

CRITICAL STUDY OF *GUGGULU* KALPANA WITH SPECIAL REFERENCE OF *BHAISHAJYA RATNAVALI*

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ABSTRACT

Bhaishajya kalpana is an art and science of preparing and dispensing medicine. *Guggulu* is a Nirryasa (oily latex) achieved from small tree called Indian bedellium. Botanical name is *Commiphora mukul*. *Guggulu* is an amorphous, translucent, solid adhesive, oleo-gum resin is produced by the process of gummosis from its plant. Many other Ayurvedic classics have mentioned various formulations of *Guggulu* for the treatment of various ailments. Bhashajya ratnawali followed various kalpana use for formulations. *Guggulu* kalpana is secondary formulations of bhaishajya kalpana. *Guggulu* is one among the best binding agents and its used as single or compound drug in the form of pills, Formulations which contains *Guggulu* as main ingredient, they can be called as *Guggulu* kalpana. Here in Bhaishajya Ratnawali, *Guggulu* is used in yoga for both purposes, as a base and as well as medicament also. In bhaishajya Ratnawali *Guggulu* when modified into different formulations. It can also be used in many diseases along with different combinations of drugs with their anupana, *Guggulu* kalpana beneficial in treating many diseases. The *Guggulu* Kalpana is indicated in almost all the strotovikaras and also a number of research works have been proved the wide range of action of *Guggulu*.

Key words- *Guggulu*, *Kalpana*, *Bhaishajya Ratnawali*

INTRODUCTION

A drug material by which physician treats the diseases, or the material which is useful for medicinal purposes, is known as *Bheshaja*. '*Bheshaja*' and '*Bhaishajya*' are same or it is synonymous. '*Kalpana*' denotes the meaning of planning. Preparation for external/internal uses/administration is known as '*Kalpana*'. *Bhaishajya Kalpana* is an art and science of preparing and dispensing medicine.¹ *Guggulu* is a *Nirryasa* (oily latex) achieved from small tree called Indian bedellium. Botanical name is *Commiphora mukul*. *Guggulu* is an amorphous, translucent, solid adhesive, oleo-gum resin is produced by the process of gummosis from its plant. From the literary study it can be revealed that the *Guggulu* had been described by the name of *Guggulu* in vedic period. The Sanskrit meaning of the word *Guggulu* is one that protects against diseases. Many other Ayurvedic classics have mentioned various formulations of *Guggulu* for the treatment of various ailments. Therapeutic uses of *Guggulu* in doses of 2 to 4 gm. are mentioned in *Kustha*, *Prameha*, *Amvata*, *Vatavyadhi*, *Granthi*, *Sopha*, *Gandamala*, *Medoroga*.^{3,4} *Bhaishajya Ratnawali* a classical compendium of Acharya Govindadas Sen, has compiled different formulations for the treatment of diseases. This paper attempts to screen Ayurvedic treatise. Bhashajya ratnawali followed various

kalpana uses for formulations. *Guggulukalpana* is secondary formulations of *bhaishajya kalpana*. *Guggulu* is one among the best binding agents and its used as single or compound drug in the form of pills, Formulations which contains *Guggulu* as main ingredient, they can be called as *Guggulu kalpana*. Here in *Bhaishajya Ratnawali*, *Guggulu* is used in yoga for both purposes, as a base and as well as medicament also.

Varities of *Guggulu*

There are several varieties of *Guggulu* described in Ayurvedic classics. *Susruta* documented that *naveena Guggulu* is having 'Brimhana' action (increase the body weight) while *Purana Guggulu* acts as 'Lekhana' (reduces the overweight). *Caraka* and *Vagbhata* have delineated *Guggulu* as *Medohara* and *Vatahara*. *Sarangdhara* quoted it among the drugs to be used when they are older (*Purana*). *Bhavamishra* described five varieties of *Guggulu* - *Mahishaksha*, *Mahanila*, *Padma*, *Kumuda* and *Hiranya*. The *Kanaka Guggulu* having brightness, madhur smell and stickiness considered as best variety and used in human being. *Mahishaksha Guggulu* is also used in Human being and other three varieties of *Guggulu* have been mentioned to be useful in animals.^{6,7}

