PLANT FACT SHEET

Tinospora sinensis (Lour.) Merr.

GENUS *Tinospora* **FAMILY** Menispermaceae

EDIBLE PARTS AND USES

Edible parts: Leaves, Stems

DESCRIPTION

A climbing shrub. The stems can be 20 m long. They wind around other plants. It has red hairs. The leaves are broadly oval and 5-16 cm long by 4-12 cm wide. The flowers are greenish-yellow and in groups.

HABITAT

It is a tropical plant.

NOTES

Medicine,

REFERENCES

Bhagat, N., et al, 2022, Wild Edible Plants of Purmandal block of District Samba, J&K (UT), India. Ethnobotany Research and Applications 24:12

Rao, P. V., et al, 2021, Wild edible plants used by different tribal communities of Bhadradri Kothagudem district of Telangana state, India. Bioscience Discovery, 12(4):184-200, Oct. - 2021

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/18b7b82d-0626-4e04-a000-64682e653238