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## *Bhagottar Gutika* (Herbo-Mineral Formulation): An Overview

Meenu Mishra <sup>1</sup> 

1-Assistant professor, Kayachikitsa (Internal medicine) Radharaman Ayurveda Medical College Research Hospital, Ratibadh, Bhopal, Madhya Pradesh, India

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#### Corresponding author-

Mishra Meenu, Assistant professor, Kayachikitsa (Internal medicine) Radharaman Ayurveda Medical College Research Hospital, Ratibadh, Bhopal, Madhya Pradesh, India

Email: [mishrameenu654@gmail.com](mailto:mishrameenu654@gmail.com)

### ABSTRACT:

Respiratory diseases are become a universal concern due to its chronic nature and unwanted modern remedy which causes dose dependency and long term side effects. In *Ayurveda Rasaushadhi*, which translates into herbo-mineral formulation is the most important medication by its quick action in low doses with easier palatability. *Bhagottar Gutika* is one of them which contains Purified Mercury, Purified Sulphur, *Piper longum*, *Terminalia Chebula*, *Terminalia Bellirica*, *Adhatoda Vasica*, *Clerodendrum serratum*, *Acacia Arabica* in increasing quantity. This review article documents the indications, method of preparation, probable mode of action and properties of *Bhagottar Gutika*. This study concluded the antibacterial, anti-inflammatory, bronchodilator and immune-enhancer effects of *Bhagottar Gutika*. So, it can be used as an effective medicine for bronchitis and bronchial asthma.

**Keywords:** *Ayurveda*, *Bhagottar Gutika*, Bronchitis, Bronchial Asthma, Herbo-

## INTRODUCTION

*Ayurveda* is an important branch of medical science. In this, there are two types of treatment, one is *Sanshodhana* (body purification) and other is *Shaman* (palliative) therapy. In *Shaman Chikitsa* (palliative therapy) *Rasaushadhis* (Herbal-mineral medicines) are backbone of *Ayurveda* due to its quick action in small dose and long shelf life as compared to herbal medicines. In *Ayurvedic* management there is key role of *Rasaushadhi* (Herbal-mineral formulations) due to its lesser therapeutic doses, enhancement of action of other ingredients of formulations, quicker action and palatability<sup>1</sup>. This review article introduces the one of the significant herbo-mineral formulation '*Bhagottar Gutika*' which is indicated in *Kasa* (bronchitis) and *Shwasa* (bronchial asthma). As we know that in modern management of bronchitis and bronchial asthma mainly bronchodilators, corticosteroid and

anticholinergic drugs are the options, which provide temporary relief with long term side effects and causes dose dependency. This shows that search of some alternative medicine is highly advisable. The *Bhagottar Gutika* is named on the basis of its ratio of ingredients, which present in ascending order. In *Bhagottar Gutika* '*Bhag*' means 'a part or compound' and '*Uttar*' means 'increasing order' so, *Bhagottar* means that drug in which ingredients present in increasing quantity like first content is two times then second content is four times and so on. In *Ayurveda* there is lots of text for *Ayurvedic* pharmaceuticals but still *Bhaishjya Ratnavali* is most important and popular text for *Rasaushadhis* (herbo-mineral formulations). The concept, method of preparation and indications of *Bhagottar Gutika* have described in detail in *Ayurvedic* text '*Bhaishjya Ratnavali*'. So far, there is also some research



works (antimicrobial study, comparative trial and review articles) have been published on *Bhagottar Gutika*. The published research works on *Bhagottar Gutika* signifies the specific role of it in bronchitis, bronchial asthma and mild cases of COVID-19. This review article documents the detailed study on *Bhagottar Gutika* and also explained probable preventive as well as therapeutic approach in management of bronchial asthma.

## AIM AND OBJECTIVES

- 1) To study the contents, method of preparation and indications of *Bhagottar Gutika*.
- 2) To explore the probable role of *Bhagottar Gutika* in the management of bronchitis and bronchial asthma.

### Previous Research Work Done On *Bhagottar Gutika*

- 1) Dr. Kulbhushan Sharma- Pharmaceutico-Analytical and Antimicrobial study of *Bhagottar Gutika*, NIA Jaipur Rajasthan 2017.
- 2) Dr. Krishna M Ekabote- Antimicrobial study of *Bhagottar Gutika*, Sri DGM Ayurvedic Medical College Karnataka 2018.
- 3) Dr. Meenu Mishra- A Comparative Study To Evaluate The Efficacy of *Bhagottar Gutika* And *Shwasakuthar Rasa* In The Management of *Tamaka Shwasa* (Bronchial Asthma), Pt. KLS Ayurvedic College Bhopal (M.P.) 2021.

