



Clinical indication of Guduchi (*Tinospora cordifolia*) – a scientific and experimental view

Dr. Kalunge Chetan Mahadev

2nd year pg scholar

Department of PG studies in Kayachikitsa

Muniyal institute of Ayurveda medical sciences, Manipal

Dr. Paidikalva Shrikant

2nd year pg scholar

Department of PG studies in Kayachikitsa

Muniyal institute of Ayurveda medical sciences, Manipal

Dr. Prof. Shripathi acharya G

Director Academic and development

Muniyal institute of Ayurveda medical sciences, Manipal

Abstract:

Herbs are used as medicine from time immemorial all over the world. In Ayurveda medicine, various herbs are used either singly or formulations. Especially in the management of non-communicable disorders, Ayurveda medicine has better role. Guduchi (*Tinospora cordifolia*) is one such drug which is given in the management of various disorders. Guduchi is having the action like Tikta rasayukta, Rasayana, Anti –infection, Jwaraghna, Krimighna, Immunomodulator, Hypoglycemic, Hepatoprotective, Kasahara, Raktashodhaka and Anti stress actions. It is given in Jwara, Udarakrimi, Kasa, Shwasa, Kamala, Kumbha kamala, Kushta, Rhinitis, Vicharchika, Viral hepatitis, Alcoholic liver disease, Acute bronchitis, Chronic bronchitis, Bronchial asthma, Bronchiectasis, Emphysema of the lungs, Fungal infection of the lung, Chronic non healing ulcer, Contact dermatitis, Folliculitis, Paronychia, Tinea infection of the skin (Ring worm), Worm infestations, Gout, Peripheral vascular disease and Diabetes mellitus.

The present paper highlights about the clinical indications of Guduchi (*Tinospora cordifolia*) in a scientific and experiential view.

Key words – *Tinospora cordifolia*, Guduchi, hypoglycemic, Hepatoprotective.

Introduction:

Guduchi (*Tinospora cordifolia*) is a drug which is used widely in Ayurveda medicine. It is having the actions like Jwaraghna, Kasahara, Rasayana, Dipana, Pachana, Krimighna, Medya, Immunomodulator, Antistress, Adaptogenic, Antioxidant, Hypoglycemic and Hepatoprotective. It is mainly given in respiratory, skin and liver disorders.

Aims and Objectives:

To study the clinical indication of Guduchi (*Tinospora cordifolia*) in a scientific and experiential view.

Methods: A compilation is done by research monographs, research and review papers, from journals, contemporary literature, Sangraha and Samhita granthas and from personal experience.

Botanical name: *Tinospora cordifolia*

Paryaya: Guduchi, Amrita, Amritavallari, Chinna, Madhuparni, Chinnodbhava, Tantrika, Somavalli, Dhirta, Kundalina, Rasayani, Vishalya, Chandrahasa, Mandali, Chakralakshanika.

English – *Tinospora*

Hindi – Giloy, Amruta, Gulbel

Kannada – Amritaballi, Madhuparni, Yuganiballi

Properties: 1,2,3.

Rasa – Tikta, Kashaya

Guna – Guru, Snigdha

Virya – Ushna

Vipaka – Madhura

Doshagnata – Tridosha shamaka

Rogagnata: 4,5,6. Vatarakta, Kushta, Trishna, Daha, Chardi, Aruchi, Agnimandhya, Netra roga, Kamala, Yakrut vikara, Shoola, Amlapitta, Atisara, Pravahika, Grahani, Arsha, Krimi, Plihavridhi, Hrid dourbalya, Raktavikara, Pandu, Amavata, Basti shotha, Kasa, Shwasa, Shukradourbalya, Madhumeha, Prameha, Mootra krichra, Visarpa, Phiranga, Vishamajwara, Samanya jwara, Jirna jwara.

Karma: 7.

Kushtaghna, Trishna nighrahana, Vedana sthapana, Chardi nighrahana, Dipana, Pachana, Anulomana, Hridya, Raktashodhaka, Raktavardhaka, Krimighna, Kaphaghna, Balya, Vrishya, Pramehaghna, Mootrajanana, Dahaprashamana, Rasayana and Jwaraghna.

Pharmacological activities:8,9.

Antihyperglycemic, Hypoglycemic, Antibacterial, Antipyretic, Anti-inflammatory, Anti-allergic, Anti-arthritic, Antimicrobial, Hepatoprotective, Immunosuppressive, CNS depressant, Analgesic, Antineoplastic, Anti-stress, Anti-tumour, Antidiabetic, Adaptogenic, Antioxidant, Hypotensive and Diuretic.

Chemical Constituents:

Berberine alkaloid, Giloin glycoside, Essential oil, Fatty acid and Starch are present.

Clinical indications: 10,11.

