

# Dodi (Jivanti)

Herbs



**Dodi (Jivanti)**, scientifically known as *Leptadenia reticulata*, is a highly important medicinal plant relating to the family of Asclepiadaceae, popularly known as Jivanti in India. It is particularly identified for its stimulant and restorative qualities in Ayurveda. And is also an essential element of various well-reputed Ayurvedic formulations like Chyawanprash, Spemann, etc. The principal ingredients are leptadenol and leptidin acetate. It possesses appetizing, aphrodisiac, anticancer, and antibacterial characteristics.

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## About Dodi (Jivanti) – *Leptadenia Reticulate*

Jivanti (*Leptadenia reticulata*) is a necessary medicinal plant utilized in Ayurveda. The specification of Jivanti is even revealed in the Atharva Veda. Charak and Bhavprakash explain it as great amongst leafy vegetables. It is involved in Jivaniya Gana, the group of herbs utilized to increase vitality and life.

In Ayurvedic literature, Jivanti is identified as a stimulant and tonic in species. Dodi is has a weakness due to seminal discharge. It is also defined as an herb with sweet, cold, aphrodisiac, light-to-digest, and rejuvenating properties. Jivanti improves life, vigour, and fertility. It is Tridosahara, and equilibrates Vata, Pitta, and Kapha. This is the drug of choice for emaciation, weakness, fever, difficult breathing, burning sensations in the body, and fertility problems.

In Bhavprakash, *Dregea Volubilis* (Synonyms: *Marsdenia Volubilis* (L.f.) Cooke, *Wattakaka Volubilis* (L.f.) Stapf.) is defined as Jivanti. In Sanskrit, this plant is well-known as Hema, Hemavati, Hemalatha, Swarnika, Swarnalatha, Hemajivanti, and Swarna Jivanti.

*Dendrobium Macraei* Lindl, and its close relative *Flickingeria Macraei* (Lindl) Seidenf, are orchid family names used in Bengal, Bihar, and Uttar Pradesh. The whole dried plant is employed as Jivanti. The Panchang is yellow and identified as Swarn Jivanti.

In Gujarat, *Leptadenia Reticulata* is utilized as Jivanti. It was developed as a potherb and is employed to manage disorders of the eyes and tuberculosis. *Leptadenia reticulata* is also employed as Jivanti in the development of several Ayurvedic medicines. Therefore, this drug is accepted as real Jivanti by many.



## Different Names Of Dodi (Jivanti)

Family: Apocynaceae/Asclepiadaceae

### Regional Names

- **English:** Jiwanti, Cork Swallow-wort
- **Hindi:** Dodi Shak, Jivanti
- **Sanskrit:** Arkapushpi, Caksusya, Jivaniya, Jivanti
- **Bengali:** Jiwanti
- **Gujarati:** Dodee
- **Malayalam:** Atapatiyan
- **Marathi:** Kheerakhodee
- **Kannada:** Bugudi Hoovina Gedde, Hirandhodi
- **Tamil:** Palakkodi
- **Telugu:** Palatige, Mukkutummudu

### General Information Of Dodi

Jivanti (*Leptadenia reticulata*) is a twining shrub with various branches. The Dodi leaves are ovate to cordate, 4 to 7.5 cm long, 2 to 5 cm wide, and the petiole is 1 to 2 cm long. They are glabrous above and pubescent below.

4 to 7.5 cm long, 2 to 5 cm, and the petiole is 1 to 3 cm long. They are glabrous above and pubescent below. The leaf is rugged, longitudinally ridged, wrinkled, furrowed, transversely crazed, bent, and cylindrical. It is 5 to 10 cm long and 0.5 to 2.5 cm in diameter. The skin is yellowish-brown, corky, and deeply cracked.

Dodi's flowers are greenish-yellow. Flowering happens in May and June, and fruiting occurs in October and proceeds through November. The roots are externally rough, white, or buff-coloured, with longitudinal ridges and furrows. Tubers include fructosan of the inulin variety and are also used as vegetables.

