

GUDUCHI : THE AMBROSIA OF NATURE



Guduchi is one of the most powerful herbs in Ayurveda. Guduchi is also known as '**Amrita**' meaning Ambrosia which denotes immortality. Botanically, it is called as **Tinospora Cordifolia** and belongs to Menispermaceae family. It's a woody climbing shrub usually grown on a Neem or Mango tree. Guduchi grown on a Neem tree is said to be the best. The **Heart-leaved Moonseed** is simple to grow without any fertilisers and pesticides. A large variety of chemical constituents have now been isolated from *Tinospora cordifolia* and the leaves have been found to be abundant in protein and fairly high in calcium and phosphorus.

Tridoshic Healing - Guduchi balances all three doshas. Guduchi balances the Tridoshas and helps in free flow of energy. It boosts energy levels throughout the body, mind and soul which are transmuted and distributed to the chakras and helps to **cleanse the Chakras**.

Balances Pitta - Guduchi is a great herb to balance pitta. It removes aggravated pitta without suppressing its normal function. Its bitter and astringent properties help to balance the pitta. It is a great **anti-pyretic** and can be used in all kinds of fever. It has a broad spectrum of anti-bacterial properties. It was traditionally given in malaria and acts as natural anti-viral. It protects the liver and treats jaundice. Its **anti-inflammatory** properties help to relieve symptoms of gout and Rheumatic conditions.

Immunity Booster - Guduchi is a powerhouse of **antioxidants** which fight free-radicals, keep cells healthy and prevents diseases. It improves the immune system and the body resistance against infections. It removes toxins, purifies blood, fights bacteria that causes diseases and also combats urinary tract infections. It supports the respiratory system and prevents cough, cold, asthma etc.

Rejuvenator & Adaptogen – Ayurveda considers Guduchi as Rasayana which promotes strength, intellect, prevents diseases and prolongs life. It's Rasayana properties help in degenerative disorders like arthritis, infertility etc. Studies have also shown significant anti-cancerous properties and have shown significant reduction in tumours.

Fresh Guduchi leaves and stem is used in many formulations while dry extract of Guduchi (Guduchi satva) is equally potent and convenient to consume regularly with the dose of 4-12gms daily.