

## GUGGULU: A MEDICO-HISTORICAL REVIEW

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### ABSTRACT

*Guggulu* is a very reputed drug in Ayurveda, historically known for its multi-dimensional therapeutic qualities like *vedanāsthāpana* (analgesic), *śothahara* (anti-inflammatory), *medohara* (anti-obesity/hypolipidemic), *vraṇasodhana* (antiseptic), *vraṇaropana* (wound healing), *jantughna* (wormicidal/antibacterial) and many other properties. It is commonly used for the treatment of different arthritic and inflammatory conditions, neuromuscular pains, lymphadenopathy and obesity. It is also used as a carrier or base material in different guggulu formulations and in combination with other medicinal herbs for curing the specific diseases. It is oleo gum resin secreted from a small tree, *Commiphora wightii* (Arn.) attaining a height up to 4-6 feet. The plant is dimorphic, bisexual and found in the areas that bear rough and harsh climate (*marubhūmi*). It is commonly seen in Rocky Mountains.

The wide range of therapeutic indications of *Guggulu* makes it a unique drug in the Ayurvedic materia medica. It possesses strong bio-cleansing and rejuvenating power and its lipid regulating & immune-modulating properties are very beneficial in maintaining the health. Almost all *Nighaṇṭu* cover its description along with several synonyms, types, methods of purification, and dietetic guidelines during its administration. In the present article, efforts are made to collect the information on the medico-historical importance of *Guggulu* and its therapeutic potentials on the basis of description available in various classical texts.

### Introduction:

*Guggulu* is a versatile Ayurvedic herb that is beneficial in several disease conditions and well known drug in the field of Indian Medicine. It has been used widely as a single drug or in combination for the treatment of various disorders and also as a *Rasāyana* drug. Though this drug is known for its analgesic and anti-inflammatory action, it is also used for many other important diseases.

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The term '*Guggulū*' has been derived from Sanskrit root- *Guda rakṣaṇe- Gudati rakṣati vātarogādīti guggulu*, means it helps in prevention of *vātika* disorders. Basically it is an oleo gum resin secreted from the plant *Commiphora wightii* (Arn.) and can be collected during winter season from the bark of tree or falling itself in summer. It has to be processed before taking for medicinal use. Ayurvedic description of guggulu including its name, synonyms, properties, actions and indications is available in various literary sources.

Major Ayurvedic treatises very emphatically stress on most of the therapeutic properties relating to the fresh gum *Guggulu* are said to have opposite therapeutic effects in comparison to old one, particularly in respect to its effect on obesity and fat disorders. In other words, old *Guggulu* is described as highly effective in reducing the body weight.<sup>1</sup>

However in clinical practice, Ayurvedic physicians have been using this drug extensively for centuries in the treatment of arthritis & related conditions and other painful neuromuscular disorders, mainly in the form of compound formulations. A large number of such preparations having *Guggulu* as the main ingredient are mentioned in the Ayurvedic literature. Many of these preparations are available commercially in India and neighboring countries.

#### **GUGGULU IN NON - MEDICAL LITERATURE**

According to Sanskrit definition - '*Guñjo vyādhergudati rakṣati*', means one that protects against diseases.<sup>2</sup> Description on long historical use of *Guggulu* is not only limited to Ayurvedic texts but also described in Vedas, probably the most ancient literature on the earth. Earliest reference on the medicinal value of *Guggulu* is available in Atharvaveda, which is one of the four well known holy scriptures of Hindus, containing beautiful description of this drug regarding its medicinal and therapeutic properties. This valuable herb is mentioned as fragrant, vital energy enhancing and disease protecting agent in this scripture. Moreover two types of this herb are described at this place according to its habitat i.e. one occurs near the rivers and other grows near the ocean.<sup>3</sup> There are some other references also present where guggulu has been mentioned for *Dhūpana* (fumigation).<sup>4</sup> The use of *Guggulu* has been described for the treatment of leucoderma and greying of hair.<sup>5</sup> In Atharvaveda, it is quoted that 'if the fumigation of guggulu is done daily, immuno modulation can be achieved as the guggulu help in boosting the body resistance against infections like tuberculosis'.<sup>6</sup> It was handed over to *Navodhā* (a newly-married woman) with some other herbs for searching her husband as it is *Saubhāgyavardhaka*.<sup>7</sup> It is further quoted that, 'the person whose body is covered by this drug, is not affected by any type of infection and diseases like tuberculosis; he always remains happy & healthy'.<sup>8</sup>

