

Guduchi

(*Tinospora cordifolia*)



Guduchi, the Sanskrit name, means one which protects the entire body. In Hindi, the plant is commonly known as *Giloe*,¹ which is a Hindu mythological term that refers to the heavenly elixir that has saved celestial beings from old age and kept them eternally young.

Potential medicinal properties reported by scientific research include anti-diabetic, antipyretic, antispasmodic, anti-inflammatory, anti-arthritic, antioxidant, anti-allergic, anti-stress, anti-leprotic, antimalarial, hepato-protective, immuno-modulatory and anti-neoplastic activities.²

Guduchi, is a perennial climber found throughout tropical India, It is collected during summer preferably in the month of May. *Guduchi* is used in fresh form also. Drug occurs in pieces of varying thickness ranging from 0.6 to 5 cm in diameter, young stems green with smooth surfaces and swelling at nodes, older ones show a light brown surface marked with warty protuberances due to circular lenticels; transversely smoothed surface shows a radial structure with conspicuous medullary rays traversing porous tissues. Taste of *Guduchi* is bitter.³

Active contents:

A large number of chemicals have been isolated from *Guduchi*, belonging to different classes such as alkaloids, diterpenoid lactones, glycosides, steroids, sesquiterpenoid, phenolics, aliphatic compounds and polysaccharides.⁴ Four new clerodane furano diterpene glucosides (amritosides A, B, C and D) have been isolated as their acetates from stems.⁵

Herb actions:

Hepato-protective: *Guduchi* is highly recommended in the treatment of liver disorders due to its proven hepatoprotective property. It is useful in treatment of liver damage, viral hepatitis, liver fibrosis. It also helps in regeneration of liver cells.

Immunity enhancer: *Guduchi* helps increase the effectiveness of the white blood cells and enhances the body's own defense mechanism. It inhibits bacterial growth and increases the immunity by enhancing the functioning of protective cells and macrophages. It is also preferred in the treatment of chronic diseases. *Guduchi* is effective in the prevention of various class of infections.

Diuretic: *Guduchi* also possess diuretic action, helps remove urinary stones and assists in the treatment of urinary tract infections.

Arthritis: *Guduchi* is useful in the treatment arthritic conditions such as joint pain, swelling, stiffness and Inflammation.

Indication: Lack of immunity, Liver diseases, Infections, Arthritis, Diabetes.

Contraindication: None

Dose: 1 Capsule two to three times a day or as advised by the Physician.

Composition: Each capsule contains 400 mg standardized extract of Guduchi (*Tinospora cordifolia*).

References:

1. Bhandari C. Vanaushadhi Chandrodaya. 1st ed. Vol. 3. Varanasi: Chaukhamba Sanskrit Sansthan; 2006. p. 86.
2. *Tinospora cordifolia* (Willd.) Hook. f. and Thoms. (*Guduchi*) – validation of the Ayurvedic pharmacology through experimental and clinical studies Int J Ayurveda Res v.1(2); Apr-Jun 2010 PMC2924974
3. The Ayurvedic Pharmacopoeia of India. Part I. 1st ed. Vol. 1. New Delhi: Department Of AYUSH, Ministry of Health and FW; 2001. pp. 53–5.
4. *Tinospora cordifolia* (Willd.) Hook. f. and Thoms. (*Guduchi*) – validation of the Ayurvedic pharmacology through experimental and clinical studies Int J Ayurveda Res v.1(2); Apr-Jun 2010 PMC2924974
5. Amritosides A, B, C and D: clerodane furano diterpene glucosides from *Tinospora cordifolia*. Maurya R, Manhas LR, Gupta P, Mishra PK, Singh G, Yadav PP *Phytochemistry*. 2004 Jul; 65(14):2051-5.