

# A Critical Review on Yogaraja Guggulu

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## ABSTRACT

In present scenario the disease related to life style changes and stress are comparatively more. One among them is the degenerative bone disease. *Yogaraja guggulu* an herbal formulation, widely used in the clinical practice for treatment osteoarthritis. It consisting of 29 ingredients, and also indicated for neurological and musculoskeletal disorders. It is principally useful for balancing accumulated vata in the joints and muscles. This review article explains the therapeutical use and pharmacological properties of *Yogaraja guggulu*. By using different authors, journals and scientific publications. Here an attempt has been made to address therapeutical uses of yogaraja guggulu and its constituent drugs. This review helps the researcher to explore more about this important *Ayurveda* formulation.

**KEYWORDS:** *Guggulu, yogaraja guggulu, vata*

## INTRODUCTION

*Guggulu* preparation are consider as an ancient Indian *Ayurveda* system of medicine. It has been used widely by *Ayurveda* physician since long years to treat a different variety of disorders. *Guggulu* is exudate obtained in the form of oleo gum resin from the stem of the plant *Commiphora mukul* belongs to Burseraceae family. It is known to have analgesic, anti-inflammatory activity etc. So it's used in various *Ayurveda* formulations.

*Yogaraja guggulu* is a traditional formula designed to reduce excess aggravated *vata* in the body, predominantly useful for accumulated *vata* in the joints and muscles, which may be indicated by cracking joints or tics, spasms or tremors. Chronic accumulation may lead to such serious conditions as rheumatism and arthritis. *Yogaraja guggulu* contains a synergistic blend of detoxifying herbs, including *triphala*, *chitraka* and *vidanga* that work in conjunction with *guggulu* to remove excess *vata* from the joints as well as the nerves and muscles.<sup>6</sup>

Although *Yogaraja guggulu* is best known as an anti-arthritic herbal supplement composed of a number of herbs. Yet this is also known for purifying and

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## INGREDIENTS

### Ingredients in detail

*Yogaraja guggulu* ingredients according to different classical reference

Drugs	1	2	3	Quantity
1.Pippali	+	-	+	1part
2.Pippali mula	+	+	+	1part
3.Chavya	+	+	+	1 part
4.Chitraka	+	+	+	1 part
5.Nagara	+	-	-	1 part
6.Paata	+	-	+	1 part
7.Vidanga	+	+	+	1 part
8.Indrayava	+	-	+	1 part
9.Hingu	+	-	+	1 part
10.Bharangi	+	-	+	1 part
11.Vacha	+	-	-	1 part
12.Sarshapa	+	-	-	1 part
13.Athivisha	+	-	-	1 part

14.Jiraka	+	+	-	1 part
15.Renuka	+	-	-	1 part
16.Gaja pippali	+	-	+	1 part
17.Ajamoda	+	+	+	1 part
18.Trikatu	+	+	-	1 part
19.Murva	+	-	+	1 part
20.Triphala	+	+	-	1 part
21.pippali	+	+	+	1 part
22.Yavani	-	+	-	1 part
23.Karavi	-	+	-	1 part
24.Devadaru	-	+	-	1 part
25.Ela	-	+	-	1 part
26.Saindhava	-	+	-	1 part
27.Kusta	-	+	-	1 part
28.Rasna	-	+	-	1 part
29.Gokshura	-	+	-	1 part
30.Dhanyaka	-	+	-	1 part
31.Musta	-	+	-	1 part
32.Tvak	-	+	-	1 part
33.ushira	-	+	-	1 part
34.Yavagraja	-	+	-	1 part
35.Talisa patra,	-	+	-	1 part
36.Teja patra	-	+	-	1 part
37.Katuki	-	-	+	1 part
38.Shunti	-	-	+	1 part

1. *Rasa ratna samuchchaya*<sup>1</sup>
2. *Bai. ra. Amavata*<sup>2</sup> / *cha. Da. Amavata*<sup>3</sup>
3. *Bruhat. Ni. Ra. i*<sup>4</sup>

## METHOD OF PREPARATION

### Guggulu shodhana:

- Raw guggulu is taken. Sand, stone & glass etc are removed. Then it is pounded into small pieces in clean khalwa yantra.
- It is bundled in a 2 foleded clean cloth & made *Pottali out of it*.
- It is subjected to *Dolayantra swedana on manda agni* containing liquid media as *triphala khawatha*.
- Boiling is continued until all *guggulu* trickles into the fluid through the cloth. The residue in the bundle is discarded.
- The fluid is filtered & again boiled till it forms a mass. It is dried in sunlight. Thus obtained will be *shodhita guggulu*.
- *Yogaraja guggulu*:
- Prepare the *sukshma churna* of all specified ingredients and kept ready.

