

Giloy : The Miracle Herb Of 21st Century

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Introduction

As the nation continues to put a united front against the battle with the novel corona virus, people are going back the herbal way to boost their immune system and take better care of their health. Since time immemorial, Giloy or Guduchi (Hindi) has been hailed for its medicinal properties and a host of health benefits. The scientific name of this age-old miraculous herb is *Tinospora cordifolia* and it is also known as 'Amrita' in Sanskrit, which literally translates to 'the root of immortality'. The plant's stem is highly nutritious and capable of treating so many problems. As per the shloka of the Samhita, Giloy is one of the main herbs that is a little bitter in taste but it is used for the treatment of various disorders and also helps alleviate Vata and Kapha dosha. The fruit of Giloy is reddish and has heart-shaped leaves.



Medicinal Properties of Giloy

The stem of the Giloy is highly useful as it contains so many compounds including, alkaloids, steroids, and glycosides. The roots and leaves of the plant can also be used as they are rich in nutrients. All these compounds in the Giloy make it beneficial for so many issues, be it diabetes, fever, or coronavirus.

How To Consume Giloy ?

According to Ayurveda, Giloy can be consumed in the form of decoction, juice or even powder. Nowadays, due to the increase in demand, it is easily available in the markets in the

form of capsules or ready-made powder. Also, the powder of Giloy can be applied to treat various skin problems.

Generally, the dose of Giloy is a teaspoon at a time and twice a day. However, this dose may vary in respect of the type of health issues.

Health Benefits

- ❖ **Boosts immunity:** Due to the presence of ample amount of antioxidants and nutrients in the plant, it helps to boost immunity. In addition, Giloy helps detoxify the body which helps clean out the bacteria and viruses present in the body and makes the immune system stronger.
- ❖ **Improves digestion:** Giloy is the remedy to the problems like diarrhea, hyperacidity, colitis, vomiting, etc which occur due to improper digestion, but Giloy manages it all and improves digestive functions.



- ❖ **Reduces stress and anxiety:** Giloy calms down the mind and body, enhancing memory and cognitive functions.
- ❖ **Improves eye sight:** The antioxidants in the Giloy make it more effective for the betterment of eye-sight. To use Giloy for the eyes, boil the Giloy powder or Giloy leaves in water and then apply it to the eyes.
- ❖ **Treats arthritis and gut:** The benefits of Giloy also include the treatment of arthritis and gout. In addition, the anti-inflammatory properties and anti-arthritic property of Giloy helps a lot in the reduction of joint pains. In order to avail this benefit, Giloy powder should be consumed with some warm milk.

- ❖ **Controls blood sugar level:** Giloy in Sanskrit is known as “Madhunashini,” which means the destroyer of sugar. It enhances the production of insulin in the body and hence controls blood sugar levels. Also it can be used to treat the complications of diabetes i.e., kidney problems, ulcers, etc.
- ❖ **Treatment of Dengue fever:** This antipyretic herb helps in increasing the number of platelets in the body which helps in the reduction of dengue fever and the chances of further complications. Also, the regular consumption of Giloy provides immunity which gives the strength to the body for fighting against dengue fever. To avail this benefit of Giloy, do try to drink the Giloy juice with some Tulsi leaves as it gives better results.
- ❖ **Treatment of Skin Disease:** Giloy Juice combined with Neem and Amla can be used for skin diseases like eczema and psoriasis.
- ❖ Recent studies conveys that fresh juice of the plant is very beneficial is the treatment and prevention of cancer.
- ❖ It acts as an anti-aging agent.
- ❖ Recent reports have suggested that giloy may also help in alleviating the symptoms of autoimmune conditions like SLE (Systemic Lupus Erythematosus) and chronic arthritis.

Conclusion

Giloy does not work like magic in a day or two. Like the other natural remedies and ingredients, Giloy also needs time to act and protect the body. Consuming it daily in a proper amount, not in excess, keeps the person fit and healthy and even gives the power to face this deadly coronavirus.