

Tinospora cordifolia

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Tinospora cordifolia, also called **Guduchi** is an herbaceous vine of the family Menispermaceae indigenous to the tropical areas of India, Myanmar and Sri Lanka.

The plant is a glabrous climbing shrub found throughout India, typically growing in deciduous and dry forests. The leaves are heart shaped. The succulent bark is creamy white to grey in color, with deep clefts spotted with lenticels. It puts out long, slender aerial roots, often growing on mango or neem trees.^[1] Flowers are yellow, growing in lax racemes from nodes on old wood. Fruits are drupes, turning red when ripe.^[2]

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Constituents

The active adaptogenic constituents are diterpene compounds including tinosporone, tinosporic acid, cordifolisides A to E, syringen, the yellow alkaloid, berberine, Giloin, crude Giloininand, a glucosidal bitter principle as well as polysaccharides, including arabinogalactan polysaccharide (TSP).^{[3][4]} Picrotene and bergenin were also found in the plant. The active principles of *Tinospora cordifolia*, a traditional Indian medicinal plant were found to possess anticomplementary and immunomodulatory activities.

In herbal medicine

Tinospora cordifolia



Scientific classification

Kingdom: Plantae
 Division: Magnoliophyta
 Class: Magnoliopsida
 Order: Ranunculales
 Family: Menispermaceae
 Genus: *Tinospora*
 Species: ***T. cordifolia***

Binomial name

Tinospora cordifolia
 (Thunb.) Miers



Giloy herbs at
Talkatora Gardens,
New Delhi

Tinospora cordifolia and similar species like *Tinospora crispa* and *Tinospora rumphii* Boerl are used in Ayurvedic and Jamu herbal medicine as a hepatoprotectant, protecting the liver from damage that may occur following exposure to toxins, as well as in Thailand, Philippines. Recent research has demonstrated that a combination of *T. cordifolia* extract and turmeric extract is effective in preventing the hepatotoxicity which is otherwise produced as a side effect of conventional pharmaceutical treatments for tuberculosis using drugs such as isoniazid and rifampicin.^[5]

According to the *1918 United States Dispensatory*, the plant has a long history of use in India as a medicine and in the preparation of a starch known as gilae-ka-sat or as palo.^[6]

Synonyms

- South Asia: Guduchi , amrita (Sanskrit), giloe , gulancha (Bengali), giloya (Hindi), gado , galo (Gujarati), Gulvel (Marathi), duyutige , teppatige (Telugu), amrutha balli (Kannada), Shindila kodi (Tamil)
- English: heartleaf moonseed
- Indonesia: Brotowali, Andawali, Putrawali
- Philippines: Makabuhay (Tagalog), Paliaban (Bisaya), Pañgiauban (Bisaya), Taganagtagua
- Thailand: Boraphet (บอระเพ็ด)

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Categories: Menispermaceae | Flora of Asia | Medicinal plants

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