

Garcinia gummi-gutta (Linn.) Roxbs.

Synonyms : *G. cambogia*

Family : Clusiaceae

Group : Anti-arthritic/anti-rheumatic/anti-inflammatory

Parts Used : Leaf, Dried fruits

Vernacular Names

English : Gamboge

Malayalam : Kudampuli, Kotappuli

Hindi : Bilatti- amla

Sanskrit : Vrksamlah

Gujarathi : Kokan

Kannada : Punarpuli

Tamil : Kodukkappuli

Telugu : Vrksamla



Distribution and Habitat: Throughout the Western Ghats in evergreen and lower shola forest.

Botany: A moderate-sized handsome evergreen tree with a rounded crown and horizontal or drooping branches.

- **Leaves:** Simple, opposite, dark green, elliptic-ovate, shining.
- **Flowers:** tetramerous, polygamous in fascicles.
- **Fruits:** Ovoid, yellow or red when ripe with 6-8 grooves up to about the middle. Seeds 6-8, arillate.

Properties: Astringent, thermogenic, antiobesic, anti-inflammatory

Chemical constituents: -hydroxy citric acid (HCA), Camboginol, xanthones, biflavonoids etc

Uses: It is used in ulcers, inflammations, constipation, flatulent colic, hyperdipsia and haemorrhoids.

Formulations: Astanga-lavan

Agro technology:

Soil and climatic conditions: Loamy acidic soils with high organic matter is preferred.

Propagation: Seed , grafting

Manures and Fertilizers: 50 kg organic manure/plant/year. Apply N:P2 O5 :K2 O mixture at the rate of 20:18:50 g/plant during the first year. Double the dose in the second year and gradually increase it to 500:250:1000 g / plant / year at the 15th year.

