

Gymnema

Botanical Name: *Gymnema sylvestre*

Family: Apocynaceae

Energetics: Cooling, slightly bitter

Taste: Bitter, slightly astringent

Actions: Blood sugar support, anti-inflammatory, digestive tonic, metabolic regulator

Overview

Gymnema is an herb traditionally used in Ayurvedic medicine to support healthy blood sugar levels, improve metabolic function, and aid digestion. It may reduce sugar cravings and assist in glycemic control.

Uses

Internal Uses

- Supports blood sugar balance
- Reduces sugar cravings
- Anti-inflammatory and digestive support
- Mild metabolic regulation

External Uses

- Rare; occasionally used in poultices for inflammation

Medication Interactions

- May enhance effects of blood sugar-lowering medications
- Caution with anti-diabetic drugs

Contraindications

- Pregnancy and breastfeeding: limited safety data
- Children: use under supervision
- Hypoglycemia: monitor blood sugar levels

Caution & Safety

- Monitor blood sugar if diabetic or on medication
- Avoid excessive intake
- Discontinue if hypoglycemia symptoms appear

Herbal Pairings

Blends Well With

- Cinnamon (blood sugar support)
- Fenugreek (metabolic and digestive synergy)
- Bitter Melon (glycemic regulation synergy)

Avoid Combining With

- Other strong hypoglycemic herbs or medications without supervision

Possible Side Effects

- Mild hypoglycemia in sensitive individuals
- Digestive upset if taken in excess
- Rare allergic reactions

Forms & Dosage

Tea / Decoction

- 1-2 tsp dried leaves per cup water
- Steep 5-10 minutes
- 1-2 cups daily

Tincture (1:5)

- 2-4 mL, 1-2 times daily

Capsules / Powder

- 400-600 mg, 1-2 times daily



Gymnema is a key herb for glycemic control and metabolic support. Careful monitoring is recommended when combined with diabetes medications.

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