

1 REVIEW ARTICLE

2 *Tinosporacordifolia*: A Potential Plant with
3 Immunomodulatory Activity

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8 ABSTRACT

9 Immunomodulation is a procedure, which can alter the immune system of an organism by interfering its
10 function. Modulation of immune system may result in suppression or stimulation of immunological
11 reactivity. Recently the effect of immunomodulators in the treatment of various diseases is significant.
12 *Tinosporacordifolia* is a widely used shrub in ayurvedic system of medicine. It is reported to benefit the
13 immune system in a variety of ways. The medicinal properties incorporated with this plant are anti-
14 diabetic, hypolipidemic, anti-neoplastic, anti-oxidant, anti-inflammatory, immunomodulatory, cognitive,
15 adaptogenic, aphrodisiac, cardioprotective and hepatoprotective effect. Many compounds belonging to
16 different classes such as alkaloids, diterpenoids, phenol, aliphatic compounds and polysaccharides have
17 been isolated from this plant. But it is not well known that which of these compounds are responsible for
18 various activities. Therefore, it needs further exploration of its components, pharmacological action and
19 mechanism of action. This review presents a detail survey of literature on immunomodulatory properties
20 of *T.cordifolia*. The main aim of the survey is to reinforce scientific reconfirmation of its immunological
21 activities and human studies.

22 **Keywords:** Immunomodulation, Immunomodulating agent, *Tinosporacordifolia*

23 Advances in molecular biology have revolutionized 41 depending on the requirement of the situation.
24 immunology and medicine. Initially the use of antibody 42 Alternative medicine is now recognized as an invaluable
25 as therapeutic agents was limited by their purity and 43 resource even by the most intransigent clinicians of
26 heterogeneity. Immunotherapy derives from the 44 advanced countries. Plant extracts have been widely
27 observation from the 19th century, that cancer 45 investigated for their possible immunomodulatory
28 sometimes regressed after acute bacterial infections, that 46 properties, *Tinospora cordifolia*, an indispensable
29 is, there may be no specific immunostimulant effect. 47 medicinal plant, has been used for the treatment of
30 The rapidly expanding discipline of immunology 48 various diseases and has been recommended for
31 contributes to diagnosis, therapy and prevention of 49 improving the immune system. There is great interest in
32 human diseases in many ways. The role of 50 development of new drugs from traditionally used
33 immunocompetents in prevention of malignancy is 51 medicinal plants like *Tinosporacordifolia*. Ayurveda
34 currently of great interest in experimental science as 52 refers to *Tinospora cordifolia* as 'Amruth' or the 'Nectar
35 well as clinical medicine. Interest in the immune 53 of Immortality'. The term 'Amruth' is attributed to this
36 response has been stimulated by the alarming increase 54 drug in recognition of its ability to impart youthfulness,
37 in a novel epidemic form of immune deficiency, 55 vitality and longevity. Immunomodulation can be
38 "AcquiredImmunoDeficiency Syndrome" (AIDS). 56 determined by the capacity of the compounds to
39 Immunomodulation relates to potentiation or 57 influence the cytokine production, mitogenicity,
40 suppression of the immune responses of the host, 58 stimulation and activation of immune effector cells.



Fig 1. *Tinospora Cordifolia* (Courtesy: KottakkalAryavaidyashala)

Panchabhai et al done a study "Validation of therapeutic claims of *Tinospora cordifolia*: a review" on 2008 [1]. As *Tinospora cordifolia* is a plant of high pharmacological potential, day by day new studies are conducted and novel therapeutic activities are revealed. Recently, isolation and characterisation of phytoconstituents responsible for the activities are done. So, there is a scope for a new study. *Tinospora cordifolia* is a plant of high pharmacological potential, day by day new studies are conducted and novel therapeutic activities are revealed. Recently, isolation and characterisation of phytoconstituents responsible for the activities are done. So there is a scope for a new study. The current survey is aimed to include the updated informations available with special emphasis on immunomodulatory activity, as its name suggests "amruth".

