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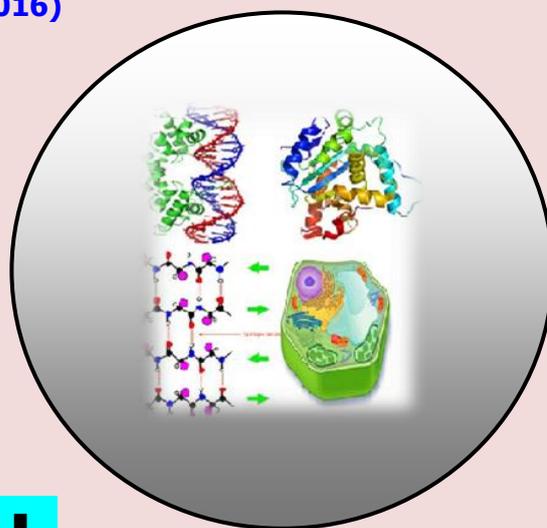
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RESEARCH PAPER

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## **Classically Eclectic Therapeutic Applicability of *Tinospora cordifolia* (Giloy/Guluchi)**

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**ABSTRACT**

*Guluchi is considered as a most divine herb because of its various Ayurvedic uses. It is called as nectar/Amruta for its divine healing nature. Guluchi increases the immunity of the body. It fights against infecting organisms. The leaves of the plant in juice cure psychological disorder. The leaves are also used for swine flu treatment. It is also used for the treatment of fever due to infection. Guluchi is a remedy for diabetes. The traditional use of the leaves is to cure urine infection and stomach ulcer. Mixed with cow milk, Guluchi leaves are used to cure leucorrhoea. It is also used as anti ageing juice. The plant oil is used to cure skin diseases and promote healthy skin. It brings down the high blood sugar. Guluchi purifies blood and levels the blood pressure.*

*Traditionally, Guluchi is used to cure bowel problem. The starch prepared from it called 'palo' is popular in India. The leaf juice mixed with cumin seeds is used to cure certain internal inflammation. It is also used to cure rheumatic pain. The leaf extract also used to cure jaundice and anaemia. This also can be used for the treatment of malarial fever and cough. It removes the toxins from the brain. It cures asthma and clears the respiratory tract. The juice of the leaf, root and stem helps in digestion. It also helps to bring down bleeding during menstruation. The juice is also used in the treatment of the cardiac disorder. Guluchi increases memory power. It enhances natural immunity in the human body. Guluchi increases appetite. It purifies milk in mothers. Guluchi adds strength and vigour to the body and removes the weakness. Because of the antioxidant nature, Guluchi is also used in the treatment of cancer. Giloy's various uses and therapeutic applicability is precisely delineated in this paper.*

**Keywords:** Cardifoliside, Giloin, Diterpene, Berberine, Tinosporone. Alkaloids, Glucocides, Astringent, Aphrodisiac properties.

## INTRODUCTION

*Tinospora Cordifolia* is a climbing shrub belongs to family Menispermaceae. It is commonly known as Guduchi, Amrita, Gurach, *Tinospora*. Known by many names in Sanskrit such as gaduchi and kundalini and scientifically called *Tinospora cordifolia*, it is a large, glabrous deciduous climbing shrub. The stems are rather succulent with long filiform fleshy aerial roots form the branches. The bark is gray brown and watery. The leaves are membranous and cordate. The flowers small and greenish yellow (Kapil & Sharma, 1997). This herb is found throughout tropical asia ascending to a height of 300 mts.

Giloy is common in India, Sri Lanka, Myanmar, Sothern Eastern Asia, Africa and Australia. It is seen growing in all dry and deciduous forests of India. Mostly seen as a climber, it grows on other trees, electric poles and telephone poles. It is mostly found at 1.200m above sea level. It has significant heart shaped leaves, yellow flowers and ripe drupes are red in colour. The barks are grey in colour and roots are aerial in nature. Guluchi is an excellent Rasayana for the treatment of various diseases (Sarangi & Soni, 2013). The roots, stem, leaves, and fruits are used in the treatment of various diseases. Giloy is famous for its usefulness to man by its conduct of strengthening the immune system and keeping the functioning of various body organs in a balanced state. its climber is a common sight in the countryside of tropical India.

