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## Kaishore Guggulu – Review of a time tested Ayurvedic formulation

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**ABSTRACT** - Drug or *Aushadhi* is one of the *Pad-chatushtyam* mentioned in *Charaka Samhita*. It is the major tool of a physician. Here a traditional and time tested drug namely, *Kaishore Guggulu* is reviewed. It is one of the famous and easily available *Ayurvedic* formulation used for joint and connective tissue health. But for using any drug its properties should be clear in our mind. So, the properties along with pharmacological action of *Kaishore Guggulu* are discussed here.

**KEY WORDS** - *Kaishore Guggulu, Vatarakta, Karma*

### INTRODUCTION –

Drug is any substance that when consumed via any route causes a temporary physiological change in body. It is the major tool of a physician. The drug discussed here is *Kaishore Guggulu* and reference is taken from *Bhaishjya Ratnavali*.

**Table No. 1 - Composition of *Kaishore Guggulu*<sup>1</sup>**

S.N.	Name	Botanical Name	Family	Parts Used	Qty. (AFI Part I, 5:2)
1.	<i>Shudha Guggulu</i>	<i>Commiphora mukul</i>	Burseraceae	<i>Niryas</i>	1536 gm
2.	<i>Haritaki</i>	<i>Terminalia chebula</i>	Combretaceae	Fruit (Pericarp)	512 gm
3.	<i>Vibhitaki</i>	<i>Terminalia bellirica</i>	Combretaceae	Fruit (Pericarp)	512 gm
4.	<i>Amlaki</i>	<i>Emblica officinalis</i>	Euphorbiaceae	Fruit (Pericarp)	512 gm
5.	<i>Guduchi</i>	<i>Tinospora cordifolia</i>	Menispermaceae	Stem	3.08 Kg
6.	Water for decoction				

PrakshepaDravya					
1.	<i>Haritaki</i>	<i>Terminalia chebula</i>	Combretaceae	Fruit (Pericarp)	16 gm
2.	<i>Vibhitaki</i>	<i>Terminalia bellirica</i>	Combretaceae	Fruit (Pericarp)	16 gm
3.	<i>Amlaki</i>	<i>Emblia officinalis</i>	Euphorbiaceae	Fruit (Pericarp)	16 gm
4.	<i>Marich</i>	<i>Piper nigrum</i>	Piperaceae	Fruit	48 gm
5.	<i>Pippali</i>	<i>Piper longum</i>	Piperaceae	Fruit	48 gm
6.	<i>Shunthi</i>	<i>Zingiber officinalis</i>	Zingiberaceae	Rhizome	48 gm
7.	<i>Vidang</i>	<i>Embelia ribes</i>	Myrsinaceae	Fruit	48gm
8.	<i>Nishoth</i>	<i>Operculina turpethum</i>	Convolvulaceae	Root	24 gm
9.	<i>Danti</i>	<i>Baliopermum montanum</i>	Euphorbiaceae	Root	24 gm
10.	<i>Guduchi</i>	<i>Tinospora cordifolia</i>	Menispermaceae	Stem	96 gm
11.	<i>Goghrita</i>				768 gm

### METHOD OF PREPARATION

*Kwatha* of *Yavkoot* of *Haritaki*, *Vibhitaki*, *Amlaki* and *Guduchi* is prepared in 8 times of water. The *Kwatha* is reduced to half and filtered. *Shudha Guggulu* is added to the filtrate and is again boiled in an iron vessel with continuous stirring. When *Kwatha* become concentrated, the *Prakshepa Dravya* are added in powdered form after *Kapadchhan* stirred well in the mixture. Afterwards hammering of the *Guggulu* is done with addition of *Go-ghrita*. After that the *Guggulu* is dried and *Vati* each of 500mg is made

