

A General Review of Tinospora Cordifolia from Ayurvedic Perspective

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Abstract

Tinospora Cordifolia plant is a deciduous shrub, sometimes grown as an ornamental, and stem cuttings are a simple way to propagate it. It thrives in practically every type of soil and under a variety of environmental conditions. It has been particularly trained to grow on the Neem tree, and as a result, it is said to have greater therapeutic value. It can also be cultivated by spreading seeds in the monsoon, but seedlings develop much slower than plants cultivated by cutting.

Keywords: Tinospora Cordifolia, Ornamental, Stem cutting, Neem tree and Deciduous Shrub.

INTRODUCTION

AYUSH i.e., Traditional system of medicine have been in practice since long in our country. One of Medicinal plant used in this system is Tinospora Cordifolia. The plant is very rigid it can be grown in almost all climates. Black soil and red soil suits for its cultivation. It can be propagated by seeds and stem cutting.

There is a growing demand of this plant after COVID-19, as it is having immunomodulator, rejuvenator, antipyretic, anthelmintic, antiperiodic, antispasmodic, anti-inflammatory, antipyretic, antiemetic, digestive, appetiser, cardiostonic, depurative, haematinic, expectorant, aphrodisiac, tonic etc medicinal benefit.

It is a well recognise medicinal creeper that is successively used in ancient system of Ayurvedic Medical science. In this article, an attempt is made to describe this herb from ayurvedic point of view.

Conceptual Study:

BOTANICAL DISCRIPTION

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Large, glabrous and deciduous as shown in Figure 1. Leaves are broadly ovate, cordate, long petiolate. Flowers are small, yellow, or greenish yellow in colour, it appears when the plant is leafless, in axillary and terminal racemes; male flowers are mainly clustered, females are found usually solitary. Drupes ovoid or sub globose, glossy, red, pea-sized. Seeds are white, bean shaped and warty [1].

DISTRIBUTION

Found throughout tropical India, ascending to an altitude of 900 m. from eastwards as well as southwards up to Sri Lanka.



Figure 1. Fig showing flower, stem, fruits, and transverse section of stem of *Guduchi*.

PARTS USED

- Root
- Stem
- leaf

Nirukti of Guduchi:

- It provides protection against many diseases.
- It protects body from diseases.

Synonyms (Paryaya):

There are a lot of paryaya of Guduchi which have been used in different classics of Ayurveda as tabulated in Table 1. They are mentioned as follows–

- **Amrita valli:** The creeping plant that endows life by destroying disease.
- **Pachhan raha:** That which grows even after cutting or that which exists. This can be propagated through stem cutting.
- **Pachhanodbhava:** Which can be propagated through stem cutting.
- **Chakralakshapanka:** Wheel like appearance on cross section or it can also be related to spiral type of climbing, curved neck.
- **Kundali:** Forming a ring, curled and moving in a circle.
- **Mandali:** Circular, wheel, anything round.
- **Jivaari:** Febrifuge or Antipyretic.
- **Pav shalya:** That which relieves pain caused by shalya/trauma, free from pa

- **Vayastha:** That which helps in sustaining youthfulness, keeps strong & nourishing
- **Pavighani:** That which cures visha (Toxic material)
- **Amrita:** That which perishes easily.
- **Madhap panakiku:** Tender leaves are sweet in taste.
- **Vatsadni:** That which is eaten by calves.

