

A Comprehensive Review of Guduchi [*Tinospora Cordifolia* (Willd) Miers]

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Abstract

Guduchi [*Tinospora cordifolia* (Willd.) Miers Ex Hooks F. & Thoms] is an important drug of Ayurvedic system of medicine. It is mentioned in various classical texts for the treatment of diseases such as kamala, prameha, jwar, rasayana, kasa, swasa, tvaka roga, krimi, raktapitta, etc. At present, it is found that this drug has numerous chemical constituents: tinosporine, diterpene, tannin, alkaloids, carbohydrate, steroids, saponins, flavanoids tinosporine, tinosporon, tinosporidin, glucoside, sitosterol, cordifolide, heplacosanol, etc. It is a widely used plant in folk and Ayurvedic systems of medicine and is also used for different pharmacological activities.

Keywords: Guduchi, *Tinospora cordifolia*

Introduction

Guduchi [*Tinospora cordifolia* (Willd.) Miers Ex Hooks F. & Thoms] of Menispermaceae family¹ is found throughout the country,² easily available, cost-effective and has been described in various Samhitas and Nighantus. It is a large glabrous climber with succulent, corky and grooved stems. Branches sending down slender pendulous, fleshy roots, stem are terete, striated, with tubercled, pale bark, sometimes shining or glaucous bark. Leaves are simple, alternate, membranous, 5 to 10 cm long, roundish or subdeltoids cordate with a broad sinus and large basal lobes, obtuse or more or less cuspidate, 7 to 9 nerved, reticulate venation with microscopic glistening glands beneath. Petiole is 2.5 to 7 cm long.³ Different pharmacological actions like kamalahara, rasayana, pramehaghna, kasahara, swasahara, kusthaghna, jwarahara, krimighna, mutrakrichahara and hridya are attributed to it. It is an important drug used by Ayurveda practitioners in various diseased conditions and also for maintenance of health.

Historical Background

Mythological Review

It is narrated that in a historical war between Rama and Ravana, several monkey warriors who supported Rama were killed. Pleased by the triumph of war and death of Ravana, Lord Indra sprinkled elixir on the dead bodies of the monkeys and provided them rebirth. During the process, where ever the elixir drops have fallen on the earth, Guduchi plants originated there.⁴

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How to cite this article: Kishor YC, Hegde PL. A Comprehensive Review of Guduchi [*Tinospora Cordifolia* (Willd) Miers]. *J Adv Res Ayur Yoga Unani Sidd Homeo* 2017; 4(3): 1-10.

Digital Object Identifier (DOI): <https://doi.org/10.24321/2394.6547.201712>

ISSN: 2394-6547

Vedic Period

Sounakiya Atharvaveda 6/56 and *Panini Upadhi Bhojavritta* 2/2/80: Its antecedence dates back to very early time in the Indian medicine. *Sayana* delineated that *Guduchi* is kept in every house to avoid snakes and scorpions.⁵

Samhita Period

Charaka Samhita

This is one among the Brihatrayi texts written by Acharya Charaka. He has mentioned *guduchi* among the *agrya dravya* (principal drugs) by attributing *grahi*, *vatahara*, *dipaniya*, *kapharaktahara* and *vibandhahara* properties to it. He also identified it as one of the best *medhya rasayana* (brain tonics). It is also mention as *guduchi patra swarasa* in *kamala*.⁶

Sushruta Samhita

It is second among the three major texts (Brihatrayi) written by Acharya Sushruta, which highlighted the *pitta* and *kapha hara* properties of *guduchi*. It is found at 41 places and is included in 5 *gana* mention it. It is also placed in smaller group like *Vallipanchmula*.⁷

Astanga Sangraha

Guduchi is mentioned in *guduchyadi gana*, *patoladi gana*, *padamakadi gana*, and *aragvadhadi gana*. It is mentioned alone or in combination with other remedial agents in the treatment of *jwara*, *prameha*, *shlipada*, etc.

