A review on Gandhak Vati: An Ayurvedic formulation in patients of Agnimandya and Ajeerna

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INTRODUCTION

According to Ayurveda, a notion known as Ama is the root cause of the bulk of illnesses. Ama is a poisonous chemical created by Ajeerna. Through tiny passageways, this Ama circulates throughout the body, causing ailments by being trapped in various body regions. The word "Ajeerna" itself denotes a poor digestion of the meal that has been consumed. Agnimandya (weakened digestive fire) is the primary cause of dyspepsia. Ajeerna is brought on by incomplete metabolism brought on by diminished digestive fire and an unprocessed state of the meal. The verse above says that the underlying cause of many diseases is this Ajeerna brought on by Agnimandya. Agnimandya is described as being fundamental in "Roga Sarvapi Mandagni Suturaudarani Tu" of Ayurveda.[¹]

The eternal life science of Ayurveda places a strong emphasis on achieving total health and seeks to prevent as well as treat illnesses. The Ayurvedic treatise provides well-explained guidelines for living a healthy lifestyle as well as guidelines for using medication compositions to treat a variety of diseases.[²] Gandhak Vati is one among such herbo-mineral formulations which is having broader therapeutic activities and applicable in Agnimandya (Digestive impairment), Ajeerna (Dyspepsia), Aruchi (Anorexia), Shul (Abdomen pain), Sangrahni (Irritable bowel syndrome), Aam Dosha (Toxin or Undigested metabolic waste), Gulma (Lump), Udavarta (Reverse movement of Vata), Vibhahda (Constipation), Amlapitta (Acidity), Rakthvika (Skin disorders), Udar Vikar (Abdomen diseases), Prameha (Diabetes).

Difference in ingredients and indications of Gandhak Vati, which are presented in various tables. The Gandhak Vati of Bhaishjya Ratnawali is elaborated widely with analysis of its constituents. Indications based on classical texts and modern.
Aim and Objectives

1. Detail literary study of Gandhak Vati.
2. The present study is an attempt to go through references of Gandhak Vati formulations in literature in order to have comparative better understanding of these formulations in terms of their compositions, indications.

Materials and Methods

Gandhak Vati is not merely a single formulation but a variety of formulations across different texts have been quoted as Gandhakvati. Rasa Yog Sagar a compilatory book of Rasausadhhis for first time has compiled 9 formulations entitled as Gandhak Vati across different texts.

Table 1: Showing different GV in different texts book.

<table>
<thead>
<tr>
<th>SN</th>
<th>Name of formulation</th>
<th>Ingredients</th>
<th>Indication</th>
<th>References</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Gandhak Vati 1</td>
<td>Shuddh Gandhak, Sunthi Satv, Nimbu Rasa, Saindhav Namak</td>
<td>Aruchi</td>
<td>Brihad Rasraj Sunder (Ajeeranrogadhikara)</td>
</tr>
<tr>
<td>2.</td>
<td>Gandhak Vati 2</td>
<td>Gandhak, Chitrok Ki Chhal, Marich, Pippali, Shunthi, Yavkshar, Saindhav Namak, Samudra Namak, Sauvrchal Namak, Nimbu Rasa</td>
<td>Shul, Sangrahni, Aam Dosh, Gulma, Udavrt</td>
<td>Brihad Rasraj Sunder (Ajeeranrogadhikara)</td>
</tr>
<tr>
<td>3.</td>
<td>Gandhak Vati 3</td>
<td>Parad, Gandhak, Shunthi, Laung, Marich, Saindhanamak, Sauvarchalnamak, Yavkshar, Mul ka Kshar, Nimbu Rasa</td>
<td>Ajeeran</td>
<td>Brihad Rasraj Sunder (Ajeeranrogadhikara)</td>
</tr>
<tr>
<td>5.</td>
<td>Gandhak Vati 5</td>
<td>Triphala, Chitark, Kele ki Mool, Chanak, Ark Panchang, Nausadhar, PanchPatu, Gandhak, Nimbu Rasa, Shunthi, Marich, Pippali, Hing, Jira, Lasuna, Amlvetas</td>
<td>Ajeeran</td>
<td>Rasayan Shar</td>
</tr>
<tr>
<td>7.</td>
<td>Gandhak Vati (Rajbati) 7</td>
<td>Suddhgandhak, Sunthi, Saindhav Namak</td>
<td>Aruchi, Ajiran, Vibandh, Amlpita, Raktvikar, Udar Vikar</td>
<td>Ayurved Sar Sangrah (Gutika-Vati Parkaran)</td>
</tr>
<tr>
<td>8.</td>
<td>Gandhak Vati 8</td>
<td>Suddha Gandhak, Chikrakmul, Pippali, Marich, Sunthi, Yavkshar, Saindhav Namak, Sauvarchal Namak, Samudra Namak, Nimbu Rasa</td>
<td>Agnimandhay</td>
<td>Rastantra Sar Evam Siddhpryog Sangrah(GutikaPrakaran)</td>
</tr>
<tr>
<td>9.</td>
<td>Gandhak Vati 9</td>
<td>Gandhak, Neemb Rasa, Sita</td>
<td>Prameh</td>
<td>Rasakamdhenu</td>
</tr>
</tbody>
</table>
Table 2: Latin name, Family, Chemical composition