Guggulu Shodhana

Various *shodhana* methods have been described for *Guggulu* which removes the impurities and help in increasing the therapeutic value of the drugs. *Guggulu* should be cut in small pieces, bundle in a cloth and *potali* is prepared to suspend it in *dola yantra* containing any of the liquid medias like-

-*Triphala kasaya*,

-*Go-mutra*,

-*Vasapatra svarasa/ kasaya*,

-*Nirgundi svarasa* with *haridra curna*,

-*Go- dugdha*

The liquid media boiled over mild fire until the *Guggulu* passes through cloth into the liquid. Later the *potali* with left out and the liquid is boiled further too a thicker consistency till a mass is formed. This mass is dried in sunlight.⁸

Properties-

Table 1: Properties and action of *Guggulu*⁷

<i>Rasa</i>	<i>Katu, Tikta, Kasaya</i>
<i>Guna</i>	<i>Laghu, Ruksha, Viasad, Sukshma, Sara (Purana Guggulu)</i> <i>Snigdha, Pichshila (Naveen Guggulu)</i>
<i>Virya</i>	<i>Usna</i>
<i>Vipaka</i>	<i>Katu</i>
<i>Karma</i>	<i>Rasayana, Vrsya (Naveen), Lekhana(Purana), Deepana, Balya.</i>
<i>Prabhav</i>	<i>Tridosh hara</i>
<i>Indications</i>	<i>Medoroga, Amavata, Vata vyadhi, Prameha, Apachi, Gandamala, Sotha, Pitaka, Asmari, Arsas, Kustha</i>

Formulations of *Guggulu*

Guggulu is one of the ingredients of many formulations. The list of different *Guggulu* formulations along with dose, uses, *anupana* and its ingredients mentioned in *Bhaishajya Ratnawali* are given below.

Table 2: Showing *Guggulu* Yogas of *Bhaishajya Ratnavali*

Name of <i>Guggulu</i> formulations	Ingredients	Dose	Anupana	Rogadhikara
<i>Abha Guggulu</i> ¹⁰	<i>Babooltwak, Haritaki, Bibhitaki, Amalaki, Shunthi, Maricha, Pippali, Shudha, Guggulu</i>	1 gm.	Warm milk	<i>Sandhi bhagana</i>
<i>Abhyadi Guggulu</i>	<i>Haritaki, Amalaki, Munakka, Shatahwa, Bharangi, Shwet Sariva, Krishna Sariva, Manjith,</i>	1 gm.	<i>Madhu, Dugdh</i>	<i>Snayu, Mastishka roga</i>

