



A Creeper Vegetable with Amazing Health Benefits

S.M.Prasad¹, S.Aariba² and E.Lakshmanan³

¹ Assistant Professor, Post Graduate Department of Nutrition and Dietetics, SadakathullahAppa College (Autonomous) Rahmath Nagar, Tirunelveli, Pin-627011. Tamil Nadu. India.

² Assistant Professor, Department of Home Science, ThassimBeevi Abdul Kader College for Women, Kilakarai, Ramanathapuram, Pin- 623 517, Tamil Nadu. India.

³ II M.Sc., Student, Post Graduate Department of Nutrition and Dietetics, Udaya College of Arts and Science, Vellamodi, Kanyakumari District, Pin-629 204.Tamil Nadu. India

ABSTRACT

In ancient Ayurveda all plants have occupied a good position in the medicinal preparation. It doesn't bother whether the plant has good fragrance, colour or taste. Each and every plant by nature varies. Some plants might possess good smell while other tastes bitter. Our ancestors have found a creeper variety of plant called Pirandai (*Cissusquadrangularis*) as an excellent creeper plant with amazing nutritional as well as medicinal benefits, which are considered to be remarkable. Many studies have suggested the use of these plants in medicinal, culinary as well as therapeutic preparation. In this article the author describes a short note on the uses of pirandai.

Keywords: *Cissusquadrangularis*, Nutritional Properties, Medicinal Benefits, Culinary Uses,

1 INTRODUCTION



Fig No: 1



Fig No: 2



Fig No: 3

Leaves of *Cissusquadrangularis* *Cissusquadrangularis* creeper *Cissusquadrangularis* stem

Commonly known as adamant creeper, square stalked vine, veldt grape and devils back bone in English as well as regional names such as hadhoj or bone setter, Pirandai. The *Cissusquadrangularis* is a resilient succulent vine, that is distinct in its appearance as its wide ranging ethno medical properties (JehanNizar, 2020). The wealth of nutrition that exists in the flora and fauna around us must be chronicled and taught to our children. It's very hardy and grows quickly. When exposed to sunlight, it requires almost no maintenance and is resistant to pest attacks (ShanthiniRajkumar, 2018).

This pirandai is largely available in India. With its medicinal value, this is grown in dense forests known as "patrai forest" where movement of people is rather limited. Its stem and root parts are only used for medicinal purposes (<https://www.santhionlineplants.com/product/pirandai-herbal-plant/>).

Pirandai has long, slender, quadrangular stems averaging around of 1 meter in length and 1-2 centimeters in diameter. The green stems are rubbery to the touch and are thick and succulent. Each stem is segmented by many nodes with small leaves and curly tendrils may appear at the tips of the stem. When pirandai stems are peeled, they reveal a bright jelly like flesh. Pirandai is tender with a pungent smell and highly acidic flavor (<https://www.specilaityproduce.com>)

2 NUTRITIONAL PROPERTIES

Pirandai is a rich source of vitamin C and Vitamin E. In 100 g of Pirandai 327 mg Vitamin C and 696 mg of Vitamin E are present. It is an antioxidant containing flavonoids and quercetin. The herb is also a rich source of calcium that helps in strengthening the bones (RamyaSrinivasan, 2016).

3 MEDICINAL BENEFITS

Cissusquadrangularis is a plant that is rich in vitamins and antioxidants. It has been used to treat an array of health condition for centuries and today its extracts are widely available in herbal supplements (Rachael Link, 2019). It will help in the removal of blocks in blood vessels so that the blood circulation to the heart will be regular. Heart function will be normal and effective. Pirandai paste will be ideal for bone fracture to become normal. The ripe stem can be mixed with the tamarind and salt and the powdered form can be heated and when it warm, it can also be extremely applied on the part of fractured bone or catch or on the swollen part to become normal Pachampet Ramamurthy(2017).

4 CULINARY USES

Though the folk refers to keera, it's very different from the spinach. Pirandai can be used in to different ways. It's delicious in chutney or can even be made in to pickle. In earlier times, the famous kallidaikurichiappalam were much sought after for their unique taste, which is due to the addition of the pirandai juice (ShanthiniRajkumar, 2015).

5 CONCLUSION

More studies and research work must put in forward to cultivate the use of these plants. All of us know the importance of these grave yard plant, but people hesitate to use this in their diet. Some people hailing from villages even don't use this plant due to the lack of awareness and limited resources, thinking is a wild creeper. Steps must be taken to cultivate in large scale since it is having amazing calcium content. In future it can be a part of every one's life.

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