

## Critical Review on Amrita Guggulu

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### ABSTRACT

Guggulu is an oleogum resin that exudes from the bark of Commiphoramukul. Guggulu is one of the important drug in ayurveda which contain in many of the formulation due to its therapeutic value. Amritaguggulu is included under GugguluKalpana. Main ingredient of yoga is guduchi and guggulu, hence the name Amritaguggulu. This yoga mainly indicated for the disease vatarakta, amavata, nadvirana, kushta etc. The study was taken with the view to enlist the ingredients of Amritaguggulu from different classical text of ayurveda and critical analysis was done based on the properties of ingredients and their indication. A comprehensive review of Amritaguggulu from different ayurvedic text has been done. Most of the ingredient of Amrita guggulu having katu, tikta, Kashayarasa, Ushnaveerya and rasayanaproperty. Thus Amrita guggulu used in the management of Vatarakta, amavata, nadvirana etc.

**Keywords:** Amrita guggulu, GugguluKalpana

### I. INTRODUCTION

Guggulu is an oleogum resin which exudes out from the bark of commiforamukul belonging to Burseraceae family. In ayurveda it is used in various formulation for the treatment of various diseases such as arthritis, obesity and inflammatory conditions. As per Ayurveda books, Guggulu must be purified before adding into the formulation. Most of the formulation which possess anti inflammatory

properties which are using guggulu as chief ingredient.

Amrita guggulu is one among the formulation under gugguluKalpana, which contain Guduchi and Guggulu as major ingredient. References of Amrita guggulu seen in classical ayurveda text book like Bhavaprakasha[1], Sahasrayoga[2], Bhaishajyaratna vali[3], Cakradatta[4], Yogaratnakara[5]. They explained this formulation under different disease condition

like Vatarakta, sthoulya, Vrana etc. Ingredients in the Amrita guggulu. Ingredients in the Amrita guggulu possess the properties like deepana, pachana and anti inflammatory properties. So it is useful in the disease condition like agnimandhya, vatarakta, amavata.

### Aims & Objectives

- To enlist the ingredients of Amrita guggulu from different classical Ayurveda
- To enlist the indications of Amrita guggulu from different classical text of Ayurveda
- To critically analyse the properties of the ingredients of Amrita guggulu

### II. METHODOLOGY

A comprehensive review of Amrita guggulu with its ingredients and indications from Ayurvedic classical texts, journals, contemporary text, internet material has been done.

Table 2: Ingredients of Amrita guggulu according to different authors

Name of the drug	BP	SY	BP II	BR	CD	YR
Guduchi	+	+	+	+	+	+
Shundi	+	+	+	+	+	+
Maricha	+	+	-	+	+	+
Pippali	+	+	+	+	+	+
Hareetaki	+	+	+	+	+	+
Vibheetaki	+	+	+	+	+	+
Amalaki	+	+	+	+	+	+
Vidanga	+	+	+	+	+	+

Danti	+	+	+	+	+	+
Trivrit	+	+	+	+	+	+
Guggulu	+	+	+	+	+	+
Punarnava	-	-	+	-	-	-
Chitraka	-	-	+	-	-	-
Ela	-	-	-	+	+	-
Kutaja	-	-	-	+	+	-
Patola	-	-	-	-	-	+

BP – Bhavaprakasha,SY- Sahasrayoga,BR-Bhaishajyaratnavali,CD-Cakradatta

YR-yogaratnakara

Rasapanchakaof individual drugs of Amrita guggulu

Table 2:Therapeutic Indication of Amrita guggulu according to different authors

Indication	BP	SY	BR	CD
Vatarakta	+	+	-	+
Kushta	+	+	-	-
Agnisadha	+	+	-	-
Gudajavikara	+	+	-	-
Dushtavrana	+	+	-	-
Prameha	+	+	-	-
Amavata	+	+	-	-
Nadivrana	+	+	-	-
Swayathu	+	+	-	+
Sthoulya	-	-	+	-
Pidaka	-	-	+	-
Bhaganthara	-	-	+	-
Vrana	-	-	-	+
Gulma	-	-	-	+
Udara	-	-	-	+