¹¹	<i>Haridra, Daruharidra, Vach, Shuddha Guggulu , Musli, Mulethi, Muramansi, Dalchini, Sukshmaila, Tejpatra, Nagkeshar, Vidanga, Lvang, Durlabha, Trivrit, Trayamana, Sunthi, Maricha, Pippali</i>			
<i>Amrita Guggulu -1¹²</i>	<i>Guduchi, SuddhaGuggulu , Haritaki, Bibhitakitwak, Amalaki, Dantimula, chitrakamula, Amalaki, Haritaki, Bibhitaki, Pippali, Shunthi, Maricha, Guduchi, Dalchini, Vidanga, Trivritmula</i>	<i>1-5 gm.</i>	<i>Guduchi kwath</i>	<i>Vatarakta, All Kustha, Arsha, Agnimandhya,, Dustavruna, Prameha, Amavata, Bhagandar, Nadigatavata, Adhyavata, Shotha</i>
<i>Amrita Guggulu -2¹³</i>	<i>Guduchi, Suddha Guggulu , Dasamula, Patha, Murva, Balamula, Katuki, Daruhaidra, Arandamulatwak, Haritaki, Bibhitaki, Amalaki, Go-ghrita, Guduchi Satva, Sunthi, Pippali</i>	<i>2- 5 gm.</i>	<i>Khadira Kwath</i>	<i>All Kustha, Vatarakta, Kamla, Amavata, Agnimandhya, Bhagandara, Pinasa, Pratisyaya, Pliharogroa, Udararoga</i>
<i>Amritadhya Guggulu¹⁴</i>	<i>Guduchi, Sukshmaila, Vidanga, Kude ki chaal, Bibhitaki, Haritaki, Amalaki and Shuddha Guggulu</i>	<i>Churna-2g m.</i>	<i>Madhu</i>	<i>Prameha, Pidika, Sthoulya, Bhagandar</i>
<i>Ekvinshika Guggulu¹⁵</i>	<i>Chitrakamula , Haritaki, Bibhitaki, Amalaki, Shunthi, Marich, Pippali, Jiraka, Karavi, Vach, Saindhava lavana, Ativisha, Kutha, Chavya, Shukshmaila, Jwasa, Vidanga, Ajamoda, Mustaka, Devdaru, Shuddha Guggulu , Go-ghrita.</i>	<i>1-2 gm.</i>	<i>Guduchi Swarasa</i>	<i>Ashtadasa Kustha, Krimi, Dusht Vruna, Sangrahi, Arsha Mukh roga, Galgraha, Gridhrasi, Bhagana, Gulma, Sarvkoshthgata roga</i>
<i>Kaisora Guggulu¹⁶</i>	<i>Suddha Guggulu , Triphala, Guduchi, Amalaki, Haritaki, Bibhitaki, Pippali, Marich, Shunthi, Vayavidanga, Nishotha, Danthimula, Guduchi, Ghrita</i>	<i>1-5 gm.</i>	<i>Guduchi Kwath, Go-dugdha , Jala</i>	<i>Vatarakta, Vruna, Kasa, Kustha, Gulma, Shotha, Udara roga, Pandu, Prameha, Mandagni, Vibandha, Pramehapidaka</i>
<i>Kanchna rGuggulu -1¹⁷</i>	<i>Triphala, Trikatu, Kanchnaratwak, Suddha Guggulu , Madhu</i>	<i>3 gm.</i>	<i>Warm milk or sahijanatwa-ka Swarasa</i>	<i>Galganda, Gandamala and Nadivruna</i>
<i>Kanchna rGuggulu -2¹⁸</i>	<i>Kanchnartwaka, Sunthi, Pippali, Marich, Amalaki, Haritaki, Bibhitaki, Varunartwaka, Tejpatra, Sukshmaila, Dalchini, Suddha Guggulu</i>	<i>1 gm.</i>	<i>Kanchnar, Mundi, Kadirasara, Abhaya Swarasa or Kwath</i>	<i>Galganda, Gandamala, Apachi, Arbuda, Granthi, Vruna, Gulma, Kustha and Bhagandar</i>
<i>Lauhadi Guggulu¹⁹</i>	<i>Lauha Bhasma, Mukethi, Haritaki, Bibhitaki, Amalaki, Pippali, Shuddha Guggulu</i>	<i>½ to 1 gm.</i>	<i>Grita (8 Masa), Madhu (4 Masa)</i>	<i>Sarv Shukla roga (netraroga)</i>
<i>Navkarhika Guggulu²⁰</i>	<i>Haritaki, Bibhitaki, Amalaki, Shuddha Guggulu , Pippali</i>	<i>1 gm.</i>	<i>-</i>	<i>Shotha, Gulma, Arsha, Bhagandar</i>
<i>Navkshaya Guggulu²¹</i>	<i>Guruchi, Vasachal, Patolpatra, Nimbachhal, Triphala, Khairsara, Amaltas ka guda, Suddha Guggulu</i>	<i>-</i>	<i>-</i>	<i>Vishjanya visarpa, Astadasha kustha</i>

