



Critical Review on Vidarikanda (Pueraria tuberosa Dc.)

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Background: Vidarikanda is a perennial woody climber and important drugs which has described in all Ayurvedic text including Laghutrayi and Vrihatrayi and in all Nighantus. Vidarikanda is important medicinal drugs which is being used as single or in combination from ancient time. All the Ayurvedic text have mention the various properties of Vidarikanda and it is used in different diseases and different pathological condition.

Aim and Objectives: To illustrate the medicinal value, its properties and therapeutic importance of Vidarikanda in different type of diseases and illness.

Material and method: Different Ayurvedic textbook, references and different modern medicine science text and various research article and clinical research published in journal have been reviewed.

Result and discussion: Vidarikanda have Ayurvedic properties like Ras- Madhur, Virya- Sheet, and Guna- Snigdha. Due to these properties Vidarikanda pacify Vata, Pitta, and, Rakta Dosha and performing action like Balya, Jiwaniya, Vrishya, Rasayan, Sukral and Stanya which have described in ancient Ayurvedic text. Due to these vital properties Vidarikanda are being used from ancient time to treat different type of diseases and as a health promoter and as a highly nutritive source. It is mostly used in Kshatkshina, Rajyakshma, Kasa, Vatrakta, Krisha, Shosha, Apasmar, Jwar, Raktapitta, Vatvyadhi, Klaibya and many other diseases. It is very useful as immunomodulatory diseases, anti-inflammatory, rejuvenator cardiogenic, antioxidant.

Keywords: Vidarikanda, Rasayan, Jiwaniya, Vrishya, Balya

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Introduction

Indian system of medicine i.e., *Ayurveda* has enormous source of therapeutic agent. They are mentioned in different *Samhita* and *Nighantu*. They are in form of mineral, herbal and Herbo mineral in nature. This medicine can be used for the treatment of various diseases as a single drug or in combination formula. *Ayurvedic* system of medicine is an ancient life science which does not work accordingly to a particular disease but works according to fundamental *Ayurvedic* concepts that is known *Nidan*, *Dosha*, *Kala*, *Adhithan*, and *Prakriti*. [1] Due to this advantage *Ayurveda* has an ability to manage all new upcoming and newer health challenges. Due to no or less adverse effect of herbal medicine to human health now a days *Ayurvedic* medicines are being more accepted nationally as well as internationally. In *Ayurvedic* system of medicine there are many texts which describe the herbal medicine its work and uses in different diseases. *Vidarikanda* is a tuberous root of *Pueraria tuberosa* which has a highly medicinal value which has been described in all *Samhita* and *Nighantu* of *Ayurvedic* texts. This article will bring out the effectiveness of *Vidarikanda* in different diseases and its medicinal and therapeutic value to the scientific point of view.

Aim and Objectives

1. To collect detailed information discuss evaluate and highlight the medicinal properties of
2. To evaluate the therapeutic effect and medicinal value of *Vidarikanda* in different diseases.

Materials and Methods

All the information and detail of drugs are collected from different *Ayurvedic* text book and its commentary, textbook of modern medicine, different research article published in index journal, different online source like *Ayush* research portal, PubMed and various website have been reviewed thoroughly.

Description of *Vidarikanda*

Vidarikanda is perennial tuberous climber or twining spreading shrubs with large tuberous roots. It is commonly known as Indian kudzu. It is commonly found in Central India & ascending up to 1300m msl & also found in western Himalayan region.

Acharya Bhavaprakash has mentioned in *Guruchiyadi Varga* of *Bhavaprakash Nighantu*. Its synonyms are *Vidari*, *Swdukanda*, *Krostri*, *Sita*, *Ikshugandha*, *Kshirvalli*, *Kshirshukla*, *Payasvani*. [2]

Structure

A. Macroscopic

Vidarikanda is a tuberous dug which is available in the form of longitudinal sliced piece of tuberous root in variable shape and size. The outer surface is reddish-brown and smooth. Cut surface is milky whitish, starchy, and porous having no particular smell and sweetish in test. [3]

B. Microscopic

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 consists of sieve tubes, companion cells, patches of bast fibres and phloem parenchyma; xylem pentarch in young root, consists of vessels with scalariform cross perforation, tracheid, xylem fibres and parenchyma; medullary rays broad and parenchymatous. [4] 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 fibres are multicellular, articulated, each cell carrying a crystal of calcium oxalate, some of the articulated fibres are swollen in the middle like a bulb pipette.

