

Mandukaparni

Botanical Name

- Centella asiatica (Linn.)
- Uraban (Hydrocotyleasiatica Linn.)

Family

- Umbelliferae

Morphology

Mandukaparni has got runner and growth pattern resemble how frog jumps.

Parts used

- Patra (Leaf) or Panchanga (whole herb)

Karma

- Medhya, Rasayana, Swarya, Smritivardhaka, Kushthaghna, Pandujit, Mehaghna, Kasahara, Vishaghna, Shothahara, Jwarahara, Hridya, Ayushyakara, Kandughna, Ruchikara, Shwasahara.

Pharmacological Action

- Memory enhancer, Anti-inflammatory, CNS depressant, Sedative, Hypotensive and Hepatoprotective.

Doshakarma (Action on Dosha)

- Tridosha Shamaka. Vataharadue to Madhuravipaka, Pittahara because of Shita virya, Madhura vipaka and Tikta Kashaya Madhura rasa. Kaphahara because of Tikta Kashaya rasa

Rogagnata (Therapeutic Indications)

- Smritidourbalya, Unmada, Apasmara, Swarabheda, Hrididourbalya, Kushtha, Kandu, Pandu, Prameha, Kasa, Vishavikara, Shotha, Jwara, Aruchi and Shwasa

Amavikaprayoga (Therapeutic administration)

- **Medhya (Intellect promoter)**
Regular usage of Mandukaparni (Centella asiatica) fried with ghee for a month promotes



intellect.

- **Kasa(Cough)andShosha(Wasting)**

Combination of Mandukaparni (Centella asiatica), Yashthi (Glycyrrhiza glabra) and Vishwoushadha (Zingiber officinale) taken 5 gm first and gradually increased up to 40 g in a month, relieves Kasa (Cough) and Shosha (Wasting)

- **Vagvikara(Disordersofvoice)**

To get the clear voice one has to take Mandukaparni (Centella asiatica). Malura mula root of (Aegle marmolos), Amaya (Saussurea lappa), Shankhapushpi (Convolvul pluricaulis) mixed with honey.

Synonyms

- Divya, Tvastri, Manduki, Mahousadhi, Suvarcala, Adityabhakta, Sarasvati.

Habitat

- Mandukaparniisa common weed found through-out India and especially grows in moist regions.

Phytoconstituents

- Asiaticoside, Brahmoside, Brahminoside, Hydrocotylin, Thankunside, Thankunic acid, Madegascaric acid, Brahmic acid, Centelloside, Centic acid, Centellic acid and Centoic acid.

Action and Properties

- Mandukapami is one among best medicinal plants.
- Mandukapami is appreciated by all owing to its extraordinary qualities.
- Mandukapami is having best qualities hence it is given great importance.
- Mandukapami is believed to be an abode of goddess Laxmi.
- Mandukapami imparts good knowledge by enhancing memory.

Grahya Laxana (Genuine Characteristics)

Sample of Centella asiatica consisting of reniform or orbicular leaves, up to 3.5 cm long and 2 cm broad with crenate or lobulate margins and broadly cordate base. Upper surface glabrous, greenish brown, lower surface grayish green, palmately veined. The leaves are borne on long wiry petioles. Has got strong odour and tastes bitter.

The fresh herb consists of long slender slightly succulent, creeping stems with long