



AYURVEDA SIGNIFICANCE, PHARMACOKINETICS AND PHARMACOLOGICAL ASPECTS OF KAISHORE GUGGULU & SIMHANADA GUGGULU

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ABSTRACT

Ayurveda science mentioned various classical formulations in ancient texts, these classical formulations used for different therapeutic purposes. Kaishore guggulu is one such poly-herbal formulation which offers beneficial effects in many diseases especially diseases of joints and muscles. Kaishore guggulu helps to relieve Pitta aggravation, acts as detoxifying agents, offer rejuvenating effect, boost musculoskeletal system and cure gout. Guduchi, Trikatu and Triphala are major drugs of formulation combined with Guggulu. These all ingredients help to relieve morbid Pitta from tissues. Kaishore guggulu provides strength to joints and muscles tissue thus facilitates movements and provides symptomatic relief in joint disorders. It removes toxins from the blood therefore cure metabolic disorders. Simhanada Guggulu is another Ayurveda formulation which gained prime attention from ancient Ayurveda philosopher for its therapeutic values. It gives good health effects in rheumatoid arthritis and gout. It pacifies Vata thus used for joint pains, stiffness and inflammation. Considering therapeutic importance of Guggulu present article summarizes ayurveda significance of Kaishore guggulu & Simhanada Guggulu.

KEYWORDS: Ayurveda, Kaishore guggulu, Commiphoramukul, Simhanada Guggulu.

INTRODUCTION

Kaishore guggulu is one of the important Ayurveda formulation which mainly employed to removes accumulated *Pitta*, clears uric acid from the joints and therefore helps in gout and arthritis. *Kaishore guggulu* acts as skin promoter; blood cleanser thus purifies *Raktadushti* and cure diseases like *Vatarakta*. The major health effects of *Kaishore guggulu* depicted in **Figure 1**.

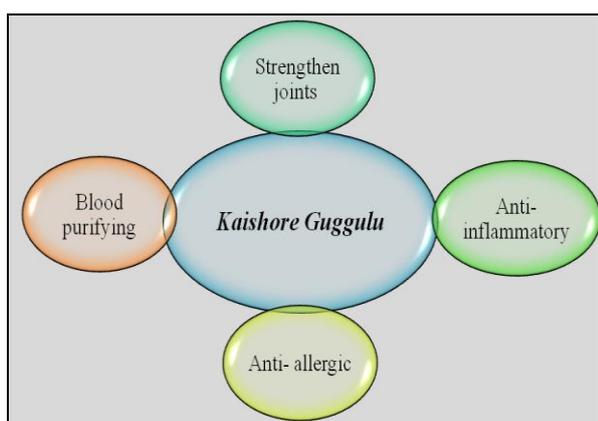


Figure 1: Therapeutic values of *Kaishore guggulu*.

Method of Preparation

The main components of formulations are *Haritaki*, *Vibhitaki*, *Amalaki*, *Guduchi*, *Maricha*, *Shunthi*, *Pippali*, *Vidang*, *Danti*, *Trivrita*, *Ghrita* and *Guggulu*. *Kaishore guggulu* is prepared by using *Triphala* and *Giloy* decoction, crushed form of *Tinospora cordifolia* along with *Triphala* soaked overnight into water. Water boiled in next morning and evaporated up to one fourth of total volume. After concentrating decoction o filtered and *Guggulu* added to this filtrate. Mixture heated slowly and other ingredients added, mixture is pounded for some time after adding castor oil or *Ghee*.

Recommended Dose

Kaishore guggulu can be taken 2-4 tablets daily after meal with hot water or milk or *Manjishyadi kwath*.

***Kaishore guggulu* offers therapeutic benefits due to the following Ayurveda properties:**

- *Rasa*: Bitter & Astringent
- *Virya*: Hot
- *Vipaka*: Neutral
- *Doshas*: Balances *Doshas* mainly *Pitta*

Biological effects or effects on biological components

- *Kaishore guggulu* pacifies *Pitta & Rakta*.
- *Kaishore guggulu* excellent for uric acid removal.
- Cures lymphatic congestion and relieves stiffness of shoulders & neck.
- Relives *Rakta* aggravation mediate by *Vata*

Therapeutic benefits of *Kaishore guggulu*

- *Kaishore guggulu* prevents aging and maintains youthfulness.
- *Vata-rakta* provides therapeutic benefits in gouty arthritis.
- Analgesic and anti-inflammatory effects cure symptoms of joint disorders.
- Antibacterial & anti-allergic effects treat infections and skin diseases respectively.
- Used to treat obesity and hyperlipidemia.