#### **GUGGULU IN FOLKLORE AND ETHNOMEDICINE:**

Externally, *Guggulu* has no action on unbroken skin, but it acts as astringent and antiseptic on abraded skin and mucous membranes. If administered internally, it acts as

carminative, antispasmodic, diaphoretic, ecboic, anti-suppurative, emmenagogue and aphrodisiac. In Tibetan medicine, the plant (*C. wightii*) mixed with other herbs for skin diseases, anaemia, oedema, salivation and heaviness of stomach. In the lotion form, it is used for ulcers, gargling form for dental caries, spongy gums, tonsillitis, sore throat and other related conditions. Fumes from burning guggulu are recommended for fever, nasal catarrh, laryngitis, bronchitis, phthisis etc. The gum resin is also used in the treatment of rheumatism, neurological disorders, obesity and related disorders, scrofula, syphilis, skin and urinary disorders.<sup>9</sup>

#### **GUGGULU AS PER AYURVEDA**

In Ayurvedic literature apart from *Bṛhatrayī* and *Laghutrayī*, *Guggulu* has several references in various other *Saṁhitā* too.

Apart from *Bṛhatrayī* and *Laghutrayī*, *Guggulu* has several references in various other Ayurvedic classical texts viz., *Nighaṅṭu*, etc.

#### **SAMHITĀKĀLA**

##### **CARAKASAMHITĀ**

*Acārya Caraka* has mentioned the *guggulu* at various places in *Carakasamhitā* for the treatment of different clinical conditions. He has mentioned *guggulu* under *sajñāsthāpana mahākaṣāya* (consciousness restoring)<sup>10</sup> and under *kaṣāyavarga* (astringent group).<sup>11</sup> It has also been taken under the group of drugs which are used in paste form along with *gopitta* (*gorocana*) and mustard oil for the treatment of various skin diseases like *kṛcchrasādhya kuṣṭha* (chronic leprosy), *kilāsa* (leukoderma), *indralupta* (alopecia), *kiṭibha* (a type of skin disease), *dadru* (ring worm), *pāmā* (scabies) and other diseases like *bhagandara* (fistula in ano), *arśa* (piles), *apaci* (cervical adenitis) etc.<sup>12</sup> *Guggulu* along with other drugs is used for *Dhūpana* (fumigation) to disinfect the cloths, bed, bed sheets etc. of the infants.<sup>13</sup> It has been instructed to use this drug keeping the patient only on milk for the treatment of *Udararoga*.<sup>14</sup> Medicated smoke of *guggulu* along with some other drugs is indicated for the pacification of residual *kaphadoṣa* after the application of *Vamana* therapy in the treatment of *hikkā* (hiccough) and *śvāsa* (bronchial asthma).<sup>15</sup> *Guggulu* is also mentioned for eradication of harmful external/cloth insects like lice.<sup>16</sup> The drug is also beneficial for treatment of inflammation<sup>17</sup> and used for ulcers /wounds healing.<sup>18</sup> Besides this, powder of *guggulu* along with other drugs is used for *pradhamana nasya* (nasal instillation) in the treatment of *pīnasa* (chronic sinusitis).<sup>19</sup> It is also indicated for curing the *Urustambha*<sup>20</sup> and *picchila yonivyāpad* (a type of vaginal disorder)<sup>21</sup>

##### **SUŚRUTASAMHITĀ**

*Guggulu* has been mentioned in *Elādi* group<sup>22</sup> and *kaṭuka* group (group of bitter drugs).

