

Department of Dravyaguna Vidnyan

Plant Name: Guduchi



Introduction

- **Botanical Name:** *Tinospora cordifolia* (Willd.) Miers
- **Family:** Menispermaceae
- **Description:** Guduchi, also known as **Amrita (nectar)**, is a widely used medicinal plant in Ayurveda. It is considered a **Rasayana (rejuvenating herb)** and is highly beneficial for improving **immunity, digestion, and metabolism**.

Synonyms

- **Sanskrit:** Amrita, Amritavalli, Guduchi, Chakralakshanika, Madhuparni, Rasayani, Jwaranashini
- **Hindi:** Giloy

- **Marathi:** Gulvel
- **Tamil:** Seendhil Kodi
- **Telugu:** Tippateega

Classification According to Ayurveda

- **Charaka:** Rasayana, Tikta Skandha
- **Susrutha:** Guduchyadi Gana
- **Vagbhata:** Vayasthapana

Morphology

- **Type:** Large, climbing shrub with aerial roots.
- **Stem:** Green, succulent, and jointed with papery bark.
- **Leaves:** Heart-shaped (cordate), membranous, 5-10 cm long.
- **Flowers:** Small, yellow, in racemes, flowering in summer.
- **Fruits:** Red, drupaceous berries, appearing in winter.

Distribution & Habitat

- Found **all over India**, commonly seen in forests, hedges, and gardens.
- Grows in **tropical and subtropical regions**, often **climbing on large trees** like Neem and Mango.

Chemical Constituents

- **Alkaloids:** Berberine, Palmatine, Magnoflorine, Tinosporin
- **Sterols:** Beta-Sitosterol
- **Glycosides:** Cardiac glycosides, Tinocordifolin
- **Other Components:** Tannins, Lignans, Polysaccharides, Iron, Zinc

Properties (According to Ayurveda)

- **Rasa (Taste):** Tikta (Bitter), Kashaya (Astringent)
- **Guna (Quality):** Laghu (Light), Snigdha (Unctuous)
- **Virya (Potency):** Ushna (Hot)
- **Vipaka (Post-digestive effect):** Madhura (Sweet)
- **Karma (Action):** Rasayana, Deepana, Pachana, Jwaraghna, Tridoshahara, Immunomodulator, Antipyretic, Antioxidant

Dosha & Dhātu Affinity

- **Dosha:** Balances Vata, Pitta, and Kapha
- **Dhatus:** Acts on Rasa (Plasma), Rakta (Blood), Meda (Fat), Asthi (Bones), Majja (Bone Marrow), and Shukra (Reproductive tissue)

Indications

- **Immunity Booster:** Used in recurrent infections, fever, and chronic illnesses.
- **Digestive Disorders:** Indigestion, Hyperacidity, IBS, and Loss of appetite.
- **Fever & Infections:** Chronic fever, Malaria, Dengue, Typhoid, Viral fever.
- **Joint & Bone Health:** Arthritis, Osteoporosis, Rheumatoid arthritis.
- **Diabetes:** Helps reduce blood sugar levels.
- **Skin Diseases:** Eczema, Psoriasis, Acne.
- **Liver Disorders:** Jaundice, Hepatitis, Fatty liver.
- **Mental Health:** Stress, Anxiety, Depression, Insomnia.

Parts Used

- Stem, Leaves, Root, Aerial Roots

Dosage

- **Juice (Swarasa):** 10-20 ml
- **Powder (Churna):** 3-6 g
- **Decoction (Kashaya):** 50-100 ml
- **Satva (Extract):** 500 mg - 1 g

Uses

External Uses

- **Anti-inflammatory:** Guduchi paste is applied to swelling, wounds, and skin disorders.
- **Anti-microbial:** Used in skin infections and acne.

Internal Uses

- **Immunity Enhancer:**
Acts as a natural immune booster and antioxidant.
Used for post-illness recovery.
- **Digestive System:**
Stimulates digestion, improves appetite.
Used for diarrhea, indigestion, dysentery.

- **Respiratory System:**
Beneficial in asthma, chronic cough, bronchitis.
- **Circulatory System**
Purifies blood, reduces inflammation, and supports heart health.
- **Reproductive System:**
Enhances fertility and rejuvenates reproductive tissues.
- **Urinary System**
Acts as a diuretic, useful in UTIs and kidney stones.
- **Liver Protection**
Detoxifies and protects liver cells from damage.

Important Yogas (Formulations)

- Guduchi Satva
- Amritarishta
- Guduchyadi Kwatha
- Guduchi Ghanvati
- Sudarshan Churna

Therapeutic Uses

1. **Jwara (Fever)**
Guduchi Kwatha (Decoction) with Pippali and Honey is effective in chronic fevers.
2. **Diabetes (Madhumeha)**
Guduchi Powder with Neem and Amla is beneficial in diabetes management.
3. **Arthritis (Amavata)**
Guduchi decoction with Guggulu and Dashamoola is effective for joint pain.
4. **Liver Disorders (Yakrit Vikara)**
Guduchi juice with Kutki is useful for liver detoxification.
5. **Skin Diseases (Kushtha Roga)**
Guduchi Paste mixed with turmeric applied externally for eczema, psoriasis.
6. **Immunity Booster**
Guduchi Satva taken daily enhances body resistance against infections.