This plant was discovered growing in moistened places. Dodi is a great woody twining permanent plant relating to the family Apocynaceae. It has light green flowers in compact drooping umbels. This is a medicinal plant and is well accepted as an emetic, diaphoretic, and diuretic.

## Scientific Classification Of Dodi

The botanical name of **Dodi (Jivanti)** is *Leptadenia reticulata*. It relates to the plant family Apocynaceae (Dogbane family), including main trees, shrubs, herbs, stem succulents, and vines.

- **Kingdom:** Plantae
- **Subkingdom:** Tracheobionta
- **Division:** Magnoliophyta
- **Class:** Magnoliopsida
- **Subclass:** Asteridae
- **Order:** Gentianales
- **Family:** Apocynaceae
- **Genus:** *Leptadenia*
- **Species:** *reticulata*
- **Part(s) utilized for medicinal purpose:** Whole Plant
- **Plant type:** climber

**Distribution:** Sub-Himalayan regions of Punjab to Sikkim, Khasi hills, Uttar Pradesh, Gujarat, and everywhere the Deccan Peninsula up to an altitude of 900 m. Even also found in Mauritius, Madagascar, and Sri Lanka.

**Habitat:** It thrives in sandy loamy-clay soil.

## Components Of Dodi (Jivanti)

This natural herb includes essential constituents like n-triacontane, cetyl alcohol, beta-sitosterol, tur betaamyrin acetate, lupanol 3-O-diglucoside, and lepididin glycoside. In addition, reticulatin, Deniculatin, and Leptaculatin are three novel pregnane glycosides isolated from *Leptadenia reticulata*.

Stigmasterol has lactogenic attributes in lactating mammary glands. It provides a meaningful galactopoietic response without any alterations in the composition of milk or blood.

## Health Benefits Of Dodi (Jivanti)

### 1. Dodi Is Best For Eye Health

Yes. Dodi (Jivanti) is the best natural herb that helps with your vision and keeps your eyes as healthy as possible. Dodi contains essential constituents that are effective for eye health. In addition, you can use **Natural Dodi (Jivanti) Powder** as an eye tonic to make your eyes healthy.

### 2. Dodi Helps Cure Fever

The root of Jivanti also has medicinal properties; taking a decoction made from it reduces fever. To make a decoction made from the root, grind the root and make a powder, then mix it with water after heating it; when the water remains half, filter it and drink it.

### **3. Dodi Helps To Cure Arthritis Pain**

If you grind the leaves of Jivanti and apply them to the knees or joints, then there will be relief from arthritis or joint pain. The use of Jivanti provides relief from both pain and inflammation.

### **4. Dodi Helps To Cure The Wound**

Jivanti is considered beneficial for skin diseases. You can heal the wound by applying a paste made of the leaves of Jivanti, due to which the wound heals quickly. First, you have to make a paste by grinding the leaves of Jivanti with turmeric in it and applying that paste to the wound.

### **5. Dodi Helps To Cure Swelling**

If you have inflammation in your body, you can also take the help of Jivanti to remove it. Apply the juice of the leaves of Jivanti to the inflamed area and it will cure the swelling. Along with inflammation, it is also beneficial in relieving irritation.

### **6. Aids To Increase Appetite**

Consumption of Jivanti increases appetite. You grind the flower of Jivanti and drink its juice mixed with honey; it will increase your appetite. Livelihood is also considered beneficial for heart disease.

### **7. Dodi Helps To Cure Tuberculosis**

Livelihood is considered beneficial for relieving the symptoms of TB, but it cannot be said that it can cure TB completely. If you see symptoms, you should take a course of medicine, but you can take a course of medicine if you see mild symptoms. It can be consumed. Taking the pulp of the leaves of Jivanti with ghee is considered beneficial.

