



**A LITERARY STUDY ON GUDUCHI (*TINOSPORA CARDIFOLIA*)
ACCORDING TO AYURVEDIC CLASSICS – A HIGH VALUED MEDICINAL
PLANT**

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ABSTRACT

Tinospora cordifolia [Wild.] Miers. *Tinospora cord* Guduchi is a Sanskrit term that literally translates as "something which protects the body from illnesses." This plant is also known as 'Amrita,' which in Hindu mythology refers to 'the celestial elixir.' Guduchi, according to legend, prevented celestial creatures from ageing and kept them forever young. It is considered a promising medicine in Ayurveda since it is rich of life force and has a wide range of applications. It has been acknowledged by ancient rishis of the Vedic era, long before the age of modern technology, as a means of extending life. It is an ayurvedic medicine that is commonly used to treat fever, diabetes, urinary tract problems, anemia, jaundice, asthma, cardiac abnormalities, and other ailments. It's a well-known immune-modulator herb that's been used to treat autoimmunity. Guduchi is one of the four Medya Rasayan's, according to Acharya Charak, and its Swaras must be administered in order to receive all of the rasayan's advantages. Tikta is its Ras, Ushna is its Veerya, and Madhura is its Vipaka. Laghu and Snigdha are two Gunas. It brings the body's Tridosha into equilibrium. Antioxidants are abundant in Guduchi. Antipyretic, antiviral, and wound-healing activities are also present.

KEYWORDS : Guduchi; *Tinospora cordifolia*; Medya Rasayan**INTRODUCTION**

Guduchi (*Tinospora cordifolia*) is an Ayurvedic medicine used to treat Rasayan Chikitsa. ^[1] Rasayan (rejuvenation treatment) is a set of pharmacological preparations that are immunostimulants and capable of avoiding the cause of various diseases such as premature ageing. It is one of the most important branches of Ayurveda, ^[2] performed efficiently and widely since antiquity. Rasayan is a word that means "feeding" or "nutrition." Guduchi is a big, glabrous, perennial, deciduous climbing shrub found in India and South Asia. Amrutu (Malayalam), Amrutha balli (Kannada), Gurcha (Hindi), Guduchi (Marathi, Sanskrit), and so on are some of the other names for it. Anti-inflammatory, anti-diabetic, anti-arthritis, antioxidant, anti-stress, antileprotic, antimalarial, hepatoprotective, anti-allergic, and immunomodulatory characteristics are among its numerous therapeutic effects. ^[3] It is an essential medicine that comes in a variety of forms, including Satva, Ghrita, Tail, Swaras, and others.

METHODOLOGY

Various newspapers, ayurvedic and modern text books, authoritative pages, respectable magazines, literature, manuscripts, Sanskrit Shabdakosha, and other sources gave information about Guduchi (*Tinospora cordifolia*).

GUDUCHI'S RASAYAN EFFECT

Rasayan is a word that means "feeding" or "nutrition." Rasayan medicines revitalize the body and mind by focusing on dietary dynamics. Rasayan medicines also increase intelligence and power, as well as life extension and illness prevention. Longevity, memory, intellect, freedom from disease, youthfulness, excellence of luster, complexion, and voice, optimal strength of body and sense organs, perfection in deliberation, respectability, and brilliance may all be achieved with the usage of Rasayan. ^[4] Rasayan is a method of achieving good rasa and dhatus (body cells and tissues) characteristics. Rasayan is a term that refers to medical nutrition, rejuvenation, longevity, immunological enhancement, and geriatric care. Rasayan (rejuvenation treatment), one of Ayurveda's most important branches, has been performed efficiently and extensively for centuries ^[5].

Concentrations over that level have no effect on longevity, which might be attributed to Guduchi Churna's absorption threshold. The fact that the F1 generation of *Drosophila* lives longer suggests that the Rasayan impact of Guduchi Churna persists into the following generation. ^[6] The lifetime of the flies was significantly increased at lower concentrations of Guduchi Churna. ^[7] The life span of flies was dramatically decreased as concentrations increased. Increasing the concentrations even further did not result in a longer lifetime. This suggests that a certain concentration of Guduchi Churna (about 0.25 g/100 ml of diet) promotes maximal lifetime extension. Concentrations over that level have no effect on longevity, which

might be attributed to Guduchi Churna's absorption threshold. ^[8]

