Karamarda	
Hindi Name	Karonda
English Name	Bengal Currant / Christ's Thorn
Scientific Name & Family	*Carissa carandas* L.; Family – Apocynaceae
Part Used	Fruits, roots, leaves
External Morphology	A large, evergreen, spiny shrub growing 2–4 m tall; branches densely armed with sharp forked spines; leaves opposite, simple, oval to elliptic, thick and glossy dark green; flowers white, fragrant, star-shaped, borne in clusters; fruits oval or round berries, green when unripe and turning pink to dark purple or black when ripe, containing several small seeds.
Rasapanchaka & Dosha-Karma	Guna: Laghu, Ruksha Rasa: Amla, Kashaya Vipāka: Amla Vīrya: Ushna Doṣa-karma: Vata-Kapha śāmaka
Active Phytoconstituents	Vitamin C, flavonoids, tannins, triterpenoids, glycosides, organic acids
Pharmacological Actions	Deepana (appetizer), Pachana (digestive), Trishna-nashaka (relieves thirst), Grahi (absorbent), Raktapitta-hara
Important Formulations	Used in traditional preparations and dietary formulations for digestive disorders and anemia
Dose	Fruit juice: 10–20 ml; Root powder: 3–6 g
To be Noted	The fruits are edible and widely used for pickles, jams, and preserves. In Ayurveda the plant is used for digestive disorders, anemia, fever, and excessive thirst. The roots are sometimes used in traditional medicine for stomach ailments and skin diseases.

References:

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2. A textbook of Dravyaguna Vigyan, Prakash L. Hegde Vol. II

Department of Dravyaguna Vigyan

Rohilkhand Ayurvedic Medical College & Hospital, Bareilly, UP, India 243006