Pharmacokinetics and Pharmacological Aspects

The *Laghu*, *Teekshna*, *Snigha* & *Sukshma Guna* of formulation helps in transportation of ingredients through minute channels thus drug reaches to the site of action immediately. *Tikta*, *Katu* & *Kashaya Rasa* and hot potency help to break & disintegrate morbid *Dosha* and *Katu-Vipak* facilitate removal of toxins and aggravated *Doshas* thus provides detoxification action. The preparation of *Kaishore guggulu* involves pounding of mixture in final stage; this process reduces particle size and enhances bioavailability of particles and improves absorption of drug.

As per ancient literatures of Ayurveda *Kaishore guggulu* is considered as drug of choice in *Vatarakta* since it greatly helps to correct purine metabolism and control production of uric acid. It enhances process of eliminating uric acid through urine excretion. It offers symptomatic relief due to the anti-inflammatory properties of *Guggulu*, *Guduchi* and *Shunthi*. Pacifies synovial fluids and membrane thus cures joints degradation. *Amalaki* relieves *Toda* and *Sandhi Shula* along with other analgesic ingredients of formulation. *Haritaki* and *Guduchi* controls acute flares associated with *Vatarakta*. Immunomodulatory drugs like; *Danti* and *Pippali* reduce pathological progression of symptoms of *Vatarakta*.

Kaishore guggulu recommended in gangrene which is considered as *Kotha* under *Dushta Vrana* due to the pathogenesis of *Margavarana Dhatu Kshaya*. The imbalances of *Tridoshas* leads *Margavarana* and mainly *Pitta* and *Kapha* get vitiated in such types of pathological conditions. *Kaishore guggulu* not only balances *Pitta* and *Kapha* but also boost functioning of *Srotas*. *Guduchi*, *Triphala*, *Trikatu* and *Guggulu* impart detoxifying effect thus clears obstruction of minute channels. The rejuvenating effect vitalizes functioning of *Rasa Dhatu* by purifying blood. The nourishment effects of *Kaishore guggulu* helps in *Dhatu Kshaya* associated with degenerative condition in gangrene.

The formulation possesses *Tikta Rasa*, *Laghu Guna*, *Ushna Virya* and *Katu Vipaka*. These properties responsible for following effects of *Kaishore guggulu*:

- *Brimhana*
- *Kaphavatahara*
- *Pittala*
- *Vrishya*
- *Lekhana*
- *Deepana*
- *Balya*

The above mentioned properties of *Kaishore guggulu* provides health benefits in conditions like; *Sthaulya*, *Vata Vyadhi*, *Amavata*, *Vidradhi*, *Udara Roga*, *Vatarakta*, *Shoph* and *Vrana*, etc.

Caution related to the use of *Kaishore guggulu*

- Care to be taken while prescribing for Thyroid patient
- Liver problems need physician consultation before taking *Gugglu*
- Should not be given to pregnant woman
- Children/elderly or severely diseased or emaciated person needs special care while taking *Gugglu*.

Simhanada Guggulu

Simhanada Guggulu is important Ayurveda formulation mainly employed for pain, swelling and stiffness in joint. It helpful in skin diseases and disorders of *Vata* vitiation, it also offers purgative action thus facilitate detoxification of toxins. It posses antitoxin nature, antifungal property, it has anti-pruritic action, demulcent property, acts as laxative and potent nervine stimulant. The therapeutic value of *Simhanada Guggulu* depicted in **Figure 2**.