**Dosage** – 1gm to 4gm with luke warm water

**Uses** – All kind of *Vatarakta*, *Vrana*, *Kasa*, *Shotha*, *Kushtha*, *Panduroga*, *Rasayana*

**PROPERTIES OF CONTENTS-**

It is combination of 11 herbs. *Rasa-panchak* of the contents is as follows-

**Table No.2 : Ras-panchaka of the contents**

S.No.	NAME OF CONTENT	RASA	GUNA	VIRYA	VIPAKA	DOSHA KARMA	KARMA
1.	<i>Guduchi</i>	<i>Tikta, Kshaya</i>	<i>Laghu</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Tridoshaghana</i>	<i>Samgrahi, Balya, Dipana, Rasayana, Raktashodhak, Jwarghan<sup>2</sup>.</i>
2.	<i>Guggulu</i>	<i>Tikta, Katu Kshaya</i>	<i>Laghu, Sara, Vishada Tikshan</i>	<i>Ushna</i>	<i>Katu</i>	<i>Vata-kapha Shamak</i>	<i>Rasayana, Varnya, Balya, Bhagnasandhankrit Shophahar, Used in Vata Vyadhi, Granthi, Prameha, Kushtha.<sup>2</sup></i>
3.	<i>Haritaki</i>	<i>Kshaya, Katu, Tikta, Amla, Madhura</i>	<i>Laghu, Ruksha</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Tridoshaghana</i>	<i>Rasayana, Shothhara, Shonitasthpan<sup>2</sup></i>
4.	<i>Vibhitak</i>	<i>Kshaya</i>	<i>Laghu, Ruksha</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Kapha-pittajit</i>	<i>Bhedak, Chedan<sup>2</sup></i>
5.	<i>Amlaki</i>	<i>Amla, Kshaya, Madhura, Tikta, Katu</i>	<i>Ruksha, Laghu</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Tridoshajit</i>	<i>Vrishya, Rasayana, Chakshushya<sup>2</sup></i>
6.	<i>Shunthi</i>	<i>Katu</i>	<i>Laghu, Snigdha, Tikshan</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Vata-kaphahar</i>	<i>Deepana, Pachna, Anulomana, Amadoshahara, Hridya<sup>2</sup></i>
7.	<i>Maricha</i>	<i>Katu, Tikta</i>	<i>Laghu, Ruksha, Tikshan</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha-vatajit</i>	<i>Shleshmahera, Pittakara, Chedna, Deepana, Ruchya, Jantunasana, Medohera, Hridroga, Vataroga<sup>3</sup></i>
8.	<i>Pippali</i>	<i>Katu, Tikta</i>	<i>Snigdha, Laghu</i>	<i>Anusna</i>	<i>Madhura</i>	<i>Tridoshaghana</i>	<i>Vatahara, Dipana, Ruchya</i>
9.	<i>Vidanga</i>	<i>Katu, Tikta</i>	<i>Ruksha, Laghu, Tikshan</i>	<i>Ushna</i>	<i>Katu</i>	<i>Vata-kaphahar</i>	<i>Kriminashan, Deepan, Anulomona</i>
10.	<i>Trivrit</i>	<i>Madhura, Katu, Tikta, Kshaya</i>	<i>Ruksha, Laghu, Tikshan</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha-pittahar</i>	<i>Vatal, Kapha-pittahara,</i>

							<i>Virechana, Sukhvirachan, Jwarahara</i> <sup>3</sup>
11.	<i>Danti</i>	<i>Katu</i>	<i>Tikshan, Sara, Laghu</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kaphahar</i>	<i>Kaphahara, Raktadoshahara, Vidahahara, Dipana, Rochaka, Sodhaka, Vikasi, Vrana</i> <sup>3</sup>
12.	<i>Goghrita</i>	<i>Madhura</i>	<i>Guru</i>	<i>Sheet</i>	<i>Madhura</i>	<i>Vata-pittahar</i>	<i>Vata-pitta-upaham, Ojavridhikar, Sukrajanak, Dagdhaer</i>

### PHARMACOLOGICAL ACTIONS OF CONTENTS -

(i) **GUDUCHI** (*Tinospora cordifolia*) -The dried stem of *T.cordifolia* produced significant anti-inflammatory effect in both acute and sub acute models of inflammation and is found to be more effective than Acetylsalicylic acid in acute inflammation<sup>4</sup>. It is also reported as having anti-diabetic, anti-arthritis, anti-spasmodic, anti-allergic, anti-oxidant, anti-stress, anti-leprotic, anti-malarial, hepatoprotective, immunomodulatory and anti-neoplastic properties<sup>5</sup>. It's extract show potent uricosuric action and may be used for treatment of Hyperuricemic and prophylactic treatment of Gout<sup>6</sup>.

