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Tinospora Cordifolia(Giloy)As A Medicinal Herb.

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Abstract

Giloy is a medicinal plant used in folk and ayurvedic medicines through the india from ancient times. Giloy is Antipyretic drug. It improves platelet count in dengue fever and reduces the chances of complications. Regular intake of Giloy helps to improve immunity during dengue and also for a speedy recovery. For better results boil Giloy juice with a few Tulsi leaves and drink to increase platelet count.

Key words.

Introduction.

Medicinal use .

Health benefits.

Chemical constituents .

Composition.

Conclusion.

INTRODUCTION

Tinospora cordifolia (common names gurjo, heart-leaved moonseed, guduchi or giloy) is a herbaceous vine of the family Menispermaceae indigenous to tropical regions of the Indian subcontinent. It has been used in Ayurveda to treat various disorders, but in spite of clinical investigation,the effectiveness of such treatments remains uncertain.

It is a large, deciduous, extensively-spreading, climbing vine with several elongated twining branches. Leaves are simple, alternate, and exstipulate with long petioles up to 15 cm (6 in) long which are roundish and pulvinate, both at the base and apex with the basal one longer and twisted partially and half way around. It gets its name heart-leaved moonseed by its heart-shaped leaves and its reddish fruit. Lamina are broadly ovate or ovate cordate, 10–20 cm (4–8 in) long or 8–15 cm (3–6 in) broad, seven nerved and deeply cordate at base, membranous, pubescent above, whitish tomentose with a prominent reticulum beneath. Flowers are unisexual, small on separate plants and appearing when the plant is leafless, greenish-yellow on axillary and

terminal racemes. Male flowers are clustered, but female flowers are usually solitary. It has six sepals in two series of three each. The outer ones are smaller than the inner. It has six petals which are smaller than sepals, obovate, and membranous. Fruits aggregate in clusters of one to three. They are ovoid smooth drupelets on thick stalks with sub terminal style scars, scarlet or orange colored

Kingdom: Plantae

Clade: Tracheophytes

Clade: Angiosperms

Clade: Eudicots

Order: Ranunculales

Family: Menispermaceae

Genus: *Tinospora*

Species: *T. cordifolia*

Medicinal use of giloy

Giloy is an antipyretic herb. It improves platelet count in dengue fever and reduces the chances of complications. Regular intake of Giloy helps to improve immunity during dengue and also for a speedy recovery. For better results boil Giloy juice with a few Tulsi leaves and drink to increase platelet count.

As per the study, the stem of Giloy is highly effective, because it has a high content of nutritional value, alkaloids, steroids, glycosides, and roots and leaves can also be used to treat diabetes, cancer, neurological problems, and fever, and many other health benefits.

Alkaloids

Alkaloids in Giloy give a bitter taste and they may help to heal blood pressure, malaria, pain, and intestine complications.

Lignans

Shatavari is a Fibrous plants, it have antimicrobial, anti-inflammatory and antioxidants properties

Steroids

Steroids are beneficial for skin and heart health.

Terpenoids

These types of combinations in Giloy are huge, that mixture gives plants their color and taste. According to the lab tests, antibacterial, antiviral, and anti-diabetic properties are shown in terpenoids.

HEALTH BENEFITS OF GILLOY

It is a most powerful immunity booster, anti-toxic, anti-inflammatory, antioxidant, and antipyretic (that eases fever). It have lots of health benefits as shown below:-

Giloy for chronic fever

It has anti-inflammatory, Javarghana (antipyretic) properties which help to fight against infection and early recovery and boost your immunity.

Giloy for dengue fever

It is an antipyretic property to improve immunity during dengue. It builds up the platelet counts and lowers the risk possibility of obstacles. For best results, drink Giloy juice, papaya juice, and tulsi leaves or drop to increase platelet count.

Giloy for hay fever

Giloy is also beneficial to treat hay fever which is also known as allergic rhinitis. It decreases the sign of runny nose, watery eyes, sneezing, and nasal obstruction. Consume the mixture of ½ teaspoon of Giloy powder and honey before bed to ease from high body temperature.

Giloy of Corona-virus infection

According to the study, Giloy is helpful to cure coronavirus infection, because it has a good immunity booster to fight against infection of the Corona. Consume Giloy juice or Giloy Kadha 2 times a day and also suggest you take Giloy and Ashwagandha may help to prevent infection.

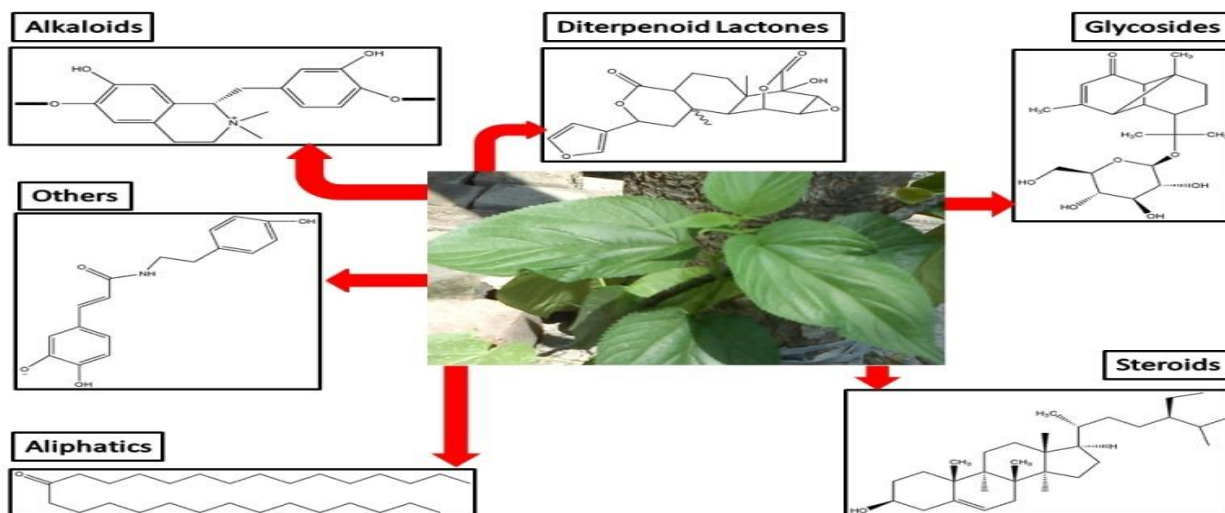
Controls Blood sugar level

According to the Ayurveda, Giloy is also called a Madhunashini. It helps to generate insulin which helps to control blood sugar levels. It also cures ulcers, and kidney problems when you get diabetes.

Improve Digestion

Giloy enhances digestion and cures digestion-related disorders like diarrhea, colitis, hyperacidity, vomiting, etc. You can treat digestion, take ½ teaspoon of Giloy powder or Giloy juice with the same quantity of water twice a day.

Chemical constituents



COMPOSITION OF GILLOY

The nutritional values of the constituents of Giloy according to their scientific composition are: Fibre: 16.19%
Moisture: 17.69% Protein: 4.13%

WHICH PART IS VERY USEFUL?

The stem of Giloy is considered highly effective because of its high nutritional content and the alkaloids found in it but the root and leaves also can be used. According to a shloka of Charak Samhita, Giloy is one of the main herbs with a bitter taste

Conclusion

Giloy is an antipyretic herb. It improves platelet count in dengue fever and reduces the chances of complications. Regular intake of Giloy helps to improve immunity during dengue and also for a speedy recovery. For better results boil Giloy juice with a few Tulsi leaves and drink to increase platelet count

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