



ISSN 2456-3110

Vol 8 · Issue 6

June 2023

Journal of
**Ayurveda and Integrated
Medical Sciences**

www.jaims.in

JAIMS

An International Journal for Researches in Ayurveda and Allied Sciences



Maharshi Charaka
Ayurveda

Indexed

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

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ABSTRACT

Nearly 70% of Ayurvedic pharmaceutical formulations are of herbo-mineral origin, and *Gandhakvati* is one such formulation that is offered in traditional *Vati* (tablet) form. In practise, it is mostly utilised in the Ayurvedic medical system to treat digestive issues. Here, a number of references to *Gandhakvati* are gathered from Ayurvedic data sources such traditional texts and lexicons and then thoroughly examined in terms of ingredients, ratio, dose, and their indications. According to the classics, it has more therapeutic uses in *Agnimandya*. There are around nine formulations with the name *Gandhakvati* that are listed in various ancient books, each with a unique set of ingredients and therapeutic properties.

Key words: *Gandhakvati*, *Agnimandya*, *Ayurveda*

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), *Sangrahani* (Irritable bowel syndrome), *Aam Dosha* (Toxin or Undigested metabolic waste), *Gulma* (Lump), *Udavarta* (Reverse movement of *Vata*), *Vibandha* (Constipation), *Amlapitta* (Acidity), *Raktvikar* (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 *Bhaishajya Ratnawali* is elaborated widely with analysis of its constituents. Indications based on classical texts and modern.

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Submission Date: 12/04/2023 Accepted Date: 21/05/2023

Access this article online

Quick Response Code



Website: www.jaims.in

DOI: 10.21760/jaims.8.6.35

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 *Rasaushadhis* for first time has compiled 9 formulations entitled as *Gandhak Vati* across different texts.

Table 1: Showing different GV in different texts book.

SN	Name of formulation	Ingredients	Indication	References
1.	<i>Gandhak Vati 1</i>	<i>Shuddh Gandhak, Sunthi Satv, Nimbu Rasa, Saindhav Namak</i>	<i>Aruchi</i>	<i>Brihad Rasraj Sunder (Ajeeranrogadhikara)</i> ^[3]
2.	<i>Gandhak Vati 2</i>	<i>Gandhak, Chitrak Ki Chhal, Marich, Pippali, Shunthi, Yavkshar, Saindhav Namak, Samudra Namak, Sauvrchal Namak, Nimbu Rasa</i>	<i>Shul, Sangrahn, Aam Dosha, Gulma, Udavrt</i>	<i>Brihad Rasraj Sunder (Ajeeranrogadhikara)</i> ^[4]
3.	<i>Gandhak Vati 3</i>	<i>Parad, Gandhak, Shunthi, Laung, Marich, Saindhanamak, Sauvarchalnamak, Yavkshar, Muli ka Kshar, Nimbu Rasa</i>	<i>Ajeeran</i>	<i>Brihad Rasraj Sunder (Ajeeranrogadhikara)</i> ^[5]
4.	<i>Gandhak Vati 4</i>	<i>SuddhGandhak, Marich, Shunthi, Saindhav Namak, Yavkshar, Nimbu Rasa</i>	<i>Agnimandya</i>	<i>Vaidhy Rahasyam (Agnimandhya- Chikitsa)</i> ^[6]
5.	<i>Gandhak Vati 5</i>	<i>Triphala, Chitark, Kele ki Mool, Chanak, Ark Panchang, Nausadhar, PanchPatu, Gandhak, Nimbu Rasa, Shunthi, Marich, Pippali, Hing, Jira, Lasuna, Amlvetas</i>	<i>Ajeeran</i>	<i>Rasayan Shar</i> ^[7]
6.	<i>Gandhak Vati 6</i>	<i>Suddha Parad, Suddh Gandhak, Sunthi, Lavang, Marich, Saindhanv Namak, Sauvarchal Namak, Chanakaml, Mulikshar, Nimbu Rasa</i>	<i>Ajeeran, Agnimandya</i>	<i>Bhaishjya Ratnavali (Agnimandya Rogadhikara)</i> ^[8]
7.	<i>Gandhak Vati (Rajbati) 7</i>	<i>Suddhgandhak, Sunthi, Saindhav Namak</i>	<i>Aruchi, Ajiran, Vibandh, Amlpita, Raktvikar, Udar Vikar</i>	<i>Ayurved Sar Sangrah (Gutika-Vati Parkaran)</i> ^[9]
8.	<i>Gandhak Vati 8</i>	<i>Suddha Gandhak, Chikrakmul, Pippali, Marich, Sunthi, Yavkshar, Saindhav Namak, Sauvarchal Namak, Samudra Namak, Nimbu Rasa</i>	<i>Agnimandhay</i>	<i>Rastantra Sar Evam Siddhpryog Sangrah(GutikaPrakaran)</i> ^[10] / AF ^[11]
9.	<i>Gandhak Vati 9</i>	<i>Gandhak, Neemb Rasa, Sita</i>	<i>Prameh</i>	<i>Rasakamdhenu</i> ^[12]

