



## KAISHORE GUGGULU: A PRECIOUS MEDICINE

### Ayurveda

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### KEYWORDS

Kaishore Guggulu, Immunomodulation, Beneficial in Vatvyadhis, (Disorders related to Muscles, Bones, and Nerves)

#### INTRODUCTON:

“Kaishore Guggulu” is one of the most famous Ayurvedic formulation, that is mentioned in Classical Texts like *Yogaratnakar*, *Bhaishajyaratnavali*, *Sharangdhara Samhita* and *Chakradatta Tika*, among which it has mentioned under *Vatarakta Rogadhikara*. ‘Kaishore Guggulu’ relieves all the *Vyadhis* (Disorders) of *Kishoravastha* (Adulthood) and develops **Rasayana (Rejuvenating)** Effect. This is an attempt to aware the Public for the benefits of Kaishore Guggulu to fight against *Vatarakta* (Gout), *Vatvyadhi* (Diseases mostly related to Bones, Muscles and Nerves etc.), *Madhumeha* (Diabetes Mellitus), *Twakrogas* (Skin Disorders), *Kasa* (Coughing), *Pandu* (Anaemia), *Udara* (Mild Ascites) and ultimately to gain up the Immunity by **Immunomodulation**.

I have focussed this particular Clinical Trial for the benefits of Kaishore Guggulu in different Skin Ailments like *Vicharchika* (Eczema), *Kilas* (Psoriasis) and *Dadru* (Fungal Infection),

#### Properties Of Kaishore Guggulu (According to Ayurvedic Classical Texts)

##### Rogagnata:

3 *Vatarakta*(Gout), *Vrana* (External Wounds), *Kasa*(Coughing), *Kushta*, ( Skin Disorders ) *Udara* ( Mild Ascites), *Pandu* ( Mild Anaemia), *Madhumeha* ( Diabetes Mellitus), *Mandagni* ( Low Digestive fire), *Malayshthambha* (Chronic Constipation), *Vardhakayajanya Vikara* (Age related Disorders), *Netraroga* (Ophthalmic Disorders) and *Shvayathu*

##### Dosha karma: *Tridoshahara*

##### Agni karma: *Agnivardhana*.

**Other karmas:** *Raktaprasadana* (Blood -Purifier), *Strotoshodhana* (Body- Channels purification) and *Malanulomaka* (Laxation)

##### Reference:

*Bhaishajyaratnavali Vatarakta Chikitsa Prakaranam, Sharangdhara Samhita, Madhyam Khabda*

##### INDICATIONS:<sup>(5)</sup>

Traditionally indicated with *Anupanas* (the liquid with which Ayurvedic liquid to be given) as per *Sharangdhara Samhita* as follows:

- In *Kushta* – (Skin Disorder) with *Khadiradi Kashaya* (Decoction)
- In *Gulma* – with *Varunadi Kashaya* (Decoction)
- In *Netraroga* - (Eye Disorders) with *Vasakadi Kashaya* (Decoction)

##### OBSERVATIONS WITH RESULT:

I have observed excellent results of Kaishore Guggulu, while managing the patients of various Skin disorders in OPD and IPD of M.A. Podar (Govt.) Hospital, Worli, Mumbai-18 describing as follows:

Sr. No.	Disorder	No. of Patients	Symptom which relieved	% of Relief
1	<i>Vicharchika</i> (Eczema)	20	<i>Vaivyarnya, Kandu</i>	70 -80%
2	<i>Kilas</i> (Psoriasis)	20	<i>Vaivyarnya,</i>	50-60%
3	<i>Dadru</i> (Fungal Infection)	20	<i>Vaivyarnya, Kandu</i>	60-70%

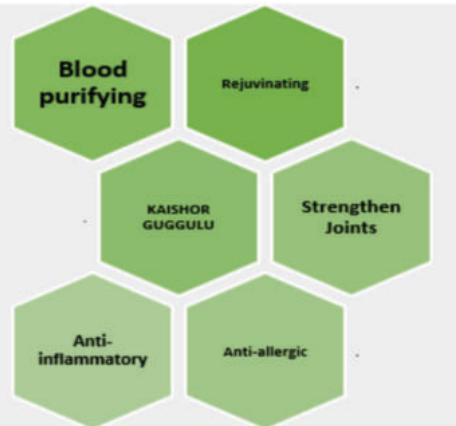
##### Criteria Of Assessment:

