



PPPL Standards

Herbarium sheet

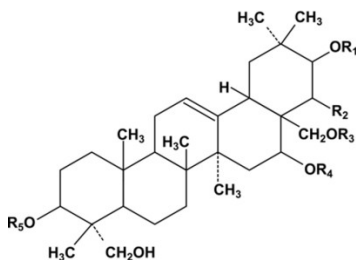
Gudmar (*Gymnema sylvestre*)

Common name: Cow Plant, *English:* Cow Plant, *Marathi:* Bedakicha phala, *Sanskrit:* madhunashini

Gujarati: Gudmar, *Hindi:* Gudmar

Part used: Leaves --7 x 3-5 cm, elliptic to ovate or obovate, apex obtusely acute, base truncate or obtuse.

Active Chemical constituents: *Gymnemic acids*



Gymnemic acids

Organoleptic characters:

Colour-Green

Odour- not specific

Taste- Bitter

Pharmacological applications: Antidiabetic, Antiarthritic, Treatment of Dental Caries, Antibiotic and Antimicrobial Activity, Anti-Inflammatory

Granthokta Ayurvedic application: Effective in Madhumeha, Kaphagna, Sujan, Vranalepan
(Ref: Bhavaprakasa Nighantu Page No: 443)



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