

## CONCEPTUAL STUDY OF AMRITA GUGGULU

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## ABSTRACT

*Ayurveda* is a system of medicine with historical roots in the Indian subcontinent. It emphasizes the maintenance, promotion and cures of the diseases. It also names three elemental bodily senses of humour, the doshas called *vata*, *pitta* and *kapha*. The *ayurvedic view* is that the imbalances of *doshas* result in diseases. The fast life of the 21<sup>st</sup> century has a very bad effect on human health. Today there is a lack of awareness towards our *ahara* and *vihara*, leading to the development of different diseases, also called lifestyle disorders like *Vatarakta*, *kustha*, *arsha*, *Agnimandya*, *prameha*, *Shotha*, *Naadivrana* and *bhagandara*. Many herbal formulations are used to treat these lifestyle disorders. Herbs like *guduchi*, *guggulu*, *triphala*, *trikatu* etc. are mainly used for the preparation of these formulations. Among these preparations, *Amrita Guggulu* is one of the widely available and recognized *ayurvedic* formulations in India. Therefore, this study aims to compile information available in the literature regarding the preparation and uses of *Amrita Guggulu*.

**Keywords:** *amrita guggulu*, *vatarakta*, *doshas*, *ahara*, *vihara*.

## INTRODUCTION

A drug must be studied through all the aspects like conceptual studies, effects on the body, which part to be used, its distribution, *prashastabhumis*, *guna-* karma

property, chemical constituents, formulations etc. These can be done through *Literary review*. Through *Literary review*, we can easily get proper information

and supportive guidelines for pharmaceutical studies.

Drugs should be

- Abundant in various forms
- Applicable i.e., a wide range of applications.
- Utility in various forms i.e., in *swarasa*, *kalka*, *churna*, *vati*, *avaleha* etc.
- *Sampat* (wholesome) in *Rasa*, *Guna*, *Veerya*, *Vipaka*

In this study, *Amrita Guggulu* is taken as formulation from *Chakradutta Vatarakta Chikitsaprakarana*. The main ingredients of *Amrita Guggulu* are *Guduchi*, *Guggulu*, *Danti*, *Vyosha*, *Vidanga*, *Triphala*, *Twak* (*Dalchini*) and *Trivrit*. *Amrita* means “divine nectar” referring to life-restoring. The variety of *Guduchi* grown up on *Neem* trees is said to be the best as the synergy between these two bitter plants enhances the efficacy of *Amrita Guggulu* has been introduced in *Charaka Samhita* as “*Sangyasthapana Mahakashaya*” and in “*Kashaya Skandha*” also. It is used in many

diseases like *Vatarakta*, *Urustamba* etc. and is also used as a fumigating agent in various disorders.

According to Acharya *Sushruta*, *Guggulu* is mentioned in different diseases like *vatarakta*, for *vrana* as a fumigating agent, *Kustha*, *Vidradhi*, *Pratisaranartha*, *Shotha*, *Gulma* etc.

#### **Aim and Objectives:**

To develop the concept concerning the action of *Amrita Guggulu* with the help of different ingredients regarding this formulation.

#### **Material and Method:**

Firstly, herbs are converted into powder form. Secondly, the preparation of *Triphlakwatha* is done for *sodhana* of *Guggulu*. After that *Guggulu* is kept in *Triphlakwatha* for *sodhana*. *Triphlakwatha* and *sodhana* are carried out by *Dolayantra* process. Again, *kwatha* of *Triphala* is made and *Sodhita Guggulu* with other ingredients are transferred in *Triphlakwatha* to make *Amrita Guggulu*.

