For further information

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Holostemma ada-kodien
(Ada kodien)

Kerala Forests and Wildlife Department
Kerala Forest Seed Centre
Kerala Forest Research Institute
**Holostemma ada-kodien Schult.**  
**Asclepiadaceae**

**Common name(s)**  
- ‘Ada kodien’ / Holostemma

**Habit**  
- The plant is a perennial climber, grows sluggishly in shade, irregularly twisted. Stem glabrous, laticiferous. Leaves simple, opposite, heart-shaped, petioles long. Flowers purple. Roots tuberous.

**Distribution**  
- Throughout India in open forests especially in western part of Peninsular India.

**Parts used**  
- Flowers and roots.

**Major uses**  
- It is used in treating ophthalmic disorders, vomiting of blood, damaged bile, fever, constipation and cough.

**Flowering**  
- April to June

**Seed collection**  
- July to December

**Method of collection**  
- Hand picked from the plants

**Seed extraction**  
- Seeds are minute, numerous and provided with a tiny wing that enables them to fly away; while drying, seeds are covered with a cloth or net to prevent them flying away.

**Seed storage**  
- Seeds can be stored up to one year in a closed container.

**Propagation**  
- The plant is propagated mainly through seeds. It can also be propagated vegetatively from root and stem cuttings.

**Pre-sowing treatment**  
- The seeds are soaked in water for four to five hours before they are sown in raised nursery beds.

**Nursery technique**  
- The seeds are sown on sand beds; frequent irrigation is necessary to maintain adequate moisture in the beds. The seeds start germinating in about 10 days. Partial shade is required for the tiny seedlings. One-month-old seedlings are transplanted in polybags of size 15 X 10 cm, filled with soil, sand and farmyard manure in 1:1:1 ratio. Polybags are kept in shade and irrigated twice daily.

**Planting technique**  
- Six-month-old seedlings can be used for field planting. Planting is done during the pre-monsoon showers in rather small bunds or mounds. Usually the bunds are 60 cm apart and the rooted cuttings or seedlings are planted at a spacing of 30 cm. Being a climber, the plants require a ‘pandal’ for active growth.

**Harvesting method**  
- Roots are used and it takes about two years for the complete development. Harvesting is done by moistening the soil and digging out roots from the moist soil.

**Annual consumption**  
- 100 to 200 tonnes