



# INTERNATIONAL JOURNAL OF CREATIVE RESEARCH THOUGHTS (IJCRT)

An International Open Access, Peer-reviewed, Refereed Journal

## GILOY IMMUNITY BOOSTER DRINK

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### 1. Abstract:-

In this project work discuss about giloy. giloy is often called 'Amrita' or the 'nectar' of the immortality it is specially known to strengthen the immune system and keep disease at bay. It can also help deal with other medical issue like diabetes and anxiety an increasing no of people are consuming giloy to stay strong a midst the corona virus pandemic many doctors' say's giloy is reach in vitamins and can prove to be helpful.

In avoiding the development curtain disease. In fact, it is a great her by for postcorona virus care. But just like with everything also too much giloy is also bad. among virus medical plants, *Tinospora cordifolia* (family- Menispermaceae) is one of the most widely used shrub from ancient medical system as a medicine.

*Tinospora Cordelia* has been used in Indigenous system of medicine as Indigenous system of medicine as, indicated in virus classical text of ayurvedic system of medicine, oy also finds a special mention for its use in tribal or folk medicine in different part of the country.

*Tinospora cordifolia* is known for its immense application in the treatment of various diseases in the traditional ayurvedic literature.

## Key words:-

Herbal immunity booster antioxidants Tanospora cordifolia “immunomodulator”  
alkaloids.

## Introduction:-

This age old miraculous herb I also known as Amrita’ in Sanskrit, which means immortality.

With the second wave of **Covid-19** upon us, it is natural to turn to promising immunity building needs such as giloy as a preventive measures.

Tinospora cordifolia is a large, glabrous, deciduous climbing shrub. Medicinal plants have played an important role of health care for much based on a combination of time tested traditional usage and ongoing scientific research. The bark is creamy white to grey, deeply left spirally and stem contain rosette like lenticels. Giloy has been an integral part of India’s ayurvedic system but the general public has become acquainted with it because of coronavirus.

Thereason behind this is giloy is known for its powerful medicinal properties.

## Taxonomical classification:-

**Kingdom** - Plantae

**Division** - Mangoliphyta

**Class** - Mangolipsida

**Order** - Fanunculaeear

**Family** – Menispermeaceae

**Genus** – Tinospora

## Material And Method:-

The growing pandemic scare, consuming natural giloy juice, kadha giloy steam were washed dried the material used in present study. i.e. Giloy stem, ginger, turmeric, tulsi, honey or jaggary.

## Giloy Stem:-

The stem of giloy is considered highly effective because of its high nutritional content and the alkaloids glycoloides,



steroid and other compound found in it but the root and leaves also can be used. These compound present in giloy have effective against various disorders, such as diabetes cancer, neurological problems ,fever, etc.

## Turmeric :-(*curcuma longa*)

Turmeric aids in making our immunity stronger the main life saving ingredient in turmeric is about 3-5% of curcumin a phytoderivative, which contains heling in standardized turmeric powder it i.e. difficults to reap all benefits by just taking turmeric in small does and thus supplement could be required. Curcumin helps up in boosting up the immunity and helps to fight against viral replication.



Ginger:- (*Zingiber officinale*)

Ginger has been used for medicinal purpose due its rich nutritional properties.

Ginger has antibacterial and anti inflammatory properties which helps in keeping several ailments at bay helps fighting infection.

its strong anti-inflammatory and antioxidant effects, ginger may boost immune health.



## Tulsi:- (Ocimum sanctum)

Holy basil does wonders acts as a natural immune system booster and keep infections at bay.

Tulsi leaves extract increases the helper cells natural killer cells activity, boosting the immune system. It is one of the herbs that boost the immune system.

It projects against nearly all infection from viruses, bacterial, fungi and protozoa.

Tulsi is rich in vitamin C and Zinc .

It has immense anti-bacterial, anti-viral and anti-fungal properties which protect us from a variety of infection.



