

# A REVIEW OF DIVINE HERB-‘ *GILOY*’

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**ABSTRACT-***Ayurveda* is an oldest traditional Indian medicinal system.several herbal medicines are described in our classical texts for various diseases.But *Giloy* has its own importance.It is called as *amruta* for its divine nature.This review article mainly contains the information on synonyms and their meaning,properties of *giloy* in various nighantu as well as action and uses of *giloy*.

**Key words-***giloy,guduchi,nighantu*

**INTRODUCTION-***Tinospora cordifolia*(willd.)commonly known as *giloy/guduchi* belonging to the family Menispermaceae.*giloy* is common in India ,Shrilanka, Myanmar,Sothern eastern Asia,Africa and Australia.it is seen growing in all dry and deciduous forest of India.mostly seen as a climber it grows on other trees,electric poles and telephone poles.<sup>1</sup>*Giloy* is one of the most important herbal medicine to exist in *Ayurveda*. It is act as a *rasayan*,helpful to prevent aging,it contains antioxidant properties that improves health.It is also useful in several diseases like *pandu, kamla, jwara, krimi, madhumeha* etc.Famous herbalist Sebastian pole states that *Guduchi* growing on *neem* trees are said to be more bitter and best in therapeutics,as the synergy between these two bitter plants enhances its efficacy.<sup>2</sup>

## AIMS & OBJECTIVES-

1. To know the properties of *Giloy*.
2. To know the uses of *Giloy* in various diseases.
3. Detailed study of *Giloy* in different laxicons.

**VERNACULAR NAMES<sup>3</sup>-**

Sanskrit	-	<i>Amrtavalli, amrta, madhuparni, guduchika,</i>
Assam.	-	<i>Siddhilata, amralata</i>
Bengali	-	<i>Gulancho</i>
Kannada	-	<i>Amrutaballi</i>
Malayalam	-	<i>Chittamrutu</i>
Marathi	-	<i>Gulvel</i>
Punjabi	-	<i>Gilo</i>
Oriya	-	<i>Guluchi</i>
Tamil	-	<i>Seendal, seendilkodi</i>
Telgu	-	<i>Thippateega</i>
Urdu	-	<i>Gilo</i>

**BOTANICAL DESCRIPTION**-Large glabrous, deciduous, climbing shrubs. leaves broadly ovate, cordate, long petiolate. flowers small, yellow or greenish-yellow appearing when the plant is leafless, in axillary and terminal racemes. male flowers clustered. female flowers usually solitary.<sup>4</sup>

**RASAPANCHAKA<sup>5</sup>-**

RASA	<i>Tikta, kashaya</i>
GUNA	<i>Guru, snigdha</i>
VEERYA	<i>Ushna</i>
VIPAKA	<i>Madhura</i>

**CATEGORIZATION OF GILOY IN VARIOUS NIGHANTU-**

S.NO.	NAME OF TEXT	VARGA
1	<i>Dhanwantari nighantu</i>	<i>Guduchyadi varga</i>
2	<i>Madanpala nighantu</i>	<i>Abhyadi varga</i>
3	<i>Kaiyadev nighantu</i>	<i>Oushadhi varga</i>
4	<i>Raj nighantu</i>	<i>Guduchyadi varga</i>
5	<i>Bhavaprakash nighantu</i>	<i>Guduchyadi varga</i>

SYNONYMS OF *GILOY* IN VARIOUS *NIGHANTU*<sup>6-10</sup>.

SYNONYMS	<i>B.P.</i>	<i>K.D.</i>	<i>D.N.</i>	<i>R.N.</i>	<i>M.N.</i>
<i>Guduchi</i>	+	+	+	+	+
<i>Madhuparni</i>	+	+	+	+	
<i>Amruta</i>	+	+	+	+	+
<i>Amrutvallari</i>	+		+	+	+
<i>Chhinna</i>	+	+	+	+	+
<i>Chhinaruha</i>	+	+	+	+	+
<i>Chhinodbhava</i>	+	+	+	+	+
<i>Vatsadni</i>	+	+	+		+
<i>Jivanti</i>	+		+	+	+
<i>Tantrika</i>	+		+		
<i>Soma</i>	+	+			
<i>Somavalli</i>	+		+		
<i>Chakralakshna</i>	+	+	+		
<i>Dheera</i>	+				
<i>Vishalya</i>	+		+	+	
<i>Rasayani</i>	+		+	+	
<i>Chandrasahsa</i>	+	+	+	+	+
<i>Vyastha</i>	+	+	+	+	+
<i>Mandali</i>	+		+		
<i>Devnirmita</i>	+		+		
<i>Kundali</i>		+	+	+	+
<i>Amrutlata</i>		+	+	+	
<i>Dhara</i>		+	+		
<i>Vara</i>		+		+	
<i>Nagkumari</i>			+	+	
<i>Chhinnangi</i>			+		
<i>Jwaranashni</i>			+		+
<i>Somya</i>			+		
<i>Amrutsambhava</i>			+	+	
<i>Pindamruta</i>			+		
<i>Bahuchhinna</i>			+		
<i>Mrutika</i>			+		

