

Sri Satya Sai Murlidhar Ayurvedic College & Hospital
Moga (Punjab) -142001
GUGGLU

Botanical Name : *Commiphora mukul* (Hook. ex Stocks) Engl.

Family : Burseraceae

Introduction :

Gulggulu is described as 'Agni sthāna' and used for 'Dhupa'. It shows antibacterial activity. Resin of this plant uses.

Names in different Indian languages :

English : Indian Bdellium,

Sanskrit : Guggulu

Hindi : Gugal

Malayalam : Gulgulu

Tamil : Erumaikan, Kungiliyam

Synonyms :

Balsamodendronmukul Hook. ex Stocks.

Guggul, Devadhoop, Kaushika, Pur, Mahishaaksha, Palankash, Kumbha, Uluukhala.

Varieties & adulterants – (CV – controversy, AD – adulterants)

1. **Mahishaksha** – (Mhashya guggul).black. for human use
2. **Mahaneed-** blue.
3. **Kurnud** – white.
4. **Padma** – brown, for animal use,
5. **Kanak** – (Kanaguggul) – yellow, for human use.
6. **Kana guggul** – it is found in marwar, greenish yellow, soft and granular,
7. **Ehaisa (Mhasha) guggul** – it is found in Sindh and Kutch. greenish yellow but brittle and soft.
8. **Hirayca**, In absence of guggul, Commiphora myrrh is used.

Morphology :

It is a small tree or shrub with spinescent branches.

Leaves- unifoliate, alternate or crowd at the end of short branches, cuneate-obovate, rhomboidal or oval, acute, deeply serrate, smooth and shining.

Flowers- small, sub sessile, 2-3 together, unisexual. Males with ovary short and barren; females with short stamens and imperfect anthers. Calyx cylindrical. Petals 4-5, star-shaped, brownish red, trips curled back.

Fruit- red drupes, ovate, acuminate, separating into 2 fleshy valves, leaving the nut enveloped by a 4-cleft yellow pulp. Nuts ovoid, acute, splitting into two, each 1-celled. (Flowers in March-April and Fruits later).

Distribution &Habitat :

Rajasthan, Madhya Pradesh, Assam, Andhra Pradesh, Karnataka.

Chemical constituents :

Guggulsterones Z and E, guggulsterols I– V, diterpenoids; volatile oil, Gum- guggullignans I & II; guggulutetrols; mukulol; allylcembrol; c-27 guggulsterols I, II & III; Z-and E-guggulsterol

Identification test for purity :

Pure guggul is singdha, soft, sticky with sweet smell, bitter taste, yellowish tinge, soluble in water, not contaminated with mud or sand. Any variety other than these qualities should be considered as impure. Potency lasts for twenty years

Properties :

RASA – Tikta, katu **GUNA** – Laghu, Ruksa, Visada, Süksma, Sara (old) Snigdha
VIRYA – Uhsna **VIPAKA** – katu

Karma : Tridosahara, Rasayana, Vrsya (new), Lekhana (old)
inhibits platelet aggregation, exhibits anti-inflammatory activity

Srotogamitva :

Dosha : tridoshaghna

Dhatu : Mansa, meda {brihan – increases body weight), asthi – promotes union of fractures, shukra promotes fertility, rasayan- old -medokarshan.

Organ : liver, skin

Indication :

Medoroga, Amavāta, Vātavyadhi, Prameha, Apaci, Gandamālā, Sotha, Pitakā, Ars, Kustha

obesity, rheumatoid arthritis, osteoarthritis, sciatica.

The gum is also used in hemiplegia and atherosclerotic disorders; as a gargle in pyrrhoeaaveolaris, chronic tonsillitis and pharyngitis. Fumes are recommended in hay fever, chronic bronchitis and nasal catarrh.

Part used : Resin

Dosage : 1-2 g

External uses :

Anti inflammatory, analgesic, clearing of wound and healing due to antibacterial action . Paste of guggul is locally applied in rheumatoid arthritis, cervical lymphadenitis, skin diseases, piles etc. It reduces foul smell and swelling of wound. Its vapours are useful as deodorant and disinfectant in the house.

Internal uses :

Nervous system : Valashamak, analgesic, nervine tonic, so guggul is useful in neuralgia, rheumatoid arthritis, sciatica, facial paralysis. hemiplegia and gout etc. It is welt known and popular medicine for vatadisordess. Triphala + guggul is a popular medicine given internatty in wound

Digestive system : It is an appetizer by pungent and bitterness: laxative by snigdha. pichchila and tikshna; liver stimulant. antihaemorrhoidal and anhetmintic by bitter and ushnagunas. Hence guggul is useful in loss of appetite constipation, liver diseases, piles and worms

Circulatory system : It is a cardiac tonic. It increases haemoglobin and leucocyte count and enhances blood quality.

Respiratory system : Expectorant being snigdha and pichchila. It is deodorant. anthelmintic. Useful in chronic cough and chronic asthma.

Urinary system : Lithotryptic due to tikshna and diuretic properties. Also useful in dysuria and gonorrhoea.

Reproductive system : Guggul is ushna, tikshna, increases sexual power and acts as an emmenagogue. It is also useful in oligosperma, impotency. dysmenorrhoea, Leucorrhoea and other gynaecological diseases ,infertility.

Important Yogas or Formations :

Shatdharana yoga, Yogarajaguggulu, PañcaTiktaGuggulughritam, Simhanādaguggulu, Cañdraprabhāvati, Arogyavardhini Rasa, NavakaGuggulu, Amritādiguggulu, GugguluTiktaKasaya, Kāncanāraguggulu, Kaisoraguggulu, Goksurādiguggulu.

Therapeutic Uses :

- (1) Udara- Guggulu shall be used (C.S.Ci.13).
- (2) Krōshtukasirshavāta— Guggulu may be used with Triphalā decoction (V. M & V. S.)
- (3) Urustambha—Guggulu to be taken with cow's urine (V.M.).
- (4) Amavāta—Haritaki, Guggulu and silajatu may be given with urine (A.H.Ci.21).