## MATERIALS AND METHODS

For this review study literary material i.e. *Ayurvedic* text *Bhaishajya Ratnavali*, authentic publications indexed in google scholar & PubMed and modern medical literature have been reviewed.

### Drug Review

Classical reference of *Bhagottar Gutika* is mentioned in *Kasa Chikitsa Prakaran* of *Bhaishajyaratnavali*.<sup>2</sup>

Table No.-1 Ingredients Of *Bhagottar Gutika* (B.R. 15/127-129) Figure No. 1: Showing The Contents Of *Bhagottar Gutika*

### Method Of Preparation

Get the materials in the above measures. First of all prepare *Dwiguna Kajjali* out of purified *Parada* and *Gandhaka* and mix rest of the materials into it as instructed ratio in text. Triturate the recipe properly. Take decoction of *Babbula* bark. Process the recipe through the *Bhavana* method along with decoction for 21 consecutive times and finally mortar the same by adding honey to it. Prepare pills in doses of 1gm each.

### Indications

The *Bhagottar Gutika* indicated in *Kasa* (bronchitis) and *Shwasa roga* (bronchial asthma).

### Method Of Administration

Consume one pill (1gm) with 250 mg of powder of *Pippali* and same quantity of decoction of smaller *Kantakari* (*Solanum Surattense*).

Table No.-2 *Rasapanchaka* Of Contents Of *Bhagottar Gutika*<sup>3</sup> Table No. 3: Showing The *Rasapanchaka Karmukta* Of *Bhagottar Gutika* Table No. 4: Showing The Probable Mode Of Action Of Contents Of *Bhagottar Gutika*

## DISCUSSION

To impede symptoms of *Kasa* (bronchitis) and *Tamaka Shwasa* (bronchial asthma), *Bhagottar Gutika* has explicit role through its *Rasapanchaka* and pharmacological properties. Different research articles have recommended the anti-bacterial, anti-inflammatory and immune-enhancer effects of *Bhagottar Gutika*. The probable mode of action of *Bhagottar Gutika* has described in given illustration no. 1.

## CONCLUSION

The *Bhagottar Gutika* possesses *Katu-Tikta-Kashaya Rasa* (pungent-bitter-astringent taste), *Ushna Veerya* (hot potency), *Madura Vipaka* (sweet taste conversion after digestion), *Virechaka* (purgative), *Rasayan Prabhava* (immune-enhancer) and also has anti-microbial & anti-inflammatory actions, thus it can be effective in the management of *Kasa* (bronchitis) and *Tamaka Shwasa* (bronchial asthma).

