

CRITICAL STUDY OF MARICHADI GUTIKA – A REVIEW**Dr. Gangaprasad Asore¹, Dr. Sachin Sheth², Dr. Darshana Kulkarni^{*3}**

¹HOD & Associate Professor, Department of Rasashastra and Bhaishajyakalpana, APM'S Ayurveda Mahavidyalaya Sion Mumbai.

²Assistant Professor, Department of Rasashastra and Bhaishajyakalpana, APM'S Ayurveda Mahavidyalaya Sion Mumbai.

³PG Scholar, Department of Rasashastra and Bhaishajyakalpana, APM'S Ayurveda Mahavidyalaya Sion Mumbai.

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***Corresponding Author**

Dr. Darshana Kulkarni

PG Scholar, Department of
Rasashastra and
Bhaishajyakalpana, APM'S
Ayurveda Mahavidyalaya
Sion Mumbai.

ABSTRACT

Ayurveda, the ancient Indian system of medicine, emphasizes holistic healing through natural remedies. Vati Kalpana is an essential component of Ayurvedic pharmaceuticals because of its various benefits, including ease of administration, palatability, and ease of dispensing and transportation. Vati Kalpana is a pharmacological method in which the powder of raw drugs (herbal or Herbo minerals) is triturated with Kashaya, juice, or even honey, and the medicines are prepared as pills or tablets. Marichadi Gutika is one such classical Ayurvedic formulation, which has been traditionally employed to manage respiratory disorders such as cough, bronchitis, as well as digestive issues like bloating and indigestion. There are six distinct references to Marichadi Gutika found in authoritative Ayurvedic texts, each prescribing slightly varied compositions and therapeutic indications. Although multiple formulations of Marichadi Gutika are mentioned in

the texts, it is essential to identify, compare, and critically evaluate these classical references to determine the most appropriate formulation for specific disease conditions. Therefore, the present study aims to collect and analyze the various classical references of Marichadi Gutika, with a focus on their composition, method of preparation, and therapeutic uses.

KEYWORDS: Ayurveda, Marichadi Gutika, Vati kalpana, Kasa, Arsha, Kantha Roga.

INTRODUCTION

Ayurveda translates to "the science of life"—a comprehensive system intended to promote holistic well-being and longevity. In ayurvedic pharmaceuticals, Vati Kalpana is one of the most admired and prescribed formulations due to its easy administration, palatability, better self-life and convenience in its dispensing & transport. In Ayurveda, different acharyas had mentioned Vati Kalpana in many contexts, but the detailed description regarding Vati Kalpana in a separate chapter was first mentioned by Acharya Sharangdhara. Powdered raw drugs (Herbal or Herbo-mineral) are triturated along with water, certain swarasa, jaggery, guggulu or honey as binding agents and then molded into spherical form by hands or machine, the final product is known as Vati, Vatak or Gutika. Different types of Vatis are Gutika, Vati, Vatak, Modak, Gud and Varti.^[1]

Marichadi Gutika is an age-old Ayurvedic medicine designed to soothe the respiratory system, relieve cough and congestion, and support digestive health by kindling Agni and clearing Ama. Majorly it has ingredients like Marich, Pippali, Yavakshar, Guda etc. It is indicated in various diseases like Kasa (Cough), Kshay (Tuberculosis), Arsha (Piles), Galaroga (Diseases of the throat). Classical Ayurvedic texts including Gadanigraha, Yogratnakar, Bhaishajya Ratnavali, Sharangdhar Samhita and Vangasen provide multiple references to Marichadi Gutika, some varying slightly in composition and indication. These formulations are primarily aimed at pacifying *Kapha* and *Vata* doshas. The present study is a critical review of the various classical references of Marichadi Gutika, aiming to compile, compare, and analyze them to better understand their therapeutic relevance and clinical applicability.

MATERIALS AND METHOD

For the present literature study on Marichadi Gutika, classical Ayurvedic texts such as Sharangdhar Samhita, Gada nigraha, Yogratnakar, Vangasen and Bhaishajya ratnavali were thoroughly studied.

A) Preparation of Marichadi Gutika

1. First Pathabheda

Marich 1 karsha(1 tola), Pippali 1 karsha(1 tola), Yavakshar ½ karsha (½ tola), Dadima 2 karsha(2 tola). All these ingredients are taken into fine powder consistency and then Guda 8 karsha(2 pala or 8 tola) is melted and mixed into the powder and Gutika of 1 Shaan (1.4 tola) are made. These Marichadi Gutika are to be held in mouth and sucked. It is useful in treating all types of Kasa roga(Cough).

