

## **A REVIEW ON BILWADI GUTIKA**

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### **ABSTRACT**

*Vati* or *gutika* an *upakalpana* of *kalka kalpana* (formulations in which drugs are in paste form), in this formulation were medicines are prepared in the form of pills & comprise more than one drug from plant, animal or mineral origin. This form of medication is widely accepted in present clinical practice because of its accuracy in dosage, longer shelf life & palatability. *Bilwadi gutika* is one formulation mentioned in classics which is widely used in present day clinical practise for *visha chikitsa* (treatment of poisons). First reference of this *yoga* (formulation) is from Ashtanga Hrudaya Uttarastana 36<sup>th</sup> chapter, where it has been mentioned as “*Bilwadi yoga*” (a combination of bilwadi drugs), in AFI (Ayurvedic Formulary of India) it is named as “*Bilwadi Gutika*” & the same trade name is used in practice. Few more references are available from *Saharsra yogam*, *Visha jotsnika*, *Kriya kaumudi* (kerala books on toxicology). In *kriya kaumudi* we find the mentioning of this *yoga* along with other *yoga* called “*visha vilwadi agada*”. This paper is an attempt to make a review on the formulation “*Bilwadi Gutika*” from various literatures of Ayurveda.

**Keywords:** *Bilwadi Gutika, Visha vilwadi, Gara Visha, Sarpa Visha, Loota Visha*

### **INTRODUCTION**

Knowledge of toxicology is very essential in this era, as we constantly get exposed to toxins in one or the other way. We being the representatives of Ayurvedic fraternity it is the need of the hour to come out with promising results either preventive or prophylactic treatment modalities.

*Vati kalpana* is an *upakalpana* of *kalka kalpana*, this comprises of more than one drug from plant, animal or mineral origin. This

form of medicine is palatable, has greater shelf life & is convenient for fixation of dose, hence is preferred in clinical practise.

*Bilwadi agada* is one such formulation mentioned in classics which is the first drug of choice in acute toxico-pathological conditions. Reference of *Bilwadi Agada* can be obtained from *Ashtanga sangraha*, *ashtanga hrudaya*, *Saharsra yogam*, *Visha jotsnika*, *Kriya kaumudi*.

**Materials & methods**

Name of the yoga:

Classical reference of this formulation is mentioned as “*Bilwadi Agada*”<sup>1</sup>. Same combina-

tion with addition of two more drugs i.e *nili* & *patha* is called as *Visha Vilwadi yoga*<sup>2</sup> others references are similar to that of *Ashtanga Hrudaya*.

**Table 1.1:** List of the ingredients of *Bilwadi Gutika*

No	Name of the drug	Synonym	Kannada name	Botanical name	Part used	Quantity
1.	<i>Bilwa</i>	<i>Mahakapittha</i>	<i>Bilwapatre</i>	<i>Aegle marmelos</i>	<i>Moola</i>	1 part
2.	<i>Surasa</i>	<i>Tulasi</i>	<i>Tulasi</i>	<i>Ocimum sanctum</i>	<i>Pushpam</i>	1 part
3.	<i>Karanja</i>	<i>Naktamala</i>	<i>Honge</i>	<i>Pongamia pinnata</i>	<i>Phala</i>	1 part
4.	<i>Natam</i>	<i>Tagaram</i>	<i>Mushkabala</i>	<i>Valeriana wallichii</i>	<i>moola</i>	1 part
5.	<i>Surahwam</i>	<i>Devadaru</i>	<i>Devadaru</i>	<i>Cedrus deodara</i>	<i>Kanda sara</i>	1 part
6.	<i>Haritaki</i>	<i>Abhaya</i>	<i>Alalekaayi</i>	<i>Terminalia chebula</i>	<i>Phala</i>	1 part
7.	<i>Vibheetaki</i>	<i>Aksha phala</i>	<i>Tare kaayi</i>	<i>Terminalia bellerica</i>	<i>Phala</i>	1 part
8.	<i>Amalaki</i>	<i>Dhatri</i>	<i>Nellikaayi</i>	<i>Embica officinalis</i>	<i>Phala</i>	1 part
9.	<i>Shunti</i>	<i>Vishwa bhesha-ja</i>	<i>Shunti</i>	<i>Zingiber officinale</i>	<i>Kanda</i>	1 part
10.	<i>Maricha</i>	<i>Vellaja</i>	<i>Kaalu menasu</i>	<i>Pipper nigrum</i>	<i>Phala</i>	1 part
11.	<i>Pippali</i>	<i>Kana</i>	<i>Hippali</i>	<i>Piper longum</i>	<i>Phala</i>	1 part
12.	<i>Haridra</i>	<i>Nisha</i>	<i>Arishina</i>	<i>Curcuma longum</i>	<i>Kanda</i>	1 part
13.	<i>Daruharidra</i>	<i>Darunisha</i>	<i>Baagisutra</i>	<i>Berberis aristata</i>	<i>Kanda</i>	1 part

