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## **ROLE OF TINOSPORA MOTHER TINCTURE IN BRONCHITIS**

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ABSTRACT –

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This is an approach to study role of Tinospora mother Tincture in Bronchitis which is commonest presenting complaint especially in winter and Rainy season affecting individuals of all ages.

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**KEYWORDS** – Bronchitis, Menispermaceae family, phytochemical substances, pharmacological action

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**INTRODUCTION –**

Bronchitis is an inflammation of lining of bronchial tubes which carry air to and from lungs. Acute bronchitis usually caused by viral infections and Goes away on its own in few weeks, chronic bronchitis patient have cough with mucus for most days of months.

Common symptoms of bronchitis –

- -shortness of breath
- Fever
- -Runny nose
- tiredness

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**Tinospora cordifolia-**

Tinospora cordifolia (common name- heart, leaves moonseed, Amrita) is herbaceous vine of family Menispermaceae indigenous to tropical regions of India.

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**Pharmacological activities of Tinospora –**

Tinospora contains phytochemical substances such as alkaloids, glycosides and steroids.

1. Alkaloids- it includes berberine, palmatine, coline, Tinosporin which is obtained from stems and roots of plant has immunomodulatory and Cytotoxic effect.

2. Glycosides- it includes Tinocordifolioside, cordioside, syringin which is obtained from stem of plant has anti- inflammatory property which helps to decreased

Mucus secretions of lining of bronchial tubes

3. steroids- Giloinstrol, sitostrol which is obtained from stem, aerial roots of plant has anti-microbial property.

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**Pharmacological action of Tinospora –**

- Anti-cancer
- Anti-diabetic
- Anti-malarial
- Anti-inflammatory
- Anti-allergic
- Anti-microbial
- Anti-bacterial

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**Description –**

Aqueous extract of *Tinospora* reduces most medicated allergic reactions, decreases symptoms like sneezing, nasal discharge, fatigue. *Tinospora cordifolia* stimulates immune system and helps to prevent infections. It contains compounds that activate immune cells and enhance their ability to recognize and destroy pathogens.

In Homoeopathy, *Tinospora* is primarily used in form of tincture, which is prepared by macerating fresh or dried stems of plant in mixture of alcohol and water. This tincture is diluted in water or alcohol and taken orally to treat various infections.

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**Dosage-**

For adults- typical dosage of *Tinospora* mother Tincture is 5-10 drops, taken 2-3 times daily on the basis of severity of infection . For children – lower dosage are used than adults.

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**Conclusion –**

Homoeopathy offers a lot in managing respiratory infections like bronchitis, influenza, COPD, Asthma that considers individual's overall health and constitution. Its focus is on holistic healing and Individualized treatment distinguishes it from other conventional treatment.

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