



GILOY: A NATURAL IMMUNOBOOSTER

LOCAL NAMES: Giloy, Gulbel, Gilo, Gilo-gulanch, Garham, Palo

THERAPEUTIC USE

Inflammation, Dyspepsia, vomiting, flatulence, Intermittent fever, skin diseases, urinary disorder, seminal weakness, splenomegaly, gout, haemorrhoids, general debility and eye diseases.

PHARMACOLOGICAL ACTIONS

Immunomodulatory, anti-histaminic, anti-inflammatory, anti-stress activity, hepatoprotective activity, antipyretic, anthelmintic, anodyne, cardiogenic, aphrodisiac and rejuvenating.

PARTS USED

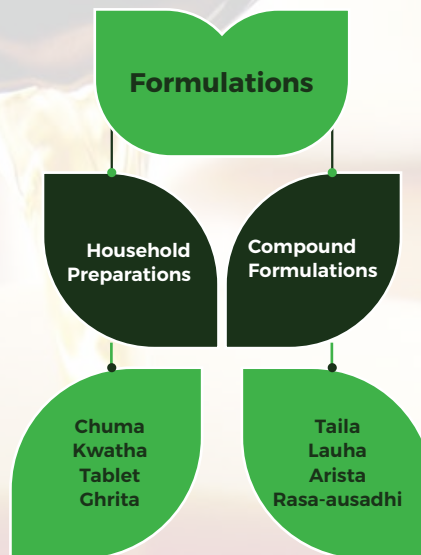
Leaves, fruits, flowers and stem. Generally, the stem is used for various therapeutic purposes.

INDICATION

One of them can be used twice daily to boost the immunity/as prescribed by the physician.

CULTIVATION AT HOME

- Giloy, generally cultivated as ornamental and can be easily propagated by stem cutting.
- Perfectly suited to grows well in almost any type of soil and under varying climatic conditions.
- Stem cuttings are the best planting material for raising the commercial crop.
- The cuttings can be obtained from mother plants in June-July.
- The plant can also be raised using seeds.
- Seeds take almost more than double the time to mature and yield the same quantity of the drug.



SOME HOUSEHOLD PREPARATIONS

- **Churna (Powder)**
Take the dry stem of Giloy. Make a fine powder of it and keep it in an airtight container for further use.
- **Kadha (Decoction/Kwath)**
Take the fresh/dry stem of Giloy. Cut fresh stem into small pieces and make a coarse powder of the dry stem. Now, soak it in 8 times of water overnight. The next day boil it till the water becomes 1/4th of its initial volume. Filter it and use it within 30 mins of its preparation.
- **Tablets (Pills)**
Filtered Kadha of Giloy will be further subjected to heat till the consistency of Kadha become semi-solid. Now, this semi-solid mass will be rolled into pills by using corn starch. The use of Vati has been recommended by the Ministry of AYUSH for the prevention of COVID-19.

DOSE

Decoction: 50-100 ml
Powder: 3-6 gm
Juice (Swarasa) : 5-10 ml



Know More

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