PLANT FACT SHEET

Caralluma quadrangula (Forssk.) N. E. Brown

GENUS *Caralluma* **FAMILY** Apocynaceae

EDIBLE PARTS AND USES

Edible parts: Plant, Stem, Flowers Pods

It probably should not be eaten in large amounts.

DESCRIPTION

A succulent herb. It forms clumps 50 cm tall and 50 cm wide. The stems are erect, 4 angled and 1-3 cm across. They are branched. The angles have rounded teeth. The flowers are 1.25 cm across and in groups of 1-3 at the tips of the shoots. The fruit are follicles in pairs and are 8-10 cm long by 0.8 cm wide.

HABITAT

It is a Mediterranean plant. It grows in higher and more arid areas.

NOTES

There are about 56-100 Caralluma species. These are sometimes put in the Asclepiadaceae.
It has anti-diabetic activity.

REFERENCES

Marwah, R. G., et al, 2006, Antioxidant capacity of some edible and wound healing plants in Oman. Journal of Food Chemistry.

Miller, A. G., Morris, M. & Stuart-Smith, S., 1988, Plants of Dhofar. The Southern Region of Oman, Traditional, Economic and Medicinal Uses. Sultanate of Oman. p 54

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