

## Ayurveda Guduchi 60 Capsules

EAN: 8436612680071 FABRICANTE: EQUISALUD



*Stimulates the body's resistance to infections. It enhances the defense against infections of various origins, as it supports the response of the immune system. Analgesic, anti-inflammatory and antipyretic action. In Ayurvedic medicine it is called Amrita, in Sanskrit, which means divine nectar or heavenly elixir.*

### DESCRIPTION

#### What is Guduchi Ayurveda and what effects does it have?

Formulated with guduchi, *Tinospora cordifolia*. In Ayurvedic medicine it is used especially to enhance the defense against infections of various origins, since it supports the response of the immune system.

#### IMMUNOMODULATORY EFFECTS

Various components of Ayurveda Guduchi have immunomodulatory effects. These include: clerodane furan diterpene glycoside, cordioside, syringin, cordifolioside A and B, and cordiol. It also contains the polysaccharide alpha-glucan, an immunostimulant that, in vitro, has been shown to activate killer cells.

natural (NK), T cells and B cells, interleukin (IL)-1, IL-6, IL-12, IL-18, interferon-gamma, tumor necrosis factor (TNF)-alpha and the chemoattractant protein of monocytes (MCP)-1. In animal experimental models, extracts of this plant significantly increase the leukocyte count and inhibit immunosuppression induced by cyclophosphamide. It may also inhibit cyclophosphamide-induced anemia.

#### ANTIPYRETIC EFFECT

In animal experimental models, the extracts of this plant show analgesic, anti-inflammatory and antipyretic action<sup>5</sup>. For all of the above, it is a plant especially indicated to improve the performance of the defensive system against infections. However, however, it is a classic Ayurvedic plant highly praised due to its wide range of actions, being an example of an adaptogen in Ayurvedic medicine.

#### HEPATOPROTECTIVE EFFECTS

In moderate alcoholics, without liver disease, taking guduchi stem extract reduces levels of liver enzymes, low-density lipoprotein (LDL) cholesterol, and triglycerides. Extracts of this plant also reduce the urinary excretion of several nutrients, especially pyridoxine, niacin and biotin.

#### What is Guduchi Ayurveda for?

Its traditional uses range from gastrointestinal, hepatic and genitourinary conditions, to infections and skin diseases. Below we provide a list of other support actions for this plant, to name just a few:



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- Antioxidants.
- Anti-inflammatory.
- Tissue regenerator.
- Antidiabetic (contains berberine).
- Hypocholesterolemic agents.
- Neuroprotective.
- Diuretics.
- Support in skin diseases.

Its flavor is bitter, astringent and sweet. In Ayurvedic medicine it balances Vata dosha, Pitta dosha and Kapha dosha. It is especially useful in cases of aggravation of the Pitta dosha. It is appropriate in excess heat, anti-inflammatory.

It is one of those plants that acts globally on the body, capable of stimulating all regeneration and protection processes, with an antiaging effect.

### What is the recommended daily dose of Guduchi Ayurveda?

Take 2 to 3 capsules distributed throughout the day.

### What is the composition of Guduchi Ayurveda?

Guduchi (*Tinospora cordifolia* (Willd.) 500 mg/capsule.