Table 1. Synonyms of Guduchi in various Nighantu

S.N.	Paryaya	Dhanvantri Ni	Bhav prakash	Raj Ni	Kai dev Ni	Shodal Ni	Sh a Ni	Mahipal Ni	Mada n pal Ni	Ab i Ni	Amar Ko	Priya Ni
1.	Amruta	+	+	+	+	+		+		+	+	+
2.	Amrutavalli	+	+				+			+		
3.	Bhishakpriya		+									
4.	Chinnaruha	+	+					+	+	+	+	
5.	Chinnodbhava	+	+			+		+	+	+		
6.	Chandrasahsa	+	+									
7.	Chakrangi					+						
8.	Chakralakshsni	+					+		+	+		
9.	Dhara	+	+		+	+						
10.	Devanirmitha	+	+			+				+		
11.	Guduchi	+	+	+	+	+	+	+	+	+	+	
12.	Jeevanthi	+	+			+			+			
13.	Jwarari			+								
14.	Kundali	+	+		+	+	+	+	+	+		
15.	Mandali	+	+			+						
16.	Madhuparni	+	+		+	+	+				+	
17.	Mahakanda									+		
18.	Nagakumari	+										
19.	Pindamruta	+			+							
20.	Rasayani	+	+	+								
21.	Soma		+		+							
22.	Somavalli	+	+			+	+				+	
23.	Tantrika	+	+			+		+		+	+	
24.	Vatsadani	+		+	+	+	+	+		+		
25.	Vishalya	+	+	+		+	+				+	
26.	Vayastha	+	+	+	+	+		+		+		

Rasa Panchaka

Here an attempt is made to tabulate Rasa panchaka of Guduchi as per various Nighantu of ayurvedic classical literature [2–6]. This can be easily understood by Table 2, given as

Doshaghnata [7]

Guduchi have Tridosha shamaka effect [8]. Various references as per different ayurvedic classical text are mentioned in Table 3.

Table 2. Rasapancaka of Guduchi mentioned in different Nighantus

Granth	Charak Sa.	Susruta Sa.	Astang Sa.	Astang Hr.	Dhanvantri Ni.	Raj. Ni.	Bhav Prakash Ni.	Kai Dev Ni.	Madan pal Ni.	Sha. Ni.	Nighantu Raj	Priya Ni.
Guna												
Guru					+	+						
Laghu							+	+	+	+	+	
Rasa												
Madhura	+	+										
Katu					+			+	+		+	
Tikta	+	+	+	+	+	+	+	+	+	+	+	+
Kashaya					+	+	+	+	+	+	+	+
Virya												
Ushna		+	+		+	+	+	+	+	+	+	+
Vipaka												
Madhura							+	+	+	+	+	

Table 3. Doshaghna of Guduchi mentioned in various Nighantus

Dosha	Cha. Sa.	Su.Sa.	A.Sa.	Bha. Pr.	Dha. Ni.	Kai. Ni.	Ni. Ra.	Pri. Ni.
Vatahara	+	+						
Vatapittahara							+	
Tridoshaghna			+	+	+	+		

Karma

Vedanasthapana, Kushthaghna, Trishnanigrahana, Chhardinigrahana, Deepana, Pachana, Anulomana, Sangrahi, Hridya, Raktavardhaka, Kaphaghna, Vrishya, Balya, Pramehahara, Mootrajanana, Dahaprashamana, Rasayana, Pittasaraka, Krimighna, Raktashodhaka, Jwaraghna [9, 10]

These are tabulated in Table 4.

Table 4. Karma of Guduchi according to Classics

Karma	Charak Samhita	Susruta Samhita	Astang Sangrah	Bhav Prakash	Dhanwantri Nig	Kai dev. Nig	Madan pal. Nig	Raj Nig	Priya Nig
Brihana		+							
Virshaya		+					+		
Deepana	+		+	+		+	+	+	
Rasayana				+		+	+	+	+
Balya				+	+	+	+	+	+
Medhya					+				
Hridhya						+		+	
Ayuprada		+						+	
Vishaghana		+							
Sthanyavardhana				+	+	+	+	+	
Sangrahi						+			
Krimighna			+					+	
Varanasodhana		+							
Sukrasodhana		+							
Vayasthapana	+	+	+	+					+

Rogaghnata

Kushtha, Vatarakta, Netraroga, Trishna, Daha, Chhardi, Aruchi, Agnimandya, Shoola, Yakridvikara, Kamala, Amlapitta, Pravahika, Atisara, Raktatisara, Grahani, Krimi, Arsha, Hriddaurbalya, Pleehavridhi, Vastishotha, Raktavikara, Amavata, Pandu, Shwasa, Kasa, Shukradaurbalya, Prameha, Madhumeha, Mootrakrichchhra, Kushtha, Visarpa, Twagroga, Phiranga, Jwara, Vishamajwara, Jeernajwara. [11, 12]

