



Guduchi -Tinospora cordifolia

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- Guduchi (Tinospora cordifolia) is a **popularly known herb**, which is known as Giloy. **It has hepato-protective properties.** Guduchi is known for its immense therapeutic applications and the practices are regulated in accordance with various applicable provisions.
- Its stem is green in color and leaves are heart shaped with a groovy notch at the base. Unlike the similar looking Tinospora crispa, there is no milky secretion. It bears spherical red colored drupes (bunches of fruits).
- **Glucoside and tinosporic acid are found in Giloy, namely Guilloin and Palmerin.** Copper, iron, phosphorus, zinc, calcium and manganese are also found in abundance in it. **Due to its antioxidant, anti-inflammatory and anti-cancer properties, it is used to treat fever, jaundice, gout, diabetes, dyspepsia and liver diseases.**
- Ministry of Ayush has recently noticed safety concerns on use of Guduchi (Tinospora cordifolia) that were published in social media and in some scientific journals. **Different species of Tinospora are available and only Tinospora cordifolia should be used in therapeutics,** whereas similar looking species like Tinospora crispa may manifest adverse effects.

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श्री अखिल मूर्ति के निर्देशन में

सामान्य अध्ययन फाउंडेशन (प्रिलिम्स + मेन्स)

ऑफलाइन बैच

📅 कक्षा आरंभ : 15 नवंबर 2021

🕒 समय : 3:00 PM – 6:00 PM

ऑनलाइन लाइव कोर्स

📅 कक्षा आरंभ : 11 अक्टूबर 2021

🕒 समय : 6:30 PM – 9:00 PM



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