



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

**VARAHIKANDA**

**Botanical Name :** *Dioscorea alata* Linn.

**Family :** Dioscoreaceae

**Introduction :**

Latin name :Doiscorides = physician: bulbifera = yielding bulbs or sativa = cultivated

**Names in different Indian languages :**

**English :** Wild Yam, Greater Yam, Asiatic Yam

**Hindi :** Chupri alu, khamalu

**Kannada :** Tengugenasau, heggenasu

**Malayalam :** Kachil, kavattu

**Sanskrit :** Aaluka

**Tamil :** Perumvallikizhangu

**Telugu :** Pendalamu

**Folk :** Kathaalu

**Synonyms :**

Vrushti. Varahi, Grushtika, Madhavi. Kanti, Vanamalini. Grushti, Saukari, Kaashthaaluka, Aaluka, Aalukas

*Dioscorea atropurpurea* Roxb.

*Dioscorea globosa* Roxb.

*Dioscorea purpurea* Roxb.

**Morphology :**

It is a creeper with a slimy stalk having small nodes of about 3 cm. diameter in the angle of the leaf stalk.

Leaves – compound, 6-18 cms. long and 5-12 cms. wide with pointed tips and 9 veins on them. The inflorescence of male flowers is 6 to 12 cms. long and that of female flowers is 12 to 30 cms. long.

Fruits – tri-winged.

Seeds – also winged. Its tuber is used for medicinal purpose. It is grey with thick and long hair like pig's hair, but looks yellowish white when cut. Bhavaprakash has described another variety named chaniakaraluk

**Distribution & Habitat :**

Throughout India

**Chemical constituents :**

Diosgenin , anthocyanins, cyanidin , peonidin, gentiobioside





**Properties :**

**Guna :** laghu, snigdha;  
**Vipaka :** katu:  
**Dosha:** tridoshahara

**Rasa :** katu, tikta, madhur;  
**Virya:** ushna;



**Karma :**

Balyam, vrishyam

cholagogue, antispasmodic, anti-inflammatory, antirheumatic, diuretic



**Srotogamitva :**

Dosha :Kaphavataghna, pittakarak.

Dhatu : Shukra (spermatogènic), rakta (dermatoses), all dhatus (rejuvenator and nutritive).



Mala : Mutra, purisha



**Indication :**

Prameha, gulma,piles, leucorrhoea,vomiting, dysentery, gout, burning sensation, dyspepsia, cephalgia



**Part used :** Whole plant



**Dosage :**

Leaf juice 10-15 ml



Powder 2-4 g



Decoction 50-100 ml



**Uses :**

**External use :** Oil heated with tubers is used in sinuses.

**Internal uses :** Being an appetizer, carminative and anthelmintic. it is used in loss of appetite, colic and worm infestations. It is also used in blood disorders, lymphadenitis, infertility, dermatoses, syphillis and general debility as it acts on rakta, rveda and shukra dhatus.