*Elādigaṇa* is *Vātakaphasāmaka* and along with its other uses it is also used to treat itching, boils and urticaria. It also helps in enhancing the body complexion.<sup>23</sup> This classical text of Surgery prescribed guggulu for the treatment of *medoroga* (obesity), *Vātavvyādhi*, *Hṛdayaroga*, *Aruci*, *Gulma* and also as a pain killer in *Vraṇacikitsā* etc. He has also explained its use as *tikṣṇa dhupana* to restore consciousness.<sup>24</sup> *Suśruta* has enlightened the patho-physiology of obesity and its potential treatment by using *guggulu*.<sup>25</sup>

#### **AṢṬĀNGAHRDAYA**

*Acārya Vāgbhaṭa* has mentioned *Guggulu* in *Elādi* group.<sup>26</sup> It has also been advised for the treatment of *Medoroga* (obesity) as well as other diseases like *Śvāsa* (dyspnoea),<sup>27</sup> *Aśmarī* (urinary calculi),<sup>28</sup> *Vidrādhī* (abscess),<sup>29</sup> *Gulma* (abdominal tumour),<sup>30</sup> *Udara* (abdominal disorders),<sup>31</sup> *Śopha* (oedema),<sup>32</sup> *Kuṣṭha* (Skin diseases),<sup>33</sup> *Vātavvyādhi* (disorders of nervous system)<sup>34</sup> and *Vātarakta* (Gout)<sup>35</sup>.

#### **HĀRĪTASAMHITĀ**

A complete section is credited to *Guggulu* as '*Guggulukalpā*' in this Samhitā.<sup>36</sup> Habitat of *Guggulu* is mentioned as *Jāṅgalapradeśa*. Its characteristic colour is mentioned as dark red colour and compared it with the colour of buffalo eye. *Kaṭuvipāka*, *Snigdha* in nature, *Dhātuvardhaka* and *Āyuhitakara* properties have been specifically mentioned. It can be used in combination with other drugs for the management of various disorders. It is suggested that the decoction must be stored in earthen utensil or utensils made of gold, silver & glass. Certain restrictions and dietetic guidelines while using *Guggulu* were also explained in *Hārītasamhitā* viz., use of soup made from *mudga* (Green gram) and from the meat of wild birds & animals, Shali variety of rice with milk after digestion of *Guggulu*.

#### **MEDEVIAL PERIOD**

##### **VANĀGASENASAMHITĀ**

Various new combinations of *Guggulu* preparations in the treatment of different diseases have been introduced in this treatise,<sup>37</sup> such as:

<b>Disease</b>	<b>Guggulu Preparation</b>
<i>Arśa</i> (Hemorrhoids)	<i>Yogarājaguggulu</i> (Page No. 120)
<i>Vātavvyādhi</i> (Diseases due to <i>vāta</i> )	<i>Eraṇḍādīguggulu</i> (Page No. 275) <i>Trayodaśāṅgaguggulu</i> (Page No. 275) <i>Svayambhuguggulu</i> (Page No. 276)
<i>Gr̥dhrasī</i> (Sciatica)	<i>Pathyādīguggulu</i> (Page No. 301)
<i>Vātarakta</i> (Gout)	<i>Kaiśoraguggulu</i> (Page No. 313) <i>Simhanādaguggulu</i> (Page No. 314) <i>Divyasimhanādaguggulu</i> (Page No. 314)

<i>Medoroga</i> (Obesity)	<i>Daśāṅgaguggulu</i> (Page No. 318)
<i>Gaṇḍamālā</i> (Cervical lymphadenitis)	<i>Triphalādīguggulu</i> (Page No. 442)
<i>Āgantukavraṇa</i> (Wound)	<i>Gugguluvaṭaka</i> (Page No. 470) <i>Amritāguggulu</i> (Page No. 470)
<i>Bhagnaroga</i> (Fracture)	<i>Ābhāguggulu</i> (Page No. 477) <i>Lākṣādīguggulu</i> (Page No. 477)
<i>Nāḍivraṇa</i> (Pilonidal sinus)	<i>Saptāṅgaguggulu</i> (Page No. 481)
<i>Bhagandara</i> (Fistula-in-Ano)	<i>Navakārṣikaguggulu</i> (Page No. 484)

