

**CRITICAL REVIEW OF AMRUTADI GUGGUL WITH SPECIAL
REFERENCE TO BHARAT BHAISHAJYA RATNAKARA****Sachin Sheth¹, Gangaprasad Asore² and Srushti Raut^{3*}**

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ABSTRACT

Ayurveda is the ancient science of healing whose medicine formulations while being thousands of years old are relevant and useful even today. Rasashastra and Bhaishajyakalpana is the branch of Ayurveda which deals with herbomineral and herbal medicine formulations, respectively. Amrutadi Guggul is an herbal formulation which is mentioned in Ayurvedic classical texts and is useful in the treatment of Kushtha, Vatarakta, Vrana, etc. depending on the reference used to prepare the medicine. While a lot of Amrutadi Guggul formulations are available in the market it is important to identify and study all formulations and review which formulation suits which disease condition better. The present study is an attempt to collect and study various references of Amrutadi Guggul mentioned in Bharat Bhaishajya Ratnakar.

KEYWORDS: Amrutadi Guggul, Ayurveda, Vatarakta, Guggul,

Kushtha.

INTRODUCTION

Ayurveda is often described as the 'Science of Longevity' as it describes maintenance of health along with treatment of various diseases. For both these purposes, among other treatment forms, Ayurveda uses various medicine formulations; and the branch of Ayurveda

that primarily deals with the preparation of these formulation is Rasashastra and Bhaishajyakalpana. Of which Rasashastra deals with herbomineral and mineral formulations and Bhaishajyakalpana deals with herbal formulations. In Bhaishajyakalpana, Guggul Kalpana is mentioned in which, primarily Guggul i.e. *Commiphora mukula* is used along with other components. Amrutadi Guggul is one such formulation which is indicated for various diseases like Vatarakta, Kushtha, Vrana, etc. It is found in many classical texts and while there is some variation in its constituents, there is certain similarity too. The present study is an attempt to collect and study various references of Amrutadi Guggul.

AIM

The present study is aimed at collecting and compiling all references of Amrutadi Guggul from available text and studying them comparatively; focusing on their composition, method of preparation and indication

OBJECTIVES

- 1) To study Amrutadi Guggul as per Bharat Bhaishajya Ratnakar.
- 2) To compare Amrutadi Guggul as per various references from Bharat Bhaishajya Ratnakar.

MATERIALS AND METHODS

For the present literature study of Amrutadi Guggul text of Bharat Bhaishajya Ratnakar, Bhaishajya Ratnavali, Bhavprakash Nighantu, Rasa Ratnakar, Ayurvedic journals were studied

A) Preparation of Amrutadi Guggul^[1]

1) First pathabhedha

Guduchi 1 Part, Ela 2 Parts, Vidanga 3 Parts, Vatsak 4 Parts, Indrayava 5 Parts, Haritaki 6 Parts, Amalaki 7 Parts and Guggul 8 Parts Churna is taken and mixed together. It is consumed with Honey to cure Pidika, Sthoulya and Bhagandara.

2) Second pathabhedha

Guduchi 100 Pala, Dashmoola 100 Pala, Patha, Murva, Vala, Kutaki, Daruharidra, Erandamoola each 10 Pala, Bibhitaki 100 pala, Haritaki 200 Pala and Amalaki 100 Pala is added to 192 Pala of water and heated and reduced to 1/8th and 16 Pala of Shuddha Guggul is added to it and 8 Pala of Ghrita is added to it and heated again till siddhi lakshana are seen. After stopping heat Guduchi satva, Shunthi, Pippali are added 2 Pala each and mixed properly. This when consumed can destroy all 18 Kushtha, Vatarakta, Kamala, Amavata,

Mandagni, Bhagandara, Peenas, Pratishyaya, Pleea and Udar roga.

3) Third Pathabheda

Guduchi 1 Prastha, Shuddha Guggul, Amalaki, Bibhitaki, Haritaki in $\frac{1}{2}$ Prastha each are added to 32 Prastha of water and heated until it reduces to $\frac{1}{4}$ th. After that heat is stopped and it is strained and heated again until it densifies. When it reaches ghana consistency, Danti, Trikota, Vidanga, Guduchi, Triphala and Dalchini are added $\frac{1}{2}$ pala each and mixed along with $\frac{1}{4}$ th Pala of Trivruta. When consumed in dose of 1 Karsha, it is used in treatment of Vatarakta, Kushtha, Dushta vana, Prameha, Aamvata, Bhagandara, Nadivrana, Adhyavata.