**Method of preparation:**

All the drugs mentioned in table 1.1 are taken in equal quantity mixed well & *bhavana* (trituration) with *basta mootra* (*aja mootra*-goat's urine) is given. It is mentioned that *stri jati* (female) *mootra* should be taken in indications of *gomutra* (cow urine), *ajamootra* (goat urine), *avimootra* & *mahishamootra* (buffalo urine), *mootra* from *purusha jati* (male) to be taken in indications of *khara* (donkey), *ushtra*

(camel), *hasti* (elephant), *nara* (human) & *ashva* (horse) *mootras*<sup>3</sup>.

**Siddha lakshanas:**

1. *Susukshma Pishtam*- “very fine in consistency” this is mentioned as *siddha lakshana* (confirmatory sign). Regarding duration of *bhavana* (trituration) it is opined that 6 *yaama*<sup>4</sup> (1 *yaama* is approximately 3hours), 3-4 hours per day according to *Ashtavaidya Vaidyamadom Cheriya Nara-*

yana Namboothiri. In general practice 3-4 hours/day for 6 months is done.

**Dose:**

Though there is no classical reference for the dose of this formulation but in clinical practice 1000-2000mg/day has been found effective and safe<sup>5</sup>.

**Application:**

Internal- 2000mg/day in divided doses

Indication for Internal – *Sarpa damsha*(snake bites), *Loota visha* (spider poison), *Unduru visha* (rat poison), *Vrischika visha* (scorpion poison), *Visuchika* (cholera), *Ajeerna* (indiges-

tion), *Gara visha* (combination of poisons), *Jwara* (raise of temperature), *Bhoota bhada* (infectious conditions).

External- application

Indications for External - *Sarpa, Loota, Unduru, Vrischika*

**Different methods of administration of Bilwadi Gutika:**

*Anjana* (collyrium), *paana* (internal administration), *nasya* (nasal instillation).

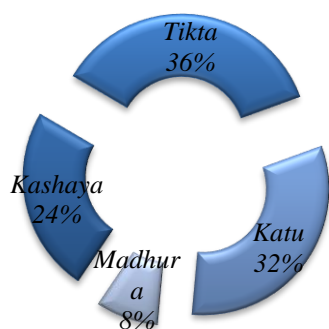
**Karmukata (pharmacokinetics) of bilwadi gutika:**

**Table1.2:** List of *Rasapanchaka* (factors determining the function of this formulation) of ingredients of *Bilwadi Gutika*:

