

Gymnema

Botanical name: *Gymnema sylvestre*

Energetics/Actions: Cool, sweet, sour, astringent, diuretic, anti diabetic

Description

The name for gymnema in Hindi is 'Gurmar' which means 'sugar taste destroyer'. It is an Ayurvedic herb that suppresses the taste of sugar which can help with diabetes and weight loss. Traditionally, the leaves are chewed or it is taken as a tea.

Gymnema is a vine that grows in India, Africa and Australia.



Uses

Blood sugar balance: Decreases taste for sweet foods and increases insulin production, which decreases blood sugar.

Cholesterol: Can improve cholesterol levels.

Dose

Capsule: 100 mg 1-4 times a day

Tea: Boil leaves for 5 minutes then steep for 15 minutes

Powder: 2 gm a day, may increase to 4 gm a day as needed

Extract: 10 ml a day

Safety Information

Not for use in pregnancy or while breastfeeding. Not for use in children. Talk to your health care provider if you have diabetes. Do not take for 2 weeks before a scheduled surgery. May cause reaction in people with milkweed allergies.