

Giloy : The Amrita

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Giloy is scientifically known as *Tinospora cordifolia* or Guduchi in Sanskrit. It is also known as heart-leaved moonseed or root of immortality. It is an herbaceous vine of the family Menispermaceae. It is a large, deciduous, climbing shrub with several elongated twining branches. The stem of Giloy is highly effective because of its high nutritional content and the alkaloids present in it. Leaves are simple, alternate, and exstipulate with long petioles. Lamina of leaves are generally ovate or ovate cordate. Flowers are unisexual, small and occur when plant is leafless in axillary and terminal racemes. Male flowers are clustered but female flowers are usually solitary. Fruits are smooth ovoid orange colour drupe aggregate in clusters of one to three.

Giloy is one of the main herbs with a bitter taste. It is used in various disorders and also helps in alleviate Vata and Kapha dosha. It is the wonderful herb for our immune system. It is source of antioxidants and also helps in removing toxins from our body, alleviating the symptoms of cold, cough and fever and fighting liver disease and urinary tract infections. It also help in balancing the blood sugar levels in our body as it acts as a hypoglycaemic agent. It is umbrella herb with healing and medicinal properties including anti-diabetic, anti-periodic, anti-spasmodic, anti-inflammatory, anti-arthritis, anti-oxidant, anti-allergic, anti-stress, anti-leprotic, anti-malarial, hepato-protective, immunomodulatory and anti-neoplastic activities.



Giloy is found in powder, juice, and capsule form at most ayurvedic stores in India. We can even grow it at home very easily by planting the stem of it in a pot. It grows very fast and we can boil the leaves to make the juice at home.

Researchers says

In Indian medicines it has been said that it's extracts are actually used as a key ingredient in many Ayurvedic medicines. Recent studies have suggested that it also help in alleviating the symptoms of autoimmune conditions like SLE (Systemic Lupus Erythematosus) and chronic arthritis. It is beneficial for those suffering from chronic fever, high sugar levels and even a disturbed digestive system.

In a recent interview, Baba Ramdev said Giloy is 100 percent effective in breaking the chain of infection from attacking our system. He claimed that giloy and ashwagandha have already been given to COVID-19 positive patients and these people had a recovery rate of 100 percent. The research on this is still going on at Patanjali and soon their scientific research will be presented to the world.



Benefits

There are several benefits of Giloy among which the main benefits are to reduce stress and anxiety, improves eyesight, stronger bones and protects our heart. It has strong antioxidant properties which protects against free radical damage and boosts immunity. It helps in reducing fever and also effective for chronic fevers such as dengue or chikungunia. It helps in increasing blood platelet count. It aids in digestion and has anti-inflammatory effect, which aids in treatment of arthritis and asthma. It can help reduce blood glucose levels for type-2 diabetics.

Side Effects

Giloy is an absolutely natural remedy and does not have any side effects in healthy people. However, for people who have auto-immune diseases the herb can cause the symptoms to become worse since it boosts the immune system.

- For the people who have had organ transplants it is recommended that such immunity-boosters should only be consumed in consultation with a doctor.
- Giloy also lowers blood sugar levels so diabetics should consume it with caution and only under the recommendation and care of an ayurvedic practitioner.
- It is also advised to avoid the use of Giloy during pregnancy and lactation.

Conclusion

Giloy is the wonder herb that do wonders to the life of people and help in becoming healthy and better human being. The interesting part about Giloy is that any part of the plant when sown in the soil generates the plant.