



# Guduchi

गुडूची -

गुडति रक्षति रोगेभ्य  
इति;  
'गुड रक्षणे' ।



Latin Name  
&  
Family

# Tinospora cordifolia


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## Menispermaceae



**Tinospora** - The plant stitches like a bow with the seeds curved around the intruder endocarp.

**cordifolia** - heart shaped leaves at the base.



# Vernacular names

## English

- Tinospora

## Hindi

- Adharvela, amrta, gilai,
- Gulbel, gulancha, ushwa

## Gujarati

- Gulo, gado

## Kannada

- Agniballi, amara, phala ni, uganiballi, yuganiballi.

## Arabic

- Gulo, sat gilo

## Tamil

- Amurtavalli, cilam, civa ntil, kunali, maruntati, seenthli, vayamatu, she endi

## Marathi

- Ambarvel, giroli, gulvel, garubdael, gulaveli

## Telgu

- Comavalli, cukkuman, katavam, ponnaavalli, sindal.

# Classification

- वयस्थापन
- दाहप्रशमन
- तृष्णा निग्रह
- स्तन्य शोधन
- तृप्तिघ्न

आचार्य  
चरकानुसार

- गुडुच्यादि
- पटोलादि
- काकोल्यादि
- आरग्वधादि
- वल्लीपञ्चमूल

आचार्य सु-  
श्रुतानुसार

- गुडुच्यादि
- पटोलादि
- आरग्वधादि

आचार्य वा-  
ग्भटानुसार

# Synonyms

काण्डोद्धवा

अमृता  
अमृतवल्लरी  
- न म्रियते  
लताऽस्या।

कुण्डली  
- कुण्डलाकारेण  
वर्धते।

चक्रलक्षणिका  
- काण्डच्छेदे  
चक्रेण लक्ष्यते।

चन्द्राहासा  
- चन्द्रकाराणि  
शुभ्रबीजान्यस्याः

छिन्नरूहा  
- चिन्तनं सती पुनः  
रोहति।

जीवन्ती और  
ज्वरनाशिनी  
- जीवयताति,  
रसायनत्वात्, ज्वरे  
हितत्वात्।

तन्त्रिका और  
वयस्या  
-- वयस्या  
आयुषे हिता  
तनु विस्तारे।

धारा और  
रसायनी  
- धारयति  
शरीरमिति, रसा  
यनफलदात्री।

मण्डली  
- मण्डलाकारेण  
वर्धमाना।

मधुपर्णी  
-  
मधुवद्रसयुक्तादि  
पर्णान्यस्या।

विशल्या  
- विगतं  
शल्यमस्याः।



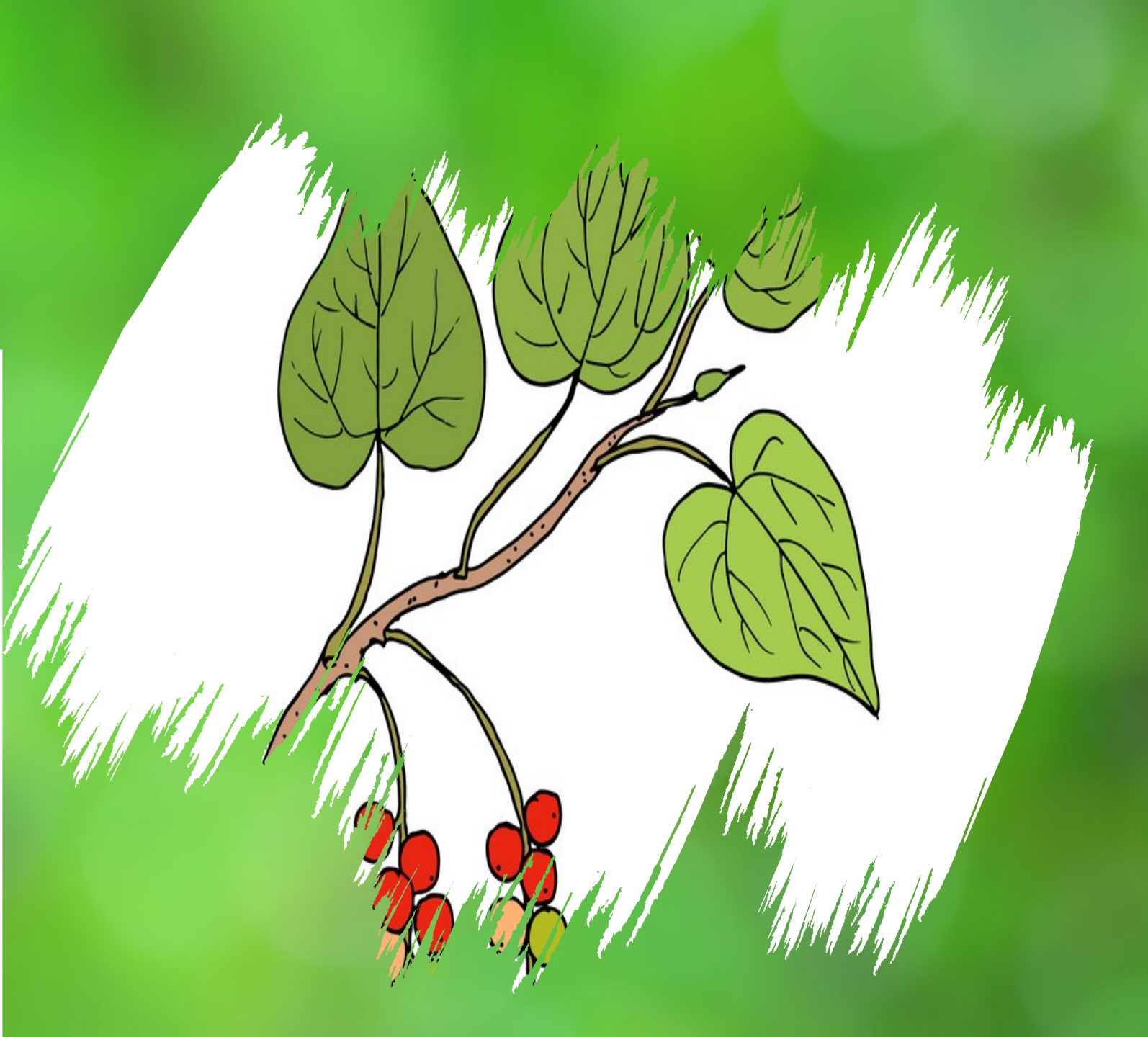


## **Habitat -**

**It is available almost throughout India.**

## **Cultivation -**

**Propagated by cuttings of stem. It can be grown in almost any types of soil and under varying climatic conditions.**



# Varieties and adulteration

01

