



Digvijay Pharmaceuticals (I) Pvt. Ltd.

Caralluma Fimbriata Uses :

Used for Appetite Suppressant and Weight control supplement It contains saponins which are cleansing agents, helping combat acne, oily skin and scalp. This extract helps relieve dermatitis, eczema and dandruff. It is an antioxidant, rejuvenating skin cells, and also has anti-rheumatic and anti-arthritic effects. It also has fat burning properties.

Contraindications of Caralluma fimbriata:

No information was found to show definite contraindications of Caralluma fimbriata. Given the ability of solvent and water extracts of the whole plant to lower blood glucose levels in normal or alloxan-induced diabetic rats^{8,9} at an oral dose as low as 100 mg/kg,⁹ its use by individuals with hypoglycemia is contraindicated. [This recommendation is tentative until it has been adequately reviewed and confirmed by peer reviewers et al.—TK]. The only basis for its contraindication in these individuals would be based on anecdotal use of the plant as a treatment for diabetes when “eaten raw”.⁸ Based on the same activity, use of the plant by diabetic individuals would be cautioned against without medical supervision since the effective hypoglycemic dosage in humans is unknown and in theory, use of the plant could affect the required dosage of their medications.

Pregnancy and Lactation of Caralluma fimbriata:

No references were found concerning use of the plant in relation to pregnancy or lactation. Given that the safety of Caralluma fimbriata preparations in pregnant or lactating women is unknown, it would be prudent to dissuade its use by these individuals until such safety is established. ABC advises pregnant or lactating women to consult a healthcare practitioner before using any herbal product or conventional medication.

Adverse Effects of Caralluma fimbriata:

An extensive search of “Caralluma fimbriata” in the scientific and medical literature, including searches in EMBASE, PubMed, TOXNET, and BIOSIS, failed to reveal any references to toxicity associated with the use of Caralluma fimbriata, nor were any references to potential adverse effects found with respect to plants considered taxonomically synonymous with Caralluma fimbriata. No reports of serious adverse effects were found in two placebo-controlled clinical trials on a proprietary extract of Caralluma fimbriata, either in overweight or obese

subjects. The only adverse effects reported were gastrointestinal and occurred about the same frequency in both placebo and active treatment groups in both trials.^{6,11} In one trial, the effects were found to have subsided within 7 days after the start of administration, both in the placebo and active treatment groups.⁶ The acute oral LD₅₀ of the proprietary Caralluma fimbriata extract (described above

was initially obtained in adult rats of either sex following the initial dose and observation for 14 days. No signs of toxicity were found following an acute (single) dosage of 2 g/kg, including changes in body weights, food and water intake, and biochemical and hematological parameters. Behavioral responses were also normal compared to the controls except that tail-flick latencies were significantly higher in the test group ($p = 0.006$) and whereas mild analgesia was observed in 40% of the test group and lasted 1-2.5 hours, no analgesia was observed in the control group. The lack of toxicity of the extract allowed a further 3-month safety study in adult rats of either sex following an acute oral dosage of 5 g/kg. The laboratory concluded that the oral LD₅₀ of the extract was greater than 5 g/kg and that it produced no signs of toxicity.¹² No in vitro mutagenicity was found from the extract in the Ames test using various strains of Salmonella typhimurium.¹³