

IMPORTANCE OF GANDHAK RASAYANA IN AYURVEDA: A CLASSICAL AND CONTEMPORARY REVIEW

¹*Dr. Dhanashree Dattatrya Sonune, ²Vd. Gaurav Dongare

¹PG Scholar, Department Rasashastra and Bhaishajya Kalpana, Ashvin Rural Ayurved College and Hospital, Manchi Hill, Sangamner, Maharashtra.

²Professor Department of Rasashastra and Bhaishajya Kalpana, Ashvin Rural Ayurved college Manchi Hill, Sangamner.

Article Received on 03 Feb. 2026,
Article Revised on 23 Feb. 2026,
Article Published on 01 March 2026,

<https://doi.org/10.5281/zenodo.18801627>

*Corresponding Author

Dr. Dhanashree Dattatrya Sonune

PG Scholar, Department Rasashastra and Bhaishajya Kalpana, Ashvin Rural Ayurved College and Hospital, Manchi Hill, Sangamner, Maharashtra.



How to cite this Article: ¹*Dr. Dhanashree Dattatrya Sonune, ²Vd. Gaurav Dongare. (2026). Importance of Gandhak Rasayana In Ayurveda: A Classical and Contemporary Review. World Journal of Pharmaceutical Research, 15(5), 546-548.

This work is licensed under Creative Commons Attribution 4.0 International license.

ABSTRACT

Gandhak Rasayana is a classical herbo-mineral formulation prepared from purified sulphur (Shuddha Gandhak) processed with repeated Bhavana. It is widely indicated in skin disorders, chronic infections, and as a rejuvenative agent. Classical descriptions align with modern findings of sulphur's antimicrobial, keratolytic, and antioxidant roles.

KEYWORDS: Gandhak Rasayana, Shuddha Gandhak, Rasashastra, Rasayana, Sulphur, Skin Disorders.

1. INTRODUCTION

Rasashastra is a specialized branch of Ayurveda dealing with therapeutic applications of metals and minerals after proper purification (Shodhana). Gandhak (sulphur) is categorized under Uparasa and is extensively described in classical Ayurvedic literature. Gandhak Rasayana is primarily indicated in Kushtha, Kandu, Prameha, and chronic infections.

2. AIM AND OBJECTIVES

- To analyze classical references of Gandhak Rasayana.
- To evaluate its pharmacodynamic properties according to Ayurveda.
- To correlate classical claims with modern scientific findings.

3. MATERIALS AND METHODS

This review is based on classical Ayurvedic texts and modern pharmacological literature related to sulphur and its therapeutic applications.

4. REVIEW OF LITERATURE

Classical Rasashastra texts describe purification (Shodhana) of Gandhak followed by repeated Bhavana with herbal decoctions such as Guduchi and Triphala. These processes enhance safety, potency, and bioavailability.

5. DISCUSSION

Gandhak Rasayana exhibits Rasayana (rejuvenative), Kushthaghna (anti-dermatosis), and Krimighna (antimicrobial) properties. Sulphur contributes to glutathione synthesis, supporting antioxidant defense mechanisms. Its keratolytic and antimicrobial properties validate its traditional use in dermatological conditions.

6. Therapeutic Indications

- Skin disorders (Kushtha)
- Pruritus (Kandu)
- Chronic respiratory disorders
- General debility

Dose: 250 mg–1 g daily under medical supervision.

7. CONCLUSION

Gandhak Rasayana is an important Rasashastra formulation with multidimensional therapeutic applications. Classical descriptions correlate with modern pharmacological understanding.

Further clinical research is recommended for evidence-based validation.

REFERENCES

1. Sharma Sadananda. Rasa Tarangini. Varanasi: Motilal Banarsidass.
2. Vagbhatta. Rasaratna Samuccaya. Varanasi: Chaukhamba Sanskrit Series Office.
3. Govind Das Sen. Bhaishajya Ratnavali. Varanasi: Chaukhamba Orientalia.
4. Charaka Samhita. Chaukhamba Bharati Academy.
5. Sushruta Samhita. Chaukhamba Sanskrit Sansthan.
6. Tripathi YB, Singh VP. Role of sulphur in dermatology. Indian Journal of Dermatology.

7. Williams DR. Sulphur and human health. Journal of Chemical Education.