## Honey: -

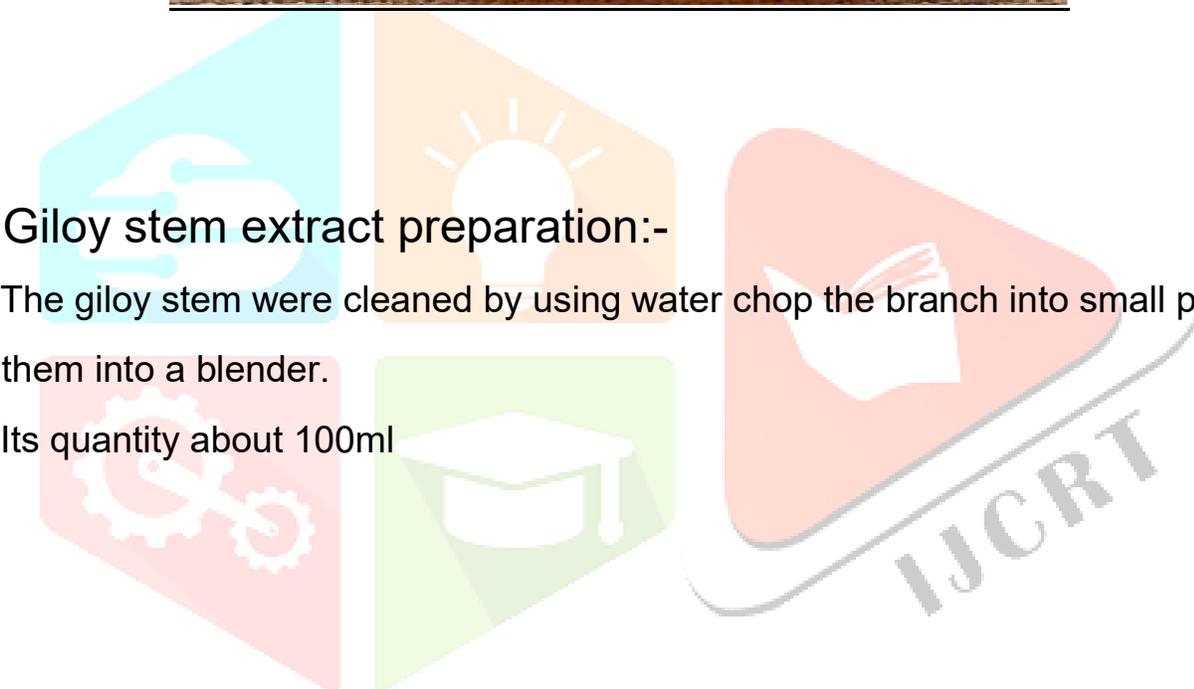
It is also an energy -boosting food as the fructose and glucose in honey combine to give a sustained boost mix honey in warm water and during it regularly for increased to cleanse the digestive system. nature's sweetening agent, honey is rich in minerals such as iron, calcium and magnesium.



### Giloy stem extract preparation:-

The giloy stem were cleaned by using water chop the branch into small piece and them into a blender.

Its quantity about 100ml



## Methods of preparation:

There are specific ayurvedic method to prepare the immunity booster drink. In India, variants of standard immunity booster drink are also prepared using different combinations of her by depending on severity disease and the availability of ingredients firstly make giloy powder in moral pestal formulations of immunity booster juice ingredients are giloy powder 5gm, turmeric 5mg, honey 50% tulsi leaves 5mg, ginger 5mg pure water 100ml,

Turmeric powder and honey to make the immunity booster drink, these her by are boiled water in 100ml for 5-10min and honey is added to make it sweet, the preparation is filtered. In this case if all ingredients are not available it can be prepared using locally available.

Ingredients	Quantity
Giloy powder	5g
Turmeric	5mg
Honey	50%
Tulsi	5mg
Ginger	5mg
Pure Water	100ml

Popular packs of giloy juice and their essential and healthy ingredients.

<b>Giloy juice</b>	<b>Ingredients</b>
Jiva giloy tulsi plus juice	Giloy
Bai dhyanath giloy tulsi juice	Giloy and Tulsi
Kapiva wild tulsi giloy juice	Giloy and Wild tulsi
Patanjali Giloy juice	Giloy
Juice with Giloy and tulsi	Wheat grass

□ Uses Giloy for dengue fever :-

Giloy is an antipyretic herb, it improves platelet count in dengue fever and reduces the chances of complications. For better results boil giloy juice with a few Tulsi leaves and drink to increase platelet count.

□ Giloy for hay fever :-

Giloy is very useful in hay fever also known as allergic rhinitis. It reduces the symptoms like runny nose, sneezing, nasal obstruction watering of eyes.

□ Controls blood sugar level :-

In ayurvedic giloy is known as a madhunashini, which means 'destroys of sugar'. Giloy is also useful for diabetes complication like kidney problem.

□ Giloy for corona virus infection :-

Giloy can boost immunity, it may be be useful for various fever specifically for virus fevers like corona infection.

### □ Giloy for chronic fever :-

Giloy acts wonderfully in chronic, recurrent fever.

