



It is widely cultivated in the eastern part of [India](#) , particularly in [Orissa](#) , [Bengal](#) , [Assam](#) ,

[Bihar](#)
, and
[Uttar Pradesh](#)

. It is a good source of
[carbohydrates](#)

,
[vitamin A](#)

, and
[vitamin C](#)

. It also contains major nutrients and
[trace elements](#)

(
[magnesium](#)

,
[potassium](#)

,
[copper](#)

,
[sulfur](#)

, and
[chlorine](#)

) which are needed in small quantities, for playing essential roles in human physiology.

t is a vine plant, similar to [cucumber](#) and [squash](#) , though unlike those it is perennial. It is a

dioecious (male and female plants) vine (creeper) plant with heart-shaped leaves (cordate) and is grown on a trellis. The fruits are green with white or no stripes. Size can vary from small and round to thick and long — 2 to 6 inches (5 to 15 cm). It thrives well under a hot to moderately warm and humid climate. The plant remains dormant during the winter season and prefers a fertile, well-drained sandy loam soil due to its susceptibility to water-logging.

It is used as ingredients of [soup](#) , [stew](#) , [curry](#) , [sweet](#) , or eaten fried and as *dorma* with [roe](#) or [meat](#) stuffing.