

Guduchi The Ayurvedic immunity booster

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The scientific name: *Tinospora Cardifolia*, Is one of the most valued and important Ayurvedic herbs for its multiple medicinal properties. It is also known as Giloy

Its Sanskrit name is Amrita, which could be translated as nectar of immortality.

Guduchi has astounding qualities, this plant is bitter and astringent. In this way, it keeps the dosha Kapha from increasing. Its post-digestive effect is sweet, for this reason it soothes the dosha Pitta. Its power is hot, thus helping to eliminate amine/toxins from the body but without aggravating Pitta which is also composed of fire. Its sweet post-digestive effect helps to lower dosha Vata and gives it nourishing and rejuvenating qualities. That is why Guduchi is considered as Tridosha, that is, it favors the three humors of the body: Kapha, Pitta and Vata.

In Ayurveda, Guduchi is indicated on multiple occasions. By preventing aging, it is said to jeevaneya, or that it gives life, promoting strength. It nourishes all the tissues by having the quality of sweet and increases the fire of the tissues allowing them to nourish, digest and retain. That is why it is said to be Rasayana or rejuvenating, so its daily consumption in the morning helps to keep us in balance and prevent diseases, especially for the Vata and Pitta constitutions.

It is a very interesting plant for its action on the immune system, it is one of the most important tonics for the immune system, along with Ashwaganda, Shatavari and Triphala. It is used in auto-immune pathologies and virus profiles, so it helps in cases of viral infections. In these cases it can be combined with triphala, and if there is suspicion of bacterial infection add turmeric, thus we will have a powerful preparation to help the immune system to fight against intruders.

When digesting toxins of the first tissue known as plasma or rasa in Sanskrit, it is known as effective for fever or cardiovascular disorders, so it is very useful as antipyretic, could be combined with fennel infusion. In fact, its scientific name cardifolia has to do with the heart shape of its leaves.

It is also included in aphrodisiac plants, increasing sexual potency and purifying sperm. It also cleanses the blood and destroys toxins. Indicated for bronchitis, it is diuretic and anti-inflammatory, for cases of respiratory inflammation can be combined cloves and cinnamon. It decreases the burning sensation, very useful for cases of reflux and burning, it can be combined with coriander infusion. It is also indicated for arthritis, although in these cases it would have to be combined with other plants.

Although it is a well-known plant in India and in Ayurveda Medicine, in the West it is not. A lot of scientific research has been done on the benefits of this plant and the results are surprising. The

contraindications are minimal but we advise you to always use it under the prescription of an Ayurveda specialist. For any doubt you can contact us.

It is available in powder/churna or capsules. And you can take 250 mg 3 times a day. If used as rasayana, or rejuvenator, you should take one teaspoon empty stomach in the morning, every day. It can be useful to take it in with hot water, an infusion of ginger with honey, or mixed with honey directly.

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The panel consists of Dr Naveen Shukla, the founder and Director of Nature Care Ayurveda and The Vice President of AAA for Australia and Dr Vishal Sharma, Ayurveda consultant and a Lifetime member of International Academy of Ayurveda (IAA). Dr Monika Mishra is the Ayurveda consultant, Gynae specialist of Nature Care Ayurveda. Any question please contact us at contact@naturecaraeayurveda.com.au

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