<i>Panchtikta-ghrita Guggulu</i> ²²	<i>Nibatwaka, Guduchi, Vasapanchanga, Patolalata, Kanthkari, Go-ghrita, Patha, Vayavidanga, Devadaru, Gajapippali, Sarjikshara, Yavakshara, Sunthi, Haridra, Mishi, Chavya, Kustha, Tejovati, Marich, Kutajawaka, Jiraka, Chitrakamula, Katuki, Suddha Bhallataka, Vacha, Pippalimula, Manjistha, Ativisha, Triphala, Yavani, Sudha Guggulu</i>	6- 12 gm.	Warm Milk or Water	<i>Atiprabala Vayu, Vishama Vayu, Sandhi-Asthi-Majjagata Kustha, Nadivruna, Arbuda, Bhagandara, Gandamala, Urdhvajatrugata roga, Gulma, Arsha, Prameha, Rajyakshama, Aruchi, Swasa, Pinasa, Kasa, Shosha, Hridaroga, Pandu, Galaviddradhi and Vatarakta.</i>
<i>Punarnava Guggulu</i> ²³	<i>Punarnavamula, Arandamula, Sunthi, Suddha Guggulu, Arandataila, Trivrit, Dantimula, Guduchi, Amalaki, Haritaki, Bibhitaki, Sunthi, Pippali, Marich, Chitrak, Saindhava, Suddha Bhallataka, Vidanga, Swarnamakshika Bhasma, Punarnava</i>	1-3 gm.	Guduchi Kwath	<i>Vatarakta, Sapta Vruddhiroga, Grudhrisi, Jangha-Uru-Pristha-Trika-Basti shula, Amavata.</i>
<i>Punarnavadi Guggulu</i> ²⁴	<i>Punarnava, Devdaru, Haritaki, Guduchi, Gomutra, Shuddha Guggulu</i>	-	-	<i>Twaka vikara, Shotha, Udar roga, Pandu roga, Stholya, Praseka, Udhavjatragata Kapha roga</i>
<i>Rasa Guggulu</i> ²⁵	<i>Suddha Parada, Sarkara, Suddha Guggulu, Go-ghrita</i>	12 gm.	Jala	<i>Sarvaroga, Kustha, Updansa, Vatarivruna.</i>
<i>Rasabhruga Guggulu</i> ²⁶	<i>Suddha Parada, Suddha Gandhaka, Loha Bhasma, Abhraka Bhasma, Guduchi Kwath, Triphala Kwath, Suddha Guggulu, Sunthi, Pippali, Marich, Amalaki, Bibhitaki, Haritaki, Dantimula, Guduchi, Indravarunimula, Vidanga, Nagkeshara, Tivrut,</i>	1-5 gm.	Guduchi Kwath	<i>Vatarakta, Astadasha Kustha, Krimiroga, Asamari, Bhagandar, Gudabhransha, Kamla, Apachi, Gandamala, Pama, Kandu, Charmakila, Mahadadru.</i>
<i>Shiva Guggulu</i> ²⁷	<i>Haritaki, Bibhitaki, Amalaki, Arandamula, Suddha Gandhaka, Suddha Guggulu, Rasna, Vidanga, Marich, Pippali, Dantimula, Jatamanshi, Sunthi, Devdaru</i>	1 gm.	Usna Jala	<i>Amavata, Katishula, Gradhrasi, Krostushirsha</i>
<i>Saptanga Guggulu</i> ²⁸	<i>Suddha Guggulu, Amalaki, Haritaki, Bibhitaki, Sunthi, Pippali, Marich, Go-ghrita</i>	1 gm.	-	<i>Nadivruna, Dustavruna, Shula and Bhagandar roga</i>
<i>Saptavinsatika Guggulu</i> ²⁹	<i>Amalaki, Bibhitaki, Haritaki, Sunthi, Pippali, Marich, Nagarmoth, Vidanga, Guduchi, Chitrakmula, Kachura, Suksmaila, Pippalimula, Haubera, Devdaru, Tumburu, Puskaramula, Chavya, Indrayanamula, Haridra, Daruharidra, Vidavalana, Sauvarchala lavana, Yavakshara, Sarjikshara, Saindhava lavana, Gajapippali</i>	1 gm.	Madhu	<i>Kasa, Swasa, Shotha, Arsha, Bhagandara, Hridshula, Pasvashula, Kukshishula, Bastishula, Gudashula, Asamari, Mutrakriccha, Antraviddhi, Krimi, Jirna Jwara, Rajyakshama, Anaha, Unmada, Kustha, Udarroga, Nadivruna, Dustavruna, Prameha, Slipada</i>
<i>Simhanada Guggulu</i> ³⁰	<i>Suddha Guggulu, Sarshap taila, Amalaki, Haritaki, Bibhitaki, Sunthi, Pippali, Marich, Amalaki, Haritaki, Bibhitaki, Nagarmoth, Vidanga, Devdaru, Guduchi, Chitrakmula, Tivruta, Dantimula, Chavya, Suranakanda, Manakanda, Suddha Parada, Suddha Gandhaka, Suddha Jaypalabija</i>	250 mg.	Usna Jala	<i>Amavata, Sirovata, Sandhivata, Janu and Janghashrit vata, Katigraha, Asamari, Mutrakruccha, Asthibhagna, Timira, Udarroga, Amallapitta, Kustha, Prameha, Gudanirgam, Kasa, Swasa, Kshya. Visamjvara, Pliharoga,</i>

