



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.