(ii) **SHUDHA GUGGULU** -It is hypolipidemic, antibacterial, anti-arthritis, antiviral, anti-rheumatic, anti-fertility, hypocholestraemic, antioxidant and anti-atherosclerotic .<sup>7</sup>The results of several studies confirm anti-inflammatory and anti-arthritis activities of *Guggulu*. Several animal studies have demonstrated the effectiveness of *Guggulu* extract in standard Osteoarthritis models.<sup>8</sup>

(iii) **HARITAKI**(*Terminalia chebula*) - It is antihelminthic, expectorant, nerve tonic, carminative, anti-inflammatory, appetite stimulant, laxative and rejuvenative.<sup>9</sup>It also produced a dose dependent anti-inflammatory and antiarthritic activity.<sup>10</sup>

(iv) **VIBHITAKI**(*Terminalia bellirica*) - It is purgative, antifungal, antihistaminic, anti-asthmatic, bronchodilator, antibacterial, antispasmodic and antistress<sup>11</sup>.A randomized clinical study with aqueous extracts of *T.bellirica* in patients with Hyperuricemia showed an excellent potential for treatment of Hyperuricemia and Gout and its efficacy appears to be dose dependant.<sup>12</sup>

(v) **AMLAKI** (*Embelica officinalis*)- Fruits are astringent, digestive, carminative, laxative, diuretic, antipyretic and tonic. They are useful in Diabetes, Cough, Asthma, Bronchitis, Headache, Ophthalmic disorders, Dyspepsia, Colic, Flatulence and Hyperacidity.

(vi) **SHUNTHI** (*Zingiber officinalis*) - It is Carminative, Appetizer, Aphrodisiac, Expectorant, Bronchodilator, Analgesic, anti-flatulent. Anti-inflammatory, anti-tumorigenic, antiemetic, anti hyperlipidemic and antitussive.It has shown marked anti-inflammatory activity in rats, which is comparable to Prednisolone.<sup>13</sup>Ginger root inhibits production of prostaglandins and leukotrienes which are involved in pain

and inflammation. It is now known that ginger modules biochemical pathway activated in chronic inflammation.<sup>14</sup>

(vii)**PIPPALI** (*Piper longum*) - It is antibacterial, anti-inflammatory, insecticidal, hypoglycaemic, cough suppressor, antispasmodic, immunostimulatory, hepatoprotective.<sup>14</sup>

(viii)**VIDANGA**-(Dried mature fruits of *Embelia ribes*)-Antihelminthic, antifertility, antioestrogenic, carminative, digestive, laxative, soothing, stimulant. The analgesic activity of embelin derived from *Embeliaribes* was studied by researchers.

(ix)**TRIVRITA**(*Operculina turpethum*)-Antibacterial, anti-inflammatory, anti-helminthic, purgative, cardiac depressant.

(x)**DANTI**(*Baliospermum montanum*)-Anticancer, antibacterial, immune modulator, anti-helminthic, hepatoprotective.

(xi)**GO-GHRITA** - *Go-ghrita* is said to be superior by *Ayurveda*. *Ghee* contains Vit-A, D, E and K and is antioxidant. It contains 4-5% Linoleic acid, an essential fatty acid, which promotes growth of human body.

#### PHARMACODYNAMICS OF THE DRUG –

In *Ayurveda*, the mode of action of drug is determined by the dominant pharmacodynamic factor of a particular drug namely, *Rasa*, *Guna*, *Virya*, *Vipaka* and *Prabhava*. The drugs act as an antagonist to the involved *Dosha* and causes *Samprapti Vighatan*.

**A. RASA :-** Due to prominence of *Tikta Rasa*, it pacifies *Pitta Dosha*. *Tikta Rasa* is also *Deepan*, by which it corrects *Mandagni* and *Pachana Karma* helping in *Ama Pachana*. *Tikta* and *Kshaya Rasa* also reduce the *Kled Guna* of *Rakta*, *Kapha* and *Ama*. It has also *Lekhan* and *Shoshan Guna* which helps in clearance of *Avrodha* due to *Ama Dosha*.

