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# CLASSICAL REVIEW OF GUGGULU (COMMIPHORA MUKUL)

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## **ABSTRACT**

Guggulu (Commiphora mukul) is used in the traditional system of medicine, and it is one of the most used Ayurvedic herbs. It is widely prescribed Ayurvedic drug in various diseases. Guggulu's unique properties of decreasing cholesterol level and relieving joint inflammation find it as essential ingredients of numerous Ayurvedic medicines. It is used as an anti-oxidant and possesses various beneficial properties such as anti-inflammatory, anti-allergic, anti-septic, etc. Guggulu has been described in the ancient Ayurvedic text as a Medohar and Vatahar. It is an effective lipid regulator. Guggulu lowers LDL (low-density lipoprotein) cholesterol levels and significantly inhibits LDL oxidation. It also helps in weight control and body fat reduction. Its oleo-gum resin is used as binding agent in many tablets. Therefore a classical review of Guggulu in various Ayurvedic texts is necessary.

Keywords: Guggulu, Ayurveda, CharakSamhita, SushrutaSamhita, AstangaHridaya,

# INTRODUCTION

Guggulu has been used in the Ayurvedic system of medicine for centuries. Guggulu occurs naturally in India and has a long history of use in the treatment of a number of disorders, particularly those involving obesity, hyperlipidemia, and in glandular swellings. Ayurveda, the ancient wisdom of health and longevity may significantly help people suffering from various diseases by normalizing their biological parameters and maintaining their health. Looking to the prime importance of Prayoga (use), Acharya Charak has said that real expert of medicinal plants is he

who is well versed in their use besides their names and forms. The present article deals with classical use of *Guggulu*, recorded right from the *Charak Samhita* to the various available *Ayurveda* texts. Various drugs like *Guggulu* are very popular in society. Now a large number of people are using *Guggulu for* being fit and healthy and to cure diseases. Therefore a classical analysis of *Guggulu* is needed through various available *Ayurvedic* texts.

**Aim**: To study drug review of *Guggulu* from *Avurvedic* classical texts.

**Objective**: Collection of various references of *Guggulu* from available ayurvedic texts.

#### Materials and methods-

Materials: All references of Guggulu was collected from Original text of Charak Samhita, Sushrut Samhita, Ashtanga Hridayam and Chakradatta.

**Methods**: References of *Guggulu* was collected from Original text *and* arranged with their use in various diseases. All the diseases are grouped according to *Ashtanga Ayurveda*.

# Kaya-chikitsa

# **Obesity-**

- 1. In obesity, use of *Rasanjana*, *Brihatpanchmool*, *Guggulu*, *Silajatu* with *Agnimantha* is beneficial.<sup>2</sup>
- 2. In case obesity has set in, one should use regularly *Silajatu*, *Guggulu*, cow's urine, *Triphala*, *Lauha-bhasma*, honey, barley, *Mudga*, *Kodrava*, *Syamaka*, *Vanakodrava* etc. which are rough and reduce fat.<sup>3</sup>

*Udararoga*-One should use *Guggulu* with milk diet only, such as *Silajatu* is used in *Udararoga* with milk.<sup>4</sup>

#### Oedema-

- 1. One should use *Guggulu* with cow urine or decoction of *Punarnava*.<sup>5</sup>
- 2. *Guggulu* or *Haritaki* should be used with cow-urine.<sup>6</sup>

#### Vatavyadhi-

- 1. Use of all *Rasayanas* particularly of *Silajatu* and *Guggulu* with milk is beneficial.<sup>7</sup>
- 2. *Guggulu* is the best remedy for *Vata* covered by *Medas*.<sup>8</sup>

**Sciatica-** *Rasna* 48 gm and *Guggulu* are pounded with ghee and made into pills. It alleviates sciatica. 9

*Kroshtukasirsa* (arthritis of knee joints) - *Guggulu* or *Guduchi* with *Triphala* decoction, or castor oil or *Vridhadaruka* with milk should be taken. <sup>10</sup>

*Urustambha-* Guggulu with urine is a good remedy for *Urustambha*. <sup>11</sup>

# Amavata (Rheumatoid arthritis)

- 1. One should use regularly *Haritaki*, *Guggulu* and *Silajatu* with urine. 12
- 2. Intake of *Guggulu* with equal quantity of *Trikatu*, *Chitraka*, *Musta*, *Triphala* and *Vidanga* destroys all disorders caused by *Medas*, *Kapha* and *Amayata*. <sup>13</sup>

#### Vatarakta-

- 1. The disease can be controlled by regular use of *Silajatu*, *Guggulu* and honey.<sup>14</sup>
- 2. Use of all *Rasayanas* particularly of *Silajatu* and *Guggulu* with milk is beneficial. 15

#### Bronchial asthma-

Shallaki, Guggulu, Aguru and Padmaka mixed with ample Ghee is used for fumigation.<sup>16</sup>

#### Shalya -Chikitsa

- 1. In abscess, the patient should use *Guggulu* with *Sunthi* and *Devadaru*.<sup>17</sup>
- 2. In all types and condition of abscess, *Guggulu* should be used with suitable decoctions according to *Dosha*. Similarly *Silajatu* may be used. <sup>18</sup>
- 3. Similarly abscess caused by *Kapha, Guggulu* should be taken with urine. <sup>19</sup>

## Shalakya- Chikitsa

#### Foetid ear-

Fumigation with *Guggulu* is a good remedy.<sup>20</sup>

#### DISCUSSION:

A diseased body is the biggest enemy of good health. A healthy body looks beautiful, attractive and remains active. Herbal drugs like Guggulu have a lot of significance in our life. After reviewing various classical texts, it is clear that we can cure different diseases by using Guggulu. Guggulu has many medicinal properties such as Lekhaniya, Vataghna, Medaghna and Sirovirechaniya etc. In the Ayurvedic literature Guggulu is extensively described. It is used internally and externally in various diseases. In the Ayurvedic literature it is one of the most important commonly used herbs. Presently it is considered as an important anti-diabetic and anti-oxidant drug. Anti -oxidant scavenge molecules in the body known as free radicals, which damage cell membranes, tamper with DNA, and even cause cell death. Most important thing about Guggulu is that it is cultivated throughout India. Guggulu is an effective lipid regulator. It exerts hypolipidemic effect by maintenance of cholesterol, lowers low density lipoprotein (LDL) cholesterol levels and significantly inhibits LDL oxidation. Guggulu also helps in weight control and body fat reduction

# **CONCLUSION**

After reviewing the *Ayurvedic* classical texts, it is clear that *Guggulu* is used in the traditional system of medicine to cure various diseases. *Guggulu* is a drug widely used in many disorders due to various pharmacological actions. Presently it is considered as an important *Medohara* and *Vatahara Ayurvedic* medicine.

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