



ISSN 2456-3110

Vol 6 · Issue 1

Jan-Feb 2021

Journal of
**Ayurveda and Integrated
Medical Sciences**

www.jaims.in

JAIMS

An International Journal for Researches in Ayurveda and Allied Sciences



Charaka
Publications

Indexed

Classical review of *Guggulu* (*Commiphora mukul*) and its contraindications

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ABSTRACT

Guggulu (*Commiphora mukul*) is used in the traditional system of medicines, and it is one of the most used *Ayurvedic* herbs. It is widely prescribed *Ayurvedic* drug in various diseases. *Guggulu's* unique properties of decreasing cholesterol level and relieving joint inflammation find it as essential ingredients of numerous *Ayurvedic* medicines. It is used as an anti-oxidant and possesses various beneficial properties such as anti-inflammatory, anti-allergic, anti-septic, etc. It is an effective lipid regulator. *Guggul* lowers LDL (Low-density lipoprotein) cholesterol levels and significantly inhibits LDL oxidation. *Guggulu* has been described in the ancient *Ayurvedic* text as a *Medohar* and *Vatahar* so it helps in weight control and body fat reduction. Its ole-gum resin is used as binding agent in many tablets. But it also has some contraindications. Therefore, a classical review of *Guggulu* in various *Ayurvedic* text is necessary.

Key words: *Guggulu*, *Commiphora mukul*, *Ayurveda*, *Medohara*.

INTRODUCTION

Guggulu has been used in the *Ayurvedic* system of medicines for centuries. *Guggulu* occurs naturally in India and has a long history of use in the treatment of a number of disorders, particularly those involving obesity, hyperlipidemia. The present article deals with classical use of *Guggulu*, recorded right from *Charak Samhita* to the various available *Ayurveda* texts. Various drugs like *Guggulu* are very popular in society. Now a large number of people are using *Guggulu* for being fit and healthy and to cure diseases. Therefore,

a classical analysis of *Guggulu* is needed through various available *Ayurvedic* texts.

AIM

To study drug review of *Guggulu* from *Ayurvedic* classical texts and its contraindications.

OBJECTIVE

Collection of various references of *Guggulu* from available *Ayurvedic* texts.

MATERIALS AND METHODS

Materials

All references of *Guggulu* were collected from Original text of *Charak Samhita*, *Sushrut Samhita*, *Ashtanga Hridayam* and *Chakradatta*.

Methods

References of *Guggulu* was collected from original text and arranged with their use in various diseases.

Obesity

In case obesity has set in, one should use regularly *Shilajatu*, *Guggulu*, Cow's urine, *Triphala*, *Lauh*

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Submission Date: 23/01/2021 Accepted Date: 17/02/2021

Access this article online

Quick Response Code



Website: www.jaims.in

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Bhasam, honey, Barley, Mudga, Kodrava, Syamaka, Vanakodrava etc. which are rough and reduce fat.^[1]

Oedema

One should use *Guggulu* with cow urine or decoction of *Punarnava*.^[2]

Vatavyadhi

Guggulu is the best remedy for *Vata* covered by *Medas*.^[3]

Kroshtukasirsa (Arthritis of knee joints)

Guggulu or *Guduchi* with *Triphala* decoction or castor oil or *Vridhadaruka* with milk should be taken.^[4]

Amavata (Rheumatoid Arthritis)

Intake of *Guggulu* with equal quantity of *Trikatu, Chitraka, Musta, Triphala* and *Vidanga* destroys all disorders caused by *Medas, Kapha* and *Amavata*.^[5]

Abscess

In Abscess, the patient should use *Guggulu* with *Shunthi* and *Devadaru*.^[6]

Vatarakta

The disease can be controlled by regular use of *Shilajatu, Guggulu* and honey.^[7]

Side effects of Guggul

It can cause side effects such as stomach upset, headaches, nausea, vomiting, loose stools, diarrhea and hiccups. *Guggulu* can also cause allergic reactions such as rash and itching. These adverse reactions are more common with higher doses, such as 6000mg per day.

Contraindications

Pregnancy & Breast Feeding

Guggul is likely unsafe in pregnancy. It seems to encourage menstrual flow and stimulates the uterus, so it might endanger the pregnancy. So do not use *guggul* in pregnancy or breast feeding.

Bleeding Disorders

Guggulu can slow blood clotting and might cause bleeding or bruising in people with bleeding disorders

Planned Surgery

Guggulu might increase the risk of bleeding during and after surgery. Stop using *Guggulu* atleast two weeks before a scheduled surgery.

Hormone sensitive conditions

Hormone sensitive conditions such as breast cancer, Uterine cancer, ovarian cancer, endometriosis, or uterine fibroids. *Guggulu* might act like estrogen in the body. If you have any condition that might be made worse by exposure to estrogen so do not use *Guggulu*.

DISCUSSION

A diseased body is the biggest enemy of good health. A healthy body looks beautiful, attractive and remains active. Herbal drugs like *Guggulu* have a lot of significance in our life. After reviewing various classical texts, it is clear that we can cure different diseases by using *Guggulu*. *Guggulu* has many medicinal properties such as *Lekhaniya, Vataghna, Medaghna* and *Sirovirechaniya* etc. Most important thing about *Guggulu* is that it is cultivated throughout India. *Guggulu* is an effective lipid regulator. It exerts hypolipidemic effect by maintenance of Cholesterol, lowers low density lipoprotein (LDL) cholesterol levels and significantly inhibits LDL oxidation. *Guggulu* also helps in weight control and body fat reduction.

CONCLUSION

After reviewing the *Ayurvedic* classical texts, it is clear that *Guggulu* is used in the traditional system of medicine to cure various diseases. *Guggulu* is a drug widely used in many disorders due to various pharmacological actions. Presently it is considered as an important *Medohara* and *Vatahara Ayurvedic* medicine.

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How to cite this article: Anshul Alwadhi. Classical review of Guggulu (Commiphora mukul) and its contraindications. J Ayurveda Integr Med Sci 2021;1:208-210.

Source of Support: Nil, **Conflict of Interest:** None declared.

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