

A CLINICAL PERSPECTIVE OF GUGGULU TIKTAKA GRITHA IN DIFFERENT DISEASE – REVIEW

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INTRODUCTION

Grithas are lipid based ayurvedic formulations, in which Kashayas and Kalka of the crude drug, boiled with the ghee so that the active components of drugs get transferred into ghrita. Due to Samskarasya anuvarthana & Yogavahi Property, i.e. Ghrita is capable of acquiring and imparting the entire quality of “drug” added to it.

Ghrita as a vehicle incorporates water soluble components like phenolics or lipid soluble components like Or terpenoids simultaneously making it an excellent therapeutics agent, complying with the principle objective of enhanced bioavailability. In recent times some most seen disorders in ayurvedic hospitals are related to the diseases pertaining to Asthi-Majjagata vata Vikaras dermatological disorders, GT Ghrita is mainly indicated in such condition.

KEYWORDS: GTG, Asthi-Majjagata vata Vikaras.

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- Bhaishajyaratnavali 54/ 226-231 [Kushtaroga Rogadhikara]
- Chakradatta 50 /99-102 [Kushtachikitsa]

Yogaratanakara 24/362-365 [Vatavyadhi Rogadhikara]

PARYAYA

Nimbadi gritha

Panchtiktaguggulugritha

Panchtiktagritha[YR]

Panchatikta is derived from two words "Pancha" means five and "Tikta" means bitter. So, Panchatikta is group of five Tikta rasa dominance dravyas which are as follows

SL.NO	INGREDIENTS
1.	Nimba
2.	Guduchi
3.	Vasa
4.	Patola
5.	Kantakari

INGREDIENTS

SL.NO	Kwathadravya[Panchatikta gana]480 gms each
1.	Nimba twak
2.	Guduchi
3.	Vasa
4.	Patola
5.	Kantakari

Kalka Dravyas[each drug 12gm should be taken and all drugs are grinded well together and bolus is prepared]

Patha, Vidanga, Devdaru, Gajapippali, Yava kshara, Sarji kshar, Shunthi, Haridra, Mishreya, Kushtha, Maricha, Kutaja twak, Ajmoda, Chitraka, Katuka, Pushkar moola, Vacha, Pippali moola, Manjishtha, Ativisha, Trivrutta, Shuddu-Guggulu-240gms.

Sneha dravya	Ghrita [768gm]
Drava dravya	Jala[12 lit]

METHOD OF PREPARATION

Ref- Ashtanga hridaya, Chikitsasthana.21/57-59.

Pre- Operative

1. Guggulu Shodhana
2. Ghrita Murchchna

METHOD

- The above drugs from 1 to 5 are taken in water in prescribed quantity, boiled and reduced to 1/8th, i.e. 1.536 It and then filtered.

- To that one Prastha Ghrita (768gms) and Kalka dravyas each one Karsha (10gm) are added and heated over mandagni till Sneha siddha lakshanas are achieved.
- To this 5 pala (240gm) of Shuddha Guggulu should be suspended into the Kvatha while boiling by the process of Dola yantra.

Post-Operative

- In this stage the Ghrita was tested for the Sneha Siddhi lakshana and was then filtered and packed.
- Sneh Siddhi lakshana (Confirmatory Tests)
 1. Phen Pariksha- Phen shanti.
 2. Varti Pariksha - Formation of Varti from Kalka.
 3. Agni Pariksha - On exposing the Varti to flame, the absence of crackling sound indicates absence of moisture.
 4. Gandha Pariksha - The Sneha should smell like that of Dravyas used.

Main ingredients GTG gritha

- 1] Panchatiktaka gana
- 2] Guggulu
- 3] Gritha

PROPERTIES OF INGREDIENTS OF GTG GHRITA

Rasa panchaka	Drava dravya	Ghrita	Guggulu
Rasa	Tikta	Madhura	Katu,Tikta
Guna	Laghu, Ruksha	Snigdha	Laghu,ruksha,visada,susksma, Teekshna,sara[Purana] Snigdha, Picchila[nava]
Vipaka	Katu	Madhura	Katu
Veerya	Ushna	Sheeta	Ushna
Doshaghnata	Kapha Pitta shamaka,vatavardhaka	Vatapittahara	Tridosha hara

Classical Indications of GTG Ghrita

Sandhigatavata, Asthigatavata, Majjagatavata, Nadvirana, Kushta, Arbuda, Bhagandara, Gandamala, Gudaroga, Meha, Yaksma, Aruchi, Shwasa, Pinasa, Kasa, Shopha, Hridroga, Pandu, Mada, Vidradhi, Vatarakta and Urdhvajatrugata Roga.

