

GUGGULU KALPA

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COMMIPHORA MUKUL



Collection

- Incision made on plant during summer.
- The resin melts and gets collected in the lower portion of the plant.
- Collected in winter.

Guggulu resin secretion



Types

- Mahishaksha – reddish black
- Mahaneela – bluish
- Kanaka/Hiranya – golden colour
- Kumuda – lotus coloured (bud)
- Padma – padma varna

Contd..

- **Naveena guggulu**- golden colour, pleasant smell, snigdha, bhrimhana & vrishya
- **Purana guggulu** – dry, unpleasant smell, dark colour, ushna veerya, ati lekhana karma

Collected gugulu



SAMANYA SHODHANA



Gaalana prakriya



Stirring on mandagni



Slurry filter



Samanya shodhita guggulu

Vishesha Shodhana

- Dashamoola kwatha
- Gomutra
- Godugdha
- Vasa patra swarasa
- Amruta kwatha
- Triphala kwatha

Contd...

- Guggulu → pottali → swedana in dolayantra → filter → kept on mandagni to evaporate all liquid content to get shudha guggulu.

Properties

- Rasa – tikta, katu, madhura, kashaya
- Guna – laghu, teekshna, snigha, sukshma
- Veerya – ushna
- Vipaka – katu
- Karma – tridosha shamaka, vedanasthapana, lekhana, shoolahara, shothahara

"गुग्गुलुः विशदस्तिक्तो वीर्योष्णः पित्तळः सरः ।
 कषायः कटुकः पाके कटु रूक्षो लघुः परः ॥
 भग्नसन्धानकृत् वृष्यः सूक्ष्मस्वर्यो रसायनः ।
 दीपनः पिच्छलो बल्यः कफवातव्रणापचीः ॥
 मेदो मेहाश्मवातांश्च क्लेदकुष्ठाममारुतान् ।
 पिण्डिकाग्रन्थिशोफाशोण्डमालाकृमीञ्जयेत् ॥
 माधुर्याच्छमयेद्वातं कषायत्वाच्च पित्तहा ।
 तिक्तत्वात्कफजित्तेन गुग्गुलुः सर्वदोषहा ॥
 स नवो बृंहणो वृष्यः पुराणस्त्वतिलेखनः ।
 स्निग्धः काञ्चनसङ्काशः पक्वजंबूफलोपमः ॥
 नूतनो गुग्गुलुः प्रोक्तः सुगन्धिर्यस्तु पिच्छलः ।
 शुष्को दुर्गन्धकश्चैव त्यक्तप्रकृतिवर्णकः ॥
 पुराणः स तु विज्ञेयो गुग्गुलुर्वीर्यवर्जितः ।
 अम्लं तीक्ष्णमजीर्णं च व्यवायं भ्रममातपम् ॥
 मह्यं रोषं त्यजेत्सम्यग्गुणार्थी पुरसेवकः ॥ (भा.प्र.)
 "गुग्गुलुः कटुतिक्तोष्णः कफमारुतकासजित् ।
 कृमिवातोदरप्लीहशोफाशोणो रसायनः ॥" (रा.नि.)

Chemical constituents

- Essential oil
- Gum resin
- Steroids

Contd...

- Dose – 1-4 grms
- Anupana – ghrita, rasna kwatha, etc
- Indication – sthoulya, prameha, all vata roga, pandu, kusta, gulma, etc

Examples

- Triphala guggulu
- Kaishor guggulu
- Simhanada guggulu
- Yogaraj guggulu

Triphala guggulu

- Triphala churna – 3 part
- Pippali churna – 1 part
- Shuddha Guggulu – 5 part

- Method- gen method of preparation
- Dose – 1-3 gms
- Anupana – ushna jala, triphala kwatha
- Indication – arsha, bhagandhara, gulma, shotha

Yogaraja guggulu

- Chitraka , pippali mula, parasika yavani, krishna jiraka, vidanga, ajamoda, jiraka, devadaru, chavya, ela, s.lavana, kushta, rasna, gokshura, dhanyaka, amalaki, vibhitaki, haritaki, musta, shunti,pippali, maricha, twak, usira, yavakshara, talisa patra, tamala patra, all 1-1 part
- Shuddha guggulu- 27 parts

Contd...

- Gen method-
- Dose-:1-2 gms
- Anupana : ushna jala, rasna kwatha
- Indication : plihodara, anaha, arsha, gulma, sandhi vata, vataroga, majjagata vata
- Action : agni deepaka, bala vardhaka, kaphavatahara

Kaishora guggulu

- Guggulu -1 prastha 768 gms
- Haritaki – 8gm
- Vibhitaki – 8 gm
- Amalaki – 8gm

Contd...

- Shunti – 24 gm
- Maricha- 24 gm
- Pippali – 24 gms
- Vidanga – 24 gms
- Trivrit – 12 gm
- Danti – 12 gms
- Guduchi – 48 gms
- Ghrita- 384 gm

Contd...

- **Dose:** 1-3 gm
- **Anupana:** mudga yusha, milk, sugandhi jala
- **Indication:** mandagni, vibandha, vatarakta, prameha peedaka,

Simhanada guggulu

- Shuddha Gandhaka – 48 gm
- Shudha Guggulu – 48 gm
- Eranda taila – 192 gms

Contd,,,

- **Dose** : 1-3 gm
- **Anupana** : ushna jala
- **Indication** : khanja, pangu, amavata, vatarakta, kusta

THANK

YOU.....