References on Bitter Melon (*Momordica charantia*) from Part 3 of Fighting Cancer with Plants from the Rainforest By Leslie Taylor

The published research referenced in the book which is shown below will include the initials **HS**, **IVT**, **IVA**, **REV**, **INS**, **REV** and **NEW**. HS refers to research conducted in humans; IVT refers to *in vitro* research conducted inside of test tubes; IVA refers to *in vivo* research conducted in animals; REV refers to a review article that evaluated and summarizes multiple studies on the subject; INS refers to *in silico* research (newer computer modeling including molecular docking studies) and NEW refers new biological research methods which determine genes and signaling pathways, and molecular pathways of actions which were developed during and after the Human Genome Project discussed in chapter 4.

This research below was last updated in July 2025. To view research published after that time, follow these links to the National Institute of Health's National Library of Medicine on **Bitter Melon**.

Cancer Research on Bitter Melon

Review Articles:

Deligiannidou, G., et al. "Nutraceutical potential of bitter melon (*Momordica charantia*) on cancer treatment: An overview of in *vitro* and animal studies." *Curr. Issues Mol. Biol.* 2025 Jun; 47(6): 425. (REV)

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Zou, Y., et al. "The effects of bitter melon (*Momordica charantia*) on anthropometric indices in adults: A systematic review and meta-analysis of randomized controlled trials." *Prostaglandins Other Lipid Mediat.* 2024 Oct; 174: 106877. (**REV, HS**)

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Wang, H., et al. "Recent advances in the development of bitter gourd seed oil: from chemical composition to potential applications." *Crit. Rev. Food Sci. Nutr*. 2023; 63(31): 10678-10690. (**REV**)

Gupta, N., et al. "Exploring the anticancer potentials of polyphenols: A comprehensive review of patents in the last five years." *Recent Pat. Anticancer Drug Discov.* 2023; 18(1): 3-10. (**REV**)

Sur, S., et al. "Bitter Melon (*Momordica charantia*), a nutraceutical approach for cancer prevention and therapy." *Cancers*. (Basel). 2020 Jul; 12(8): 2064. [Free Article] (**REV**)

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Qamar, H., et al. "Current status and future perspective for research on medicinal plants with anticancerous activity and minimum cytotoxic value." *Curr. Drug Targets*. 2019; 20(12): 1227-1243. (**REV**)

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Wong, J., et al. "Apoptosis and anti-cancer drug discovery: The power of medicinal fungi and plants." *Curr. Med. Chem.* 2018; 25(40): 5613-5630. (**REV**)
Dandawate, P., et al. "Bitter melon: A panacea for inflammation and cancer." *Chin. J. Nat. Med.* 2016 Feb; 14(2): 81-100. (**REV**)
Raina, K., et al. "Promise of bitter melon (*Momordica charantia*) bioactives in cancer prevention and therapy." *Semin Cancer Biol.* 2016 Oct; 40-41: 116-129. [**Free Article**] (**REV**)
Dandawate, P., et al. "Bitter melon: a panacea for inflammation and cancer." *Chin. J. Nat. Med.* 2016 Feb; 14(2): 81-100. [**Free Article**] (**REV**)
Fang, E., et al. "Bitter gourd (*Momordica charantia)* is a cornucopia of health: A review of its credited antidiabetic, anti-HIV, and antitumor properties." *Curr. Mol. Med.* 2011; 11: 417–436. (**REV**)

Test Tube Research on Multiple Cancer Cell Lines:

Psilopatis, I., et al. "The role of bitter melon in breast and gynecological cancer prevention and therapy." *Int. J. Mol. Sci*. 2023 May; 24(10): 8918. (**IVT**)
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Zhao, G., et al. "Cucurbitane-type triterpenoids from the stems and leaves of *Momordica charantia*." *Fitoterapia*. 2014 Jun; 95: 75-82. (**IVT**)
Manoharan, G., et al. "Effect of α, β momorcharin on viability, caspase activity, cytochrome c release and on cytosolic calcium levels in different cancer cell lines." *Mol. Cell. Biochem*. 2014 Mar; 388(1-2): 233-40. (**IVT**)
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