Astanga Hridaya

This is said as the heart (i.e. concised form) of *Astangasangraha* written by Acharya Laghu Vagbhata. He has mentioned *guduchi* and its utility in *vatarakta* in *sutra sthana*, *chikitsasthana* and *uttaratantra*.⁸

Sharangadhara Samhita

This is one among the *Laghutrayi* texts written by Acharya Sarangadhara. He has mentioned and stressed upon the utility of *guduchi* in its fresh form.⁹

Sodhala Nighantu

This was written by Acharya Shodhala who belonged to *Rayekwad Brahmin* caste of *Gujarat*. It is an important work on *Indian Materia Medica*. It is otherwise called *Nama-gunasangraha*. Here *guduchi* is described under *Oshadhivarga*.¹⁰

Madanapal Nighantu

This work was composed by king *Madanapala* of the *Tika*

dynasty at the city of *Kastha*. In this text, the drug *guduchi* is described under *Abhayadi varga*.¹¹

Dhanvantari Nighantu

Guduchi was mentioned first in one out of seven *vargas*. 34 synonyms of it with two varieties like *guduchi* and *kanda guduchi* are described.¹²

Kaiyadeva Nighantu

This was written by Acharya *Kaiyadeva* and is originally called by the name "*Pathyapathyavibodhaka*." The drug *guduchi* is mentioned as *guduchyadi varga* and varieties as *guduchi* and *pinda guduchi*.¹³

Bhavaprakash Nighantu

This was written by Acharya *Bhavamisra*. He had included *guduchi* in *guduchyadi* and *shaka varga*.¹⁴

Raja Nighantu

This lexicon was written by *Pandit Raja Narahari*. This is otherwise called by the name *Abhidana Chudamani* or *Dravyabidhana Ganasangraha*. This book is based mainly on substance of *Dhanvantari Nighantu*. The drug *guduchi* is mentioned in *guduchyadi varga*.¹⁵

Saligrama Nighantu

This was written by *Lala Saligrama Vaisya*. The drug *guduchi* is described in *guduchyadi varga* of the text.¹⁶

Priya Nighantu

This was written by *PV Sharma* The drug *guduchi* is described in *pipaliyadi varga* of the text.¹⁷

Classification of *Guduchi* according to *Varga* in *Samhita*

Caraka: *Vayasthapana*, *dahaprashamana*, *trishananigrahana*, *trptigna*, *stanya shodhana*, *sandhaniya varga*, *snehopaga*.

Sushruta

Guduchyadi gana, *patoladi gana*, *vallipanchamula gana*, *kakolyadi gana*, *aragvadhadi gana*.

Astanga Hridaya

Guduchyadi gana, *potoladi gana*, *aragvadhadi gana*, *padamakadi gana*, *shyamadi gana*.

Astanga Sangraha

Trptighna, *stanyajanana*, *stanya shudhikara*, *snehopaga*, *trisna nigraha*, *jwarhara*, *vayasthapana*.

Table 1. Classification of Guduchi [*Tinospora cordifolia* (Willd.) Miers Ex. Hook. F. & Thoms] according to Varga in Nighantu

Nighantu	Varga
Bhavaprakash	<i>Guduchyadi, Shaka varga</i>
Raj Nighantu	<i>Guduchyadi varga</i>
Dhanvantari	<i>Guduchyadi varga</i>
Sodhala Nighantu	<i>Guduchyadi varga</i>
Kaiyadeva Nighantu	<i>Oshadi Varga</i>
Shaligram Nighantu	<i>Guduchyadi varga</i>
Madanapala Nighantu	<i>Abhayadi varga</i>
Gunaratanamala	<i>Shaka varga</i>
Haritakyadi Nighantu	<i>Guduchyadi varga</i>
Priya Nighantu	<i>Pipaliyadi varga</i>
Saraswati Nighantu	<i>Latadi varga</i>

