Cissus quadrangularis

Traditional medicinal plants used in Ayurveda to heal broken bones injured ligaments and tendons.

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Cissus quadrangularis Plant
Description for Cissus quadrangularis

**Plant height:** 9 - 15 inches (22 - 39 cm)

**Plant spread:**

The plant reaches a height of 1.5 m and has quadrangular-sectioned branches with internodes 8 to 10 cm long and 1.2 to 1.5 cm wide. Along each angle is a leathery edge.

Toothed tri-lobe leaves 2 to 5 cm wide appear at the nodes. Each has a tendril emerging from the opposite side of the node. Racemes of small white, yellowish, or greenish flowers; globular berries are red when ripe.

Ayurvedic medicine to heal broken bones injured ligaments and tendons. Experimental studies have shown that it regulates hormones, helps weight control and also improves blood health.

**Common name(s):** -

**Flower colours:** -

**Bloom time:** -

**Max reachable height:** -

**Difficulty to grow:** -

Planting and care

**Sunlight:** -

**Soil:** -

**Water:** -

**Temperature:** -

**Fertilizer:** -

Caring for Cissus quadrangularis

Typical uses of Cissus quadrangularis

**Special features:**

References