



REVIEW ON THE SPECTRUM OF ACTION - SAPTAVIMSHATI GUGGULU

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ABSTRACT

Saptavimshati Guggulu is a relatively newer addition in the spectrum of guggulu preparations. This *yoga* can be traced to be mentioned in *Bhaishajya Ratnavali* and *Yoga Ratnakara* in the context of *Bhagandara chikitsa*. The review aims at deeper analysis of each content of the *yoga* and the indications, so that further research can be done in clinical scenario.

KEYWORDS: Saptavimshati Guggulu, Ayurveda, *Bhagandara chikitsa*.

INTRODUCTION

Ayurveda as the wholesome science has intrusive techniques of inbuilt research and specificity in drug selection after a deep analysis of the dynamicity of the *dosha-dhatu-mala* status in the subject. The practice of this science is therefore highly dependent on the true knowledge of literature with implied meanings and its application in the right point to obtain the most valuable result ie, reversal of the disease to health. There are ample weapons in the ocean of literature that can ensure victory in fighting the same condition in different individuals. The skill of a physician is determined by the use of minimum medicine in a shorter period to reverse the condition with the apt use of the principles of Ayurveda. The present review aims at exploring the possibilities of one such formulation known as *Saptavimshati Guggulu*.

There are two references in classics in the name of *saptavimshati guggulu*. The most popularly used medicine is made of the reference from *Bhaishajya Ratnavali Bhagandara chikitsa* which contain 27 ingredients with guggulu.^[1] The same reference is also found in *Yogaratanakara*, *Brihat Nighantu Ratnakar* and *Vangasena*.^[2] There is a second reference by the name of *saptavimshati guggulu* from *Brihat Nighantu Ratnakara shula roga* which has not been in regular practice.^[3] The combination contain 27 ingredients including guggulu, but *Devadaru*, *Daru haridra*, *Shati*, *Hapusha* and *Vishala* used in the first *yoga* is replaced by *Rudraksha*, *Swarna makshika*, *Ativisha* and *Bhallataka*. The indications also differ accordingly. *Shula*, *Amavata*, *Shvitra*, *Apahrita*

budhi, *Unmada*, *Pandu* are the indications of this second *yoga*.

The review is on the first reference in *Bhaishajya Ratnavali*.

AIM

To study the constituent dravya used in the *yoga*.

To analyse the mode of action of the dravya.

To understand the spectrum of indications of the *yoga*.

MATERIALS AND METHODS

A survey of literature from *Bhaishajya Ratnavali*, *Yogaratanakara*, *Brihat Nighantu Ratnakar* and other *nighantus* for the reference.

Survey of articles online for a database on any research conducted on the *yoga*.

Analysis of *guna* and *karma* of each content as per ayurveda classics.

Analysis of modern studies on the contents from the internet.

Contents And Method Of Preparation Of Saptavimshati Guggulu

All the 27 contents are powdered (each 1 part) and filtered separately and mixed together. Purified Guggulu is taken double the amount of all other ingredients together (54 parts) and pounded with fine powder of other ingredients till it forms a semisolid constituency. When required consistency is obtained, it is rolled into a *gutika* of 1 *kola* *pramana*. The *anupana* of *saptavimshati guggulu* is *madhu*.

Table 1: Ingredients of Saptavimshati Guggulu.

Sr No	Dravya	Scientific Name	Part Used	Ratio Of Part
1	Shunti	Zingiber Officianale	Rhizome	1
2	Maricham	Piper Nigrum	Fruit	1
3	Pipali	Piper Longum	Fruit	1
4	Haritaki	Terminalia Chebula	Fruit	1
5	Vibhitaki	Terminalia Bellerica	Fruit	1
6	Amalaki	Emblca Officianalis	Fruit	1
7	Vidanga	Embelia Ribes	Fruit	1
8	Guduchi	Tinospora Cordifolia	Stem	1
9	Chitrakam	Plumbago Zeylanica	Root	1
10	Shati	Hedychium Spicatum	Rhizome	1
11	Ela	Elattora Cardamom	Seed	1
12	Pipalimula	Piper Longum	Root	1
13	Hapusha	Juniperus Communis	Fruit	1
14	Suradaru	Cedrus Deodara	Heartwood	1
15	Dhanyaka	Coriandrum Sativum	Seed	1
16	Pushkara	Inula Racemosa	Root	1
17	Chavya	Piper Chaba	Root	1
18	Haridra	Curcuma Longa	Rhizome	1
19	Vishala	Citrullus Colocynthis	Root	1
20	Saindhava	Rock Salt	Salt	1
21	Vida Lavana	Sodium Chloride	Salt	1
22	Suvarchala	Sochal Salt	Salt	1
23	Yava Kshara	Hordeum Vulgare	Kshara	1
24	Sarji Kshara	Sodium Carbonate	Kshara	1
25	Gaja Pippali	Piper Chaba	Fruit	1
26	Musta	Cyperus Rotundus	Root	1
27	Daru Haridra	Berberis Aristata	Root Bark	1
28	Guggulu	Commiphora Mukul	Resin	54

