



# International Journal of Indian Medicine

[www.ijim.co.in](http://www.ijim.co.in)

ISSN: 2582-7634

Volume 2, Issue-7



# IJIM

INDEXED

JULY 2021



# International Journal of Indian Medicine

Access the article  
online



## Guggul: an Ayurveda drug, Scientific appraisal and Clinical uses.

Zade LR<sup>1</sup>, Gautam H S<sup>2</sup>, Thote V V<sup>3</sup>,

1. Associate Professor ( Reader), Dept of Dravyagun Vignyan
2. Associate Professor (Reader) Dept of Shalakya Tantra
3. Associate Professor ( Reader ) Dept of Swasthavritta and Yoga  
M. S. Ayurved College and Hospital, Gondia ( Maharashtra),India.

### Abstract:

All of the Rasausadhi formulations mentioned in Ayurveda play a significant role in the treatment of human ailments. Diseases have evolved to harm life since the beginning of time. Many formulations in Ayurveda have been described, ranging from basic churna of herbal medications to complicated medicine like , pottalli rasayan, kupipakwa rasayan, Sindoor and Bhasma etc. Aushadhi Kalpana is the name given to all of them. In Rasshastra and Bhaishajyakalpana, a very important component known as "Guggul" is used in a variety of formulations. Guggulu has been a well-known medication of the Indigenous System of Medicine since the Vedic period. It is the main ingredient among most of Ayurvedic formulations. The guggul belongs to the family Burseraceae, and it is mainly found in the dry regions of the Indian subcontinent mainly India, Pakistan and Bangladesh. In Atharvaveda it is mentioned that Yakshma and other diseases will not spread to the areas fumigated by Guggulu.

**Keywords:** Guggulu, Sindoor, Bhasma, Aushadhi Kalpana

### Corresponding Author:

**Dr. Leena Zade**

M. S. Ayurved College and Hospital, Gondia ( Maharashtra)

Maharashtra, India

Mobile no.: 99609 45342

Email: drleenawanjari@gmail.com



**How to cite this article.** Zade LR , Gautam H S, Thote V V. Guggul: an Ayurveda drug, Scientific appraisal and Clinical uses. Int. J Ind. Med. 2021;2(7):21-26

**Introduction:**

Ayurveda, the science of life, has been practised by Aryans since the Vedic time to protect life. Since the Vedic time, Guggulu has been a well-known Indigenous System of Medicine treatment. In most Ayurvedic formulations, it is the most important element. The guggul tree is a member of the Burseraceae family that grows in the dry regions of the Indian subcontinent, primarily India, Pakistan, and Bangladesh. Guggulu consists of exudate of *Commiphora wightii* (Arn.) Bhand, Syn. *Balsamodendron mukul* Hook. ex Stocks *Commiphora mukul* Engl.), (Fam. Burseraceae), a small perennial tree or shrub upto 1.2-1.8 m high, occurring in rocky tracts of Rajasthan, Gujarat, exudate is collected during winter season by making the incisions in the bark or in summer, falling from the bark itself.

**Synonyms:**

Sanskrit : Pura, Mahishaksha, Kaushika, Palankash  
 Assamese : Guggul  
 Bengali : Guggula  
 English : Gum-gugul, Indian Bdellium  
 Gujrati : Gugal, Guggal, Gugar  
 Hindi : Guggul  
 Kannada : Kanthagana, Guggala, Mahishaksha guggulu,  
 Kashmiri : Guggul Dhoop, Kanth Gan  
 Malayalam : Gulgulu, Guggulu  
 Marathi : Guggul, Mahishaksh  
 Oriya : Guggulu  
 Punjabi : Guggal

Tamil : Mahisaksi Guggalu

Telugu: Makishakshi guggulu, Guggipannu

Urdu : Muqil (Shihappu)