Drugs used in the preparation of this formulation is as follows<sup>1</sup>: --

Sr. No.	Main ingredients	Binomial Name	Matra
1.	<i>Amrita (Guduchi)</i>	<i>Tinospora cordifolia (Wild.) Miers. ex. Hk. f. and Th.</i>	62 parts
2.	<i>Guggulu</i>	<i>Commiphora mukul Linn.</i>	31 parts
3.	<i>Danti</i>	<i>Baliospermum montanum (wild. Muell-Arg</i>	2 parts
	<i>i. Pippali</i>	<i>Piper longum Linn.</i>	2 parts
	<i>ii. Maricha</i>	<i>Piper nigrum Linn.</i>	2 parts
	<i>iii. Shunthi</i>	<i>Zingiber officinale Roscoe</i>	2 parts
5.	<i>Vidanga</i>	<i>Embelia Ribes Burm. f.</i>	2 parts
6.	<i>i. Amalaki</i>	<i>Embelica officinales Gaertn.</i>	31 parts
	<i>ii. Bibhitaki</i>	<i>Terminelia bellirica (Gaertn.) Roxb.</i>	31 parts
	<i>iii. Haritaki</i>	<i>Terminelia chebula Retz</i>	31 parts
7.	<i>Trivrit</i>	<i>Operculina turpethum Presl</i>	1 part
8.	<i>Twak</i>	<i>Cinnamomum verum (Linn.) Silva manso.</i>	2 parts

#### **INDICATION<sup>2</sup>:**

**Vatarakta<sup>3</sup>:** *Amrita guggulu* is used in both types of *vatarakta* i.e., *uttana vatarakta* and *Gambhir vatarakta*. In *vatarakta* specific and distinct etiological factors for *vata* result in its vitiation, similarly in the case of *Rakta prakopa* factors leads to disarrangement of *rakta* dhatu. As the pathology progresses *rakta* produces hindrance to the passage of *vata*. This in turn leads to further vitiation of *vata*. Finally, with the

effect of vitiated *vayu* and *rakta* the illness of *vatarakta* is manifested.

**Kustha:** In modern days *kustha* may be correlated with skin diseases. *Amrita Guggulu* does not benefit all types of *kustha* which are described in different *Samhita*, but it is very much useful in *vata*, *rakta*, *vata-rakta* dominated *kustha* i.e., *kapala*, *Udumbara*, *pundrik*, *pama*, *charmdala*, *itching* etc. During the intake of this medicine, *anupana* is very important.

**Arsha:** Diet like Guru and Madhur *ahara* are predominantly *vataprakopak*. Through this *vataprokopak* reason, *vayu* goes through *adhahpradesh* then it infects *gudagatatvaka*, *rakta*, *mamsa*, *meda* and produces Ankur like structure and it causes *arsha*. Then proper *anupana* with *amrita guggulu* helps in relief from *arsha*.

**Agnimandya:** During treatment of all diseases mainly have to protect the proper activity of *Jathragni*. The maintenance of equilibrium of *Jathragni amrita Guggulu* is very much useful.

**Amavata:** Due to vitiation of *vayu*, different type of *Vataroga* as for e.g. *Amavata* is produced. Through the proper application of *Amrita Guggulu*, vitiation of

*vata* may be prevented which is the prime reason for *Amavata*.

**Constipation:** In chronic constipation, the use of *Amrita Guggulu* with *Triphlakhwatha* is very much beneficial.

**MATRA:** 1-3 gm in a Day. It is decided according to patient age, *Jathragni* and strength also.

**ANUPAMA:** With *Guduchi Kwatha*, lukewarm water.

**Side effect:** Determination of the dose used by the patient is very much important. Self-medication of this drug must be discouraged. Overdose of this medicine is very harmful. It should be prohibited in pregnant women.

