



PPPL Standards

Herbarium sheet

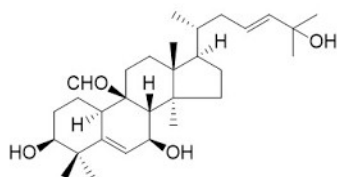
Karle (Momordica charantia)

Common name: Bitter Gourd **English:** Bitter Gourd **Marathi:** Karali, **Sanskrit:** Kaarvellakh

Gujarati: Karelu, **Hindi:** Karela

Part used: Fruit -bark smooth, grey outside and flesh coloured inside.

Active Chemical constituents: Trihydroxycucurbita



Trihydroxycucurbita

Organoleptic characters:

Colour-Green

Odour- Bitter

Taste- Bitter

Pharmacological applications: Scientific studies show that fresh juice of bittermelon can lower blood sugar values and keep insulin under check. The hypoglycemic (blood sugar lowering) action is due to the presence of a unique phyto-constituent called charantin, insulin-like peptides, and alkaloids, all of which act together to improve glucose tolerance without increasing blood insulin levels. These compounds activate a protein called AMPK, which regulates fuel metabolism and enables glucose uptake, processes which are impaired in diabetics. Bitter melon has been found to increase the number of insulin-secreting beta cells in the pancreas.

Granthokta Ayurvedic application: Madhumeha, Yakrut Pliha vrudhi
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