In the original classical literature there is only one variety of guduchi described.

02

Dhanvantari Nighantu introduced 2 varieties.

03

Guduchi and kandodbhava guduchi -  
*Tinospora sinensis*/ *T. malabarica*

04

Gangadhar mentioned about Padma guduchi in his commentary.

What mythology  
says about  
Guduchi!



During famous war between lord Rama and Ravan when the army of monkeys following Rama was dying Indra (main diety among all gods) suspended nectar among them when they were taking nectar some drops fell on ground and guduchi originated from there.

It is a large climber with succulent, corky and grooved stems; branches possess slender pendulous fleshy roots.

Leaves - membranous, glabrous, 5-10cm long, cordate; petiole 2.5-7cm long.

Flowers - in racemes of about 5cm; axillary, terminal or from the old wood, pale yellowish white in colour.

Fruits - red, carpels, dorsally convex, ventrally flat, size of a large pea



**Tinospora cordifolia**  
**Mixers (menispermum cordifolium wild.)**

# Tinospora sinensis

## T. malabarica (lam.)



It is a large climber with 2 cm in diameter stem, old branches are smooth and shining, more or less warty light coloured papery bark, young parts covered with whitish hairs.

Leaves - membranous, sparingly pubescent above, broadly ovate-cordate, 8-24cm long, petioles 6-14 cm. long, striate.

Flowers - arranged in pseudo racemes arising from the old branches, simple, pedunculate, yellowish green coloured.

# Important points

## Special notes

It is described as one of the medhya rasayan (mental rejuvenation) in the Charaka samhita. those growing up neem (*Azadirachta indica*) trees are said to be the best as the synergy between those two bitter plants enhance guduchi efficacy.

Guduchi balance all the three dosha, when taken with ghruta it balance vata with guda pitta and honey with kapha. the leaves of guduchi are mostly described under in the Ayurvedic texts.



