

Botanical Name: *Gymnema sylvestre*.

Gymnema means “naked” and sylvestre “from the forest” in Latin).

Other Common Names: Gurmarbooti, gurmar, gurmari, gudma, periploca of the woods, meshasing and mesbasingi.

Habitat: *Gymnema sylvestre* is found in the tropical forests of India and Southeast Asia.

It thrives in tropical temperatures with plentiful moisture.

Plant Description: This is a woody, climbing vine with ovate or elliptic leaves. The flowers are yellow in color and have a bell shape.

Plant Parts Used: The roots and leaves of this plant are used for herbal purposes.