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ISSN 2321 - 6328

Review Article

A REVIEW ON NIMBADI GUGGULU

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Article Received on: 05/04/17 Accepted on: 29/06/17

DOI: 10.7897/2321-6328.05357

ABSTRACT

Guggulu preparations are one among the vati kalpana in which guggulu will be a major ingredient. Nimbadi guggulu is a drug mentioned in basavarajeeyam in 18th chapter, in the context of treatment of raktaja shiroroga. It is also having indication in vatakaphaja shiroroga. This paper is an attempt to review on the formulation “nimbadi guggulu”.

KEY WORDS: Nimbadi guggulu, basavarajeeyam, shiroroga

INTRODUCTION

Guggulu kalpana is upakalpana of vati kalpana¹. The reference of nimbadi guggulu is available only in basavarajeeyam. The 18th chapter of this book explains ‘sthoulyaroga nidanalakshanachikitsa adhyayam’. This chapter comprises of

sthoulya roga (obesity), nasa roga (nasal diseases), and shiroroga (head diseases). In the treatment of raktaja shiroroga the drug nimbadi guggulu is mentioned. It is also indicated in vatakaphakja shiroroga.

Name of Yoga: Nimbadi guggulu²

Table 1: List of ingredients of nimbadi guggulu

No	Name of drug	Botanical name	Part used	Quantity
1	Nimba	<i>Azadiracta indica</i>	Bark	1 part
2	Harithaki	<i>Terminalia chebula</i>	Fruit	1 part
3	Vibhithaki	<i>Terminalia bellarica</i>	Fruit	1 part
4	Amalaki	<i>Emblica officinalis</i>	Fruit	1 part
5	Vasa	<i>Adathoda vasica</i>	stem	1 part
6	Patola	<i>Tricosanthes dioica</i>	Fruit	1 part
7	Guggulu	<i>Commiphora mukhul</i>	Resin	6 part

Method of Preparation

The drugs nimba (*Azadiracta indica*), triphala, vasa (*Adathoda vasica*) and patola (*Tricosanthes dioica*) taken in equal quantity and cooked well with 4 times water. This is boiled till it reduces to 1/4th. To this equal quantity of purified guggulu is added and again heated in mild flame. When it attains the form for making pills it is removed from flame and pills are made. This should be dried in shade and preserved in air tight containers³.

Dose and Shelf life

1 karsha (12gms), 1 year from date of manufacture when stored in dry, airtight, wide mouthed containers.⁴

Indication

Consume internally in vatakaphaja shiroroga and raktaja shiroroga.

Pathyapathya (Regimens)

During the course of administration of this drug one should consume snigdha (unctuous) and ushna (hot) food articles and avoid consuming sour food items, alcohol, sexual intercourse, physical exercise, exposure to sun light, emotions like anger.⁵

Karmukatha (Pharmacokinetics) of Nimbadi Guggulu

Table 2: List of rasapanchaka (factors determining the function of this formulation) of ingredients of nimbadi guggulu⁶

No	Name of drug	Rasa (taste)	Guna (property)	Virya (potency)	Vipaka	Karma (mode of action)
1	Nimba	Tikta, kashya	Laghu, ruksha	sheeta	katu	Kaphapittahara, Deepana, grahi, krimighna, netrya, vishgna
2	Harithaki	Kashaya pradhana lavanavarjitha pancharasa	Laghu, ruksha	Ushna	Madhura	Tridosahara, kushtagna, jwaraghna, rasayana
3	Vibhithaki	kashaya	Ruksha, laghu	Ushna	Madhura	Tridosahara, krimighna, jwaraghna, chakshushya
4	Amalaki	Amlapradhana lavanavarjitha panchrasa	Guru, ruksha	Sheetha	Madhura	Tridosahara, sthambana, rasayana
5	Vasa	Tikta, kashaya	Laghu, ruksha	Sheeta	Katu	Kaphapittahara, hridya, swarya, kushtaghna, kasahara
6	Patola	Tikta, katu	Laghu, ruksha	Ushna	Katu	Kaphapittahara, kushtaghna, kandughna, varnya
7	Guggulu	Tikta, katu	Laghu, ruksha	Ushna	Katu	Tridosahara, kushtaghna, rasayana

DISCUSSION

Nimbadi guggulu is a vati kalpana which makes it easily palatable. It is indicated in vatakapahaja shiroroga and also in raktaja shiroroga. Most of the ingredients of this formulation have got tikta (bitter) kashaya (pungent) rasa which act as kaphavatahara (pacifies kapha and vata). All ingredients have ruksha (dry) guna which make it more effective in pacifying kapha dosha. During the course of course of consuming this drug one is asked to consume snigdha (unctuous) and usha (hot) food to avoid excess dryness to body.

CONCLUSION

Nimbadi guggulu is a most common drug used in the treatment of shiroroga with predominance of vata and kapha doshas. It is explained only in basavarajeeyam in the context of raktaja shiroroga chikitsa. It is taken in the dose of 1 karsha internally.

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Cite this article as:

Anjali W.G and Chaitra H. A review on Nimbadi guggulu. J Biol Sci Opin 2017;5(3): 37-38.
<http://dx.doi.org/10.7897/2321-6328.05357>

Source of support: Nil; Conflict of interest: None Declared

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