

THE CLINICAL EVALUATION OF GUDICHI

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INTRODUCTION

Guduchi (*Tinospora cordifolia*) is a large, deciduous climbing shrub belonging to the family Menispermaceae. It is distributed throughout the tropical Indian subcontinent. Across the country, the plant is commonly known as Giloy. In Ayurveda, it is said to be one of the best Rasayana (Rejuvenator).

A special focus has been made on its health benefits in treating various disorders and its potential as an immune booster and aiding in the betterment of human life expectancy. It is also popular in Ayurveda medicine for its immense therapeutic applications.

Enormous information on the utility of the herb in the management of various diseases is described in classical literature.

Botanical name and family

The botanical name of Guduchi / Giloy is *Tinospora cordifolia*.

Family- Menispermaceae.

Use full part- Dried pieces of the mature stem.



SYNONYMS

- Bahuchhinna, Chhinna, Chhinnanga, Chhinnarohaka, Chhinnaruha, Chhinnodbhava
- Amara, Amrita, Amritahvaya, Amrita lata, Amrita valli, Amritavallari.
- Kaandajata, Kaandodbhava
- Kundali, Mandali

- Naga kumari, Naga kanyaka
- Tantri / Tantrika -The stem appeared like a spiral rope.
- Chakra lakshanika, Chakra lakshana, Chakra lakshani, Chakrangi -The transverse section of the stem shows a circular structure.
- Madhuparni -Leaves have viscid juice like honey
- Chandrahasa

Plant part *Tinospora cordifolia* *Tinospora crispa* Leaf shape Broadly ovate Broadly ovate to suborbicular Epicuticular wax Present on both surfaces of the leaf Absent Tyloses in the vessels of the stem Observed Not observed Stem Green in colour Not having small rounded projections No milky secretion Greenish grey in colour Having small rounded projections Milky secretion Leaves Heart-shaped with a groovy notch at the base Heart-shaped with no groovy notch at the base Petals Six in number Three in number Drupes Spherical or ball-shaped Red in colour Ellipsoid or rugby.

CATEGORIZATION IN CLASSICAL LITERATURE

Guduchi has been widely recognized in almost all classical texts and has been included in various groups of plants based on its pharmacological action.

- ❖ Charaka Samhita- Vayahstapana (Prolonging youth), Daha prashamana (Relieving burning)

sensation), Trishna nigrhana (Anti-dyspic), Triptighna (Anti-satiative), Stanyashodhana (Galactodepurant), Sandhaniya (Tissue binding), Snehopaga.

- ❖ Sushruta Samhita- Guduchyadi, Patoladi, Valli Panchamula, Kakolyadi, Aragvadhadi.
- ❖ Ashtanga Samgraha- Guduchyadi, Patoladi, Aragvadhadi.
- ❖ Dhanvantari Nighantu- Guduchyadi varga.
- ❖ Shodhal Nighantu- Guduchyadi varga.
- ❖ Madhava Dravyaguna- Shaka varga.
- ❖ Madanpala Nighantu- Abhayadi varga.
- ❖ Raja Nighantu- Guduchyadi varga.
- ❖ Kaiyadev Nighantu- Aushadhi varga, Chaturbhadra (Mishraka Varga)
- ❖ Bhavaprakasha Nighantu -Guduchyadi varga.
- ❖ Saraswati Nighantu Latadi varga.
- ❖ Shaligrama Nighantu Guduchyadi varga.
- ❖ Haritakyadi Nighantu Shaka varga.
- ❖ Priya Nighantu Pippalyadi varg

Major Chemical Constituents

Guduchi contains not less than 0.02% w/w of cordifolioside A and the percentage of tinosporaside ranges from 0.03 to 0.04.