Table 2. Nirukti of Guduchi [*Tinospora cordifolia*(Willd.)Miers.Ex.Hook F& Thoms]^{18,19}

1	अमृता	अमृतवद् गुणकरणी च ।	<i>Guduchi</i> is a very useful drug and possess the qualities like that of Nectar.
2	अमृतवल्लरी	न मुरीयते लताऽस्याः।	If planted, <i>guduchi</i> never die.
3	छन्निनुहा	छन्निना अपरिहती	When cut <i>guduchi</i> grows again.
4	तन्त्रिका-	तन्त्रयतिया तन्त्रिकटुमवधारणे ।	The stem of <i>guduchi</i> resembles a rope.
5	मधुपर्णी	मधुमयानपिर्णान्यस्याः ।	When crushed, leaves give viscid juice like that of honey.
6	वत्सादनी	वत्सैःअघते, अद भक्षणे।	Leaves of <i>guduchi</i> are liked by calves.
7	कुण्डली	कुण्डलाकरेण वर्धते ।	Ascends supporting plant in a circular way.
8	मण्डली	मण्डलाकरेण वर्धमाना ।	<i>Guduchi</i> climbs up the supporting plant in a circular manner.
9	चक्रलक्षणिका	काण्डच्छेदे चक्रेण लक्ष्यते ।	When cut transversely the stem shows circular structure.
10	चन्द्रहासा	चन्द्राकाराणि शुभ्रबीजान्यस्याः	The seeds are semi lunar shaped.
11	रसायनी	रसायनत्वात् ।	<i>Guduchi</i> has rejuvenating quality.
12	जीवन्ती	जीव्यतीति	<i>Guduchi</i> protects the life because of its rasayana (rejuvenating) property.
13	वयस्या	वयसे आयुषे हति, आयुष्येत्पर्यः।	<i>Guduchi</i> promotes longevity.
14	ज्वरनाशिनी	ज्वरे हतित्वात् ।	Very efficacious drug in fever.
15	वशिल्या	वगितं शल्यमस्याः ।	<i>Guduchi</i> protects by removing toxins.
16	सोम	सोमप्रधाना ।	Gives strength like that of soma.

Table 3. Vernacular Names of Guduchi [*Tinospora cordifolia*(Willd) Miers.Ex.Hook F. & Thoms]^{20,21}

S. No.	Language	Name
1.	Sanskrit	<i>Guduchi, Amrita, Madhuparni, Amritavali, Chinnaruha, Cakrangi, Jivantika</i>
2.	Hindi	<i>Giloe, Gurach, Giloya</i>
3.	English	<i>Tinospora, Bile killer</i>
4.	Nepali	<i>Gurjo</i>
5.	Kannada	<i>Amrata, balli, Ugani balli, Madhuparni</i>
6.	Malayalam	<i>Amrytu, Sittamrytu</i>
7.	Telgu	<i>Tippa teega</i>
8.	Tamil	<i>Amrida valli, Silam, pattigai</i>
9.	Oriya	<i>Gulochi, Gulancha</i>
10.	Bengali	<i>Giloe, Gulanche, Nimgilo</i>
11.	Marathi	<i>Ambervela, Gulavela, Giroli, Wulavel, Guloe</i>
12.	Panjabi	<i>Batindu, Gilo, Gilo-gulanch, Garham, Poto</i>
13.	Gujarati	<i>Gado, Galo, Gulvel</i>
14.	Sikkim	<i>Gurjo</i>
15.	Kasmir	<i>Bark, Bekhgilo</i>
16.	Urdu	<i>Gilo</i>
17.	Sindhi	<i>Sutgito</i>
18.	Arabic	<i>Gito</i>
19.	Burmese	<i>Singomone</i>
20.	Persian	<i>Gulbel</i>
21.	Burma	<i>Signomone</i>
22.	China	<i>K'uan chu Hsing</i>
23.	Ceylon	<i>Chintil</i>
24.	French	<i>Culancha</i>

Habitat:²²

It is found throughout tropical India ascending to an altitude of 900m, from Kumaon eastwards as well as southwards up to Tamilnadu; also found in Nepal and Srilanka.

