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VIDANGA: A LITRATURE REVIEW

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Abstract:

Vidanga is precious medicinal plant from myrsinaceae family. Having antihelminthic and antiparasitic property. It is widely used against intestinal worm infestation including round worms, thread worms, and tapeworms. This herb is very rejuvenating that provides good health and energy to body. Rajnighantu describe *Vidanga* with light properties, pungent taste, and hot potency. It used to make balance between *vata* and *kapha*. *Vidanga* is very useful to improve anorexia and digestive fire. It reduces symptoms like nausea, vomiting, flatulence, and abdominal pain. *Vidanga* is commonly used as *krimighna* (Antihelminthic), *kushtaghana* (skin disorder), *Udar rogahar*, to promote growth in children. The fruit of the plant is major ingredient of ayurvedic remedy prescribed for *krimi-roga* and other skin infections. There is many references for the various formations of *Vidanga* like *Vidanga churn*, *Vidanga loha*, *Vidangarishta* which are widely used in general practice.

Keywords: *Vidanga*, *Embelia ribes* Burm.f, *Krimighna*, Medicinal uses.

Introduction:

Vidanga is one of the important drug from *Ayurveda* and it's most preferably prescribed by *vaidyas*. It is traditional herb used by most of Indians for stomach and digestive problems in children. Many research papers are published providing various qualities, Mode of action on various systems. It is drug of choice for *krimirog*, *udarshul* in *Ayurveda*. It is herb having many medicinal properties. Hence article is an effort to collect classical references of *Vidanga*.

Plant profile of Vidanga:1.

Botanical name: *Embelia ribes* Burm.f

Family: *Myrsinaceae*

Local name: *Vavdinga*, *Vayvidanga*

English name: False black paper

Distribution and habitat of Vidanga:2.

Vidanga is red listed climbing shrub found in semi evergreen to green forests of India, Shrilanka, Malaysia and China.

Raspachak of Vidanga:3.

Ras: *Katu and Kashay*

Vipak: *Katu*

Virya: *Ushna*

Guna: *Ruksha, Laghu, Tikshna*

Karma: *Kaphvatahar, Krimighna, Vishghna, Dipana.*

Pharmacognostic features of *Vidanga*:4.

Morphological features:

- *It is scandant shrub with long branches, slender, flexible terete and long internodes.
- *Bark is studded with lenticles
- *Leaves are coriaceous, elliptic or elliptic-lanceolate, shortly and obtusely acuminate, glabrous on both side, shining above and silvery beneath.
- *Petioles are more or less margined and glabrous.
- *Flowers are small, greenish, yellow, numbers and lax paniced racemes.
- * Calyx is minute, sepals connate, broadly triangular ovate.
- * Petals are five and free and stamens are five but shorter than petals.
- * Flowering time is February.
- * Fruits are 2.4-4.0 mm in diameter and globular with warty surface, smooth, succulent.
- *Colour of fruit is dull black and rarely dull red.

Major chemical components of *Vidanga*:4.

Seeds of *Embelia ribes* Brum. f contain- Embelin 2.5 - 3.1 % , quercitol 1.0% , a resinoid, tannins and minute quantity of volatile oils.

Pharmacological activities of *Vidanga*: Analgesic, antihelminthic, antioxidant, antibacterial, anticancer, antihyperlipidemic, wound healing and antispermatogenic.

Historical view of *Vidanga*:

Vedic kala:

The reference of *Vidanga* is found since vedic kaal as it is well mentioned in Paniniya Udadi and Paniniya Ganpath (Pa.G-2/4/31) (Pa.U.1/121)

Samhita kala:

Bruhatrayi has mentioned *vidanga* in several gana and described many kalpas of *Vidanga*.

Nighantu kala:

Compilation of Nighantu's were revolutionary progression after long time interval. Different varieties of *Vidanga* with there synonyms, Guna, karma , and therapeutical actions has been described in well mannered order.

Vidanga in samhita kala:

1	<i>Charaka Samhita</i>	<i>Krimighna Mahakashay</i>
		<i>Kushthaghna Mahakashay</i>
		<i>Shirovirechniya Mahakasha</i>
2.	<i>Sushrut Samhita</i>	<i>Pippalyadi Gana</i>
		<i>Sursadi Gana</i>
3.	<i>Ashtang Hrudaya</i>	<i>Pippalyadi Gana</i>
		<i>Sursadi Gana</i>

Vidanga in Nighantu kala:

1.	<i>Dhanvantari Nighantu</i>	<i>Shatpushpadi Varga</i>
2.	<i>Madanpal Nighantu</i>	<i>Shunthyadi varga</i>
3.	<i>Raj Nighantu</i>	<i>Pippalyadi Varga</i>
4.	<i>Kaiyadev Nighantu</i>	<i>Aushadhi Varga</i>
5.	<i>Bhavprakash Nighantu</i>	<i>Mishravarga</i>
6.	<i>Priya Nighantu</i>	<i>Haritakyadi Varga</i>

Important preperations of *Vidanga*:6.

Vidangadi churna, Vidangadi loha, Vidangarishta, Vidanga Tail, Trimadasav.

Disease review of *Vidanga*:7.

1. *Kamala- Vidanaga and Pippali used as nasya and Anjana.*
2. *Ardhavybedak- Vidanga and Krishnatail nasya.*
3. *Vishrog- Root paste of Vidanga taken with rice water.*
4. *krimij Hrudrog - Vidanga and Kushtha used with cow urine.*

Materials and Methods:

Personal recollection from various books, articles, research papers.

Result:

This review results concise literary data of *Vidanaga* (*Embelia ribes* Brum.f).

Conclusion:

Present article is review of taxonomy, pharmacognostic, Chemical constituents, Pharmacological effects of *Vidanaga*. Also gives glance view of categorisation of *Vidanga* in *Brihatrayi* and *Nghantu's*. *Vidanga* has multiple effects like Analgesic, antioxidant, antibacterial and highly effective in antidiabetic, antihelminthic, anticancer, antihyperlipidemic, wound healing activities.

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