

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

**Botanical Name :** *Carissa carandas* Linn. Var congesta (Wt.) Bedd

**Family :** Apocynaceae.

**Introduction :**

In BAVAPRAKASHA two types of karamardha mentioned as karamardhadwaya. In kerala *C. spinarum* considered as the second. The Ayurvedic Pharmacopoeia of India indicated the stem bark in obstinate skin diseases, and the root in urinary disorders.

**Names in different Indian languages :**

**English :** Christ's Thorn, Bengal Currant, karaunda, jasmine flowered carrisa

**Hindi :** Karunta, karonti

**Kannada :** karikayi

**Malayalam :** Klavu, karanta, perumklavu

**Sanskrit :** Karamardha, avighnah

**Tamil :** Kalakke, perumkla

**Telugu :** Peddakalavi, vaka

**Unani :** Karondaa.

**Synonyms :**

Karinkaara, Karamarda, Krishnapaakphal, Kshirphena, Sushena,

**Varieties & adulterants – (CV – controversy, AD – adulterants) :**

*C. spinarum* Linn.

**Morphology :**

Evergreen shrub with paired thorns

Leaves – ovate, simple, opposite

Flower – white, corymbose

Fruit – globose- berry type

Seed – two in number, compressed

**Distribution & Habitat :**

All over India

**Chemical constituents :**

Vit C

**Properties :**

fruit

RASA- amlam

GUNA- guru

VIRYA-ushna

VIPAKA- katu

**Karma :** ruchyam, deepana, pachana, krimighna

Appetizer, antipyretic



**Internal uses :**

**Digestive system :** Constipating,

**Skin :** Scabies

***Indication :***

Diarrhea, worm, cabbies, pruritus

Used for acidity, flatulence, poor digestion, as a slimming diet. Juice of the fresh plant is used for infected wounds that refuse to heal.

**Part used :**

Root, fruit

**Dosage :**

Decoction – 60 -120 ml

Powder 2-4 gm

**Therapeutic Uses :**

Root—paste used for diabetic ulcer.