

# Ayurvedic Remedies of Giloy (*Tinospora cordifolia*) for Sars-Covid-19

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## Abstract:

*Tinospora cordifolia* (Giloy) is one of the most important medicinal plant and forms an important drug of the Ayurvedic system of Medicine. For centuries, this herb has been used in Ayurveda in India as a medicine in the development of the immune system and the confrontation of the body against certain infecting species. In the immune suppression of such diseases such as obstructive jaundice, hepatic fibrosis, dyspepsia urinary infections, fever, diabetes, anemia, inflammation. A large variety of compounds which are responsible for immunomodulatory and cytotoxic effects are 11-hydrooxymuskatone, N-methyle-2-pyrrolidone, N-formylannonain. *T. cordifolia* has been used in indigenous systems of medicine.

**Key Words:** *tinospora cardifolia*; alkaloids; immunomodulatory; hepatosuppression

## Introduction

*Tinospora cordifolia* has long been a part of Ayurvedic medicine in India. It is found in India, Bangladesh, Sri Lanka, Myanmar, China, Thailand, Philippines, Indonesia, Malaysia, Borneo, Vietnam, North Africa, and South Africa [1].

Causes for corona virus infection: The virus that causes COVID-19 is in a family of viruses called coronaries. Antibiotics do not work against viruses [2].

## Symptoms:

### Most common symptoms:

- Fever
- Dry cough
- Tiredness

### Less common symptoms:

- Aches and pains
- Sore throat
- diarrhea
- conjunctivitis
- Loss of taste or smell

### Serious symptoms:

- Difficulty breathing or shortness of breath

- Chest pain or pressure
- Loss of speech or movement

**Immunomodulatory nature of giloy:** *Cordifolia A* and syringin have been reported to possess immunomodulatory activity. *Tinospora*, diterpenoid has been claimed specially for the treatment of the targeted viruses including (retroviruses) (HIV-1, HIV-2) all sub-groups, all subgroups, HTLV, Herpes simplex virus (HSV) and another viral disease.

### Benefits:

The benefits of giloy are

- Natural immunity booster
- cures-indigestion
- Alleviates anxiety and stress
- Boosts vision
- Rich in anti-oxidants

## Ayurvedic Remedies of Giloy:

### How to consume giloy:

Giloy can be consumed in the form of kashayam (decoction). For an adult: A tablespoon of giloy should be consumed with 2 cups of water, it has to be boiled till it reduced to half a cup, filtered and administered within 8 hours of preparation [3].

## Giloy leaves Vs stem:

Stem is widely used part of tinospora leaves have similar quantities, but are less effective.

Guduchi satva is useful in fever.

## Giloy for general immunity for normal people:

Powder 2 grams once a day can be taken along with 1 teaspoon of honey for 2 months' time or giloy decoction is prepared with 1 teaspoon of powder added with 1 cup of water, boiled and reduced to half a cup, and filtered [4].

## This is consumed once per day.

### Giloy ghana vati

It majorly useful as Trutahara (relieves excessive thirst), Rasayani (rejuvenates the whole body), Sangrahini (treats diarrhoea), Balya (improves muscle strength), Kamala (prevents jaundice), Vatasruk (treats gout), Vaman (prevents nausea and vomiting), Shwasha (relieves breathing difficulties), Krichra (treat painful micturation), Jvara (useful in fever) [5].

Various way to treat different forms of giloy:

Giloy churna: half table spoon with honey or lukewarm water preferably after meals twice a day.

Giloy Kwath: 2-3 table spoon twice a day before or after lunch and dinner.

Giloy ghana vati: 1-2 pills twice a day with water after meals.

Giloy capsule: 1-2 capsules twice a day with water after meals.

Giloy juice: 2-3 table spoon with water before meals once or twice a day.

Giloy stem juice: 1-2 table spoon infused with honey twice a day after meals.

## Chemical composition of giloy:

The abundance of alkaloids, flavonoids, steroids, lignans, carbohydrates, and potent active constituents like tinosporin, palmetin, choline, ethanol, isocolumbin, tembetarine, berberine increases the therapeutic efficacy of the herb and truly makes it a class apart [6].

Home remedies to treat viral infections containing giloy:

### Giloy kashayam:

For fever and anorexia:

### Ingredients:

3 tbsp of giloy powder

1 half cups water

2-3 pieces of gaja pippali

1-2 tbsp of honey

### Method:

- Boil the giloy stem powder in water in a thick bottomed vessel over medium heat.
- Stir continuously until water reduces to half cup.
- Add 2-3 pieces of gaja pippali and keep stirring.
- Add honey for tastes as to cut off the bitter tone.