Guduchi's Antipyretic Effect

In many infectious and inflammatory diseases, fever serves as a proxy measure for disease activity. Guduchi is well-known in Ayurvedic medicine for its effectiveness in treating Jwara (fever). ^[9] Guduchi Swarasa and Guduchi Kalka, made from the stem of *T. cordifolia* (Willd.) Miers, are used to cure fever in ancient literature ^[10] *Tinospora cordifolia* has been shown to have antipyretic properties in Himalayan rabbits in previous research by Ikram et al. (1987) and Leghari et al. (1984). ^[11,12,13]

Guduchi's Hypoglycemic Effect

In the therapy of diabetes, currently available oral antidiabetic synthetic medicines can partially correct metabolic derangements, but they do not always repair the basic biochemical lesions, and they come with adverse effects ^[14,15] Diabetes mellitus is a long-term metabolic disease marked by hyperglycemia caused by a complex combination of genetic and environmental variables, as well as abnormalities in insulin production, insulin action, or both ^[16] It is now a dangerous endemic issue that affects glucose, protein, and lipid metabolism, as well as causing damage to the liver, kidneys, and pancreatic cells. ^[17]

Guduchi is a very versatile and safe herbaceous vine used in the Ayurvedic school of medicine to treat a variety of illnesses. ^[18] It has also been shown to be a highly effective anti-diabetic herb. ^[19] Guduchi satva was stressed in Ayurvedic classics at various phases of Prameha, ^[20,21] Guduchi antidiabetic effect is attributed to 1,2-substituted pyrrolidines extracted from the stem, according to reports. ^[22] If many more research on Guduchi are conducted, it will become obvious that Guduchi has the best impact on diabetes therapy.

Guduchi's Anti-inflammatory Properties

The local reaction of live mammalian tissues to damage caused by any substance is characterized as inflammation. It's a natural defense mechanism designed to stop or slow the spread of a harmful substance. It is characterized as acute or chronic depending on the host's defense capabilities and the length of the reaction. Accumulation of fluid and plasma, intravascular activation of platelets, and polymorphonuclear neutrophils as inflammatory cells are some of the primary characteristics of acute inflammation. ^[23]

In the early stages of carrageenan-induced inflammation, histamine, 5-hydroxytryptamine, and bradykinin are the first mediators to be detected, while prostaglandins are detected later. A research found that Guduchi Ghana made using the traditional technique significantly reduced carrageenan-induced oedema, implying that it prevents fluid exudation and hence acute inflammation. It might be due to Guduchi Ghana's capacity to change the role of different chemical mediators of

inflammation, including as histamine and 5 HT, during the early stages of inflammation by reducing their production or increasing receptor activation.^[24] As a result, it's been established that traditionally made Guduchi Ghana has anti-inflammatory properties.

DISCUSSION

Among the Medya is Guduchi. When Rasayan is eaten on a regular basis, it promotes longevity, illness relief, strength, Agni, complexion, voice, and intelligence. Longevity, memory, intellect, freedom from disease, youthfulness, excellence of luster, complexion, and voice, optimal strength of body and sense organs, perfection in deliberation, respectability, and brilliance may all be achieved with frequent ingestion in the appropriate dosage. Rasayan is a technique for achieving superior rasa characteristics, among other things.

Guduchi anti-pyretic action relieves the sufferer and aids in maintaining a disease-free lifestyle. Guduchi is valued for its cleansing, rejuvenating, immune-supporting, and anti-ama qualities in Ayurveda. Researchers are currently looking into it for cold and flu prevention, immunological support, skin diseases, arthritis, liver disorders, gout, and other rheumatic conditions.^[25] Among the many advantages of Guduchi attributed to the plant in ancient literature are the following: Guduchi is essentially a rejuvenate; it boosts immunity, aids in the body's battle against endogenous toxins, promotes liver function, and is anti-pyretic, anti-inflammatory, and anti-diabetic.

CONCLUSION

Guduchi is antipyretic, anti-diabetic, rejuvenate, anti-inflammatory, and has a variety of additional qualities. Guduchi is one of four Medya Rasayan medicines that has an anxiolytic and tranquilizing effect, which helps to preserve human mental health. It should be eaten on a daily basis to reap all of the rasayan's advantages, and further research should be conducted to learn more about this promising medication. Guduchi is a wonder medicine in the pharmaceutical world. As a result, it should be eaten on a regular basis in order to live a healthy and disease-free life.

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