<i>Bhishagjita</i>			+		
<i>Jwarari</i>			+	+	
<i>Shyama</i>			+	+	
<i>Surkruta</i>			+	+	
<i>Bhisagpriya</i>				+	
<i>Somlatika</i>				+	

### RASAPANCHAKA ACCORDING TO VARIOUS NIGHANTU-

RASAPANCHAKA	B.P.	K.D	D.N.	R.N.
RASA	<i>Katu,tikta,kashaya</i>	<i>Kashaya,katu,tikta</i>	<i>Tikta,kashaya</i>	<i>Tikta,kashaya</i>
GUNA	-	<i>Laghu</i>	<i>Guru</i>	<i>Guru</i>
VEERYA	<i>Ushna</i>	<i>Ushna</i>	<i>Ushna</i>	<i>Ushna</i>
VIPAKA	<i>Madhura</i>	<i>Madhura</i>	-	-

### SUBSTITUTES & ADULTERANTS-

The commonest species of *Tinospora* with which *T.cordifolia* is likely to be substituted or adulterated are *T.sinensis* and *T.cripsa*(Linn.).the extract of *guduchi(guduchi satva)* is adulterated with powder/flour of potato/sweet potato/arrow root/banana.<sup>11</sup>

### CHEMICAL CONSTITUENTS-

ALKALOIDS-Berberine, magnoflorin and tembetarine are found in stem.wheres root contains jatrorrhizine

DITERPENOIDS- Borapetol,clerodane derivative, columbin, tinosporide, cordifoliside all are found in stem of *Tinospora*

STEROIDS-20 Beta-hydroxyecdysone,beta sitosterol,delta-sitosterol

LIGNANS-Syringine,syringineapiosyl glucoside.<sup>12</sup>

### PHARMACOLOGICAL

ACTIVITIES-Hypoglycaemic,CNS

depressant,antipyretic,anti-

inflammatory,immunosuppressive,antistress,hepatoprotective,antibacterial,antihyperglycaemic,diuretic etc<sup>13</sup>.

**USES-**All parts of *guduchi* plant are used for several medicinal purposes.its stem is used in the treatment of *jwar*(chronic intermittent fever). *kushtha*, *kandu* (itching), *kamla* (jaundice) ,*krimi*(worm infestation), *visarpa*(skin disease),*pandu*(anemia),*prameha*(diabetes).*Guduchi swarasa* is used in *jwara*(fever),*krimi*(worm infestation),*raktarsha*(bleeding piles).*Guduchi satva* is used in acid peptic diseases *jeerna jwara*(chronic fever), *vatarakta* (gout), *pandu* (anemia) *aruchi*(anorexia),*shwasa*(asthma),*kasa*(cough),*hikka*(hic-cough) *pradar* (menorrhagia), *arsha* (piles), *mutrakrichha* (dysuria).and according to *acharya charak guuchi swarasa* is used as *medhya rasayana*.<sup>14</sup>

**CAUTION**-Diabetic patients are advised to use *guduchi* with caution ,since it can lower blood sugar levels.In case you are about to undergo a surgery,stop consuming *guduchi* two weeks beforehand,since it can interfere with blood sugar control during the surgery.it is better to avoid *guduchi* during pregnancy and breastfeeding.<sup>15</sup>

**DISCUSSION**-There are many herbal plants in the world,*giloy* is considered as nector/*amruta* to be having greater medicinal value.It is widely described in our classical texts *giloy* having *katu,tikta* and *kashaya* in *rasa,ushna* in *veerya* and *madhur,vipaka*.according to *dhanwantari* and *raja nighantu* it has *guru* in *guna* while it's *laghu guna* depict in *kaideva nighantu*.*giloy* is useful in several diseased conditions it is *tridoshashamaka* and promotes longevity of life (*vyasah sthapanah*).it is act as *Rasayan*(Rejuvenating properties)<sup>16</sup>.It has many synonyms and several uses which are depict in different *nighantu*.description of *kanda/panda guduchi*(*Tinospora malabarica* (Lam) found in *dhanwantari,raj* and *kaideva nighantu*.it is commonly known as *bahuchhinna,pindaguduchika,kandobhava,kandarohini* etc.it is widely used in *jwara, vali palit,vishnashak* and *bhootadoshanashaka*

**CONCLUSION**-Many research work is being done on *giloy* due to its utility.*Giloy* can reduce sign and symptoms of several life threatening condition like diabetes,cancer,autoimmune disorders,anxiety etc.By the help of this review we can get sufficient and multidimensional information of synonyms,properties,uses,chemical constituents,pharmacological action of *giloy*.

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