Giloy Ghanvati

This material is taken from <https://www.patanjaliayurved.net/blog-detail/41/giloy-benefits-and-uses>

Giloy has its benefits.

1. First of all, if we talk about the benefits of using Giloy, its use helps in boosting immunity. Giloy performs important functions to keep our cells healthy and rid us of disease. Along with this, it is also considered appropriate to purify the blood, fight bacteria, remove toxins, etc. Considered to be antipyretic, Giloy is also considered very beneficial for fighting dangerous diseases such as dengue, swine flu, malaria and is used to relieve fever.
2. In Giloy Benefit, it is also considered to improve digestion and solve bowel related problems. To eliminate constipation, we can use it by mixing Giloy powder with amla. For those people who have diabetes problem, we can eliminate this problem by using Giloy by home recipe. Giloy juice works wonders to reduce high levels of blood sugar.

To be continued from *Giloy was previously used as an adaptogenic herb since*