4) Fourth Pathabheda

Guduchi 3 Prastha, Guggul 1 Prastha, Haritaki, Bibhitaki, Amalaki and Punarnava each 1 Prastha is crushed and added to 32 Prastha of Water and reduced to $\frac{1}{4}$ th and filtered and heated again until it becomes Ghana. Then, churna of Danti, Chitrakmoola, Shunthi, Pippali, Triphala, Guduchi, Dalchini, Vidanga each $\frac{1}{2}$ Pala and Trivruta $\frac{1}{4}$ th Pala is added. It is used in treatment of Vatarakta, Kushtha, Dushta vana, Prameha, Aamvata, Bhagandara, Nadivrana, Adhyavata but especially in Amlapitta.

5) Fifth Pathabheda

Guggul is added to Kwath of Triphala and Guduchi mixed together and consumed as treatment of Kroshtusheersha.

6) Sixth Pathabheda

Guduchi, Bark of Patol, Triphala, Tricatu and vidanga are taken in equal parts and Guggul in the same quantity as rest all drugs and mixed. It is used in Vrana, Vatarakta, Gulma, Shoth and Pandu.

Table 1: Contents of amrutadi guggul according to various references.

Sr No	Drug Name	Bhaishajya Ratnavali		Bhavprakash		Vruddh a Yoga Tarang	Rasa Ratna kara
		Sthoulya	Kushtha	I	II		
1	Amruta (Guduchi)	+	+	+	+	+	+
2	Guggul	+	+	+	+	+	+
3	Truti (Laghu Ela)	+					
4	Vidanga	+					
5	Vatsaka	+					
6	Indrayava	+					
7	Haritaki	+	+	+	+	+	+

8	Bibhitaki		+	+	+	+	+
9	Amalaki	+	+	+	+	+	+
10	Dashmool (Bilva, Agnimantha, Shyonaka, Patala, Gambhari, Shaliparni, Prushniparni, Bruhati, Kantakari, Gokshura)		+				
11	Patha		+				
12	Murva		+				
13	Vala		+				
14	Kutaki		+				
15	Daruharidra		+				
16	Erandamoola		+				
17	Danti						
18	Punarnava				+		
19	Patol						+
20	Trikatu (Shunthi, Marich, Pippali)						+
20	Ghrita (Ghee)		+				
21	Jala (Water)		+	+	+	+	
PRAKSHEP DRAVYA							
1	Guduchi Satva		+				
2	Guduchi			+	+		
3	Shunthi		+	+	+		
4	Pippali		+	+	+		
5	Danti			+	+		
6	Marich			+			
7	Vidanga			+	+		
8	Triphala (Amalaki, Bibhitaki, Haritaki)			+	+		
9	Dalchini			+	+		
10	Trivruta			+	+		
11	Chitraka				+		

Table 2: Properties of contents of amrutadi guggul.

Sr No	Drug Name	Latin Name	Part Used	Rasa	Vipaka, Veerya	Guna	Karma	Doshaghna
1	Amruta (Guduchi) ^[2]	Tinospora cordifolia	Stem, Leaf, Areal roots	Katu, Tikta	Madhur, Ushna	Guru, Snigdha	Medhya, Rasayana, Deepana, Medohara, Jwaraghna	Tridosha ghna
2	Guggul ^[3]	Commiphora mukul	Gum/ Resin	Katu, Tikta	Katu, Ushna	Laghu, Ruksha, Vishada, Sukshma, Sara (old)	Rasayana, Lekhana, Deepana, Balya, Medohara, Swarya	Tridosha ghna