DESCRIPTION AND HISTORY

T.cordifolia (Fig 1); common name *guduchi*, *amrita* of family *menispermaceae* is a perennial, wild climber, succulent, shrub often attaining a great height and sending down long thread like aerial roots. The bark is creamy white and grey, leaves are membranous and chordate. Flowers grow during the summer and fruits during the winter. The viscous sap has a yellow colour, odour and nauseating bitter [2]. It has been used in ayurvedic preparations for the treatment of various ailments throughout the centuries. Today the drug and tincture are used for the treatment of general weakness, fever, dyspepsia, dysentery, gonorrhea, secondary syphilis, urinary diseases, impotency, gout, viral hepatitis, skin diseases and anemia. In compound formulation Guduchi is clinically used to treat jaundice, rheumatoid arthritis and diabetes. The root is considered

as a powerful emetic and is used for bowel obstruction. *T.cordifolia* is used as an antidote for snake bite and used in malaria, environmental illness, asthma, upper respiratory tract infection, UTI, general debility and amelioration of symptoms from chemo or radiotherapy.

CHEMISTRY

A variety of constituents have been isolated from *T.cordifolia* plant. They belongs to different classes such as alkaloids, diterpenoids, lactones, glycosides, steroids, sesquiterpenoids, phenolic, aliphatic compounds and polysaccharides (Table 1). Leaves of this plant are rich in protein (11.2%), calcium and phosphorus [3]. Anarabinogalactan had been isolated from the dried stem of *T.cordifolia* [4].

PHARMACOLOGICAL ACTIONS

Immunological effects

T.cordifolia benefits the immune system in variety of ways. The alcoholic and aqueous extract of this plant have been tested successfully for immunomodulatory activity [5]. Pretreatment with *T.cordifolia* lead to protection against mortality induced by intra-abdominal sepsis following caecal ligation in rats. It also significantly reduced mortality from *E. coli* induced peritonitis in mice [6]. In a clinical study, it was afforded protection in cholestatic patients against *E. coli* infection. Those activities were not due to its antibacterial activity as shown by the negative *in vitro* antibacterial activity of the plant extract. It was reported that treatment in rats had resulted in significant leucocytosis and predominant neutropenia. It has been also observed that it stimulated the macrophages as evidenced by an increase in the number and percentage phagocytosis of *S.aureaus* by peritoneal macrophages in rats. The phagocytic and intercellular killing capacity of polymorphs in rats, tested at 3.5 hours after *E. coli* infection were significant. Syringin, Cordiol, Cordioside, Cordifoliosides A&B were identified as the active principle responsible for the anticompliment and immunomodulatory activities [6]. Anarabinogalactan polysaccharide, isolated from the dried stem of *T.cordifolia* showed polyclonal mitogenic activity against beta cell [4]. It was reported that following oral treatment of mice with water and ethanol extracts of *T.cordifolia* stems, there was a significant increase in the total of count leucocytes. The aqueous extract of *T.cordifolia* was found to increase phagocytosis *in vitro*. The aqueous and ethanolic extract also induced an increase in antibody production *in vivo*. *T.cordifolia* extracts treatment cause significant reduction in eosinophil count and improved hemoglobin in HIV patients [5]. Sixty percent patients receiving TCE and 20% on placebo reported decrease in the incidence of various symptoms associated with the disease. All extracts inhibited cyclophosphamide-induced

Table 1. Chemical composition of *T. cordifolia* plant

Types of chemicals	Active principle	Parts in which present
Alkaloids	Berberine	Stem Root
	Palmatine	
	Magnoflorine	
	Tinosporine	
	Choline	
	Isocolumbin	
Glycosides	Tetrahydropalmatine	Stem
	Magnoflorine	
	Tinocordiside	
	Cordiside	
	Syringin	
	Cordifolioside A	
	Cordifolioside B	
	Cordifolioside C	
	Cordifolioside D	
	Cordifolioside E	
Steroids	Palmatoside C	Aerial part Stem
	Palmatoside P	
	Beta-sitosterol	
	gamma-sitosterol	
	20B-ecdysone	
	Ecdysone	
Diterpenoid lactones	Ecdysterone	Whole plant
	Makisterone A	
	Giloinsterol	
	Furanolactone	
	Celondane derivatives	
	Tinosporon	
<i>Sesquiterenoid</i>	Tinosporides	Stem
	Jateorine	
	Columbin	
Aliphatic Compounds	Tincordifolin	Whole plant
	Octacosanol	
	Heptacosanol	
Miscellaneous Compounds	Tinosporidine	Root
	Cordifol	
	Cordifellone	
	Cordifellone	
	Gilonin	
	Tinosporic acid	