- Later *shodhita guggulu* is taken in *kalva yantra*, little quantity of *ghrita* is added and pounded well till contents attains proper *paka*.
- The above mentioned drugs powder is added little by little and mix homogeneously by grinding till it attains pill mass consistence.
- Then prepare *gutikas* of one *shana pramana*(3gm) dry them under shade later preserved in ghee coated earthen pot and whenever required *gutika* are taken out and used.

**Dose** – 1 to 3 masha.

### Indication

1. mainly indicated in vatavyadhi 14)nabhisshula
2. all type of vataroga 15)udavartha
3. amavata 16)prameha
4. sandhi majjagata vata 17)hрудroga
5. pleeha roga 18)kusta
6. gulma 19)kshaya,
7. vatashonitha 20)agnimandya
8. pandu 21)dhatuksheena
9. arsha 22)bahumutrata
10. shvasa 23)shiroroga
11. kasa 24)koshta baddhatha
12. bhagandhara, 25)shukra dosha and yonidosha.
13. arochaka

### ANUPANA

Rasnadi kwatha  
Pippali kwatha  
Punarnavadi kwatha  
Madhu  
ksheera  
Ushnodaka

### DISCUSSION

It is explained in the classics that *Yogaraja guggulu* preparation contains 29 herbal drugs. but according to the different *acharyas* the ingredients are different. Mainly the drugs having property like *tikta, kashaya, katu rasa* and *ushna, ruksha guna, ushna virya* and acts as *kaphavatahara*. During pounding of *guggulu*, small amounts of *ghrita* are added to make *kuttitha guggulu*. The importance of repeated pounding could be to be presumably facilitate synergy among the various active constituents in *yogaraja guggulu* and regulate their release inside the body, thereby enhancing absorption of the medicine. *Ghrita* minimises the adverse effects during digestion.

*Guggulu* due to its *lekhana* property scraps away the excessive *jalamsha* and *aamatva* which has got accumulated in the joints. *Ushna guna* helps in bringing back the vitiated *vata* into normalcy. *Triphala* added will reduce the *ushnata* and *ugrata* of *guggulu*. Most of the drugs of the compound act as *vata shamaka*. These drugs also act as *vedana stapaka*, *nadi balya*, *shulashamaka*, *shothahara* which is most essential in promoting symptomatic relief in *vata vyadhi*. *Plumbagin*, an alkaloid present in *chitraka* is a known stimulant of muscle tissue. *Dipana* and *pachana dravya* like *shunti*, *pippali*, *pippalimula* helps the medicine to get metabolise easily and completely. *Trikatu* checks the visceral deposition of *Tamra*, *Naga*, *Vanga* and *Loha* etc.

*Rasadavyas* like *Naga Bhasma* and *Tamra Bhasma* are *snayushakti vridhikara*, *nadi mandala balya kara*. (Have direct role on tendons and nerves). *Rasa sindoora* plays a vital role in controlling the function of *Vata* and strengthens the functions of motor neurons. *Abraka bhasma*, *Vanga bhasma* and *Tamra bhasma* are beneficial in pacifying the aggravated *vata*.

The appropriate processing sequence was adopted for preparation of finished product, the possibility of orderly release and availability of phytochemical constituent in the medicine in the gastrointestinal system is indicated.<sup>5</sup>

*Yogaraja guggulu* has main therapeutic action as *vedana stapaka* and *shothahara* which is attributed by the presence of *guggulu* as the major ingredient. The extracts of *yogaraja guggulu* exhibited cytotoxic activity against brine shrimp and considered as containing active and potent components<sup>7</sup>.

*yogaraja guggulu* used in all *vata vyadhis* by using different *anupana* as per condition. If given along with *Rasnadi kwatha*, it is effective in *shopha*, *shula*, *angamarda*, *katiprushta graha lakshanas*.

In case of *kaphaja nidana vyadhi* like *amavata*, if we evaluate logically on *nidana panchaka*, this *guggulu* is indicated to the *kaphaja nidana* like person who sleep day time, taking *snigdha* or *guru ahara* in large quantity at routinely, *avyayama* (not at doing any work), those who are obese and taking oily and junk

food daily in them *kapha dosha vitiation* will be present. Along with *punarnavadi kwatha*, effective in *angamarda*, *shoonatwa* of *shareera* and *sandhi*. In case of *agnimandya* and *arochaka pippali kwatha* used as an *anupana*, and with *ksheera* it having *dhatu poshana* property.

## CONCLUSION

*Yogaraja guggulu* a herbo- mineral preparation having *kaphavatahara* property. The main target area of the drug is *asthi majjagata vata*. As the drug which having *ushna* and *ruksha guna* which clears the *srothas* (channel).

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