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Review Article

REVIEW ON GUGGULU KALPANA IN AYURVEDA

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ABSTRACT

The *Ayurvedic* medicines are gaining increasing popularity worldwide for the treatment of various diseases in recent times. The search worldwide is concentrated on phytochemical and pharmacological analysis of herbal and herbal products. One of the commonly used drugs of herbal origin is *Guggulu* (*Commiphora wightii*) which is mainly used as anti inflammatory, anti hyper lipidemic and cardio protective. The oleo –gum or the resin part of *guggulu* obtained from stem is the main part which is used. Nevertheless the usage of this without subjecting to *shodhana* (detoxification process) may lead to certain side effects like gastric irritation and gastric distress. So the process of *shodhana* becomes imperative in different media. In addition to it, *shodhana* of *guggulu* in different media will bring specific properties to *guggulu*. In classic literature, we find the references regarding the use of *guggulu* in different dosage forms like *kashaya*, *churna*, *asava* etc with more than seventy preparations explained. Among them only few are available in the market and these products are mainly in form of *vati* (tablet).

Keywords: *Shodhana, Kashaya, Churna, Phytochemical, Vati.*

INTRODUCTION

Traditional/*Ayurvedic* medicines are gaining increasing popularity worldwide for the treatment of various diseases in recent times. Even there is a growing interest in research on *Ayurvedic* science. One among the many drugs used in preparation of medicines to cure disease is *guggulu*. This is considered to be the exudate of plant *Commiphora wightii*. It is also popularly known as Indian bellidium, and it is found in northern parts of India, Bangladesh and Pakistan. The Sanskrit meaning of the word *guggulu* is “one that protects against disease”. *Guggulu* has been used in treating many kinds of diseases and it has a wide range of action when compared to other drugs, the main action being to lower the cholesterol and triglycerides level and in treating joint diseases. This paper is an attempt to review the therapeutic applications of *guggulu kalpana* scattered in the literature of *Ayurveda*. This paper also throws light on the pharmaceutical aspects of the most commonly used dosage form of *guggulu* ie, *vati* (tablet)

Historical & Literary Review of Guggulu

The reference of *guggulu* is found in the *Atharva veda* which mentions its use as a *dupa* (fumigant).

Here it has been mentioned that disease like *yaksma* will not spread to the places where the fumigation of *guggulu* is done. It was a well known *dupana dravya* (fumigating agent) and was also used for treating disease of the cattle. The *guggulu* was widely used during *Vedic* period but its use increased substantially during the *Samitha* period. The reference of *guggulu* is found in *Charaka Samhitha* where it has been mentioned it under the *Sangyasthapana mahakashaya*¹ and also in *kashayaskanda*². But *Maharshri Susrutha* has still further elaborated the use of *guggulu* in treating many diseases like *kustha*³, *vidradhi*⁴, *shotha*⁵, *gulma*⁶, and also used as a fumigating agent⁷. *Acharaya Kashyapa* has given different dosage forms of *guggulu* like *taila*, *avaleha*, *doopana*, *vati* etc. for treating *balaroga*. And *Maharishi Bhela*⁸ has described that *dhoomapana* of *guggulu* should be taken after bath and after taking meals. *Maharishri Haritha*⁹ due to wide range of action of *guggulu* have mentioned this drug as a separate chapter named as *guggulu kalpana*. The reference of it is mainly found in *Sharangadhara Samhitha*¹¹ where he has described *guggulu kalpana* under *vati kalpana*. The different *guggulu kalpanas* mentioned in various *Ayurvedic* classics are given below.

