

GUDUCHI

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Common name Guduchi, Giloy (H)
Sanskrit Guduchi, Amrita, Chakralakshana
Latin *Tinospora cordifolia* – *Caulis* (Menispermaceae)

Guduchi is described as 'the one who protects the body against diseases'. It is one of the most versatile rejuvenating herbs, it promotes longevity hence called *Vayastha*. Sanskrit name Guduchi itself means the one which protects our body. Another Sanskrit name, 'Amrita' means that originating from 'divine nectar' as it is extremely useful in strengthening the immunity of body and keeping the functions of various organs of the body in harmony. This is a virile creeper that grows throughout the forests of India. Those growing up Neem trees are said to be the best as synergy between these two bitter plants enhances Guduchi's efficacy. Its therapeutic strength lies in its rejuvenating and strengthening properties while also detoxifying and cleansing the whole system, specifically via liver.

Parts Used

Roots, Stem, Leaves and Sattva (Starch)

Ayurvedic Pharmacology

Rasa (taste):	Bitter, astringent, pungent
Guna (quality):	Light, unctuous
Virya (action):	Hot
Vipaka (post-digestive effect):	Sweet
Dosha effect VPK:	VP
Dhatu (tissue):	Plasma, blood, muscle, fat, nerve, reproductive
Srota (channel):	Circulatory, digestive

The Bitter Taste augments the agni of all dhatus and its Sweet *Vipaka* (Post Digestive Effect) nourishes all dhatus well.

For Rasayana purpose, Guduchi Ghana Sattva is commonly used.

Constituents

Alkaloid & Glucoside: giloin, tinosporin, protoberberine alkaloids, tinosporine, tinosporide, tinosporaside, cordifolide, cordifol, heptacosanol, clerodane furano diterpene, diterpenoid furanolactone tinosporidine, columbin and b-sitosterol.

Pharmacological Action

Cholagogue, detoxicant, immune modulator, anti-inflammatory, diuretic, anthelmintic, nervine tonic.

The aqueous extract of guduchi stem has shown the presence of arabinogalactan that showed immunological activity.[1](#)

The stem is used in dyspepsia, fevers and urinary diseases. The bitter principle present shows antiperiodic, antispasmodic, anti-inflammatory and antipyretic properties.[2,3,4](#)

Guduchi has been reported to treat throat cancer in humans.[5](#)

Dichloromethane extract is the most promising one as far as cytotoxic effect is concerned. These preliminary studies were done to establish the cytotoxic effect of guduchi at higher doses.[6](#)

Extracts of *Tinospora cordifolia* (TCE) have been shown to possess anti-tumor properties and was shown to upregulate antitumor activity of tumor-associated macrophages (TAM). Evidence has shown that an alcoholic extract of *Tinospora cordifolia* (ALTC) enhances the differentiation of TAM to dendritic cells (DC) in response to granulocyte/macrophage-colony-stimulating factor, interleukin-4, and tumour necrosis factor.[7](#)

Indication

Liver: Liver damage, viral hepatitis or toxicity from alcohol, chemicals and medicinal drugs. Useful in repairing fibrosis and regenerating liver tissue. Applied in all conditions of aggravated ranjakapitta and pitta in the blood.

Joints: Gout (vatarakta), arthritis (amavata) and other inflammatory joint conditions. It acts by clearing pitta toxins and uric acid via the urinary system that have accumulated in raktavahasrotas. It also removes ama toxins from the system without destabilising any of the other dosha.

Immunity: All auto-immune diseases causing inflammation. Applicable in degenerative diseases such as cancer, AIDS and arthritis as it boosts the immune system. Use to offset the ulcerative and toxic effects of chemo-radiotherapy.

Skin: Suppurative and inflammatory skin conditions such as eczema, psoriasis, Systemic Lupus Erythmatosus. Useful when there is high tejas and pitta that has burnt immune protecting ojas away resulting in inflammatory skin conditions. Skin problems from excessive alcohol, recreational drug and pharmaceutical drug use may indicate the use of Guduchi. Specific for burning sensations on the skin (daha).

GIT: Guduchi heals a bowel affected with constipation, intestinal bleeding, haemorrhoids or dysentery. Useful at redressing intestinal floral imbalance with candida-like symptoms (krimi, grahani) such as bloating, flatulence and

malabsorption. Its bitter yet heating qualities are used to stimulate raktadhatvagni and strengthen digestion in pitta types.

