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## *TINOSPORA CORDIFOLIA* – GUDUCHI



*Tinospora cordifolia* (Guduchi or Amrita) is revered in Ayurvedic medicine as the herb which best **balances all three doshas** (Vata, Pitta, Kapha).

Its stem reserves so much nourishment that a tiny piece allows the root to survive even when they seem completely dry. A sudden rain is enough to bring the plant back to life, even roots that were up rooted for months at a time. If one assumes that the innate properties of the plant are passed on to the person that consumes it, one can understand that Indian literature speaks of a passing on of the plants vitality to the consumer.

It is especially said of Guduchi that it **strengthens the quality and quantity of life forces**, the so called **Ojas**. It is also considered **the master coordinator between body and mind**. It is therefore no wonder that Guduchi is referred as **“the nectar of life”** and that since the ancient times when the Vedic scriptures pertaining to Aurveda were first being written. When consumed **Tinospora invigorates us with new life energy**, and is a support in those times when we feel completely exhausted and close to death. Guduchi doesn't increase lifespan by years; it **increases the quality of life** by improving digestive strength on both the physical and psychological levels. Both summer and winter teas **harmonize the three doshas**, are **cleansing, purifying, rejuvenating, and invigorating**, as well as having a stabilizing effect on the nervous system.



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Guduchi relieves digestive problems and **strengthens the immune system** considerably. As a result it is used to treat hepatitis, asthma, colds, fever, diabetes, tuberculoses, and liver problems. It is a component in many ayurvedic medicines because of it is **anti-inflammatory, rejuvenating, calming qualities and as well as being beneficial for the skin**. Guduchi **rekindles our life's flame**, gives us **mental awareness and clarity**, and increases our mental receptiveness. Its heavy, oily nature reduces pitta.

Guduchi is a **powerful detoxifier and purifier**, and is especially used in spring to rid the body of the wastes and toxins that have collected in the body's cells over the winter. Guduchi can be made to a wonderfully healing tea that is also recommended during periods of fasting. The harsh bitter taste is made enjoyable by adding additional herbs and spices. **Guduchi tea** is not well known enough. **It is ideal for treatments of all kind because of its light and detoxifying nature**. There are sorts that are ideal for summer and sorts ideal for winter.

## PRODUCTION

The valuable Guduchi plant comes from the natural planter forest in Batauli, Nepal. They are harvested in the wild by the Praja cooperative of the Chepangs, a disadvantaged tribe of indigenous people. The harvest is closely monitored. Courses in sustainability are given regularly through OneWorldalc and every year the cooperative is inspected and certified by IMO Switzerland. Since 2007 the produce has been certified '**organic**', and is therefore completely sustainable and **LOHAS**.

Carefully handpicked and gently dried in the shade the herb has retained all of its healing qualities. The herbs are then selected and carefully added to tea mixtures by **OneWorldalc Nepal**. OneWorld is a German – Nepali cooperation for **bio-dynamic agriculture** that upholds **Fair Trade** principles in all of its undertakings, and is a member of the International Federation of Organic Agriculture Movements (**IFOAM**).

## OUR PRODUCTS CONTAINING GUDUCHI

*Tinospora cordifolia* (Guduchi) is an important component in our „**Ayurveda Power**“ and „**Wohlig Warm**“.

Demeter herbal tea series.

Pure Guduchi is also available for purchase upon request.