PLANT FACT SHEET

Tinospora cordifolia (Lour.) Miers

GENUS *Tinospora* **FAMILY** Menispermaceae

COMMON NAMES Heart-leaved moonseed

EDIBLE PARTS AND USES

Edible parts: Leaves, Stem - juice

The plant is used in a tonic formula.
The leaves are used as a vegetable.
The roots and young stems are eaten.

DESCRIPTION

A vine or climbing plant. The stems are slender. This produces thread like aerial roots. The leaves are heart shaped and 5-10 cm long. The flowers are yellow and loose groups. They grow from nodes on old wood. The fruit are fleshy and red when ripe.

HABITAT

It is a tropical plant. It grows in deciduous and dry forests. It grows up to 300 m above sea level. In the Indian Himalayas between 700-1,300 m above sea level.

PRODUCTION

Cultivation

Plants can be grown from cuttings.

NOTES

There are 30 Tinospora species.
It is used in herbal medicine.

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