Indications of Saptavimshati Guggulu

Saptavimshati guggulu is described in the context of Bhagandara chikitsa in Bhaishajya Ratnavali and Yoga

ratnakara. The spectrum of conditions that is indicated are as follows in table-2.

Table 2: Indications of Saptavimshati Guggulu.

Shwasa	Kukshi Shul	Kushta
Kasa	Basti Shul	Udara
Shotha	Ashmari	Nadi Vrana
Prameha	Mutra Krich	Dushta Vrana
Arshas	Antra Vridhi	Shleepada
Bhagandar	Krimi	Chira Jwara
Hrt Shul	Anaha	Kshaya
Parshva Shul	Unmada	

Table 3: Ingredients As Per Guna, Karma And Modern Pharmacological Studies.

Sr.No	Dravya	Guna	Karma	Actions Studied
1	Shunti	Laghu, Snigdha Ushna	Pachana, Grahi, Kapha Vata Hara ^[4]	^[5] Antiviral, Anti Oxidant, Anti Urolithiatic, Anthelmintic, Anti Coagulant, Antitussive, Immunomodulatory, Hypolipidemic, Antigenotoxic, Antiarthritic, Antiemetic
2	Maricham	Ruksha, Ushna, Teekshna, Katu,	Vata Kapha Hara, Deepana ^[6]	Antihypertensive, Anti-asthmatic, Antimicrobial, Antioxidant, Anti-inflammatory, Hepatoprotective, Anti-diarrheal Antidepressant, Immunomodulator Anticonvulsant, Analgesic ^[7]
3	Pipali	Anushna, Katu Laghu, Snigdha	Deepana, Rasayan, Vata Kapha Hara ^[8]	Anti-inflammatory, Analgesic, Anti-oxidant, Anti-microbial, Anti-cancer, Anti-parkinsonian, Anti-stress, Nootropic, Anti-epileptic, Anti-hyperglycemic, Hepatoprotective, Anti-hyperlipidemic, Anti-platelet, Anti-angiogenic, Immunomodulatory, Anti-arthritis, Anti-ulcer, Anti-asthmatic,

