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# A review of *Balya* action of *Vidarikanda* in tribal zone as mentioned in Ayurveda

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## ABSTRACT

**Background:** Acharya Sushruta has explained 37 *Gana* and each *Gana* has multiple indications. The nomenclature of *Gana* is given by the first drug in that particular *Gana* in *Vidarigandhadi Gana*. *Vidarigandha* is the first drug mentioned in this *Gana*. Each *Gana* is followed by its potential action on *Dosha*, *Dhatu*, *Mala* and clinical indication. *Bala* refers to the physical strength generally and any medicine that increases it is known as *Balya*. Folk medicine comprises of traditional healing believes and medicines used in past and contemporary cultures mostly by people who are not license medical practitioner. Folk medicine is a system based on traditional modes. **Aim and Objectives:** This paper trying to elaborate, evaluate and discuss the medicinal property, *Balya* effect of *Vidarikanda*. **Material and Methods:** 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. **Discussion:** *Vidarikanda* is very important drug, which is described from ancient time. *Acharyas* already know the importance of *Vidarikanda* in the therapeutic (*Balya*) management. It is indicated in *Shosha*, *Gulma*, *Angamarda*, *Kasa*, *Shwasa* and having *Vata-Pittanashak* property. **Conclusion:** *Vidarikanda* has *Madhur Rasa*, *Shita Veerya* and *Guru*, *Snigdha Guna* and it pacify *Vata*, *Pitta* and *Rakta dosha* and having *Brihmani*, *Vrashya*, *Jivaniya*, *Rasayan*, *Stanya*, *Shukral*, *Balya* property mentioned in *Ayurvedic* text.

**Key words:** *Vidarikanda*, *Balya*, Folk medicine.

## 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 combinations 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*. 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 in *Ayurveda* hopefully. *Ayurvedic* drugs are based on mineral, herbal and herbo-mineral. The herbals medication is 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 drugs which has broadly described in detail in all the textbook of *Ayurveda* including *Brihatrayi*, *Laghutrayi*, and *Nighantus*. This article highlighted on efficacy of *Vidarikand* as *Balya Rasayan* to prevent malnutrition disorders in tribal areas.

## MATERIALS AND METHODS

The text book of *Ayurveda* along with its respective commentaries has been review thoroughly. The text

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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.

## REVIEW OF LITERATURE

### 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. 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 1200m.

### Vidarikand and its properties

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

### Physical properties of Vidarikand as per various Nighantu

S N	Nighantu	Gana	Rasa	Guna	Veerya
1.	Bhav Prakash Nighantu	Guduchyadi Varga	Madhura	Guru, Snigdha	Shita
2.	Madan pal Nighantu	Abhayadi Varga	Madhura	Guru, Snigdha	-
3.	Raj Nighantu	Mulakadi Varga	Madhura	Guru, Snigdha	Shita
4.	Kaiyadeva Nighantuh	Aushadhi Gana	Madhura	Guru, Snigdha	Shita
5.	Dhanvantari Nighantu	Guduchyadi Varga	Madhura	Guru, Snigdha	Shita

6.	Priya Nighantu	Pipalyadi Varga	Madhura	Snigdha	Shita
7.	Nighantu Adarsh	Palashadi Varga	Madhura	Guru, Snigdha	Shita

### Therapeutic Ayurvedic formulations of Vidarikand as per Acharya Charak, Sushruta, Vagbhatta

Acharya Charak mentions the Vidarikand in Madhur Skandh and Kanthya, Snehopaga Mahakashaya. It is also mentioned as a Shaka Varga (vegetable) which have the property of Jeevniya (improving age), Vriahniya (Nourishing), Vrishya (aphrodisiac), Kanthya (improve voice), Rasayan (rejuvenation), Balya (strengthen), diuretic, sweat and cold.

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 Vagbhatta 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.

