

**MEDICINAL USES OF ASTHISHRINKHLA (*CISSUS QUADRANGULARIS* LINN): A
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ABSTRACT

In Ayurveda Asthishrinkhla means to joints the bone. This is amazing ayurvedic medicine or plant who acting on the joints of the body. *Cissus quadrangularis* (also called Hadjod and Asthisamharaka) is an ayurvedic herb used for strengthening bones and joints and promoting bone growth. It increases bone mineral density and enhances the rate of fracture healing. In addition to its uses in bone and joint disorders, it also used to treat loss of appetite, indigestion, hemorrhoid, intestinal worms, gout, internal bleeding and leucorrhea. It also has aphrodisiac action to which it is also used to improve men's stamina, vigor and strength.

KEYWORDS: *Asthishrinkhala, Vigor power.***INTRODUCTION**

Sanskrit Name of *Cissus quadrangularis* is Asthisamharka, which means for "bone setter". In ayurveda, the fresh juice of *cissus quadrangularis* plant in dosage of 20 mL twice daily is used to accelerate fracture healing rate and restoring the bone mass in several disease including low bone mineral density and osteoporosis. The external application of a paste prepared from Hadjod powder and warm water is also used for same purposes.

Common Name – Asthishrinkhala**English Name** – Edible stemmed wine**Family** -Vitaceae**Name in another languages-****Sanskrit** – Asthisamhari, Vajrawalli**Gujarati** – Hadsankal**Telugu** – Nalleru**Marathi** – Kandbel**Kannada** – Mangroli**AYURVEDIC PROPERTIES****Rasa** – Madhur**Guna** –Laghu, Ruksha**Virya** – Ushna**Vipaka** – Madhur**Dosha karma** – Paciefies Pitta Dosha**Dhatu (Tissue) effect** – Rasa, Mamsa, Asthi, Shukra**Organ Effect** – Bones, Joints**MEDICINAL USES**

Cissus quadrangularis has following medicinal properties.

1. Accelerate the rate of fracture healing
2. Strengthen bones and joints
3. Restore bone mass
4. Anodyne – pain relieving
5. Anabolic supplement (mainly for bones)
6. Hemostatic (stypic) – check bleeding
7. Anti-hemorrhoid – mainly beneficial in bleeding piles
8. Digestive stimulant
9. Hepatoprotective
10. Anthelmintic or vermifuge
11. Blood detoxifier
12. Aphrodisiac
13. In high doses, *cissus quadrangularis* extract also shows sedative and muscle relaxing effects.

BENEFITS AND USES

Cissus quadrangularis has strengthening effects on bones, joint, ligaments and muscles. It is primarily used for treating the disease related to these structures.

Bone fracture – *cissus quadrangularis* facilitates bone fracture healing by accelerating the proliferative physiological process in the bone. It increases the rate of bone regeneration and improves blood circulation and nutrient supply to the bone. It preserves bone tissue anabolism and regeneration and promotes osteoblastic proliferation and differentiation.

MEDICINAL PARTS

- The leaves and stem of *Cissus quadrangularis* plant are main medicinal parts used for bone and joint disorders. In ayurveda, fresh juice extracted from its leaves and stem are used in most of the diseases.
- In powdered form, it is added in several ayurvedic formulations.

MAIN COMPONENTS

- ketosteroids
- Freidelin
- Resveratrol
- Quadrangularis A as main bioactive constituents.
- 100 g *cissus quadrangularis* contains 327 mg vit C and 696 mg Vit E.

THERAPEUTIC INDICATIONS

1. Bone fracture
2. Low bone mineral density
3. Osteoporosis
4. Osteoarthritis
5. Joint pains in athletes due to exercises
6. Gout
7. Rickets in children (along with calcium and vitamin D supplementation) helps to strengthen the bones and promote bone growth.
8. Weight loss (Obesity) – mainly beneficial for reducing abdominal adiposity, central obesity, accumulation of fat around pelvis, belly, buttocks and upper thighs.
9. Internal bleeding
10. Hemorrhoid – mainly bleeding piles
11. Improve digestion

AYURVEDIC FORMULATIONS

1. Asthisamhar tail

SIDE EFFECTS

- Dry mouth (common)
- Feeling of increased heat
- Burning sensation
- Sleeplessness
- Headache
- Restlessness
- Vertigo
- Excessive sweating
- Diarrhoea (rare)

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