga (Pg. 398)
18.	Priya Nighantu	Pipplyadi varga	Pri. Ni. Pipplyadi varga (Pg. 44)

Sanskrit synonyms of Vidarikand in different Nighantus

S.N	Sanskrit Name	Nighantus																	
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
1.	Shukla	+	-	+	-	-	-	-	-	-	-	-	-	-	-	-	+	-	-
2.	Swadukanda	+	+	+	+	+	+	-	-	-	-	-	+	-	-	+	+	-	-
3.	Shringalika	+	+	+	-	+	+	-	-	-	+	-	-	+	-	-	+	-	-
4.	Vrishyakanda	+	-	+	-	+	-	-	-	-	-	-	+	-	-	-	-	+	-
5.	Vidari	+	-	+	+	+	+	-	+	+	+	+	+	+	-	+	+	+	-
6.	Vrishyavalli	+	-	-	-	-	-	-	-	-	+	-	-	+	-	-	-	-	-
7.	Vidalika	+	+	-	-	-	+	-	-	-	-	-	-	-	-	-	-	+	-
8.	Vidarika	-	+	+	-	-	+	-	+	-	-	-	+	+	+	-	+	-	-
9.	Vrikshvalli	-	+	-	-	-	+	-	-	-	-	-	-	-	-	-	-	-	-
10.	Vrikshkanda	-	+	-	-	-	+	-	-	-	-	-	-	-	-	-	-	-	-
11.	Kandavalli	-	+	-	-	-	+	-	-	-	-	-	-	-	-	-	-	-	-
12.	Palashaka	-	+	-	-	-	-	-	-	+	-	-	-	-	-	-	-	-	-
13.	Sita	-	-	+	+	-	-	-	-	-	-	-	-	-	-	+	-	-	-
14.	Vidaali	-	-	+	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
15.	Vrishyavallika	-	-	+	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
16.	Bhukushmandi	-	-	+	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
17.	Swadulata	-	-	+	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
18.	Gajeshta	-	-	+	-	-	-	-	-	-	+	-	-	+	-	-	-	-	-
19.	Vaarivallabha	-	-	+	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
20.	Kandaphala	-	-	+	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
21.	Koshtri	-	-	-	+	-	-	-	-	-	-	-	-	-	-	+	+	-	-
22.	Ikshugandha	-	-	-	+	-	-	-	-	-	-	-	-	-	-	+	-	-	-
23.	Ksheervalli	-	-	-	+	-	-	-	-	-	-	-	-	-	-	+	-	-	-
24.	Ksheershukla	-	-	-	+	-	-	-	-	-	-	+	-	-	-	+	-	-	-
25.	Payaswini	-	-	-	+	-	-	-	-	-	-	-	-	-	-	+	-	-	-
26.	Vallipalash	-	-	-	-	+	-	-	-	-	-	-	-	-	-	-	-	-	-
27.	Vallikanda	-	-	-	-	+	-	-	-	+	-	-	-	-	-	-	-	-	-
28.	Gajapriya	-	-	-	-	+	-	-	-	+	-	-	+	-	-	-	-	-	-
29.	Vajipriya	-	-	-	-	+	-	-	-	+	-	-	+	-	-	-	-	-	-
30.	Ikshuvidari	-	-	-	-	-	+	-	-	+	-	+	+	-	-	-	+	-	-
31.	Kushmandaki	-	-	-	-	-	+	-	-	-	-	-	-	-	-	-	-	-	-
32.	Palashika	-	-	-	-	-	+	-	-	-	+	+	+	-	-	-	-	-	-
33.	Gajvajipriya	-	-	-	-	-	+	-	-	-	-	-	-	-	-	-	-	-	-
34.	Vallipalashika	-	-	-	-	-	+	-	-	-	-	-	-	-	-	-	-	-	-
35.	Kandapalash	-	-	-	-	-	+	-	-	-	-	-	-	-	-	-	-	-	+
36.	Kshreshthkakandak	-	-	-	-	-	+	-	-	-	-	-	-	-	-	-	-	-	-
37.	Vrishyaparni	-	-	-	-	-	+	-	-	-	-	-	-	-	-	-	-	-	-
38.	Mragoli	-	-	-	-	-	+	-	-	-	-	-	-	-	-	-	-	-	-
39.	Krishnavallika	-	-	-	-	-	+	-	-	-	-	-	-	-	-	-	-	-	-
40.	Bhumikushmanda	-	-	-	-	-	-	-	+	-	-	-	-	-	-	-	-	-	-
41.	Swadukandika	-	-	-	-	-	-	-	-	-	+	-	-	+	-	-	-	-	-
42.	Vajishta	-	-	-	-	-	-	-	-	-	+	-	-	+	-	-	-	-	-

43.	Vrishyakandika	-	-	-	-	-	-	-	-	-	+	-	-	+	-	-	-	-	-
44.	Ikshukandika	-	-	-	-	-	-	-	-	-	+	-	-	+	-	-	-	-	-
45.	Shuklakanda	-	-	-	-	-	-	-	-	-	+	-	-	+	-	-	-	-	-
46.	Kaamda	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	+	-	-
47.	Vrishya	-	-	-	-	-	-	-	-	-	-	-	+	-	-	-	-	-	-
48.	Ikshuvidarika	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	+	-	-
49.	Charukanda	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	+	-

1. Dhanvantari Nighantu 2. Madanpala Nighantu 3. Raj Nighantu 4. Bhavprakash Nighantu 5. Sodhala Nighantu 6. Kaiyadev Nighantu 7. Shaligram Nighantu 8. Priya Nighantu 9. Saushrut Nighantu 10. Ashtang Nighantu 11.