- Marked relief (71 % and above)
- Moderate relief (51-70%)
- Mild relief(Below 50%)

Total 60 patients were screened in M.A Podar Hospital's OPD and IPD in last 4 months to manage different Skin Ailments, among which 20 were suffering from *Vicharchika*, having *Vaivarna* and *Kandu*, 20 of *Kilas* having Symptoms of *Twaka Vaivarna*, and 20 of *Dadru* having Symptoms of *Twakvaivarna* with *Kandu*. Among 60 patients, 20 of *Vicharchika* showed Marked relief ,20 of *Kilas* showed Moderate relief and 20 of *Dadru* showed Moderate relief as described above.

##### Common Anupanas (the liquid with which Ayurvedic liquid to be given):

*Ushnodaka, Ksheer, Manjishta Kwatha*



##### Ingredients And Its Properties:<sup>(2)</sup>

SR.NO	SANSKRIT NAME	LATIN NAME	FAMILY	USEFULL PART
1	Guduchi	<i>Tinospora cordifolia</i>	Menispermaceae	Stem
2	Guggulu (Purana)	<i>Commiphora mukul</i>	Burseraceae	Stem
3	Bibhitaki	<i>Terminalia bellerica</i>	Combretaceae	Fruit
4	Haritaki	<i>Terminalia chebula</i>	Combretaceae	Fruit
5	Amalaki	<i>Emblica officinalis</i>	Euphorbiaceae	Fruit
6	Shunthi	<i>Zingiber officinalis</i>	Scitaminae	Rhizome
7	Maricha	<i>Piper nigrum</i>	Piperaceae	Fruit
8	Pippali	<i>Piper longum</i>	Piperaceae	Fruit
9	Vidang	<i>Embelica ribes</i>	Myrsinaceae	Fruit
10	Trivritta	<i>Operculina turpethum</i>	Convolvulaceae	Root, Bark, Leaves
11	Danti	<i>Baliospermum montanum</i>	Euphorbiaceae	Root
12	Goghrita	-	-	-

**Dosage:** 250 mg -500 mg Twice a day (After Meals)

SR. NO	NAME OF INGREDIENT	RASA	GUNA	VIR YA	VIPA KA	DOSHA KARMA	IMAGES
1.	<i>Guduchi</i>	<i>Tikta, Kashaya</i>	<i>Laghu</i>	<i>Ush na</i>	<i>Madh ura</i>	<i>Tridosha ghna</i>	
2.	<i>Guggul (Purana)</i>	<i>Tikta, Katu, Kashaya</i>	<i>Laghu, Sara, Vishada, Tikshna</i>	<i>Ush na</i>	<i>Katu</i>	<i>Vata-Kaphaha ra</i>	
3.	<i>Bibhitaki</i>	<i>Kashaya</i>	<i>Laghu, Ruksha</i>	<i>Ush na</i>	<i>Madh ura</i>	<i>Kapha-Pittahara</i>	
4.	<i>Haritaki</i>	<i>Kashaya, Katu, Tikta, Amla, Madhu ra</i>	<i>Laghu, Ruksha</i>	<i>Ush na</i>	<i>Madh ura</i>	<i>Tridosha hara</i>	
5.	<i>Amalaki</i>	<i>Amla, Kashaya, Madh ura, Tikt a, Katu</i>	<i>Laghu, Ruksha</i>	<i>Shee ta</i>	<i>Madh ura</i>	<i>Tridosha hara</i>	
6.	<i>Shunthi</i>	<i>Katu</i>	<i>Laghu, Snigdha, Tikshan</i>	<i>Ush na</i>	<i>Madh ura</i>	<i>Vata-Kaphaha ra</i>	
7.	<i>Maricha</i>	<i>Katu, Tikta</i>	<i>Laghu, Ruksha, Tikshna</i>	<i>Ush na</i>	<i>Katu</i>	<i>Kapha-Vatahara</i>	
8.	<i>Pippali</i>	<i>Katu, Tikta</i>	<i>Snigdha, Laghu</i>	<i>Anus hna</i>	<i>Madh ura</i>	<i>Tridosha hara</i>	
9.	<i>Vidang</i>	<i>Katu, Tikta</i>	<i>Ruksha, Laghu, Tikshan</i>	<i>Ush na</i>	<i>Katu</i>	<i>Vata-Kaphaha ra</i>	
10.	<i>Trivritta</i>	<i>Madhu ra, Kat, Tikta, Kashaya</i>	<i>Ruksha, Laghu, Tikshna</i>	<i>Ush na</i>	<i>Katu</i>	<i>Kapha-Pittahara</i>	
11.	<i>Danti</i>	<i>Katu</i>	<i>Tikshna, Sara, Laghu</i>	<i>Ush na</i>	<i>Katu</i>	<i>Kaphaha ra</i>	
12.	<i>Goghrita</i>	<i>Madhu ra</i>	<i>Guru</i>	<i>Shee ta</i>	<i>Madh ura</i>	<i>Vata-Pittahara</i>	

