



Giloy

Source: PIB

Research on **Giloy** (*Tinospora cordifolia*) has surged **376.5%** in a decade (243 in 2014 to 913 in 2024), highlighting its rising medicinal interest.

- **About Giloy:** It is a **climbing shrub** from the **Menispermaceae family**.
 - **Giloy (Guduchi or Amrita)**, has been used in **Ayush systems** for centuries due to its **immune-boosting and adaptogenic properties**. [//](#)



- It is **native to India** but also found in China and tropical areas of Australia and Africa.
- It is best grown in **warm climates** and **medium-black or red soil**.
- It is traditionally used to treat **fever, diabetes, infections, gout, jaundice, asthma, diarrhea, and skin diseases**.
- The **Covid-19 pandemic** boosted scientific interest in **natural immunity enhancers**, accelerating research efforts.
- **Clinical studies** suggest Giloy's potential in:
 - **Cancer therapy** (e.g., HPV-positive cervical cancer treatment).
 - **Autoimmune disease management** (e.g., Idiopathic Granulomatous Mastitis).
 - **Anti-inflammatory applications** in chronic diseases.

Read More: [Giloy or Guduchi](#)

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