

## *Cissus quadrangularis*

### Scientific classification

Kingdom : Plantae  
Clade : Angiosperms  
Order : Vitales  
Family : Vitaceae  
Genus : *Cissus*  
Species : *C. quadrangularis*



*Cissus quadrangularis*

### DESCRIPTION:

*Cissus quadrangularis* reaches a height of 1.5 m (4.9 ft) and has quadrangular-sectioned branches with internodes 8–10 cm (3–4 in) long and 1.2–1.5 cm (0.5–0.6 in) wide. Along each angle is a leathery edge. Toothed trilobe leaves 2–5 cm (0.8–2.0 in) wide appear at the nodes. Each has a tendril emerging from the opposite side of the node. **Racemes** of small white, yellowish, or greenish flowers; globular berries are red when ripe.

### MEDICINAL USES:

It is one of the most commonly used **medicinal** plants in Thailand, and is also used in traditional African and Ayurvedic medicine. All parts of the plant are used for medicine. *Cissus quadrangularis* is used for obesity, diabetes, a cluster of heart disease risk factors called “metabolic syndrome,” and high cholesterol.