

A Review on *Cissus quadrangularis* †

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Abstract: Medicinal plants have been the best source of remedies for treating various diseases and ailments. Recently there has been an exponential increase in plants and plant-derived products for health benefits both in developing and developed countries. *Cissus quadrangularis* is an indigenous medicinal plant belonging to the family *Vitaceae*. From ancient times, the extracts from the stem of this plant have been used widely for the early repair of fractures, gout, back pain, and irregular menstruation. The plant also has extensive applications in the prevention of osteoporosis, weight loss, blood sugar regulation, digestive disorders, cholesterol, and triglyceride-lowering, and it is reported to have antimicrobial, analgesic, antipyretic, anti-inflammatory, and tissue-protective properties. Numerous scientific researches were done on various parts of this plant. This review was aimed to highlight the various therapeutic properties of this plant.

Keywords: *Cissus quadrangularis*; therapeutic properties; antioxidant; osteogenic; anti-inflammatory; anticancer; antidiabetic.

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Conflicts of Interest

The authors declare no conflict of interest.