### □ Improve digestion :-

Giloy improves digestion and reduces digestion related problems like diarrhea, colitis, vomiting, hyperacidity etc.

### □ Improve eye – sight :-

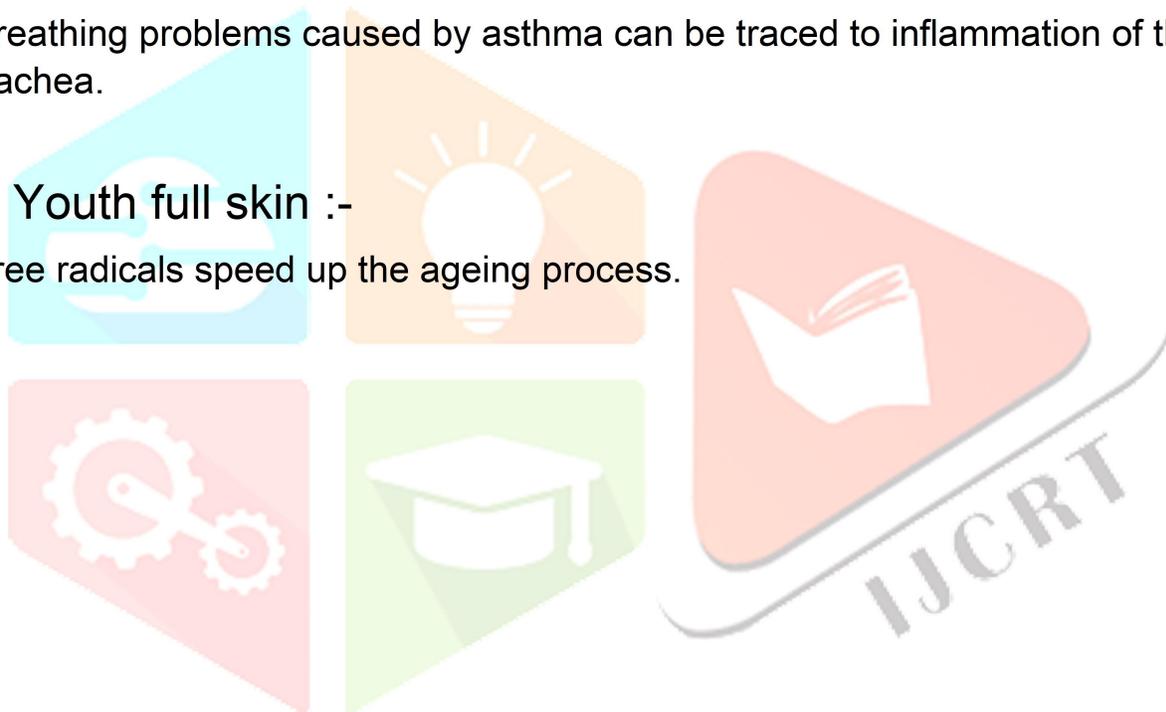
Giloy is very effective to improve eye-sight when applying topically.

### □ Improved respiratory health :-

Breathing problems caused by asthma can be traced to inflammation of the trachea.

### □ Youth full skin :-

Free radicals speed up the ageing process.



## Side effect of giloy :-

Giloy herb by doesn't have any side effects. However when taken giloy with other diabetic medications it may lead to low blood sugar levels. Giloy may cause the immune system to become more active which may worsen the symptoms of autoimmune disease such as rheumatoid arthritis.

## Recommended dosage of giloy :-

**Giloy juice** = 2-3 tea spoon of juice one or twice a day.

## Work:-

Giloy stem both can be consumed for medicinal benefits. The herb is packed with antioxidant that can help fight the free radicals and other disease causing bacteria. Giloy juice is known to give a boost to your immune system stronger, considered effective in treating fever, helps in managing diabetes, makes your respiratory system stronger and is even known for its anti ageing properties.

It can even work as a stress booster regulate intake.

Include giloy juice in your diet twice a day can improve your immunity .

It is full of antioxidant and help to release toxins from the body .

Giloy juice also detoxifies your skin and improve your skin .

Giloy is also used for liver diseases , urinary tract infections and heart related issue.



## Result:-

In this study, the herbal immunity booster drink was prepared by using giloy extract.



## Conclusion:-

If you are some one who is looking to improve there immune system and have a better nutritional in take in general them consuming giloy juice is differnt the way to go.

It is recommended that you consult before consuming any new herbs and supplements this is especially applicable to pregnant woman who are at higher risk of being exposed to the side effects of giloy juice.

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