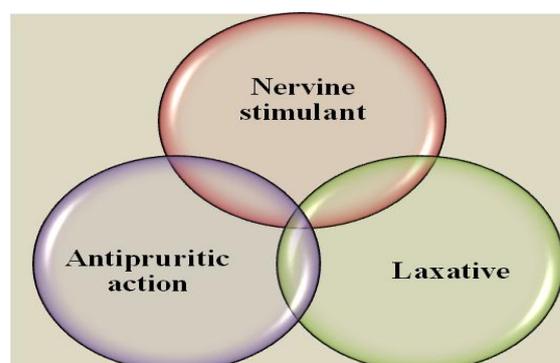


Figure 2: *Simhanada Guggulu* Therapeutic Value.

Recommended Dose

1 – 2 tablets daily after meal (250/500 mg)

Method of Preparation

The major components of formulation are follows:

- ❖ *Haritaki*
- ❖ *Vibitaki*
- ❖ *Amalaki*
- ❖ *Saugandhika*
- ❖ *Kaushika*
- ❖ *Chitrataila*

Decoction of *Triphala* heated with castor oil, *Gandhaka* and *Guggulu* added after purification and stirred continuously to get semisolid consistency. These semisolid past can be rolled into pills & dried before packing.

Simhanada Guggulu offers therapeutic benefits due to the following Ayurveda properties

- *Rasa: Katu-Tikta*
- *Virya: Ushna*
- *Vipaka: Katu or Madhur*
- *Doshas: Vata-Kapha-Shamaka*

Biological effects or effects on biological components

- Pacifies *Vata-Kapha*.
- Acts as enzyme stimulant.
- Enhances *Agni*
- Acts as diuretic

Therapeutic benefits of Simhanada Guggulu

- Acts as biotoxin neutralizer.
- *Vedanasthapaka* and *Jwaraghna* effects relieve severity of *Amavata*.
- *Rasayana* effects provide rejuvenation and vitality.
- *Guggulu* relieve pain
- *Eranda* reduces dryness of *Vata*
- *Triphala* and *Shuddha Gandhak* facilitate detoxification and boost appetite thus regularizes metabolism.

Pharmacokinetics and Pharmacological Aspects

The *Tikta & Katu Rasa* and *Ushna Virya* disintegrate toxins and facilitate their elimination from body. *Amalaki* relieves pain especially joint inflammation, *Haritaki* controls fever associated with *Vatarakta* and rejuvenating effect boosts functioning of organs. The *Dosha Karma* effect pacifies *Tridosha*; *Vata & Pitta* thus helps in inflammatory and digestive problems. Its effect on *Dhatu* potentiates *Rasa* and *Asthi Dhatu* thus provides therapeutic relief in joint problems and maintains circulatory process of body. The *Laghu Guna* helps to reaches through minute channels and improves physiological functioning of muscular tissue. The nourishing effect maintains skin texture and prevents disorders related to the skin dryness. The *Katu-Tikta Rasa*, *Ushna Virya* and *Katu or Madhur Vipaka* offers therapeutic benefits in *Pangu*, *Shwasa*, *Vatarakta*, *Kusta*, *Shula*, *Avarana* and *Amavata*.

Precaution or Side Effects

It posses significant therapeutic properties but due to its purgation action it is suggested to use with caution in case of intestinal problems. Over dosing may cause diarrhea and restlessness also observed at high dose.

CONCLUSION

Kaishore guggulu is classical Ayurveda formulation which has been considered as prime ayurveda formulations amongst many others due to its enormous

therapeutic benefits. The formulation mainly offers anti-allergic, antibacterial, anti-inflammatory, analgesic and blood purifying properties. These properties impart therapeutic values in *Kaishore guggulu* towards many pathological conditions including; gout, fibromylegia, back pain, skin diseases, obesity and early ageing. This formulation restores youthfulness through its rejuvenating and vitalizing effects. Antibacterial effects boost immunity against microbial infection & anti-allergic effects helps in allergic manifestation especially related to the skin. Itact as natural blood cleanser thus facilitates detoxification process of body and provide strength to the joint and muscles. Another formulation *Simhanada Guggulu* make is drug of choice in joint disorders like; rheumatoid arthritis. This formulation removes toxin and subsides joint inflammation. It improves flexibility of joint and provides strength to bones.

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