

# Critique on the Properties & Effects of *Guduchi*

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**Abstract:** *Sounakiya Atharvaveda has mentioned that Guduchi is to be kept in house to avoid snakes. Kaushika Sutra mentions Guduchi by the name 'Kudruchi'. There are several synonyms mentioned under Guduchi and it is included under seven different Dashemani. Guduchi is said to possess best Sangrahika and Vibandhaprahamana properties. Guduchi is mentioned alone or in combination with other medicinal plants & minerals in the treatment of Jwara, Prameha. Two varieties - Guduchi and Kanda Guduchi are described. Guduchi has been mentioned under Guduchyadi Varga with Rasayana, Deepana, and Balya properties even its mythological origin is mentioned. The stem is bitter; triggers bile secretion; constipative; cures thirst, fever, burning sensation, vomiting; diuretic; enriches the blood cures jaundice useful in skin diseases; Guduchi juice is useful in diabetes, vaginal and urethral discharges, low grade fevers and enlarged spleen.*

**Keywords:** *Guduchi, Charaka, Sushruta, Nighantu, Benefits*

## 1. Introduction

*Kaushika Sutra* mentions *Guduchi* by the name '*Kudruchi*'. There are several synonyms mentioned under *Guduchi* and it is included under seven different *Dashemani*. *Guduchi* is said to possess best *Sangrahika* and *Vibandhaprahamana* properties. Description of *Guduchi* is found in 41 different contexts and included in 9 *Ganas* or groups, based on its diverse therapeutic uses. Apart from that it is also placed in smaller group like *Vallipanchamulla*. *Ashtanga samgraha: Guduchi* is mentioned alone or in combination with other medicinal plants & minerals in the treatment of *Jwara*, *Prameha* etc. *Dhanvantari Nighantu: Guduchi* was mentioned first in one out of seven *Vargas*. Two varieties *Guduchi* and *kanda Guduchi* are mentioned. *Kaiyadeva Nighantu: Guduchi* is mentioned in *Aushada varga*. Varieties are mentioned as *Guduchi* as *Guduchi* and *Pinda Guduchi*. *Bhavprakasha Nighantu: Guduchi* has been mentioned under *Guduchyadi Varga* with *Rasayana*, *Deepana*, and *Balya* properties even its mythological origin is mentioned. *Raj Nighantu: Description* of two types of *Guduchi* and *Kanda Guduchi* with therapeutic utilities has been given. *Shaligrama Nighantu: Guduchi* has been described in *Guduchyadi Gana*. *Adhunik Kala: Dravyaguna Vijnana: The Latin name, synonyms, botanical description along with Karma and Guna on different system are described with its Matra and Yogas. Indian medicinal plant: Its botanical description along with different species and medicinal uses are illustrated. Materia medica describes Guduchi in detail and its use in scorpion bite been documented.* [1] In a historical war between *Rama* and *Ravana*, several monkey warriors supporters of *Rama* were killed. Pleased by death of *Ravana*, Lord *Indra* sprinkled elixir on the dead bodies of the monkeys and induced rebirth. During this process, wherever elixir drops have fallen on the earth, *Guduchi* plants originated. [2]

The drug *Guduchi* has been in use in the indigenous system of medicine since remote past. The leaves of *Guduchi* are mentioned under *Tikta - Saka Varga* which is claimed to be salutary and useful in treating *Kushta*, *Meha*, *Jwara*, *Svasa*, *Kasa*, and *Aruchi*. It has been indicated in *Ayurvedic Treatises* in various ailments like *Kamala*, *Jwara*, *Vatarakta*,