Table 2: Latin name, Family, Chemical composition

SN	Drug name	Latin name	Family	Chemical Composition
1.	<i>Parad (Rasa)</i>	<i>Hydrarigium</i>	-	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.
2.	<i>Gandhaka</i>	-	-	<i>Gandhak</i> (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 S ₈ .
3.	<i>Sunthi</i>	<i>Zingiber officinale</i>	<i>Zingiberaceae</i>	<i>Sunthi</i> is rich in Essential oil, pungent constituents (Gingerol and Shogaol), resinous matter, starch, etc. The Seeds of <i>Sunthi</i> contains Ricinine, Ricine, and lipase enzyme. Oil is rich in Glycerides like ricinoleic acid, oleic acid, linoleic acid, & stearic acid. Other than this, it includes sesquiterpenoids [α -zingiberene (30–70%), β -sesquiphellandrene (15–20%), β -bisabolene (10–15%), α -farnesene, zingiberol.
4.	<i>Lavanga</i>	<i>Syzygium aromaticum</i>	<i>Myrtaceae</i>	eugenol, eugenitin, eugenalacetate, caryophyllene, phenylpropanoids such as carvacrol, thymol, and cinnamaldehyde. It also contains acetyl eugenol, beta-caryophyllene and vanillin, crategolic acid.
5.	<i>Maricha</i>	<i>Piper nigrum</i>	<i>Piperaceae</i>	<i>Piperide</i> , <i>Trichostachine</i> , <i>Methylenedioxcinnamic</i> , <i>Piperettine</i> , <i>Citronellol</i> , <i>Cryptone</i> , <i>Piperonal</i> , <i>Camphene</i> , <i>Pipecolic acid</i> , <i>Cryptone</i> , <i>Piperonal</i> , <i>Threonine</i> , <i>Ascorbic acid</i> , <i>Carotene</i> .
6.	<i>Saindhava Lavana</i>	<i>Sodi chloridium</i>	-	<i>Sodium chloride</i> 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.
7.	<i>Suvarchala Lavana</i>	<i>Unaqua sodium chloride</i>	-	It is constituted mainly with Sodium chloride with Iron and sulphides.
8.	<i>Chanakmla (Chanaka)</i>	<i>Cicer arietinum</i>	<i>Leguminosae</i>	The leaves mainly contains ascorbic acid, and minerals like ionisable iron, copper manganese and zinc. Processes. <i>Kaanji</i> (Sour gruel) - The gruel is prepared by acidic fermentation using different ingredients like cereals, <i>Rajika</i> , <i>Saindhava</i> , <i>Kulatha</i> , <i>Shunthi</i> , <i>Jeeraka</i> , etc.
9.	<i>MulakaKshara</i>	<i>Raphanus sativus</i>	<i>Brassicaceae</i>	Chemical investigation of the <i>dichloromethane</i> extract of the freeze-dried roots of <i>Raphanus sativus</i> afforded 3-(E)-(methylthio) methylene-2-pyrrolidinethione (1), a mixture of 4-methylthio-3-butenyl isothiocyanate (2) and 4-(methylthio) butyl isothiocyanate (3), β -sitosterol (4), β -sitosteryl-3 β -glucopyranoside-6'-O-palmitate (5), monoacylglycerols (6), and a mixture of α -linolenic acid (7) and linoleic acid (8). The structures of 1-3 were elucidated by extensive