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### ORCID

Meenu Mishra , <https://orcid.org/0000-0002-6148-0744>

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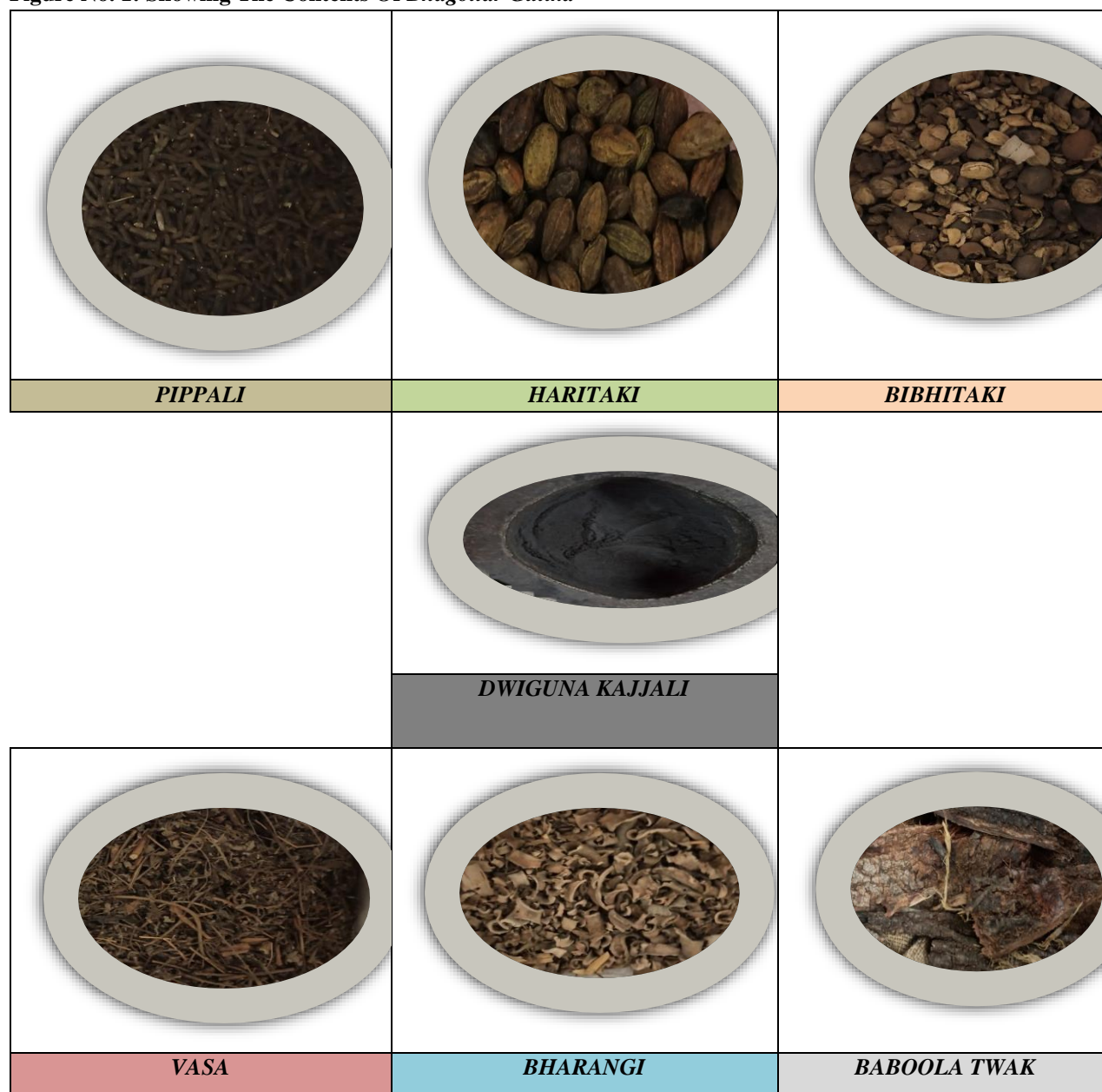
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**Table No.-1 INGREDIENTS OF BHAGOTTAR GUTIKA (B.R. 15/127-129)**

S. No.	Drug	English/Botanical Name	Quantity	Parts used
1.	<i>Shuddha Parada</i>	Purified Mercury	2g	-
2.	<i>Shuddha Gandhaka</i>	Purified Sulphur	4g	-
3.	<i>Pippapli Churna</i>	<i>Piper longum</i>	6g	<i>Phala</i> (fruit)
4.	<i>Haritaki Churna</i>	<i>Terminalia Chebula</i>	8g	<i>Phala</i> (fruit)
5.	<i>Bhibitaki Churna</i>	<i>Terminalia Bellirica</i>	10g	<i>Phala</i> (fruit)
6.	<i>Vasa Churna</i>	<i>Adhatoda Vasica</i>	12g	<i>Moola</i> (root)
7.	<i>Bharangi Churna</i>	<i>Clerodendrum serratum</i>	14g	<i>Moola</i> (root)
8.	<i>Babbula</i>	<i>Acacia Arabica</i>	QS	<i>Twak</i> (bark)
9.	<i>Madhu</i>	Honey	QS	-

