

**Government of India  
Ministry of Ayush  
(Drug Policy Section)**

**NBCC Office Block-III (2<sup>nd</sup> Floor),  
East Kidwai Nagar South Ex-I,  
New Delhi-110023**

**ADVISORY**

**Subject: Use of *Guduchi* - Reg.**

Ministry of Ayush has recently noticed safety concerns on use of *Guduchi* (*Tinospora cordifolia*) that were published in social media and in some scientific journals.

This advisory is being issued to confirm that *Guduchi* (*Tinospora cordifolia*) is safe to use but some similar looking plants like *Tinospora crispa* may be harmful. *Guduchi* is a popularly known herb, familiar as *Giloy* and is being used in therapeutics since long in AYUSH systems.

There are good number of studies published in peer reviewed indexed Journals to substantiate safety and efficacy of *Guduchi* (*Tinospora cordifolia*). Its hepato-protective properties are also well established. *Guduchi* is known for its immense therapeutic applications and the practices are regulated in accordance with various applicable provisions.

It is observed that different species of *Tinospora* are available and only *Tinospora cordifolia* should be used in therapeutics, whereas similar looking species like *Tinospora crispa* may manifest adverse effects.

Below is the information about these plant species

<b>Plant part</b>	<b><i>Tinospora cordifolia</i></b>	<b><i>Tinospora crispa</i></b>
Stem	<ul style="list-style-type: none"><li>• Green in colour</li><li>• Not having small rounded projections</li><li>• No milky secretion</li></ul>	<ul style="list-style-type: none"><li>• Greenish grey in colour</li><li>• Having small rounded projections</li><li>• milky secretion</li></ul>
Leaves	<ul style="list-style-type: none"><li>• heart shaped with groovy notch at the base</li></ul>	<ul style="list-style-type: none"><li>• heart shaped with no groovy notch at the base</li></ul>

Petals	<ul style="list-style-type: none"> <li>• Six in number</li> </ul>	<ul style="list-style-type: none"> <li>• Three in number</li> </ul>
Drupes (Bunch of fruit)	<ul style="list-style-type: none"> <li>• Spherical or ball shaped</li> <li>• red in colour</li> </ul>	<ul style="list-style-type: none"> <li>• Ellipsoid or rugby ball like shaped</li> <li>• Orange in colour</li> </ul>
Photograph of the plant		

Thus, it is reiterated that *Guduchi* is a safe and effective Ayurveda medicine, however it is advisable to use it in consultation with a qualified, registered Ayush physician.

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. If any suspected adverse event occurs after intake of Ayush medicine it may be reported to the nearby Pharmacovigilance centre through an Ayush physician. Further it is advised to take Ayush medicine and treatment under supervision and consultation of a registered Ayush physician only.