

GUGGULU FOR HEALTH: DOSAGE, BENEFITS & PRECAUTIONS

Suresh Kumar^{1*}, Chandan Singh², Rajendra Prasad Purvia³, Manoj Kumar Adlakha⁴,
Ashok Kumar Sen⁵

¹M.D. Scholar PG Department of Dravyaguna, PGIA, Jodhpur, Rajasthan.

²HOD, PG Department of Dravyaguna, PGIA Jodhpur, Rajasthan.

^{3,4}Associate Professor, PG Department of Dravyaguna, PGIA Jodhpur, Rajasthan.

⁵M.D. Scholar P G Department of Swasthivrita and Yoga, PGIA Jodhpur, Rajasthan.

Article Received on
05 March 2025,

Revised on 25 March 2025,
Accepted on 15 April 2025

DOI: 10.20959/wjpr20259-36370



***Corresponding Author**

Dr. Suresh Kumar

M.D. Scholar PG

Department of Dravyaguna,
PGIA, Jodhpur, Rajasthan.

INTRODUCTION

Guggulu, commonly referred to as Commiphora mukul, is a resin sourced from the mukul myrrh tree and has been a fundamental aspect of Ayurvedic medicine for many years. Celebrated for its potent anti-inflammatory, lipid-lowering, and detoxifying effects, Guggulu is frequently included in various traditional Ayurvedic formulations such as Yogaraj Guggulu, Kaishore Guggulu, and Triphaladi Guggulu. As interest in natural medicine revives, it has become crucial to learn how to utilize Guggulu effectively—and safely. This article delves into the appropriate dosage, health advantages, and safety factors linked to Guggulu, drawing from both traditional texts and contemporary clinical findings.

KEYWORDS: Guggulu, Guggulu benefits, Guggulu dosage, Guggulu uses, Guggulu side effects • Ayurvedic herbs, Ayurvedic treatment for arthritis, Medicinal resin, Rasayana herb.

Methods

To create an all-encompassing guide on the usage of Guggulu, this article combines information from:

1. Classical Ayurvedic texts, including the Charaka Samhita and Sushruta Samhita.
2. Peer-reviewed research articles and clinical studies that explore Guggulu's pharmacological effects.

3. Recommendations from modern Ayurvedic practitioners regarding dosages and contraindications.
4. Governmental and regulatory health recommendations concerning herbal supplements.

Guggulu in ayurvedic texts

- Classical name: Guggulu
- Botanical name: *Commiphora mukul*
- Family: Burseraceae
- Sanskrit meaning: The term "Guggulu" translates to "protects from disease" ("Guh" = to protect, "gulu" = disease).

References in ayurvedic texts

Guggulu is thoroughly mentioned in key Ayurvedic texts such as:

- Charaka samhita
- Sushruta samhita
- Bhavaprakasha nighantu
- Raj nighantu

It is recognized as a "Mahārasāyana" (great rejuvenator) and an essential remedy in addressing various chronic ailments.

Rasa-Panchaka (Five ayurvedic properties)

Sanskrit Term	Property
Rasa (Taste)	Tikta (Bitter), Katu (Pungent)
Guna (Qualities)	Laghu (Light), Ruksha (Dry), Tikshna (Sharp)
Virya (Potency)	Ushna (Hot)
Vipaka (Post-digestive effect)	Katu (Pungent)
Prabhava (Special effect)	Lekhana (Scraping, anti-obesity)

Dosha effect

- Reduces Vata and Kapha doshas
- May slightly intensify Pitta if consumed excessively

Karma (Actions) in ayurveda

- Deepana – Enhances digestive fire
- Pachana – Breaks down toxins (Ama)
- Shothahara – Mitigates inflammation
- Lekhana – Eliminates excess fat and toxins

- Vedana Sthapana – Pain-relieving (analgesic)
- Raktashodhaka – Purifies blood
- Vatahara – Regulates Vata dosha
- Medohara – Lowers fat and obesity

Therapeutic uses in classical ayurveda

1. Amavata (Rheumatoid arthritis)
2. Sandhigata Vata (Osteoarthritis, joint degeneration)
3. Medoroga (Obesity and lipid disorders)
4. Vrana (Wound healing)
5. Kustha (Skin diseases such as psoriasis and eczema)
6. Arsha (Hemorrhoids)
7. Gulma (Abdominal tumors/masses)
8. Shotha (Edema or swelling)
9. Prameha (Diabetes and metabolic disorders)
10. Yakrit Roga (Liver disorders)

Important classical formulations containing guggulu

- Yogaraj Guggulu – For joint pain and nervous system disorders
- Kaishore Guggulu – For blood purification and skin ailments
- Triphala Guggulu – For detoxification and piles
- Punarnava Guggulu – For kidney and urinary tract issues
- Simhanada Guggulu – For rheumatoid arthritis
- Chandraprabha Vati – For urinary and reproductive challenges

RESULTS

1. Dosage guidelines

The dosage of Guggulu varies based on its form and the condition addressed:

- Raw guggulu resin: 250 mg to 1 g per day (Commonly mixed with honey or ghee).
- Standardized extracts: 300–500 mg, 2 to 3 times daily.
- Classical formulations:

O Yogaraj guggulu (For joint Pain and Arthritis): 1–2 tablets (250–500 mg), 2–3 times a day after meals.

