PLANT FACT SHEET

Commiphora mukul (Hook. ex Stocks) Engl.

GENUS *Commiphora* **FAMILY** Burseraceae

COMMON NAMES Guggul, Oleogum resin

EDIBLE PARTS AND USES

Edible parts: Gum - flavouring

The gum is used as a flavouring probably in medicine.

DESCRIPTION

A tree.

HABITAT

A subtropical plant.

PRODUCTION

Harvesting and Seed Production

A tree produces 900 g of resin.

NOTES

It is used as a medicine to treat diabetes. The active ingredient is guggulsterones.

REFERENCES

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/2d51a0f6-96db-4ce7-a212-ce9e1e3de8d3