### ŚĀRṄGADHARASAMHITĀ

Method of preparation of many formulations containing *Guggulu* has been well described like *Punarnavādikvātha*,<sup>38</sup> *Paṭolādikvātha*,<sup>39</sup> *Guggulukvātha*,<sup>40</sup> *Candraprabhāvatī*,<sup>41</sup> *Bṛhanmañjiṣṭhādikvātha*,<sup>42</sup> *Yogarājaguggulu*,<sup>43</sup> *Kaiśoraguggulu*,<sup>44</sup> *Triphalāguggulu*,<sup>45</sup> *Triphalāmodaka*,<sup>46</sup> *Kāñcanāraguggulu*,<sup>47</sup> *Kāśīsādighṛta*.<sup>48</sup>

### NIGHAṆṬUKĀLA

All the *Nighaṇṭu* have given its description, synonyms and pharmacological properties viz., *rasa*, *guṇa*, *vīrya*, *vipāka* etc. Detailed description is found in *Bhāvaprakāśanighaṇṭu* and *Nighaṇṭuratanākara*.

### BHĀVAPRAKĀŚANIGHAṆṬU<sup>49</sup>

The author has explained tests for recognizing genuine *Guggulu*. He has described five types of *Guggulu*. The genuine *Guggulu* when put in luke warm water, turns the colour of the water into milky white. Purification of *Guggulu* is mentioned using the decoction of *Triphalā & Guḍūcī*. He also mentioned some restricted food and regimen during *Guggulu* intake viz., food articles having sour taste, sharp (*tīkṣṇa*) in nature and food leading to indigestion; excessive physical exertion (*śrama*), excessive exposure to sun (*ātapasevana*), intake of alcohol (*madyapāna*), etc. and to observe abstinence. It is further mentioned that, newly formed *Guggulu* causes *bṛmhaṇa* because of its bulk promoting activity and *vṛṣya* properties where as old *Guggulu* causes *Lekhana* due to the property of scraping of fatty tissues.

### KAIYADEVANIGHAṆṬU<sup>50</sup>

The author has explained the historical citations that Lord Viṣṇu has observed the group of gods suffering from lethargy. So he created *Amṛtārūpī Guggulu*, which can offer *Śarīravṛddhī* (physical energy) and *Vijayā* (Success in all deeds) to the gods. Five varieties of *Guggulu* - *Hiraṇya*, *Kumuda*, *Padmarāga*, *Mahānīla* and *Mahiṣākṣa* - are mentioned with characteristics. *Hiraṇya* has been described as the best variety for human-beings; *Kumuda* and *Padmarāga* are beneficial for horses while *Mahānīla* and *Mahiṣākṣa* are especially meant

for Elephants. He has explained the methods to assess the quality of guggulu and suggested that the best *Guggulu* melts easily on exposure to sun or burns entirely on fire. The different mode of action of new and old guggulu has been demarcated in this text also.

### **RĀJANIGHANṬU<sup>51</sup>**

The author has mentioned different synonyms based on its actions and properties which denotes the therapeutic potentials of the drug, viz., *Yavanadvīṣṭa*, *Bhavabhīṣṭa*, *Niśātaka*, *Jaṭala*, *Kālaniryāsa*, *Pura*, *Bhūtahara*, *Śivā*, *Sambhava*, *Durgā*, *Yataghna*, *Mahiṣākṣaka*, *Deveṣṭa*, *Marudeśya*, *Rakṣohā*, *Rūkṣa gandhaka*, *Divya* and *Mahiṣākṣa*.

### **NIGHANṬUĀDARŚA<sup>52</sup>**

Vaidya Bapalala author of *Nighanṭu Ādarśa* has explained the meaning of the different names given to *Guggulu* based on its activities. viz., *Kumbholukhala* - originates from *Kumbha* / *Ulukhala* like cavity; *Kauśika* - collected from *Kośa* of the tree; *Palāṅkaṣā* - helps in *lekhana* of *doṣa* and *meda*.

