



**Hon. Nishikant Bhosale-Patil
(Dada)**

Founder, Prakash Shikshan
Mandal, Islampur



Prakash Shikshan Mandal's

LOKNETE RAJARAMBAPU PATIL

AYURVEDIC MEDICAL COLLEGE, HOSPITAL,

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DIST-SANGLI (MAHARASHTRA) INDIA

DEPARTMENT OF DRAVYAGUNA



VRUDHADARUKA

Marathi:

Botanical name:

Synonyms:

Family:

Common name:

Samudrashok, varadhara, vriddhadaru

Argyreia nervosa

Argyreia speciosa, *Convolvulus nervosus*, *Lettsomia nervosa*

Convolvulaceae (Morning glory family)

Elephant Creeper, Hawaiian baby woodrose, silky elephant glory, woolly morning glory

Description:

Elephant Creeper is a vigorous vine native to India, introduced world-wide. It has large, leathery heart-shaped leaves, which are white on the underside due to hairs. It is called elephant creeper because of the large leaves which look like elephant ears. Leaf blades are 15-25 cm long, and 13-20 cm wide, heart-shaped. Trumpet-shaped flowers are borne in cymes, on long, white-velvety stalks. Sepals are 1.3-1.5 cm long, velvety like the leaves. Flower-stalks are up to 15 cm long. Flowers are 5-7.5 cm long, with a short tube and bell-shaped limb, lavender to pink, the throat being of a darker shade. The flowers are followed by hard, woody capsules, which when they ripen break open to resemble miniature roses. The toxic seeds should not be eaten as they contain alkaloids. Flowering: July-December, March-April.

Attributes :

Ras –Kashay, Katu, Tikta, Vipak – Madhur, Virya - Ushna

Guna – Laghu, Snigdha.

Medicinal uses:

Argyreiaspeciosa Sweet (Family - Convolvulaceae) is an important 'rasayana' herb used extensively as an adaptogen in the Ayurvedic system of medicine. ... Pharmacological activities such as anti-oxidant, anti-inflammatory, anti-rheumatic, immunomodulatory, adaptogenic and hepatoprotective have also been reported.