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Gurmar

Eating the fresh leaves numbs the taste buds to the sense of sweet or bitter; hence the name means 'sweet destroyer' (madhu-vinashi, gur-mar). A fantastic herb for balancing blood sugar levels.

Common Name

Gurmar (H), Periploca of the wood (E)

Latin Name

Gymnema sylvestre - Folium (Asclepiadaceae)

Sanskrit

Madhuvinashini, Meshashringi

Bio-medical Action

Hypoglycaemic, anti-diabetic, diuretic, hypocholesterolaemic

Dosage

5-10g/day, 10-20ml/day of a 1:5 @ 25% tincture for diabetes, 1-5ml/day for sweet cravings.

Notes

- A woody creeper with many branches. The leaves are harvested prior to flowering.
- It can help to reduce the appetite.
- Gurmarin is the sweet taste suppressor and it must come into contact with the tongue to work effectively.
- Best used over a period of 6 months for lasting results.

Contraindications

Not to be used by hypoglycemics. Caution in heart conditions as it can stimulate the heart.



Shatavari is a cooling and nourishing herb from the asparagus family. It contains precursors to female hormones that help tonify and balance the reproductive system. A natural alternative to HRT, Shatavari is clinically proven to alleviate many symptoms of the menopause including dryness and hot sweats.



Aloe Vera is renowned for maintaining youthful looks, healthy skin and balanced digestion. It's particularly good for women's health and tonifies the reproductive system. It has cooling properties to help alleviate menopausal symptoms and also works well to support gentle detoxification of the liver.