

Kaishor Guggul

Guggul	<i>Commiphora mukul</i>	Danti	<i>Baliospermum montanum</i>
Guduchi	<i>Tinospora cordifolia</i>	Trivrut	<i>Operculina turpethum</i>
Ginger	<i>Zingiber officinale</i>	Amla	<i>Embllica officinalis</i>
Pippali	<i>Piper longum</i>	Bibhitaki	<i>Terminalia belerica</i>
Black Pepper	<i>Piper nigrum</i>	Haritaki	<i>Terminalia chebula</i>

Triturated with the decoction of:

Haritaki (<i>Terminalia chebula</i>)	Amla (<i>Embllica officinalis</i>)
Bibhitaki (<i>Terminalia belerica</i>)	Guduchi (<i>Tinospora cordifolia</i>)

Method of preparation:

All the *churnas* are made into fine powder & mixed with Shuddha Guggul to make a homogenous mixture that is triturated with Triphala and Guduchi.b. The mixture is then dried, powdered & made into capsule form.

Reference: Sharangdhara Samhita, Bhaishajya ratnavali: vataraktadhikara

Guggulu Shodhan Reference: Bharat Bhaishajya Ratnakar

Constituents:

Tannins, Alkaloids - sennoside, Ascorbic acid, Bioflavonoids, Vitamin C, Mucilage, Essential oils - camphene, eugenol, gigerols, Alkaloids - piperine, piperlongumine, Steroids-guggulsterones that are lipid soluble, oleoresins

Ayurvedic Action:

Pittashamana - pacifies *pitta* and inflammatory conditions, *Kushtaghna* - benefits skin conditions, *Amavatanashak*- reduces arthritic inflammations, *Vataraktaghna* - alleviates gout, *Vibandha* - alleviates constipation, *Mutrakricchra* - treats painful urination and urinary disorders

Bio-Medical Action:

Anti-inflammatory, diuretic, alterative, anti-pyretic, arthritic

Indications:

Arthritis: When there is inflammatory, painful red, swollen arthritis this is the remedy of choice. May benefit certain types of sciatica and muscle inflammation as well: tendonitis, polymyalgia.

Gout: For all types of gout Kaishor Guggul is recommended. The obstructed *vata* that is causing the pain is freed whilst the aggravated blood is cooled. Uric acid is also excreted and the crystalline deposits affecting the joints are scrapped out.

Skin: When there are inflammatory signs with infection, heat and burning use Kaishor Guggul. Specifically for chronic eczema and psoriasis with lichenification, chronic plaques, itching and bleeding.

Lumps: When a lump or growth (*arbuda* or *granthi*) are mixed with *pitta* and inflammatory toxins then Kaishor Guggul is indicated: certain cancers, especially breast and liver cancer, chirroisis.

Combinations:

+ **Punarnava Guggul** in *kapha* type arthritis

+ **Sandalwood, Neem, Manjishta** in skin problems with heat signs

Notes:

- Guduchi has a powerful anti-inflammatory action that penetrates deeply into the tissues.
- Guggul scrapes the *pitta* toxins from the Plasma, Blood and Muscle tissues.
- Triphala, Vidanga and Trivrut combine to clear inflammatory toxins and *ama*.
- Trikatu digests the toxins in the tissues and enkindles the tissue *agni*.

Ayurvedic Energetics:

Taste rasa: Bitter, Astringent, Sweet, Pungent

Action virya: Heating

Post-digestive effect vipaka: Pungent

Quality guna: Dry, Light

Dosha effect: P⁻, balances all three dosha

Tissue dhātu: Plasma, Blood, Muscle, Lipid, Bone

Channel srota: Circulatory, Skin

Contraindications:

Not in pregnancy. The Sharangadhara Samhita recommends that the patient avoid pungent and sour foods, alcohol, excessive sex and anger whilst taking Kaishor Guggul.

Dosage: 2-3 tablets 3x/day