O Kaishore guggulu (For Skin and Blood purification): 1–2 tablets, twice daily.

O Triphaladi guggulu (For Detox and Weight loss): 1–2 tablets, twice daily with warm water.

Note: Dosage should consistently be customized by a qualified Ayurvedic practitioner based on prakriti (Body constitution), agni (Digestive strength), and vikriti (Imbalance).

2. Health benefits of guggulu (*Commiphora mukul*)

1. Anti-inflammatory and Analgesic Effects

One of Guggulu's most acclaimed benefits is its capability to alleviate inflammation and discomfort. Historically used for ailments like arthritis, joint stiffness, and muscular pain, Guggulu operates by balancing Vata and Kapha doshas, which are frequently disrupted in these conditions.

- Modern insight: Guggulsterones, the bioactive components in Guggulu, block inflammatory enzymes like NF-kb and COX-2, rendering it useful for inflammatory conditions such as osteoarthritis and rheumatoid arthritis.

2. Cholesterol and Lipid Management

Guggulu is well-recognized in both Ayurveda and integrative medicine for its lipid-lowering properties.

- Classical view: Guggulu assists in “meda dhatu kshaya” (decrease of excess fat tissue) and enhances metabolic processes.
- Scientific evidence: Research indicates that Guggulsterones reduce LDL cholesterol, total cholesterol, and triglycerides while keeping or boosting HDL (good cholesterol). It may influence thyroid function, indirectly aiding lipid metabolism.

3. Weight Management and Obesity Support

Due to its capability to promote digestion and metabolism (Agni), Guggulu is frequently included in Ayurvedic remedies for weight loss and metabolic syndrome treatment.

- It aids in eliminating Ama (Toxins from undigested food), recognized as a fundamental cause of obesity and associated conditions.
- Promotes fat breakdown and detoxifies fatty tissues (Medo dhatu).

4. Detoxification and Rejuvenation

Guggulu serves as a potent detoxifier, especially in relation to Ayurvedic Panchakarma therapies.

- It purifies the srotas (Body channels), bolsters lymphatic drainage, and removes Ama from tissues.

- Utilized in skin ailments, chronic infections, and post-illness rejuvenation owing to its purifying and rasayana (Rejuvenating) characteristics.

5. Joint and Bone Health

Apart from decreasing inflammation, Guggulu aids in joint flexibility, cartilage preservation, and bone durability. It is an essential component in Ayurvedic preparations for:

- Osteoarthritis (Yogaraj Guggulu, Mahayogaraj Guggulu)
- Gout and rheumatoid arthritis (Kaishore Guggulu)
- Cervical spondylosis and lumbar disc problems

6. Thyroid regulation

Some research has indicated that Guggulu may assist in improving thyroid function, especially in cases of hypothyroidism.

- It enhances the activity of thyroid hormones, leading to improved metabolism and energy levels.
- May help in controlling weight gain related to low thyroid function.

7. Skin disorders

Guggulu is recognized for its blood-purifying benefits, making it effective in treating chronic skin conditions such as:

- Acne
- Eczema
- Psoriasis
- Wounds and ulcers

Its antimicrobial and anti-inflammatory characteristics promote healing and regeneration.

8. Wound Healing and Antimicrobial Activity

Guggulu has historically been utilized for topical treatment on wounds and as an internal remedy to speed up tissue healing.

- It possesses antibacterial and antifungal properties.
- Encourages collagen production and repair of skin tissue.

9. Digestive and Metabolic Health

By boosting Agni (Digestive fire), Guggulu enhances appetite, nutrient absorption, and aids in preventing gas, bloating, and indigestion.

- Employed as a supplementary treatment in cases of IBS, slow metabolism, and fatty liver.
- Its carminative effects make it effective for alleviating abdominal discomfort caused by toxins and poor digestion.

10. Anti-cancer and Antioxidant Potential (Emerging Research)

Initial findings suggest that Guggulsterones may exhibit anti-proliferative effects on specific cancer cell lines and function as natural antioxidants.

- These effects may assist in averting cellular damage, oxidative stress, and promoting overall wellness.
- Additional research is being conducted to investigate Guggulu's role in cancer treatment and chronic disease prevention.