# Part used

Areal  
Roots



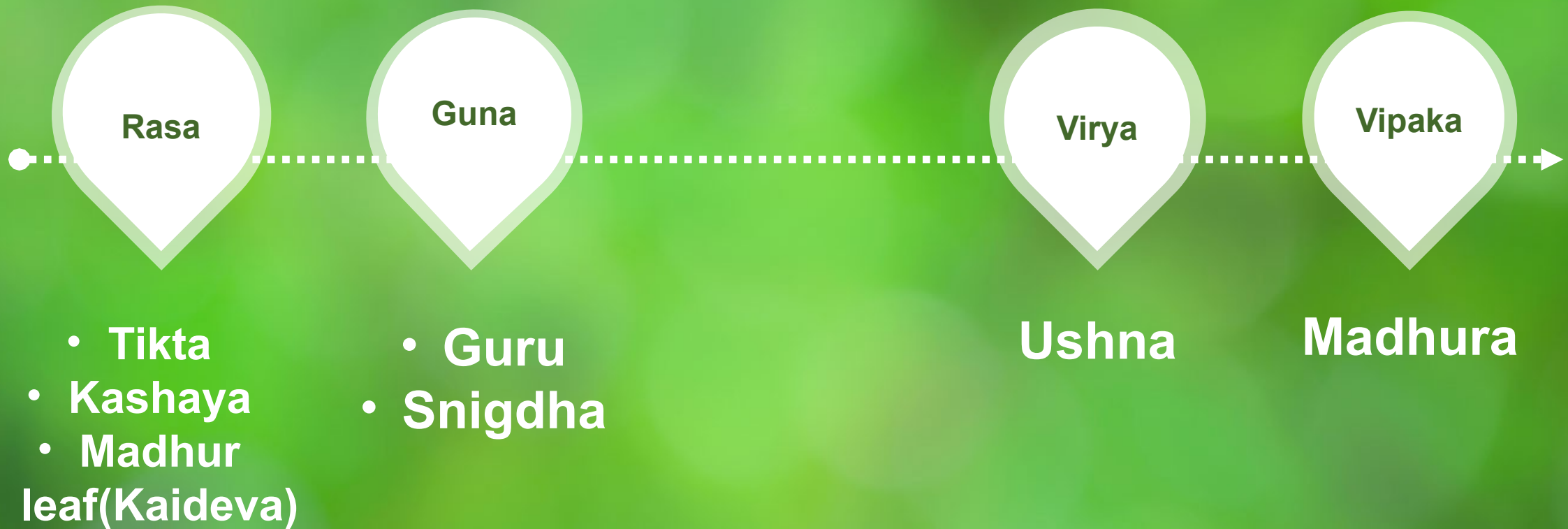
Stem



Leaf



# Rasa panchaka



# Chemical composition



Tinosporin

Cordifolide

Furanoid

Palamatine

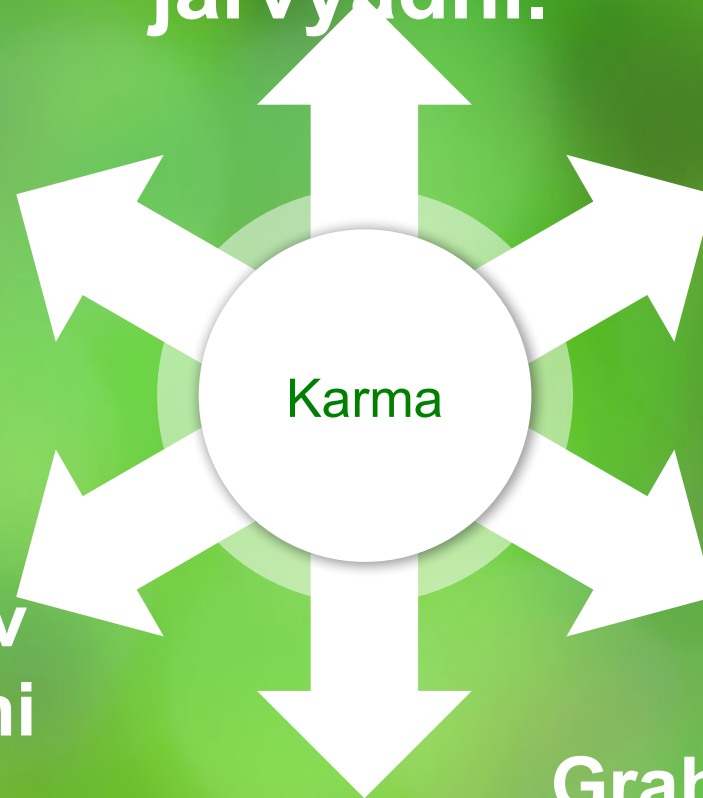
Glucoside

Sitosterol

**Indication** - Jvara,  
Trishna,Vatarakta,Pandu,kamala,Daha,Prameha,Kushtha,  
Chhardi,Krimi,Kandu,Raktars, Medoroga,Visarpa,Kasa,  
jarvyadhi.

Trishna  
nigrahana,stanya  
shodhana

Triptighna,balya,v  
alee palita nashini



Tridoshara,medha  
ya, rasayan

Vaya  
sathapana,dipanit  
a,dahaparshmana

Grahi,medohara,k  
andughna,javarha

# Therapeutic uses

## Medhya

Guduchi swarasa  
20ml  
Twice daily  
(Ch.chi.1/1)

## Javara

Guduchi swarasa  
+ satavari swarasa  
10ml mixed  
together along  
with Jaggery in  
vata jawara  
(S.S.Ut.39/174)

## Prameha

Guduchi swarasa  
with honey  
( A.h.chi.12/64)

## Slipada

Guduchi swarasa +  
ginger oil(taila)  
(C.D.42/16)

## Amlapitta

Guduchi Patra  
swarasa,nimba,pat  
ola with honey  
(B.P.Chi. 10/16)

## Chhardi

Guduchi hima  
kashaya orally  
with honey  
(Bha.P.chi. 17/21)

## Vatarakta

Chronic  
administration of  
guduchi in either  
juice or paste or  
powder or Dec.  
(B.P.Chi29/41)

## Daha prashama n

Guduchi swarasa  
20 ml

# Formulation

**Guduchi  
churna**

**Guduchi  
sattav**

**Guduchyadi  
kwath**

**Guduchi  
loha**

**Amrutarisht  
a**

## Dose

**Stem powder  
3-6 gm**

**Decoction  
50-100 ml**

**Infusion  
30-60ml**

**Fresh juice  
10-20ml**

**Guduchi satva  
1-2gm**



# Thank you

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