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TINOSPORACORDIFOLIA - A WONDER PLANT#

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Abstract

Tinosporacordifolia, commonly called as 'Guduchi' is a deciduous woody climbing shrub and member of the family Menispermaceae. It is widely distributed in various parts of India, China, Africa and many other Asian countries. All parts of this plant are of great medicinal importance, thus called as a wonder plant. It consists of various active compounds such as alkaloids, steroids, glycosides, diterpenoids, lactones, polysaccharides etc. Due to its immunomodulatory properties it has been used for the treatment of cough, cold, fever, arthritis and diabetes. This paper combines a review on medicinal properties of this plant.

Keywords: *Tinosporacordifolia*, medicinal importance, arthritis

#Short Communication

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Introduction

T*inosporacordifolia* popularly known as Amrita, Guduchi and Giloye belongs to the family Menispermaceae is a deciduous climbing shrub found under Tropical & sub-tropical climatic conditions[1]. It consists of variety of phytoactive components like alkaloids, steroids, diterpenoid lactones, aliphatics, and glycosides[2]. These compounds can be isolated from the different parts of the plant body, like root, stem, and leaves. This plant can also be called as a wonder plant as it has cure for many problems like cough, cold, fever, anaemia, inflammation, jaundice, urinary disorders, skin diseases, arthritis and diabetes. Beside this, it is also useful in the treatment of helminthiasis, heart diseases, leprosy, support the immune system, the body's resistance to infections, supports standard white blood cell structure, function, and levels [3]. In this review article, we focus our attention to various medicinal properties of *Tinosporacordifolia* which can serve mankind in curing different ailments through natural means.

Growth Requirement

Guduchi or Amrita can be cultivated under tropical and sub-tropical conditions. The plant is very hardy and can be grown under different types of soil but it prefers black soil. Due to its more demand & less availability in cities, it can also be grown in containers in the balcony for regular use. The size of container should be large as it spreads extensively and the area should be slightly sunny. Best planting time is the start of Rainy season.

Medicinal Properties

The medicinal properties of this wonder plant are mainly due to various phytoactive compounds present in different parts of plant. An effort is made to compile them by going through various research publications in different journals. The uses for mankind can be summed up as below:

1) Aerial Parts

- The Terpenoids present in stem are used to cure various infections in the respiratory tract[4]
- The extract of stem is useful against skin diseases[5]
- Anti-hyperglycemic properties are also due to terpenoids in stem[6]
- Alkaloids extracted from stem have Anti-cancer property & Antioxidant activity[7]
- Steroids derived from Aerial parts of stem also possess anti-stress activity[8]
- The bark of stem acts as Anti-allergic[13] & Anti-spasmodic.
- The stem is bitter, stomachic, diuretic, stimulates bile secretions, allays thirst, enriches the blood and cures jaundice.[15]

2) Roots

- Lignans present in the roots have Anti-neoplastic property and Anti-oxidant activity[9]

- The root is also known for its anti-stress and anti-malarial activities [15].

3) Whole Plant

- Different phytoactive compounds serves as Antidote to snake bite & sting of poisonous insects.[10]
- It is also Analgesic, Antipyretic and anti-lepritic[11]
- It can also be used to cure Diabetes, Gout , Cancer.[12]
- It is also responsible for decreasing the tissue damage caused by radiation, the side effects of some forms of chemotherapy and speeding healing of diabetic foot ulcers [14]
- The plant is also used in the treatment of wounds, pneumonia, asthma and cough.

Conclusion

Traditional use of *Tinosporacordifolia* as herbal cure for many diseases is very common. To promote the use of this plant & to determine its potential as a source for medicine, researches were conducted which proved that phytochemicals present in this plant is cure for many problems. Traditional forms of medicine that were derived from this plant is being used in different parts of World.[16]The most important advantage of using this plant for various ailments is its safety beside being effective, economical and easy availability. This plant has great potential for prevention and treatment of many diseases.

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