3	Truti (Ela) ^[4]	Elletaria cardamomum	Seeds	Katu, Madhura	Katu, Sheeta	Laghu, Ruksha	Deepana, Hrudya, Rochana, Angamarda prashamana	Kapha-Vatahara
4	Vidanga ^[5]	Embelia ribes	Fruits, Roots	Katu, Kashay	Katu, Ushna	Laghu, Ruksha, Teekshna	Vishaghna, Krumighna, Deepana, Kushthaghn a, Shoolhara	Vata-Kaphagh na
5	Vatsak ^[6]	Holerrhena antidycentrica	Seeds, Bark, Leaves, Flowers	Tikta, Kashay	Katu, Sheeta	Laghu, Ruksha	Grahi, Deepana	Kapha-Pittahara
6	Indrayava ^[7]	Holerrhena antidycentrica	Seeds	Tikta, Kashay	Katu, Sheeta	Laghu, Ruksha	Grahi, Deepana, Jvarahara	Tridosha ghna
7	Amalaki ^[8]	Emblica officinalis	Fruit pulp/fru it	Madhur, Amla, Katu, Tikta, Kashay	Madhur, Sheeta	Laghu, Ruksha, Sheeta	Vrushya, Rasayana, Bhedana, Deepana	Rakta-Pittaghna
8	Haritaki ^[9]	Terminalia chebula	Fruit	Kashay, Madhur, Amla, Katu, Tikta	Madhur, Ushna	Laghu, Ruksha	Anulomana, Rasayana, Lekhana, Deepana, Bhumhani	Tridosha hara
9	Bibhitaki ^[10]	Terminalia bellerica	Fruit rind, Seed, Seed kernel	Kashay	Madhur, Ushna	Laghu, Ruksha	Keshya, Chakshushy a, Bhedana	Kapha-Pittahara
10	Bilva ^[11]	Aegle marmelos	Root bark, Fruit, Leaves, Root	Kashay, Tikta	Katu, Ushna	Laghu, Ruksha (unripe fruit), Guru (ripe fruit)	Grahi, Deepana, Pachana (unripe fruit)	Vata-Kaphaha ra (unripe fruit)
11	Shyonak ^[12]	Oroxylum indicum	Root bark	Madhur, Tikta, Kashay	Katu, Ushna	Laghu, Ruksha	Deepana, Grahi	Kapha-Vatahara
12	Agnimantha ^[13]	Premna integrifolia	Leaves and root bark	Tikta, Katu, Kashay, Madhur	Katu, Ushna	Ruksha, Laghu	Saraka, Anuloman, Balya	Kapha-Vatahara
13	Patala ^[14]	Stereospermum suaveolens	Root bark	Tikta, Kashay	Katu, Anushn a	Laghu, Ruksha	Hridya, Kanthya, Vishaghna, Grahi, Shothahara, Vedanastha pana	Tridoshh ara

14	Gambhari ^[15]	Gmelina arbora	Root, Fruit, Flower, Leaves	Tikta, Kashay, Madhur	Katu, Ushna	Guru	Bhedana, Shothahara, Deepana, Pachana, Medhya	Vata-Pittahara
15	Shaliparni ^[16]	Desmodium gangeticum	Root	Madhur, Tikta	Madhur, Ushna	Guru, Snigdha	Balya, Vrushya, Sthothahara, Jwarahara, Vatavyadhin ashak, Angamarda prashamana	Tridosha hara
16	Prushnipami ^[17]	Uraria picta	Root	Madhur, Tikta	Madhur, Ushna	Laghu, Snigdha	Grahi, Deepaniya, Sthothhara, Angamarda prashamana	Tridosha ghna
17	Bruhati ^[18]	Solanum indicum	Root, Fruit	Katu, Tikta	Katu, Ushna	Laghu, Ruksha	Shoolahara, Deepana, Pachana, Amadoshha ra,	Kapha-Vatahara
18	Kantakari ^[19]	Solanum xanthocarpum	Pancha nga (Whole plant)	Katu, Tikta	Katu, Ushna	Laghu, Ruksha, Teekshna	Deepana, Pachana, Mutral, Sthothhara, Kandughna	Kapha-Vatahara
19	Gokshur ^[20]	Tribulus terrestris	Fruit, Root	Madhur	Madhur, Sheeta	Guru, Snigdha	Mutral, Rasayana, Vrushya, Deepana	Vata-Pittahara
20	Patha ^[21]	Cissampelos pareira	Root	Tikta	Katu, Ushna	Ushna	Grahi, Jwarahar, Balya, Deepana, Pachana	Vatahara
21	Murva ^[22]	Marsdenia tenacissima	Root	Madhur, Tikta	-	Guru	Saraka, Kushthahar, Jwarahar,	Pitta-raktahar
22	Vala ^[23]	Andropogon muricatus	Root	Tikta, Madhur	Katu, Sheeta	Ruksha, Laghu	Pachana, Stambhana, Deepana, Varnya, Jwarahara, Raktashodh aka	Pittahara