Ayurvedic formulations that can bolster your immunity:

Good for respiratory troubles: The wealth of anti-bacterial properties of giloy, make this formulation a one-stop remedy for quite a few respiratory problems. It helps clear mucus from the nasal cavities and provide relief from chest congestion.

Arjuna: protect from heart health:

Good for eye problems: It improves the eye muscles, boots clarity and helps person see better without any glasses.

Dabur giloy ki ghanvati tablets:

In Ayurvedic medicine. Giloy is considered to be one of the Amrit plants.

Effective against respiratory infections: It pacifies the mucous membrane of your respiratory system thereby making it very effective against asthma.

Brings down fever: Giloy helps in bringing high fever under control by lowering the body temperature. It is very effective while dealing with intermittent fevers [7].

### Multiple Benefits of Giloy:

Giloy has known to be extremely effective in case of various chronic complications associated with low immunity, infections, gastric issues, and stress issues. Doing wonders from nourishing the body to eliminating the toxins [8].

Anti-allergic: For urbanities, it is a potent natural way to combat pollution as well.

Boosts immune system: Giloy has been known for its immune-modulatory functions. Due to exceptional remedial properties, it helps fight germs and boosts immunity levels. However, this may turn out counterproductive when a person is suffering from an autoimmune disease such as multiple sclerosis [9].

How some giloy can help amid COVID-19:

It was just one of the many giloy creepers the residents had planned after chikungunya ravaged the south Delhi neighborhood in 2010. People who are at high risk of the infection or are regularly exposed to the virus should take 500mg extract or 1-3g powder twice every day with warm water.

### Giloy tea:

**Ingredients:** Giloy stem- 5cm

Ginger- 2cm

Turmeric (fresh)- 1cm

Cinnamon bark- 2cm

Peppercorn- 1/2 tsp

Honey- 1tsp

### Method:

Crush the ingredients and boil in 300ml water using a pan with a thick base. Boil till the water reduces to 200ml. To this honey should be added

### Health benefits of giloy:

Giloy for chronic fever: It is an anti-inflammatory, anti-pyretic herb which helps to boost your immunity to fight against the infections and also helps in early recovery. Giloy has a javarghana property to reduce fever.

How to use it- Take 2-3 tablespoons of giloy juice and similar amount of water. Mix them well. Drink this mixture daily in the morning on an empty stomach [10].

Giloy juice	Ingredients
Jiva giloy tulsi plus juice	Giloy
Baidyanath giloy tulsi juice	Giloy and tulsi
Kapiva wild tulsi giloy juice	Giloy and wild tulsi
Patanjali giloy juice	Giloy
Nutriorg wheat grass juice with giloy and tulsi	Giloy, tulsi and wheatgrass

**Table 1:** composition of Different brands of Giloy juice.

**Jiva giloy tulsi plus juice:** This pack of juice by jiva is an herbal combination of giloy with extracts of tulsi leaves. It is a good source of anti-oxidants.

**Baidyanath giloy tulsi juice:** A regular intake of this juice can even aid in aid in weight loss and help people who are suffering from high blood pressure. It is even rich in anti-oxidants and can detoxify and cleanse the body to make it healthy without any side effects.

**Kapiva wild tulsi giloy juice:** This kapiva juice is healthy combination of giloy with the extracts of tulsi leaves. It is considered effective in giving relief in the symptoms of swine flu, dengue, and other such diseases.

**Patanjali giloy juice:** This juice is considered effective in fever, gout, anaemia, jaundice and other related diseases.

**Patanjali giloy sat powder:** Giloy sat also known as Amirta sat, it is an extract of giloy herb plant guduchi that offers a holistic healing experience. These effective traditional medicines treat chronic fever purifies the blood, convalescence from fevers, jaundice, treat digestive issues and other infections.

**Planet ayurveda immune booster capsules:** This immune booster is an impressive herbal solution which builds the immune system and treat several other ailments. It is given to children who get frequent episodes of sinus, throat infections, cold and cough [11].

Giloy uses and indications:

**Agnideepani:** Improves digestion power

**Amahara:** relieves Ama indigestion

**Trut hara:** relieves excessive thirst (seen in fever)

**Kasahara:** useful to relief cough

**Vamihara:** Useful to relieve vomiting

**Kasa:** cold, cough

### Conclusion

*Tinospora cordifolia* is exhibiting several health benefits to society. It acts as anti-inflammatory, antipyretic and anti-cancer agent. Guduchi is also used for treating diarrhoea and vomiting. It acts as immunity booster. Research has to be conducted to establish all the pharmacological properties of *Tinospora cordifolia*

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