**Figure No. 1: Showing The Contents Of *Bhagottar Gutika***



**Table No.-2 RASAPANCHAKA OF CONTENTS OF BHAGOTTAR GUTIKA<sup>3</sup>**

S.No.	Drug	Guna (Properties)	Rasa (Taste)	Vipaka (Taste conversion after digestion)	Virya (Potency)	Dosha Karma (Effect on body humors)
1.	<i>Pippali</i> ( <i>Piper longum</i> )	<i>Laghu</i> (light to digest), <i>Snigdha</i> (unctuous), <i>Teekshna</i> (piercing)	<i>Katu</i> (pungent)	<i>Madhura</i> (sweet)	<i>Anushna</i>	<i>Kaphavatashamaka</i> (balances <i>Vata</i> and <i>Kapha</i> body humors)
2.	<i>Haritaki</i> ( <i>Terminalia Chebula</i> )	<i>Laghu</i> (light to digest), <i>Ruksha</i> (dryness)	<i>Pancharasa</i> (all the five tastes, excluding salt)	<i>Madhura</i> (sweet)	<i>Ushna</i> (hot)	<i>Tridosahara</i> (balances body humors)
3.	<i>Bhibitaki</i> ( <i>Terminalia Bellirica</i> )	<i>Laghu</i> (light to digest), <i>Ruksha</i> (dryness)	<i>Kashaya</i> (astringent)	<i>Madhura</i> (s weet)	<i>Ushna</i> (hot)	<i>Tridosahara</i> (balances body humors)
4.	<i>Vasa</i> ( <i>AdhatodaV asica</i> )	<i>Laghu</i> (light to digest), <i>Ruksha</i> (dryness)	<i>Tikta</i> (bitter), <i>Kashaya</i> (astringent)	<i>Katu</i> (pungent)	<i>Sheeta</i> (cold)	<i>Kaphapittashamaka</i> (balances <i>Pitta</i> and <i>Kapha</i> body humors)
5.	<i>Bharangi</i> ( <i>Clerodend rum serratum</i> )	<i>Laghu</i> (light to digest), <i>Ruksha</i> (dryness)	<i>Tikta</i> (bitter), <i>Katu</i> (pungent)	<i>Katu</i> (pungent)	<i>Ushna</i> (hot)	<i>Kaphavatashamaka</i> (balances <i>Vata</i> and <i>Kapha</i> body humors)
6.	<i>Babbula</i> ( <i>Acacia Arabica</i> )	<i>Guru</i> (heaviness), <i>Ruksha</i> (dryness)	<i>Kashaya</i> (astringent)	<i>Katu</i> (pungent)	<i>Sheeta</i> (cold)	<i>Kaphavatashamaka</i> (balances <i>Vata</i> and <i>Kapha</i> body humors)

**Table No. 3: Showing the Rasapanchaka Karmukta of Bhagottar Gutika**

<b>Rasa</b>	<i>Katu</i>	<i>Agnideepak, Amapachak, Srotoavarodhahr</i>
	<i>Tikta</i>	<i>Agnideepan, Pachan, Srotovishodhan</i>
<b>Guna</b>	<i>Ruksha</i>	<i>Kaphanashak, Amanashak</i>
	<i>Teekshna</i>	<i>Kapha-Chhedan, Agnideepan, Srotoshodhak</i>
	<i>Snigdha &amp; Guru</i>	<i>Vatashaman, Kapha-Nirharan</i>
<b>Veerya</b>	<i>Ushna</i>	<i>Deepan, Pachan, Swedan, Srotovishodhan</i>
<b>Vipaka</b>	<i>Katu</i>	<i>Agnideepan, Malarupi-Kapha Nashak</i>
	<i>Madhura</i>	<i>Vatanulomana, Brimhana</i>
<b>Prabhava</b>	<i>Rasayan</i>	<i>Balya, Brimhana Kara</i>