This formulation is mentioned in Sharandhdhar Samhita (Madhyam khand 7th Adhyaya 13-15).^[2] Brihat Nighantu Ratnakar (Kasakarmavipaka Adhyaya page 832).^[3] Yogaratnakar (Kasa Chikitsa Adhyaya).^[4]

2. Second Pathabheda

Marich 1 karsha(1 tola), Pippali $\frac{1}{2}$ karsha($\frac{1}{2}$ tola), Yavakshar $\frac{1}{2}$ karsha ($\frac{1}{2}$ tola), Dadima 1 Pala (4 tola). All these ingredients are taken into fine powder consistency and then Guda 2 Pala (8 tola) is melted and mixed into the powder and Gutika of 1 Masha (8 Ratti) are made. Or these all ingredients are made into fine powder and mixed into a Kharal yantra and stored as a powder called Marichadi Churna. This Marichadi Gutika or Marichadi Churna is useful in such a Kasa (Cough) roga which has not been cured with any other medicine and has Pus symptoms associated with this Kasa roga.

This formulation is mentioned in Bhaishajya ratnavali (Kasa Chikitsa Adhyaya-15th Chapter).^[5] Vangasen (Chikitsasarsangraha, Kasa Adhikar).^[6]

3. Third Pathabheda

Marich 1 part, Shunthi 2 parts, Chitrakmula 4 parts, Suran 8 parts are to be made into fine powder. This is mixed with all parts equal amount of Guda i.e. 15 parts Guda and made into Modak form of approximately 1 tola quantity. This is useful in treating Arsha (Piles).

This formulation is mentioned in Yogaratnakar (Arsha Chikitsa Adhyaya Page 300).^[7] Brihat Nighantu Ratnakar (Arsha Adhikar).^[8]

4. Fourth Pathabheda

Marich, Talispatra, Chavya each 1 Pala (4 tola), Pippali and Pippali Mula each 2 Pala (8 tola), Shunthi 3 Pala (12 tola), Chaturjaat and Usheer each 2 Karsha (2 tola) are to be made into fine churna. This is mixed with 30 Pala (120 tola) melted Guda and made into Vati. This Marichadi Vati is useful in treating Kshayroga(Tuberculosis) and acts as an excellent Agnideepak (stimulates digestive fire).

This formulation is mentioned in Gadanigraha (Vati Kalpana).^[9]

5. Fifth Pathabheda

Marich 1 part, Pippali 2 parts, Shunthi 3 parts, Chitrak 4 parts, Apamarga 5 parts and Suran 20 parts are made into fine churna. Guda is taken in double the quantity of churna prepared and

mixed with the churna. Gutika is made from this mixture of approximately 1 tola quantity. This Marichadya Gutika is useful in treating Arsha roga(Piles).

This formulation is mentioned in Gadanigraha (Vati Kalpana).^[10]

6. Sixth Pathabheda

Marich, Pippali, Patha, Yavakshar, Shunthi, Elaichi, Tejpatra, Dalchini, Haritaki, Saindhav, Amlavetas are taken in the same quantity and made into fine powder. This churna is mixed with enough Honey and Gutika are made of it. This Marichadya Gutika is useful in treating all kinds of Kantha roga(diseases of the throat).

This formulation is mentioned in Gadanigraha (Vati Kalpana).^[11]

Table No. 1: Contents of Marichadi Gutika according to various references.

Sr No	Drug Name	Gada nigraha			Sharangdhar Samhita Kasa	Brihat Nighantu Ratnakar		Bhaishajya Ratnavali Kasa	Yoga Ratnakar		Vangasen Kasa
		Kshay	Arsha	Kantha roga		Arsha	Kasa		Arsha	Kasa	
1	Marich	+	+	+	+	+	+	+	+	+	+
2	Pippali	+	+	+	+		+			+	+
3	Yava			+	+		+	+		+	+
4	Dadima				+		+	+		+	+
5	Guda	+	+		+	+	+	+	+	+	+
6	Sunthi	+	+	+		+			+		
7	Chitrak		+			+			+		
8	Suran		+			+			+		
9	Apamarga		+								
10	Chavya	+									
11	Pippali mool	+									
12	Nagkesar	+									
13	Usheer	+									
14	Talis patra	+									
15	Elaichi	+		+							
16	Tejpatra	+		+							
17	Dalchini	+		+							
18	Haritaki			+							
19	Saindhav			+							
20	Amlavetas			+							
21	Patha			+							
22	Honey			+							

Table no. 2: Properties of contents of Marichadi Gutika.