Vatarakta, Kasa, Jwara, Shwasa, Kamala, Udara krimi, Alcoholic liver disease, Viral hepatitis, Cirrhosis of the liver, AIDS, Peripheral vascular disease, Gout, Chronic non healing ulcer, Varicose vein, Diabetic mellitus, Acute bronchitis, Rhinitis, Pinasa, Adenoids, Tonsilitis, Pharyngitis, Laryngitis, Trachitis, Bronchial asthma, Bronchiectasis, Emphysema of the lungs, Folliculitis, Contact dermatitis, Scabies, Ringworm infection, Paronychia, Measles, Chicken pox.

Discussion: 12,13,14.

Guduchi is commonly given as a kwatha or in other formulation. It is given in various disorders with suitable adjuvants with good results, Guduchi kwatha is given with kaishora guggulu in Vatarakta roga. It is given with Sitopaladi churna in Kasa. In Jwara, Amrutottara kashaya is given with Tribhuvana kirti rasa, In Shwasa roga, Guduchi kwatha is given with Kanakasava, Mrityunjaya rasa and Agastya rasana leha.

In kamala, Guduchi kwatha is given with Arogyavardhini vati and Phalatrikadi kashaya. In Udara krimi, Guduchi kashaya is given with Vidangarishta and Krimi mudgara rasa. In alcoholic steatosis, Guduchi kwatha is given with Katuki kwatha. In alcoholic hepatitis, it is given along with Arogyavardhini vati and Godanti bhasma with Narikela jala anupana. In alcoholic cirrhosis patients, Guduchi kwatha is given with Arogyavardhini vati, Phalatrikadi Kashaya and high protein diet. In viral hepatitis, Guduchi kwatha is given with Godanti bhasma and tender coconut water and balanced diet. In AIDS patients, it is given with Vasantha kusmakara Rasa and Siddha makaradhwa. In peripheral vascular disease patients, Chandraprabha vati, Kaishora guggulu and Shilajatwadi loha are given with good results. In Gout patients, Guduchi kashaya is given with Kaishora guggulu and Suranjana churna. In patients of chronic non-healing ulcer, Guduchi Ghana vati is given with Mahatiktaka kashayam. Arogyavardhini vati internally and Tankana sindoor external application. In diabetes mellitus patients, Guduchi ghana vati is given with Sitopaladi churna and Mrityunjaya rasa. In Rhinitis patients Guduchi ghana vati is given with pippalyasava. In Pinasa roga, Naradeeya laxmivilasa rasa is given with Guduchi kashaya. In adenoids patients Roudrarasa, Anand bhairava rasa and Guduchi kashaya are given. In patients of Tonsilitis,

Guduchi kwatha is given with Vranapahari rasa and Mukkadi vati. In Pharyngitis, Guduchi ghana vati is given with Sitopaladi churna and Amritottara kashaya. In Laryngitis patients Guduchi ghana vati is given with Khadiradi gutika and Pippalyasava, In Tracheitis patients, Guduchi ghana vati is given with Somasava, Mrityunjaya rasa. In bronchial asthma patients, Guduchi ghana vati is given with Pushkaramoolasava, Somasava and Hinguleshawara rasa. In bronchiectasis, Talisadi churna, Poorna chandrodaya rasa and Pushkaramoolasava are given with Guduchi ghana vati. In Emphysema patients similar medicines are given. In folliculitis, Guduchi ghana vati is given with Sarivadyasava, Mahamanjishtadi kashaya and Gandhakadya malahara for external application. In contact dermatitis patients, Guduchi kashaya is given with Mahamanjishtadi kashaya, Gandhaka rasayana, Arogyavardhini vati and Mahamarichyadi taila for external application. In Scabies guduchi kwatha is given with Gandhaka rasayana tablets with Gandhaka malahara for external application. In ringworm infection of the skin Mahatiktaka kashaya, Arogyavardhini vati and chakramarda taila for external application. In paronychia Guduchi kashaya is given with Gandhaka churna and external application of Tankana bhasma to nailbeds. In measles and chicken pox patients, Mrityunjaya rasa, Laghusoota shekhara rasa are given with Guduchi kashaya.

In a clinical trial of 20 patients of infective hepatitis were treated with tablets prepared from stem of *Tinospora cordifolia*. Four tablets (250mg) each were administered trice daily with water for 4 weeks. The majority of cases i.e., 15 cases (76%) were cured and 5 cases (25%) were improved.

CONCLUSION:

1. Guduchi (*Tinospora cordifolia*) is given singly (Ekamoolika prayoga) and in combination with various formulations in various disorders with good outcome.
2. There were least adverse drug effect after the administration of Guduchi even for prolonged period.
3. When given with suitable disease specific adjuvant therapy, it has good results.

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