Table 3: Rasapanchaka of individual component of Amrita guggulu

Drugs	Rasa	Guna	Veerya	Vipaka	Karma
Guduchi	Tikta, Katu	Snigdha,guru	Ushna	Madhura	Tridosahara
Guggulu	Kashaya,Katu,Tikta	Ruksha,laghu,Sukshm Sara,Visada	Ushna	Katu	Kaphavatahara
Shundi	Katu	Ruksa,Snigdha,Tikshna	Ushna	Madhura	Kaphavatahara
Maricha	Katu,Tikta	Laghu,ruksha,tikshna	Ushna	Katu	Kaphavatahara
Pippali	Katu	Tikshna, Laghu, Snigdha	Anushna	Madhura	Kaphavatahara
Haritaki	Kashayapradhanapancharasa	Ruksa, Laghu	Ushna	Madhura	Tridosahara
Amalaki	Amlapradhanapancharasa	Ruksa, Sara	Sita	Madhura	Tridosahara
Vibhitaki	Kashaya	Ruksa, Laghu	Ushna	Madhura	Kaphapitta hara
Vidangam	Katu, Tikta	Laghu, Ruksa, Tikshna	Ushna	Katu	Vatakaphahara
Danti	Katu	Tikshna,sara,guru	Ushna	Katu	Kaphavatahara
Trivrit	Madura,Katu,Tikta,Kashaya	Ruksha,Laghu,Tikshna	Ushna	Katu	Kaphapitta hara

### III. DISCUSSION

Guduchi and guggulu are the main ingredients in Amritaguggulu. Most of the references contain guduchi,shundi.maricha,triphalaguggulu as

common ingredient in Amritaguggulu. Bhaishajyaratnavali has added ela,kutaja and omitted punarnava,chitrakaYogaratnakara has added patola as extra ingredient and omitted

punarnava, chitaka, ela, kutaja. Bhavaprakasha mentioned two types of Amritaguggulu. First formulation contain Guduchi, Shundi, Maricha, pippali, hareetaki, vibheeta ki, amalaki, vidanga danti, trivrt, guggulusameas that of second formulation except punarnava, chitraka. Bhavaprakasha and sahasrayogam mentioned similar yoga.

Reference of Amrita gugguluseenin Bhavaprakasha Vataraktadhikara, Bhaishyaratnavali Medorogachikita, Cakradatta Sthoulychikita, Yogaratnakara Vranashodhadhikara respectively. Amritaguggulu mentioned by Bhaishyaratnavali and Cakradatta mainly indicated for bhaganthara, pidaka, sthoylya. Yogaratnakaramentioned Amrita guggulu in the conditions like Vatarakta, sophia, gulma, udara, vrana.

Based on the properties of various ingredients present in Amrita guggulu, most of the drug possess katurasa, lakhu, rukshaguna. Danti and guggulu possess saraguna

and ushnavirya. Guduchi, shundi, pippali have Madhuravipaka. Guggulu, danti, trivrt possess katuvipaka. Generally the formulation is kaphavatasamana.

Guduchi, guggulu, maricha, pippali, trivrt possess anti inflammatory activity and pippali and haritaki shows anti arthritic activity. Trivrt has analgesic activity, maricha and haritaki shows antispasmodic activity. So the yoga possess anti arthritic [6], anti inflammatory anti oxidant [7] and analgesic [8] properties. Hence Amritaguggulu can be given in the condition of shophia and vedana present in Vatarakta. Because the yoga possess shamanaproperty, Guggulu has the properties of anabhisandhi and snigdha and srotoshodhana. So it can be considered as a best drug for obesity, Rukshana properties of drug like triphala, danti, vidanga reduces kaphadosha and medas. Hence the yoga possess shamanaproperty. Care should be taken while using this yoga as it contain danti and trivit which has rechana property.

#### IV. CONCLUSION

Amrita guggulu mentioned in different ayurveda text books. Based on the properties of various ingredients present in Amritaguggulu, most of the drug possess katurasa, lakhu, rukshaguna. Danti and guggulu possess saraguna and

ushnavirya. Guduchi, shundi, pippali have Madhuravipaka. Guggulu, danti, trivrt possess katuvipaka. Generally the formulation is kaphavatasamana.

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