

REVIEW OF DASHAMOOOLA GUDA- A GUDA KALPANA

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ABSTRACT

Avaleha are semisolid forms of medicaments, predominately used for internal administration. Avaleha, in broad sense include Rasakriya, Phanita, Avaleha, Khanda, Modaka, Ghana, Guda pakas all of them were having common pharmaceutical procedure with slight differentiate specifications in each. These medicaments are prepared by evaporating the moisture of aqueous solutions [Swarasa, Kwatha, Hima, Phanta] and by adding some other sweet substance like Guda (jaggery), sharkara (sugar), sita (sugar candy) adjuvants until semisolid form is achieved. Rajarasayana is one of the Gudakalpana explained by Acharya Vangasena in the treatment of Pinasaroga. In this article an attempt has made to review ingredients, method of preparation, siddhi lakshana, and storage of guda paka kalpana.

KEY WORDS: guda kalpana, dashmoola guda, avleha.

INTRODUCTION

Guda Kalpana is described mainly in arsho & bhagandar vyadhi, also described in various types of kapha pradhan diseases. It is very palatable as well as reaches the stomach while oleating the whole route.

Dashmoola^[1] is an unique Guda kalpana containing dashmoola, chitrakmool, dantimoola, guda, nishoth choorna, pippali choorna. Guda used as a sweetening agent. Guda kalpana is mostly used while treating the haemorrhoids & fissure.

Method of preparation

Kashaya of dashamoola, chitrak & danti are taken in vessel. Guda are mixed well in it. The mixture is heated on mandagni till attains gudasiddhi lakshana. When preparation become cool add nishoth & pippali choorn in it & mixed well.

Ingredients

Name of drug	Quantity	Part used	Botanical name
Dashmoola			
Bilva	25 gm	Root	Eagle Marmeols
Agnimantha	25 gm	Root	Premna Integrifolia
Shyonaka	25 gm	Root	Oroxylum Indicum
Patala	25 gm	Root	Stereospermum Suveolens
Gambhari	25 gm	Root	Gmelina Arborea
Gokshura	25 gm	Root	Tribulus Terrestris
Brihati	25 gm	Root	Solanum Nigrum
Kantakari	25 gm	Root	Solanum Indicum
Shaliparni	25 gm	Root	Desmodium Gangeticum
Prishnaparni	25 gm	Root	Uraria Picta
Chitrak	250 gm	Root	Plumbago Zeylenica
Danti	250 gm	Root	Baliospermum Montanum
Guda	5kg	-	Jeggary
Nishotha choorna	800gm	Root	Operculina turpethum
Pippali choorna	400gm	Fruit	Piper Longum

Siddhi lakshane of Guda kalpana by various acharya

Charaka ^[2]	<ul style="list-style-type: none"> • <i>Tantummatvam</i> (thread appearances) • Patitenasheeryatvam (non spreading when put in water)
Vagbhata ^[3]	<ul style="list-style-type: none"> • Tantumatvam(thread appearances) • Apsumajjanam (sink in water) • Na Saranam (non spreading)
Sharangadhara ^[4]	<ul style="list-style-type: none"> • Tantumatvam (stringes) • Sthiratvam (firm) • Peeditemudra (finger prints) • Gandhavarnarasodbhava (odour, colour, taste)
Chakradatta ^[5]	<ul style="list-style-type: none"> • DarviPralepa (stick to laddle) • Tantulibhavet (threads) • Kshipto Na Plavate (non spreading) • Kshiptastunischala (motile) • Patitastu Na Sheeryatae (non spreading) • Sukhamarda (soft to roll) • Sukhasparsha (soft to touch) • PiditeBhajate Mudra (finger prints) • Gandha varna rasanvita (odour, colour, taste)
Govinda das sen ^[6]	<ul style="list-style-type: none"> • Sukhamarda (soft to roll)
	<ul style="list-style-type: none"> • Khara sparsha (hard to touch) • Peeditobhajtemudra (finger prints)

Dose- 5 gm

Uses– Arsha, Ajirna, Pandu, sarvaroga.

Preservation and Storage

The Lehya should be kept in glass or porcelain jars. In ayurvedic text mentined that it should be mentain in ghrutabhavia vessel.

DISCUSSION

Guda (jaggery) has the properties like ruchikaram, pathyam, agnideepanam, mutralam and mala sudhikaram, hrudayahitham, swadhishtam, pushtikaram, rasayanam, laghu, snigdham, vrushyam, prameha-haram, tridosaharam, pandu, santapa and vatapittaharam.^[7] Avaleha and guda paka kalpana are similar only the difference is the sweetening agent. In Guda paka the name itself suggest that it contains guda, where as in Avaleha it may be Guda, Sharkara, or Sita. The drugs present in this formulation have the properties like anti-bacterial, anti-microbial, anti- inflammatory, digestive, carminative, immune modulatory properties.

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