

Guduchi – *Tinospora cordifolia*

Parts Used – Powder from Stems

Origin – India | Made in USA

Planetary Influence Moon | Day of the Week Monday



Guduchi is also known as Amrita or Giloy. It is a climbing shrub that grows in tropical regions such as Madagascar, India, Australia, and Africa. In Hindu mythology, Amrita refers to youth and immortality. Amrita is thought to impart longevity, youthfulness, and vitality.

Properties: Bitter, pungent, and astringent.

Uses

- Aids Digestion: Guduchi can be used for constipation, acid reflux, and bloating. Improves digestion.
- Detoxifier: Supports liver function.
- Supports Metabolism: May be used under the care of a physician for diabetes.
- Soothes Irritated Skin: Promotes skin well-being.
- Anti-inflammatory: May reduce joint pain.
- Antioxidant: Helps protect liver, brain, skin, and vision.
- Allergies and Asthma: For people with nasal allergies and/or asthma. Helps reduce shortness of breath and coughing.
- Stress: Helps the body cope with stress. Relaxes and calms.
- Supports Reproductive Health: Clears excess heat from the reproductive system.

Recommended Dose: Start once a day with 2-3 drops on the back of the left hand, dissolved in water, or under the tongue.

Warnings & Possible Side Effects

Overall Guduchi is considered safe but may interact with some prescription medications.

If you have questions about combining Guduchi with your prescription medications, please consult with a health care professional.

Do not take if you are on insulin or are hypoglycemic.

Consult your physician if you have an auto-immune disease such as rheumatoid arthritis or inflammatory bowel disease.

Do not take during pregnancy or while breastfeeding.

The information provided here is intended for general informational purposes only. It is not a substitute for professional medical advice, diagnosis, or treatment. If you have or suspect you may have a medical condition, or if you are considering incorporating any herbal remedies into your health regimen, please consult with a qualified health care professional before taking any actions.

Herbal remedies may have potential benefits and uses based on traditional practices or historical accounts. However, it is important to note that not all of these uses have been rigorously tested or subjected to modern clinical studies. The efficacy and safety of herbal remedies can vary depending on individual health conditions, interactions with medications, and other factors.