

Clinical Indications of Rasnadi Guggulu – An Experiential and Scientific View¹

*Dr. Prof. Shripathi Acharya, **Dr. Rajeshwari S. Acharya

*Director Academic and Development and WHO Collaborator
Muniyal Institute of Ayurveda Medical Sciences, Manipal, India
**MD Scholar, PG Department of Panchakarma
Government Ayurveda Medical College, Bangalore

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ABSTRACT

Guggulu formulations are commonly used in painful joint diseases by Ayurveda physicians. Guggulus like Trayodashanga guggulu, Shadanga guggulu, Amritadi guggulu, Medohara guggulu, Laxa guggulu, Saptavimshati guggulu, Ekonavimshati guggulu, Kanchanara guggulu and Triphala guggulu are few formulations which are used in the management of various disorders. Among them, Rasnadi guggulu is most frequently used in the clinical practice. Guggulu resin is a main ingredient has the actions like Kapha vatahara, Usha teeksha guna yukta, Tikta rasa yukta, Vedanahara, Rasayana, Hypocholesteremic, Vedana sthapana and Pittakaraka in action. This formulation can be given in coronary artery disease both in preventive and curative aspects. It has least adverse drug reactions even after prolonged use.

Present paper highlights about clinical indications of Rasnadi guggulu in an experiential and scientific view.

Keywords : *Rasnadi guggulu; Painful joint disorders; Vedana sthapana; Rasayana.*

AIM AND OBJECTIVE:

To study and evaluate clinical indications of Rasnadi guggulu in an experiential and scientific view.

METHODS

Information and subject matter is compiled from referring samhitas, sangrahanthas, Research monographs, journals, contemporary literatures, internet form personal experiences.

INTRODUCTION

Herbal and herbomineral formulations are becoming popular in chemical practice. Doctors are commonly using guggulu preparations frequently in the management of painful joint disorders. It is also useful in various musculoskeletal and bone disorders. Guggulu being medohara, rasayana, hypolipidemic, and vedana sthapana (Analgesic). It is given in the management of large number of diseases. It is useful in the management of pain of long standing disorders.

INGREDIENTS

- | | |
|---|--------|
| 1. Rasna (<i>Pluchea lanceolata</i>) | 1 part |
| 2. Guduchi (<i>Tinospora cordifolia</i>) | 1 part |
| 3. Eranda Moola (<i>Ricinus Communis</i>) | 1 part |
| 4. Devaataru (<i>Cedrus deodara</i>) | 1 part |
| 5. Shunti (<i>Zingiber officinalis</i>) | 1 part |
| 6. Shuddha Guggulu | 5 part |

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7. Cows ghee

Q.S.

GUGGULU (COMMIPHORA MUKUL)

laghu, ruksha, tikshna, vishada, sookshma, sara, sugandha and snigdha picchila guna, tikta, katu, rasayukta katu vipaka, Ushnavirya, tridosahara.

It is having action like vatahara, Medohara, Vatakaphashamaka, shothahara, Vedana sthapana, vrina shodhana, vrina ropana, Jantughna, raktakana vardhaka, sweta kana vardhaka, vandhyatva dosha nivaraka, hypocholestremic, thyroid stimulant actions.2.

Rasna (*Pluchea lanceolata*)

Guru guna, tiktarasayukta, katu vipaka, ushnavirya, vishaghna. Vata shamaka, shothahara, Vedana sthapana shoola prashamana, Rakta shodhaka, and balavardhaka. 3.