immunosuppression [7]. The polysaccharide-enriched *T. cordifolia* treatment, significantly caused the fraction from this plant is found to be very effective in reduction in cell count ($p < 0.05$) on day 15 of the reducing the metastatic potential of B16f-10 melanoma treatment period, however, reduction in total bacterial cells [8].

Sharma *et al.* (2012) evaluated the phagocytic activity and lysosomal enzyme content of immunomodulatory activity of three polysaccharide-enriched immunomodulatory fractions from *Tinospora* cows treated with the *T. cordifolia* extract. The IL-8 cordifolia using the polymorphonuclear leukocyte level in milk serum also increased significantly ($p < 0.05$) in diseased cows treated with the extract. The immunomodulatory activity of the polysaccharides of *T. cordifolia*, and also it was conclude that the *T. cordifolia* (stem) possesses antibacterial and polysaccharide with lowest sugar content showed immunomodulatory properties [10].

highest activity and with highest sugar content showed immunomodulatory properties [10]. Sharma *et al.* (2012) isolated and characterised the biological activity of the *Tinospora cordifolia* extract at *T. cordifolia*. It was found that ethyl acetate, water standardized dose against bovine subclinical mastitis. fractions and hot water extract exhibited significant Intramammary infusion of hydro-methanolic extract of immunomodulatory activity with an increase in

percentage phagocytosis. Chromatographic purification of these fraction led to the isolation of seven immunomodulatory active compounds belonging to different classes such as N-formylannonain, 11-hydroxymustakone, N-methyl-2-pyrrolidone, cordifolioside A, magnoflorine, tinocordiside, syringin by nuclear magnetic resonance and mass spectrometry. Cordifolioside A and syringin have been reported to possess immunomodulatory activity. Other

five compounds showed significant enhancement in phagocytic activity and increase in nitric oxide and reactive oxygen species generation at concentration 0.1-2.5 µg/ml [11].

Recently, the presence of an immunomodulatory protein (ImP) in guduchi has been investigated. Guduchi ImP showed ~3-fold mitogenic activity compared to untreated murine splenocytes in the 1-10 µg/mL concentration range; 5-7-fold increase in mitogenic activity was seen in the case of murine thymocytes vs control. The purified protein also induced nitric oxide production from macrophages present in isolated murine peritoneal exudates cells. Guduchi ImP displays enhanced phagocytosis of yeast cells by macrophages. Guduchi ImP does not possess haemagglutination activity indicating that the immunomodulatory protein is not a lectin. The confirmation of an immunomodulatory protein in guduchi stem showing lymphoproliferative and macrophage-activating properties reinforces the rationale of the use of guduchi preparations for immunomodulation [12].

Cordifolide A, a novel unprecedented sulfur-containing clerodane diterpene glycoside, together with other two new diterpene glycosides, cordifolides B and C, and four known analogues, were isolated from a methanol-soluble extract of the stems of *Tinospora cordifolia*. The structures of the new compounds were determined on the basis of spectroscopic data interpretation, with that of cordifolide A confirmed by a single-crystal X-ray crystallographic analysis. All isolates were evaluated for their in vitro immunomodulatory activity using mouse bone marrow-derived dendritic cells [13]. *Tinospora cordifolia* had shown a significant level of macrophages activation leads to increase in GM-CSF which leads to leucocytosis and improved neutrophil function [14]. G1-4A, an immunomodulatory polysaccharide from *Tinospora cordifolia*, modulates macrophage responses and protects mice against lipopolysaccharide induced endotoxic shock and G1-4A appeared to induce tolerance against endotoxic shock by modulation of cytokines and nitric oxide [15].