Morphology²³**Habit**

A large glabrous climber with succulent corky and grooved stems, branches sending down slender pendulous fleshy roots therete striat, with tubercled pale sometime shining or glaucous bark.

Leaves

Membranous, 5 to 10 cm long, roundish or subdeltoids cordate with a broad sinus and large basal lobes, obtuse or more or less cuspidate, 7 to 9 nerved, reticulately veined with microscopic glistening glands beneath. Petiole is 2.5 cm to 7 cm long.

Stems

The fresh stem has a green succulent bark, covered by a thin brown epidermis which peels off in flakes; it is studded with warty prominences here and there, gives roots and

branches bearing smooth when dry it shrinks very much and the bark is separated from the wood and becomes a dull brown color.

Inflorescence

Laxed raceme, 5 cm long elongating and often longer than the leaves, axillary, terminals or from the old wood.

Flowers**Male Flower**

Clustered in the axils of small subulate bracts; Sepal 6 in numbers. Outer three are small ovate oblong, acute and inner three are larger membranous broadly elliptical, concave, 3–4 mm, yellow in color; Petals are 6 in numbers equal about 2 mm long, broadly spatulate, each loosely embracing a stamen when young;

Femal flower

Usually solitary similar to male but sepals are having green margin not reflected staminodes short and linear;

Carpels

1 to 3 widely separated on the short fleshy gynophores, dorsally convex ventrally flat;

Fruit

Red on ripening size of a large pea;

Seed

Broadly ellipsoid with a slender dorsal ridge and a ventral depression, slightly muricate.

Flowering and Fruiting Time

Summer to winter season.

Parts Used

Stem, leaf and root

Substitutes and Adulterants²⁴

The commonest species of *Tinospora* with which *Tinospora cordifolia* is likely to be substituted or adulterated are *Tinospora sinensis* (cores), mers and *Tinospora crispa* (linn) Mierst, Ex Hook. f. & thoms.

The extract of Guduchi (Guduchi satva) is adulterated with powder, flour of potato, sweet potato, arrow root, banana, etc.

Propagation and Cultivation²⁵

The plant is sometimes cultivated as ornamental and is easily propagated by stem cutting. It is perfectly suited to and grows well in almost any type of soil and under varying climatic conditions. It is specially trained to grow on Neem tree, whereby it is supposed to possess more medicinal virtue. It can also be grown by sowing seeds in monsoon, but the growth of seedling is very slow as compared to plants grown by cuttings.

Varieties of Guduchi [*Tinospora cordifolia* (Willd) Miers. Ex.Hook F. & Thoms]²⁶

- Guduchi (*Tinospora cordifolia*)
- Padma Guduchi (*Tinospora malabarica*)

Species

- *Tinospora sinensis*

- *Tinospora crispa*
- *Tinospora tomentosa*

***Tinospora malabarica*²⁷**

A large climber; stems about 2 cm diameter, old branches smooth and shining, with light colored papery bark more or less warty; young parts clothed with whitish hairs. Leaves membranous or papyraceous, sparingly pubescent above, pilose below, sometime whitish tomentose, broadly ovate-cordate or rotundate-cordate, sometime obsolete angular, acuminate, 7.5–23 cm long and broad, 5–7cm nerved, petioles 6–12 cm. long striated. Pseudo-racemes often arising from the old branches, pedunculate, simple up to 15 cm long. Male flowers; pedicels fasciculate, about 3–5 mm long, sepal 6, yellowish green, the outer ones minute thin, 1-1.4 mm. long, the inner membranous, 3–5 mm long, 2.5 mm broad, petals membranous, clawed at base, obliquely rhomboid-ovate, the claw with the margin slightly inflexed, about 2 mm. long, 1–3 mm.broad, stamens 3 mm. long, filaments slightly dilated towards apex. Female flowers not seen. Drupes 1–3, scarlet or orange, smooth, on thick stalks, endocarp with many sharp-pointed tubercles.

