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Clinical Indications Of *Navaka Guggulu* An Experiential And Scientific View

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ABSTRACT: -

Guggulu (*Commiphora wightii* Arn. *Bhandari*) is the major constituent in *Navaka Guggulu*, a well-known polyherbal preparation. *Medoroga* (hyperlipidemia), *Sthaulya* (obesity), and other *Kaphaja rogas* benefit from it. Fresh (*Naveena*) *Guggulu* is said to have a *Brimhana* (body mass growing) impact, whereas aged (*Purana*) *Guggulu* is said to have an *Atilekhana* (body mass decreasing) effect (scrapping). The current research discusses the clinical indications of *Navaka guggulu* from a scientific and practical standpoint. The pungent flavor, light and dry qualities, and dominant medications *Ushna Veerya* and *KatuVipaka* in *Navaka Guggulu* have all the properties to break down the etiology of hyperlipidemia. These qualities are beneficial in lowering the lipid profile. The present paper highlights about the clinical indications of *Navaka guggulu* in a scientific and experiential view.

Key words : *Navaka guggulu* , Ayurveda , Analgesic .



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INTRODUCTION

Guggulu kalpas are constituting a broad group of formulations which contain *Guggulu* as a main ingredient. It is used as analgesic, and anti-inflammatory drug generally and in painful joint disorders apart from obesity. In osteoarthritis, rheumatoid arthritis, gout, other conditions of arthritis, disorders of lipid metabolism *Guggulu* alone has the actions like *Kaphavata Hara*, *Medonilahara*, *Ushna Guna Yukta*, *Dipana*, *Pachana*, hypocholesteremia, antiatherogenic, thrombolytic, anti-platelet aggregating, antibacterial, bactericidal, anti-infective and *Rasayana* in action.^{[1][2]}

Navaka guggulu is generally given in obesity to reduce body weight and in *Santarpanottha vikaras*.

Ingredients

1. *Guggulu* – *Commiphora mukul*
2. *Shunthi* – *Zingiber officinale*
3. *Pippali* – *Piper longum*
4. *Maricha* – *Piper nigrum*
5. *Haritaki* – *Terminalia chebula*
6. *Vibhitaki* *Terminalia bellerica*
7. *Amalaki* – *Embica officinalis*
8. *Mustaka* – *Cyperus rotundus*
9. *Chitraka* – *Plumbago zelenica*.

Actions^{[3][4][5]}

1. *Dipana*
2. *Pachana*
3. *Kaphavatahara*
4. *Medonilahara*
5. Hypo-cholesteric
6. Anti-inflammatory
7. Analgesic
8. Antiatherogenic
9. Anti-infective
10. Bactericidal
11. Antibacterial
12. *Krimighna*

13. *Putihara*
14. Antiplatelet aggregating
15. Hypolipidemic
16. Thrombolytic
17. *Ropana*
18. *Srotoshodhaka*
19. *Rasayana*
20. *Dourgandhya hara*
21. *Raktashodhaka*

Clinical Indications^{[6][7]}

1. *Sthoulya*
2. *Sandhigata vata*
3. Rheumatoid arthritis
4. Osteoarthritis of the knee joint
5. Ischaemic heart disease.
6. Old myocardial infarction
7. Cerebral thrombosis
8. Coronary thrombosis
9. Hemiplegia
10. Chronic non healing ulcer of the skin
11. Fistula in ano
12. *Dushta vrna*
13. Traumatic joint disorder
14. Atherosclerosis
15. Deep vein thrombosis
16. Peripheral vascular disease
17. *Vata rakta*
18. *Amavata*

Amayika prayoga^[8]

- ***Sthoulya*** - It is given with *Yava Saktu Nirmita Ahara Kalpana*, *Tryushanadi Loha*, *And Rooksha Udvartana*.
- ***Janu sandhigata vata*** - It is given with *Maha Narayana Taila Abhyanga*, *Maharasnadi Kashaya*, *Janu Basti And Dhanvantara Taila Matrabasti*.
- **Rheumatoid arthritis** - It is given with *Mrityunjaya Rasa*, *Rasnaerandadi Kashaya And Kshara Basti*.
- **Osteoarthritis of the knee joint** - It is given with *Maharasnadi Kashaya*, *Visha Tinduka Vati And Punarnavadi Mandoora*.

Janu Basti And Matrabasti are also given .

- **Ischemic heart disease** - It is given with *Pushkara Guggulu , Prabhakara Vati And Arjunarishta*
- **Old myocardial infarction** - do
- **Cerebral thrombosis** - It is given with *Lashuna ksheerapaka* and symptomatic treatment .
- **Coronary thrombosis** - It is given with *Lashuna rasayana and Arjunarishta .*
- **Hemiplegia** - It is given with *Agni Lepana, Shashtika Shali Pinda Sweda And Kashaya Basti .*
- **Chronic non healing ulcer** - It is given with *Asanadi Kashaya , Shiva Gutika And Maha Manjishtadi Kashaya .*
- **Fistula in Ano** - It is given with *Asanadi Kashaya And Chandraprabha Vati.*
- **Dushta vrna** - It is given with *Mahamanjishtadi Kashaya , Maha Tiktakadi Kashaya And Shilajatu Vati.*
- **Traumatic joint disorder** - It is given with *Mahavishagarbha Taila Abhyanga And Nadi Sweda.*
- **Atherosclerosis** -It is given with *Lashuna Rasayana And Maricha Choorna.*
- **DVT** - It is given with *Shilajatvadi Loha And Maha Manjishtadi Kashaya .*
- **PVD** - It is given with *Chandraprabha Vati, Gandhaka Rasayana And Maha Manjishtadi Kashaya .*
- **Vatarakta** - It is given with *Kaishora Guggulu And Maha Manjishtadi Kashaya .*
- **Amavata** - It is given with *Mrityunjaya Rasa, Amavateshwara Rasa And Rasnaerandadi Kashaya .*

DISCUSSION

Navaka guggulu is a *Guggulu Kalpa* formulation which is given in *Sthoulya Roga* and *Santarpana Janya Vikaras*. It is usually given in diseases like medoroga, atherosclerosis , coronary thrombosis ,

cerebral thrombosis , *Pakshaghata*(hemiplegia) ,*Janu Sandhigata Vata, Gridhrasi Vata* (sciatica syndrome) , fibromyalgia , and chronic non healing ulcer. As it contains *Guggulu* , it is not only given in *Vedana Pradhana Rogas*, (in pain management) but also disorders of lipid metabolism. As *Guggulu* is hypocholesteremic and also by stimulating thyroid functions, it has role in preventive cardiology also.

CONCLUSION

Navaka guggulu has better role in the management of obesity and disorders of lipid metabolism in preventive cardiology also *Navaka Guggulu* has a positive role. There are least adverse drug reactions after administration of *Navaka Guggulu* . It may sometimes produce itching all over the body, reddish small eruptions in skin, and constipation. In large doses, it causes micro bleeding beneath the skin producing ecchymosis and petichiae. With suitable adjuvants and add on therapy, it is effective in varied types of disorders.

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