UTILITY OF GTG

ASTHIGATA VYADHIS

ACHARYACHARAKA has mentioned ASTHIASHRAYA VYADHIS should be treated especially with milk and ghee through Basti karma, which are processed by tikts dravyas.

In asthi kshaya, gritha and milk processed with tikta dravyas should be used in Basthi. Sanghata of Prithvi, agni & vayu mahabhutha attained due to usma of medas.

Due to Sanghata of mahabhuthas Khartva is produced in asthidhatu.

MODE OF ACTION OF GTG IN ASTHI KSHAYA

- Vatu Dosha is predominantly present in Asthi. Basti is Param Vatahara.
- Tikta rasa has sanghata of Aakash and Vayu Mahabhutas. Because of laghu and suksma guna of Akasha and Vayu mahabhutas, it has property of deep penetration. It helps to carry Parthivi Mahabhuta guna of Ksheera upto the Asthi.
- Thus Tikta rasa has tendency to go towards Asthi Dhatu due to dominance of Aakasha and Vaya Mahabhuta.

Probable action of Tikta Ksheera Basti in Asthikshya

- According to Arundatta commentary Any dravya having snigdha and shoshan property and the dravya which produces kharatva in body is beneficial for asthikshaya as the asthi dhatu has khara property.^[3]
- In the universe there is not a single drug having these combined property.
- Tikta is the rasa which produces kharatva because of most shoshana swabhava, and kharatva is pradhana guna of Asthidhatu. Tikta rasa when combined with ksheera or gritha will improve the dridatha of asthidhatu, resulting in asthiposhana and asthivardhana.
- Tikta rasa aggravates vata, but when it's processed with ksheera, and grithas it does not aggravates vata. Hence because of such combination this Basti though vatahara by nature, produces kharatva in the shareera, but does not cause vataprakopa because of snigharva of ksheera and gritha.
- Ksheera and gritha are very useful and effective dravyas in degenerative conditions. Sushruta says that Basti stays in pakwasaya, where pureesha dhara kala exists and does its action, Dalhana in his commentary mentions that pureeshadhara and Asthidhara kalas are one and the same.

- so when Tikta ksheera Basti is given, it acts on asthidhara kala kharatva produced in asthi by helps in normal formation of asthidhatu in shareera, and hence improves the condition.

2. VATARAKTA

- There are two types based on Adhistana
 - 1) Utthana (Twacha-Mamsashrita) and
 - 2) Gambhira (Sandhi-Asti-Majjashrita).
- Treatment adopted for Gambhira Vatarakta is, Snehapana, Virechana and Asthapana basti are given in Vatarakta.
- Charakacharya also mentioned about utility of Guggulu and Madhu are Vataraktanashaka and Saghrita ksheerabasti is indicated in Vatarakta.
- In Vatarakta, Doshas or Malas are removed by Saghrita Ksheera basti/ Tikta ksheera basti and there is no better treatment other than Basti in the management of Vatarakta.
- Tikta ksheera basti should be employed only after amapachana, raktamargavarana by vata.^[4]

3. Kustha

When Kustha enters into fourth Dhatu -Meda, Raktamoksha and Samshodhana should be employed and in such a cases remedies prepared from Bhallataka. Silajatu. Guggulu, Aguru, Tuvaraka, Khadira, and Asana and the Ayaskrti should be used in as per the prescribed rules.^[5]

- After virechana and Niruha basti when vatolbana takes place, samanasneha can be administered.
- Hence in kustha GTG can be used as shamana Sneha and shodanagha Sneha.

Action on dosha

Guggulu and other most of the ushnaveerya drugs of this preparation act as vatakapahara. This preparation contains most of the tikta kashaya dravya which will act as pitta and kapha shamaka.

Though laghu and ruksha guna of tikta rasa are vatahara, ghrita and other vatahara drugs in this preparation will neutralize the adverse action and make vata shamana.

Action on Dhatu

Most of the drugs having tiktarasa will make the sthirikarana of mamsa and twacha Excessive and continuous usage of tikta dravya may cause karshana and dhatu shoshana. So ghrita prevents all these adverse effects.

Action on Agni

Ghrita is said to be agnideepaka.

In the preparation drugs like sarjaksara, Yavakshara, Shunti, Ativisha, Chavya will act as agnideepaka and amapachaka by their tikta katu rasa and ushna veerya.

These may act on both jatharagni and dhatwagni.