				Anthelmintic Action, Anti-amebic, Anti-fungal, Mosquito Larvicidal And Anti-snake Venom. ^[9]
4	Haritaki	Ruksha, Ushna, Laghu, Kashaya	Anulomana, Deepana, Medhya, Rasayana Vata Kapha Hara ^[10]	Antimicrobial, Anti-inflammatory, Antioxidation Anti-tumor. ^[11]
5	Vibhitaki	Ushna, Ruksha	Kapha Pitta Hara, Bhedana ^[12]	Analgesic, Antioxidant, Hepatoprotective, Antibacterial, Anticancer, Immune-modulatory ^[13]
6	Amalaki	Sheeta, Ruksha	Tridoshahar, Vrishya, Rasayan ^[14]	Antimicrobial, Antioxidant, Anti-inflammatory, Radioprotective, Hepatoprotective, Antitussive, ^[15] Immunomodulatory, Hypolipidemic
7	Vidanga	Katu, Ruksha	Krimighna, ^[16] Vata Kapha Hara	Antitumor, Antidiabetic, Antimicrobial, Antifungal ^[17]
8	Guduchi	Ushna, Laghu	Tridosha Hara Rasayana, Balya, Deepana ^[18]	Anti-toxin, Anti Diabetic, Anticancer, Immunomodulatory, Antioxidant, Antimicrobial, Hepato-protective Activity ^[19]
9	Chitrakam	Laghu, Ruksha Ushna	Vata Kapha Hara, ^[20] Deepana, Pachana	Anti-inflammatory, Anti-malarial, Anti-fertility, Anti-microbial, Anti-oxidant, Blood Coagulation, Wound Healing, Memory Enhancer And Anti-cancer. ^[21]
10	Shati	Laghu, Ushna	Vata Kapha Hara ^[22]	Analgesic, Antihistaminic, Anti-inflammatory ^[23]
11	Ela	Katu, Laghu, Sheet	Vata Kapha Hara Deepana ^[24]	Anti-inflammatory, Analgesic, Antioxidant, And Antimicrobial Effects ^[25]
12	Pipalimula	Katu, Ushna Ruksha	Deepana, Pachana Vata Kapha Hara ^[26]	Anti-inflammatory, Analgesic, Anti-oxidant, Anti-microbial, Anti-cancer, Anti-parkinsonian, Anti-stress, Nootropic, Anti-epileptic, Anti-hyperglycemic, Hepatoprotective, Anti-hyperlipidemic, Anti-platelet, Anti-angiogenic, Immunomodulatory, Anti-arthritis, Anti-ulcer, Anti-asthmatic, Anthelmintic Action, Anti-amebic, Anti-fungal, Mosquito Larvicidal And Anti-snake Venom.
13	Hapusha	Tikta, Guru Ushna	Deepana, Krimihar Vata Kapha Hara ^[27]	Antioxidant And Antimicrobial ^[28]
14	Suradar	Laghu, Snigdha Ushna,	Vata Kapha Hara, Krimi, Vrana ^[29]	Antiproliferative, Antihyperlipidemic, Antidiabetic, Antiapoptotic ^[30]
15	Dhanyaka	Kashaya, Laghu Ushna	Tridosha Hara Krimi, Grahi ^[31]	Anxiolytic, Antidepressant, Sedative-hypnotic, Anticonvulsant, Memory Enhancement, Improvement Of Orofacial Dyskinesia, Neuroprotective, Antibacterial, Antifungal, Anthelmintic, Insecticidal, Antioxidant, Cardiovascular, Hypolipidemic, Anti-inflammatory, Analgesic, Antidiabetic, Mutagenic, Antimutagenic, Anticancer, Gastrointestinal, Dermatological, Diuretic, Reproductive, Hepatoprotective, Detoxification ^[32]
16	Pushkara	Katu, Ushna	Vata Kapha Hara Parshva Shula ^[33]	Anti-inflammatory, Cardiovascular, Hypoglycemic, Antianginal, Analgesic And Antibacterial Properties ^[34]
17	Chavya	Ushna, Katu	Deepana, Krimi Vata Kapha Hara. ^[35]	Analgesic, Anti-inflammatory, Diuretic, Anti-diarrhoeal ^[36]
18	Haridra	Laghu, Ruksha, Ushna	Kapha Pitta Hara Vrna, Krimi ^[37]	Anti-inflammatory, Anti-human Immunodeficiency Virus, Antibacteria, Antioxidant, Nematocidal, Anti-parasitic, Antispasmodic, Gastrointestinal, Inhibits Carcinogenesis And Cancer Growth. ^[38]
19	Vishala	Sara, Laghu, Ushna	Kapha Pitta Hara Vrna, Kasa, Krimi ^[39]	Antidiabetic, Hypolipidemic, Antineoplastic, Antioxidant, Anti-inflammatory, Profibrinolytic, Analgesic, Antiallergic, Antimicrobial, Pesticidal And Immunostimulant Activity. ^[40]
20	Saindhav	Snigdha, Sheet	Tridosha Hara Pachana, Deepan ^[41]	Anti Inflammatory
21	Vida	Ushna, Ruksha	Deepan, Vyavayi ^[42]	
22	Suvarchal	Laghu, Ushna	Deepana, Pachana ^[43]	
23	Yavakshar	Ushna, Ruksha	Vata Kapha Har ^[44]	
24	Sarji Kshara	Ushna, Ruksha	Vata Kapha Hara ^[45]	

