



THERAPEUTIC USES OF TRAYODASHANGA GUGGULU - AN EXPERIMENTAL AND SCIENTIFIC VIEW

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ABSTRACT

Guggulu formulations are commonly used by physicians all over India to manage various disorders. *Kanchanara guggulu*, *Amritadi guggulu*, *Rasna guggulu*, *Navaka guggulu*, *Medohara guggulu*, *Gokshuradi guggulu*, *Shadanga guggulu*, *Saptavimshatika guggulu*, *Ekonavimshatika guggulu*, *Laksha guggulu* are some *guggulu preparations* which are popularly used in clinical practice. *Guggulu*(Resin), which is the main ingredient of the above formulation, is *Ushna virya yukta*, *Vatahara*, *Dipana*, *Pachana*, *Ama hara*, *Sroto shodhaka*, Thyroid stimulant, Hypocholoestremic, Anti atherogenic, Blood thinner and *Rasayana* are its action. *Trayodashanga guggulu* is given in managing *Shotha vedana yukta vikaras* and *Vataja* disorders with good outcome. The present paper highlights the therapeutic uses of *Trayodashanga guggulu*.

Keywords: *Trayodashanga guggulu*, *Rasayana*, *Vatahara*, *Vedanasthapaka*.

INTRODUCTION

Guggulu formulations are commonly used in painful Joint disorders. It is given in the management of painful joint disorders.

AIMS AND OBJECTIVE: To study the therapeutic uses of *Trayodashanga guggulu* from an experimental and scientific point of view.

METHODS

Relative subject matter is compiled from research monographs, scientific journals, samhitas, sangraha granthas, contemporary literature and personal clinical experiences.

Ingredients

1. *Abha (Babbul)*(Acacia arabica) - 1 part.
2. *Ashwagandha* (Withania somnifora) - 1 part.
3. *Hapusha* (Juniperus communis) - 1 part.
4. *Guduchi* (Tinospora cordifolia) - 1 part.
5. *Shatavari* (Asparagus racemosus) - 1part.
6. *Gokshura* (Tribulus terrestris) - 1 part.
7. *Vridhdadara* (Argyria speciosa) - 1 part.
8. *Rasna* (Pluchea lanceolata) - 1 part.
9. *Shatapushpa* (Foeniculum valgara) - 1 part.
10. *Kachura* (Curcuma zedoaria) - 1 part.
11. *Yavani* (Trachyspermum ammi) - 1 part.
12. *Shunti* (Zingiber officinalis) - 1 part.
13. *Guggulu* (Commiphora mukul) - 13 parts.
14. *Ghee* (Glorified butter) - 1/2 part.

Method Of Preparation

Shuddha guggulu is added to fine powder of ingredients from *Abha* to *Shunti* and mixed well. Then ghee is added little by little during pounding to get semi-solid consistency. Then 500mg pills or tablets are prepared and stored.

Actions

1. *Kapha vatahara.*
2. *Vedanahara.*
3. *Rasayana.*
4. *Ushna.*
5. *Dipana.*
6. *Pachana.*
7. *Amahara.*
8. *Rookshana.*
9. *Lekhana.*
10. *Karshana.*

11. *Medohara.*
12. *Hypercholestremic.*
13. *Anti atherogenic.*
14. *Thrombolytic.*
15. *Ulcer healer.*
16. *Ropana.*
17. *Srotoshodhaka.*
18. *Thyroid stimulating.*

Clinical Indications

- 1) *Janu sandhigata vata.*
- 2) *Lumbar spondylosis.*
- 3) *Cervical spondylosis.*
- 4) *Lumbar spondylo Listhesis.*
- 5) *Sciatica syndrome.*
- 6) *Carpel tunnel syndrome.*
- 7) *Tennis elbow.*
- 8) *Frozen shoulder.*
- 9) *Rheumatoid arthritis.*
- 10) *Systemic Lupus Erythematosus.*
- 11) *Kakshi shoola.*
- 12) *Ischemic heart disease.*
- 13) *Sthoulya.*
- 14) *Diabetic neuropathy.*
- 15) *Polyneuritis.*
- 16) *Cramps in the leg.*
- 17) *Angamarda.*
- 18) *Gouty arthritis.*
- 19) *Hypothyroidism.*
- 20) *Hypercholestremic.*
- 21) *Atherosclerosis.*
- 22) *Hemiplegia.*

Amayika Prayoga

It shows desired outcomes when it is given with suitable disease-specific adjuvants.