## DISCUSSION

*Amrita Guggulu* is one of the important ayurvedic preparation, which is very helpful in *vata*, *rakta* vitiated diseases. Properties of constituent ingredients according to *Ras*, *Guna*, *Virya*, *Vipaka*, action and indication:

Ingredient	Ras	Guna	Virya	Vipaka	Action and indication
<i>Guduchi</i> <sup>4</sup>	<i>Katu, Tikta, Kashaya</i>	<i>Laghu</i>	<i>Ushna</i>	<i>Madhur</i>	<i>Grahi, Dipaniya, Rasayan</i>
<i>Guggulu</i> <sup>5</sup>	<i>Kashaya</i>	<i>Laghu, Sukshma</i>	<i>Ushna</i>	<i>Katu</i>	<i>Hridya, Dipaniya, Sthaulya</i>
<i>Danti</i> <sup>6</sup>	<i>Katu</i>	<i>Teekshna, Ruksha, Guru</i>	<i>Ushna</i>	<i>Katu</i>	<i>Virechak</i>
<i>Pippali</i> <sup>7</sup>	<i>Katu</i>	<i>Laghu, Snigdha, Tikshna</i>	<i>Anusnasheet a</i>	<i>Madhura</i>	Thermogenic, Purgative, Expectorant, Digestive
<i>Maricha</i> <sup>8</sup>	<i>Katu</i>	<i>Laghu, Teekshna, Ruksha</i>	<i>Ushna,</i>	<i>Katu</i>	Arthritis, Scorpion Sting, Skin diseases.
<i>Shunthi</i> <sup>9</sup>	<i>Katu</i>	<i>Laghu, Snigdha, Guru</i>	<i>Ushna</i>	<i>Madhura</i>	Thermogenic, Laxative, Digestive.
<i>Vidang</i> <sup>10</sup>	<i>Tikta, Katu</i>	<i>Laghu, Ruksha, Teekshna</i>	<i>Ushna</i>	<i>Katu</i>	<i>Krimighna</i>
<i>Amalaki</i> <sup>11</sup>	<i>Amla, Pradhana, Madhura ras</i>	<i>Guru Ruksha, Sheeta</i>	<i>Sheeta</i>	<i>Madhura</i>	Inflammation, Diuretic, Laxative
<i>Bibhitaki</i> <sup>12</sup>	<i>Kashaya</i>	<i>Laghu, Ruksha</i>	<i>Ushna</i>	<i>Madhura</i>	Anti-inflammatory, Antipyretic, Antiemetic.
<i>Haritaki</i> <sup>13</sup>	<i>Madhura, Kashaya</i>	<i>Laghu, Ruksha</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Tridoshashamaka</i>
<i>Dalchini</i> <sup>14</sup>	<i>Katu, Tikta, Madhura</i>	<i>Laghu, Ruksha, teekshna</i>	<i>Ushna</i>	<i>Katu</i>	Expectorant, Diuretic
<i>Trivrit</i> <sup>15</sup>	<i>Katu, Tikta</i>	<i>Laghu, Ruksha, Teekshna</i>	<i>Ushna</i>	<i>Katu</i>	Hepatic Stimulant

It consists of 12 ingredients viz. *Guduchi*, *Guggulu*, *Amalaki*, *Bibhitaki*, *Haritaki*, *Pippali*, *Maricha*, *Shunthi*, *Danti*, *Dalchini*, *Trivrit* and *Vidanga*. In these ingredients *triphala*, *Danti*, *Trivrit*, *amrita* provide relief in *daha* and *Atisweda*. Drugs like *Trivrit*, *tvak*, *amalki*, *bibhitaki*, *vidanga*, *shunthi*, and *amrita* provide relief in *Shotha* and *kandu*. One of the important ingredients of *Guggulu* is a great

*Srotoshodhaka*, which helps in the early breakdown of *dosha-dushya sammurcchana*.

## CONCLUSION

*Amrita guggulu* is mentioned in *Chakradutta* book *vatarakta Chikitsa prakaranam*. It has *Dipaniya*, diuretic, digestive, anti-inflammatory properties so it is very helpful in *vatarakta*, *Amavata*, *Agnimandya*. It

also has properties like a digestive, laxative, helpful in *arsha, bhagandara*.

It has *raktasodhana, Tridoshashamaka* properties which is very helpful in *prameha, adhyavata* also.

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