**Duration:** 30 days

#### Following Are Some Releaved Cases Of Skin Disorders (Evidence Based Pictures)



**Fig no 1: A Case of Eczema**



**Fig 2: A Case of Fungal Infection**



**Fig no 3: A Case of Psoriasis**

#### DISCUSSION:

##### Pharmacological Action Of Drug<sup>(1)</sup>

Kaishore Guggulu is one of most prominent and prolific formulations in Ayurvedic Medicine. Prominent herbs in this formulation are *Guduchi*, *Guggulu*, *Triphala* and *Trikatu*, which are having the unique actions on various health conditions. *Guduchi* is a **Liver and Blood - Rejuvenating herb, that focuses on Pittashudhhi** Also, *Trikatu* helps to reduce *Shvayathu* and *Shoola*. *Triphala* aids as a **Laxative by clearing body -toxins**. Ultimate effect is a elimination of toxins of degenerative areas, thus promoting more healing and **Rejuvenating effects** in body..

#### Previous Work Done:

##### 1. An ayurvedic polyherbal formulation Kaishore Guggulu<sup>(3)</sup>

Conclusion: Kaishore guggulu is mainly used as antiallergic, antibacterial and blood purifying properties. Kaishore guggulu can be used to support healthy joints (in gout), muscles (in fibromylegia), in back pain and connective tissue. It acts as aging skin health promoter, natural blood cleanser, useful as supportive dietary herbal supplement in many health conditions such as diabetes, skin diseases etc. There is minute scientific study about the pharmacological activities of the Kaishore guggul. So this review helps the researcher to explore this formulation for more pharmacological activities of the Kaishore guggul.

##### 2. A Combined Efficacy of Kaishore Guggulu and Punarnavadi Guggulu in The Management of Vatarakta (Gout): A Case Series<sup>(8)</sup>

Conclusion: Combine therapy with Kaishore Guggulu and Punarnavadi Guggulu in Vatarakta (Gout) shows marked improvement in various parameters with no apparent adverse effects observed so far.

##### 3. A case study on the management of dry gangrene by Kaishore Guggulu, Sanjivani Vati and Dashanga Lepa<sup>(9)</sup>

Conclusion: Ayurvedic management consisting of Kaishore Guggulu, Sanjivani Vati and Dashanga Lepa was found very effective and safe in the management of case of *Kotha* (dry gangrene). The observed benefits may be attributed due to antiallergic, antibacterial and blood-purifying properties, skin health promoter of *Kaishore Guggulu*.

#### CONCLUSION:

According to this Clinical trial, it can be concluded that Kaishore Guggulu is a precious Ayurvedic Medicine to fight against Twakrogas (Skin Disorders) like *Vicharchika* ( Eczema ), *Kilas* ( Psoriasis ) and *Dadru* ( Fungal Infection ), ultimately to gain up the Immunity by **Immunomodulation**.

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