

IMPORTANT ASPECTS OF MEDICINAL PLANT GILOY

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Tinospora cordifolia, whose common names are heart-leaved moonseed, guduchi, and giloy. It is an herbaceous vine of the family Menispermaceae specific to the tropical areas of Bangladesh, India, Myanmar, and Sri Lanka. Being used as traditional medicine to treat various disorders, there is no clinical evidence that it has any effect.

Giloy (*Tinospora Cordifolia*) is an Ayurvedic herb that has been used in Indian medicine for ages. Giloy is known as 'Amrita', which literally means 'the root of immortality', because of its abundant medicinal properties. The stem of Giloy is of maximum utility, but the root can also be used. Giloy can be consumed in the form of juice, powder or capsules.

It is a large, extensively-spreading, climbing shrub with several elongated twining branches. Leaves are simple, alternate. Lamina are broadly ovate or ovate cordate. Flowers are unisexual, small on separate plants and appearing when plant is leafless, greenish yellow on axillary and terminal racemes. Male flowers are clustered, but female flowers are usually solitary.

Keywords: Cordate, Racemes, Phytochemicals, Axillary, Clustered.

Phytochemicals

Tinospora contains diverse phytochemicals, including alkaloids, phytosterols, glycosides, and some other chemical compounds. Columbin, tinosporaside, jatrorhizine, palmatine, tembeterine, tinocordifolioside, phenylpropene disaccharides, choline, tinosporic acid, tinosporal, and tinosporon have been isolated from *Tinospora cordifolia*.

Common names

There are many common names for this species, such as Chakralakshanika (Sanskrit), Gulancha (Bengali), Gurcha (Hindi), Galac (Gujarati), Thippateega (Telugu), Amritaballi (Kannada), Amrita, Chittamrutu (Malayalam), Gulvel (Marathi) and Amarlata.

As a Traditional medicine

Tinospora has been used over centuries to treat various diseases. Due to inadequate design or other limitations of clinical research on *Tinospora*, there is no high-quality scientific evidence that it affects any disease.

1. As immunity booster

Giloy is a universal herb that helps boost immunity. It is rich in antioxidants which fight free-radicals, keep your cells healthy and get rid of diseases. Giloy helps remove toxins, purifies blood, fights bacteria that causes diseases and also combats liver diseases and urinary tract infections. Giloy is also found useful in treating infertility.

2. Giloy as antipyretic

Giloy helps get rid of recurrent fevers, it can reduce signs and symptoms of several life threatening conditions like Dengue, Swine Flu and Malaria.

3. Improves Digestion

Giloy is very beneficial in improving digestion and treating kidney related disease for treating constipation.

4. Treats Diabetes

Giloy acts as a hypoglycaemic agent and helps treat diabetes (particularly Type 2 diabetes). Giloy juice helps reduce high levels of blood sugar and works wonders.

5. Reduces Stress and Anxiety

It helps reduce mental stress as well as anxiety. It helps get rid of toxins, boosts the memory, calms you down and makes for an excellent health tonic.

6. Fights Respiratory diseases

Giloy is popularly known for its anti-inflammatory benefits and helps reduce respiratory problems like frequent cough, cold, tonsils.

7. Treats Arthritis

Giloy contains anti-inflammatory and anti-arthritis properties that help treat arthritis and its several symptoms. For joint pain, the powder from giloy stem can be boiled with milk and consumed. It can be used along with ginger to treat rheumatoid arthritis. Giloy juice contains anti-inflammatory and anti-arthritis properties.

8. Reduces Asthmatic Symptoms

Asthma causes chest tightness, shortness of breath and cough. Chewing giloy root helps asthma patients.

9. Improves Vision

Giloy plant is applied to the eyes as it helps boost vision clarity. All you need to do, is boil Giloy powder in water, let it cool down and apply over the eyelids.

10. Reduces Signs Of Aging

Giloy plant contains anti-aging properties that help reduce dark spots, pimples, fine lines and wrinkles.

There are no serious side-effects of consuming Giloy since it is a natural and safe herbal remedy. However, in some cases - the use of Giloy can cause constipation and lower blood sugar levels. So if you are diabetic and have been consuming Giloy on a long-term basis, monitor your blood sugar levels regularly. Also, avoid Giloy if you are pregnant or breastfeeding.

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