



Herbal Garden (Muligai Vanam)

Seenthil Kodi



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Botanical Name	:	<i>Tinospora cordifolia</i> (Willd.) Miers ex Hook. F. & Thoms.
Tamil Name	:	Seenthil kodi; Amruthavalli
Sanskrit Name	:	Guduchi
English Name	:	Heart leaved moonseed

Distribution and Habitat



Tinospora cordifolia belonging to the family Menispermaceae, is a large, deciduous, climbing shrub with several elongated twisted branches. It is found throughout India, Sri Lanka, Nepal, Bangladesh and certain parts of China.

It thrives well in the tropical region, often attains a great height and climbs up the trunks of large trees.

Leaves simple, heart shaped, bright green, alternate, 10-12 cm long and 8-15 cm broad. Stem fill form, fleshy and climbing nature. Bark succulent, with deep clefts spotted and large rosette-like lenticels, creamy white or grey. Long thread-like aerial roots arise from the branches. Branches are long and dirty white or light greyish. Flowers small, greenish yellow, male flowers are in clusters and female flower are solitary. Fruits orange-red, fleshy, smooth, with single curved seed.

Parts used

Whole plant

Phyto-chemical constituents

Glycosides, tinosporin, isocolumbin, palmetine, jateorine, syringing, aliphatic compounds, alkaloids, octacosanol, heptacosanol, sesquiterpenoids, tinocordifolin, diterpenoid lactones, steroids, phenolics, and polysaccharides.

Medicinal uses

T. cordifolia is a popular medicinal plant which is used in several traditional medicines to cure various diseases. The plant is commonly used in traditional ayurvedic medicine and has several therapeutic properties such as jaundice, rheumatism, urinary disorder, skin diseases, diabetes, anaemia, inflammation, and allergic condition. The root is used as potent emetic and for bowel obstruction. The root and stem are used as anti-dote to treat snake bite and scorpion sting. The starch from the plant serves as a beneficial household remedy for chronic fever, relieves burning sensation, increases energy and appetite (Meshram et al. 2013). The powder form of stem is bitter taste and used in dyspepsia, fever and urinary infections. Juice or decoction of leaves is administered orally with honey to treat fever. The whole plant is useful in the treatment of helminthiasis, heart diseases, leprosy, rheumatoid arthritis, and boost the immune system. The plant has many pharmacological properties such as hypoglycemic, antipyretic, anti-allergic, anti-neoplastic, anti-inflammatory, anti-oxidant, and immune modulatory (Moniruzzanan et al. 2016).



Conclusion

T. cordifolia is a well-known medicinal plant and important drug of Indian traditional medicinal system. The drug from the plant is prescribed in fever, diabetes, dyspepsia, jaundice, urinary problems, skin disease and chronic diarrhoea and dysentery. The whole plant has been reported for its biochemical and pharmacological activities such as diuretic, anti-hyperlipidemic, cardio-protective, anti-diabetic, anticancer, hepato-protective, anthelmintic, antibacterial, analgesic, anti-inflammatory, and antioxidant activity.

Photo link

<https://www.techscience.com/phyton/v91n6/46794/html>