## GILOY'S CHEMICAL COMPOSITION AND MEDICINAL IMPORTANCE

Its chemical composition consists of various alkaloids, glucocides, fatty acids and volatile oils. Ayurvedic texts describe it as bitter and astringent in taste and heavy, unctuous and hot in effect. It pacifies all the three doshas. Vaidyas accustomed to the practice of pharmacology apply a specific method to derive a starch-like substance from the pieces of its stem which is known as satva (extract). This satva has the same properties but is considered to be cold in effect. The medicinal plant has been described as an anti-pyretic and anti-arthritic, a stomachic, a blood purifier, a nutritive agent and a bitter tonic. It is useful in fever, rheumatism, gout, dyspepsia and urinary diseases (Sohini & Bhatt, 1996). It is also an immuno-modulator, an anti-oxidant, a rejuvenator and a restorative tonic. Being an efficacious drug, and because of its abundant and easy availability, giloy is a household name. Due to the presence of chemicals such as Glycosides, alkaloids, volatile oil, polyphenol and polysaccharide compounds, Giloy is used for the treatment of various diseases. The bitter and astringent taste of the plant signifies its Ayurvedic nature. Guduchi benefits are count less (Sharma et. al., 2011 ).

Giloy is one of the most important herbs to exist in Ayurveda. Giloy contains antioxidant properties that improve health and fight dangerous diseases. Giloy also removes toxins from both the kidneys and the liver and makes sure to flush out free radicals. In addition to all this, Giloy even fights bacteria that cause disease and also combats liver diseases and urinary tract infections. Another benefit of Giloy is that it treats chronic fever and diseases (Sengupta et.al., 2009). Since it is anti-pyretic in nature, it can reduce signs and symptoms of several life threatening conditions. It increases the count of your blood platelets and alleviates symptoms of dengue fever as well. You may take a little extract of Giloy and combine it with honey. This will successfully treat malaria. Giloy can also take care of your digestive system. This Giloy herb is popularly known for treating ailments of several kinds. Giloy acts as a hypoglycaemic agent. It can lower the levels of blood pressure and lipids.

This makes it very easy to treat type 2 diabetes. It can reduce both mental stress as well as anxiety. Giloy is often combined with other herbs to make an excellent health tonic (Patil et. al. 2010). It can clear all brain toxins too. Giloy has often been called an anti-aging herb. Asthma is one of the most dangerous diseases cited so far. It causes chest tightness, shortness of breath, coughing, wheezing etc. One should also remember that it is very difficult to treat such a condition Badar et al., (2005). However, simple steps can be taken to reduce asthmatic symptoms.

It contains anti-inflammatory as well as anti-arthritic properties that take care of arthritis and its several symptoms, including joint pains. Giloy contains properties of an aphrodisiac that will boost libido. Giloy can also be used to treat eye disorders. It boosts clarity and helps you see better without spectacles. In fact, in some parts of India, people do apply Giloy to the eyes (Kapur et. al., 2009). Giloy can also be used to treat signs of aging. It contains anti-aging properties that reduce dark spots, pimples, fine lines and wrinkles. It keeps your skin bright, young and beautiful (Figure 1). Guduchi has been praised all over the world by herbal healers for its adaptogenic properties that enhance body resistance, fatigue, anxiety, and reduce stress. This herbal contains essential constituents such as *cardifoliside*, giloin, diterpene, berberine, and tinosporone. *Guduchi* has been found useful in the ancient history of *Ayurveda* medicine and recorded to have both astringent and bitter tastes (Chougale et. al., 2009; Upadhayay et al., 2010). The herb is heavy to digest with hot potency and as well as increases body tissues moistures. These properties have helped *Guduchi* normalizes essential three doshas namely; *Pitta*, *Vata*, and *Kapha* when used together with sugar, ghee, and honey respectively (Yuuuvtraj et. al., 1996).



**Figure 1. Habit of *Tinospora cordifolia*.**

This herb rejuvenates the whole body. It boosts the strength and improves bowel movement. It normalises the digestion and improves the digestion. Guduchi or Giloy is very effective in controlling the diabetes and lowers the blood sugar level. Use of this herb is found to be very effective in respiratory diseases like cough, bronchitis etc. Giloy is very beneficial in jaundice, anaemia, skin disorders, fever and intestinal parasites. *Guduchi* has been applauded in the *Ayurveda* text as a cardiac tonic heart enhancement Patil et. al., 2011). The herb is known for its ability to purify blood and remove all the toxins in the blood and this makes it effective for regulation of blood uric acid level in gout. *Guduchi* is another remedy for skin disorder (Rajalakshmi et. al., 2009).

