



NSS Report



“World Environment Day 2021”

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CSE-A

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Introduction

World Environment Day is an initiative by United States and is celebrated globally on 5th June. This is celebrated to spread awareness among people and to protect the environment in this quickly changing world. WED also reminds us to see different environmental problems like global warming, overpopulation, sustainable consumption, insecurities to wildlife and many more, there is a endless list of how we are exploiting our mother Earth. Therefore, we should step forward and come up with some new ideas to help control some very serious problems we have created with our negligence.

We cannot turn back time. But we can grow trees, green our cities, rewild our gardens, change our diets and clean up rivers and coasts. We are the generation that can make peace with nature. it. Let us join hands to bring a positive change to make Planet Earth a much healthier, greener and happier place to live. Save the trees our ancestors planted and plant new ones as a gift to our coming generations. This is the best way to have a greener environment. Make World Environment Day more successful by planting more trees!

GILOY(Heart-Leaved Moonseed/ The Heavenly Elixer)

Giloy, which goes by the scientific or Latin name **Tinospora cordifolia** comes from the Menispermaceae family. Also termed as 'Heart-leaved moonseed' in English, the giloy plant is a well-known herbaceous, glabrous climbing vine of deciduous origin. It has elongated twining branches decorated with heart-shaped betel-like leaves and yellow flowers. The succulent herb of this plant is creamy white in colour but gives a yellow tint when cut. The fruits are ovoid, drupe-shaped and generally turns red on ripening. The herb is native to Myanmar, Srilanka and is widely distributed throughout various tropical regions of India.

Clad by the vernacular names like Madhuparni, Amritavallari, Chhinnaruha, Amruta, Chakralakshanika, Devnirmitta, Vatsadani, Somvalli, Rasayani, Jwarari, and Bahuchinna, this ayurvedic herb is renowned for its immune-supporting, rejuvenating, detoxifying and antipyretic properties.

The holistic science of Ayurveda regards giloy as 'Prana', i.e. full of vigour as it is capable to sustain and grow on its own even when it is cut. The ancient Ayurvedic seer Charaka classifies this herb as Medhya Rasayana (herb which rejuvenates intellect and memory) and Vayasthapana (herb which restores age). Guduchi is famed as 'Amritavalli' which literally translates into 'a creeper with heavenly nectar'. According to Hindu mythology, during the war between Ravana and Lord Rama, the latter killed the entire mighty army of monkeys that assisted Rama in the battlefield. But finally, when Ravana was killed at the hands of Lord Rama, Indra, the God of Rain and Thunder got pleased and revived the entire army by showering them with drops of nectar. It is believed that the nectar drops that fall from heaven on the ground gave rise to the giloy herb and blessed it with rejuvenative properties and made it an exceptional plant.

Although in this formulation, one mainly uses the stem part of the plant, but in its true nature, each and every part, be it roots, leaves or flower is extremely effective and has medicinal values and hence are widely available in the form of churna or powder, vati or tablets and decoction or juice.

IMPORTANCE

Giloy is a strong immunity booster, anti-toxic, antipyretic (that reduces fever), anti-inflammatory, antioxidant. This classical medicine is the ultimate answer to all health anomalies.

❖ Giloy for chronic fever

In Ayurveda, two factors cause fever – Ama (toxic remains in the body due to improper digestion) and the second one is due to some foreign particles. Giloy acts wonderfully in chronic, recurrent fevers. It is an anti-inflammatory, antipyretic herb which helps to boost your immunity to fight against the infection and also helps in early recovery. Giloy has a Javarghana (antipyretic) property to reduce fever.

❖ Giloy for dengue fever

Giloy is an antipyretic herb. It improves platelet count in dengue fever and reduces the chances of complications. Regular intake of Giloy helps to improve immunity during dengue and also for a speedy recovery. For better results boil Giloy juice with a few Tulsi leaves and drink to increase platelet count.

❖ Giloy for hay fever

Giloy is very useful in hay fever also known as allergic rhinitis. It reduces the symptoms like runny nose, sneezing, nasal obstruction, watering of eyes. To reduce the temperature, take ½ teaspoon of Giloy powder mix with honey and eat this before food.

❖ Giloy for Corona-virus infection

Giloy can boost immunity hence it may be useful for various fevers specifically for viral fevers like corona infection. Though there is no evidence that Giloy can cure corona infection but it can raise your immunity to fight against it. According to some scientific studies, the results show promising results to control Corona infection.

❖ Controls blood sugar level

In Ayurveda, Giloy is known as a 'Madhunashini' which means 'destroyer of sugar'. It helps to enhance the production of insulin which ultimately controls the blood sugar levels. Giloy is also useful for diabetes complications like ulcers, kidney problems.

❖ Boosts immunity

This herb activated the immune system of our body and increase vitality in a person. Include Giloy juice or kadha in your diet twice a day can improve your immunity. It is full of antioxidants and helps to release toxins from the body. Giloy juice also detoxifies your skin and improve your skin. Giloy is also used for liver diseases, urinary tract infections, and heart-related issues.

❖ Improve digestion

Giloy improves digestion and reduces digestion-related problems like diarrhea, colitis, vomiting, hyperacidity, etc.

❖ Reduces stress and anxiety

Giloy is an excellent remedy to reduce mental stress and anxiety. It calms down your body. Giloy also has the power to enhance memory and cognitive functions.

❖ Treats arthritis and gout

Giloy contains anti-inflammatory and anti-arthritic properties which help to reduce arthritis and gout. For joint pains, consume Giloy powder with warm milk.

❖ Improves eye-sight

Giloy is very effective to improve eye-sight when applying topically. It is usually used in Panchkarma.

❖ Good for Anxiety:

Being a natural stress-booster, giloy is often combined with other herbal ingredients to treat different types of psychotic problems and make an excellent health tincture. It clears brain toxins and improves cognitive abilities like memory, concentration etc. It also normalises the vata and pitta doshas in the body which in turn regulates the serotonin hormone and helps to reduce various symptoms of anxiety which include restlessness, uneasiness, cold hands, and feet, etc.

PHOTOS