**Table No. 4: Showing the Probable Mode of Action of contents of *Bhagottar Gutika***

Drugs	Probable Mode of Action Through <i>Rasapanchaka</i> & Pharmacological Properties
<b><i>Dwiguna Kajjali</i></b>	According to <i>Rasatarangani</i> , <i>Kajjali</i> is <i>Yogavahi</i> (which carries the properties of that substance with which it is associated in the combination) in nature, when administered with suitable vehicle helps to cure diseases. In <i>Dwiguna Kajjali Gandhak</i> (sulphur) is in twice the amount, which increases its therapeutic potential in respiratory disorders. <i>Gandhak</i> is <i>Madhura</i> in <i>Rasa</i> , <i>Ushna Veerya</i> and <i>Katu Vipaki</i> that’s why it pacifies the <i>Kapha</i> and <i>Vata Dosha</i> , which are main <i>Doshas</i> in <i>Shwasa Roga</i> . In alkaline medium sulphur is converted into alkaline sulphide and suppurate hydrogen, which irritates the intestine and thus causes purgation <sup>4</sup> . In <i>Ayurveda</i> purgation is one of kind the <i>Virechana</i> procedure (anulomana) and it helps in <i>Vatanulomana</i> & also eliminates the <i>Kapha</i> and <i>Pitta Doshas</i> from the body.
<b><i>Pippali</i></b>	<i>Acharya Charaka</i> described <i>Pippali</i> as a <i>Rasyana</i> (rejuvenate) in <i>Chikitsathana</i> <sup>5</sup> , by its <i>Ushna Veerya</i> and <i>Katu Rasa</i> imparts <i>Deepana</i> & <i>Pachana</i> activity. By <i>Snighdha Guna</i> and <i>Madhura Vipaka</i> , it increases the <i>Bala</i> in the <i>Pranavaha Srotas</i> . It is also <i>Kaphavatashamaka</i> . <i>P.longum</i> contains piperine as the major and active constituent about 3-5%. It has antioxidant and antiallergic properties <sup>6</sup> .
<b><i>Haritaki</i></b>	<i>Acharya Charaka</i> also described <i>Haritaki</i> <sup>7</sup> as a <i>Rasayana</i> in <i>Chikitsathana</i> and indicated in various <i>Kaphavata</i> dominant diseases. <i>T.chebula</i> fruit is rich in tannic acid and also have fructose, amino acid, succinic acid, resin and purgative principle of anthroquinone and sennoside nature is present. It has antitussive and laxative activities, so it can use in chronic cough, sore throat, dyspepsia and constipation. <sup>8</sup>
<b><i>Bibhitaki</i></b>	<i>Bibhitaki</i> is <i>Tridoshahara</i> but mainly pacify the <i>Kapha Dosha</i> . It has important phytoconstituents like bellericanin, ellagic acid, chebulaginic acid, flavon, phenyllembin and a-sitosterol. It has pharmacological attributes such as antioxidant, antibacterial and anti-inflammatory potential. <sup>9</sup>
<b><i>Vasa</i></b>	<i>Acharya Sushruta</i> described <i>Vasa</i> as <i>Kashaya Rasa</i> , <i>Katu Vipaki</i> and indicated in <i>Kshaya</i> and <i>Kasa roga</i> . <sup>10</sup> The prominent alkaloids of <i>Adhatoda Vasica</i> is vasicine & vasicinone are proven bronchodilators and extensively used for treating such as coryza, dyspnoea and coughing with expectoration. <sup>11</sup>
<b><i>Bharangi</i></b>	According to <i>Acharya Bhavamishra</i> , <i>Bharangi</i> is a drug of choice to cure various ailments especially <i>Shwasa</i> (breathlessness) and <i>Kasa</i> (cough) roga. The chemical constituents such as saponin, catchin, olionalic acid, carbohydrate, flavonoids, phenolics, steroids, terpenes etc were reported in <i>Clerodendrum serratum</i> . Various experiments proved its antiasthmatic, bronchodilator, antiallergic and anti inflammatory property. <sup>12</sup>
<b><i>Baboola</i></b>	In <i>Bhagottar Gutika</i> formulation <i>Baboola Kwatha</i> is used as <i>Bhavana Dravya</i> . In <i>Bhavaprakasha Samhita</i> , <i>Baboola</i> described as <i>Kaphahara</i> (expectorant) and <i>Krimi-Vishapaha</i> (antibacterial-antitoxin) drug. Stem bark of <i>Acacia Arabica</i> is a powerful astringent and it reduced the periodicity of coughing in asthma. <sup>13,14,15</sup>
<b><i>Kantkari</i></b>	<i>Bhagottar Gutika</i> is orally administered with <i>Kantkari Kwatha</i> and pinch of <i>Pippali Churna</i> which enhance its therapeutic potential. <i>Kantkari</i> is the ingredient which having properties like <i>Kapha-Vatahara</i> , <i>Kasahara</i> , <i>Shwasahara</i> and <i>Kaphashteevana</i> by its <i>Ushna Veerya</i> , <i>Katu-Tikta Rasa</i> and <i>Katu Vipaka</i> . <i>Kantkari</i> is a spine herb which has high concentration of solasidine which is starting material for the production of cortisone that inhibiting inflammation. The steroid alkaloid solasidine is the principle alkaloid and relief in expectoration, coughing and chest tightness in asthmatic patients. <sup>16</sup>

**Illustration.1 showing the schematic representation of Probable *Samprati Vighatan* & *Karmukta* (mode of action) of *Bhagottar Gutika* in bronchitis & bronchial asthma**