T.C. was evaluated for the possibility of enhancing the reproductive performance of crossbred cows by its peripartum supplementation, as the crossbred periparturient cow is highly susceptible to various diseases that effectively reduce its reproductive performance postpartum. A higher total leukocyte, lymphocyte, neutrophil count along with increased

neutrophil lymphocyte ratio was recorded in Guduchi supplemented cows in comparison to untreated cows although plasma total antioxidant activity was similar between the two groups. Prepartum plasma progesterone concentration was significantly lowered in the treated group however there was no significant change in peripartum plasma total estrogens and PGFM levels due to Guduchi supplementation [16].

Antidiabetic effects

The stem of *T. cordifolia* has long been used in Indian Ayurvedic Medicine for the treatment of Diabetic mellitus. Oral administration of aqueous *T. cordifolia* root extract to alloxan-induced diabetic rats caused a significant reduction in blood glucose level and brain lipids [17]. Though the aqueous extract at a dose of 400 mg/kg could elicit significant hypoglycemic effect in different animal model, its effect was equivalent to only one unit /kg of insulin [18]. It was reported that the daily administration of either aqueous or alcoholic extract of *T. cordifolia* decreases the blood glucose level and increases glucose tolerance in rodents [19, 20].

Berberine, an alkaloid obtained from the stem of *T. cordifolia* has been tested and used successfully in experimental and human diabetes mellitus. Berberine has been shown to lower elevated blood glucose as effectively as metformin [21]. The mechanisms of action include inhibition of aldose reductase [22], inducing glycolysis [23], preventing insulin resistance through increasing insulin receptor expression [24], and acting like incretins [25]. Berberine also overcome insulin resistance via modulating key molecules in insulin signaling pathway, leading to increased glucose uptake in insulin-resistant cells [26]. Berberine might exert its insulinotropic effect in isolated rat islets by up-regulating the expression of hepatocyte nuclear factor 4 alpha, which probably acts solely or together with other HNFs to modulate glucokinase activity, rendering β cells more sensitive to glucose fluctuation and to respond more effectively to glucose challenge [27].

Berberine also seems to inhibit human dipeptidyl peptidase-4 (DPP IV), as well as the pro-diabetic target human protein tyrosine phosphatase 1B (h-PTP 1B), which explain at least some of its anti-hyperglycemic activities. Berberine suppresses intestinal disaccharides with beneficial metabolic effects in diabetic states [28]. A recent comprehensive metabolomics method, applied to type 2 diabetics, suggested administration of berberine down-regulates the high level of free fatty acids which are known to be toxic to the pancreas and cause insulin resistance. These results suggest berberine might play a pivotal role in the treatment of type 2 diabetes [29]. Berberine has been shown to boost the effects of metformin and 2,4 -thiazolidinedione (THZ), and can partly replace the commercial drugs, which could lead to a reduction in toxicity and side effects of the latter. Berberine inhibits Foxo1, which integrates

insulin signaling with mitochondrial function. Inhibition of ALTC [35]. Intra-peritoneal administration of ALTC of Foxo1 can improve hepatic metabolism during in DL-bearing mice not only augment the basic function of insulin resistance and the metabolic syndrome [30].

Diabetic retinopathy

T. cordifolia plays role in prevention and management of diabetic retinopathy due to its antihyperglycemic, anti-angiogenic, anti-inflammatory and anti-oxidant properties. It also prevents progression of cataract and vascular changes, the important symptoms of DR. Although diabetic rats treated with TC do not achieve the status of normal non-diabetic rats, but they achieve significant levels as compared to untreated diabetic rats. *T. cordifolia* thus acts as a potential therapeutic agent for prevention of the vascular complications of diabetes.

Diabetic neuropathy

Tinospora cordifolia prevents the hyperalgesia in experimental diabetic neuropathy. It has an aldose reductase inhibitory activity in vitro which may contribute to the beneficial effects [31].

