

A common drug that does wonder: *Giloe (Guduchi)*

Tinospora cordifolia (Willd.) Miers. (Family: Menispermaceae) commonly known as “*Guduchi*” or “*Amrita*” is an important drug used in Ayurveda since antiquity. It is a large, deciduous, extensively spreading and climbing shrub with several elongated twining branches. It is grown wildy and is distributed throughout the tropical region of India. Its stem, leaf and root are useful as medicinal parts.

Guduchi is mentioned in various Ayurvedic classical texts like Charaka Samhitha, Sushrutha Samhitha, Astanga Hridaya, Bhava Prakasha Nighantu. Its synonyms are *Amrita*, *Amara*, *Amrithavalli*, *Vatsadani* etc. *Guduchi* is having *Balya* (strengthening), *Rasayana* (rejuvenating), *Tridosha shamaka* (pacifying all *doshas*) and *Rakta shoddhaka* (blood purifying) properties.

T. cordifolia has also been mentioned in tribal or folkmedicine for its use in different parts of the country. Stem, leaf, root are useful parts. The plant contains chemical constituents like terpenoids, alkaloids, liganus, giloin etc.

The drug has bitter taste and well known for its use in fevers, skin diseases, Rheumatoid arthritis, Jaundice (Liver disorders), Gout, Diabetes, Bleeding piles, Rejuvenator, Diuretic, Dyspepsia, Chronic diarrhea, Dysentery Urinary calculi, Leucorrhoea. The starch obtained from the stem is known as *Guduchi Sattva* is highly nutritive and digestive. Various studies show that *Guduchi* is having Anti-cancer activity, Anti Diabetic and Hyperglycemic activity, Anti-inflammatory activity, Anti stress, Anti-oxidant activity -and immunomodulatory activity and useful in hepatic disorders and post-menopausal syndrome. *Guduchi* has immune-stimulant and antioxidant action by which it corrects the oxidative damage at the placental level and thus prevents abortion.

- Decoction of stem is administered orally with honey for the treatment of fevers
- The stem decoction with cold or hot water (3-4 gm) in morning as a tonic in general debility
- Paste of *Guduchi* leaves and mustard seeds powder is applied locally in *daha* (Burning sensation)
- Paste of *Guduchi* and 5 seeds of *Krishna maricha* (*Piper nigrum* L) is administered orally once daily in Leucorrhoea)
- Decoction of stem is administered orally in skin diseases

Some formulations: *Guduchi Sattva (prameha)*, *Chyavanaprasha (rasayana)*, *Amrita Guggulu (vatarakthadikara)*, *Amritaritarist (jwara)*, *Dashamoolarista (vajikarna)*, *Sanjivani Vati (vatakalakakeeya adhyaya)*, *Guduchyadi tailam (vataraktham)*

Dose - 3-6 g of the drug in powder form, 20-30 g of the drug for decoction.

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