				<i>Slipada, Gulma, Pandu, Kamla, Shotha, Antravruddhi, Shula and Arsha</i>
<i>Simhana da Guggulu - 2³¹</i>	<i>Triphalakwah, Suddha Gandhaka, Suddha Guggulu , Arand taila</i>	<i>1 gm.</i>	<i>Usna Jala</i>	<i>Tridosajroga, Khanja, Pangu, Swasa, Kasa, Kustha, Vatarakta, Gulma, Shula, Udarroga, Amavata, Jara and Palita roga</i>
<i>Triphala Guggulu³²</i>	<i>Triphalacurna, Suddha Guggulu , Triphala yavkuta</i>	<i>500 mg.</i>	<i>Triphala kwath</i>	<i>Sotha-Puya-Durgandha-Piday ukta Vruna</i>
<i>Varadi Guggulu³³</i>	<i>Amalaki, Haritaki, Bibhitaki, Nimbatwaka, Arjunatwaka, Pipaltwaka, Khdiratwaka, Vijayasara, Vasa curna</i>	<i>3 gm.</i>	<i>Usna Jala</i>	<i>Updamsa, Raktadosa, and Dustavruna</i>
<i>Vatari Gggulu³⁴</i>	<i>Aranda taila, Suddha Gandhaka, Suddha Guggulu , Amalaki, Haritaki, Bibhitaki</i>	<i>1-2 gm.</i>	<i>Usna Jala</i>	<i>Amavata, Katishula, Gridhrasi, Khanja, Pangu, Vatarakta, Shotha, and Dahyukta Kostrushirsh</i>
<i>Vranari Guggulu³⁵</i>	<i>Pippali, Suddha Guggulu , Triphala and Rasasindura</i>	<i>500 mg.</i>	<i>12 gm.</i>	<i>Sarvavruna</i>
<i>Vyadhisa rd-ula Guggulu³⁶</i>	<i>Amalaki, Haritaki, Bibhitaki, Katutaila, SuddhaGugglu, Sunthi, Pippali, Marich, Amalaki, Haritaki, Bibhitaki, Musta, Vidanga, Amlaki, Guduchi, Chitraka, Tivruta, Dantimula, Chavya, Suranakanda, Manakanda, Suddha Jaypalabjija, Suddha Parada, Suddha Gandhaka, Lohabhasma, Abhrkabhasma</i>	<i>½ - 1 gm.</i>	<i>Usna Jala</i>	<i>Amavata, Arsha, Asmari, Mutrakriccha, Shirovata, Amlapitta, Panchvidha Kasa, Swasa, Daha, Udarroga, Bhagandara, Shotha, Antravruddhi</i>
<i>Yogaraj Guggulu³⁷</i>	<i>Chitraka, Pippalimula, Yamani, Karavi, Vidanga, Ajamoda, Swetajiraka, Devdaru, Chavya, Suksmaila, Saindhav, Kustha, Rasna, Gokshurabija, Dhanyaka, Amalaki, Haritaki, Bibhitaki, Musta, Sunthi, Pippali, Marich, Dalchini, Khasa, Yavakshara, Talishpatra and Tejapatra, Suddha Guggulu</i>	<i>½ to 1 gm.</i>	<i>Rasnasaptak-a Kwath or Uana Jala</i>	<i>Amavata, Adhyavata, Krimi, Dustavruna, Gulma, Pliharoga, Udarroga, Anaha and Arsha roga</i>
<i>Vruhata Yogaraj Guggulu³⁸</i>	<i>Sunthi, Pippali, Marich, Amalaki, Haritaki, Bibhitaki, Patha, Saupha, Haridra, Daruharidra, Ajamoda, Vacha, Hingu, Haubera, Gajapippali, Krishnajiraka, Kachura, Dhanyaka, Vidalavana, Suavarchala lavana, Saindhava lavana, Pippalimula, Sukshmaila, Dalchini, Tejapatra, Nagkeshara, Maruadana, Lohabhasma, Sarjarasa, Gokshurabija, Rsana, Ativisha, Shunthi, Yavakshara, Amlavetasa, Chitrakamula, Pushkaramula, Chavya, Vrikshamla, Dadima, Arandamulatwaka, Aswagandha, Tivrut, Dantimula, Badara, Devdaru, Haridra, Katuki, Murva, Trayamana, Yavasa, Vidanga, Vangabhasma, Yamani, Vasamulatwaka and Abhrakabhasma, Suddha Guggulu</i>	<i>500 – 1 gm.</i>	<i>Rasnasaptak-a Kwath or Usna Jala</i>	<i>Amavata, Katibhagna, Ekangashousha, Kustha, Kshatakustha, Padavistarita, Gridhrasi, Sandhivata, Kostrushirsha, Sarvasarirgama vata, 80 types of Vataroga, 40 types of Pitta roga and 20 types of Kapha rogas</i>