### **8. Dodi Helps To Cure Diarrhea**

If you have an upset stomach, then mix honey with the juice of the leaves of Jivanti, mix it with lukewarm water and consume it. It will solve the problem of diarrhoea. You can consume Jivanti after meals. Talking about the quantity, take only the amount of a small spoon. If you are consuming Jivanti in the form of a powder, then you can take it with lukewarm water. It would help if you did not consume it more than twice a day.

### **9. Dodi Helps To Cure Ulcers**

If there is an ulcer in the mouth, by mixing the paste of the leaves of Jivanti with honey and applying it to the mouth and lips, the blisters are cured quickly, and by taking this mixture with water, the problem of cough ends.

## **Dosage Of Dodi (Jivanti)**

- The dried root powder is taken in a dose of 3 – 6 grams.
- The decoction is taken in a dose of 50 – 60 ml.
- The leaves of the plant are used as a vegetable.
- To treat disorders, the maximum daily dose of raw herbs should be 10 – 30 grams.

*Note: It would be advisable to consult your physician before starting to consume Dodi (Jivanti).*

## **Medicinal Properties Of Dodi (Jivanti)**

Dodi (Jivanti), the natural herb, is well-rich in medicinal properties. The knowledge of these properties will surely encourage us to use this natural herb better.

- **Anti-abortionifacient:** Clinically, trials using Lepta Den were discovered to be efficient in treating threatened and recurrent abortions.
- **Antimicrobial:** It has strong bactericidal activity.
- **Antiepileptic:** It prevents or reduces the severity of epileptic fits.
  
- **Anti-implantation:** It possesses strong anti-implantation and heterotropic movement but no anti-estrogenic activity.
- **Anti-cancer:** The research explains that ethanolic extract of the leaves significantly enhances life span and reduces cancer cell signs and tumour weight. The extract also normalized hemato-pathological parameters.
- **Anti-depressant:** Leptadenia is efficient in treating depression and different herbs without any side effects, and showed a marked enhancement in hysteria or epilepsy.
- **Antiulcer:** a medication used to prevent or treat ulcers.
- **Diuretic:** It improves urine volume significantly.
- **Hypertensive:** lowers blood pressure.
- **Lactogenic:** increase lactation.
- **Spermatogenic:** increases sperm count.
- **Immunomodulatory:** It acts as a modulator and helps to alleviate immunosuppressive conditions.
- **Galactagogue:** Leptadenia significantly improves milk flow due to its lactogenic, anabolic, and galactagogue impacts.

## Uses Of Dodi (Jivanti)

Jivanti is a stimulant, galactagogue, and natural remedy. It is utilized as a single drug in the treatment of Asthma. In addition, Jivanti is prescribed as a tonic for debility due to seminal discharges. It is suggested to treat general weakness, Cough, Asthma, Constipation, Abdominal tumours, Piles, Diarrhea, and Sperm Disorders.

- The paste is externally employed topically for several skin conditions, including wounds, allergies, and skin inflammation. In addition, it is anti-abortionifacient and restricts abortion.
- The plant's fruits are accepted in Kapha Dosha, such as chest congestion, cough, and cold.
- The leaves and roots are antibacterial on Gram-positive and Gram-negative bacteria.
- In Ayurvedic medicine, Lepta den, which contains Jivanti as its chief ingredient, definitely inhibits threatened and recurrent abortions. Leptadenia combined with progesterone was effective in reducing abortions and appeared to have reduced the incidence of recurrent abortions.
- The leaves and roots of Jivanti plants are delivered to animals to improve their milk yield capacity.
- This plant is used for vegetables. Jivanti (Leptadenia) is a delicious plant and safe to eat.

## Conclusion

The plant Dodi (Jivanti) is one of the most beneficial natural ingredients in various formulations utilized to recover from physiological or bacterial infections or even from cancer. Only a few researchers worked on the various extracts of the plant for a few human diseases. Still, several pharmacological activities of the