Powder

Greyish-brown, no characteristic odour, bitter in taste; shows parenchyma filled with starch, septate fibres in the form of crystal fibres as well as shaped bulb like pipette; vessels with simple and scalariform cross perforation plates, stone cells, and starch as described under microscopy; powder treated with 1N NaOH in methanol and nitro-cellulose in amyl acetate gives light green fluorescence under UV 254 nm. [5]

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. Tubers are rich in isoflavanoids such as puerarin, daidzein, genistein and genistein.

Vidarikanda and its properties

According to Ayurvedic classics all drugs possess their properties known as *Raspanchak* i.e., *Rasa*, *Guna*, *Veerya*, *Vipaka*, and *Prabhava*. *Vidarikanda* has mention in different *Ayurvedic Nighantu* in different *Varga* or *Gana* in different *Ayurvedic* text but the properties of *Vidarikanda* is same in all the *Nighantu*.

Table 1: Physical Properties of Vidarikanda as per Various Nighantu

SN	Nighantu	Gana	Rasa	Guna	Veerya
1.	Bhav Prakash Nighantu[6]	Guduchyadi varga	Madhura	Guru Snigdha	Shita
2.	Dhanvantari Nighantu[7]	Guduchyadi varga	Madhura	Guru, Snigdha	Shita
3.	Nighantu Adarsh[8]	Palashadi varga	Madhura	Guru, Snigdha	Shita
4.	Madan pal Nighantu[9]	Abhayadi Varga	Madhura	Guru, Snigdha	-----
5.	Kaiyadeva Nighantu[10]	Aushadhi gana	Madhura	Guru, Snigdha	Shita
6.	Gunaratnamala[11]	Guduchyadi varga	Madhura	Guru, Snigdha	Shita
7.	Raj Nighantu[12]	Mulakadi Varga	Madhura	Guru, Snigdha	Shita
8.	Priya Nighantu[13]	Pipalyadi varga	Madhura	Snigdha	Shita

Near about all *Acharyas* have say that *Vidarikanda* is *Madhura* in *Rasa*, *Guru* and *Snigdha* in *Guna* and *Sheeta* in *Virya*. Whereas *Priya Nighantu* has told that *Snigdha* but not *Guru*. The *Shita Virya* of *Vidarikanda* in not mention in *Madanpal Nighantu*.

Table 2: Effect of Vidarikanda on Dosha

Dosha	B.P.N. [6]	DH.N. [7]	Raj.N. [12]	M.P.N. [9]	GRM.N. [11]	Kay.N. [10]	Pri.N. [13]
Vatahara	+	+	+	+	+	+	+
Pita, Raktahara	+	+	+	+	+	+	Pittahara
Kapha bardhaka	-	-	+	-	-	-	-

B.P.N. = Bhavprakash Nighantu; **M.P.N.** = Madanpal Nighantu; **Raj.N.** = Raj Nighantu; **Kay.N.** = Kaiyadeva Nighantuh; **GRM.** = Gunaratnamala; **DH.N.** = Dhanvantari Nighantu; **Pri.N.** = Priya Nighantu.

Therapeutic effect of Vidarikanda

Vidarikanda is a wonderful medicinal drug which have too many therapeutic actions to improves from diseases as well as to improves general fitness and maintaining good health. According to *Ayurveda* various therapeutic effect of *Vidarikanda* in mention in different *Nighantu*.

Table 3: Therapeutic effect of Vidarikanda

Karma	B.P.N. [6]	DH.N. [7]	Raj.N. [12]	M.P.N. [9]	GRM.N. [11]	Kay.N. [10]	Pri.N. [13]
Jivaniya	+	-	-	-	+	+	-
Brihaniya	+	-	+	+	+	+	+
Vrishya	-	+	-	-	-	+	+
Rasayana	+	-	-	+	+	+	+
Balya	+	+	+	-	+	+	+
Shukrala	+	-	+	+	+	-	-
Stanya	+	-	-	+	+	+	+
Varnya	+	-	-	-	+	+	-
Jwarahara	-	-	-	-	-	-	+
Kshayahara	-	-	-	-	-	-	+
Dahahara	+	-	-	+	+	+	+
Mutrala	+	-	-	-	+	+	-
Vastishodhana	-	-	-	-	-	-	+
Kanthyha	+	-	-	-	+	+	-

B.P.N. = Bhavprakash Nighantu; **M.P.N.** = Madanpal Nighantu; **Raj.N.** = Raj Nighantu; **Kay.N.** = Kaiyadeva Nighantuh; **GRM.** = Gunaratnamala; **DH.N.** = Dhanvantari Nighantu; **Pri.N.** = Priya Nighantu.