Guggulu Tiktaka Gritha may act all the level of Dhatu level and helps in samprathi vightana of kushta.

STHOULYA

Acharya susrutha had explained gugguluprayoga because of its virukshana and chedanaiya guna in shtoulya.

Charaka has mentioned Vamana Karma and Virechana Karma in the management of Santarpanajanya Vyadhit[CHA.SU 23/8].Hence GTG can be used as shodhanaga snehapana in sthoulya.^[6]

VIDRADHI

Here we have to consider Majjagata Vidradhi, after BHEDHAN, the wound should be washed with Tikta-kashaya Dravyas, and patient should be given Tiktadravya siddha Ghrita for pana.^[7] Vagbhatacharya opines that, after Shodhana with Trayantadi Ghrita or Tilvaka Ghrita, Tiktaka Ghrita mentioned in Kushta treatment is given internally with honey and in all stages of Vidradhi, Guggulu Yogas should be used.

AUSHADHA SEVANA KAALA**1. Shamana Sneha**

The Samshamana sneha should be administered in 'annakala', in the 'prakanshita' state (when there is the urge of food intake). Acharya Chakrapani mentioned annakala as bubhukshit [when one feels hungry].

2. Shodananga Sneha

Early morning when the sun rises and attains golden yellow colour, those individuals exhibiting Jeerna Ahara Lakshana except Kshuda, after performing auspicious rituals, depending upon the bala appropriate quantity of Sneha should be given to drink.

MATRA/POSOLOGY

1. Shamana Sneha

The dose of oleating materials should be decided as hina, madhyama, or jyestha depending upon the condition of dosha, kala, agni, vaya and bala of the patient.

The dose of sneha for persons of good digestive capacity is one pala, for persons of medium capacity it is three karsas and for persons of poor capacity it will be two karshas.

Acc to AFI:12gm

Another method of determining the dose approved by all is that quantity of sneha which gets digested well in one full day (24 hours) is mahatimatra, that which gets digested within a day time only (12 hours) is madhyama matra and that within half the day time (6 hours) is hinamatra.

2. Shodananga Sneha

Sneha is administered in arohana krama for 3,5,7 days based on kosta and agni bala

Anupana

- ❖ Ushnodaka For snehas all the except Tuvaraka and Bhallataka taila
- ❖ Acc to AFI, B.R : Usna jala, Milk

SHELF-LIFE PERIOD: 16 months^[8]

PRESERVATION[AFI]: Ghritas are preserved in glass containers.

SAFETY AND TOXICITY

Adverse Effects Of Excessive Usage Of Guggulu

Without precaution if Guggulu used in excess it may lead

- Klaibya
- Asya sosa
- Timira

- Karsya
- Moha
- Atisara
- The clinical trials done with standardized gum guggul extracts reported transient side effects such as skin rashes, diarrhoea, and irregular menstruations.
- A report also states that, out of 22 individuals receiving 2160 mg guggulu daily for 12 weeks, 10 persons experienced one or another side effect including gastrointestinal distress, fatigue, and skin rash.^[9]
- Skin rashes have also been reported in other trials using 1-2 g guggulipid (ethyl acetate fraction) daily for a month. This study did not report any intestinal distress.

Antifertility Activity

- Guggulu administered orally (20 mg/100 g body weight) to female rats decreased the weight of the uterus, ovaries, and cervix, whereas glycogen and sialic acid levels in these organs increased. This suggested that guggulu may be useful as an antifertility agent.
- Although generally accepted as relatively safe, caution may be warranted during guggul consumption. There is little or no information on toxicity with the use of guggulu.

DISCUSSION

- GT Ghrita is a polyherbal Ghrita preparation with many indications.
- GT Ghrita is used as Snehadravya in most of the Ksheera Basti, Asthapana Basti or Anuvasana basti in treatment modalities in most of Vatavaydhis.
- GT Ghrita is also used in some of the surgical disorders like Arshas, Vidradi, Bhagandara and Nadvirana. In case of Nadvirana and Bhagandara diseases, Probably Lekhana Karma of GT Ghrita is helpful and Shoshana Karma of GT Ghrita helps in removing Sankleda.

CONCLUSION

This is one of unique combination of Dravyas having Tikta Rasa, Ghrita and Guggulu and it will have additive or Synergistic Pharmacological activities. In classics, for single formulation many indications are stated. Eventhough GTG have many indications it has to be employed Based on involvement of Dosha, Dooshya and diseased condition of a patient. In such condition, Yukti of a physician plays important role.

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