



## Nakshtra Vanam

### Bile killer plant for Poorvashada Nakshtra

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**Botanical Name:** *Tinospora cordifolia*  
**Tamil Name:** Vanji, Seendhil kodi  
**Sanskrit Name:** Amrita

### Habitat

It is a large climber with succulent stems and aerial roots like the common trees and shrubs. Stems and branches are specked with white glands. Fruit are reddish and about the size of a peanut. It occurs throughout the tropical regions of India.

### Medicinal Use

The stem of this plant is used to treat fever, skin diseases, jaundice and venereal disease. The starch extracted from the root is a remedial agent for prolonged dysentery. It relieves painful, stiff and swollen joints and muscles. An infusion of the stem is used as a tonic reputed to be a blood purifier and stimulator of sexual desire. The leaf paste is consumed on empty stomach for 60 days to control diabetes. The stem of the plant cures venomous snake bites and insect stings (Jain, 1968). This climbing shrub is used in indigenous medicine. The villagers use it for reducing fever (Krishnamurthy, 1962).



### Religious Association

The Sanskrit name is one of the thousand and eight names of Lord Shiva (Monier Williams, 1991). The name *Tinospora cordifolia* is also used in the science of astrology under the constellation Poorvashada. The climber is also associated with the Kalyana Sundareswarar temple at Karur in Tamil Nadu.

### Mythology

There is also a legend associated with this climber. During the battle between Rama and Ravana, many monkeys were killed. The king of the gods, Indra showered nectar on the monkeys. However, a few drops fell on the ground and the plant of Amrita sprang up. Hence, the climber is considered as sacred. This plant is known as Amrita in Sanskrit (Gupta, 1971).

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