GYMNEMA SYLVESTRE-AN OVERVIEW

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ABSTRACT
Gymnema Sylvestre is a staple herb of the Ayurvedic apothecary, traditionally used for supporting balanced blood sugar levels and dulling the palate to the taste of sweets. Gymnema is fascinating in that it works a multifaceted path towards maintaining healthy blood sugar. Gymnema Sylvestre (also called Gurmar, meaning “sweet destroyer”) helps support healthy pancreas functions. By working directly on the level of the blood (rakta), it helps balance the blood sugar levels. The present study is describe the plant of gymnema sylvestre medicinal potential effect, constituents, side effects and uses etc.

KEYWORD: Gymnema Sylvestre, sweet destroyer.

INTRODUCTION
Gymnema sylvestre is an herb native to the tropical forests of southern and central India and SrI Lanka. Common names Gymnema, Cowplant, Australian, Cowplant, and Periploca of the woods. The plant is a climber with leaves having soft hairs on the upper surface. The leaves are elongate oval shaped. It has small yellow umbelliferous inflorescence which is produced throughout the year.

Fig: Gymnema sylvestre.
Scientific classification
Kingdom: Plantae.
Subkingdom: Tracheobionta.
Division: Magnoliophyta.
Class: Asteridae.
Order: Gentianales.
Family: Apocynaceae.
Species: Sylvestre.
Genus: Gymnema.

VERNACULAR NAMES
- Bengali –meshashrunga.
- Gujarati –gudmar.
- Hindi –gurmar.
- Kannada –madhunashini.
- Konkani –kawli.
- Malayalam -chakkarakolli.
- Marathi- bedakicha pala.
- Oriya lakshmi - mendhasingia - nagapushpi.
- Sanskrit madhunaashini –meshasringa.
- Sinhala - Masbaedda.
- Tamil- sirukurinjan - kokilam.
- Telugu – Podapatri.
- Urdu- gurmar.

ACTIVE CONSTITUENTS
1. Hentriacontane.
2. Pentriacontane.
3. Phytin.
4. Alpha and Beta chlorophylls.
5. Butyric acid.
7. Beta amyrin.
8. Stigmasterol.
9. Gymnemic acid.

USES
1. Diabetes. Early research suggests when a specific gymnema extract (GS4) is taken orally along with insulin or diabetes medications, blood sugar reduction in people with type 1 or type 2 diabetes is enhanced.
2. Weight loss. Early research suggests that taking a specific combination of gymnema extract, hydroxycitric acid, and niacin-bound chromium by mouth for 8 weeks might reduce body weight in people who are overweight or obese.
3. 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.
4. Gymnema is used for metabolic syndrome and cough. It is also used for malaria and snake bite antidote, digestive stimulant, laxative, appetite suppressant and diuretic.
5. Gymnema leaves are used to make medicine. Gymnema has long history of use in India’s ayurvedic medicine. The hindi name, gurmar means destroyer of sugar.
6. The extract of G. sylvestre is reported to be a bitter acrid, anti-inflammatory, anodyne, digestive, liver tonic, emetic, diuretic, thermogenic, stomachic, stimulant, anthelmintics, laxative, cardiotonic, expectorant, antipyretic, and uterine tonic.
7. The plant also exhibits medicinal importance in the treatment of jaundice, constipation, cardiopathy, asthma, bronchitis, amenorrhoea, conjunctivitis, renal and vesical calculi, dyspepsia, leucoderma, and Parkinsonism.
8. The plant has multiple medicinal applications, namely, antihelminthic, antipyretic, astringent, an alexipharmic, anodyne, cardiotonic, digestive, diuretic, cough dyspepsia, hemorrhoids, hepatosplenomegaly, laxative, stimulant, stomachic, uterine tonic, intermittent fever, jaundice, and leucoderma.
9. The root bark is useful as an emetic, expectorant, and analgesic for bodyache and root juice in the treatment of snakebite.
10. The plant extract is also useful in the treatment of piles, colic pain, dropsy, phlegm, eye troubles, cardiac, and respiratory diseases.
SIDE EFFECTS
1. Hepatotoxicity.
2. Chronic use of these herbs can lower blood pressure.
3. Gynemic acid and Gurmarine suppresses the ability of tongue to detect the sweet taste.

CONCLUSION
Gymnema sylvestre is an herb native to the tropical forests of southern and central India and Sri Lanka. The gurmar is not only treat the disease of diabetic it is management of snake bite, cardiac diseases, antipyretic, expectorant, uterine tonic and anthelmintics etc., the gymnema leaf major constituents is gymnemic acid, its action role by treat the diabetic in drug administered by oral route. Here we describe various part of the gymnema plant with their uses. It will more helpful for future research students. In this plant easily available in south India. Commonly cultivate in our home also. Once total standardization about this plant over the plant is beneficial for this society.

REFERENCES

