

VARAHI KANDA - A COMPLETE DRUG REVIEW - A SINGLE DRUG ACTIONAnnapoorna Acharya¹, Shailesh Y², Shrilatha Kamath³¹PG Scholar, ²Assistant Professor, ³Professor, and HOD.

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Article Received: 25/03//2022 - **Peer Reviewed:** 30/03/2022 - **Accepted for Publication:** 31/03/2022**ABSTRACT**

Ayurveda is a science that deals with different types of herbal and mineral drugs which are used in different types of diseases as a single drug or compound formulation. They have mentioned a large number of drugs; among which many are extensively used as single drug practice as well, along with a large number of compound formulations. Few of the drugs are yet to be explored for such single usage. We believe that single drug usage or Ekamooliya Prayoga also gives a greater effective improvement in the patient. A lot of physicians depend on compound formulations only rather than picking up single drug usage. Though there are many explanations regarding Ekamooliya Prayoga in the texts and also the references available in the text should be scientifically proved through the research works, so that more light can be showered on such areas to cure diseases. One such drug is Varahi Kanda. In this article, we have collected all the references available regarding the Varahi Kanda in Ayurvedic classics, like the general description, synonyms, different Vargas (groups), properties like rasa, guna, veerya, Vipaka, Prabhava, and also the uses, indications, importance of rasayana, and the proved pharmacological actions. There is also a clinical trial going on, regarding the effect of Varahi Kanda Rasayana in Margavarana Pakshaghata (ischaemic stroke). Hence an effort is made to throw light upon the uses of Varahi Kanda

Keywords: Ayurveda, Varahi kanda

INTRODUCTION

Ayurveda is a science that deals with different types of herbal and mineral drugs which are used in different types of diseases as a single drug or compound formulation. Some of which are extensively used and popular, whereas some of them are not. One such drug is Varahi Kanda. An effort is made to collect the important references of Varahi kanda available in Ayurvedic texts throwing light about the concepts like general description, synonyms, different Vargas (groups), properties like rasa, guna, veerya, Vipaka, Prabhava, and also the uses, indications, importance of rasayana, and the proved pharmacological

actions in this review article, for the better exploration of the drug.

GENERAL DESCRIPTION:¹

Botanical name - Dioscorea bulbifera

Synonym- Dioscorea sativa

Family- Dioscoreaceae

English name - Bulb bearing yam

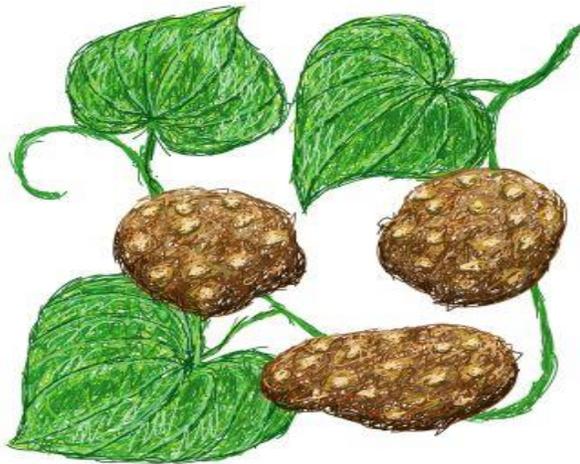
Kannada name- Kuntagenasu, Heggenasu.

Hindi name- Bhirvolikand, Varahi kanda.

Malyalam name- Kattukachil

Habitat- throughout India

Part used - tuber/ kanda



SYNONYMS:²

Varaha

Sukara

sukari

Grushtika

Gushti- which cures all disease

Varahi:

- Varahasya iyam priyatvat iti Varahi – It is dear to pigs.
- Varahimoordhavath kando varahi kanda samjakah (Bhavaprakasha)

Its tuber resembles the face of a pig (Varaha).

This has synonyms such as Shukara, Sukari, for the same reason. (Shukara is a synonym for pig).

- Grushtika, Gushti: “Garshati hinasti rogan” – That which cures the diseases.

- Vriddhi: That which causes an increase of dhatus.
- Veera: That which makes a person brave i.e. potent.
- Maha veerya/ Maha aushadhi: That which is highly potent medicine.
- Amruta: That which is nectar-like.
- Magadhi: That which grows in magadha region.
- Vanya, Vanamalini: That which grows abundantly in the forest.
- Vara – Vara means great. It is a great anti-aging and rejuvenating herb.
- Mahaveerya, Mahaushadhi – very potent medicinal herb
- Kharakanda – the tuber has a rough surface

VARGA: ³

Bhava Prakasha	Guduchyadi Varga
Kaiyadeva	Aushadhi Varga
Priya Nighantu	Pipalyadi Varga
Raj Nighantu	Mulakadi Varga
Shaligrama Nighantu	Saka Varga
Dhanvantari Nighantu	Karaviradi Varga

