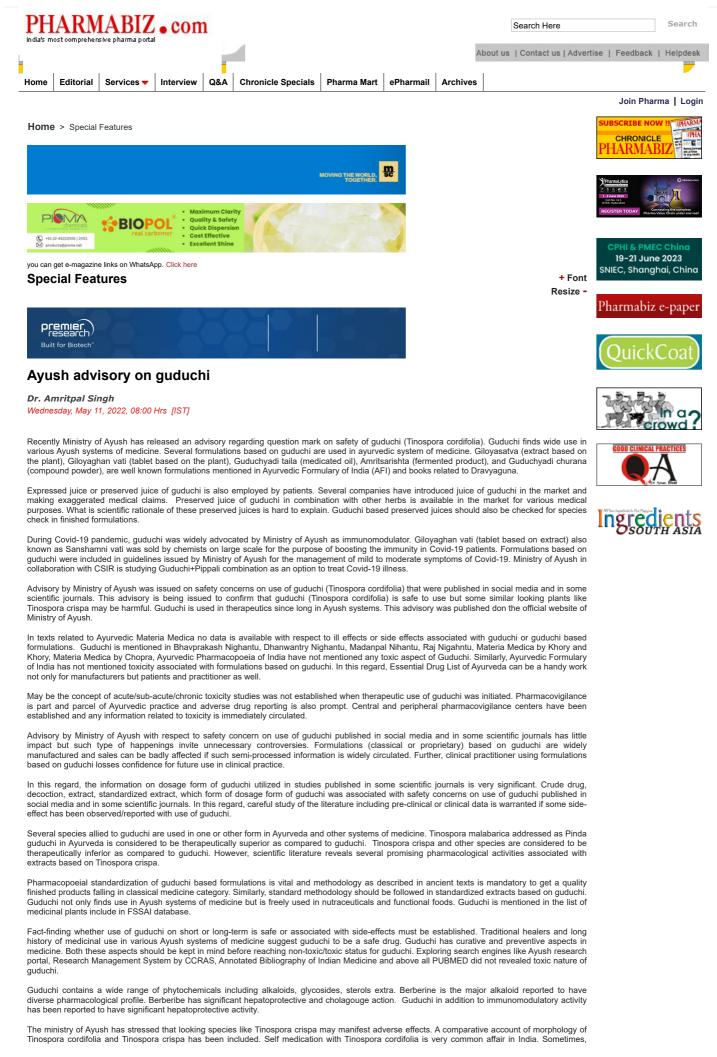
Ayush advisory on guduchi



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Ayush advisory on guduchi

stem of Tinospora cordifolia is procured from herbal vendors or collected from wild sources. As per advisory, circulating species like Tinospora crispa may be responsible for ill effects. Toxic hepatitis has been already reported by consumption of Tinospora crispa.

If a person is interested in self medication with Tinospora cordifolia then the drug must be identified from a certified botanist or institute. Minority of Ayush has mentioned list of recognized testing laboratories for the purpose of testing of raw material. The consumer can approach State Ayush department or State branch of National Medicinal Plant Board for detailed information.

If the drug has to be procured from herbal vendor or pharmacy, then the buyer should demand for botanical identification certificate. The herbal vendors are least bothered about shelf-life of stored medicinal herbs and person buying the herb should enquire about date of purchase. In this regard, DNA bar coding may the answer for correct identity of the procured medicinal plant. Majority of the herbal vendors and pharmacies collect and store guduchi from wild sources due to wide distribution. In this regard, storage should be mentioned as per methodology mentioned in pharmacopoeia or pharmacognosy books.

In light of above discussion, safety profile of Tinospora cordifolia, Tinospora malabarica, and Tinospora crispa should be established particulate in chronic studies. Patients should be vigilant to consume formulations on advice of a professionally qualified physician. If any suspected adverse event occurs after intake of Ayush medicine it may be reported to the nearby Pharmacovigilance centre through an Ayush physician. State Drug Licensing authorities must ensure actual presence of guduchi in finished formulations for compliance purpose.

(Author is a herbal consultant based in Mohali-160 062)

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