### Review of Vidarikanda action as Balya Rasayan

Balya is an action which is probably considered as one of the primary one as per Charaka and due to this reason that there is a mention of a group containing 10 drugs dedicated to this action namely Aindri, Rishabhya, Atirasa, Rishyaprokta, Payasyaa, Ashwagandha, Sthira, Rohini, Bala and Atibala here Payasya mentioned by Charak is Vidarikanda. In general any action that increases 'Bala' of the individual is considered as 'Balya'. In other words that which is favorable and lead to the increase of 'Bala' is considered as 'Balya'. Hence it is quite necessary to understand the concept of Bala as per Ayurveda. According to Sushruta, 'Bala' is defined as "the factor due to which one obtains the nourishment and stability of Mamsa Dhatu, ability to perform various tasks

efficiently, clearness and pleasantness of voice along with colour and efficient working of all the organs either external like *Jnyaanendriya* or *Karmendriya* and internal like *Manas*, *Aatma*, etc. The *Ayurveda* text *Bhava Prakaasha*, explains the medicinal properties of *Vidaarikanda* or *Pueraria tuberosa* as;

विदारी मधुरा स्निग्धा बृंहणी स्तन्यशुक्रदा ॥

शीता स्वर्या मूत्रला च जीवनी बलवर्णदा ।

गुरुः पित्तास्त्रपवनदाहान् हन्ति रसायनी ॥ (भा. प्र.)

*Acharya Bhava Prakash* mentioned *Brahniya* and *Rasayan* property of *Vidarikanda*. The intake of these drugs can help malnourished children to improve their *Bala* and *Varnya* which indicates an increase in body weight; immunity and overall total health of that person.

The mechanism of drug action or pharmacodynamics of drug in *Ayurveda* is based on the five-dimensional properties of the drug or '*Panchalakshna* of *Dravya*' that include *Rasa*, *Guna*, *Veerya*, *Vipaka* and *Prabhava*. It is the influence of these properties that results in an interaction leading to decrease and increase of the body constituents including the *Dosha*. This holds good for any drug action including *Balya*. The general type of *Balya* action refers to the generalized effect of the substance leading to an increase in the energy of all the body parts. The drugs which exhibit this variety of action usually results in *Dhatu* and *Oja Vriddhi* leading to an overall increase in strength. The specific type of *Balya* action refers to the specific effect of the drug to one part of the body or a system in the body. It may also be considered as a subtype.

#### **Vidarikand benefits for adults**

*Ayurveda Acharyas* eulogize benefits of *Vidarikand* in males. This wonder herb is a very good *Rasayana* or a plant with rejuvenating properties. It nourishes the whole body and increases *Rasa Dhatu*. When *Rasa Dhatu* is nourished the successive *Dhatu*s also get nourished. *Ayurveda Vaidyas* also laud this herb as *Vrushya* or aphrodisiac. It is eulogized as *Shukrada* owing to its, sweet, cool, and sticky properties, this herb helps to increase *Shukra Dhatu* and the quality

and quantity of semen. This leads to an increase in sperm count and motility. This herb helps in oligospermia. *Vidarikand* is used in *Ayurveda Vajikarana* Therapy preparations.

#### **Benefits of Vidarikanda as Balya remedy**

##### **To improve body Strength**

*Acharyas* praise this herb as *Brimhani*. It helps in weight gain in persons who have lost weight due to diseases or malnourishment. This herb increases healthy body weight (*Brumhana*). This herb rejuvenates the whole body and increases muscle bulk (*Mamsa Dhatu*). This is very helpful for people who are underweight and willing to increase their body bulk. *Vidari* also strengthens the immune system and boosts immunity

##### **Boosts Immunity**

It has various quarries of antioxidants and bioactive components; *Vidarikand* confers several traditional remedies for improving the immune system, fighting microbes, and shielding the body against various infections. It also portrays the presence of strong anti-bacterial, anti-viral, and antifungal properties, which is essential in preventing infections like fever, common cold, sore throat, and other respiratory anomalies.