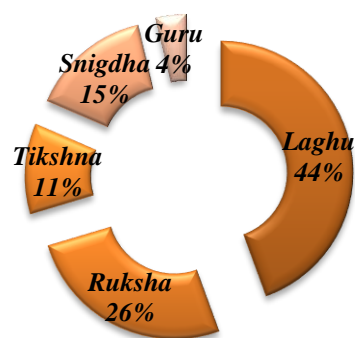
No.	Name of the drug	Rasa (taste)	Guna (property)	Virya (potency)	Vipaaka	Karma (mode of action)
1.	<i>Bilwa</i>	<i>Kashaya, tikta</i>	<i>Laghu, ruksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha-vata shamaka, mrudurechaka</i>
2.	<i>Surasa</i>	<i>Katu, tikta</i>	<i>Laghu, ruksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha-vata shamaka, tvak doshahara, rakta shodhaka Vishaghna</i>
3.	<i>Karanja</i>	<i>Tikta, katu, Kashaya</i>	<i>Laghu, tikshna</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha-vata shamaka, kandugna, jantugna, kushtagna</i>
4.	<i>Natam</i>	<i>Tikta, katu, Kashaya</i>	<i>Laghu, snigdha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha-vata shamaka, vishaghna</i>
5.	<i>Surahwam</i>	<i>Tikta</i>	<i>Laghu, snigdha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha-vata shamaka, kushtaghna, jwaraghna</i>
6.	<i>Haritaki</i>	<i>Kashaya pradhana lavana varjitha pancharasa</i>	<i>Laghu, ruksha</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Tridoshahara, kushtaghna, jwaraghna, rasayana</i>
7.	<i>Vibhitaki</i>	<i>Kashaya</i>	<i>Ruksha,</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Tridoshahara,</i>

			laghu,			krimighna, jwara- ghna, rak- tasthambhana
8.	Amalakki	Amla pra- dhana lavana varjith pan- charasa	Guru, ruksha,	Sheeta	Madhura	Tridoshahara, sthambhana, daha- prashamana, ra- sayana
9.	Shunti	Katu	Laghu, snigdha	Ushna	Madhura	Vata-kaphahara, deepana, bhedana
10.	Maricha	Katu	Laghu, tik- shna	Ushna	Katu	Vata-kaphahara, lekhana, deepana, pachana, krimighna
11.	Pippali	Katu	Laghu, snigdha, tikshna	anushnasheeta	Madhura	Kapha-vata shamaka, kushtagh- na, jwaraghna, bal- ya rasayana
12.	Haridra	Tikta, katu	Ruksha, laghu	Ushna	Katu	Kapha-vata shamaka, kushtagh- na, jwaraghna
13.	Daruharidra	Tikta, Kashaya	Laghu, ruksha	Ushna	Katu	Kapha-pitta shamaka, katu- paushtika

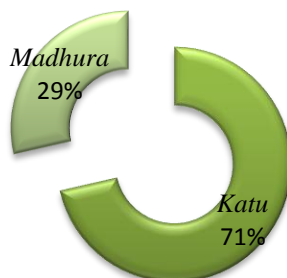
### Rasa



### Guna



## Vipaka



### DISCUSSION

- *Vati kalpana* is widely used in present day practice because of palatability and applicability.
- *Bilwadi Gutika* is most widely used drug in specially in acute toxic pathological condition.
- Some *Visha Vaidyas* (toxicologists) of kerala opine that the action of this formulation is because of its *samyoga visheshata* (because of uniqueness of combination possesses special action).
- Majority of the drugs are *tikta* (bitter), *katu* (pungent) *rasa pradhan* which acts as *kapha-vatahara* (pacifies kapha & vata).
- All drugs are *ushna veerya* (hot potency), majority are *katu vipaka* hence can act as quickly as *visha*.
- *Tagara* & *tulasi* directly counteract the action of *visha* (poison).
- *Bilwadi gutika* is proven drug in conditions like *visuchika* (cholera).

### CONCLUSION

- *Bilwadi gutika* is most popular drug of choice in acute toxic pathologies.

- It is mentioned a “*Bilwadi yoga*” in *ash-tanga hrudaya*, and as “*Bilwadi Gutika*” in *AFI*.
- There is another *yoga* called *visha vilwadi* which is the same *Bilwadi Gutika yoga* along with two more drugs *patha* and *nili*.
- Indicated in *sarpa*, *loota*, *undura*, *vrishchika*.
- It can be used both internally and externally.
- Can be used for *Pana*, *nasya*, *anjana*.

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