

Caralluma fimbriata

Scientific classification

Family : (Apocynaceae)

Subfamily : Silk plants (Asclepiadoideae)

Tribe : Ceropogieae

Sub tribus : Stapeliinae

Genre : *Caralluma*

Species : *Caralluma fimbriata*



Caralluma fimbriata

DESCRIPTION:

Caralluma fimbriata is a popular edible cactus from India. It grows abundantly throughout India's interior, even along the roadsides. It's part of the diet of several native Indian populations. It has been used for thousands of years in Indian culture for helping suppress appetite during long hunts and times of famine. It typically blooms in late summer. Its blossoms are usually brown, purple, tan, yellow, and red. The plant can also be found throughout parts of: Africa, Middle East, Southern Europe, especially the Canary Islands.

USES :

Recently, people have begun to use the extract of *C. fimbriata* to help them: **Weight loss and obesity**. Developing evidence suggests that taking a caralluma extract for 60 days might decrease waistline, feelings of hunger, and fat and calorie intake. But it does not seem to decrease weight, body mass index (BMI), body fat, or hip measurements.

- lose weight
- build endurance
- suppress thirst