Therapeutic formulation of Vidarikanda as per Acharya Charaka

In *Charak Samhita* *Acharya Charak* has described the *Vidarikanda* in *Madhura Skandh* and *Shaka Varga*. It is also mentioned in *Kanthyha*, and *Knehopaga Mahakashaya*.

It has properties like *Jeevniya* (age improver), *Kanthyha* (voice improver), *Vriahniya* (Nourishing agent), *Vrishya* (aphrodisiac), *Rasayan* (rejuvenator), *Balya* (strength improver), *Mutrala* (diuretic), *Swedajanana* (sweat) and *Sheeta* (cold).

Vidarikanda is being used from ancient time to treat many diseases as a single or in variety of formulation like *Raktapitta*, *Rajyaksham*, *Kshatkshin*, *Daha*, *Kasa*, *Jwara* etc. and specially mentioned for *Bala Varna-Vardhak*, *Rasayan*, *Vajikaraka*. [14]

Table 4: Therapeutic formulation of *Vidarikanda* as per *Acharya Charaka*

SN	Yoga	Rogadhikara	Reference
1.	Vatraktahar Lepa	Vatarakta	Ch.Su.3/21
2.	Chyavanprasha Rasayan	Kasha, Swasha, Rasayana	Ch.Chi.1/1/62-69
3.	Pancham Haritakyadi Rasayana	Rasayana	Ch.Chi.1/1/76
4.	Aamlaki Ghrita	Rasayana	Ch.Chi.1/2/4
5.	Indrokta Rasayana	Rasayana	Ch.Chi.1/4/6
6.	Indrokta Rasayana Param	Rasayana	Ch.Chi.1/4/13-26
7.	Brahani Gutika	Vajikara	Ch.Chi.2/1/24-32
8.	Vajikarana Ghrita	Vajikara	Ch.Chi.2/1/33-37
9.	Apathykari Shastikadi Gutika	Vajikara	Ch.Chi.2/2/3-9
10.	Vrishya Ghrita	Vajikara	Ch.Chi.2/2/21
11.	Apatyakar Kshira Yoga	Vajikara	Ch.Chi.2/3/7-10
12.	Vrishya Payas Yoga	Vajikara	Ch.Chi.2/3/14
13.	Vrishya Mashadi Puplika	Vajikara	Ch.Chi.2/4/23-24
14.	Vrishya Yoga	Vajikara	Ch.Chi.2/4/25-27
15.	Apatyakar Ghrit	Vajikara	Ch.Chi.2/4/28-29
16.	Vrishya Gutika	Vajikara	Ch.Chi.2/4/30-32
17.	Chandanadi Tail	Daha, Jvara	Ch.Chi.3/258
18.	Shatavaryadi Ghrita	Raktapitta	Ch.Chi.4/95-96
19.	Drakshadi Ghrita	Pittaj Gulm	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 Ghrit	Kshatkshin, Daha	Ch.Chi. 11/35-43
26.	Tryushnadi Ghrit	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 Ghrit	Kshayaj Kasa	Ch.Chi.18/151
30.	Vidaryadi Ghritpak /Dugdhpak	Mutravevarnya In Kasa	Ch.Chi.18/154
31.	Drakshadi Churna	Pittaj Chhardi	Ch.Chi.20/26
32.	Shatvaryadi Lepa	Vataj Pittaj Visarpa	Ch.Chi.21/24
33.	Darimadi Lepa	Trishana	Ch.Chi.22/36
34.	Amrit Ghrita	Visha	Ch.Chi.23/242-249
35.	Shatavaryadi Kwatha	Pittaj Mutrakachha	Ch.Chi.26/50
36.	Baladi Taila	Shirorog	Ch.Chi.26/161-162
37.	Mahamayur Ghrita	Shirorga	Ch.Chi.26/166-174
38.	Vidaryadi Pan	Raktaj Swarbheda	Ch.Chi.26/288
39.	Majjasneha	Vatavyadhi	Ch.Chi.28/124-127
40.	Amritadi Tail	Vatavyadhi	Ch.Chi.28/157-164
41.	Parushakghrita	Vatashonita	Ch.Chi.29/58-60
42.	Jivkadi Mahasneha	Vatashonita	Ch.Chi.29/72-75
43.	Sukumar Tail	Vatashonit	Ch.Chi. 29/96-102
44.	Takraarishtha	Pichil Stanya Chikitsa	Ch.Chi. 30/278
45.	Ajagandhadi Churna	Virechan Yoga	Ch.K. 7/22
46.	Chandnadi Niruha Vasti	Daha, Raktapitta And Pandu	Ch.K. 3/48-52
47.	Drakshadi Niruha Vasti	Pitta Nashak	Ch.Si. 3/53-55

