

GARCINIA CAMBOGIA

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Latin Name : *Garcinia Cambogia*

Common Names : Citrin, Gambooge, Brindal Berry, Gorikapuli, Malabar Tamarind

Synonyms : Gutta gamba. Gummigutta. Tom Rong. Gambodia. *Garcinia Morella*.

Sanskrit name : Vrikshamla, Kankusta

Distribution : SE Asia, West and Central Africa, India

Introduction : *Garcinia gummi-gutta* (syn. *G. cambogia*, *G. quaesita*), commonly known as Gambooge, Brindleberry, Brindall berry or Malabar tamarind, Goraka (Sri Lanka) is a subtropical species of *Garcinia* native to Indonesia. It is a small, sweet, exotic fruit native to South India and Southeast Asia. The yellowish fruit is pumpkin-shaped. *Garcinia* has garnered a lot of attention of late as a popular natural weight loss aid. The reason is that the rind of this pumpkin like fruit is rich in a substance called hydroxycitric acid / HCA, a principle extract of *Garcinia cambogia*. *Garcinia* is a source for a revolutionary natural diet ingredient which is currently a rage in America, Japan, Europe, and other western countries.

Plant Description : *Garcinia cambogia* is a moderate-sized, evergreen tree and the flowers are unisexual, sessile and axillary. The leaves are dark green, shining, elliptic to obovate. It bears sweet-sour mixed fruits native to SE Asia and India. The fruit may resemble a small yellow or reddish pumpkin, or it may have a unique purple color. The fruit of *Garcinia cambogia* has been traditionally used in food preparation and cooking, having a distinctive taste. *Garcinia* has garnered a lot of attention of late as a popular natural weight loss aid. The reason is that the rind of this pumpkin like fruit is rich in a substance called hydroxycitric acid / HCA.

History : In Ayurveda, it is said that the sour flavors, such as those from *Garcinia*, activate digestion. *Garcinia* has also been considered to make foods more filling and satisfying, and has been used routinely for many centuries with no known toxicity. This herb has been used historically in India to support the treatment of various health conditions.

Cultivation and uses :

Gambooge is grown for its fruit in southeast Asia, and west and central Africa. It thrives in moist forests.

In Indian traditional medicine, this species was prescribed for edema, delayed menstruation, constipation and intestinal parasites. In the form of decoction, it was also used for rheumatism and bowel complaints. The extract and rind of *Garcinia cambogia* is a curry condiment in India. Extract from this species is a common ingredient in various herbal appetite suppressant and energy products.

Research taking place in 1965 found that hydroxycitric acid (HCA) is the principal active compound in the rind and flesh of gambooge fruits.

Method for collection of the Resin : In order to obtain the gum-resin incisions are made into the tree, or a large slice is pared from the bark, from which the juice flows thick, viscid, and bright-yellow, which is scraped off and dried in the sun. If left on the tree, it speedily concretes into dry tears or irregular masses.

1.Ceylon gamboge:- It is generally collected, by making incisions into the bark, into which bamboo joints are inserted to catch the oozing fluid, which subsequently solidifies. It is removed from the bamboo by slowly rotating them over a fire until the water has dried out sufficiently to allow the receptacle to be detached from the hardened gamboge.

2.Pipe gamboge:- The best kinds are the pipe gamboge, consisting of cylindrical pieces, often cohering together, forming irregular masses weighing several pounds.

Phytochemistry : The plant contains acids tartaric, citric and phosphoric. The latex of *Garcinia cambogia* contains two polyisoprenylated benzophenone derivatives, camboginol (I) and cambogin (II).

Chemistry : The major phytoconstituent in *Garcinia cambogia* is Hydroxycitric acid. This principal acid has been found to suppress the fatty acid synthesis, lipogenesis, food intake, and promotes glycogenesis, gluconeogenesis and induced weight loss.

Pharmacokinetics and Pharmacodynamics : *Garcinia Cambogia* fills the glycogen stores in the liver and other tissues, thereby reducing appetite while increasing energy levels. *Garcinia Cambogia* lowers the production of triglycerides and cholesterol and may also increase thermogenesis, the burning of calories. Unlike chemical stimulants commonly used in weight loss products, *Garcinia Cambogia* does not act on the central nervous system. This means that *Garcinia Cambogia* will not cause insomnia, nervousness, changes in blood pressure or heart rate and its effectiveness will not diminish with time.

Garcinia can be taken for the following reasons :

1. Helps reduce body's ability to store fat.
2. Lowers body weight through appetite control.
3. Lowers serum triglycerides.
4. Creates a process in the body called thermogenesis.
5. Helps with catarrhal conditions of the throat, urinary system, and uterus.

Benefits & Uses :

1. *Garcinia* has also been considered to make foods more filling and satisfying.
2. *Garcinia cambogia* was able to decrease the acidity and to increase the mucosal defence in the gastric areas, thereby justifying its use as an antiulcerogenic agent.

3. Garcinia does not contain any addictive components and can be taken without fear of addiction for extended periods of time.
4. Garcinia also contains significant amounts of Vitamin C and has been used as a heart tonic.
5. Garcinia, when taken over a period of time, has the ability to slow production of fat and help the body metabolize it more efficiently.

References :

1. <http://www.garciniacambogia.net/>
2. http://en.wikipedia.org/wiki/Garcinia_cambogia
3. Bahvaprakash Nighantu
4. Dravyaguna Vigyana By-Acharya Priyavrata Sharma