



Guduchi

Why in News

Recently, the **Ministry of Ayush** reiterated that **Giloy/Gudduchi** (*Tinospora cordifolia*) is safe and as per available data, and **does not produce any toxic effect**.

- Earlier, certain sections of the media have falsely linked Giloy/**Guduchi to liver damage**.
- The Ministry of Ayush noted that the safety of a **drug depends on how it is being used**. **Dosage** is one of the important factors that determine the safety of a particular drug.



What is Guduchi?

- Guduchi is a climbing shrub that grows on other trees, from the **botanical family *Menispermaceae***.
- The plant is **native to India** but also found in China and tropical areas of Australia and Africa.
- People have long used it to treat a **wide range of issues, including fever, infections, diarrhoea, and diabetes**.

What are Medicinal Applications of Guduchi?

- 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.
- It is a popularly known herb for its **immense therapeutic applications in traditional systems of medicine** and has been used in the management of **Covid-19**.

Source: PIB

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