# Review on Caralluma Fimbriata Syrup

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**Abstract:** *Caralluma fimbriata, an edible succulent of the Apocynaceae family, is traditionally recognized in Indian medicine for its applications as an appetite suppressant and an enhancer of endurance. Historically, tribal communities have utilized it as a famine food. Its chemical composition includes various phytochemicals, notably pregnane glycosides, flavonoids, saponins, and phenolic compounds. These constituents confer a range of pharmacological activities, encompassing anti-obesity, anti-diabetic, antioxidant, anti-inflammatory, and hepatoprotective effects. In contemporary pharmaceutics, Caralluma fimbriata has emerged as a significant functional food and nutraceutical component. Syrup formulations, among other dosage forms, present several benefits, including ease of administration, dose flexibility, and improved taste masking for potentially bitter extracts. The inclusion of honey as a natural sweetening agent in Caralluma fimbriata syrup not only improves palatability but also augments its therapeutic potential, attributed to honey's inherent antimicrobial, antioxidant, and immunomodulatory properties. This review aims to comprehensively examine the morphological and microscopic characteristics, medicinal applications, pharmacological activities, and future prospects of Caralluma fimbriata, specifically focusing on its development as a syrup-based herbal formulation*

**Keywords**: *Caralluma fimbriata*

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DOI: 10.48175/IJARSCT-30101

ISSN
2581-9429
IJARSCT

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