

## Therapeutic potential of *Cissus quadrangularis* L.: An evidence-based review of Ayurvedic claims

Adarsh Kumar Agnihotri<sup>1\*</sup>, Soumya Gulab Katre<sup>1</sup>, Shital Kailash Sharma<sup>1</sup>, Ashutosh Aniruddha Murkute<sup>1\*</sup> and Ram Lakhan Singh Sikarwar<sup>2</sup>

<sup>1</sup>Bio-processing and Herbal Division, Mahatma Gandhi Institute for Rural Industrialization, Wardha 442001, Maharashtra, India

<sup>2</sup>Centre for Traditional Research and Application, A. K. S. University, Panna Road, Satna 485001, Madhya Pradesh, India

Received 25 June 2025; revised received 12 February 2026; accepted 16 February 2026

*Cissus quadrangularis* L. (Hadjod or Harjor), which belongs to the family Vitaceae, is one of the most significant medicinal herbs/plants used in Ayurveda and folk medicine since primaeval times. It is used in Ayurvedic medicine. The entire herb is utilized to treat a variety of illnesses and conditions. Ayurveda recommends it to reinforce bones, relieve constipation, improve digestion, and act as an aphrodisiac. In Unani medicine, it is employed to alleviate gastritis. The entire plant is used to cure asthma, while the powdered root is administered specifically to treat bone fractures. It may also help calm the stomach when gastrointestinal problems occur. According to different studies, scurvy and irregular menstruation can also be treated with *C. quadrangularis*. A lot of work, including taxonomy, ethnobotany, pharmacology, pharmacognosy, phytochemistry, and clinical aspects, has been done on different parts and aspects of *C. quadrangularis*, and different activities have been proven on the basis of experimental research studies carried out by different workers across the world. The details of the comprehensive review are presented in the present paper.

**Keywords:** *Cissus quadrangularis* L., Clinical trials, Pharmacognosy, Pharmacology, Phytochemistry, Taxonomy

**IPC code; Int. cl. (2021.01)–** A61K 36/00, A61K 36/87, A61P