<table>
<thead>
<tr>
<th>SN</th>
<th>Drug name</th>
<th>Latin name</th>
<th>Family</th>
<th>Chemical Composition</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Parad (Rasa)</td>
<td>Hydrargium</td>
<td>-</td>
<td>Mercury has a relatively high vapour pressure and the highest volatility of any metal, vaporizing to become a colourless, odourless gas. The metal is a fair conductor of electricity, but a poor conductor of heat. Mercury's atomic number is 80.</td>
</tr>
<tr>
<td>2</td>
<td>Gandhaka</td>
<td>-</td>
<td>-</td>
<td>Gandhak (Sulphur) is a chemical element with symbol S and atomic number 16. It is non-metallic, multivalent and is abundant in nature. Under normal conditions, sulphur forms cyclic octagonal molecules with a chemical formula S8.</td>
</tr>
<tr>
<td>3</td>
<td>Sunthi</td>
<td>Zingiber officinale</td>
<td>Zingiberacee</td>
<td>Sunthi is rich in Essential oil, pungent constituents (Gingerol and Shogaol), resinous matter, starch, etc. The Seeds of Sunthi contains Ricinine, Ricine, and lipase enzyme. Oil is rich in Glycerides like recinoleic acid, oleic acid, linoleic acid, &amp; stearic acid. Other than this, it includes sesquiterpenoids [α-zingiberene (30–70%), β-sesquiphellandrene (15–20%), β-bisabolene (10–15%), α-farnesene, zingiberol.</td>
</tr>
<tr>
<td>4</td>
<td>Lavanga</td>
<td>Syzygium aromaticum</td>
<td>Myrtaceae</td>
<td>Eugenol, eugenin, eugenolactate, caryophyllene, phenylpropanoids such as carvacrol, thymol, and cinnamaldehyde. It also contains acetyl eugenol, beta-caryophyllene and vanillin, crategolic acid.</td>
</tr>
<tr>
<td>5</td>
<td>Maricha</td>
<td>Piper nigrum</td>
<td>Piperaceae</td>
<td>Pipercide, Trichostachine, Methylenedioxyxcinnamic, Piperettine, Citronellol, Cryptone, Piperonal, Camphene, Policylic acid, Cryptone, Piperonal, Threonine, Ascorbic acid, Carotene.</td>
</tr>
<tr>
<td>6</td>
<td>Saindhava Lavana</td>
<td>Sodi chloridium</td>
<td>-</td>
<td>Sodium chloride is the major ingredient making upto 98 %. It contains many useful minerals and elements. It also contains iodine, Lithium, Magnesium, Phosphorus, Potassium, Chromium, Manganese, Iron, Zinc, Strontium, etc.</td>
</tr>
<tr>
<td>7</td>
<td>Suvarchala Lavana</td>
<td>Unaqua sodium chloride</td>
<td>-</td>
<td>It is constituted mainly with Sodium chloride with Iron and sulphides.</td>
</tr>
<tr>
<td>8</td>
<td>Chanakamla (Chanaka)</td>
<td>Cicer arietinum</td>
<td>Leguminosae</td>
<td>The leaves mainly contains ascorbic acid, and minerals like ionisable iron, copper manganese and zinc. Processes. Kaanj (Sour gruel) - The gruel is prepared by acidic fermentation using different ingredients like cereals, Rajika, Saindhava, Kulatha, Shunthi, Jeeraka, etc.</td>
</tr>
<tr>
<td>9</td>
<td>MulakaKshara</td>
<td>Raphanus sativus</td>
<td>Brassicaceae</td>
<td>Chemical investigation of the dichloromethane extract of the freeze-dried roots of Raphanus sativus afforded 3-(E)-(methylthio) methylene-2-pyrrrolidinethione (1), a mixture of 4-methylthio-3-butenyl isothiocyanate (2) and 4-(methylthio) butyl isothiocyanate (3), 8-sitosterol (4), 8-sitosteryl-3β-glucopyranoside-6'-O-palmitate (5), monoacylglycerols (6), and a mixture of a-linolenic acid (7)and linoleic acid (8). The structures of 1-3 were elucidated by extensive</td>
</tr>
</tbody>
</table>
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Table 3: Ingredients for the formulation Gandhak Vati

