

# Giloy-Guduchi / *Tinospora cordifolia*

**Part consumed –**  
Stem

**Form consumed -**  
Dried powder,  
Decoction, Extract

**Maximum daily  
consumption by adults-**  
Powder - 10 g  
Decoction - 50-100 ml  
Extract - 1-2 g

## **Composition**

- Berberine
- Palmatine
- Tinocordiside
- Tinocordifolioside
- Cordioside
- Furanolactone
- Tinocordifolin
- Giloin, Giloinin
- Tinosporic acid



## **Indications**

### **as per Ayurveda**

- Rejuvenating
- Liver protective
- Antiseptic
- Anti-inflammatory
- Skin Diseases
- Fever
- Asthma
- Gout
- Diabetes
- Chronic Diarrhoea

## **Modern Clinical Studies**

- Anti-diabetes
- Anti-spasmodic
- Anti-arthritis
- Anti-allergic
- Anti-stress
- Antimalarial
- Immuno-modulatory
- Anti-cancer
- Antioxidant
- Anti-inflammatory
- Hepato-protective
- Diuretic
- Antipyretic