Tinospora crispa

Climber with fawn color, papery, warted bark. leaves ovate to oblong-ovate, acuminate, base truncate or very slightly cordate, thin, light green, 7.5–9 cm long, 7.5–0.4 cm. Wide; petioles 9 cm long. Raceme is slender, lax. Flowers are small, green. Male: sepals 3, outer smaller, 3 inner elliptic, much larger. Petals are very small, involute, oblong ovate. Stamens short, 6. Females: pistils 3, subcylindric. Fruit oblong, 7.5 mm long, yellow or red. seed smooth.

Tinospora miers

Climbing shrubs. Flowers in racemes or rarely panicles, axillary or terminal or from the old wood. Sepals 6, in two series, in inner larger. Petals 6, smaller. Male flowers; stamens 6, free; anthers bursting longitudinally. Female flowers; staminodes 6, clavate; ovaries 3; stigmas forked. Drupes ventrally flat, dorsally convex, round or ova; endocarp rugose or tubercled, dorsally keeled, venterly concave. –species 25. –in most palaeotropical regions, but chiefly in indo-Malaya.

Table 4. Rasa, Guna, Veerya, Vipaka, Dosha Karma of Guduchi [*Tinospora cordifolia*(Willd) Miers. Ex. Hook F. & Thoms] in Nighantu

		<i>Bh.N</i>	<i>RN</i>	<i>DN</i>	<i>KN</i>	<i>MN</i>	<i>PN</i>	<i>HN</i>
<i>Rasa</i>	<i>Katu, Tikta, Kasaya</i>	+	-	-	+	+	-	-
	<i>Katu, Tikta</i>	-	-	-	-	-		+
	<i>Tikta</i>	-					+	
	<i>Tikta, Kasaya</i>	-	+	+	-	-	-	-
<i>Guna</i>	<i>Guru, Snigdha</i>	+	-	-	-	-	-	-
	<i>Laghu</i>	-	-	-	-	+	-	-
	<i>Guru</i>		+	+		+	+	+
<i>Veerya</i>	<i>Ushna</i>	+	-	-	-	+	-	+
<i>Vipaka</i>	<i>Madhura</i>	+	+	+	-	-	+	-
<i>Tridosasamaka</i>		+	+	+	-	-	-	+

Table 5. Various Karma (Actions) of Guduchi (*Tinospora cordifolia*) in Nighantu

	<i>Bh.N</i> ⁸²	<i>R.N</i> ⁶²	<i>K.N</i> ⁸⁵	<i>SA. N</i> ⁸⁴	<i>D. N</i> ⁶³	<i>M. N</i> ⁶⁷	<i>H.N</i> ⁸⁶	<i>P.N</i> ³⁷
<i>Jwarahara</i>	+	+	-	+	+	+	+	+
<i>Rasayana</i>	+	-	+	-	-	-	-	+
<i>Sangrahi</i>	+	-	-	-	-	-	-	-
<i>Dipana</i>	-	+	-	-	-	-	-	--
<i>Amahara</i>	+	-	-	-	-	-	-	-
<i>Trisnahara</i>	+	-	+	+	-	-	+	-
<i>Dahahara</i>	+	-	-	+	-	-	+	-
<i>Pramehaghna</i>	+	+	+	+	-	-	+	+
<i>Kasahara</i>	+	-	+	-	-	-	+	-
<i>Kusthadhana</i>	+		+		+	+	+	-
<i>Balya</i>	+	-	-	-	-	-	-	-
<i>Krimighana</i>	+	-	-	-	+	+	+	-
<i>Chardighana</i>	+	+	-	+	-	-	-	-
<i>Arsoghana</i>	-	-	-	-	+	-	-	-
<i>Medhya</i>	-	-	-	-	+	-	-	-
<i>Hrdya</i>	-	-	+	-	-	-	-	-
<i>Caksusya</i>	-	-	-	-	-	-	-	+
<i>Vayasthapana</i>	-	-	-	-	+	-	-	-
<i>Kamalahara</i>	+	-	+	-	-	+	+	+
<i>Panduhara</i>	+	-	-	+	-	-	+	-
<i>Vataraktahara</i>	+	-	-	+	-	+	-	+
<i>Bharamhara</i>	-	-	-	+	-	-	-	-
<i>Grahi</i>	-	-	-	-	-	-	+	-
<i>Agnidipaka</i>	+	-	-	-	-	-	-	-

