

Guduchi or Giloy (Tinospora Cordifolia) is a safe and effective Ayurveda Medicine

- Similar looking plants like Tinospora Crispa may prove harmful to health
- Several studies substantiate safety and efficacy of Guduchi

New Delhi, October 5: Guduchi (Tinospora Cordifolia), or commonly known as Giloy, is safe herb to use, the Ministry of Ayush said this while issuing a guideline today. However, similar looking plants such as Tinospora Crispa may be harmful to human health, it added.

Guduchi or Giloy is being widely used in therapeutics for a long time in AYUSH systems.

The Ministry of Ayush issued the guideline after it noticed safety concerns on the use of Guduchi (Tinospora Cordifolia) that appeared on some social media platforms and in some scientific journals.

“There are good number of studies published in peer reviewed indexed Journals to substantiate safety and efficacy of Guduchi (Tinospora Cordifolia). Its hepato-protective properties are also well established. Guduchi is known for its immense therapeutic applications and the practices are regulated in accordance with various applicable provisions.” the Ministry said.

“It is observed that different species of Tinospora are available and only Tinospora Cordifolia should be used in therapeutics, whereas similar looking species such as Tinospora Crispa may manifest adverse effects.

Thus, it is reiterated that Guduchi is a safe and effective Ayurveda medicine. However it is advisable to use it in consultation with a qualified and registered Ayush physician.”

Ministry of Ayush has a well-established system of Pharmacovigilance (for reporting of suspected adverse drug reactions from Ayush medication), with its network spreading across all over India. If any suspected adverse event occurs after intake of Ayush medicine, it may be reported to the nearby Pharmacovigilance centre through an Ayush physician. Further, it is advised to take Ayush medicine and treatment under supervision and consultation of a registered Ayush physician only.

For the purpose of identification, the guideline clearly informs about the difference between Tinospora Cordifolia and Tinospora Crispa.

Plant part	Tinospora Cordifolia	Tinospora Crispa
Stem	Green in colour Not having small, rounded projections No milky secretion	Greenish grey in colour Having small rounded projections Milky secretion
Leaves	Heart shaped with groovy notch at the base	Heart shaped with no groovy notch at the base
Petals	Six in number	Three in number
Drupes (Bunch of Fruits)	Spherical or ball shaped	Ellipsoid or rugby ball like

	red in colour	shaped Orange in colour
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