Diabetic foot ulcer

Diabetic patients with foot ulcers on *T. cordifolia* as an adjuvant therapy showed significantly better final outcome with improvement in wound healing. Reduced debridements and improved phagocytosis were statistically significant, indicating beneficial effects of immunomodulation for ulcer healing [32].

Hypolipidemic effects

Diabetics are often associated with hyperlipidemia and as *T. cordifolia* been shown to have hypoglycemic properties, the plant was evaluated for its hypolipidemic activity. An aqueous extract of *T. cordifolia* root was administered to alloxan induced diabetic rat (2.5 and 5g/kg body weight for 6 weeks) and it reduced serum and tissue cholesterol, phospholipids, and fatty acid levels. In another study in rats, the aqueous extracts also reduced levels of brain lipids [33].

Antineoplastic effects

Jagetia *et al.* have found that the guduchi killed the *HeLa cells* very effectively *in vitro*. In this study, the stem extracts were evaluated *in vitro* for their cell killing effects [34]. When *HeLa* cells were exposed to various doses of the extract, a dose-dependent increase in cell killing was observed as compared with non drug-treated controls. The methylene chloride extract was the most potent. The effect of guduchi extract was comparable or better than doxorubicin treatment and thus it indicates that the plant warrants a future study as anti-neoplastic agent. Further investigation were undertaken to study whether the tumor associated macrophages (TAM) of Daltons lymphoma (DL) spontaneous transplantable T-cell lymphoma, can be activated by the aqueous liquid extract of *T. cordifolia*

(ALTC) [35]. Intra-peritoneal administration of ALTC in DL-bearing mice not only augment the basic function of macrophages such as phagocytosis as well as their antigen-presenting ability and secretion of IL-1 and TNF. The results of the investigation also indicate that the intra-peritoneal administration of ALTC slow down the tumor growth and increase the life span of tumor bearing host, thus showing its anti-tumor effect through destabilizing the membrane integrity of DL cells. *T. cordifolia* was shown effective in several other tumour models including Ehrlich ascites carcinoma (EAC) in mice [36]. It induces proliferation and myeloid differentiation of bone marrow precursor cells in a tumor-bearing host [37], activates tumor-associated macrophages-derived dendritic cells [38], is effective against various cancers, killing the cancer cells very effectively *in vitro*, inhibits skin carcinogenesis in mice [39], and inhibits experimental metastasis [8].

Cognitive effects

The memory impairment induced by cyclosporine was successfully overcome by both the alcoholic and aqueous extract of *T. cordifolia*. Even histopathologically, *T. cordifolia* has successfully reversed the hippocampal neuronal degeneration induced by cyclosporine revealed by the histopathological investigation [40]. The alteration of immune function affected learning and memory process and *T. cordifolia* is a potent immunomodulator and cognitive enhancer. The dual property of *T. cordifolia* may bear a potential use in neurodegenerative disease affecting cerebral neurons and immunosuppression induced memory changes. Significant response has been found in children with moderate degree of behaviour disorders and mental deficit, along with improvement in IQ levels. The root of *T. cordifolia* is known to be used traditionally for its anti-stress activity. The pure aqueous extract of the root was found to enhance verbal learning and logical memory. Both the alcoholic and aqueous extracts of *T. cordifolia* produced a decrease in learning scores in Hebb William maze and retention memory, indicating enhancement of learning and memory [41].

Adaptogenic effects

The aqueous extract not only reversed the effect of cisplatin on gastric emptying, but also normalized cisplatin-induced hypermotility. The plant was also found to normalize the phagocytic function of peritoneal macrophages after exposure of rats to either carbon tetrachloride or serum, thus it satisfied the definition of adaptogen [42].

