

Tinospora cordifolia: A Promising Herb of Ayurveda

Shekher Chauhan, Saurabh Singh*, Puneet Chauhan, Dileep S. Baghel

ABSTRACT

Ayurvedic products (naturally obtained) with medicinal value are gradually again gaining importance worldwide. *Tinospora cordifolia*, commonly known as "GUDUCHI" is the nectar plant and has been called amrita in Sanskrit as it works in detoxifying and rejuvenating and boost immunity of the body. It is climber in nature which belongs to the family "Menispermaceae". It is a deciduous plant with dry woods grown in tropical districts in India, Myanmar, and Sri Lanka, frequently climbing over fences or small trees. Following chemical constituents are alkaloids, diterpenoids lactones, glycosides, steroids, sesquiterpenoid, phenolic, aliphatic compound, and polysaccharides. *T. cordifolia* is found effective in dyspepsia, fever, urinary disorders and shows the following biological activities such as anti-fungal, anti-inflammatory, anti-arthritis, and spermicidal

Keywords: Guduchi, Immunomodulatory, *Tinospora cordifolia*.

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INTRODUCTION

Plants have been the most significant source of dietary substances, drugs, and beauty care products from the beginning of human civilization. This article consists of the chemical substance, pharmacological properties of the plant "*Tinospora cordifolia*" (Chunekar & Pandey, 2004; Vaidya, 1994) It is known as Amrita, its main pharmacological property is immunomodulatory. Immunity is the principal cycle that safeguards the body from the infections and sometime, the body is unable to produce enough response to eliminate them. Intake of the plant like *T. cordifolia* as medicine helps the body produce enough response against the disease-causing bacteria or foreign matter (Anomymus, 1986; Joshi, 2019; Aman Sharma, Baghel, Mittal, & Singh, 2019).

Botanical Classification

"Botanical name"	" <i>Tinospora cordifolia</i> "
"Family"	"Menispermaceae"
"Kingdom"	"Plantae"
"Division"	"Magnoliophyta"
"Class"	"Magnoliopsida"
"Genus"	" <i>Tinospora</i> "
"Species"	<i>T. cordifolia</i> ^[7]

Distribution

Guduchi found in India, Mayanmar and Sri Lanka. Guduchi is found all through the tropical area of India and up to the height of 1200 m from ocean (P. Sharma, 1998; Vaidya Gogte, 2009).

Habit and Habitat

T. cordifolia is a deciduous climber. it flourishes effectively in the topical reasons, often growing t great heights and grown over hedges and small trees (Chunekar & Pandey, 2004).

Description of Guduchi in Ayurvedic Texts

S.N	Name of text book	Varga/gana
1.	Charak Samhita	"Sandhaniya" "Triphigna" "Sthanyashodana snehopaga" "Trishnanigrahanan" "Dahaprashamana" (Sastri, 2013)

School of Pharmaceutical Sciences, Lovely Professional University, Punjab, India

Corresponding Author: Saurabh Singh School of Pharmaceutical Sciences, Lovely Professional University, Punjab, India, Email: saurabh.singh@lpu.co.in

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2.	Astanga Hridya	"Tiktavaarga" "Patoladigana" "Guduchyahdi" "Aravadadigana" (Vidyanath, 2006)
3.	Sushrut Samhita	"Aragvadadi" "Guduchyadi" "Shyanmadi" "Patoladi" "Kakolyadi" (Yadavji, 1980)
4.	Dhanwantari nighantu	"Guduchyadi varga" (Kamat, 2002)
5.	Bhavprakash nighantu	"Guduchyadi varga" (Chunekar & Pandey, 2004)
6.	Kaiyadeva nighantu	"Aushadi varga" (P. V. Sharma & Sharma, 1979)
7.	Priya nighantu	"Pippalyadi varga" (PV, 2004)

Karma (Action-pharmacodynamics) and Prayoga (uses) According to Various Ayurvedic Texts

Action	Medicinal use	References
"Rasayana, Sangrahi, Balya, Agnidioana, Tridoshshamak"	"Daha, meha, kasa, pandu, kamlā, kushta, vatarakta, jwara, krimi, prameha, swas, arsha, krichi, hridroga"	"Bhav prakash Nighantu" (P. V. Sharma & Sharma, 1979) "Guduchyadi varga" (Kamat, 2002)

proven through various pharmacological models. The plant exhibits properties like memory enhancement, wound healing, hepato-protective, cardio-protective, anti-microbial, anti-diabetic, anti-inflammatory, and anti-arthritic. It is also used for immunomodulatory effects in various Ayurvedic formulations for ages.

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