25	Gaja Pippali	Ushna, Ruksha	Vata Kapha Hara Deepana ^[46]	Anti Inflammatory, Anti Diabetic, Analgesic, Anti Oxidant ^[47]
26	Musta	Ruksha, Grahi	^[48] angrahi, Deepana, Pachana, Kapha Pitta Hara	Diaphoretic, Diuretic, Analgesic, Antispasmodic, Aromatic, Carminative, Antitussive, Emmenagogue, Litholytic, Sedative, Stimulant, Stomachic, Vermifuge, Tonic And Antibacterial. ^[49]
27	Daru Haridra	Laghu, Ruksha	Kapha Pitta Hara Netra, Karna, Aasya ^[50]	Antimicrobial, Antiemetic, Antipyretic, Antioxidant, Anti-inflammatory, Anti-arrhythmic, Sedative, Anticholinergic, Chologogic, Anti-leishmaniasis, And Anti-malaria. ^[51]
28	Guggulu	Laghu, Ruksha	Tridosha Hara, Lekhana, Rasayana ^[52]	Anti Inflammatory, Anti Arthritic, Antioxidant, Antiatherosclerotic, Antihyperlipidemic. ^[53]

DISCUSSION

Analysis of Guna And Karma As Per Ayurveda

The yoga should reflect the properties of the dravyas. An analysis of the dravyas are essential for the understanding of the spectrum of action of Saptavimshati guggulu.

Dosha Karma of Ingredients

All the ingredients are Kapha shamana(100%). Out of the 28 ingredients, 18 ingredients are Kapha vata shamana.(68%). 5 of the ingredients ie, guduchi, amalaki, dhanyaka, saindhava and Guggulu are tridosha shamana.(14%). ie, the vata shamana dravyas are 82%. So, the yoga is predominantly kapha vata hara with action in kaphasthana and vata sthana.

Table 4: Dosha Karma.

Dosha Haratva	Ingredients In Percentage
Kapha Hara	100%
Vata Hara	82%
Kapha Vata Hara	68%
Kapha Pitta Hara	18%
Tridosha Hara	14%

Table 5: Guna Analysis Of Ingredients.

Sr.No.	Guna	Pancha Mahabhuta Predominance	Percentage
1	Guru	Prithvi+Jala	7%
2	Laghu	Agni+Vayu	93%
3	Sheeta	Vayu+Jala	14%
4	Ushna	Agni	86%
5	Snigdha	Prithvi+Jala	18%
6	Ruksha	Vayu+Agni	82%

On analysis, it is evident that the ingredients of saptavimshati guggulu is laghu, ruksha and ushna predominant. Agni and Vayu are the predominant bhuta constituents. So, as per the Samanya Visheshha Siddhanta, the action should be on Prithvi and Jala vitiated conditions with guru, sheeta, snigdha guna vridhi in dosha and dhatu.

Analysis Of The Gana(Combinations) Used In Saptavimshati Guggulu

Saptavimshati Guggulu is a yoga which has triphala, panchakola, trimada, kshara dvaya, trilavana, haridradvaya as ingredients.

Triphala

Triphala is kapha pitta haram, saram, deepanam, chakshushyam, useful in prameham, kushtam, vishama jwaram.

Trikatu

Trikatu is deepanam, vata kapha haram, useful in swasa, kasa, gulma, prameha, sthoulya, shleepada, peenasa and medo dosha haram.

Panchakola

Panchakola is pachana, deepana, kapha vata haram, useful in gulma, pleeha, udara, anaha, shoola.

Trimada

Trimada is krimighna, deepana, adhmana and shoola hara.

Kshara Dvaya

Kshara dvaya is vata kapha hara, shoolahara, useful in shwasa, gala amaya, pandu Gulma, anha, arshas, grahani, pleeha and hrdroga.

Trilavana

Tri Lavana is deepanam, vyavayi, useful in vibandha, aanaha, vishtambha and shoolaharam.

Haridra Dvaya

Haridradvaya is kapha pittaharam, ama visha haram, useful in tvak dosha, prameha, pandu, and vrana. Daru haridra is especially useful in netra, karna, mukharoga.

Table 6: Analysis Of Pharmacological Properties Of Ingredients.

Pharmacological Property of Ingredients	Number In Percentage
Anti Inflammatory	75%
Anti Oxidant	75%
Hypolipidemic	72%
Anti Microbial	85%
Anti Diabetic	75%
Analgesic	85%

The pharmacological studies reveal that 75% of the ingredients are anti inflammatory, antioxidant and anti diabetic. 72% hypolipidemic and 85% have analgesic properties.