##### **Mode of action of Vidarikanda**

*Vidarikanda Choorna* is one of the most important *Vajikara Dravya* explained in our classics. This action of the drug is due to its properties like *Guru*, *Snigdha Guna*, *Madhura Rasa*, *Madhura Vipaka*, and *Sheeta Veerya*. All the qualities are similar to that of *Balya Rasayana* and *Oja* and thereby cause its increase. *Vidarikanda* improves digestion by increasing levels of amylase and lipase. Therefore, by proper digestion *Rasa Dhatu* of excellent quality is produced which nourishes *Uttorottara Dhatu*s. The drug *Vidarikanda* acts as *Balya* and *Brahniya* because it has properties like *Guru*, *Snigdha Guna*, *Sheeta Veerya*, and *Madhura Vipaka*. The principle of *Ayurveda* is that a particular substance increases by supplementing substances of similar quality. Some of the qualities of *Shuddha Shukra* like *Singdha*, *Pichila Madhura*, *Guru* etc., are similar to that of *Vidarikanda*. Herbal drugs act by their

*Rasas*. Therefore, *Madhura Rasa* probably corrects the pathology of *Dhatuchaya* which is further intensified by *Madhura Vipaka* and *Sheeta Veerya*. *Vidarikanda* also has *Balya*, *Brihmana* and *Rasayana* properties. A drug usually possessing these properties also acts as *Vajeekara*. *Vidarikanda* acts as *Vata* and *Pitta Hara*.

*Vidarikanda* is said to be *Vrishya* i.e., a best vitalizer, probably it acts on ductless glands like the pituitary and gonads (*Sarvadaihika Shukra*).

## DISCUSSION

Forty-two percent of children under five are malnourished in Madhya Pradesh. Having not received proper nutrition, they are either stunted or short for their age and deep in tribal areas the numbers only get worse. Research shows that 44% of tribal children under-5 in India are stunted, 45% underweight and 27% wasted. Severe stunting in tribal children is 9 points higher than in non-tribal children (29% vs 20%). Health and healthcare services in tribal areas have long been neglected, and in order to bridge the gap acknowledgment of the problem is required as well as build a roadmap for the future

The *Sahariyas* have the highest population of 4,50,217 among the PVTGs, while the Sentinelese have the smallest population at 39 respectively. Most of the *Sahariyas* are spread across the southern borders of Rajasthan alongside Madhya Pradesh.

At the state level, Madhya Pradesh has 19.7% under-nourished children. Overall, MP's 16 districts fall under the under-nourished category. Malnutrition is one of the most serious and large-scale health problems facing the MP state today.

MP's tribal districts are the worst hit in the country because of their cultural, geographical, and economic isolation, with up to 100% malnutrition in some villages

In the tribal areas of Satpura zone gonda and bheel janjati are using *Vidarikanda* for undergrowth children diseases such as kwashiorkor and marasmus are prevalent in some backward areas. The people of such areas mainly depend upon *Vaidyas* present there for their health issues. These *Vaidyas* are using *Vidarikanda* to treat such children's to increase weight;

muscle build up and immunity of children's. The tuber part is also given by *Vaidyas* to underweight and anaemic female and they are getting good results as drug significantly increase the haemoglobin count of patients. In the *Dindori Mandla Anuppur* district also the *Bega* tribe *Vaidyas* is using *Vidarikanda* as *Balya* agent for same purpose to fight malnutrition present in children and females of that area.

## CONCLUSION

Primary health care in tribal areas of MP is highly compromised. Malnutrition and diseases related to it is a serious health issue there till now. Medicinal plants are a natural source of medicine, now the world is moving towards plant-based medicine or phytomedicines that strengthen body systems (especially the immune system or *Oja*, which can then properly fight foreign bodies) and help to destroy pathogens without toxic side effects. We need to know those drugs which increase strength and vitality or act as a tonic. The present literature supports the *Balya* potential of *Vidarikand* which is extensively used in *Ayurveda*. Its pharmacological properties and *Rasa Panchaka* will help in increasing strength. The drugs *Vidarikand* enhance *Oja* thereby increasing vitality and strength. Because of this beneficial effect, those drugs can be used to fulfill the purpose and objective of *Ayurveda* to the preservation of health in healthy individuals. Thus, proper use of this drug would help to live a healthy life and to combat the challenges posed by frightening diseases of the present and future. In view of the nature of this plant, more researches have to be conducted on its *Balya* action.

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