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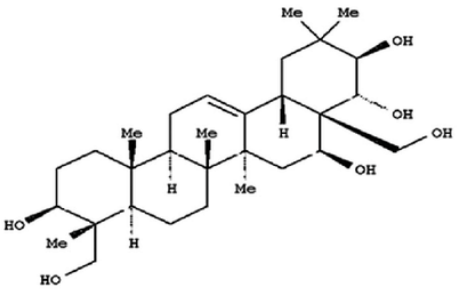
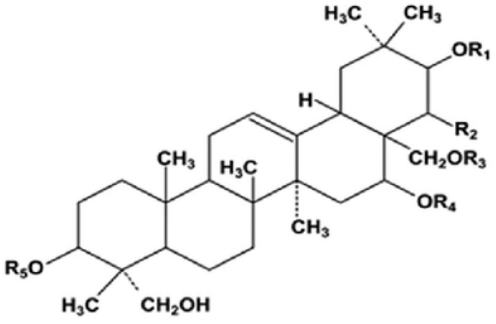
GYMNEMA SYLVESTRE

Gymnema sylvestre (Asclepiadaceae), popularly known as “gurmar” for its distinct property as antidiabetic, is a reputed herb in the Ayurvedic system of medicine. The phytoconstituents responsible for Blood sugar suppression activity includes triterpene saponins known as gymnemic acids, Gymnemasaponins, and a polypeptide, gurmarin.

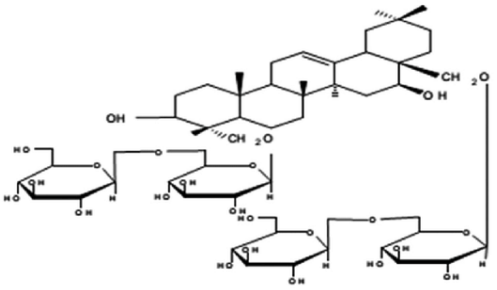
Gymnemagenin



Gymnemic acid



Gymnemasapponins



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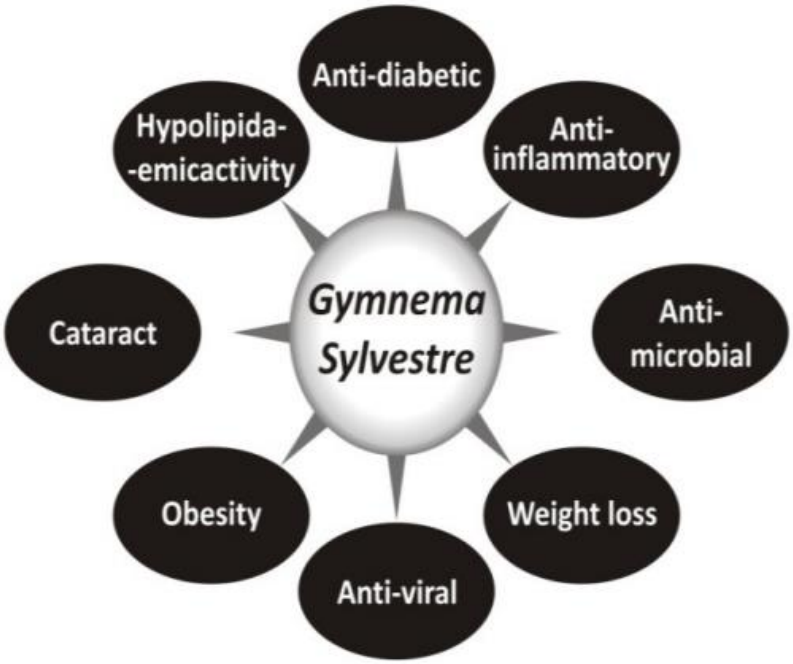
Medicinal Uses:



The possible mechanisms by which the leaves and especially Gymnemic acids from G. sylvestre exert its hypoglycemic effects are:

- It increases secretion of insulin
- It promotes regeneration of islet cells
- It increases utilization of glucose: It is shown to increase the activities of enzymes responsible for utilization of glucose by insulin-dependent pathways, an increase in phosphorylase activity, decrease in gluconeogenic enzymes and sorbitol dehydrogenase.
- It causes inhibition of glucose absorption from intestine, the exact action being unknown. It could be involved in one or more mechanisms.

Clinical Studies:

- A randomized, double-blind, placebo-controlled clinical trial was carried out in 24 patients with a diagnosis of metabolic syndrome in accordance with the modify International Diabetes Federation criteria. The patients received 300 mg capsules of Gymnema sylvestre or placebo, two times daily before breakfast and dinner for 90 days. Before and after intervention the investigators evaluated: various parameters, this study shows that Gymnema sylvestre has an excellent potential for the prevention and treatment of metabolic syndrome [1].

- A study was conducted to study the effect of gurmar leaf powder intervention on the blood glucose level of 20 non-insulin dependent diabetic women, (40-60) Subjects selected were taking no oral hypoglycemic drug (i.e. newly diagnosed) and were willing to participate in the intervention study. Everyday 6 gm of gurmar leaf powder was used to intervene the subjects in three divided doses.
  Results of intervention revealed that gurmar leaf powder had positive and encouraging effects over blood glucose levels. No adverse effect was observed on the health status of the subjects [2].

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Specifications

Botanical/ Scientific name	*Gymnema sylvestre*
CAS No.	90045-47-9
Description	Green to greenish brown powder
Identification	TLC
Heavy metal	Not more than 20 ppm
Arsenic	Not more than 1 ppm
Lead	Not more than 10 ppm
Content of Gymnemic acids	25, 75 %
Microbiological profile	As per JPN Food Regulation

Reference:

1. Baskaran K, Kizar Ahamath B, Radha Shanmugasundaram K, Shanmugasundaram ER. Antidiabetic effect of a leaf extract from Gymnema sylvestre in non-insulin-dependent diabetes mellitus patients. J Ethnopharmacol. 1990 Oct;30(3):295-300.
2. Paliwal, R.; Kathori, S.; Upadhyay, B. Effect of Gurmar (Gymnema sylvestre) powder intervention on the blood glucose levels among diabetics. Ethno-Med., v.3, p.133-135, 2009.

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