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. ⁶

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 rejuvenating the body and mind. This is also used to treat inflammatory conditions such as osteoporosis, bone density, arthritis, especially rheumatism and gout.

INGREDIENTS
Ingredients in detail
Yogaraja guggulu ingredients according to different classical reference

<table>
<thead>
<tr>
<th>Drugs</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>Quantity</th>
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</thead>
<tbody>
<tr>
<td>1. Pippali</td>
<td>+</td>
<td>-</td>
<td>+</td>
<td>1 part</td>
</tr>
<tr>
<td>2. Pippali mula</td>
<td>+</td>
<td>+</td>
<td>+</td>
<td>1 part</td>
</tr>
<tr>
<td>3. Chavya</td>
<td>+</td>
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</tr>
<tr>
<td>4. Chitraka</td>
<td>+</td>
<td>+</td>
<td>+</td>
<td>1 part</td>
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<tr>
<td>5. Nagara</td>
<td>+</td>
<td>+</td>
<td>+</td>
<td>1 part</td>
</tr>
<tr>
<td>6. Paata</td>
<td>+</td>
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<td>+</td>
<td>1 part</td>
</tr>
<tr>
<td>7. Vidanga</td>
<td>+</td>
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</tr>
<tr>
<td>8. Indrayava</td>
<td>+</td>
<td>+</td>
<td>+</td>
<td>1 part</td>
</tr>
<tr>
<td>9. Hingu</td>
<td>+</td>
<td>+</td>
<td>+</td>
<td>1 part</td>
</tr>
<tr>
<td>10. Bharangi</td>
<td>+</td>
<td>+</td>
<td>+</td>
<td>1 part</td>
</tr>
<tr>
<td>11. Vacha</td>
<td>+</td>
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<td>1 part</td>
</tr>
<tr>
<td>12. Sarshapa</td>
<td>+</td>
<td>+</td>
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<td>1 part</td>
</tr>
<tr>
<td>13. Athivisha</td>
<td>+</td>
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</table>
Later *shodhita guggulu* is taken in *kalva yantra*, little quantity of *ghritha* 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 consistency.

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 vatavadyadi 14)nabhispha
2. all type of vataroga 15)udavartha
3. amavata 16)prameha
4. sandhi majagata vata 17)hrudroga
5. pleha roga 18)kusta
6. gulma 19)kshaya,
7. vatashonitha 20)agnimandya
8. pandu 21)dhatusheena
9. arsha 22)bahumutratra
10. shvasa 23)shirogra
11. kasa 24)koshta baddhatha
12. bhagandhara, 25)shukra dosha and yonidosha.
13. arochaka

**ANUPANA**
Rasadi 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 *ghritha* are added to make *kutitha 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 scrapes away the excessive jalamsa and aamatsva 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 vatavyadhi. 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.

Rasadrevyas 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 ans 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.5

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 7.

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 kaphavathahara property. The main target area of the drug is asthi majjagata vata. As the drug which having ushna and ruksa guna which clears the srothas (channel).

REFERENCE


