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Tinospora cordifolia (Giloy): An In-depth Review of Its Phytochemistry, Pharmacological Activities, and Therapeutic Potential

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Abstract

Traditional medicine recognizes *Tinospora cordifolia* as Giloy through Ayurveda practice since people have used it for centuries for a wide range of health benefits. *Tinospora cordifolia* exists as Amrita or "the elixir of life" while acquiring recognition for its immunomodulatory actions and antimicrobial attributes and adaptogenic capabilities and anti-inflammatory feature. The therapeutic compounds of *Tinospora cordifolia* include alkaloids together with glycosides as well as flavonoids and steroids. The study of Giloy as traditional medicine continues through developmental research because scientists need to understand its pharmaceutical characteristics in addition to therapeutic uses. This research presents a detailed evaluation on *Tinospora cordifolia* which covers its phytochemical compounds along with pharmacological effects as well as cultivation methods and traditional applications and potential research paths for future investigation. This paper integrates existing studies to demonstrate how the plant can help medical pharmacology now and become a vital medicinal herb for disease prevention and treatment. Research gaps in current studies are examined while the paper suggests particular areas that require additional exploration.

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