



Gurmar Found on Gaya's Brahmayoni Hill

Why in News?

Recently, A team of researchers has uncovered an array of medicinal plants at **Brahmayoni Hill** in Gaya, Bihar, with **Gymnema sylvestre (commonly known as Gurmar)** being one of the notable findings that is known as **anti-diabetic herb**.

Key Points

- The **Council of Scientific and Industrial Research (CSIR)** has already utilized this medicinal herb in developing the **anti-diabetic drug BGR-34**.
- Gurmar is known for its unique ability to reduce blood sugar levels due to the presence of **gymnemic acid** which works by occupying receptor sites in the outer lining of the intestine, thereby **curbing cravings for sweetness**.
 - As a result, the intestine absorbs fewer sugar molecules, which results in low blood sugar levels.
 - In addition, the plant contains flavonoids and saponins, which help regulate lipid metabolism.

Council of Scientific and Industrial Research (CSIR)

- CSIR is the largest **research and development (R&D) organisation** in India. **CSIR has a pan-India presence** and has a dynamic network of 37 national laboratories, 39 outreach centres, 3 Innovation Complexes and 5 units.
- **Established:** September 1942
- **Headquarters:** New Delhi
- CSIR is funded by the **Ministry of Science and Technology and it operates as an autonomous body** through the **Societies Registration Act, 1860**.
- CSIR covers a wide spectrum of streams – from radio and space physics, oceanography, geophysics, chemicals, drugs, genomics, biotechnology and nanotechnology to mining, aeronautics, instrumentation, environmental engineering and information technology.
 - It provides significant **technological intervention** in many areas with regard to **societal efforts** which include the **environment, health, drinking water, food, housing, energy, and farm and non-farm sectors**.