Table No.1 Different Guggulu Kalpana mentioned in Ayurveda texts

Sl No	Name	Reference	Indications
1	Abayadiguggulu	Bhaishajyaratnavaliparisista	Stanyaroga , Mastishikroga
2	Amruthadhiguggulu	BhaishajyaratnavaliSotha, Kustha,Bhavaprakashavataraktha	Sothlya, Bagandara
3	Adithyapakaguggulu	Chakardatta	Asthigata, Majjagata, Sandhigatarogas
4	Aabhaguggulu	Chakradatta, Bhagna	Sandhibhagna
5	Ekavimshatiguggulu	Bhrhatnighanturatnakara	Kushta, krimi, mukharoga, Gridhrasi, Sangrahi, Galagraha, Bhagna&Gulma
6	Kanchanagutikaguggulu	Bhaishajyaratnavali, Galaganda	Gandamala, Galaganda
7	Kanchanaraguggulu	Bhrhatnighanturatnakara	Gandamala, Apachi, Arbuda, Granthi, Gulma, Kushta, Bhagandhara.
8	Kaishoraguggulu	Bhashajyaratnavali, Vatarakta, Yogatarangini	Vatarakta, Kasa, Gulma, Shotha, Udararoga, Prameha, Pandu, Agnimandhya, Pramehepidaka, Bhagandhara, Pidaka, Arsha, Kushta, Vrana, Palithya,
9	Guggulugutika	Gadanigraha	Rasayana
10	Guggulurasayana	Vangasena	Rasayana
11	Gugguluvataka	Yogaratnakara, Bhavaprakasha,	Malavarodha, Vranaropaka
12	Gugguluvatika	Bhavaprakasha, Rasaratnakara	Dushtavrana, Apachi, Prameha, kushta, Nadivrana
13	Gugguluvati	Vangasena, bhavaprakasha	Vatarakta, Bhagandhara, Spota
14	Guggulvadi yoga	Gadanigraha	Kushta, bhagandhara, Gulma
15	Guggulvadivati	Brhatniganturatnakar	Arsha,
16	Guduchyadiguggulu	Yogaratnakara	Bhagandara, kostukasheersha
17	Gokshuradiguggulu	Brhatniganturatnakara, sharangadharasamhitha, gadanigraha, rogatarangini	Prameya, mutrakrichra, pradara, mutragata, vatarakta, vatavyadhi, ashmari, shukadosha,
18	Trayodashangaguggulu	Bhavaprakasha, brhatyogatarangini, rasa rathnakara, chakradutta, gadanigraha	Katigraha, gridhrasi, kushta, sandhi, asthi, maja&snayugatavata, kushta, asthibhagandara
19	Trikantakariguggulu	Brhatniganturatnakara,	prameya, mutraghata, vatajamutrakruchra, ashmari, sukadosha
20	Triphalaguggulgu	Bhavaprakasha, rasrathnakara, sharangadharasamhitha,	Bhagandhara, vatarakta, kushtavrana, amavata, gulma, vishamajwara, parinama shola, pandu, halimaka, shotha
21	Triphaladiguggulu	Brhatnighanturatnakara, vangasena	Urusthamba, urugranthi, gandamala, vdararoga
22	Triphaladhiguggulu	Gadanigraha, gutikadhikara	Vatarakta, kushta, prameya, gulma,balya, medhya, rasayana
23	Trayushanadiguggulu	Bhavaprakasha,	Sthoulya,medahroga
24	Trayushanadigutika	Rasarathnakara, chakradutta	Amavata, prameya, sadhi, asthi, majjagatavataroga, mutragata, balaroga, udaravikara
25	Dantiguggulu	Vangasena	Gulma
26	Dashakaguggulu	Gadanigraha	Vatarakta, gulma, vrana, udara raga, shotha, pandu
27	Dashangaguggulu	Bhavaprakasha, vangasena	Medhoroga, amavata, kaphajavyadhi
28	Dhatrishakaguggulu	Brhatniganturatnakara, yogaratnakara, yogatarangini, badanigraha	Udavarta, krimiroga, jwara, unmada, kushta, shoola, gridhrasi, hanustambha, pakshagatha, apatanaka, shotha, kamala
29	Navakaguggulu	Yogarithnakara, brhatniganturatnakara, gadanigraha, chakradutta, yogatarangini,	Amavata, kaphaja&medhajaroga
30	Navakashayaguggulu	Chakradutta,	Visha, visarpa, kushta
31	Navakarshikaguggulu	Yogatarangini, brhatyogatarangini, yogarithnakara, bhaishajyaratnavali, vangasena, bhavaprakasha, gadanigraha	Kushta, Bhagandhara, Dushtanadivrana,

