



## GUDUCHI

Botanical name: *Tinospora cordifolia*

*Guduchi is one of the most famous detoxifying herbs in the Ayurvedic pharmacopeia. It crosses the blood-brain barrier and improves cognitive functioning and recall but its main claim to fame is its power to reduce toxins and even to protect the body from the harmful effects of toxins. It enjoys the status of a rasayana or rejuvenative herb and was traditionally used for three years in order to promote longevity and imperviousness to toxins.*

**Contents:** 1:4 extract of organically grown *Tinospora cordifolia* stem tincture in Distilled Water, Organic Alcohol, and Vegetable Glycerin.

**Alcohol:** 39-41%

**Dosage:** 30 drops in a small amount of water, 2 to 3 times daily.

**Chemical constituents:** Alkaloids (berberine, palmatine, choline, tinosporine), glycosides (18-norclerodane glycoside, furanoidditerpene glucoside, tinocordiside, syringin), diterpenoid lactones, sesquiterpenoids and steroids (ecdysterone, makisterone A and giloinsterol), 11.2% protein and rich in calcium and phosphorus.

## Pharmacological uses:

Anti-diabetic, antipyretic, antispasmodic, anti-inflammatory, anti-arthritic, antioxidant, free radical scavenging, anti-allergic, anti-stress, anti-leprotic, antimalarial, hepato-protective, immuno-modulatory, anti-neoplastic, anti-cancer.

## Therapeutic uses:

- Arthritis
- Respiratory diseases
- Hypertension
- Hyperlipidemia
- Liver diseases
- Infertility
- Fatigue
- Nervous exhaustion
- Erectile dysfunction
- Premature ejaculation
- Sexual debility
- Post menopausal syndrome

**Doshas:** *Kapha-Pitta-Vata*

**Taste:** Bitter, Astringent

**Properties:** Heavy, Oily

## Traditional uses:

- Hyperglycemia
- Jaundice
- Skin diseases: eczema, psoriasis, etc.
- Fever
- Heart disease
- Emaciation
- Premature aging
- Cough
- Tuberculosis
- Obesity



Image credit: <http://www.ephotocorp.com>



Image credit: <http://www.flickrriver.com>



Image credit: Dr. Indunil Weeraratne

**Toxicity:** None known

**Research:**

1. Kirti Sinha, N P Mishra, J Singh and P S Khanuja. *Tinospora cordifolia* (Guduchi) a reservoir plant for therapeutic applications: A Review. *Indian Journal of Traditional Knowledge* Vol.3 (3), July 2004, pp. 257-270.
2. Abhimanyu Sharma, Asmita Gupta, Sakshi Singh Amla Batra. [Tinospora cordifolia \(Willd.\) Hook. F. & Thomson - A plant with immense economic potential](#). *J. Chem. Pharm. Res.*, 2010, 2(5):327-333
3. L.N. SANKHALA, R.K. SAINI, B.S. SAINI. [A review on chemical and biological properties of Tinospora cordifolia](#). *Int. J. Med.Arom. Plants*, ISSN 2249-4340 Vol.2, No.2, pp. 340-344, June 2012
4. Soham Saha, Shyamasree Ghosh. [Tinospora cordifolia: One plant, many roles](#). *Anc Sci Life*. 2012 Apr-Jun; 31(4): 151-159. doi: 10.4103/0257-7941.107344
5. Pratibha D. Nadig, Roshni R. Revankar, Shankar M. Dethe, Srinivas B. Narayanswamy, Meharban A. Aliyar. [Effect of Tinospora cordifolia on experimental diabetic neuropathy](#). *Indian J Pharmacol*. 2012 Sep-Oct; 44(5): 580-583. doi: 10.4103/0253-7613.100380
6. Arti Patel, Papiya Bigoniya, Chandra Shekhar Singh, Narayan Singh Patel. [Radioprotective and cytoprotective activity of Tinospora cordifolia stem enriched extract containing cordifolioside-A](#). *Indian J Pharmacol*. 2013 May-Jun; 45(3): 237-243. doi: 10.4103/0253-7613.111919
7. Ashish Kumar Sharma, Kunal Kishore, Divya Sharma, B.P Srinivasan, Shyam Sunder Agarwal, Ashok Sharma, Santosh Kumar Singh, Samir Gaur, Vijay Singh Jatav. [Cardioprotective activity of alcoholic extract of Tinospora cordifolia \(Willd.\) Miers in calcium chloride-induced cardiac arrhythmia in rats](#). *J Biomed Res*. 2011 July; 25(4): 280-286. doi: 10.1016/S1674-8301(11)60038-9
8. Mahuya Sengupta, Gauri D Sharma, Biswajit Chakraborty. [Effect of aqueous extract of Tinospora cordifolia on functions of peritoneal macrophages isolated from CCl<sub>4</sub> intoxicated male albino mice](#). *BMC Complement Altern Med*. 2011; 11: 102. Published online 2011 October 28. doi: 10.1186/1472-6882-11-102
9. Bindu nee Giri Jain, Vibhor Kumar Jain, Abhilasha Shete. [Antipsychotic activity of aqueous ethanolic extract of tinospora cordifolia in amphetamine challenged mice model](#). *J Adv Pharm Technol Res*. 2010 Jan-Mar; 1(1): 30-33.
10. M.V. Kalikar, V.R. Thawani, U.K. Varadpande, S.D. Sontakke, R.P. Singh, R.K. Khiyani. [Immunomodulatory effect of Tinospora cordifolia extract in human immuno-deficiency virus positive patients](#). *Indian J Pharmacol*. 2008 June; 40(3): 107-110. doi: 10.4103/0253-7613.42302
11. V. Sharma, D. Pandey. [Beneficial Effects of Tinospora cordifolia on Blood Profiles in Male Mice Exposed to Lead](#). *Toxicol Int*. 2010 Jan-Jun; 17(1): 8-11. doi: 10.4103/0971-6580.68341
12. Priyanka Sharma, Jyoti Parmar, Priyanka Sharma, Preeti Verma, P. K. Goyal. [Radiation-Induced Testicular Injury and Its Amelioration by Tinospora cordifolia \(An Indian Medicinal Plant\) Extract](#). *Evid Based Complement Alternat Med*. 2011; 2011: 643847. Published online 2011 February 16. doi: 10.1155/2011/643847