**Table No. 1: Compilation of properties of *Guggulu* mentioned in different *nighanṭu***

Name of <i>Nighanṭu Varga</i>	<i>Rasa</i>	<i>Guṇa</i>	<i>Vīrya</i>	<i>Vipāka</i>	<i>Karma</i>
<i>Nighanṭu Ādarśa</i>	<i>Guggulvādi varga</i>	<i>Kaṭu</i> , <i>Tikta</i>	<i>Kapha</i> - <i>vātahara</i> , <i>Rasāyana</i>	<i>Uṣṇa</i>	<i>Kaṭu</i>
<i>Bhāvaprakāśa nighanṭu</i>	<i>Karpūrādi varga</i>	<i>Tikta</i> , <i>Kaṣāya</i> , <i>Madhura</i> , <i>Kaṭu</i>	<i>Viśada</i>	<i>Uṣṇa</i>	<i>Kaṭu</i>
<i>Kaiyadeva nighanṭu</i>		<i>Niryāsa</i> : <i>Tikta</i> , <i>Kaṭu</i> , <i>Kaṣāya</i> , <i>Madhura</i>	<i>Rūkṣa</i> , <i>laghu</i> <i>sūkṣma</i> <i>Viśada</i> , <i>Snigdha</i>	<i>Uṣṇa</i>	<i>Kaṭu</i>
		<i>Guggulu</i> <i>Śāka</i> : <i>Madhura</i> <i>Kaṭu</i>	<i>Guru</i> <i>rūkṣa</i> , <i>Viṣṭambhī</i> , <i>Kapha</i> <i>vātahara</i> , <i>Sṛṣṭa</i> - <i>Viṇmūtra</i>	<i>Śīta</i>	<i>Sāraka</i> <i>Agnidīpaka</i> , <i>Kapha</i> - <i>vātahara</i> , <i>Śukra</i> - <i>vardhak</i> , <i>Balakāraka</i> <i>Rasāyana</i> , <i>sandhāna</i> - <i>kara</i> , <i>svarya</i> , <i>dhātu</i> - <i>vardhaka</i>
<i>Ṣoḍhala nighanṭu<sup>53</sup></i>	<i>Candanādi varga</i>	<i>Madhura</i> , <i>Kaṭu</i> ,	<i>Picchila</i> , <i>Viśada</i>		

		<i>Tikta,</i>	<i>Rasāyana</i>	
		<i>Kaṣāya</i>		
<i>Dhanvantari</i>	<i>Candanādi</i>	<i>Kaṭu,</i>	<i>Laghu,</i>	<i>Vātakapha-</i>
<i>nighanṭu</i> <sup>54</sup>	<i>varga</i>	<i>Tikta,</i>	<i>Sūkṣma</i>	<i>hara</i>
		<i>Kaṣāya</i>	<i>Rūkṣa</i>	<i>Svarya,</i>
			<i>Picchila</i>	<i>Kāntidāyaka</i>
<i>Rāja nighanṭu</i> <sup>55</sup>	<i>Candanādi</i>	<i>Kaṭu,</i>	<i>Kapha-</i>	<i>Uṣṇa</i>
	<i>varga</i>	<i>Tikta,</i>	<i>vātahara</i>	
			<i>Rasāyana</i>	

**THERAPEUTIC PROPERTIES<sup>56</sup>**

*Rasa* : *Kaṭu* (pungent), *Tikta* (bitter), *Kaṣāya* (astringent)

*Guna* : *Laghu* (light), *Sara* (Mobility), *Viśada* (Clear)

*Virya* : *Uṣṇa* (hot)

*Vipāka* : *Kaṭu* (Pungent)

*Doṣaghnatā* : *Vātakaphahara*

*Rogaghnatā* : *Āmavāta* (Rheumatism), *Kuṣṭha* (Skin Diseases), *Prameha* (Increase frequency & turbidity of urine), *Vātavayādhī* (Neurological diseases), *Granthī* (Cyst), *Śopha* (Oedema), *Gaṇḍamālā* (Cervical Lymphadenitis), *Medoroga* (Obesity), *Vraṇa* (Ulcer), *Apacī* (Chronic lymphadenopathy), *Aśmarī* (Calculus), *Piḍikā* (Carbuncle), *Śoṭha* (Inflammation), *Arśa* (Piles), *Kṛmi* (Helminthiasis)

*Karma* : *Balya* (Tonic), *Rasāyana* (Rejuvenation), *Varnya* (Complexion promotion), *Bhagnasandhānakṛt* (Fracture healing), *Medohara* (Anti-obesity), *Vṛṣya* (Aphrodisiac), *Svarya* (Beneficial for throat), *Dīpana* (Stomachics)

*Synonyms* : *Guggulu*, *Devadhūpa*, *Jaṭāyu*, *Kauśika*, *Purā*, *Mahiśākṣa*, *Palaṅkaśā*, *Ulūkhala*, *Kumbholūkhalaka*.