Table 6. Various indications of *Guduchi* [*Tinospora cordifolia* (Willd.) Miers Ex. Hook. F. Thoms] in *Nighantu*

	Bh.N ⁸²	R.N ⁶²	D.N ⁶³	K.N ⁸⁵	S.N ⁶⁶	M.N ⁶⁷	P.N ³⁷	H.N ⁸⁶
<i>Kamala</i>	+	-	-	+	+	+	+	+
<i>Jvara</i>	+	+	+	+	+	+	+	+
<i>Vatarakta</i>	+	-	+	+	-	+	+	+
<i>Pandu</i>	+	+	+	+	+	-	-	+
<i>Trisna</i>	+	+	-	+	+	-	-	+
<i>Dahaprasamana</i>	+	-	-	-	-	-	--	-
<i>Kusta</i>	+	-	+	+	+	+	-	+
<i>Chardi</i>	+	+	+	+	+	-	-	+
<i>Krimi</i>	+	-	+	+	-	+	-	+
<i>Kandu</i>	-	-	+	-	-	-	-	-
<i>Visharpa</i>	-	-	+	-	-	-	-	-
<i>Medoroga</i>	-	-	+	-	-	-	-	-
<i>Bhrama</i>	-	+	-	-	-	-	-	-
<i>Prameh</i>	+	+	+	+	+	-	+	+
<i>Kasa</i>	+	-	+	+	-	-	-	+
<i>Jara vyadhi</i>	-	-	-	-	-	-	-	+
<i>Rasayan</i>	+	-	-	+	+	+	+	-
<i>Sangrahi</i>	+	-	+	+	-	-	-	-
<i>Swasa</i>	+	-	-	-	-	-	-	-
<i>Arsha</i>	+	-	+	-	+	-	-	-
<i>Mutrakrichha</i>	+	-	-	-	-	-	-	-
<i>Hridaya roga</i>	+	-	-	+	-	-	-	-
<i>Vata</i>	+	-	+	-	+	-	-	+
<i>Dipania</i>	-	-	-	+	-	-	-	-
<i>Anaemia</i>	-	-	+	-	-	-	-	-
<i>Balya</i>	-	-	+	+	+	+	+	-
<i>Daha</i>	-	+	-	-	-	-	-	-
<i>Raktavata</i>	-	+	-	-	-	-	-	-
<i>Pittavikara</i>	-	-	-	-	-	-	+	-

Phytochemistry²⁸

Tinosporine and α furanoil, diterpene dilactone

From Stem

Tinosporide, cordifolide and unosporine, tinosporon, tinosporic acid and tinosporol 1-3 hepatocosanol, cordifol, β-sitosterol and tinosporidine, tinopruride, octocosanol and α crystalline compounds (C₁₂H₁₆O₅)₆, and a new diterpenoid furanolact.

From Leaves

Octocosanol, β-sitosterol, a new crystalline compound (m.p 250), hepatocosanol and cardifolon₆ have been isolated; tinosporine was also isolated from the plant.

