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UNIVERSITY

Galka



Synonym

- Gujarati: ગલકા (Galka), ચોળી (Choli).
- Hindi: तोरई (Torai), गिलकी (Gilki).
- English: Sponge gourd, Luffa gourd, Vegetable sponge

Botanical name

- *Luffa aegyptiaca*

Family

- Cucurbitaceae

Chemical Constituents

- Galka (Sponge Gourd) is rich in vitamins A, C, and E, minerals like iron, magnesium, calcium, potassium, and dietary fiber.
- Contains flavonoids, phenolic compounds, saponins, and alkaloids which contribute to its medicinal properties.

Therapeutic Uses

- Traditionally used for treating skin disorders, inflammation, asthma, poisoning, and as a purgative.

- Acts as a digestive aid due to its high fiber content, supports weight management, and helps relieve constipation.
- Supports detoxification and has antioxidant, anti-inflammatory, and antimicrobial effects.

Marketed Preparations

- Available as fresh vegetable, dried slices, powder, and in some herbal supplement formulations.
- Used in health drinks, dietary supplements, weight loss formulations, and traditional herbal remedies.
- Products may include powders, juices, capsules, and topical applications for skin conditions.