**B. GUNA:-** Due to *Laghu* and *Ruksha Guna* of maximum ingredients, they help in clearance of *Srotas Avrodha* which potentiates the effect of drugs. *Ruksha Guna* helps in absorption of *Mala* and *Ama*.

**C. VIRYA:-** As the *Pradhan Virya* of the formulation is *Ushna*, it has *Vata-kaphahar* property and said to be *Deepana* and *Pachan*. It also helps in *Vilayan* of *Doshas* which is necessary step in bringing *Shakhagata Dosh* towards *Koshtha*.

**D. VIPAKA:-** *Madhura Vipaka* is in majority of ingredients. It is thus *Vata-pittashamak*. Also *Madhura Vipaka* has *Purish Virechan* and *Mutra Virechan Karma*. It also helps in *Utrotra Dhatu Pushti*. *Madhura Vipaka* drugs act like *Rasyana* and helps in rejuvenation.

**E. KARMA:-** In general, the formulation has *Tridosh Shamak* and *Rakta Shodhak* properties along with *Rasayana Karma*. So, it helps in maintaining homeostasis.

## PHARMACOLOGICAL ACTION OF DRUG -

### 1. DEEPAN AND PACHANA:-

Most of the drugs i.e., *Guduchi, Amlaki, Haritaki, Danti, Vidanga, Pippali, Shunthi* and *Maricha* exhibits *Deepana* and *Pachana* *Gunadue* to *Pradhanta* of *Vayu* and *Agni Mahabhoot*. As *Agni Mandya* is one of the factor in causation of disease, it corrects abnormality in *Jathraagni* as well as *Dhatvaagni*. Also as *Pachana Dravya* these drugs helps in *Ama Pachana*, thus clearing the obstruction.

### 2. VISHYANDAN AND SROTOSHODHANA:-

*Vishyandan* means liquification of deeply embedded *Doshas*. A drug should have *Ushna, Tikshna Guna* for *Vilayan Karma*. Among 11 drugs, 9 drugs have *Ushna Virya* and 6 drugs are *Tikshana* in *Guna* due to which they help in *Ama Pachana* and dissolving of *Doshas*. *Tikshana Dravya* has also property of *Lekhan Karma* which leads to *Srotoshodhan* at level of micro channels.

### 3. VEDNA STHAPAN:-

*Guggulu, Guduchi, Haritaki, Vibhitaki, Danti, Shunthi*- all are *Vedna Sthapak*, thus helping in relieving of *Vedna*.

### 4. VIRECHANA:-

*Virechana* is considered one of the best treatment for *Vatarakta*. *Trivrita, Danti, Amlaki, Vibhitaki* and *Pippali* have *Purish Virechana* property. It is described as *Raktaj Roga* in *Vidhishonita Adhyaya*<sup>15</sup> and *Virechana* is mentioned in the treatment of *Raktaj Vikaara* by *Charaka* in same chapter<sup>16</sup>. Thus *Virechana Karma* of these drugs help in treating *Vatarakta*.

*Guduchi, Amlaki, Haritaki, Vidanga, Pippali* and *Maricha* have *Mutral* or *Mutra Virechan* property, thus helping in excretion of excess uric acid present in blood.

Besides all these, some of these drugs have *Shothahara, Vata Anuloman, Rasayana, Medohara* properties which combinely help in relieving the symptoms of *Vatarakta*.

Most of the experimental studies have confirmed anti-inflammatory and anti-arthritis activities of *Guggulu, Guduchi, Haritaki* and *Vibhitak*. The drugs like *Guduchi, Guggulu, Haritaki, Amlaki* possess anti-oxidant properties, thus helping in prevention of further oxidative injury to joints. *Guggulu, Shunthi* have potent analgesic and anti-inflammatory effect, thus relieving the symptoms of patients. The analgesic activity of embelin derived from *Vidanga* is also studied. Along with it, *Amlaki*, the richest source of vitamin C, is also having anti oxidant properties.

All the above discussion helps in justifying the potency of *Kaishore Guggulu* in Gout and Hyperuricemia, and in the rejuvenation of general health along with promotion of joint health. It's a good drug for skin diseases, joint disorders and *Shotha*, and is readily available in market.

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