Metabolic: It regulates blood sugar levels via its direct effect on rakta and medas-dhatu thus benefiting diabetes and hypoglycaemia. Guduchi is very calming to vata and the nervous system via its unctuous nature soothing nervous irritation.

Reproductive: Its ability to clear heat is applied when sexual dysfunction is caused by a hyper-heat condition. It is often used in formulas for male sexual dysfunction caused by pitta imbalance as its sweet post-digestive effect nourishes shukradhatu.

Rejuvenating Properties

The term "Rasayana" accords to longevity, enhances memory, better complexion, voice energy and luster of skin thus bestows youth.

Anupana (Carrier of Drug)

Internally it can be given with Ghee, Sugar and honey in Vata, Pitta and Kapha Dosha respectively.

References

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2. Thatte UM, Kulkarni MR, Dahanukar SA. Immunotherapeutic modification of Escherichia coli peritonitis and bacteremia by *Tinospora cordifolia* *J Postgrad Med* 1992; 38: 13[Medline]
3. Dahanukar SA, Thatte UM, Pai NR, More PB, Karandikar SM. Immunotherapeutic modification by *Tinospora cordifolia* of abdominal sepsis induced by caecal ligation in rats *Ind J Gastroenterol* 1988; 7: 21–3
4. Jagetia GC, Nayak V, Vidyasagar MS. Evaluation of the antineoplastic activity of guduchi (*Tinospora cordifolia*) in cultured HeLa cells *Can Lett* 1998; 127: 71–82[CrossRef]
5. Chauhan K. Successful treatment of throat cancer with Ayurvedic drugs *Suchitra Ayurved* 1995; 47: 840–2
6. Jagetia GC, Nayak V, Vidyasagar MS. Evaluation of the antineoplastic activity of guduchi (*Tinospora cordifolia*) in cultured HeLa cells *Can Lett* 1998; 127: 71–82[CrossRef]
7. Nisha Singh, Singh, S. M., Pratima Shrivastava. Effect of *Tinospora cordifolia* on the antitumor activity of tumor-associated macrophages-derived dendritic cells. *Immunopharmacology and Immunotoxicology*, 2005 (Vol. 27) (No. 1) 1-14

Guduchi Sattva Capsules

Maharshi Charak Ayurveda

The fresh green stems of thumb size are washed and cut into pieces. They are kept in water taken eight times overnight and mashed and mixed well. The mixture is then decanted and water taken off. Resulting starch settles down. Wash it repeatedly, and then dry the starch. This is Sattva of guduchi. It is Sweet and Bitter in taste and is of slightly a blackish tinge.

Dose: 0.5-2 gms.

Pack- 60 Caps

Price- (Including Shipping) – \$12.5 (Minimum purchase four packs)

For bulk order contact at sales@charakayurveda.com

Testimonials

Testimonial For Training

During my two week Ayurveda Therapy Course at Maharshi Charak Ayurveda Clinic & research Center, my eyes were opened to a world of wisdom taught by Dr. Rajesh and his therapists in the clinic. Not only was the theory interesting and factual but the practical work was helpful in understanding how to apply the theory, Not to mention fun and very relaxing!

Dr. Rajesh and all the therapists that work at the Clinic are knowledgeable, friendly and passionate about their work.

I would recommend this course to my friends and family and to any one who is interested in learning the fundamentals to obtain balance in their life and the life of their loved ones.

Thank you very much to all the staff at the Maharshi Charak Ayurveda Clinic.

Paula Mccaffrey, Canada

Thanks Paula for the nice compliments about us.

Testimonial For Treatment

I have much enjoyed my sessions of Ayurvedic Treatment at the Maharshi Charak Ayurveda Center in Jaipur.

The staff taken very professional approach in their practice and much care and attention is shown to those they treat.

Both my wife and myself have experienced a pleasant warm glow on the completion of the treatments undertaken and will certainly be pleased to recommend the center to colleagues and any one who are searching for a holistic approach to health and the removal of the causes of illness.

Thank you for our kind and caring hospitality.

Sir Jaliar Rose, U.K.

Thanks Mr. Rose we had a nice time with you.