**Classifications of Gana by different Acharya:**

Sushruta: Eladi, Kaphasmari bhedan

Charak :Sangyasthapana, Kashaya kandha

Ashtanga Sangraha: Eladi

Harita Samhita : Rasayan

Dhanvantari Nighantu : Chandanadi

Bhavaprakasha Nighantu: Karpooradi

**Types of Guggul:**

Bhavaprakasha has prescribed five types of Guggulu on the basis of color –These are-

Guggul	Color
A. Mahishaksha :	Bhringa or Anjana.
B. Mahaneel	extremely blue in color
C. Kumuda	Kumuda flower
D. Padma	Dark red like ruby color
E. Hiranya	Gold color

However, each type of variety has been prescribed for specifically in human and animals. The Kanaka type has been told best of all and prescribed to use as Medicine in human beings. Mahishaksha can be used as medicine in humans, Mahaneel and Mahishaksha have been told to be useful in elephants and Kumuda and Padma has been said to be useful in horse.

**Ayurvedic Preparations of Guggulu:**

1. Triphala guggulu,
2. Mahayogaraj guggulu
3. Simhanada guggulu
4. Yogaraj guggulu
5. Gokshuradi guggulu,

6. Kanchanara guggulu,
7. Amritadi guggulu
8. Kaishora guggulu,
9. Lakshadi guggulu, ,
10. Navaka guggulu,
11. Dashang Guggul

#### Clinical Uses of Guggul :

There are ample references to Guggul and its medicinal properties in 'Sushruta Samahita', which describes the use of Guggul for a wide variety of conditions. In the treatment of arteriosclerosis, it is useful in reducing existing plaque in arteries. Guggul is the best among herbs that are used for obesity and Vata disorders. (Charaka Samhita, Sutra Section, Ch. 25). There are abundant references to Guggul and its medicinal properties in 'Sushruta Samahita', the classical ancient treatise on Ayurvedic medicine, which describes the use of Guggul for a wide variety of conditions the utility of usefulness of Guggulu in the treatment of obesity and other complications (Su. 15/32). Some of these are rheumatism, obesity, and atherosclerosis. In the treatment of arteriosclerosis, it is useful in reducing existing plaque in arteries. "Guggul is the best among herbs that are used for obesity and Vata disorders." (Charaka Samhita, Sutra Section, Ch. 25)

Acharya Charaka included Guggulu in "Sangya Sthapana Maha Kashaya" (Su. 4/48) and in "Kashaya Skandha" (Vi.8/144). It is used in many diseases like Urustambha, Vatarakta etc. and also used as a fumigating agent in various disorders.

Acharya Sushruta has described Guggulu in the list of seven most important drugs for the treatment of Sthaulya (Su. 15/32). He has prescribed Guggulu with Go-mutra in condition of vitiated vata with Medodhatu dominated Kapha dosha (Chi. 5/35). The drug is also mentioned as highly effective in the treatment of Vrana as a fumigating agent (Su. 5/10-12), Kushtha (Chi. 9/6), Vidradhi (Chi.17/32), Pratisaranartha (Chi. 22/5), Shotha (Chi. 23/12), Gulma (Utt. 42/63). Many formulations of Guggulu have been mentioned in Sharangadhara Samhita. However, in Vati kalpadhyaya, Guggulu has been suggested specifically for the vati preparation, because it facilitates the binding capacity.

**Chemical Composition:** Guggul contains resin, volatile oils, and gum. The extract isolates ketonic steroid compounds known as guggulsterones. From the gum-resin, cholesterol, sesamin, essential oil containing steroidal ketones, alcohols and aliphatic trials, few other steroids were reported. The structure elucidation of steroidal constituents viz, E – Guggulsterone, Z-Guggulsterone, three new sterols Guggulsterols-I,II and III have been established along with partial synthesis of Guggulsterol II from diosgenin. A Guggulustrone, Guggulsterol-I,II and III, diterpene alcohol were isolated from the gum resin.

