

NEWSLETTER

Knowledge of herbs – *Gymnema sylvestre*.

Drug consists of dried or fresh leaf of *Gymnema sylvestre* Schult. The plant is found in the Deccan Peninsula extending to parts of northern and western India and is occasionally cultivated



Other Names:-

Beng.- Mera-singi

Guj.- Dhuleti

Hindi.- Gurmar, merasingi

Kan.- Sannagerasehambu

Mar.- Kavali, Vakundi

Tam.- Adigam, Cherukurinja

Tel.- Podapatri

Scientific classification:-

Kingdom: Plantae

Order: Gentianales

Family: Asclepiadaceae

Genus: *Gymnema*

Species: *sylvestre*

Description:-

Leaves opposite, usually elliptic or ovate, cordate at base. Leaf simple, entire, petiolate, margin entire, apex acute, reticulate venation, pubescent on both the surfaces, however the dorsal one is highly pubescent.

Medicinal Uses:- *Gymnema* is used for diabetes, metabolic syndrome, weight loss, and cough. It is also used for malaria and as a snake bite antidote, digestive stimulant, laxative, appetite suppressant, and diuretic.

Chemical Constituents:-

Gymnemic acids, Nonacosane, hentriacontane, triacontane, conduritol A, gymnemagenin, gymneasaponins, gymnemoside a,b.

Adulterants/Substitutes

Not so far reported

Safety aspects:-

The drug traditionally considered to be safe in the dosage mentioned.

References: -

- 1) Kiuchi F, Liu H-M. Two new gymnemic acid congeners containing a hexulopyranoside moiety. Chem Pharm Bull 1990: 38
- 2) Khare AK, Tondon RN. Hypoglycaemic activity of an indigenous drugin normal and diabetic persons. Indian J physiol Pharmacol 1983:27: 257-258.

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