

Guduchi (*Tinospora cordifolia*)



Botanical Name : *Tinospora cordifolia*

Family Name: Menispermaceae

External Morphology :

A large glabrous climber with succulent, corky and grooved stems. Branches sending down slender pendulous fleshy roots, terete, striate, with tubercled, pale, sometimes shining or glaucous bark.

Leaves - Membranous, 5-10 cm long, roundish or sub deltoid, cordate with a broad sinus and large basal lobes, obtuse or more or less cuspidate, 7-9 nerved, reticulate veined with microscopic glisten-ing glands beneath, petiole is 2.5 cm to 7 cm long.

Inflorescence Laxed Raceme, 5 cm long, elongating and often longer than the leaves, axillary, terminal or from the old wood.

Flowers - Clustered in the axils of small subulate bracts. Sepals are 6 in number. Outer three are small, ovate-oblong, acute and inner three are larger, membranous, broadly elliptical, concave, 3-4 mm, yellow in colour. Petals are 6 in number, equal to about 2 mm long, broadly spatulate, each loosely embracing a stamen when young. Female flowers are usually solitary, similar to male, but sepals are green, margins not reflexed, staminodes short and

linear. Carpels 1 to 3 widely separated on the short fleshy gynophore, dorsally convex, ventrally flat or nearly .

Fruit-Red on ripening, size of a large pea.

Seeds-Broadly ellipsoid with a slender dorsal ridge and a ventral depression, slightly muricate.

Part Used : Kanda (Stem)

Synonyms : Amrita , Rasayani , Kundali

Raspanchak :

Rasa - Tikta and kashaya

Guna - Guru and Snigdha

Vipaka - Madhura

Virya - Ushna

Species :

- *Tinospora crispa*
- *Tinospora malabarica*
- *Tinospora sinensis*
- *Tinospora tomentosa*

Karma :

Jwarahara, Rasayana, Sangrahi, Dipana, Amahara, Trashnahara, Dahahara, Pramehaghna, Kasahara, Kusnthaghna, Balya, Krmighna, Chardighna, Arshoghna, Medhya, Hradya, Chakshushya, Vayasthapana.

Pharmacological Actions :

- Antipyretic
- Alternative
- Diuretic

Doshakarma (Effect on doshas) :

- Tridosha Shamaka, Vata Shamaka because of Ushna virya and Madhura vipaka
- Pittahara due to Madhura vipaka and Tikta kashaya rasa
- Kapha Shamaka because of Ushna virya and Tikta Kashaya rasa.

Rogagnata (Therapeutic Indications) :

- Jwara
- Vatarakta
- Prameha

- Kushtha
- Agnimandya
- Trishna
- Daha
- Kasa
- Krimi
- Chardi
- Arshas
- Netravikara
- Hridroga.

Amayika Prayoga (Therapeutic Administration) :

- Jwara - Decoction prepared from Guduci (*Tinospora cordifolia*) when it is cooled to be administered.
- Vataja Jwara - In case of fever originated from Vita, Juice of Guduci (*Tinospora cordifolia*) is very useful.
- Amlapitta - Kwatha (Decoction) prepared from leaves of Guduci (*Tinospora cordifolia*) Nimba (*Azadirachta indica*) and Patola (*Tricosanthes dioica*) is taken with honey cures severe Amlapitta (Hyper acidity).
- Prameha - Juice of Guduci (*Tinospora cordifolia*) taken with honey cures all types of Prameha.
- Trsna - Syurp prepared from Guduci (*Tinospora cordifolia*) is beneficial in all kinds of Trsna .

Grahya Lakshan :

Market sample consists of transversely cut pieces of dry, cylindrical, soft wooded stem, 5 mm to 2.5 cm in diameter. Outer surface is grayish brown to almost black in colour, longitudinally wrinkled and warty and covered with raised lenticels the bark peels off in the papery flakes. Transversely cut surface of the stem shows a soft pale yellow or dirty white surface with marked wedge shaped structure brought about by radiating medullary rays. On the breaking stem the fibrous stem does not have any particular odour but has a very bitter taste.