etc. The fresh plant is said to be more efficacious than the dry and the stem is the part which is mostly used, from which a kind of starch is prepared known as *Guduchi - Satva*. According to *Bhavamisra Guduchi* is considered as bitter, tonic, astringent, diuretic and a potent aphrodisiac and curative against skin infection, jaundice, diabetes, chronic diarrhoea and dysentery. [3] *Tinospora cordifolia* is mentioned in *Ayurvedic literature* as a constituent of several compound preparations used in general debility, dyspepsia, fever and urinary diseases. The drug has been observed to relax smooth muscles of intestine, uterus and inhibit constrictor response of histamine and acetyl choline on smooth muscle. Alcoholic extract of stem shows activity against *E. coli*. Oral administration of the aqueous and alcoholic extract of the plant caused reduction in fasting blood sugar rabbit and rat. The bitter fraction of the aqueous caused insignificant reduction in blood sugar level. Favourable influence on glucose tolerance was observed in rats administered aqueous extract of *Tinospora cordifolia* for a month. The drug is reported to possess one - fifth of the analgesic effect of *Sodium salicylate*. Its aqueous extract has a high phagocytic index. The active constituent in the drug was also found to inhibit in vitro the growth of *Mycobacterium tuberculosis*. Recently *Patel et al (1978)* reported that the aqueous extract of the stem was found to antagonize the effects of various agonists such as histamine, 5 H - T, bradykinin and prostaglandins E I on the smooth muscles of guinea pig and rat. Hypoglycaemic, CNS depressant, antibacterial, antimicrobial, antipyretic, antiinflammatory, antiarthritic, antiallergic, hepatoprotective, analgesic, immunostimulant, antineoplastic, antidiabetic, adaptogenic, antioxidant, hypotensive, diuretic. [4]

## 2. Discussion

Chemical composition – berberine, phenylpropane, disaccharides, choline, tinosporin, tinosporon. In terms of *Guna - Guduchi* is described *Laghu* (light) *Depanam* (increases digestive fire) *Chakshushya* (good for eyes) *Medhya* (rejuvenating for the mind). The root stem, leaves, of the *Guduchi* plant are all used medicinally in *Ayurveda* although it is primarily the bitter starch of the plant. The

Volume 12 Issue 10, October 2023

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stem is regarded to have anti purgative effects where as the leaves are mucilaginous while the roots give anti emetic effects.<sup>[5]</sup>

Guduchi is listed as having the following actions: - *Vatahara* (alleviates vata), *Kaphahara* (alleviates kapha), *Rakhtapittahara* (alleviates bleeding disorder), *Vayasthapana* (anti aging), *Stanyashodan* (detoxifies breast milk), *Trishna nigravana* (alleviates thirst), *Daha prashman* (alleviates burning), *Jwaraghna* (alleviates fever). *Acharya Charak* classifies *Guduchi* among astringents, *Vata* alleviation, appetizers & pacifiers of kapha rakta and constipation. *Acharya Charak* also lists *Guduchi* as an ingredient in a paste prepared for treating skin disorder. *Guduchi* is also featured in a formula for gout which states that “ghee prepared with *Rasna*, *Guduchi*, *Madhuyasti* (mulethi of both types), *Bala*, *Jivaka*, *Risabhaka* along with milk & added bee wax is used as paste for alleviating *Vata Rakta* (gout). *Acharya Charak* lists *Guduchi* as main ingredient in *Taila* formulation known as “Amrita taila”. He describes it as one of the best oils. It brings back to normalcy person with diminished energy, agni and strength, confused mind & suffering from insanity. A special focus has been made on its health benefits in treating various metabolic disorders and its potential as an immune booster. Its use as antioxidant, anti - hyperglycemic, anti - hyperlipidemic, hepatoprotective, cardiovascular protective, neuroprotective, osteoprotective, radioprotective, anti - anxiety, adaptogenic, analgesic, anti - inflammatory, antipyretic, anti - diarrheal, anti - ulcer, anti - microbial, and anti - cancer have been well established. It is used as a major component of therapeutics for ameliorating metabolic, endocrinal, and several other ailments, aiding in the betterment of human life expectancy.<sup>[6]</sup>

