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, tinocondiside, syringin), diterpenoid lactones, sesquiterpenoids and steroids (ecdysterone, makisterone A and giloinsterol), 11.2% protein and rich in calcium and phosphorus.
Pharmacological uses:


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

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Toxicity: None known

Research:


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Ayuheal Sri Lanka

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