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INDIAN KUDZU: QUALITIES AND BENEFITS.

Family Name	:	Papilionaceae
Latin Name	:	Pereira tuberosa.Roxb. EXWild DC.
English Name	:	Indian Kudzu
Sanskrit	:	Vidari, Bidari, Swadukunda, Gajawajipriya
Hindi	:	Vidarikand, Bilaikand, Sural, Patalkohda
Gujarati	:	Khakhar bel, Bidari, Marwari dhorbel.
Marathi	:	bendarial, Bel, Bindari
Bengali	:	Shhimiya
Telugu	:	Bari Gummadi
Malayalam	:	Gumdigida

Introduction: Indian Kudzu's circular climbing creepers are found everywhere especially besides rivers and drains and the foothills of Himalayas till the

height of 4000 ft. The tuber of the root is found below the ground in various size and form attached to the main stem. The taste is similar to honey tuber. Therefore it is called tasty tuber in Hindi. These creepers are favorite of horses therefore they are called gaja vajipriya. The fresh tuber of Indian Kudzu sells by the name of Sural in the vegetable mart. The outer skin of the tuber is light brown in colour and the flesh inside is of white colour. One more species of Indian Kudzu is found which oozes out a bitter and milky latex. Apart from this one more species is found.

External Features: Indian Kudzu creepers are circular and widely spread. The stem is thick and has pores. The leaves are compound three leaves are arranged together like the leaves of forest flame (Palash). Leaflets are 4-6 inches long and 3-4 inches broad. The tips

of the leaves are pointed. The plant becomes leafless and flowers in the months of November and December. The flowers are blue or violet in color. The flowers buds are 2-3 inches long and contain 3-6 seeds.

Chemical Composition: The tuber contains carbohydrate and protein and resin elements.

Quality: Indian Kudzu is sweet, smooth, cool, strength giver, subsides heat in the body, diuretic, sperm increaser,



MEDICINAL USES

Liver Pancreas Enlargement: Five gram powder of Indian Kudzu should be taken with water morning and evening. This can stop liver pancreas enlargement:

Blood Purifier: Indian Kudzu if eaten as a vegetable purifies blood and removes blood impurities.

Flatulence

- Take 250 grams milk and 10 grams juice of Indian Kudzu. Boil and then drink this takes care of flatulence, acidity, burning sensation and dry mouth
- Mix 10 gm juice of Indian Kudzu with 10 gm clarified butter (ghee) of buffalo. This also removes flatulence

Piles: Grind together powder of Indian Kudzu with sesame oil in equal proportion. Mix it with honey take the mixture thrice a day with milk. This will stop the bleeding.

Increased Lactation: to increase the lactation in breastfeeding mothers' powder of Indian Kudzu along with milk can be taken thrice a day.

Menstruation:

- One spoonful of powdered Indian Kudzu taken along with clarified butter and sugar checks profuse bleeding.
- Powder together one tablespoon each Indian Kudzu and palm sugar take the mixture once morning and evening with clarified butter to stop profuse bleeding

Nutritious and energetic:

- Take 3 -6 gram powdered Indian Kudzu mix together with 10 grams clarified butter in 250 grams milk and boil. If taken with palm sugar it makes the body fit.
- Take 50 grams powdered Indian Kudzu, 50 grams oatmeal, 50 grams wheat flour. Slightly fry all the three in 50 grams ghee. Put cashew, almonds, white muesli charoli, nutmeg, clove and cardamom 10 grams each. Mix together with honey and make small balls. Take the twice a day with milk to

increase strength and ward off weakness.

- Children become strong by taking one gram of powdered Indian Kudzu with raisins.
- Children become strong by taking one gram of powdered Indian Kudzu with honey.
- Powder Indian Kudzu mix it in its own juice. It for 21 times and let it dry. Take 6 grams of powder from this and take this with cow's milk and palm candy, this improves strength, longevity, immunity, aura, glow and strength.
- 3-6 grams powdered Indian kudzu taken with warm milk increases longevity.

Virility:

- Powder 3 grams Indian Kudzu mix it in 10 grams of its own juice, mix 5 grams clarified butter and 10 grams honey, this increases virility.
- Take 2 spoon of powdered Indian Kudzu mix with one spoon ghee and take the same with milk to increase and make sperm healthy.

Libido:

- Take one spoon powdered tuber, one spoon honey and take the mixture twice a day to increase libido.
- Take one part of powder of Indian Fig Indian kudzu one part, mix together with 4-6 grams of ghee. This should be consumed with milk it will make an old person young.

Stone: mix 2 spoon honey in 10 gram of juice of Indian kudzu consume morning and evening in empty stomach to remove gall stones.