Sr No	Drug Name	Latin Name	Part used	Rasa	Vipaka Veerya	Guna	Karma	Doshaghna
1	Marich ^[12]	Piper nigrum	Fruits	Katu	Katu Ushna	Laghu, Tikshna	Krumighna, Deepana, Pachana, Pramathi, Vatanulomana, Balya, Kushthagna, Uttejaka, Jwarghna	Kapha-Vaat Shamak
2	Pippali ^[13]	Piper longum	Fruits, Root	Katu	Madhura Ushna	Laghu, Tikshna	Medhya, Krimighna, Shoolprashmana, Vatanulomana, Vrishya	Kapha-Vata shamaka
3	Yavaksha ^[14]	Hordeum vulgare Linn	Pancha ng	Katu	Katu Ushna	Laghu, Snigdha	Shoshana, Lekhana, Medohara, Vatanulomak	Kapha-vaat hara
4	Dadima ^[15]	Punica granatum Linn	Fruit	Madhura Kashay Amla	Madhura Anushna	Laghu Snigdha	Hrudya Shukrala Grahi	Tridosahar
5	Guda ^[16]	Saccharum officinarum	Conc. juice	Madhura	Madhura Na-atisheeta	Laghu	Balya, Mutrashodhak, Vrushya, Raktashodhak	Kaphavruddhi kara, Vataghna
6	Sunthi ^[17]	Zinziber officinale	Rhizo me	Katu	Madhura Ushna	Laghu Snigdha	Deepana, Pachana, Anulomana, Amadoshahar, Hridya	VataKapha paha
7	Chitrak ^[18]	Plumbago zeylanica	Root bark	Katu	Katu Ushna	Laghu, Ruksha Tikshna	Krumighna, Deepana, Pachana, Kushthaghna, Mutraghna	Kapha-Vata Shamak, Pittavardhak
8	Suran ^[19]	Amorphophall us campanulatus	Corm	Katu Kashay	Katu Ushna	Laghu Ruksha Vishad	Deepana, Vishthambi, Ruchya, Gudkilahrita	Vata-Pitta-Kapha Hara
9	Talis Patra ^[20]	Abies webbiana	Patra	Tikta, Madhura	Madhura, Ushna	Laghu Tikshna	Hridya, Deepana	Kaphavatasa maka
10	Chavya ^[21]	Piper retrofractum	Fruits, Root	Katu	Katu Ushna	Laghu Ruksha	Krumighna, Deepana, Pachana, Shoolprashan	Kapha-Vata Shamak, Pittavardhak
11	Pippali Mool ^[22]	Piper longum	Root	Katu	Madhura Anushna-sheet	Laghu, Snigdha Tikshna	Medhya, Krimighna, Shoolprashama na, Vatanulomana, Vrishya	Vata shamak Pitta shamak
12	Nagkeshar ^[23]	Mesua ferrea	Stamen	Katu Tikta	Katu Ushna-	Laghu Rechak	Varnya, Vastivatamayag	Kaphahara

				Kashaya	sheeta		hna, Urdhvajatrugat arogahar	
13	Ushir ^[24]	Vetiveria zizanioidis	Roots	Tikta, Madhura	Katu, Sheeta	Laghu, Ruksha	Jwaraghna, Kushthghna, Vishaghna Stambhana Balya, Mutrajanan	Kapha- Pittashamak
14	Apamarga ^[25]	Achyranthes aspera	Roots Pancha ng	Tikta Katu	Katu Ushna	Laghu Ruksha Tikshna Sara	Deepana, Pachana, Medohara, Mutral	Vatahara, Kaphanashak
15	Elaichi ^[26]	Elettaria cardamomum	Seeds	Katu, Madhura	Madhur Sheeta	Laghu, Ruksha	Mukhashodhan a, Balya Rochana, Deepana,	Tridoshahara and Pittashamak
							Pachana, Anulomana, Hridya	
16	Tejpatra ^[27]	Cinnamomum tamala	Leaf	Katu, Tikta, Madhura	Katu Ushna	Laghu, Ruksha, Tikshna	Deepana, Pachana, Uttejaka, Krimighna, Vatanuloman	Kapha-Vata shamak and Pittavardha
17	Dalchini ^[28]	Cinnamomum zeylanica	Twak, Oil, Leaf	Katu, Tikta, Madhura	Katu Ushna	Laghu, Ruksha, Tikshna	Lekhan, Grahi Deepana, Pachana, Uttejaka, Ojovardhak	Kapha-Vata shamak and Pittavardhak
18	Haritaki ^[29]	Terminalia chebula	Fruit	Panchara rasa, Kashaya Pradhan lavan varjit	Madhur ushna	Laghu Ruksha	Kushthghna Jwaraghna, Rasayana, Shothahar, Deepana, Pachana, Mutral	Tridoshahara
19	Saindhav ^[30]	Rock salt	-	Lavana	Madhur Sheeta	Laghu	Rochana, Deepana, Vrishya, Chakshushya, Vidahi	Tridoshaghna
20	Amlavetas ^[31]	Garcinia pedunculata	Fruit leaf	Amla	Amla Ushna	Laghu Ruksha	Deepana, Shulaghna, Lomaharsha	Kaphavata shamak
21	Patha ^[32]	Cissampelos pareira	Roots, Underg round- Stem	Tikta	Katu, Ushna	Laghu, Tikshna	Kushthghna Jwaraghna Vishghna,	Tridoshahara, Especially Kapha- Pittashamak
							Deepana, Krimighna, Pachana, Grahi	
22	Madhu ^[33]	Mel Eng (Honey)	-	Madhura Kashaya	Madhur Ushna	Laghu, Vishad, Ruksha	Chakshushya, Lekhana, Sandhan, Prasadhana	Kapha-Pitta shamak

