

**Sri Satya Sai Murlidhar Ayurvedic College & Hospital
Moga (Punjab) -142001**

AMRAGANDHI HARIDRA

Botanical Name : *Curcuma amada* Roxb

Family : Zingiberaceae.

Introduction :

Its properties similar to Haridra, it used as adulterant

Names in different Indian languages :

English : Mango-ginger, Wild Turmeric.

Hindi : Ama-haldi

Kannada : Ambarasini

Malayalam : Mannayinci

Sanskrit : Aamradaka, Karpuraa Haridra

Tamil : Mangaiinji

Telugu : Mamidi allamu

Morphology :

Aromatic herb with rhizome, 40 -80 cm height

Leaves – long petiole, oblong- lanceolate

Flower – yellowish, spike

Distribution & Habitat : All over India

Chemical constituents : Curcumin,

Properties :

RASA-Tikta, madhura

VIRYA-ushna

GUNA-ruksha

VIPAKA- katu

Karma –Vryshya, vishaghna, kasaghna, sophahara, Carminative, stomachic, appetizer, expectorant, antipyretic, anti-inflammatory.

Indication : rheumatism and inflammation of liver; rheumatism; in contusions and sprains

Part used: Rhizome

Dosage : Rhizome—2–3 g powder;

Therapeutic Uses : Rhizome useful in insect bite.