

GUDUCHI (*TINOSPORA CORDIFOLIA*)

Family - Menispermaceae;

Genus - *Tinospora*;

Species- *T.Cordifolia*



Tinospora cordifolia (Guduchi or Amrita) is an important drug of Ayurvedic System of Medicine and mentioned in various classical texts for the treatment of diseases such as jaundice, fever, diabetes and skin disease etc [1].

Phytoconstituents: A variety of phytoconstituents has been isolated from *Tinospora cordifolia*. They belongs to different classes such as alkaloids, diterpenoid lactones, glycosides, sesquiterpenoids, aliphatic compounds, phenolics, polysaccharides, steroids like tinosporine, tinosporide, tinosporaside, cordifolide, cordifol, heptacosanol, clerodane furano diterpene, diterpenoid furanolactone tinosporidine, columbin and β -sitosterol [2].

NUTRITIVE COMPOSITION of Guduchi includes high fiber content approx. (15.9%), proteins (4.5%-11.2%), sufficient carbohydrate (61.66%) and low fat (3.1%). Its nutritional value is 292.54 calories per 100 g. It has high potassium (0.845%), high chromium (0.006%), sufficient iron (0.28%) and sufficient calcium (0.131%) [4].

Medicinal Uses: It is traditionally used for various ailment like fever, vomiting, diabetes, jaundice, anaemia, polyuria and skin diseases etc. It is indicated as Medhyarasayana (brain tonic), digestive, appetite stimulant and carminative for digestive system. It has potent rejuvenative, neuroprotective, hypoglycemic, immunomodulatory, anti-inflammatory effect [3].

Clinical Studies:

- In a clinical study 20 patients of infective hepatitis were selected on the basis of clinical and biochemical findings. Four tablets (500mg each) thrice a day, orally with fresh water were given to the patient for 4 weeks. Comparison between before and after treatment of those patients (N=20) were showed that drug *T. cordifolia* (Guduchi) played an important role in relieving the symptoms as well as normalization of altered liver functions [5].
- A prospective, randomized, double blind placebo controlled clinical trial was conducted on breast cancer patients. Consenting breast cancer patients, who were receiving adjuvant therapy (CMF regimen), were recruited, and randomized to drug and placebo group. From the results, it appears that the drug *T. cordifolia* provided some protection against the cancer chemotherapy induced leucopenia [6].

Specification:

Botanical/ Scientific name	<i>Tinospora cordifolia</i>
Part used	Stem
Identification	Gravimetry
Heavy metal	Not more than 20 ppm
Arsenic	Not more than 1 ppm
Lead	Not more than 3 ppm
Microbiological profile	As per JPN Food Regulation

References:

- Sinha Et Al., "*Tinospora cordifolia* (Guduchi): A Review" Indian J Traditional Knowledge, Vol 3, No.3, July 2004
- Chi S, She G, Han D, Wang W, Liu Z, Liu B. Genus *tinospora*: Ethnopharmacology, phytochemistry and pharmacology. Evidence-Based Complementary and Alternative Medicine, 1-32, 2016.
- Hazera Khatun, Guduchi (*Tinospora cordifolia* (Wild)), A Traditional Indian Herbs And Its Medicinal Importance- An Ayurvedic Approach with Contemporary View International journal of ayurvedic & herbal medicine 6(4)July.- Aug.-2016(2260-2267)
- Kirtikar K R and Basu B D. Indian Medicinal Plants. Second Edition, International Book Distributers. Dehradun, 2005.
- Prakash S & Rai N P, Role of *Tinospora cordifolia* (Willd.) Miers (Guduchi) in the treatment of infective hepatitis, J Res Ayurv Siddha, 17 (1-2)(1996)58
- <http://www.exoticnatural.com/tinospora.htm>

Corporate Office:

Prakruti Products Pvt. Ltd.
 Sagar Complex, Ground Floor,
 Maruti Temple Road, Karwar –
 581301 Karnataka, INDIA.
 Hello: +91 – 08382 220000 /
 225000 / 225100

Factory Address:

Unit 1:

B 1/2, Navagadde, Agsoor
 Village, Ankola – 581 314
 Karnataka, INDIA.

Branch Office:

No 71, First Floor, 4th Main,
 West of Chord Road, 4th Stage,
 3rd Block, Basaveshwara
 Nagar, Bangalore-560079