PROPERTIES:⁴

RASA	<i>Madhura</i> – sweet, <i>Katu</i> – Pungent
GUNA	<i>Laghu</i> – light to digest, <i>Snigdha</i> – unctuous, oily
VEERYA	<i>Ushna</i> – Hot potency
VIPAKA	<i>Katu</i> – Undergoes pungent taste conversion after digestion
PRABHAVA	<i>Rasayana</i> – anti-aging, causes cell and tissue rejuvenation <i>Vrushya</i> – aphrodisiac, improves vigour
DOSHA KARMA	<i>kaphavata hara, pittakara</i>
ROGAGNA KARMA	<i>Shukrala</i> – aphrodisiac <i>Ayurvardhaka</i> – increases the life span <i>Svarya</i> – improves voice texture <i>Agnidipana</i> – increases the digestive power <i>Balya</i> – promotes strength <i>Kushtaghna</i> – cures skin disorders <i>Pramehaghna</i> – cures diabetes mellitus <i>Krimighna</i> – cures all kinds of worm infestations Useful in <i>rakta atisara</i> – bleeding diarrhoea <i>Pravahika</i> - inflammatory bowel disorder <i>Udarashoola</i> – pain abdomen <i>Kushta</i> - skin disorders <i>Svarabheda</i> - laryngitis <i>Agnimandhya</i> – reduced digestive power <i>Dourbalya</i> - weakness <i>Vataroga</i> – disorders caused by the vitiation of <i>vata dosha</i>

Uses, indications ⁵

Varahikand – Dioscorea bulbifera uses:

Shukravardhana – improves sperm and semen quantity and quality

Ayurvardhana – Rasayana – anti-aging, causes cell and tissue rejuvenation

Svaravardhana – improves voice, useful in throat infection and related disorders

Agni Vardhana – Due to Katu Vipaka (taste conversion after digestion), it improves digestion strength

Balavardhana – improves strength and immunity

Kaphahara – balances Kapha, useful in productive cough, asthma, bronchitis, chest congestion

Vatahara – useful in treating disorders of Vata Dosha imbalance such as neuralgia, paralysis, constipation, bloating, etc.

Hrudya – acts as a cardiac tonic, congenial for the heart

Kushta – skin diseases

Meha – diabetes, urinary tract disorders

Krumi – worm infestation

Garavisha – chronic poisoning

Arti – relieves aches and pain

As rasayana Powder of *Varahi* tuber mixed with honey is suspended in milk and taken after it is ingested milk, ghee, and boiled rice should be taken as a diet ⁶

Fresh *varahi* tuber should be taken with milk keeping on a milk diet without cereals for a month and then for the next month on milk and cereals⁷

Those of wild form is bitter and acrid but can be rendered edible by coursing with ashes and steeping in cold water⁸

Sinus – *Nadi vrana*

Varahi tuber should be mixed with oil and then applied to the sinus⁹

References in Ayurvedic textbooks: *Brihatrayis*

- *Charaka* only mentioned it as *Sukari*¹⁰
- *Sushruta* used the synonym “*Sabara Kanda*” and also mentioned it as *Varahi* and *Gostika*. He mentions it as *Rasayana*¹¹
- *Vagbhata* quoted the term *Varaha Kanda* and also mentioned the term *Varahi*.

Laghutrayis

- There is no reference in *laghutrayis* except *Bhava prakasha* where the author has mentioned its synonyms, properties, and functions.

*Nighantu*¹²

- *Raja Nighantu* has given its synonyms, *guna*, and *karma*.
- *Priya Nighantu* mentioned its synonyms and *guna*.
- *Kaiyadeva Nighantu* mentioned synonyms along with *guna karma*.
- *Bhava prakasha nighantu* mentioned synonyms, morphology, *guna*, *prayoga*, and quantity used.
- *Dhanvantari nighantu* mentioned synonyms and uses.
- References of synonyms, *guna*, and *karma* are also found in *Siddha mantr nighantu*, *Shaligrama nighantu*, *Madanpala nighantu*.

PHARMACOLOGICAL ACTIONS:

- Wound healing activity¹³
- Anti-cancer activity¹⁴
- Anti-microbial activity¹⁵
- Aphrodisiac activity¹⁶
- Antioxidant activity¹⁷
- Anti-helminthic activity¹⁸
- Anti-hyperglycaemic activity¹⁸
- Dyslipidaemia activity¹⁹
- Immunomodulatory activity²⁰

- Analgesic and anti-inflammatory activity²¹

DISCUSSION

Varahi kanda possesses the *madhura rasa* (sweet taste) which does *poshana* (Nourishment) to the body and the *katu rasa* (pungent) which removes the excess of *vata* in the body. It is *laghu* (light) in nature which makes it easy to digest and also has *snigdha* (unctuous) properties which tackle the vitiated *vata* in old age. Again, the *ushna veerya* and *katu vipaka* tackle the excess *vata* and *kapha* in the body. It has the *prabhava* of the *rasayana* and *vrushya* action, which directly acts on the disorder. Also, since it has a wide range of *rogagna* action, it can be used in *vyadhi Sankara* (metabolic syndromes, lifestyle disorders, overlapping disorders) conditions as well. On the other hand, various pharmaceutical invitro and in vivo studies are conducted on the drug *Dioscorea bulbifera* is proved to be having Wound healing activity, Anti-cancer activity, Anti-microbial activity, Aphrodisiac activity, Antioxidant activity, Anti-helminthic activity, Anti-hyperglycemic activity, Dyslipidaemia activity, Immunomodulatory activity, Analgesic and anti-inflammatory activity.

CONCLUSION

Varahi kanda plays a role in many compound formulations, but its uses as a single have to be proved and studied upon yet. This article gives detailed information regarding the same, helping the readers to explore more regarding it. And also since it is one of the widely available drugs, there won't be any problem regarding collecting the raw material. There is also a clinical trial going on, regarding the effect of *Varahi Kanda Rasayana* in *Margavaranaja Pakshaghata* (ischemic stroke). Hence an effort is made to throw light upon the uses of *Varahi Kanda*. Likewise, other case studies and research can be conducted to prove the efficacy of the drug, for the betterment of mankind.

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