1. *Janu sandhigata vata-* is given with *Rasnapanchaka Kashaya, Vishamushti Vati, Matra basti* and *Mahanarayana taila Abhyanga.*
2. *Lumbar spondylosis-* It is given with *Sapta Saradi Kashaya, kati basti* with *Ksheerabala taila* and *Dhanwantara taila Matra basti.*
3. *Cervical spondylosis-* It is given with *Maha Rasnadi Kashaya, Vishatindukadi vati* and *Greeva basti.*

4. Lumbar spondylo lysthesis - It is given with *Maha Rasnadi Kashaya*, *Navajeevana Rasa*, *Kati basti* and *Matra basti*.
5. Sciatica syndrome - It is given with *Rasna Saptaka Kashaya*, *Vishamushti Vati* and *Matra basti*.
6. Carpel tunnel syndrome - It is given with *Balarishta*, *Nava Jeevana Rasa*.
7. Tennis Elbow - It is given with *Maha Mashadi Kashya* and *Maha Visha garbha taila* application.
8. Frozen shoulder - It is given with *Malla Sindoor*, *Godanti Bhasma* and *Ksheerabala taila Nasya*.
9. Rheumatoid arthritis - It is given with *Ama vata-ri Rasa*, *Rasna erandadi Kashaya* and *Shallaki* tablet.
10. Systemic Lupus Erythematosus - It is given with *Mrityunjaya Rasa*, *Eranda beeja Ksheerapaka* and *Rasna erandadi Kashaya*.
11. *Kukshi shoola* - It is given with *Kupilu hingwadi Vati* and *Lavana Bhaskara Choorna*.
12. Ischemic Heart Disease - It is given with given with *Arjuna Ksheerapaka* and *Prabhakara Vati*.
13. *Sthoulya* - It is given with *Rooksha Udvartana* and *Triphala Kashaya* internally.
14. Diabetic neuropathy - It is given with *Katt-nakkhadiradi Kashaya* and *Prasarini taila* external application.
15. Polyneuritis - It is given with *Vishamushti Vati* and *Balarishta*.
16. Cramps in the Legs - It is given with *Pravala Panchamrita Rasa* and *Balarishta*.
17. *Angamarda*- It is given with *Ashwagan-dharishta*.
18. Gouty arthritis - It is given with *Swarnanjana Choorna* and *Guduchi Kashaya*.
19. Hypothyroidism - It is given with Iodized Salt and *Triphala* tablets.
20. Hypocholestremia - It is given with *Rooksha Udvartana* and *Trayushanadi Louha*.
21. Atherosclerosis - It is given with *Maha Man-jishtadi Kashaya*.
22. Hemiplegia is given with *Sarvanga Abhyanga*, *Shashtika shali pinda sweda* and *Matra basti* with *Dhanwantara taila*.

Contraindications

It should be given with caution in disorders associated with haemorrhage. In patients with chronic gastritis symptoms, the dose should be minimal.

Adverse Drug Reaction

In higher dosages, it may produce itching, small body eruptions, petechiae, ecchymosis, and constipation in some patients.

DISCUSSION

Trayodashanga guggulu is commonly used in pain management. Especially in neuromuscular, bone and joint disorders, it is more beneficial. It contains 13 ingredients. *Guggulu* being a principal ingredient, has actions like *Shleshma medohara*, *Vatahara*, *Vedanasthapana*, Anti-inflammatory, *Shothahara*, Thyroid stimulant, Hypolipidaemic, Anti atherogenic, Antibacterial, Bactericidal and Anti-infection actions. As it is *Vedanasthapana* and Anti-inflammatory, it is helpful in *Vedana pradhana Vyadhis*. By Hypocholesteremic action, it is found useful in Ischemic heart disease, Stroke, Atherosclerosis and Dyslipidemia. Joint disorders like Osteoarthritis of the Knee joint, Lumbar spondylosis, Cervical spondylosis, Frozen shoulder, Avascular necrosis of the Femur, Carpel tunnel syndrome and Tennis Elbow it is given with suitable adjuvants to get desired outcomes. It can be given for longer periods also. *Guggulu Kalpas* induces weight loss in some patients. In larger doses, some patients develop petechiae, ecchymosis and subcutaneous bleeding.

CONCLUSION

- 1) *Trayodashanga guggulu* is effective in painful joint disorders and diseases associated with neuromuscular pathologies.
- 2) There are least adverse drug reactions in patients taking ideal doses of *Trayodashanga guggulu*.
- 3) When given with disease-specific adjuvants, it shows desired outcomes.

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