

## Chapter 7. An Overview of Design And Bioactivity Assessment of A Tinospora-Based Herbal Elixir with Multifunctional Therapeutic Potential

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### ABSTRACT:

The present work focuses on the formulation and evaluation of a Tinospora Elixir, a palatable liquid dosage form prepared using Tinospora cordifolia extract. T. cordifolia (Guduchi) is a well-known Ayurvedic herb recognised for its immunomodulatory, antioxidant, and antipyretic properties. The elixir was formulated as a sweetened hydroalcoholic solution using suitable flavouring and stabilising agents to enhance patient acceptability. It was evaluated for parameters such as appearance, pH, specific gravity, viscosity, and stability. The developed Tinospora Elixir showed good physical characteristics and potential therapeutic acceptability, suggesting it as a convenient oral formulation for herbal therapy.

**Keywords:** Tinospora cordifolia, Guduchi, Elixir, Chemical Constituents, Biological activity,

### DEFINITION:

An elixir is a sweetened liquid preparation, usually made from a blend of alcohol and water, and designed for oral use in medicine or for alchemical or symbolic purposes across history.

Modern pharmaceutical elixirs

In pharmacology, elixirs are clear, sweetened hydroalcoholic solutions containing medicinal substances or flavouring agents.

They typically include ingredients such as:

- Alcohol (commonly 3–23%)
- Water
- Sweeteners (like sucrose or artificial ones)
- Flavouring and colouring agents
- Preservatives and solvents like glycerine or propylene glycol

There are two main categories:

Medicated elixirs: containing active drugs (e.g., antihistamines, sedatives, or expectorants).

Non-medicated elixirs: serve as flavoured solvents or vehicles for medicines.

Compared to syrups, elixirs are usually less sweet and less viscous, and because they contain alcohol, they can maintain both water- and alcohol-soluble ingredients in solution.