It is helpful in boosting skin resistance to microbes and efficient treatment for ulcers and leprosy created by gout and other related problems. It is also found useful in healing and helps speed up the healing process of wound formed from vulnerable diseases and as well as helps healing herpes lesions (Bhawya & Anilakumar, 2010). *Guduchi* is researched to contain essential properties that are helpful in conditions such as indigestion, irritable Bowel Syndrome (*IBS*), excess thirst, dysentery, vomiting, and acidity. Due to its antispasmodic property, it helps in reduction of stomach pain resulted from intestinal spasms. *Guduchi* preparations are efficient to be used as a remedy to treat hepatic fibrosis, jaundice, and other related liver diseases because giloy is a great hepatonic (Sharma et al., 1995) (Figure 2).

The herb has contributed significantly to the excretory system by energizing the system and enhancing the resistance of urethra and bladder inner layers to combat infections associated with a reoccurring urinary tract. *Guduchi* boosts lungs' strength and minimizes a chronic cough as well as other respiratory diseases. The herb contains aphrodisiac properties which make it relevant in boosting sperm motility and sperm count in male reproductive system. *Guduchi* is also equipped with adaptogenic properties that rejuvenate the male organ and make it effective for the treatment of some sexual problems such as premature ejaculation and erectile dysfunction (Nema et al., 2012). *Guduchi* increases body immunity and as well as boosts the energy level of the body against diseases and making the body resistant to diseases. Giloy is excellent in treating and reducing fever and diabetes (Patel et al., 2009).



**Figure 2. Juice of *Tinospora cordifolia*.**

*Guduchi* preparations are found effective in treating diseases such as gout and arthritis. The antimicrobial properties in the herb help hinder the growth of microorganism in the body; thereby enhancing the body resistance to many diseases.

### **Key Home Remedies Using *Guduchi***

Fresh *Guduchi* juice is an excellent herb to lessen fever and mouth dryness. About 10 ml of fresh *Guduchi* juice mixed with 10 ml of honey is good in the morning on an empty stomach to curtail a productive cough. Also, *Guduchi* juice mixed with ginger juice consumed in the morning on an empty stomach assists in rheumatoid arthritis known as *amavatha*. The mixture of giloy leaves juice with jaggery alleviates constipation. Juice extracted from *Guduchi* leaves mixed with pure ghee lowers joint pains resulted from a different kind of arthritis when taken on an empty stomach (Nagaraja et. al., 2008).

## CONCLUSION

Medicinal properties of Guduchi (Giloy) have been discovered from the facts above to be a rare gem among the herbs in the tropical region of Indian. It has a long list of properties to offer significant benefits for home remedies. However, care must be taken to ensure its sustenance and existence by preserving the herb to continue enjoying these great benefits. Giloy is a powerhouse of antioxidants which fight free-radicals, keep your cells healthy and get rid of diseases. Giloy helps remove toxins, purifies blood, fights bacteria that causes diseases and also combats liver diseases and urinary tract infections. Gilroy helps get rid of recurrent fevers. Since Giloy is anti-pyretic in nature, it can reduce signs and symptoms of several life threatening conditions like Dengue, Swine Flu and Malaria as well. Giloy is very beneficial in improving digestion and treating bowel related issues.

Giloy acts as a hypoglycaemic agent and helps treat diabetes (particularly Type 2 diabetes). Giloy juice helps reduce high levels of blood sugar and works wonders. Giloy can be used as an adaptogenic herb as well. It helps reduce mental stress as well as anxiety. It helps get rid of toxins, boosts the memory, calms you down and makes for an excellent health tonic if combined with other herbs. Giloy is popularly known for its anti-inflammatory benefits and helps reduce respiratory problems like frequent cough, cold, tonsils.

Giloy contains anti-inflammatory and anti-arthritic properties that help treat arthritis and its several symptoms. It can be used along with ginger to treat rheumatoid arthritis. In several parts of India, Giloy is applied to the eyes as it helps boost vision clarity. Giloy contains anti-aging properties that help reduce dark spots, pimples, fine lines and wrinkles.

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