

Preparation of Herbal Syrup Using Logs of *Tinospora Cordifolia*

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Abstract: *Tinospora cordifolia* is a well-known medicinal herb widely used in Ayurvedic medicine due to its numerous health benefits. It is a climbing shrub that belongs to the family Menispermaceae and is primarily native to India, with its presence also reported in parts of China, Australia, and Africa. Commonly referred to as Guduchi, Amrita, or Giloy, this plant is valued for its therapeutic potential, with every part of the plant exhibiting medicinal properties. *Tinospora cordifolia* contains a rich variety of bioactive compounds, including terpenoids, alkaloids, steroids, lignans, flavonoids, and glycosides. These constituents contribute to its wide range of pharmacological activities such as immunomodulatory, anti-diabetic, antifungal, hepatoprotective, anti-cancer, anti-Human Immunodeficiency Virus (HIV), antitoxic, and neuroprotective effects, including potential benefits in managing Parkinson's disease. This review aims to explore and highlight the diverse therapeutic properties and pharmacological applications of *Tinospora cordifolia* for human health.

Keywords: *Tinospora cordifolia*; pharmacological activity; Giloy; immunity; Amrita; anti-diabetic