Physical Constants²⁹

- **Foreign Matter:** Not more than 2%

- **Total Ash:** Not more than 16%
- **Acid Insoluble Ash:** Not more than 3%
- **Alcohol Soluble Extractive:** Not less than 3%
- **Water Soluble extractive:** Not less than 11%

Pharmacological Activity³⁰

Hypoglycemic activity, antihyper glycemic, CNS depressant, antibacterial, antimicrobial, antipyretics, anti-inflammatory, antiarthritis, anti-allergic, hepatoprotective, analgesic, immunosuppressive, immunostimulant, antineoplastic, antistress, antidiabetic, antitumor, adaptogenic, antioxidant, hypotensive, diuretic.

Dosage of the Drug³¹

- Stem Powder: 3–6 g
- Decoction: 50–100 ml
- Infusion: 30–60 ml
- Fresh Juice: 10–20 ml
- Guduchi Satva: 1–2 g

S. No.	Yogas	Indications	References
Asava and Arishta Kalpana			
1.	Amritarista	Jvar	Bhaishajyaratnavali
2.	Dashamoolarista	Vataroga	Sharangadhara samhita madhyama khanda
3.	Punarnavarista	Shotha roga	Charaka samhita chikista
4.	Sarivadyasava	Pramehapidika	Bhaishajyaratnavali
Avaleha and Paka Kalpana			
1.	Chyavanaprasha	Rasayana	Charaka chikitsa
2.	Kantakarya Avaleha	Kasa, swasa	Sharangadhara samhita
3.	Madanphala Avaleha	Vamanayoga	Charaka kalpa sthana
4.	Guduchyadi modaka	Rajyakshama chikitsa	Yogarasnaka
5.	Chitraka Haritaki	Nasaroga	Bhaishajyaratnavali
Kwatha and Kashaya Kalpana			
1.	Pathyadi kwatha	Yakritapliharoga, gulma	Sharangadhara
2.	Sthanya shodhana kashaya	Sthanya shodhana	Charaka samhita
3.	Guduchyadi kwatha	Pittajvara	Sushruta chikista
4.	Amritottara kwatha	Jirnajvara	Sahasrayoga
5.	Amritadi kashaya	Vatarakta	Sharangadhara
6.	Shatyadi kashaya	Sanipatajvara	Charaka chikitsa
7.	Saptachchhadadi Kwatha	Kaphajvara	Sushruta chikitsa
8.	Amritadi Kwatha	Vatarakta	Sharangadhara
9.	Vishamjvarnashaka Kashaya	Vishamajvar	Charaka chikitsa
10.	Nishadi Kwatha	Pitaja kustharoga	Ashtanga hridaya
11.	Pittpachaka Kwatha	Sanipatajvara	Sushruta chikitsa
12.	Vatajvar nashaka kashaya	Vatashamana	Ashtanga hridaya
13.	Vasadi Kwatha	Pandupittavikara, rakatapitta, Halimaka	Ashtanga hridaya
14.	Drakshadi sheeta Kashaya	Visharparoga nasaka	Charaka chikitsa
15.	Aragvadhadi Kwatha churna	Chardi, Visha vikara, Kapha vikara	Ashtanga hridaya sutrasthana
16.	Chhinnodbhavadi Kwatha churna	Sannipatajvara	Sahasrayoga
Ghrita and Sneha Kalpana			
1.	Guduchyadi ghrita	Kshayaja kasa	Charaka chikitsa
2.	Panchatikta ghrita	Kustha	Bhaishajyaratnavali
3.	Vasadi ghrita	Jirnajvara	Charaka chikitsa
4.	Mahakhadira ghrita	Kustha	Charaka chikitsa
5.	Kantakari ghrita	Vataja kasa	Charaka chikitsa
6.	Kashmaryadi ghrita	Vtaja Yonivikara	Charaka chikitsa
7.	Vatakasa Nashaka ghrita	Vata pradhana jvara	Ashtanga hridaya
8.	Nishadi ghrita	Pittaja kuatha	Ashtanga hridaya
9.	Vasadi ghrita	Jirnajvara	Charaka Chikitsa
10.	Mahakhadira ghrita	Kustha	Charaka Chikitsa
11.	Maha Triphaladya ghrita	Netraroga	Bhaishajyaratnavali
12.	Mahatikta ghrita	Kushtharoga	Bhaishajyaratnavali
13.	Amrita ghrita	Amavata	Cakradatta
Churna Kalpana			
1.	Guduchyadi churna	Medoroga	Basavarajeeyam
2.	Panchanimba churna	Kustha	Sharangadhara
3.	Amritadi churna,	Mutrakrichha	Sahasrayoga
4.	Anritottara churna	Sanipatajvara	Sahasrayoga
5.	Narasimha churna	Vajikaranadhikara	Bhaishajyaratnavali
Taila Kalpana			
1.	Guduchyadi taila	Vatarakta, Jwara	Charaka Chikitsa
2.	Brihat guduchi taila	Vatarakta	Bhaishajyaratnavali

