

# *Tinospora cardifolia*

## AN IMMUNITY BOOSTER FOR CENTURIES

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### INTRODUCTION:

The world at present is growing through an awakening for medicinal herbs in the treatment of many ailments. Such sudden interest has led to focusing of public attention towards the plant based sectors. *Tinospora cardifolia* or most commonly known as 'Giloye' and 'Guduchi' has been used as a major ingredient in medicines for treatment of a number of diseases like dysentery, diarrhea, jaundice, skin ailments, fever, etc in Himachal Pradesh and parts of the country. *Tinospora cordifolia* is a climbing deciduous shrub. It is found throughout tropical part of India and also found in China, Bangladesh, Myanmar & Sri Lanka. This plant belongs to the family Menispermaceae. A variety of constituents have been isolated from different parts of *T. cardifolia*. The use of this plant is mentioned in much traditional text like Sushrut, Charak, Ashtang Hridhaya, Bhava Prakash and Dhanvantri Nighantu. The drug from *T. cardifolia* first gained attention by the European practitioners in India as a specific tonic and for its diuretic properties which is why it was included in Bengal Pharmacopoeia of 1868. The climber is from family Menispermaceae and is one of the most widely used climber from the ancient medicinal history of Ayurveda as a medicine. The use of *T. cardifolia* has been mentioned in a number of medicinal texts in our country. A shift to medicinal herbs has massively increased the demand of plant based pharmacy not only in India but also in many developed countries. It is necessary to create awareness among the masses about their medicinal importance and judicious cultivation so that it is not pushed into categories of vulnerability.

### COMMON NAMES:

Latin : *Tinospora cardifolia*(willd.) Hook.F. & Thomson  
English : Gulancha/ Indian tinospora  
Sanskrit: Guduchi, Madhuparni, Amrita, Chinnaruha, Vatsadaani, Tantrika, Kundalini & Chakralakshanika.  
Hindi : Giloya, Guduchi  
Bengali : Gulancha  
Telugu : Tippatiga  
Tamil : Shindilakodi  
Marathi : Shindilakodi  
Gujarathi : Galo  
Kannada : Amrita balli

### BOTANICAL DESCRIPTION:

- It is a large and a deciduous climbing shrub which has many elongated branches which twine around the host
- The stem has a grey and creamy white color, longitudinal in shape and the space between has large rosette like lenticels.
- Wood has a white, soft and porous structure and when the wood is cut and exposed to air a yellow tint is observed.
- Leaves are simple, alternate, exstipulate, long petioles and roundish
- Flowers are unisexual, small on separate plants and appear well when the plant is leafless, greenish yellow on axillary and terminal racemes.



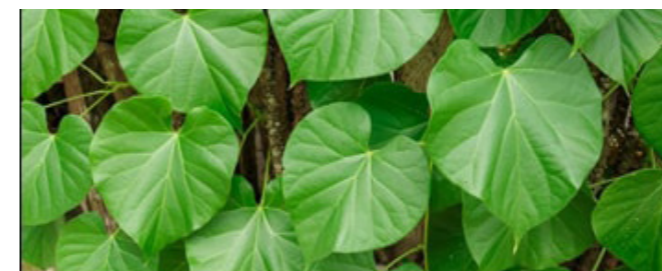
*Tinospora cardifolia*

### GEOGRAPHICAL DISTRIBUTION:

It is found in countries like India, and also in Sri Lanka, Bangladesh and China. In India, it is found in tropical regions up to 1,200 m above sea level extending from north through West Bengal, Bihar, Deccan, Konkan, Karnataka and Kerala.

### MEDICINAL PROPERTIES:

The climber possesses anti-oxidant, anti-hyperglycemic, anti-neoplastic, anti-stress, antidote, anti-spasmodic, anti-pyretic, antiallergic, anti-leprotic, anti-inflammatory and anti-hyperlipidaemia. Various parts of the plant contain immense medicinal property. Studies conducted on rats have proven that *Tinospora cordifolia* acts as an immunomodulator. A lot of research has been conducted on this precious forest genetic resource because of its medicinal and commercial value. The stem is used against respiratory infections, snake bites and in cases of skin infections.



Leaves of *Tinospora cardifolia* (Source: IJCPR, 2013)

### CONCLUSION:

The recent change of trend of medicinal market into healing herbs has massively increased the pressure on such medicinal plants. It is important to create awareness among the masses about the extensive medicinal value and judicious cultivation of such medicinally important climbers like *T. cardifolia*. The therapeutic potential of Giloye has been established through years of clinical trial and research. This climber is one of the best remedy for respiratory infections and for boosting immunity especially in case of children. A well established market which demonstrates its cultivation practices can provide a commercial income for people and an improvement in the conservation aspect.