

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.¹ 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 *Ayurvedic* 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.²
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.³

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

Oedema-

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

Vatavyadhi-

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

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.¹⁰

Urustambha- *Guggulu* with urine is a good remedy for *Urustambha*.¹¹

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 *Amavata*.¹³

Vatarakta-

1. The disease can be controlled by regular use of *Silajatu*, *Guggulu* and honey.¹⁴
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.¹⁶

Shalya -Chikitsa

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

Shalakyas - Chikitsa

Foetid ear-

Fumigation with *Guggulu* is a good remedy.²⁰

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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