32	<i>Nimbadiguggulu</i>	<i>Brhatnighanturatnakara</i>	<i>Vatakaphajasirapida,</i>
33	<i>Pakshaghathariguggulu</i>	<i>Brhatnighanturathnakara</i>	<i>Pakshaghata</i>
34	<i>Panchatiktaghrtaguggulu</i>	<i>Bhishajyarathnavali, chakradutta</i>	<i>Kushta,nadivrana, arbudha, bagandhara, gandamala, urdhwajatrugataroga, gulma, arsha, prameya, aruchi, swasa, kasa, shotha, hrdroga, pandu, vatarakta</i>
35	<i>Pathyadiguggulu</i>	<i>Brhatnighanturathnakara, vangasena, bhavaprakasha</i>	<i>Gridhrasi, kushta, gulma, pandu, kandu, chardhi, vatarakta, slipada,</i>
36	<i>Punarnavaguggulu</i>	<i>Bhishajyarathnavali, vangasena, bhavaprakasha,</i>	<i>Vatarakta, vriddhiroga, gridhrasi, asthigatashoola, amavatha, twakdosha, pandu, urdhwajathrugataroga, sthoulya</i>
37	<i>Punarnavadiguggulu</i>	<i>Bhishajyarathnavali,</i>	<i>Twakdosha, pandu, urdhwajathrugataroga, sthoulya</i>
38	<i>Bilwadiguggulu</i>	<i>Gadanigraha</i>	<i>Vatajakaphajaroga</i>
39	<i>Mahishankyaguggulu</i>	<i>Brhatnighanturathnakara</i>	<i>Vataraktha,kusta,arsha, amavata,nadivrana,bagandhara,vatajaroga</i>
40	<i>Mahayogarajaguggulu</i>	<i>Bhavaprakasha,brhatnighanturatan akara, rasaratanakara, sharangadharasamhitha</i>	<i>Vatajaroga, tridoshanashaka, rasayana,premeha</i>
41	<i>Yogarajaguggulu</i>	<i>Gadanigrah, yogachintamani, rasa ratanasagara, bhishajyarathnavali,chakaradutta, yogaratanakara,rasaratanakara,van gasena</i>	<i>Arsha,gulma,pandu,prameha,vataraktha,aruchi,nabis ula,apasmara,hurdroga,sanghari,bagandahara,agani mandya,swasa,kasa,udararoga,krumi,amavata, dustavrana,</i>
42	<i>Brahuthyogarajaguggulu</i>	<i>Bhishajyarathanavali</i>	<i>Amavata, katibagana, kustha, gradrasi, sandivata, cures all nanatamajavyaydhi of vata, pitta, kapha</i>
43	<i>Yogaatmagutika</i>		
44	<i>Rasanaganaguggulu</i>	<i>Gadanigrah,brhatnighantunigantur atanakara, yogaratanakara,rasaratankara,brha tyogataragani,</i>	<i>Gradrasi, vataroga, karanaroga, shiroroga, nadivrana, bagandhara,</i>
45	<i>Lakshguggulu</i>	<i>Bhishajya ratanavali,chakaradutta,brhayogata ragani,vangasena,yogaratanakara,g adanigraha,</i>	<i>Astibagana,sandiyukthaasthipida,</i>
46	<i>Lohaguggulu</i>	<i>Yogatarangani,vangasena,rasachan damshu, brhatyogatarangani,vangasena,rasa ratanakara</i>	<i>Akalamurthunasha,gulma,kustha,shaya,shotha,shula, pandu,prameha,vataraktha.</i>
47	<i>Lohaadhiguggulu</i>	<i>Yogaratanakara</i>	<i>Netrasuska</i>
48	<i>Vajaraguggulu</i>	<i>Rasaratanakara</i>	<i>Vataraktha,shotha,prameha,medharoga,galaroga,plea hroga,gulma,udararoga,kasa,swasa,aruchi,jernajawra ,pandu, halimaka,</i>
49	<i>Vajarvalayadhiguggulu</i>	<i>Rasaratanakara</i>	<i>Baganaroga,bala, varnavrudhi, kurmi, kustha, netraroga ,granhi, amavata, katiroga,</i>
50	<i>Varadhiguggulu</i>	<i>Bhavaprakash</i>	<i>Upadumsha, vrana, rakthadosha</i>
51	<i>Vatariguggulu</i>	<i>Bhasajaratanavali, rasaratanakara</i>	<i>Amavata, katisula, gudrasi, vatarakta, shotha, kustasosh, pangutha</i>
52	<i>Vidagadhivatikaguggulu</i>	<i>Vangasena, rasaratanakara, yogarat anakara, virathniganturatanakara, vi rthyogatarangani</i>	<i>Dustavrana, apache, prameha, kustha, nadivrana,</i>
53	<i>Vishavadhiguggulu</i>	<i>Vrihathniganturatanakara</i>	<i>Vibrama, vataroga, vipachika, gulma, shula, gurdarasi</i>
54	<i>Vaydhisodhalaguggulu</i>	<i>Vaydhiyasabadasudha</i>	<i>Ayuvrrdhi, amavata, shirogathavayu, bagandhara, katisula, vrrdhiroga</i>
55	<i>Youshadhiguggulu</i>	<i>Rasaratanakara, vrithniganthuratan akara</i>	<i>Meda, kapharoga, amavata, gandamala, galagrantha</i>
56	<i>Youshadhigutikaguggulu</i>	<i>Gadanigraha</i>	<i>Sandhi, asthi, majjagatharoga, amavata, baganaroga, jataraaganivadhi</i>
57	<i>Shatavariguggulu</i>	<i>Rasaratanasagara,</i>	<i>Vatajaroga</i>

