

Cissus quadrangularis

Cissus quadrangularis, commonly known as Veld grape, Devil's backbone, or Pirandai in Tamil, is a perennial plant belonging to the Vitaceae family (Grape Family). It is native to Asia, Africa, and the Arabian Peninsula and is known for its various medicinal properties.

Kingdom: Plantae
Order: Vitales
Family: Vitaceae
Genus : Cissus
Species: *C. quadrangularis*

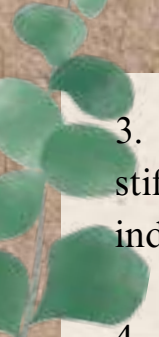


Indian Language Names for *Cissus quadrangularis*

Hindi: Hadjod (हड़जोड़)
Bengali: Hajeera (হাজীরা)
Tamil: Pirandai (பிரண்டை)
Telugu: Nalleru (నల్లెరు)
Kannada: Mangaroli (ಮಂಗರೊಳಿ)
Malayalam: Changalamparanda (ചങ്ങലംപരണ്ട)
Marathi: Veldoda (वेलडोडा)
Gujarati: Kandvel (કંદવેલ)
Odia: Borojo (ବରୋଜୋ)
Punjabi: Hadjod (ਹੜੋਦ)

Medicinal Properties of *Cissus quadrangularis* (Pirandai):

- 1. Bone Health:** Pirandai is widely used in traditional medicine systems, including Ayurveda and Siddha, for its benefits in promoting bone health and treating bone-related disorders. It is believed to stimulate bone growth, increase bone mineral density, and accelerate fracture healing.
- 2. Anti-inflammatory Effects:** Pirandai exhibits anti-inflammatory properties, which can help reduce inflammation and alleviate symptoms of inflammatory conditions such as arthritis, gout, and rheumatism. It may help relieve pain, swelling, and stiffness associated with these conditions.



3. **Joint Health:** Pirandai is used to support joint health and relieve joint pain and stiffness. It may help improve joint mobility and flexibility, making it beneficial for individuals with conditions such as osteoarthritis and rheumatoid arthritis.

4. **Gastrointestinal Health:** Pirandai is traditionally used to promote gastrointestinal health and alleviate digestive disorders such as indigestion, flatulence, and constipation. It is believed to have laxative and carminative properties, helping to improve digestion and relieve gastrointestinal discomfort.

5. **Antioxidant Activity:** Pirandai contains antioxidants such as flavonoids, phenolic compounds, and vitamins, which help neutralize free radicals in the body and protect cells from oxidative damage. Antioxidants contribute to overall health and may help prevent chronic diseases.

6. **Wound Healing:** Pirandai is used topically to promote wound healing and relieve skin irritations. It may help cleanse wounds, reduce inflammation, and stimulate tissue regeneration, accelerating the healing process.

7. **Weight Management:** Some studies suggest that Pirandai may have potential benefits for weight management and obesity. It may help reduce appetite, inhibit fat accumulation, and improve metabolism, making it a potential adjunctive therapy for weight loss.

8. **Diabetes Management:** Preliminary research indicates that Pirandai may have hypoglycemic properties, meaning it can help lower blood sugar levels. It may be beneficial for individuals with diabetes or those at risk of developing the condition.