#### Discussion:

Guggul resin is produced more abundantly and is stronger in potency during the season of autumn; hence, Ayurveda states that guggul resin must be collected in autumn. Different selections

of guggul resin have different therapeutic actions based on the age of the Guggulu. Freshly collected Guggulu has a Brumhana (weight increasing) quality, where as Purana guggul (guggul which is at least one year old) has an Atilekhana (weight reducing) quality. Guggul has to be purified in cow's milk in order to remove toxic substances and concentrate the guggulu easily absorbable. Ayurveda specifies Shodhana (purification) as one of the important procedures before oral administration of guggul. Guggul produces a resinous sap known as gum Guggul. The extract of this gum, called gugulipid or guglipid, has been used in Ayurvedic medicine abundantly. As per Ayurveda it is never administering Guggulu as a single drug, it has to be given along with other herbs in compounds such as Triphala Guggul, Yogaraja Guggul Kaishor Guggul, Trayodashanga Guggul etc. The administration of Guggulu with other herbs has the effect of purging Ama (Toxic substance) from the body. Guggulu should be avoided along with foods that are sour or bitter in taste, alcohol, excessive exercise, physical and mental strain. Guggul was used traditionally for the treatment various disorders.

**Conclusion:**

Guggulu is a multi-purpose drug and because of its therapeutic properties, further evidence required to establish its pharmacodynamic action. Guggulu isolated from Commiphora have enormous therapeutic potential against several diseases and it has been well established among various clinical studies.

**REFERENCES:**

1. Satyavati GV. Gum guggul (Commiphora mukul)—The success of an ancient insight leading to a modern discovery. *Indian J Med* 1988;87:327–35.
2. Nityanand S, Kapoor NK. Hypocholesterolemic effect of Commiphora mukul resin (Guggal). *Indian J Exp Biol* 1971;9:367–77.
3. Singh K, Chander R, Kapoor NK. Guggulsterone, a potent hypolipidaemic, prevents oxidation of low density lipoprotein. *Phytother Res* 1997;11:291–4.
4. Mester L, Mester M, Nityanand S. Inhibition of platelet aggregation by guggulu steroids. *Planta Med* 1979;37:367–9.
5. Prof. Priya Vrat Sharma, Classical Uses of Medicinal Plants, Chaukhambha Visvabharati, Varanasi; 127
6. Dr. Bulusu Sitaram, Bhavaprakasha of Bhavmishra Vol. 1, Chaukhambha Orientalia, Varanasi; 203.
7. Prof. Priya Vrat Sharma, Priya Nighantu, Chaukhamba Surbharati Prakashan, Varanasi; 20. Bhaishajya Ratnavali - Edited by Motilal Banarasidas, Delhi, 1976.

8. Satyavati GV.: The commiphora mukul-  
The success of an ancient insight  
leading to modern discovery/Indian j.  
of med.1988:87,327-35.
9. Nityanadan S et al.Hypocholesteromic  
effect of commiphora mukul  
resin(Guggul).indian journal of exp.  
Biology,1971,9: 367-377.
10. Singh k and et al.Guggulsteron, a  
potent hypolepidemic, prevent  
oxidations of low density  
lipoprotein.Phytother1997:11,291-294
11. Dr. Anna Moreswara Kunte and Krisna  
Ramchandra Shastri Navare, Astang  
Hridayam of Vagbhata, edited by  
Bhishagacharaya Harishastri  
Paradakara Vaidya, Chaukhamba  
Orientalia, Varanasi, 2005; 733.
12. Sushruta Samhita of Maharshi-  
Sushruta Part-1, edited with Ayurveda-  
Tattva-Sandipika, commentary by  
Kaviraja Ambikadutta Shastri,  
Chaukhambha Sanskrit Sansthan,  
Varanasi, 2007; 78
13. D.C. Singh, Srishti Dhyani, Gagandeep  
Kaur. A Critical Review on Guggulu  
[Commiphora Wightii (Arn.) Bhand.] &  
its Miraculous Medicinal Uses. Int. J.  
Ayur. Pharma Research. 2015;3(1):1-9.