58	<i>Shiva guggulu</i>	<i>Rasayanasara,rasarajasundara,</i>	<i>Amavata,katisula,gardrasi,kustha</i>
59	<i>Shadagaguggulu</i>	<i>Rasaratanasamuchaya</i>	<i>Vataroga</i>
60	<i>Shadangruthaguggulu</i>	<i>Gadanigara, chakaridutta,</i>	<i>Itching of eyes, akashipaka,pain in eyes, all eye diseases</i>
61	<i>Shandasheatheguggulu</i>	<i>Yoga ratanakara</i>	<i>Vataroga, amavata,jwara,mandagani,prameha,mutrakuchura,shula,adamana,ashamari,</i>
62	<i>Shadashanaguggulu</i>	<i>Yogaratanakara,brahathyogatarangani,vratniganturatanakara</i>	<i>Medoroganasha</i>
63	<i>Saptacatarishatikaguggulu</i>	<i>Gadanigara</i>	<i>Kasa,swasa,shotha,arsha,bagandara,hurdayasula,pasavasula,amavata,udavarta,,medovruddhi,unmade,pandu,udararoga,nadivrana</i>
64	<i>Saptavimsatikaguggulu</i>	<i>Bashajaratanavali,vratniganturatanakara, yoga ratanakara,vangasena,</i>	<i>Kasa,swasa,shotha,arsha,bagandara,pashavasula,basthisula,gudaroga,asamari,mutarakuchara,kramiroga,jeeranajwara,nadivrana,prameha,</i>
65	<i>Saptangaguggulu</i>	<i>Basajaratanavali,yogatarangani,bavaprakasha,gadanigra,</i>	<i>Nadivrana,shula,bagandara,sula</i>
66	<i>Samasarkaraguggulu</i>	<i>Bavaprakasha,</i>	<i>Vatarakta,udararoga,bagandara,visamajwara,garavisha,vrana,gadrasi,arash,udara,</i>
67	<i>Simanadaguggulu</i>	<i>Yoga chintamani,vratyogatarangani,basajaratanavali,chakradautta,rasratanakara,bavaprakasha</i>	<i>Shotha,udara,pleha,nadivrana,arsha,grahanidosha,vatarakta,kustha,amavata,swasa,kasa,gulma,udarasula,</i>
68	<i>Burthsimanadaguggulu</i>	<i>Basajaratanavali,vrathniganturatanakara, yogatarangani,bavaprakasha</i>	<i>Bala and ayuvradhi, amavata, sandivata, katighara,asamari,mutrakuchara,baganaroga,timira,udararoga, amlapitta,kustha,prameha,gudaroga,arsha</i>
69	<i>Savayambuvagugguluvati</i>	<i>Vangasena,gadanigraha,bavaprakasha,</i>	<i>Vataraktha,kustha,swethakusta,bagandahara,arasha,pandu,udararoga,amavata,sandivata,unmada,apasmara,gulma,kota</i>
70	<i>Haritakayadiguggulu</i>	<i>Vrathniganturatanakara</i>	<i>Amavata</i>
71	<i>Shathasukahaguggulu</i>	<i>Rasachaintamani,rasaratanasagara,rasarajasundara</i>	<i>All kinds of netraroga</i>
72	<i>Ayuguggulu</i>	<i>Vangasena</i>	<i>Urusthamba, urugranthi, gandamala, vdararoga</i>
73	<i>Erandidiguggulu</i>	<i>Vangasena,</i>	<i>Dipana,pachana,vatavikara,amavata,</i>
74	<i>Kasayankyoguggulu</i>	<i>Gadanigaraha,</i>	<i>Gridhrasi, kushta, gulma, pandu, kandu, chardhi, vatarakta, slipada,</i>

