

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

VIDANG

Botanical Name -*Embeliaribes* Burn. F.

Embelia - Embe is from Simhali word which means sour.

ribes - Rubarb's sour.

Family - Myrsinaceae

Kula - Vidaᅅga kula

Regional Names -

English - Embelia fruit

Hindi - Baberang

Kannada - Vayu vidanga

Malayalam - Vaayivalannam

Marathi - Vavadinga

Ganavargikarana (Classical categorization)

Caraka - Krimighnavarga, Triptighnavarga, Kuᅥthaghnavaᅇga, Sirovirecanᅇpagavarga

Suśruta - Pippalyādigana, Surasādigana

Bh.Pr.Ni - Harītakyaᅇdivarga

Habitat -

Vidanga is found in hilly parts of India.

Different species -

1. Embeliaribes Burm. f.

2. Embelia robusta C.B.Cl.

Morphology

Habit-Large scandent shrub.

Branches-Long, slender, flexible, terete with long internodes.

Bark - Studded with lenticules

Leaves-5 to 9 cm long, 2 to 4 cm wide, elliptic or elliptic lanceolate, coriaceous, shortly and obtusely acuminate, entire, glabrous on both the sides, shining above, paler and silvery beneath, whole surface covered with scattered minute reddish sunken gland. Base is rounded or acute, main nerves are numerous. Petiole 0.5 to 1.5 cm long.

Inflorescence - Lax terminal or axillary paniced raceme. Branches are 7.5 to 10 cm long.

Flowers- Numerous, small, greenish yellow colored. Pedicels are 1.5 to 2 mm long. Glandular pubescent bracts are minute. Sepals 1.25 mm long, ciliate, petals are 5 in number, free, 4 mm long, stamens are 5, shorter than the petals.

Fruit Globose, 3 to 4 mm in diameter, smooth, succulent, black when ripe, like a pepper corn when dried, tipped with the persistent style.

Useful part - Phala (Fruit)

Phytoconstituents - Fruits yielded Embelin, Quercitol, Taninn, an alkalioid Christembine, Iodoembolin, Bromoembelin, Embelic acid, Quercitol, Fatty ingredients, Volatile oil, Vilangin.

Rasadipancaka

Rasa – KatuKaṣaya

Guna - Laghu, Ruksa, Tikṣna

Vipāka – Katu

Virya - Usna

Prabhava-Krimighna

Doṣakarma (Action on Doṣa) - Kaphavāta śāmaka, Vātasamaka due to Uṣṇavīrya. Kaphahara because of Usnavirya, Kaṣuvipāka and KaṣuKaṣaya rasa.

Karma (Action)

Krimighna, Dipana, Śulahara, Adhmānahara, Vibandhahara, Viṣaghna, Rucya. Medohara, Mehahara, Garbhanirodhaka, Varnya, Rasayana and Kusthaghna.

Agrya Karma:

विडङ्गक्रिमिघ्नानाम् (च.सू. 25/40)

Vidanga (Embeliaribes Burm. F.) is best Anthelmintic.

Pharmacological Actions

Anthelmintic, Antifungal, Antioxidant, Protective, Anticonvulsant, Stimulant, Alternative.

Rōgaghnata (Therapeutic Indications)

Krimi, Agnimāndya, Ajirṇa, Udaraśula, Adhmāna, Vibandha, Aruci, Medoroga, Prameha, Vaivarna and Kuṣṭha.

AmayikaPrayoga (Therapeutic administration)

1. Krimi (Worm infestation)

Vidanga (Embeliaribes) should be used for food and drinks, for bath, for fumigation and for application.

2. Kuṣṭha (Skin diseases)

Powder of Vidanga (Embeliaribes), Amalaki (Emblca officinalis), Haritaki (Terminalia chebula), Vibhitaki (Terminalia belerica) and Pippali (Piper longum) should be taken with honey. It is useful in Kuṣṭha (Skin disease), Krimi (Worm infestation), Meha (Diabetes melitus) and Bhagandhara (Fistula in ano).

3. Rasayana (Rejuvenating)

One should take Vidāṅga (Embelicaribes) Powder with ghee and honey. It acts as Rasayana (Rejuvenative).

Matra (Dose)

Curna (Powder) - 1 to 2 g

For Krimirōga 10 g of Curna in a single dose to be given.

Yoga (Formulations)

Vidangadicurna, Vidanga ghrita, Vidanga taila, Vidāṅgalouha, Vidangadimodaka, Vidāṅgādikaṣāya, Vidangāriṣṭa

Adulterant -

Myrsineaficana Linn.