DISCUSSION

Vati Kalpana holds a central position in Ayurvedic pharmaceuticals because of its practicality in administration, palatability, portability, and long shelf life. The detailed documentation of Vati preparations in *Sharangadhara Samhita* marked an important milestone, as it systematically outlined techniques for tablet formulation in Ayurveda. The preparation of Marichadi Gutika across multiple *pathabhedas* (variations) reflects not only the adaptability of Ayurvedic pharmaceuticals but also the tailoring of formulations for diverse disease presentations. The use of jaggery (Guda) as a binding agent is consistent across references.

Pathabheda I & II emphasize Marich, Pippali, Yavakshar, and Dadima—indicating its strong role in cough management and Kapha-predominant conditions. Their sukshma, ushna, and tikshna qualities help liquefy mucus and reduce airway obstruction. The second variant highlights its role in complicated cases of *Kasa*, suggesting antimicrobial or pus-clearing potential in conditions like bronchitis. Pathabheda IV stresses *Agnideepana* potential of drugs and hence used in *Kshayroga*. Pathabheda III & V formulations add ingredients like Chitraka, Suran, and Apamarga, which are known for their *Kaphahara* and *Lekhana* properties, targeting Arsha i.e. hemorrhoidal pathology. Pathabheda VI introduces aromatic drugs (Elaichi, Tejpatra, Dalchini) with *Kaphavata shamaka* and mucolytic actions, pointing towards its role in chronic throat infections ie Kantha roga.

The formulation's Kapha-shamaka and Agnideepaka properties suggest potential roles in modern respiratory ailments like bronchitis, asthma, COPD, tuberculosis support therapy. The inclusion of both churna and vati forms shows Ayurveda's adaptability to patient-specific needs.

Previously Marichadi gutika has been under research for Standardization, which was evaluated by various parameters like, Hardness, weight variation and disintegration time etc.^[34] Also, Physicochemical evaluation of Marichadi gutika was done, which revealed there was uniformity of the procedures in all the three samples of Marichyadi Gutika that was prepared.^[35]

In market Marichadi Gutika is prepared by a few Pharmacies and are indicated for Kasa or Kantha roga ie Upper respiratory tract diseases. Like Uma Pharmacy Marichyadi Vati and VHCA Pharmacy Marichadi Gutika is same as Pathabeda I. And Other Pharmacies like Unjha Pharmacy, Vyas Pharmacy are also preparing Marichyadi Gutika or Marichadi Vati for

Cough, Asthma like diseases.

While this review provides an overview and comparative analysis of classical and commercially available Marichadi Gutika formulations, but the available studies are only done for a few Pathabhedas mentioned in this study. Hence further studies on pharmacological evaluation and clinical studies of other Pathabhedas treating Arsha, Kantha roga, Kshay roga are needed in future to fully establish its safety and therapeutic efficacy.

CONCLUSION

This study systematically reviews six classical *Pathabhedas* of *Marichadi Gutika* as described in authoritative Ayurvedic texts like Sharangdhara Samhita, Bhaishajya Ratnavali, Brihat Nighantu Ratnakar, Yogaratnakar, *Gadanigraha*, and *Vangasen Samhita*, offering comprehensive insights into its varying compositions, indications, and therapeutic potential in managing diseases such as Kasa, Arsha, Kshay, Kantha Roga. This comparative study of the six *Pathabhedas* highlights how variations in *Dravya*, their combinations, and methods of preparation influence the specific *Rogadhikara* of each formulation. While some ingredients and their actions remain consistent across the references, noticeable differences in composition and emphasis on Karma make each variant unique in its application. Therefore, the appropriate *Pathabhedha* of Marichadi Gutika should be selected based on the *Dosha-Dushya Pradhanyata* and clinical condition of the patient for optimal therapeutic effect.

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