*Guduchi* helps to remove toxins, purifies blood, fights bacteria that causes disease and also beneficial in liver disease and urinary tract infection. *Guduchi* is used by experts in treating heart related conditions & also beneficial to infertility. It boosts immunity. As an universal herb helps in boosting immunity. It is power house of the anti oxidants. *Guduchi* is very beneficial in improving digestion and treating bowel related issues. *Guduchi* works as an anti inflammatory, anti pyretic & anti arthritic agent. *Guduchi* helps to treat arthritis due to anti inflammatory & anti arthritic properties. *Guduchi* contains anti aging properties that helps reduces dark spots, pimples, fine lines and wrinkles. It gives flawless & glowing skin. *Guduchi* also used in dengue because it increases the platelets count in dengue due to anti pyretic properties. *Guduchi* is an adaptogenic herbal medicine. It decreases mental stress and tension that's why it is known for good health tonic for our body. It also decreases hypertension and lipids concentration in our body through which helps in diabetes type 2 (also called insulin dependent diabetes mellitus). *Guduchi* helps in good digestion so that it can also be used in piles. *Guduchi* is a *Rasayana* or rejuvenator tonic which has the ability to pacify all three types of *Doshas* and balance them in the body. It balances *Vata Dosh*a when taken with ghee, *Pitta* with jaggery & *Kapha* when taken with honey. *Guduchi* stem – 5ml juice work as good health tonic. *Guduchi* + sugar – works in liver & skin disease. *Guduchi* + jaggery – works as laxative. Grind *Guduchi* leaves with buttermilk cures

jaundice when taken 2 to 3 times daily with honey. *Guduchis* also work as a good de - worming agent when taken as a decoction early in the morning.<sup>[7]</sup>

*Tinospora cordifolia* or *Guduchi* boost the phagocytic activity of macrophages which acts as a defense in our body and plays a crucial role in innate (nonspecific) and adaptive (specific) immunity. *Guduchi* have both flavonoids and polyphenols which serves as a source of nutraceuticals that alleviate the oxidative stress and helps in prevention and reduction of the chronic degenerative diseases with consequent health benefits. *Tinospora cordifolia* or *Guduchi* helps to reduce joint pain and inflammation associated with arthritis by decreasing the synthesis of proinflammatory cytokines. *Tinospora cordifolia* or *Guduchi* modulates lipid metabolism via inhibiting glucuronide and cholesterol and also protects hearts against infarction with its antioxidant properties. *Tinospora cordifolia* or *Guduchi* works like hypoglycemic agent which stimulates the production of insulin secretion from the pancreas and helps to lower blood sugar levels. *Tinospora cordifolia* or *Guduchi* possess significant neuroprotective activity, it modulates the antioxidant enzyme system of brain tissue and preserve the dopaminergic neurons. *Guduchi* has anti - inflammatory and antioxidant properties which pacifies the mucous membrane of the respiratory system thereby making it very effective in respiratory issues like asthma, cough, cold and tonsils.<sup>[8]</sup>

### 3. Conclusion

*Kaushika Sutra* mentions *Guduchi* by the name ‘*Kudruchi*’. There are several synonyms. *Guduchi* is said to possess best *Sangrahika* and *Vibandhaprahamana* properties. *Guduchi* is mentioned alone or in combination with other medicinal plants & minerals in the treatment of *Jwara*, *Prameha*. *Guduchi* has been mentioned under *Guduchyadi Varga* with *Rasayana*, *Deepana*, and *Balya* properties even its mythological origin is mentioned. Its use as antioxidant, anti - hyperglycemic, anti - hyperlipidemic, hepatoprotective, cardiovascular protective, neuroprotective, osteoprotective, radioprotective, anti - anxiety, adaptogenic, analgesic, anti - inflammatory, antipyretic, anti - diarrheal, anti - ulcer, anti - microbial, and anti - cancer have been well established. It is used as a major component of therapeutics for ameliorating metabolic, endocrinal, and several other ailments, aiding in the betterment of human life expectancy.

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