

# Hadjod-Asthi Shrunkhala / *Cissus quadrangularis*

**Part consumed -**  
Stem

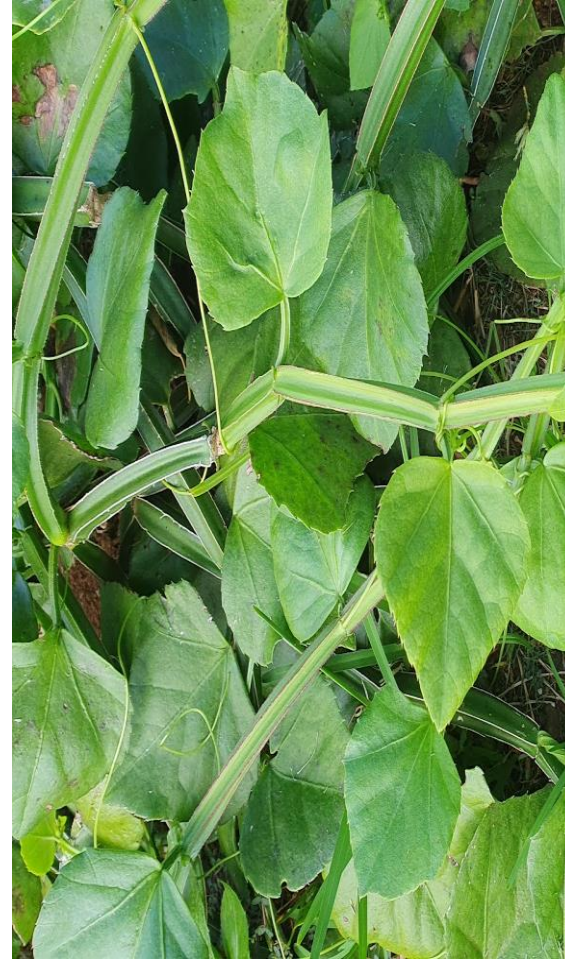
**Form consumed -**  
Juice, Powder

**Maximum daily  
consumption by  
adults -**

Juice - 10-20 ml  
Powder - 10 g

**Composition**

- Taraxerol
- Triterpenoids
- Sitosterol
- Calcium
- Phosphorus
- Tritriacontanoic acid
- Magnesium
- Potassium
- Copper
- Iron



**Indications as per Ayurveda**

- Fractures
- Arthritis
- Eye Diseases
- Piles

**Modern Clinical Studies**

- Cancers
- Seizures
- Bleeding Disorders
- Asthma
- Menstrual disorders
- Inflammation
- Antimicrobial
- Obesity