

ASTHISHRINKHALA (*Cissus quadrangularis* L.) – UNLOCKING HEALTH WITH A POWER PACK NUTRACEUTICAL

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Abstract

Ayurveda always promotes the concept of pathya ahara (Diet to be followed), nitya sevaniya dravya (daily consuming dietetics), ashta ahara vidhi vishesh aytana (eight specifics of dietetics) and so on. Now in today's world the term nutraceutical is on trending list. Nutraceutical alternatively called bioceutical are products claiming physiological benefits. Nutraceutical is a hybrid of nutrition and pharmaceuticals. Other than nutrition these are new way medicine too. Material and methods are the Ayurveda in its treasure box is embedded with such pearls. Asthishrinkhala an Ayurvedic nutraceutical is the oyster of this pearl. *Cissus quadrangularis* L. is a perennial creeper of Vitaceae family. It is also known as Veldt grape, Devil's backbone, Adamant creeper. It offers variety of daily health benefits. Almost all parts of plant possess medicinal properties like stem, root and leaf. This review highlights its potential properties in terms of nutrition. It deals with the information described in Ayurvedic literature. Asthishrinkhala is rich in Vitamin C and antioxidants. This promotes its ability to weight calories faster and use nutrients more efficiently. Asthishrinkhala thus is a broad umbrella term which is used as an Ayurvedic power pack nutraceutical.

Keywords: Nutraceuticals; Nutrients; Asthishrinkhala; *Cissus quadrangularis*.

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INTRODUCTION

Nutrition and diet are the primary need of society. Nutraceutical product is a product which is a food product that acts as a fortified agent that not only supplements the diet but also assists in healing or preventing diseases. Nutraceutical is a broad-spectrum term to explain and provide medical benefits.^[1]

Asthishrinkhala is a fleshy perennial climber with quadrangular stem. Its flowers are deep violet coloured. It has cymose inflorescence, leaves are simple and pea sized red coloured fruits with alternate phyllotaxy. It is found almost in all parts of India. Though it is not described in Brahttrayi texts, nighantus have mentioned it as a potent herb in fracture healing.^[2] Bhavmishra have quoted the efficacy of Asthishrinkhala in his work much before in 16th century and described this plant as a whole is beneficial also suggests its use in bone healing

Asthishrinkhala botanically known as *Cissus quadrangularis* of Vitaceae family.

Varieties^[2]

Majorly there are two varieties are noticed. One will be very thin and possess two stem surfaces and other one is quadrangular but very slim compared to original part.^[2]

Rasa panchaka (properties)

Rasa (Taste) - Madhura (sweet)

Guna (Physical properties) - Laghu (lightness), Ruksha (dry)

Virya (potency) - Ushna (hot)

Vipaka (metabolism) - Katu

Karma (actions) - Kapha Vata hara, Pachaka (digestive), Rechaka (laxative)

Part Used - Stem

Dosage^[2]

Fresh juice - 10-20 ml

Paste - 5-10 g

Chemical Constituents^[2]

It is found to contain Triterpenoids. Traaxerol, sitosterol etc

Pharmacotherapeutics^{[7][8]}

It is the curing remedy in the following diseases

1. Asthibhagna (Fracture)

A mixture of Asthishrinkhala, laksha (*Lacifer lacca*), Arjuna (*Terminalia arjuna*) and are given along with milk and ghee described in Asthibhagna. The dried root powder can be given also in dose of 1-3 g twice daily and this can also be applied externally after mixing with hot water for bone fracture.^[7]

2. Pumsavana - (pums+savan - quickening a being, soul)

Paste of Asthishrinkhala is mixed with its fresh juice and stem oil (equal quantity). This bolus is consumed by female after ritukala described in Vrinda Madhava.^[7]

3. Aniyamita Artava (Irregular menstruation)

15-20 ml of Asthishrinkhala stem and leaves juice along with honey twice daily for three months is beneficial for irregular menstruation.

4. Karna shoola (Earache)

Heating the stem in little flame extracting the juice it as ear drops. Instillation of 2-3 drops can cure earache.^[7]

5. Apacha (Indigestion)

Equal quantity of Asthishrinkhala leaves, dry ginger, black pepper is made into fine powders and mixed together. 5 g of this powder should be given along with water twice daily before food to treat Indigestion. 6. Asthishrinkhala Vataka one part, one part of black gram flour used in joint disorders. 7. Young shoot of burn ashes in closed vessels to treat dyspepsia is used by tribal folk incomplete.

Marketing endeavour

Ayurvedic Formulations - Lakshadi guggulu,^{[7][8]} Bone forte capsule (Calcium supplement), Lakshadi guggulu can be used in case of bone fractures and bone deformities.

DISCUSSION

Nutrition is the basic need and aim of physician as per today's requirement. Due to Madhura rasa of *Cissus*, it does bhrimhana karma (nourishing property) which at the end does sapta dhatu prashasti karana. The chemical composition also proves the same thing which includes triterpenoids, Phytosterol that possess and boosts its therapeutic value as anti oxidant,^{[9][10]} anti inflammatory and in bone healing. It is considered as tonic and analgesic in Siddha medicine the reason behind this is stems have laxative and tonic properties.^{[7][8]} However more researches on the plant potential benefits is needed. Thus further work in this direction is required.

CONCLUSION

Cissus quadrangularis has been used as a medicinal plant since antiquity. *Cissus* is used in various Ayurvedic medicines to heal broken

bones and injured ligaments and tendons. It is believe to heal broken bones thus the name Asthisamharaka and it also prevents the destruction of bones. The Assamese and Garo Tribe of Meghalaya and Bangladesh have used *Cissus quadrangularis* for bone fracture. To enjoy your life and live healthy routine by this one can surely add Health ensuring natural routine. Encoding nutrients is the right choice for the nutritional needs.

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