ACTIONS

1. Dipana
2. Pachana
3. Amahara
4. Vedana sthapana 4.
5. Rasayana
6. Katu tikta Kashaya Rasayukta
7. Anti inflammatory
8. Anti infective
9. Kaphavatahara 5.
10. Pitta Karaka
11. Hypolipidaemic
12. Thyroid-stimulant
13. Anti atherogenic
14. Thrombolytic
15. Anti platelet aggregating
16. Karshana

Clinical indications

1. Janu sandhigata vata 6.
2. Kati shoola
3. Kati graha
4. Prushtha shoda
5. Avabahuka
6. Vishwachi
7. Gridhrasi
8. shoulya
9. IHD
10. Coronary Artery disease
11. Carpel tunnel syndrome
12. Frozen shoulder
13. OA of Ankle joint
14. Calcaeneal spur
15. Hemiplegia
16. Paraplegia
17. Diabetic neuropathy
18. Peripheral vascular disease
19. Deep vein thrombosis
20. Arterial sclerosis

Amayika prayoga

Janu sandhigata vata - It is given with Maharasnadi kwatha and Dhanvantra taila matrabasti.

Katishoola – It is given with maharasnadi kwatha and katibasti with maha vishagarbha taila .

katigraha -do-

Prushtha shoola – It is given with Rasna saptaka Kashaya and maha narayana taila abhyanga.

Auabahuka – It is given with navajeevana rasa and shatbindlu taila nasya.

Gridhrasi – It is given with sahacharadi Kashaya visha mushti vati and ashwagandharishta.

Vishwachi – It Is given with maharasnadi Kashaya, visha tinduka vati and ksheerabala taila nasya.

Sthoulya – It is given thryushanadi loha and ruksha udvartana.

IHD – It is given with arjunarishta or arjuna ksheera paka and pranayama

CAD -do-

Carpal Tunnel Syndrome – It is given with Balarishta and Punarnavadi mandoora.

Frozen Shoulder – It is given with vrinapahari rasa, Suvarna malini Vasanta and maha rasnadi Kashaya

Osteoarthritis of ankle joint – It is given with purarnavadi mandoora, maharasnadi Kashaya, pravala panchamrita rasa or godanti bhasma.

Calcaeneal spur – It is given with rasnadi kwatha, tryushanadi loha and punarnavadi mandoora sometimes given with shallaki tablets

Hemiplegia – It is given with agnilepana, shashtika shali pinda and matrabasti.

Para plegia -do-

Diabetic Neuropathy – It is given with kshirabala taila, shatavari capsules and ksheerabala taila matra basti.

Peripheral Vascular Disease – It is given with manjishthadi Kashaya, pinda taila abhanga and guduchi Kashaya.

Deep Vein Thrombosis -do-

Arterial occlusion – It is given with maha manjishtadi Kashaya, shilajitwadi loha and Chandra Prabha vati.

DISCUSSION

Natural medicines are popularly used worldwide. Traditional medicine and contemporary and alternative medicines are well recognized by world population. As modern medicines are having certain limitations, practice of integrative medicine is more suitable in the present era. In Ayurveda medicines, herbal and herbomineral drugs are frequently used in the management of both acute and chronic disorders. Guggulu kalpa is one such group of drugs which are mainly given for pain management.7. Mainly in musculoskeletal pain, bone pain and neurological pain disorders, guggulus are beneficial. Rasnadi guggulu is one formulation which is main drug in bone and joint disorders. Rasna (*Pluchia looncedata*) is vatahara and rasayana in action.8.9. Guggulu resin is purified and processed by using triphala Kashaya before utilizing in the preparation of the formulation. Since gum guggulu is having thyroid stimulating and hypocholesteremic actions, it can be given in coronary artery diseases, arteriosclerosis, hypercholestraemia, and obesity and its complications. Since it is vatahara and Vedana sthapana in action, it can be given in disorders associated with pain, like degenerative joint disease, musculoskeletal and joint disorders.

CONCLUSION

1. Rasnadi guggulu is mainly given in pain management, degenerative joint disorders, painful joint disorders, neurological and cardiovascular disorders.
2. In chronic diseases, it has to be given for prolonged period.
3. It has least adverse drug reactions even after prolonged administration.
4. Constipation, small eruption in skin, intradermal microscopic bleeding causing petechiae and etchymosis and gastritis symptoms are seen in some patients taking rasnadi guggulu for longer period .

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