GRANDMA'S REMEDIES

Meet Giloy: Ayurvedic Herb which Relieves Digestion & Encourages Body Detox

By bestfolkmedicine · 18/10/2021 · 2 min read



In Ayurveda, an herbal remedy made from the giloy plant also known as tinospora or guduchi has been often referred to as the root of immortality.

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This herb is praised for its anti-inflammatory properties and is considered an excellent immunity booster against a long list of health issues, including colds, infections, fevers, viruses, and even some chronic illnesses.

Recent research indicates that it's abundant in potent antioxidants that play a role in fighting off oxidative stress and avert free radical damage.

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What Kind of Herb Is Giloy?

Giloy is a shrub whose stems, roots, and leaves are used in Ayurveda.

Its stem is popular in making remedies like giloy powder and juice that's used for capsules, tinctures, herbal tea, and various topical applications.

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Some of its active compounds and nutrients are steroids, terpenoids, glycosides, alkaloids, lycopene, carotenes, lignan fibers, and more.

The Best Health Benefits of Giloy

- **Possesses anti-inflammatory, anti-oxidant, and antibacterial properties**

Giloy can help you lower pain and protect the eyes, heart, skin, liver, and brain.

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It's been traditionally used for the treatment of gout, skin infections, fever, tonsilitis, coughing, asthma, etc.

- **Helps in management of allergies and asthma**

Powdered giloy capsules or chewing the plant's stem or juicing it can help people with nasal allergies or asthma in reducing their breathing issues, but also tightness in the chest, breath shortness, wheezing, and more.

It's also a great respiratory health supporter and helps in symptom management when you have a cold or you're coughing.

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- **Good for the metabolic health**

Since it has hypoglycemic and anti-inflammatory characteristics, giloy powder and juice are used by people with type 2 diabetes and high blood sugar levels in symptom management.

It encourages a normal insulin response and this has been proven in several animal studies.

- **May help relieve stress**

Giloy is a popular adaptogen in Ayurveda. It helps the body cope with stress better and contributes to balance.

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Although there haven't been studies that have proven this, it's believed to be of aid in supporting the memory, calming the body, reducing anxiety, and balancing the production of stress hormones like cortisol.

Can I Take Giloy Daily?

Most Ayurveda herbs and adaptogen supplements aren't recommended for long-term consumption. They're intended for shorter periods of time like two to three months.

Use it for several weeks at a time before a break or even shorter if you're treating something like a fever. For best results, consult an herbalist.

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Sources:

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