				1D and 2D NMR spectroscopy, while those of 4-8 were identified by comparison of their NMR data with those reported in the literature.
10.	<i>Nimbuka Drava</i>	<i>Citrus limon</i>	<i>Rutaceae</i>	It contains flavonoids such as- Flavonones—Eriodictyol, Hesperidin, Hesperetin, Naringin; Flavones—Apigenin, Diosmin; Flavonols—Quercetin. In the whole fruit, other flavonoids are additionally detected – Flavonols—Limocitrin and Spinacetin, and Flavones—Orientin and Vitexin. Some flavonoids, such as Neohesperidin, Naringin and Hesperidin are characteristic for <i>C. limon</i> fruit.

Table 3: Ingredients for the formulation *Gandhak Vati*

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

Table 4: *Rasapanchaka* and *Doshaghnata* of single drugs

Drug name	<i>Rasa</i>	<i>Guna</i>	<i>Virya</i>	<i>Vipaka</i>	<i>Karma</i>
<i>Parad (Rasa)</i> ^[13]	<i>Sadarasa</i>	<i>Snigdha, Sara, Master</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Yogavahi, Rasayana, Balya, Vrisya and Tridosaghna</i>
<i>Gandhaka</i> ^[14]	<i>Kashaya, Madhura, Katu, Tikta</i>	<i>Ushana, Snigdha, Sara</i>	<i>Ushna</i>	<i>Katu</i>	<i>Vrishya, Deepana, Pachana, Rasayana, Shoshan, Pleehgna, Balya, Aamdoshanashak</i>
<i>Sunthi</i> ^[15]	<i>Katu</i>	<i>Guru, Rooksha, Teekshna,</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Pachana, Bhedana, Rochana, Vrisya, Dipana, Swarya</i>
<i>Lavanga</i> ^[16]	<i>Tikta, Katu</i>	<i>Laghu, Snigdha</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Dipana, Pachana, Ruchya</i>
<i>Maricha</i> ^[17]	<i>Katu</i>	<i>Laghu, Teekshna, Sookshma</i>	<i>Ushna</i>	<i>Katu</i>	<i>Dipana, ShoolaPrashamana, Krimighna</i>

<i>Saindhava Lavana</i> ^[18]	<i>Madhura</i>	<i>Laghu, Snigdha, Teekshna</i>	<i>Sheeta</i>		<i>Agnideepana, Pachana, Ruchya, Netriya, Hridya, Vrishya</i>
<i>Suvarchala Lavana</i> ^[19]	<i>Katu</i>	<i>Laghu</i>	<i>Ushna</i>		<i>Pachana, Hridya,</i>
<i>Chanakamla (Chanaka)</i> ^[20]	<i>Kashaya, Lavana, Ala</i>	<i>Laghu, Ruksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Dipana, Ruchya, Shoola, Ajeerna and VibandaNasak</i>
<i>Mulaka Kshara</i> ^[21]	<i>Katu, Tikta</i>	<i>Laghu, Teekshna</i>	<i>Ushna</i>	<i>Katu</i>	<i>Agnideepana, Pachana, Hridya, Svarya, Ashmaribhedana, Mutral</i>
<i>Nimbuka Drava</i> ^[22]	<i>Amla</i>	<i>Laghu, Teekshna</i>	<i>Ushna</i>	<i>Amla</i>	<i>Dipana, Pachana, Ruchya, Krumisamuhanasana, Amadoshahara, Vahnimandyahar</i>

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 *Bhaishjya Ratnawali* 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 *Ajeerna* but according to *Rasa Kamdhenu* it is indicated in *Prameh* and *Bhrihat Rasaraja Sundaram* has mentioned 3 types or varieties of *Gandhak Vati* has indicated formulation 1st in *Aruchi*, and formulation 2nd in *Shul, Sangrahni, Aam Dosh, Gulma, Udvart*.

CONCLUSION

Ajeerna 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*.

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How to cite this article: Nakhat Mal, Divya Singh, Sanjay Kumar. A review on Gandhak Vati : An Ayurvedic formulation in patients of Agnimandya and Ajeerna. J Ayurveda Integr Med Sci 2023;06:230-235. <http://dx.doi.org/10.21760/jaims.8.6.35>

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