Paryayaratnamala 12. Madanadi Nighantu 13. Abhidhanratnamala 14. Hridayadipaka Nighantu 15. Gunaratnamala 16. Saraswati Nighantu 17. Laghu Nighantu 18. Nighantu Adarsha.

Properties and action of Vidarikand according to Nighantus

S.N	Nighantu	Rasa	Guna	Virya	Vipaka	Dosha Karma	Other Karma
1.	Dhanvantari Nighantu ^[31]	Madhur	Guru, Snigdha	Sheet	Madhur	Vaat-Pitta shamak	Balvardhak, Shukra janan
2.	Raj Nighantu ^[32]	Madhur	Guru, Snigdha	Sheet	Madhur	Kapha karak	Rakta-Pitta nashak, Pushti karak, Balya, Veerya vardhak
3.	Bhavprakash Nighantu ^[33]	Madhur	Snigdha, Guru	Sheet	Madhur	Pitta-Vata nashak	Brimhan, Stanya vardhak, Shukra vardhak, Swarya, Mutral, Jeevani, Balvarnada, Rasayana, Rakta-daha nashak
4.	Kaiyadev Nighantu ^[34]	Madhur	Snigdha, Guru	Sheet	Madhur	Pitta-vata-rakta vicar nashak	Brimhan, Shukrajanan, Mutral, Swarya, Stanya-bala-varna prada, Jeevaniya, Rasayani
5.	Madanpal Nighantu ^[35]	Madhur	Snigdha, Guru	-	Madhur	Pitta-rakta-vata nashak	Brimhani, Stanya-shukrada, Rasayani
6.	Sodhala Nighantu ^[36]	Madhur	-	Sheet	Madhur	Vaat har	Balya, Brimhan, Vrshya, Swarya, Atimutral
7.	Priya Nighantu ^[37]	Madhur	Snigdha	Sheet	Madhur	Vaat-Pitta shamak	Vrishya, Rasayana, Brimhan, Balya, Stanya vardhan, Mutral, Daha -jwar -kshaya nashak
8.	Shaligram Nighantu ^[38]	Madhur	Guru	Sheet	Madhur	Pitta hara, Kapha vardhak	Brimhana, Balya, Rasayana, Vrshya, Stanyajanana, Shukrala, Dahashamak

RESULT AND DISCUSSION

The literary review of various Ayurvedic treatises such as Charaka Samhita, Sushruta Samhita, Ashtanga Hridaya, Ashtanga Sangraha, Kashyapa Samhita, Harita Samhita, Sharangadhara Samhita, Bhela Samhita, Bhavaprakasha Nighantu, Yogratanakara, and Bhaishajyaratnavali reveals that Vidarikand has been widely acknowledged for its therapeutic value and potential efficacy. Charaka Samhita, classified Vidarikand under Madhura Skandha and Snehaopaga Mahakashaya, with specific applications in conditions like Rajyakshma, Kasa, Swasa, and Mutrakriccha. Sushruta Samhita highlights it in Vidarigandhadi gana and Pitta Shamana varga, emphasizing its cooling, rejuvenative, and aphrodisiac properties. Similarly, Ashtanga Hridaya and Ashtanga Sangraha focused Vidarikand in respiratory, urinary, and reproductive disorders, along with Rasayana karma. Bhavaprakasha, Yogratanakara, and Bhaishajyaratnavali, described its extensive indication and uses in formulations for Jwara, Prameha, Striroga, Balroga, and general debility. The presence of numerous synonyms such as Vidari, Ikshugandha, Bhumikushmunda, and Payasya across lexicons like Amar Kosha and

Shabdakalpadruma further attests to its widespread recognition and enduring medicinal value existed in ancient times. In present advanced cutting edge era, physicians and researchers should involve and validate the above indications through chemistry lab and pharmacological study about Vidarikand.

CONCLUSION

On the basis of classical literatures, it was observed that Vidarikand (Pueraria tuberosa DC.) is a versatile medicinal plant with multifaceted pharmacological actions and uses. The samhitas, nighantus, and other compendia underscores its significance as a role of Rasayana, aphrodisiac, galactagogue, and nutritive agent highlighting the broad spectrum of therapeutic applications of Vidarikand in respiratory disorders, urinary ailments, reproductive and metabolic disorders. In present scenario, Vidarikand may play a pivotal role in promoting overall health and vitality. The consistent documentation of Vidarikand across centuries demonstrates its relevance in both preventive and curative healthcare practices of Ayurveda.

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