ACTIONS AND USES

The stem is bitter, astringent, sweet, thermogenic, anodyne, anthelmintic, antiperiodic, antispasmodic, anti-inflammatory, antipyretic, antiemetic, digestive, appetiser, cardiogenic, depurative, haematinic, expectorant, aphrodisiac, rejuvenating and tonic. It is useful in burning sensation, hyperdipsia, helminthiasis, dyspepsia, vomiting, flatulence, acid gastritis, jaundice, haemorrhoids, meno-metrorrhagia, intermittent fevers, tonic, fevers, inflammations, gout, cardiac debility, skin diseases, anaemia, cough, asthma, general debility, seminal weakness, urinary disorders, splenomegaly, rheumatoid arthritis, filaria, eye diseases. The whole plant, well ground, is applied on fractures. Acid diarrhoea caused by acidity of the intestinal canal or acid dyspepsia can benefit from starch from roots and stems. It helps to alleviate the symptoms of rheumatism. Fresh plant juice (succus) can be used as a diuretic. Leaves can help with jaundice.

Doses

Decoction (*kwatha*)–50–100 ml

Powder (*churna*)–3–6 gm

Satva (starch from roots and stems)-1–2 gm.

CHEMICAL CONSTITUENTS

Tinosporine, tinosporon, tinosporic acid, tinosporol, tinosporide, tinosporidine, columbin, chasmanthin, palmarin, berberine, giloin, giloinisin, 1,2-substituted pyrrolidine, a diterpenoid, furanolactone, 18-norclerodanedi-terpene-O-glucoside, aryltetrahydrofuranolignan, octacosanol, nonacosan-15-one and-sitosterol, cordifolide, unosporin, heptacosanol, cordifol, cordifolon, magnoflorine, tembetarine

Types of Guduchi

In Samhitas, varieties of Guduchi are not mentioned, whereas in Dhanvantari Nighantu (by Mahendra Bhogika) two varieties of Guduchi have been mentioned. The Botanical identification of which are-

- 1 Guduchi-Tinospora cordifolia (wild).
- 2 Kandodbhava Guduchi-Tinospora sinensis or Tinospora malabarica
- 3 Padma Guduchi-Mentioned by Gangadhara

DISCUSSION

The drug Guduchi is mythologically derived when lord Indra revitalised the vanaras with the help of divine amrita. In Samhita kala, many references about guduchi are found in Brihatrayee and Laghutrayee. Guduchi swarasa as a medhya rasayana has been mentioned in Charaka and Ashtang Hridya. While discussing about other formulations of Guduchi i.e., guduchi churna and guduchi kwatha, formulations related to guduchi kwatha are found more as compared to churna. Various Samhitas i.e., Charaka Samhita, Sushruta Samhita, Ashtang Hridya, Ashtang Sangraha, Sharangdhara Samhita, Harita Samhita, Kashyap Samhita, Bhavprakash Samhita, described the therapeutic applications and uses of Guduchi in detail.

In Bhavprakash Nighantu, Dhanvantari Nighantu, Raj Nighantu, Nighantu Adarsha and Shodhal Nighantu, guduchi has been described under Guduchyadi Varga. In Kaidev Nighantu, it is included under Aushadi Varga, in Madanpal Nighantu, it is included under Abhyadi Varga, in Priya Nighantu, it is included under Pippalyadi Varga.

In Nighantu's, description regarding Guduchi as a rasayana is not mentioned but its synonym is given as "rasayani" which indicates the rasayana karma of Guduchi. Various synonyms of guduchi are found. Some are amritvalli, chinnaruha, chinnaudhbhava, Chakralakshanika, rasayani, kundali, jwarari, etc. In rasayana karma, guduchi has been mentioned in brihatrayee and laghutrayee as it acts over saptadhatu and tridosha with the help of their sanshamana property.

CONCLUSION

From above study it can be conclude. It is most easily and widely available drug with various positive health benefits and it can be used as preventive and curative medicine as Guduchi is explained as Rasayan along with as a drug of choice in various systemic disorder.

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