Summary of actions

Health area	Action of guggulu
Joints & Inflammation	Anti-inflammatory, analgesic
Cholesterol & Heart	Lipid-lowering, cardioprotective
Weight & Metabolism	Fat metabolism enhancer, detoxifier
Skin & Blood	Blood-purifying, anti-microbial
Digestive System	Digestive stimulant, carminative
Wounds & Tissue Repair	Heals tissues, antibacterial
Hormonal Support	Enhances thyroid function (esp. Hypothyroid)

3. Safety Tips and Contraindications

Although Guggulu is typically well-accepted, safety factors include:

- Gastrointestinal concerns: It may induce nausea, loose stools, or acid reflux in sensitive individuals.
- Skin reactions: Rare instances of rash or itching.
- Pregnancy and lactation: Not advisable unless prescribed, due to its strong cleansing effects.
- Medication interactions: It may heighten the effects of blood thinners or cholesterol-lowering medications.
- Quality matters: Impure or low-grade Guggulu may harbor harmful residues. Always buy from trustworthy sources.

DISCUSSION

Guggulu provides an extensive range of therapeutic advantages and is backed by both ancient Ayurvedic knowledge and contemporary scientific studies. Nonetheless, its strength

necessitates careful application, appropriate dosage, and consideration of individual health conditions. While the resin itself is potent, it is most beneficial when utilized as part of a comprehensive treatment strategy involving diet, lifestyle modifications, and other supportive herbs.

Given its capability to invigorate metabolism and purify bodily channels (srotas), Guggulu is best administered under professional supervision. Individuals with long-term illnesses, women who are pregnant, or those taking concurrent allopathic medications should seek advice from their healthcare provider before using it.

Future clinical studies utilizing standardized extracts and ongoing safety monitoring are suggested to further clarify its function in integrative medicine. Until then, a balanced approach grounded in Ayurvedic principles remains the most responsible method to leverage Guggulu's complete potential.

CONCLUSION

Guggulu exemplifies the lasting wisdom of Ayurveda, providing a broad spectrum of health advantages ranging from anti-inflammatory and lipid-lowering effects to detoxification and metabolic support. Whether applied in traditional formulations or contemporary supplements, Guggulu has shown effectiveness in addressing issues such as arthritis, obesity, high cholesterol, and skin disorders.

However, its strength also indicates that careful usage is crucial. The suitable dosage varies depending on individual constitution, health state, and the type in which it is ingested. Consulting with a knowledgeable Ayurvedic practitioner guarantees safe and effective incorporation of Guggulu into a wellness routine, particularly when managing chronic conditions or when other medications are present.

As interest in natural and integrative medicine keeps rising, Guggulu presents a promising, time-honored solution—one that connects ancient healing with modern scientific affirmation. With proper application, it can be a potent ally in restoring balance, vitality, and long-term health.

REFERENCES

1. The Ayurvedic Pharmacopoeia of India (Formulations), Department of Indian Systems of Medicine and Homeopathy, Ministry of Health and Family Welfare, Government of India, New Delhi, India, 2007; 1.
2. The Ayurvedic Pharmacopoeia of India, Department of Indian Systems of Medicine and Homeopathy, Ministry of Health and Family Welfare, Government of India, New Delhi, India, 2001; 1.
3. N. L. Urizar and D. D. Moore, "Gugulipid: a natural cholesterol-lowering agent," *Annual Review of Nutrition*, 2003; 23: 303–313.
4. Indian Pharmacopoeia, The Controller of Publications, New Delhi, India, 1996.
5. S. A. Masten, Gum Guggul and Some of Its Steroidal Constituents: Review of Toxicological Literature, US Department of Health and Human Services, National Toxicology Program (NTP), National Institute of Environmental Health Sciences (NIEHS), National Institutes of Health, Durham, NC, USA, 2005; 2.
6. M. Karan, V. Kumar, V. Suneja, and K. Vasisht, "Commercial herbal anti-inflammatory formulations—a survey," *Pharmacos*, 2009; 36: 14–25.
7. V. D. Sangle, S. D. Nadkarni, M. K. Vahalia, and M. S. Darp, "The study of effect of ayurvedic processing of *Commiphora wightii* on gastric irritancy index in experimental animals," *Indian Drugs*, 2004; 41, 5: 268–271.
8. A. Bhati, "Essential oil from the resin of *Commiphora mukul*, Hook. Ex. Stocks," *Journal of the Indian Chemical Society*, 1950; 27: 436–440.
9. V. K. Saxena and R. N. Sharma, "Constituents of the essential oil from *Commiphora mukul* gum resin," *Journal of Medicinal and Aromatic Plant Sciences*, 1998; 20: 55–56.
10. G. Rucker, "Monocyclic diterpenes from Indian gugul resin " (*Commiphora mukul*)," *Archiv der Pharmazie*, 1972; 305, 7: 486–493.
11. R. S. Prasad and S. Dev, "Chemistry of ayurvedic crude drugs— IV: guggulu (resin from *commiphora mukul*—4 absolute stereochemistry of mukulol," *Tetrahedron*, 1976; 32, 12: 1437–1441.