Antioxidant activity

The antioxidant properties of *T. cordifolia* roots were studied by administering the aqueous extract of alloxan-induced diabetic rats. After 6 weeks, the level of plasma barbituric acid reactive substances, ceruloplasmin and alpha tocopherol were reduced. In

addition, the level of glutathione and vitamin C were increased. The root extract at a dose of 5 g/kg was the most effective one [43]. In another study, guduchi extract was shown to inhibit the lipid peroxidation superoxide and hydroxyl radical *in vitro*. Earlier studies shows that dry stem crude extract (DSCE) contains 500 mg/kg given orally) and formalin-induced arthritis polygonal beta cell mitogen; G1-4A, DSCE as well as (1 mg/kg given orally) rat models.

G1-4A also enhance immune response in mice [44]. In order to explore the possibility of using G1-4A/pp1 to

Hepatoprotective effects

The hepatoprotective action was reported in one of the experiment in which goats treated with *T.cordifolia* against reactive oxygen and nitrogen species have shown significant clinical and hematobiological (ROS/RNS), generated by improvement in CCL₄-induced hepatopathy [49]. photosensitization/peroxynitrite. Oxidative damage of *T.cordifolia* has also exhibited *in vitro* induced by peroxynitrite was inhibited by PPI. The inactivating property against hepatitis B and E surface degradation of protein due to photosensitization antigen in 48-72 hours [50]. Oral administration of assessed by SDS PAGE was effectively reduced by *Tinospora cordifolia* stem and leaves extract prevented simultaneous treatment with PPI during the occurrence of lead nitrate induced liver damage in photosensitization. Selective inhibitors of ROS-like Swiss Albino mice [51]. *T. cordifolia* exhibited time-mannitol, super oxide dismutase (SOD), Sodiumazide, dependent hepatoprotection as reflected in both ant-oxidant GSH, and vitamin C brought about biochemical and histological examination in a study significant inhibition of formation of TBARS thus conducted in Albino Wistar rats against CCL₄-induced indicating generation of oxygen. Thus the action of PPI hepatic damage. Extract effectively control the ALT, may be against oxidative damage through type 1 and ALP and total bilirubin levels and also, type 2 photosensitization mechanism. *T. cordifolia* histopathological studies proved the hepatoprotective has also been reported to elevate GSH levels, expression activity of extract [52].

of the gamma-glutamylcysteine ligase and Cu-Zn SOD

Cardioprotective activity

genes. The herb also exhibited strong free radical-scavenging properties against reactive oxygen and nitrogen species as studied by electron paramagnetic resonance spectroscopy [45].

Anti-inflammatory, anti-arthritis and anti-osteoporotic activities

It is traditionally used in compound formulations for the treatment of rheumatoid arthritis. The alcoholic extract of *T. cordifolia* has been found to exert anti-inflammatory actions in models of acute and subacute inflammation [46]. The water extract of the stem of neem-giloe [*T. cordifolia* that grow on alloxan-induced diabetic rats [55].

Azadirachtaindica (neem)] significantly inhibited acute inflammatory response evoked by carrageen in a dose of

Osteoprotective activity

50 mg/100 g given orally and intraperitoneally. Rats treated with *T. cordifolia* (10 mg/kg body significant inhibition of primary and secondary phases of inflammation was observed in a model of adjuvant-induced arthritis. It also significantly inhibited antibody osteocalcin and cross-laps levels were significantly formation by typhoid "H" antigen. A mild analgesic reduced. This study demonstrates that extract of *T. cordifolia* has the potential for being used as analgesia has been reported [47]. In another study antiosteoporotic agent [56].

aqueous extract of *T. cordifolia* showed a significant inflammatory effect in the cotton pellet granuloma and formalin induced arthritis model, its effect was