48.	Saptprasatki Vasti	Vrishya	Ch.Si. 8/11
49.	Vidaryadi Kawath	Shukra, Mamsa Pushti	Ch.Si. 10/28
50.	Pratham Baladi Yapna Vasti	Madya Klistanam Saddho Bala Jannano	Ch.Si. 12/15/5
51.	Chaturth Baladi Yapna Vasti	Jwar	Ch.Si. 12/15/10
52.	Mayuradi Vasti	Bala Varna Vardhak	Ch.Si. 12/17/3
53.	Chatur Sneha Anuvasana Vasti	Rasayan	Ch.Si.12/18/1
54.	Baladi Anuvasan Vasti	Virya, Bala, Mansa Vrdhak	Ch.Si.12/18/2
55.	Sahachradi Anuvasan Vasti	Rasayana	Ch.Si. 12/18/3

Therapeutic formulation of *Vidarikanda* as Per Acharya Sushruta:

Acharya Sushruta has mentioned *Vidarikand* in *Vidarigandhadi Gana* in *Sushruta Samhita*, as well as in *Valli Panchamoola*, *Madhur Varga* and *Pitta Sanshaman*. Whereas *Valli Panchamoola* is indicated in *Raktapitta*, *Shoth*, *Prameha*, *Shukra Dosha* and *Vidaryaadi 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 is various preparation of *Vidarikand* in *Shushruta Samhita* which is used for various purpose specially *Vajikar*, *Jwarghna*, *Dahahar*, *Pittaj Shoolhar*, *Luta* and *Vrishchik Vishhar*. [15]

Therapeutic formulation of *Vidarikanda* as per Acharya Sushruta

SN	Yoga	Rogadhikar	Reference
1.	Sitadi Choorna	Daha, Jwara,	S.Su.47/17
2.	Ashwakarnadi Churna	Saddhovrana	S.Ch. 2/64-65
3.	Sahadi Pradeha	Vatarakta	S.Ch.5/12
4.	Kushadi Ghrita	Pittaj Ashamari	S.Ch.7/9-13
5.	Vidaryadi Nashya	Krimidant	S.Ch.22/40
6.	Tiladi Utkarika	Vajikar	S.Ch.26/23
7.	Vidarikand Yoga	Vajikar	S.Ch.26/23
8.	Viarimoola Yoga	Vajikar	S.Ch.26/28
9.	Mashadi Kshir	Vajikar	S.Ch.26/36
10.	Bhutikadi Tail	Vatvyadhi (Vasti)	S.Ch.37/19-22
11.	Kushadi Asthapan Vasti	Vasti	S.Ch.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	Jwara	S.U.39/303
16.	Vidaryadi Choorna	Pittaj Shool	S.K.42/71

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. [16]

Therapeutic Formulations of *Vidarikanda* as per Acharya Laghu Vagbhata

SN	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 Ghrit	Pittaj kasa	A.H.Chi.3/38-40
4.	Amritprash Ghrit	Kasa, Nastshukra, Kshatkshin	A.H.Chi.3/94-101
5.	Dhatri Ghrit	Kasa, Mamsa shukra vardhak	A.H.Chi.3/108-109
6.	Vidari Swaras Siddh Ghrit	Kshayaj Kasa	A.H.Chi.3/153
7.	Vidaryadi Ghrit Payam	Kshayaj kasa	A.H.Chi.3/155
8.	Baladi Ghrita	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	Mutraghat	A.H.Chi.11/6
13.	Kushadi Ghrit	Pittaj Ashmari	A.H.Chi.11/22-24

