PLANT FACT SHEET

# *Tinospora crispa* (L.) Miers ex Hook. f. & Thomson

**GENUS** *Tinospora* **FAMILY** Menispermaceae

## EDIBLE PARTS AND USES

**Edible parts:** Fruit, Spice

## DESCRIPTION

A woody climber. It grows 4-10 m long. It loses its leaves during the year. It can have long aerial roots. Old stems are fleshy. The leaf stalk is 5-15 cm long and the leaves are broadly oval to heart shaped and 6-13 cm long by 6-13 cm wide.

## HABITAT

A tropical plant. In XTBG Yunnan.

## PRODUCTION

### Cultivation

Plants can be grown from stem cuttings.

## NOTES

It is used in medicine. There are 32 Tinospora species.

## PICTURES



Credit: Food Plants International (Bruce French)

## REFERENCES


Ambasta, S.P. (Ed.), 2000, The Useful Plants of India. CSIR India. p 640

Fl ind. 1183. 1855

PROSEA handbook Volume 9 Plants yielding non-seed carbohydrates. p 190

World Checklist of Useful Plant Species 2020. Royal Botanic Gardens, Kew



**PROVIDED BY** **Food Plants International**

French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International



**LICENCE** CC BY-NC-SA 3.0


**ONLINE FACT SHEET** https://www.echocommunity.org/en/resources/25346b17-c033-4c80-bf45-38408faa798a