

**“Amrita” - Amrit for mankind**

**Dr. Sudhanshu Tiwari**

---

The Nature is given precious gifts to man, out of them one is “Amrita”- *Tinospora cordifolia* (Family-*Menispermace*), commonly known as Guduchi/Giloy. Giloy is a rich source of columbin, palmatine, berberine, choline, tinosporic acid, tinosporal, jatrohizine, starch (positive starch test with iodine solution), protein, calcium, phosphorus and several others. This is also known as “Divine Herbs” due to their high medicinal value. It boost immune system, digestive system, has antibiotic, antiviral, antipyretic, anti-inflammatory, anti-aging properties, used in the treatment of type2 diabetes, mental stress, respiratory problem, vision problem, asthma, arthritis and several others. There are several types of giloy among them Neem Giloy is superlative.

In spite of, towards environment there are some moral responsibilities of man, one of them to look after environment like family members.