




## Giloy or Guduchi

---

 [drishtiias.com/printpdf/giloy-or-guduchi](https://drishtiias.com/printpdf/giloy-or-guduchi)

### Why in News

---

According to the **Ministry of AYUSH**, **Giloy or Guduchi**, a popularly known **herb is safe to use**.

However, similar looking plants in circulation such as **Tinospora crispa can be harmful**. *Tinospora crispa* is a medicinal plant belonging to the botanical family Menispermaceae and is widely distributed in **Southeast Asia and the northeastern region of India**.



### Key Points

---

- **Giloy (*Tinospora cordifolia*) is a climbing shrub** that grows on other trees, from the **botanical family Menispermaceae**.
- It is an **essential herb in Ayurvedic medicine** and all its parts are thought to have health benefits.
- People have long **used it to treat a wide range of issues**, including fever, infections, diarrhoea and diabetes.

- Guduchi's **hepato-protective properties** are well established and is known for its **immense therapeutic applications** and the practices are regulated in accordance with various applicable provisions.

Hepatoprotection or anti hepatotoxicity is the **ability of a chemical substance to prevent damage to the liver.**

- The plant is **native to India** but also found in China and tropical areas of Australia and Africa.
- The 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.

**Source: TH**