



***Tinospora cordifolia* (Thunb.) Miers**

Family: Menispermaceae

Common names: Heart-leaved moonseed, Guduchi, Amrta, Guljya, Giloe.



Description:

Tinospora cordifolia is a large, deciduous extensively spreading climbing shrub with several elongated twining branches. Leaves are simple, alternate, ex stipulate with long petioles up to 15 cm long. Leaf lamina is broadly ovate or ovate cordate, 10–20 cm long, 7 nerved and deeply cordate at base. Flowers are unisexual, small on separate plants and appearing when plant is leafless and greenish yellow in colour. Male flowers are present in clusters where as female flowers are usually solitary. Fruits are aggregate of 1-3, scarlet or orange in colour.

Utilization: In ayurvedic medicine it is considered to be one of the most divine herbs. Stem is constituent of several ayurvedic preparation used in general debility, dyspepsia, fever and urinary diseases. A kind of starch called *Giloe ka sat*, prepared from the aqueous extract of dry stem, is used as Tonic. Roots are powerful emetic and used in visceral obstruction, its watery extract used in leprosy. Pulverized fruit is used as a tonic and also for jaundice and rheumatism. It is used for diabetes, high cholesterol, allergic rhinitis (hay fever), upset stomach, gout, lymphoma and other cancers, rheumatoid arthritis (RA), hepatitis, peptic ulcer disease (PUD), fever, gonorrhoea, syphilis, and to boost the immune system. (Yadav et. al. 2011).

Part	Uses
Stem	Dyspepsia
Dry stem, Leaves	used as Tonic

References

- Yadav R.N.S, Agarwala M; (2011) Phytochemical analysis of some medicinal plants. *Journal of phytology*, 3.12, 10-14.
- Mahesh B, Satish S; (2008). Antimicrobial activity of some important medicinal plant against plant and human pathogens. *World journal of agricultural sciences*, 4(supplement 1), 839-843.