

Gymnema Sylvestre, Bedki Cha Pala - Plant



Gymnema sylvestre has long been thought of as a medicinal plant in Asia. The plants contain a large number of chemicals, including triterpenoids, which may have pharmacological properties.

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Description

Description for Gymnema Sylvestre, Bedki Cha Pala

The plant has been used in traditional medicine, most notably to control blood sugar. Use of gymnema as a lipid-lowering agent, for weight loss, and to prevent cavities has also been investigated, primarily in rat or mouse studies. However, little to no clinical information is available to support the use of gymnema for any indication.

Common name	Flower colours	Bloom time	Height	Difficulty
Gymnema sylvestre, Gymnema is also known as meshashringi, gurmar, merasingi, and periploca of the woods.	Yellow	April - May.	3 inches	Easy to grow

Planting and care

Studies of gurmar are primarily from India. The focus of these studies is on certain compounds found in the herb, called gymnemic acids, which have been shown to decrease the absorption of sugar from the intestines. These compounds may also increase insulin levels in the body.

Sunlight	Soil	Water	Temperature	Fertilizer
Full Sunshine	Well-drained soil	Medium	25 to 35 degrees C	Apply any organic fertilizer

Caring for Gymnema Sylvestre

One study using 400 mg of a water-soluble fraction of gurmar leaves for 18 to 20 months found that patients with diabetes were able to decrease their dose of prescription diabetes medication due to reduction in blood sugar. Five of the patients were able to discontinue use of conventional diabetic medicine entirely, and maintain their healthy blood glucose levels.

Harvesting

The crop is ready for harvest during the second year after planting. Leaves are the economic part and the harvesting of leaves begin when plants start flowering, during end of June or first week of July. Leaves can be harvested along with flowers either by hand or can be cut with sickle/knife. The harvested leaves are dried under shade by allowing sufficient air to circulate by spreading thinly on clear ground for about 7-8 days. Direct sunlight should be avoided to maintain the quality of the leaves.

Typical uses of Gymnema Sylvestre

Special features: There have been very little clinical evidences to support the use of Gymnema herb for lowering the sugar, increasing the insulin secretion and other related functions associated. As far as the studies have been conducted the results have been found in support of the benefits of the herb. It has been found that the Gymnema herb has multiple benefits attached to it such as:-

Lowering blood sugar.

Lower Haemoglobin A1c.

Reducing the chances of Diabetes.

Reduces the Glycosylated Plasma Protein levels.

Reducing the Cholesterol levels.

Culinary use: Leave

Ornamental use: The plant is used for ornamental purpose.

Medicinal use: One of the alternative medicines to both diabetes and obesity could be Gurmar plant preparation, as it known to have a good effect for curbing of diabetes by blocking sugar binding sites and hence not allowing the sugar molecules to accumulate in the body.

References

- <https://www.drugs.com/npc/gymnema.html>
- <http://www.drweil.com/vitamins-supplements-herbs/herbs/gurmar/>
- <http://www.flowersofindia.net/catalog/slides/Thornless%20Turkey%20Berry.html>