



Shree Swaminarayan Ayurvedic College,

Opp. SAIJ GIDC, Swaminarayan Vishwamangal Gurukul, Kalol

GUDUCHI



Latin name: *Tinospora cordifolia*

Family: Menispermaceae

Regional names: ગુણે (Gujarati), गिलोय (Hindi)

Morphology: Large glabrous climber. Leaves are roundish, base cordate. Flower: raceme. Fruit: Drupelets.

Synonyms: Chakralakshanika, Amruta, Amrutavallari, Chinnaruha, Kundali, Mandali, Kandodbhava.

Rasa Panchaka:

Rasa: Tikta, Kashaya

Guna: Laghu

Virya: Ushna

Vipaka: Madhura

Karma: Tridosahara, Dipana, Rasayana

Useful parts: Stem

Indications: Kustha, Vatarakta, Jvara, Kamala, Pandu, Prameha.

Dosage: 3-6gms powder. 20-30g for Kashaya (API Volume I)

Formulations: Amritarista, Amritadi Kashaya, Amrutadi Guggulu, Panchatiktaguggulu ghrita.