<table>
<thead>
<tr>
<th>SN</th>
<th>Drug name</th>
<th>Used part</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Parad (Rasa)</td>
<td>-</td>
<td>½ Pala (24 gm)</td>
</tr>
<tr>
<td>2</td>
<td>Gandhaka</td>
<td>-</td>
<td>1 Pala (48 gm)</td>
</tr>
<tr>
<td>3</td>
<td>Sunthi</td>
<td>Rhizome</td>
<td>1 Pala (48 gm)</td>
</tr>
<tr>
<td>4</td>
<td>Lavanga</td>
<td>Flower buds</td>
<td>1 Pala (48 gm)</td>
</tr>
<tr>
<td>5</td>
<td>Maricha</td>
<td>Fruits</td>
<td>1 Pala (48 gm)</td>
</tr>
<tr>
<td>6</td>
<td>Saindhava Lavana</td>
<td>-</td>
<td>3 Pala (144 gm)</td>
</tr>
<tr>
<td>7</td>
<td>Suvarchala Lavana</td>
<td>-</td>
<td>3 Pala (144 gm)</td>
</tr>
<tr>
<td>8</td>
<td>Chanakamla (Chanaka)</td>
<td>Leaf</td>
<td>2 Pala (96 gm)</td>
</tr>
<tr>
<td>9</td>
<td>Mulaka Kshara</td>
<td>pl</td>
<td>2 Pala (96 gm)</td>
</tr>
<tr>
<td>10</td>
<td>Nimbuka Drava</td>
<td>Fruits</td>
<td>Q.S for Mardana</td>
</tr>
</tbody>
</table>

Table 4: Rasapanchaka and Doshaghnata of single drugs

<table>
<thead>
<tr>
<th>Drug name</th>
<th>Rasa</th>
<th>Guna</th>
<th>Virya</th>
<th>Vipaka</th>
<th>Karma</th>
</tr>
</thead>
<tbody>
<tr>
<td>Parad (Rasa)</td>
<td>Sadarasa</td>
<td>Snigdha, Sara, Master</td>
<td>Ushna</td>
<td>Madhura</td>
<td>Yogavahi, Rasayana, Balya, Vrisya and Tridoshagchna</td>
</tr>
<tr>
<td>Gandhaka</td>
<td>Kashaya, Madhura, Katu, Tikta</td>
<td>Ushana, Snigdha, Sara</td>
<td>Ushna</td>
<td>Katu</td>
<td>Vrisha, Deepana, Pachana, Rasayana, Shoshan, Pleehgna, Balya, Aamdoshanashak</td>
</tr>
<tr>
<td>Sunthi</td>
<td>Katu</td>
<td>Guru, Rooksha, Teekshna,</td>
<td>Ushna</td>
<td>Madhura</td>
<td>Pachana, Bhedana, Rochana, Vrisya, Dipana, Swaryya</td>
</tr>
<tr>
<td>Lavanga</td>
<td>Tikta, Katu</td>
<td>Laghu, Snigdha</td>
<td>Sheeta</td>
<td>Katu</td>
<td>Dipana, Pachana, Ruchya</td>
</tr>
<tr>
<td>Maricha</td>
<td>Katu</td>
<td>Laghu, Teekshna, Sookshma</td>
<td>Ushna</td>
<td>Katu</td>
<td>Dipana, Shoolaprashamana, Krimighna</td>
</tr>
</tbody>
</table>
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Discussion

Gandhak Vati is one of the important formulations used in the classics. There are various formulations of Gandhak Vati in various Samhitas. In this article 9 formulations of Gandhak Vati have been discussed. In Bhaishyajya Ratnavali 9 ingredients have been mentioned. Grind all the above given ingredients into fine powder and then it is triturated using lemon juice and finally converted to tablets form. This particular Yoga contains mostly those drugs which have Deepana, Pachana, Rochana, Vata-Anulomana, Shoolahara, properties. That keeps the Vata and Kapha Doshas in balance and improves the Pitta. The research studies regarding ingredients of Gandhak Vati also show results on gastrointestinal track. Gandhak Vati is mainly indicated in Agnimandya and Ajeevan but according to Rasa Kamdhenu it is indicated in Prameh and Bhrirat Rasaraja Sundaram has mentioned 3 types or varieties of Gandhak Vatishas indicated formulation 1st in Aruchi, and formulation 2nd in Shul, Sangrahni, Aam Dosha, Gulma, Udavrt.

Conclusion

Ajeevan is troublesome digestive disorders if not treated appropriately or within time. Agnimandya is main reason for Ajirna which is due to improper diet habit. Deepana, Pachana, Langhana is the basic management in Ajirna along with internal medicine like Gandhak Vati.

References

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