**PART USED:** Oleo Gum Resin (exudate)

**DOSE** : 2 - 4g

**IMPORTANT FORMULATIONS**

*Kāñcanāra Guggulu*, *Kaiśora Guggulu*, *Gokṣurādi Guggulu*, *Trayodaśāṅga Guggulu*, *Triphalā Guggulu*, *Mahā Yogarāj Guggulu*, *Yogarāj Guggulu*, *Lākṣā Guggulu*, *Vyoṣādi Guggulu*, *Vātāri Guggulu*, *Saptaviṃśatikā Guggulu*, *Simhanāda Guggulu*, *Candraprabhā Vatī*, *Śukramatrikā Vatī*, *Pañcatikta Guggulu Ghṛta*, *Pañcaguṇa Taila*, *Asthisandhānaka Lepa*, *Āmavātāri Rasa*, *Gaṇḍāmālākandana Rasa*, *Mehamudgara Rasa*, *Pañcāmṛta Guggulu*, *Punarnavā Guggulu*.

**MODERN LITERATURE<sup>57</sup>**

A small perennial tree or shrub with spinescent branches, 1.2 - 1.8m high. Leaves palmately trifoliate, the terminal leaflet biggest, margin crenate. Flowers brownish - red, in fascicles of 2-3; pedicels very short, Drupes red when ripe, 6-8 mm diam., ovoid, acute; epicarp 4 - valved; pyrenes ovate, acute, readily splitting into 2.

**DISTRIBUTION**

Found on the banks of the Ganges at Mayagunj, Bhagalpur, Bihar and Orissa, in arid rocky tracts of Rajasthan, Khandesh, Deccan, Bellary and Mysore. It is sometimes planted in hedges.

Botanical Name : *Commiphora wightii* (Arn.) Bhandari

Syn. *C. mukul* (Hk. Ex Stocks) Engl.

Family : Burseraceae

**VERNACULAR NAME AND CLASSICAL SYNONYMS<sup>58</sup>**

Eng. - Hill mango, Gum Guggul, Indian Bdellium. Hindi - Guggulu, Gogil, Guggul, Gugal, Mukul, Ranghan, Turb. Beng. - Guggulu, Gugal, Mukul, Ranghan, Turb. Guj. - Guggul, Gugal, Mukul, Ranghan, Turb. Kan. - Kandamamidi, Guggule, Guggala, Mal. - Itinnil. Mar. - Guggul, Guggala. Tam. - Kiluvai, Maishakshi, Gukkal, Guggulu. Tel. - Kandamamidi, Guggul, Maisakshi. Arab. - Moql, Moqle-arzagi, Moqle-arsaqi aflatana, Muqlul yahud. Pers. -Bajjahundana. Sing - Guggula, Ratadummula. Sind.- Gugaru. Unani - Afaletana, Mikal.

**CHEMICAL CONSTITUENTS**

Resin, gum, volatile oil, steroidal constituents viz., Z-guggulsterone, E-guggulsterone, Z-guggulsterol I-V, Volatile oil - myrcene, dimyrcene, polymyrcene, Sugars (sucrose, glucose & fructose), 20 - $\alpha$ - Hydroxy -4- pregnen -3- one, 20 -  $\beta$  - hydroxyl - 4 - pregnen -3- one, 16 $\beta$  - hydroxyl -4, 17 (20) Z - pregnadien -3- one and 16 $\alpha$  - hydroxyl -4- pregnen -3- one, diterpenoids: Cembrene A, mukulol, Aldobiouronic acid<sup>5</sup>, Sesamin, amino acids: cystine, histidine, lysine, arginine, aspartic acid, serine, glutamine acid, theonine, alanine, praline, tyrosine.

**Biological activity study<sup>59</sup>**

The oleoresin of *Guggulu* (*Commiphora mukul*) in the form of suspension in hot water at the dose of 2g/kg per oral, showed hypocholestreamic activity in Hypercholestreamic rabbits induced by feeding - (1) Hydrogenated groundnut oil (2) a combination of crystalline cholesterol and hydrogenated ground nut oil. Result showed decrease in Serum cholesterol levels and decline in body weight.