14.	Vidari Varg Siddha Traivat Sneha	Vrana ropana	A.H.Chi.13/3
15.	Drakshadi Ghrit	Vidradhi, Moha, Mada nashak	A.H.Chi.13/16-17
16.	Vidaryadi Ghrit	Vatodara	A.H.Chi.15/53
17.	Vidaryadi Kshir	Pittodara	A.H.Chi.15/64
18.	Aragvadadi Pana	Kamla	A.H.Chi.16/41
19.	Vidaryadi Ghrita	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 Ghrit	Vataj pratishyay	A.H.U.20/10
27.	Vidaryadi Tail	Dantashul	A.H.U.22/25
28.	Mahamayur Ghrit	Shiroroga, Indriyabhrransh, 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.[17]

Formulations of Vidarikanda as per Harit Samhita

SN	Yoga	Rogadhikar	Reference
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	Stri rog	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*.[18]

Discussion

After reviewing of all *Ayurvedic* literature it is found that *Vidarikanda* is most important ayurvedic raw drugs which is indicated most of ancient *Ayurvedic* texts. Due to its therapeutic importance *Vidarikanda* is being used as therapeutic agent as single drugs or in combination with other in the form of *Churna*, *Grita*, *Taila*, *Lepa*, *Kwatha* and many more for cure and management of many diseases. According to *Ayurveda* texts *Vidarikanda* pacify *Vata*, *Pita*, *Rakta Dosh*.

It has properties like *Brihana*, *Balya*, *Vrishya*, *Rasayana*, *Jivaneeya*, *Stanya*, *Varnya*, *Mutrala*, *Vastisodhana*, *Dahahara*, and *Shukrala*. These properties are highly used in treatment for many diseases like *Vatavyadhi*, *Vatrakta*, *Raktpita*, *Rajyakshma*, *Jwara*, *Kshatkshina*, *Shukradourvalya*. It is also described as *Balavarna Vardhak* and *Vranaropak* formulation in different text.

The tubers of *P. tuberosa* are defined as sweet, emollient, laxative, galactagogues, refrigerant, diuretic, emetic, cardiogenic, aphrodisiac, expectorant, and used for the treatment of various ailment.[19] Tubers are chiefly containing isoflavonoids such as puerarin, daidzein, genistein and genistin. Its *Brihan* effect is seen in *Karshya Vyadhi*.[20] It also having effective anti-diabetic potential against STZ- induced diabetes in rats.[21] It holds a promising therapeutic potential as an immunomodulator and the effects mostly because of isoflavones puerarin, daidzein and genistein.[22] The Puerarin is the major isoflavonoid present in *Vidarikanda* and demonstrated to have antioxidant activity.[23] Puerarin present in Indian Kudzu, possess a cardioprotective activity and give Protection against stress induced myocardial ischemia.[24] Based on 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.[25]

It reduces alcohol consumption and the mechanism of action of this herbal preparation to reduce alcohol consumption remains elusive.[26] It shows Aphrodisiac effect which is mention in our *Samhitas*. [27] *P. tuberosa* increases the level of LH, FSH, testosterone and 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.[28] Nootropic effect of *Vidarikanda* i.e. memory enhancer, neuro enhancer, cognitive enhancer, and intelligence enhancer effect is also access.[29] The anti-inflammatory effect of *Pueraria tuberosa* extracts is also seen due to improvement in activity of red blood cell anti-oxidant enzymes.[30]

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 *Dahahar* property mention in *Ayurvedic* text, due to this excellent property its formulations are highly used in *Jwara*, *Raktapitta*, *Rajayakshma*, *Apasmar*, *Kshatksina*, *Kasa*, *Vatavyadhi*, *Vatarakta*, *Klevya* and many more diseases. It is good in Immunomodulating, Antioxidant, Galactagogue, Cardiotonic, Aphrodisiac, Rejuvenation, Nootropic and Anti-inflammatory effect. It is a very valuable drug which is effective on various ailments.

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