Method of Preparation of Guggulu Vati^{2,9}

Generally two methods of preparations are found for Guggulu Kalpana-
-Sagni (Paka) method

-Niragni (without *paka*) method

- **Sagni method-**

- First the *Guggulu* is taken with small quantity of water or *Kasaya* or *Swarasa* is to be added and dissolve the *Guggulu* in it. Then heated till it attains *paka lakshana* and later the fine powder of all ingredients has to be mixed little by little and boiled till it attains *pakalakshana*.
- Then rolled into *vati* form with little amount of ghee and dried properly.
- The colour and other characteristics of *Guggulu kalpana* vary from preparation to preparation depending upon the ingredients upon the ingredients added to the formulae.

- **Guggulu paka lakshana-**

- During the time of *paka*, materials stick strongly to the spoon while stirring.
- It forms three to four thread consistencies.
- It settles down in the bowl of water without spreading.
- It forms very soft and sticky to touch.
- After *paka* desired colour, odour and taste of the ingredients are to be obtained and finger prints are imparted over the *paka* materials.

- **Niragni method-**

- First the *SuddhaGuggulu* is taken in fine powder form and all ingredients fine powder has to mixed little by little then triturate.
- After trituration rolled *vati* form with little amount of ghee and dried properly.
- More time trituration will produce more efficacious form of *GugguluGutika*.

Dose⁴—1 *karsha* (12 gm.)

Adjuvant⁴—*Go-dugdha*, *Jala* or any liquid preparation.

Shelf life⁴—1 yr.

DISCUSSION-

Guggulu in *Vati* form entered in the field of therapeutics, because of the gum and also of the certain added advantages of solid dosage forms. Later on, *Guggulu* was widely used in *Vati* form other than remaining internal forms, due to good binding capacity of gum and also *Yogavahi* nature of drug which increase efficacy of formulation.

Guggulu kalpana has two methods for preparations which are *Sagni* and *Niragni* method. *Paka* and *Bhavana* method was found for preparation. The *Guggulu* must be administered only after *Shodhana* (Purification). The *Guggulu* has many media for its *shodhana* and the specific *Dravya* used for its *Shodhana* enhance the medical property of *Guggulu*. The *Guggulu Kalpana* is a very important formulation where the drug augments the formulations with other drugs in it without losing its potency and it acts effectively in treating the diseases. In present study, it has been observed that purified *guggulu* is used in 29 Formulations of *Guggulu* in *Bhaishajya Ratnavali* and the various formulations act on mainly *Vata Vyadhi*

CONCLUSION-

Bhaishajya Ratnavali is compilation and systematic categorization of the different herbal and herbo-mineral formulations. It can also be called as the first Ayurvedic formulary. *Bhaishajya Ratnavali* is used for reference because it contains various types of formulations of *Guggulu*. In *bhaishajya Ratnavali*, *Guggulu* has been modified into different types of formulations. It can also be used in many diseases along with different combinations of drugs with *anupana*, *Guggulu kalpana* beneficial in treating many diseases. The *GugguluKalpana* is indicated in almost all the *strotovikaras* and also a number of research works have been proved the wide range of action of *Guggulu*.

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