Anti-allergic activity

T. cordifolia is traditionally used for the treatment of comparable with indomethacin and its mode of action appeared to resemble that of non-steroidal anti-inflammatory agent. The dried stem of *T. cordifolia* was reported from sneezing in 83% of the patients on produced significant anti-inflammatory effect in both acute and subacute models of inflammation. *T. cordifolia* has the potential for being used as acute and subacute models of inflammation. *T. cordifolia* was found to be more effective than obstructions 61% and from nasal pruritis, in 71%. In

placebo group, there was relief from sneezing only in 21% patients; from nasal discharge, in 16.2%; from nasal obstruction, in 17%; and from nasal pruritis, in 12%. Thus, *T. cordifolia* significantly decreased all marked protective action against an 8 h restraint stress symptoms of allergic rhinitis and was well tolerated induced ulcerization, the activity being comparable to [58]. The anti-allergic and bronchodilator properties of that of diazepam [67]. Concurrent daily administration an aqueous extract of the stem evaluated on histamine of *T. cordifolia* stem and leaves extract prevented the induced bronchospasm in guinea pigs, capillary toxic influences of lead on haematological value and the permeability in mice and mast cell disruption in rats results suggested that simultaneous supplementation of showed that it significantly decreased bronchospasm *T. cordifolia* protects against lead intoxication [68]. induced by 5% histamine aerosol, decreased capillary permeability and reduced the number of disrupted mast cells.

Antipyretic and anti-infective activity

The water-soluble fraction of 95% ethanolic extract of *T. cordifolia* plant has shown significant antipyretic activity [59]. In another experimental study, antipyretic effects have been reported in the hexane- and chloroform-soluble portions of *T. cordifolia* stems [60]. Various studies show remarkable anti-infective and antipyretic properties of *T. cordifolia*. Pre-treatment with *T. cordifolia* was shown to impart protection against mortality induced by intra-abdominal sepsis following caecal ligation in rats and significantly reduced mortality from induced by *E. coli*-induced peritonitis in mice [61].

Antifertility & aphrodisiac activity

Oral administration of 70% methanolic extract of *T. cordifolia* stem to male rats at a dose level of 100 mg/d for 60 days did not cause body weight loss but decreased the weight of testes, epididymis, seminal vesicle and ventral prostate in a significant manner [62]. Gudichi is a natural aphrodisiac in females. Its immunomodulatory action helps to strengthen the immune system and to make the body stronger and hence make a woman more able and ready to enjoy the sex. It is a rejuvenator and a natural herbal aphrodisiac.

Other effects

In a clinical evaluation, a compound preparation 'RUMALAYA' containing *T. cordifolia* was reported to significantly reduce the pain in patient suffering from rheumatoid arthritis. Ether extract of the steam distillate of aerial part of *T. cordifolia* has inhibited the *in vitro* growth of *Mycobacterium tuberculosis* at 1:50,000 dilutions [63]. It is used for its anti-leprotic properties, along with wide use in other types of skin disorders and has been shown to exert antileprotic activity in a combination formulation. Ethanolic extract of *T. cordifolia* has exhibited significant antipyretic activity in rats [64]. 'Septilin syrup' a compound preparation containing *T. cordifolia* was found to elicit good clinical response in children suffering from upper respiratory tract infection and chronic otitis media. In a scientific study on rats and human volunteers, *T. cordifolia* was found to have diuretic effects [65]. It was also found effective in modulation of morphology and some

T. cordifolia is used clinically in the Indian system of medicine for the treatment of jaundice, diabetes and rheumatoid arthritis. It has also been found to possess adaptogenic, anti-inflammatory, anti-neoplastic, anti-oxidant, hepatoprotective, cognitive, hypolipidemic, antimalarial, antistress, antipyretic and immunologic properties. There are limited human studies to support these use. *T. cordifolia* can also be used as an adjuvant drug in the treatment of hyper-reactive malarious splenomegaly [69]. *Tinospora cordifolia* appears to improve surgical outcome by strengthening host defenses as evidenced by the study on surgical outcome in patients with malignant obstructive jaundice [70].

Toxicology

The ayurvedic literature reports that *T. cordifolia* can cause constipation, if taken regularly in high doses. It has no side effect and toxicity. When *T. cordifolia* extract was administered to rabbit up to the highest oral doses of 1.6 g/kg, there were no predictable adverse drug effects.

CONCLUSION

The pharmacological actions attributed to *T. cordifolia* in ayurvedic texts and folk medicine have been validated by a remarkable body of modern evidence suggesting that this drug has immense potential in modern pharmacotherapeutics.

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