Method of preparation of Guggulu Vati¹¹

- *Guggulu vati* prepared by *paka* method is as follows:
- First the *guggulu* is to be taken and small quantity of water, *kashaya*, *swarasa* is to be added to dissolve the *guggulu* in it.
- It is then heated till it attains the *paka lakshana* and later the fine powder of all the ingredients is to be added and boiled till it attains *paka lakshana*.
- It is then rolled into *vati* form with little ghee and dried properly.
- The colour and other characteristics of *guggulu kalpana* vary from preparation to preparation depending upon the ingredients added to the specific formulation.

Guggulu Paka Lakshana¹²

The *paka lakshana* of *guggulu* can be classified into 2 types

1. Pakakaleene(during the time of paka)

- The *paka* material sticks strongly to the spoon while stirring.
- It attains three to four thread consistencies.
- It settles down in the bowl of water without spreading.
- It remains very soft and sticky to touch.

2. Pakaanantara (after paka)

- Desired colour, odour, and taste of the ingredients are to be obtained
- Finger prints are imparted over the *paka* material.

Dose adjuvant and shelf life

- One *karsha* (approx. 12 g)
- It can be given along with *go- dugdha* (cow's milk), *jala* (water) or liquid preparation.
- It can be used for 1 year from the date of manufacture.

DISCUSSION

The *guggulu kalpana* is a very important formulation where the drug augments the formulations with the other drugs in it without losing its potency and it acts effectively in treating the diseases. Historically the *guggulu* has been evolved as *amruta* (nectar) for replenishing the lost *bala* (strength) of *devathas* (gods) in *devaasurasangrama* (battle of gods and demons) and it has been used as a good fumigating agent in olden days.

The *guggulu* has many media for its purification and the specific *dravya* used for its purification enhance the particular property of *guggulu* and it increases its therapeutic utility. The

guggulu when modified into different formulation like *churna*, *ghruta*, *avaleha* etc. can also be used in treating many diseases along with the different combination of a single drugs. With variation in *anupana*, *guggulu kalpana* will also be beneficial in treating many diseases as the mode of action depends on the type of *anupana* (adjuvant) used. The *guggulu kalpana* is indicated in almost all the *strotovikar as* and also a number of research works have been proved the wide range of action of *guggulu*. The challenge in this venture is the genuinity of raw drug *guggulu* and the media of *shodhana* selected.

CONCLUSION

The *guggulu kalpana* in particular is generally influenced by *Sharangadhara Samhita*. The current trend of *ayurvedic* pharmaceuticals mainly shows the use of *guggulu* in the form of *gutika* or *vati*. But in classics reference of its use in different dosage forms like *churna*, *asava* etc. is found. It is mainly use in the form of *vati* because of its good binding property and increased therapeutic action. Thus it can be said that due to its wide of utility the *guggulu kalpana* is gaining popularity in recent days. And also studies have revealed the therapeutic efficacy of various *guggulu kalpana*.

The *guggulu kalpana* should be understood and pronounced in detail with a physicians and point for better results in treatment of diseases. It can be finally said that prescribing any *guggulu kalpana* in one disease is common and easy but using the same *kalpana* in various disease is an art which demands comprehensive knowledge and appropriate planning.

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