3.	Bala Guduchyadi tailam	Vatarakta, Raktagatavata	Sahasarayoga
4.	Agurvadi taila	Shita jvara	Charaka Chikitsa
5.	Bala taila	Vata vyadhi	Astangahridaya Chikitsa
6.	Amritadi taila	Vata vyadhi	Charaka Chikitsa
7.	Dashmuladha Anuvasan taila	Vata vyadhi	Charaka Chikitsa
8.	Vrishmuladi taila	Vataroga	Charaka Chikitsa
9.	Asanabilvadi taila	Nasya, karna, shiroroga	Sahasrayoga
10.	Triphaladi Taila	Urdhwajatruroga	Sahasrayoga
11.	Vasachandanadi Taila	Kasaroga	Bhaisajyaratnavali
Guggulu Kalpana			
1.	Kaishora guggulu	Vatarakta	Sharangadhara samhita
2.	Amritadi guggulu	Amavata	Chakradata
3.	Panchatiktaghrita guggulu	Kustha	Ashtanga Hridya chikitsa
4.	Trayodasanga guggulu	Vatavyadhi	Bhaisajyaratnavali
Satva Kalpana			
1.	Guduchyadi satva	Rajayakshma	Yogratnakara
2.	Amrita satva	Rajakshama	Yogratnakara
Vati Kalpana			
1.	Sanjivani vati	Sanipataja Jvara	Sharangadhara
2.	Chandraprabha vati	Prameha	Sharangadhara
3.	Shiva gutika	Yakritapliharoga, udara, Gulma	Astangasangraha
4.	Marma gutika	Marmavikara, Aghata	Sahasrayoga
Lepa Kalpana			
1.	Bahiparimarjana lepa	Kustha, indralupta	Charaka Sutra
2.	Vataraktaj Vednahara lepa	Vedanahara	Charaka Sutra
3.	Kusthahara lepa	Kustha chikitsa	Ashtangahridaya
Vasti Kalpana			
1.	Guduchyadi Niruha Vasti	Jvara, Swedakaraka	Charaka chikitsa sthana
2.	Patoladhi Anuvasan Vasti	Jvaranashaka	Charaka sidhi sthana
3.	Guduchyadi Asthapana Vasti	Udavarta, Malamutra avarodha	Charaka sutra

Conclusion

Guduchi is one of the most important drugs. It is a widely used plant in Ayurvedic and folklore systems of medicine. Various properties of guduchi described in ancient texts of Ayurveda are rasayana, sangrahi, balya, agnideepana, tridoshashamaka, dahnashaka, mehanashaka, kasa-shwasahara, pandunashaka, kamala-kushtha-vataraktanashaka, jwarhara, krimihara, prameha, arshnashaka are the karmas which give a lot of importance to guduchi. It is used in various diseased conditions and also for maintenance of health. There are many herbal plants in the world but guduchi is considered to be having greater medicinal values.

Conflict of Interest: None

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Date of Submission: 2017-07-20

Date of Acceptance: 2017-09-06