Other Chemical Constituents: The other components are Tinosporin, Tinosporon, Tinosporic Acid, Tinosporol, Tinosporide, Tinosporidine, Columbin, Chasmanthin, Palmarin, Berberine, Giloin, Giloinisin, 1-2, Substituted Pyrrolidine, a Diterpenoid Furanolactone, Norcleropdanedditerpine-O-Glucoside, Aryltetrahydrofuranolignan, Octacosanaol, Nonacosan-15-one and β - Sitosterol, Cordifolide, Unosporin, Heptacosanol, Cordifolon, Cardifolon, Magnoflorine, Tembetarine, Cardifolisides A & B, Phenolic Lignan-3 - (α , 4- Dihydroxy-3-methoxybenzyl) - 4- (4-hydroxy -3-methoxybenzyl) - tetrahydrofuran, Arabinogalactan (various parts).

A few therapeutic applications as mentioned in classical literature

A. Jvara (Fever)

1. Decoction of the cold infusion of Guduchi should be taken.
2. Juice of Guduchi and Shatavari in equal quantity mixed with jaggery alleviates fever caused by Vata. Guduchi juice alone checks fever caused by vata.
3. The juice of Guduchi mixed with Pippali checks fever.
4. Cold infusion of Guduchi mixed with sugar alleviates fever caused by pitta (~one of the three bodily humors).17
5. Decoction of Guduchi, Parpata and Amalaki overcomes fever caused by pitta.18
6. Oil prepared with powder of Katuki (Picrorhiza kurroa Royle ex Benth) or leaves of Guduchi or Sahadevi (Sida rhombifolia L.) juice alleviates.

B Jirna Jwara (Chronic fever)

1. Ghrita (Medicated ghee) and oil (Medicinal oil) prepared with juice and paste of Guduchi, Triphala, Vasa (Justicia adhatoda L), Draksha (Vitis vinifera L.) and Bala (Sida cordifolia L.) alleviate fever.
2. Decoction of Guduchi added with Pippali (Piper longum L.) powder destroys chronic fever and Kapha (~one of the three bodily humors).
3. Cold infusion of Guduchi alleviates chronic fever.
4. One should use Guduchi juice mixed with Pippali powder and honey to treat chronic fever, spleen enlargement, cough and anorexia.
5. In case of vomiting in fever, cold decoction of Guduchi mixed with honey should be taken.
6. The leaves of Guduchi should be used as vegetables in fever.

C. Amavata (Rheumatism) -Guduchi taken along with the Shunthi alleviates Amavata.

D. Kushtha (Various Skin Diseases) Juice or decoction or ghee processed with Guduchi alleviates all types of skin diseases.

E Vatarakta (Gout)

1. Guduchi is useful in the management of Vatarakta, Halimaka, Pandu, Kamala, and Sthaulya.
2. Guduchi is said to be the best remedy in the management of Vatarakta. It has been advised to take Guduchi decoction processed in Ghrita or Milk.
3. Guggulu along with Guduchi decoction is said to be beneficial. Formulations with the name of Amritadya taila, Madhuparnyadi taila, Guduchi ghrita, Amrtaghrita,
4. Oil prepared with a decoction of Guduchi and milk or Draksha decoction, or decoction of Madhuka and Kashmarya alleviates Vatarakta.

Dose

- 3 - 6 g of Giloy in powdered form along with specified adjuvants.
- 20 - 30 g of Coarse powder for preparing decoction.
- 125 mg - 1000 mg of Guduchi satva along with specified adjuvants.

IMPORTANT FORMULATIONS

- Ayurveda Amritarishta (AFI, Part I)
- Amritottara Kvatha Churna (AFI, Part I).
- Guduchi sattva (AFI, Part I).
- Chinnodbhavadi Kvatha Churna (AFI, Part I).
- Kaishora Guggulu (AFI, Part I).
- Guduchyadi Taila (AFI, Part II).
- Brihat Guduchi Taila (AFI, Part I).
- Samshamani Vati/Guduchi Ghana Vati (AFI, Part II)

CONCLUSION

Giloy (Tinospora cordifolia) is a versatile herb with a wide range of traditional and modern therapeutic applications. Its immunomodulatory, anti-inflammatory, and antioxidant properties make it a valuable plant in Ayurvedic medicine. While generally safe, it's essential

to use Giloy under proper guidance, especially for individuals with specific health conditions.

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