Analysis of the Indications of Saptavimshati Guggulu

1. The analysis of the indications points to kapha vataja samprapti with the Maha srotas as the utpatti sthana. As per chikitsa perspective, the guna increasing vata will decrease kapha and vice versa. So, in a kapha vata condition, treatment is always difficult since there is no rasa which can reduce both vata and kapha. In such situation, the guna perspective is more important. Hence the laghu, ruksha, ushna guna predominant ingredients ensure the tackling of virudha upakramatva of vata and kapha. The deepana and pachana karma of the panchakola and trimada depletes ama and kindling of agni. During this process, the soshana of kleda, the main etiological factor of prameha, shotha, kasa, bhagandara, dushta vrana and kushta are eliminated from the system, which in turn leads to correction of inflammatory pathology. As the correction is done, the rejuvenation of dhatus is also done with the rasayana, balya karma of Guduchi, Amalaki, Pipali, Guggulu.
2. Shvasa, Kasa - Agni mandya due to abhishyandi, sheeta guna upachara causes ama sanchaya in kapha sthana. This leads to avarana of prana, udana vayu leading to shvasa and kasa. Kapha vilayana and nissarana, ama pachana, deepana and vata anulomana can be achieved by Kshara, Pancha kola, Pushkar mula, saindhav and triphala.
3. Dushta vrana, nadi vrana and bhagandara and arshas - by the kledanashana, sroto shodhana, vrana shodhana, ropana and krimi nashaka karma of trimada, guggulu, haridra, daru haridra, triphala, panchakola.
4. Prameha -The vyadhi pratyaneekatva of prameha by haridra and amalaki as the agrya oushadha of prameha and samprapti vighatana by kleda shoshana and medopachana by panchakola, trimada, gududchi, triphala and guggulu. Though Prameha is Tridoshaja Vyadhi, Acharyas have mainly emphasized on vitiation of Kapha Dosha, Medovridhi, Kledavridhi and medo dhatu agnimandya. Katu Rasa counteracts Kleda by its 'Kleda Upahanti' action, Tikta Rasa by 'Kleda Upashoshana'. Kashaya Rasa by 'Sharira Kledasyopyokta'. Here also it helps in correcting the Dravatva and Bahutva of Sleshma. As the kleda is gradually eliminated, prabhuta, avila mutrata gradually reduce.
5. Parshva Shula, kukshi shula, Hrit shula and Bastishula-by the action of kshara dvaya, Pushkarmool, triphala, saindhava and shatushana.
6. Ashmari -Kapha predominant doshas get vitiated with kleda vridhi, reach basti and form ashmari. The Kleda upashoshana by triphala, kapha shamana and vilayana by kshara and trikatu, shula prashamana and deepana action of panchakola should act in ashmari.
7. Mutrakrichra - Kshara dvaya, trikatu, Dhanyaka and Ela have specific action in kaphaja Mutrakrichra.
8. Kushta - In kapha adhika vata anubandha condition, where kledajanya krimi and pratiloma gati of vata cause symptoms of kandu and vibandha, trimada, triphala, haridra, daruharidra, vishala can do samprapti vighatana.
9. Chira jwara - In Chira jwara, due to chronicity of the condition, there is persistent agnimandya, dhatu kshaya and ojakshya. Guduchi, Pipali, Amalaki, Guggulu are rasayana dravyas which are balya, ojavardhaka and deepana.

Research Works Done on Saptavimshati Guggulu

1. Suman Yadav, Ashutosh Kumar Yadav and Anand puri (2020) "A CASE REPORT ON GUGGULU BASED KSHARSUTRA ALONG WITH SAPTAVINSHATI GUGGULU IN TREATMENT OF BHAGANDARA (FISTULA-IN-ANO)", *AYUSHDHARA*. India, 7(3), 2711-2714. doi: 10.47070/ayushdhara.v7i3.568. - This is a case study of saptavimshati guggulu in bhagandara.
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CONCLUSION

So, from the analysis, it can be concluded that the Saptavimshati guggulu yoga is beneficial in kapha predominant conditions in kasa, shvasa, prameha and kushta with vata pratilomata. Srava shoshana, vrana shudhikaran, krimihara and shulaghna action make it a better choice for bhagandara, nadi vrana and arshas. In srava adhikya, srotorodhajanya parshvashul, kukshishul, hritshul and bastishul, the kapha nissarana and vata anulomana is beneficial.

Guggulu which is the main ingredient in this yoga is tridosha hara and is advised in conditions of medo roga, prameha, amavata, vrana, krimi, arshas and granthi and is rasayana and balya.

Saptavimshati guggulu is a yoga which has high anti inflammatory, antidiabetic, antimicrobial potential. Clinical trials should be conducted for exploring the yoga in its diverse dimensions, so that it would be a good tool for clinicians in future.

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