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# ROLE OF TINOSPORA CORDIFOLIA MOTHER TINCTURE IN BOOSTING IMMUNITY.

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### ABSTRACT-

Tinospora cordifolia, commonly known as Giloy, has gained widespread attention for its potent immunomodulatory properties.

In Homoeopathy, This plant used to prepare its mother tincture.

**key words-** Immunity, Homeopathy Tonic, Guruchi, Amritvel, Natural Immunity Booster, Giloy, Gulvel, Guduchi Homeopathy, Tinospora Mother tincture.

### PLANT PROFILE

Common names

Hindi - Giloya, Guduchi English- Indian tinospora Tamil- Shindilakodi

Gujarati- Galo Kannada- Amrita balli Bengali- Gulancha Telugu- Tippatiga

Taxonomical description Kingdom- Plantae

Order- Ranunculales Family- Menispermaceae Genus- Tinospora Species-T. cordifolia

### Introduction-

This plant comes from India and grows in the warmer parts of the country.

It is a large climber with smooth skin and a thick, grooved stem. Its branches send down thin, fleshy roots that hang down. The bark is light in color, sometimes shiny or glaucous, and it has bumps on it. It contains Berberine and other bitter substances.

### Review of literature-

1. In vitro Biological Properties and in Silico Studies on Tinospora Cordifolia Stem Aqueous Extract.
2. Tinospora Cordifolia: A review of its immunomodulatory properties Charles R Yates et al. J , Diet Suppl. 2022.

### What is Immunity-

What does it mean to have immunity? Immunity is the body's ability to fight off and resist germs that make people sick. Your immune system gives it to you, and there are two main types: innate and acquired immunity.

You are born with innate immunity, which protects you in a general way.

And immunity that you get from germs or a vaccine gets stronger over time.

### Active principle of tinospora cordifolia-

Alkaloids- Berberine, Palmatine, Magnoflorine, Choline, Tinosporin, Isocolumbin, Tetrahydropalmatine- Stem and Root

Glycosides- Tinocordifolioside,

Syringin, Palmatosides C, Palmatosides F, Cordioside -Stem Steroids - BSitosterol, Ecolysterone, Makisterone A, Giloinsterol- Aerial Part and Stem Diterpenoid lactones- Tinosporides, Jateorine, Columbin, Tinosporin- Whole Plant Sesquiterpenoid – Tinocordifolin - Stem

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### **Tinospora Cordifolia Mother Tincture:- Preparation Method:**

**Tinospora Cordifolia How to Make Mother Tincture:** You soak the fresh or dried stems of the *Tinospora cordifolia* plant in a mix of alcohol and water, usually at a ratio of 1:10, to make the mother tincture. The mix is left to sit for a few weeks. The alcohol-water solution takes out the plant's active compounds during this time.

During maceration, the alcohol dissolves the plant material and pulls out the soluble compounds. Adding water to the mix keeps the alcohol from getting too strong and helps keep the plant's active ingredients.

**Filtration:** After maceration, the mixture is filtered to remove the plant material. The liquid that comes out is the mother tincture of *Tinospora Cordifolia*. To make a homeopathic remedy, the mother tincture is mixed with water or alcohol to make it less strong. The strength of the remedy will change based on how much it is watered down. Most homeopathic remedies are between 6X and 30C strong.

**Therapeutic Properties:** The mother tincture of *Tinospora Cordifolia* has all the healing properties of the whole plant. People say it can lower fevers, fight free radicals, change the immune system, and reduce inflammation.

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### **Mechanism of action-**

It is also known as a "heavenly elixir" because it is very good for your health and can make you feel younger. Ayurvedic medicine says that *T. cordifolia* has a bitter, sharp, and astringent taste. Some people believe that the bitter taste speeds up metabolism, even at the cellular level. People have used the herb to help with problems with the stomach and intestines, such as dyspepsia, flatulence, gastritis, jaundice, diarrhea, splenomegaly, hemorrhoids, and more. It can also help with metabolic disorders like diabetes and kidney disease. People with infections, urinary tract problems, skin diseases, eye diseases, and other things that cause fever should take it. It can also help with gout and rheumatoid arthritis.

The stem makes bile, stops hunger, makes the blood richer, and gets rid of jaundice. Some people use the roots and stems of *T. cordifolia* to help with snake bites and scorpion stings. You can drink leaf juice or a tea made from the leaves with honey to help with a fever.

There is proof that this species can protect against cancer, diabetes, inflammation, stress, seizures, and anxiety, as well as protect against chemotherapy and radiation.

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### **Cellular and molecular mechanism of immunomodulation-**

There are a lot of bioactive compounds in giloy leaf extract that are known to have an effect on the immune system. These include alkaloids, glycosides, and terpenoids. There are bioactive parts in the leaf extract that make a lot of immune cells work, like natural killer (NK) cells, B cells, and T cells. This makes it possible for

of good cytokines that help the immune system. Giloy leaves also lower the total number of leukocytes, neutrophils, and eosinophils in people who are HIV-positive. Some of the bioactive chemicals in the leaf that have these immune-boosting effects are 11-hydroxymuskatone, N-methyl-2-pyrrolidone, cordifolioside A, magnoflorine, tinocordioside, and Syringin. These chemicals only affect immune cells in the body, such as B lymphocytes and macrophages. This keeps the immune response in check. This increases the levels of hemoglobin and polymorphonuclear leukocytes, which makes the immune response stronger as a whole. These substances are well known for their ability to strengthen the immune system by making lymphocytes grow and turn into other types of cells. So, it increases the number of alpha esterase-positive cells, white blood cells, and bone marrow cells in the marrow of bone. This boosts the humoral immune response. Some of the bioactive parts seem to make IgG antibodies a lot higher. These antibodies are important for the immune system to work right and stop the pathway from working.

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### **Conclusion-**

It is a helpful natural medicine in modern medicine because it can change the immune system, lower fever, reduce inflammation, protect the liver, and fight cancer. More and more scientific studies have confirmed many of its traditional uses, showing that it could help with lifestyle diseases and boost immune health.

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Link - <https://www.sciencedirect.com/science/article/abs/pii/S0378874121007698>

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