Gum resin showed antifertility and thyroid stimulating activities.

### Research studies

1. 51 patients (45 males and 6 females) suffering from hyper lipoproteinaemia were treated with *Guggulu* (Commiphora mukul) for a period of 75 weeks, showed significant decrease in total cholesterol and serum Triglycerides levels. Mild diarrhoea was reported in five patients<sup>60</sup>.
2. In a double blind cross over study with placebo carried out at Patiala on 60 obese subjects, crude guggulu gum (4 gm in three divided doses administered for 4 weeks) revealed a significant fall in serum total lipids, cholesterol, triglycerides and ß-lipo proteins, while no changes observed in these parameters with placebo.<sup>61</sup>
3. Clinical studies with *Śuñthī Guggulu* on rheumatoid arthritis on 63 patients showed much improvement in age group of 11-40 years.<sup>62</sup>
4. Significant anti-inflammatory and anti-arthritis effects of the oleogum resin was reported against carragenin induced rat paw edema, granuloma pouch as well as adjuvant arthritis.<sup>63</sup>

### Discussion and conclusion

The wide range of therapeutic indications of Guggulu makes it a unique drug in the Ayurvedic materia medica. It possesses strong bio-cleansing and rejuvenating power and its lipid regulating & immune-modulating properties are very beneficial in maintaining the health. Almost all Nighaṅṭus cover its description along with several synonyms, types, methods of purification, and dietetic guidelines during its administration. In the present article efforts are made to collect the information on the medico-historical importance of Guggulu and its therapeutic potentials on the basis of description available in various classical texts.

### References

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सारांश

## गुग्गुलु – एक चिकित्सीय-ऐतिहासिक समीक्षा

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गुग्गुलु बहु आयामी चिकित्सीय गुणों जैसे वेदनास्थापन, शोथहर, मेदोहर, व्रणशोधन, व्रणरोपण, जन्तुघ्न और अनेक अन्य गुणों के लिए आयुर्वेद में एक बहुत प्रतिष्ठित द्रव्य है। यह विभिन्न सन्धिगत और शोथहर अवस्थाओं, तन्निका-पेशीय वेदनाओं, लसीकाग्रन्थिशोथ और स्थौल्य की चिकित्सा के लिए सामान्यतया प्रयुक्त होता है। यह विभिन्न गुग्गुलुयोगों में वाहक या आधार-सामग्री के रूप में एवं विशेष रोगों की चिकित्सा के लिए अन्य औषधीय जड़ी-बूटियों के साथ संयोग में प्रयुक्त होता है। यह एक ४-६ फीट की लम्बाई को प्राप्त लघु, कोमिफोरा वैटी (अर्न.) वृक्ष से स्रवित होने वाला स्निग्ध गोंद राल है। यह पादप द्विरूपी, उभयलिंगी और रूक्ष और कठोर जलवायु (मरुभूमि) क्षेत्र में पाया जाता है। यह सामान्यतया पथरीली पहाड़ियों में देखा गया है।

गुग्गुलु के चिकित्सीय निर्देशों की विस्तृत सीमा इसे आयुर्वेदिक औषधशास्त्र की विलक्षण औषध बनाती है। यह सशक्त जैविक-शुद्धि और पुनर्नवीनीकरण शक्ति एवं इसके लिपिड-नियमन और प्रतिरक्षा-नियन्त्रण गुण स्वास्थ्य की रक्षा करने में बहुत लाभदायी है। लगभग सभी निघण्टु अनेक पर्यायों, प्रकार, शोधन पद्धतियों और इसका प्रयोग करते समय आहार-सम्बन्धी मार्गदर्शन के साथ इसके वर्णन का प्रतिपादन करते हैं। प्रस्तुत लेख में गुग्गुलु के चिकित्सीय-ऐतिहासिक महत्त्व पर सूचना एवं विभिन्न शास्त्रीय पुस्तकों में उपलब्ध वर्णन के आधार पर इसकी चिकित्सीय सम्भावनाओं को एकत्र करने का प्रयास किया गया है।