23	Kutaki ^[24]	Picrorrhiza kuroa	Root, underground stem	Tikta	Katu, Sheeta	Ruksha, Laghu	Bhedana, Lekhana, Deepana, Hridya, Stanya shodhana	Kapha-Pittahara
24	Daruharidra ^[25]	Berberis aristata	Root	Tikta	Ushna	Ushna	Deepana, Pachana, Grahi, Swedala	Pittavire chak, Kaphagh na
25	Eranda ^[26]	Ricinus communis	Root, Leaf, Seed, Oil	Madhur, Tikta, Kashay	Madhur, Ushna	Snigdha, Tikshna, Sukshma	Rechana, Vrushya, Swedopaga, Bhedaniya	Vatahara
26	Shunthi ^[27]	Zingiber officinale	Rhizom e	Katu	Madhur, Ushna	Guru, Ruksha, Teekshna	Deepana, Bhedana, Amavatagh ni, Rochana	Vata-Kaphaha ra
27	Marich ^[28]	Piper nigrum	Fruit	Katu	Katu, Ushna	Laghu, Teekshna	Avrushya, Deepana, Pramathi, Krumihara, Shwas-shoolhara	Kapha-Vatahara
28	Pippali ^[29]	Piper longum	Fruit, Root	Katu	Madhur, Ushna	Laghu, Snigdha, Teekshna	Deepana, Rasayana, Shoolprashmana, Kushthahar a,	Vata-Kaphaha ra
29	Danti ^[30]	Boliosperm um monatanum	Root, Seeds	Katu	Katu, Ushna	Ushna	Shothaghna, Jwaraghna, Rechana	Kapha-Pittanash ak
30	Punarnav a ^[31]	Boerhavia diffusa	Whole plant, Root, Leaf	Madhur, Tikta, Kashaya	Katu, Ushna	Laghu, Ruksha	Shothahara, Deepana, Swedopaga, Kasahara	Kapha-Vatahara
31	Chitraka ^[32]	Plumbago zeylanica	Root bark	Katu	Katu, Ushna	Laghu, Ruksha, Tikshna	Deepana, Pachana, Grahi, Lekhana	Vata-Kaphaha ra

DISCUSSION

Amrutadi Guggul is an important formulation commonly used in the treatment of Vatarakta and Kushtha. Most of the contents are Ushna veerya and thus would help in reducing Vata. At the same time, Kushthahara Dravya are also present, thus making it useful in Kushtha. Laghu and Ruksha guna will help to pacify Kaphaj samprapti in Kushtha. Deepana and Pachana Guna will help in reducing Ama in both Amavata and Kushtha. The second Pathabheda is a

ghrita formulation which can be used in vyadhi with Vata-Pittaj predominancy. The fifth pathbheda is completely different from the rest 5 in the sense that it is individually indicated in Kroshtusheersha. The review of pathabheda of Amrutadi Guggul has been done; but to prove the efficacy and safety of this combination advance research should be done like preparation, standardization, clinical trials, etc to better understand it.

CONCLUSION

From the literature review of Amrutadi Guggul mentioned in Bharat Bhaishajya Ratnakar we can get a clear idea of action of the formulation in this specific disease. This review also helps to understand different permutations and combinations of dravya mentioned in all six pathabheda and how it changes the Rogadhikar of the formulation. And even though there are certain similarities in the constituents, method of preparation as well as indications of Amrutadi Guggul as per various references, there are also differences in the proportions of the constituents. So, different pathbheda of Amrutadi Guggul need should be used considering the Dosha-Dushya Pradhanyata of the patient.

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