

# A REVIEW ON GUGGULU KALPANAS IN BRIHATRAYEES

1 Dr. Neethu Susan Sunny, 2 Dr. Rajam. R

1 PG Scholar, 2 Professor and HOD,

1,2 Department of Rasasastra and Bhaishajya Kalpana, Government Ayurveda College,  
Thiruvananthapuram.

## ABSTRACT

Guggulu had been described by the name Gulgulu in vedic period. It has been told to possess various pharmacodynamics actions and described to be used as dhupa. In Atharvaveda it is mentioned that yakshma and other diseases will not spread to the areas fumigated by guggulu. It is observed that the internal use of Guggulu increased during Samhita period only which is being mentioned in vatavyadhi chikitsa and kalpa stana as Guggulu kalpana. Acharya Caraka and Vagbhata lineated guggulu as medohara and vatahara. Guggulu deserves high values in Ayurvedic medicines known as 'Guggulu kalpas'. There are more than 100 Guggulu kalpas are mentioned in Ayurveda. Guggulu is Rasayana, Vatakapaghna, and used in various diseases like all types of arthritis, Vatavyadhis, obesity, skin diseases, Medoroga, Vatarakta, Shotha, Hrudroga etc. According to latest compilatory review of ayurvedic literature the description about 469 guggulu preparations are available. Maximum number of preparations are indicated for acute and chronic skin diseases, vata vyadhi, inflammatory conditions and also as medohara. Guggulu has occupied indispensable place in Ayurvedic pharmacopeia with its therapeutic activity.

Key words – Guggulu , yakshma, medohara

## I. INTRODUCTION

Guggulu is an oleo gum resin that is an exudate of *Commiphora wightii* (Arn.) Bhand, Syn., *Balsamodendron mukul* Hook. ex Stocks *Commiphora mukul* Engl.), {Fam. Burseraceae}<sup>1</sup>, a small perennial tree or shrub upto 1.2-1.8 m high, occurring in rocky tracts of Rajasthan, Gujarat, exudate is collected during winter season by making the incisions in the bark or in summer, falling from the bark itself. Guggulu is extracted from the plant through a process called tapping. It should be kept in glass or porcelain jars free from moisture and stored in a cool place. The amount of collection varies from plant to plant. Each plant gives 0.5-1kg of guggulu every year.

## II. AIMS AND OBJECTIVES

Study aims to review about various guggulu kalpanas mentioned in ayurvedic classics.

## III. MATERIALS AND METHODS

This work is a literature review on different preparations of guggulu mentioned in some of the classical texts in Ayurveda.

First reference on guggulu is from Atharva veda which is indicated as dupa (fumigant). Following Samhita period, in Bhela Samhita termed as Palankasha, in Harita Samhita<sup>2</sup> a separate chapter named guggulu kalpa explained. In Brihatrayees, the classification of guggulu in Samjasthapana dasemani<sup>3</sup> in Caraka Samhita, in Eladi gana and katu varga in Susruta Samhita<sup>4</sup> and in Ashtanga sangraha included among rasayana dravyas<sup>5</sup>.

Table 1-Guggulu in Caraka Samhita

Classification	Kasaya	Churna	Vati
Sanjasthapanas Dasemani	-	Sarvakamika Agada - Poison Of Animals	-
Kasaya Skanda	-	Pradhamana Nasya -Pratisyaya	-

Ghrita/Taila	Others
Agurvadi Taila- Sheeta Jwara	As Lepa- In Kushta ( Sarshapa Taila) , Sira Shoola ( Ghrita) , Pakwa Vrana Bhedana
Palankasha Taila – Apasmara	Modaka/Utkarika – For Virechana
Baladi Ghrita- Sirasoola	As Dhupana- In Dinacharya, Balaraksha Karma,Vishama Jwara,Shiiroroga
Mahapaischachika Ghrita- Unmada	
Vachadi Ghrita – Apasmara	

Table 2-Guggulu in Susruta Samhita

Classification	Kasaya	Churna	Vati
Staulya Hara	Sarivadi Kwatha – Kaphaja Jwara	Tarkshya Agada-Sarpa Visha	-
Eladi Gana	Devadarvyadi Kwatha-Udavarta	Maha Sugandhi Agada- Sarpa Visha	-
Katu Varga	Marichadi Ksheera- Kasa		

Ghrita/Taila	Arista/Asava	Others
No Taila	-	As Pratisarana – In Vataja Ostaroga
Kulathadi Ghrita- Apasmara	-	As Dhupana – In Vranaraksha, Puya Karna, Vishama Jwara, Swasa
Varunadi Ghrita - Ashmari		

Table 3 –Guggulu in Ashtanga Sangraha

Classification	Kasaya	Churna	Vati
Sanjasthapana	Sarivadi Kwatha	Yavanyadi Chr- Gulma	Amritadi Guggulu
Eladi Gana	Sodhana Ksh- Vrana Prakshalana	Krishnaabhaya Chr – Udara Roga	Swayambu Guggulu
Danta Dhavana Varjya		Tarkshya Agada – Sarpa Visha	Uttamadi Guggulu
Agrya Dravya			Trayushanadi Guggulu
			Magadhikadi Guggulu

Ghrita/Taila	Arista/Asava	Others
Tagaradi Taila – Sheetha Jwara	Guggulasava – Arshas, Kushta	As Lepa – Kushta, Vrana, Visha, Gala Roga

Mahavajra Taila - Kushta		As Doopana – Vishama Jwara, Bala Graha, Yoni Doopana, Swasa, Hikka
Guggulvadi Taila - Graha		As Modaka
Palankashadi Taila – Apasmara		
Puradi Gritha –Swasa		
Panchatikta Gritha Guggulu – Kushta, Vata Vyadi		
Mahapaishachika Gritha - Unmada		

#### IV. DISCUSSION AND CONCLUSION

The review advocates that *guggulu* is generally used in compound dosage forms like vati, guti, pills, churna, kvatha, lepa, taila and ghrita in Ayurvedic medical practice. However, various functional limitations and constant improvisations seemed to have shaped the *guggulu* Kalpana in its today's form like tablet. The difference in choice of kalpana is explained on the basis of soluble alkaloid content and insoluble resinous gum content of *guggulu*.

*Guggulu* is generally used in compound dosage forms along with *anupana* in Ayurvedic medical practice. Pharmaceutics of *guggulu* Kalpana highlights the pliant nature and prominence of *guggulu* in Ayurveda.

One should follow strict pathya-apathya, and should properly do the shodhana of the drug to tackle the adverse effect of the drug.

Hence, *Guggulu* can be considered as a wonder drug with high therapeutic potential. and it must be noted that *Guggulu* is included under the IUCN red list. Therefore one should judiciously use the herbal drugs for the preparation of medicine.

**V. REFERENCES**

1. Dept of AYUSH. Ayurvedic Pharmacopoeia of India. Reprint ed. Ministry of Health and Family welfare; 2001. part 1 vol1, Page no: 91
2. Pandey PG, editor. Harita Samhita of Acharya Harita. 1, 2014 ed. Varanasi: Chowkhambha Sanskrit series office. p.1429-1433
3. Trikamji VY, editor. Charaka Samhita. 2011 ed. Varanasi: Chaukhambha Prakashan; 2011
4. Srikantha murthy K.R. Susrutha Samhita. Reprint ed. Varanasi. Chaukhambha Orientalia; 2014. Page no: 430
5. Murthy PS, editor. Ashtanga sangraha of Vagbhata. Varanasi: Chaukhambha orientalia; 2012. p.499-502

