

A Therapeutic Review of Various *Guduchi* Tailas in *Vatarakta* w.s.r. to *Chakradutta*

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ABSTRACT

Guduchi (*Tinospora cordifolia*) is a *Pradhan Aushadh* of selected review formulations. *Guduchi* has *Laghu, Snigdha Guna* and *Tikta, Kashay Rasa* and its *Vipaka* is *Madhura*. *Guduchi* has a *Ushna Virya*. It is *Tridoshashamak (Vata-Pitta-Kapha Shamak)*; its *Snigdha-Ushna Guna* works on *Vatashamak, Tikta - Kashaya Rasa* works on *Pitta* and *Kapha Shamaka*. *Vatarakta* is a disease characterized by chronic joint pain, with stiffness and swelling over the joint. The aggravated *Vata* & vitiated *Rakta* are circulates together with their *Atma Guna* viz; *Vata* has *Sukshma & Sara Guna*, *Rakta* has *Drava & Sara Guna*. The above road map is endangered by *Vyan Vayu* and it may happen by *Sira Marga*; *Khavaigunya* is been in *Raktavaha Strotas*. The obstruction being happened by *Dushita Rakta* on the way of *Vata*. Thus, the both *Dosha (Vata)* & *Dushya (Rakta)* are obstructed their path and symptoms arises in *Sandhi Sthan*. *Uttana* and *Gambhira* are the two *Avastha* of *Vatarakta*. *Uttana* is primarily associated with *Tvaka* and *Mamsa Dhatu* while, *Gambhira* affects *Asthi* and *Majjadi Dhatu*. Although the Ayurvedic formulation work on both *Sharir* and *Manas Adhasthan*, offers the virtues of both disease cure and rejuvenation.

Key Words *Guduchi Taila, Vatarakta, Chakradutta*

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INTRODUCTION

Vatarakta or *Adhyavata* or *Vatabalasa* and *Khuddvata* are different names of *Vatarakta* mentioned in Ayurved Classics¹. *Guduchi* is a *Agreya Dravya* or *Aushadha* for *Vatarakta*². *Guduchi* is *Pradhan Aushadh* of this review article. The mentioned three formulations have a common *Pradhan Aushadha* that is *Guduchi* and *Rogadhikar* i.e. *Vatarakta*. Types of *Vatarakta* are *Uttama, Gambhira, Vata Pradhan, Pitta*

Pradhan, Kapha prathan, Rakta Pradhan according to *Dosha Pradhanya*. *Vatarakta* ranges from mild inflammation and discoloration of skin to complete derangement of bodily organs depending up on its type and chronicity. Chronic and later stages of *Vatarakta* also cause complications like *Mamsa Kotha* (Putrification), *Murcha* (syncope), *Marma graham, Anguli Vakrata* (Deformity in distance metatarsal) etc³. In Ayurveda, *Vatarakta* disease has been counted

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in *Vata Vyadhi*. *Vatarakta* is described in Charak Samhita as a disease caused by *Vata Prakopa* (aggravated *Vata*) and *Dushta Rakta* (vitiated blood), which spreads in the *Raktavahasrotas* to afflict small joints of the body. Basically, it is a metabolic disorder due to functional deformity of *Jatharagni* and *Bhutagni*, which leads to *Rakta Vikriti*⁴. *Chikitsa* should be apply for External and internal both ways. In external way *Avagah*, *Lepa*, *Seka*, *Upnaha*, *Abhyanga* and internal way *Shodhana* and *Shamana* both are applicable. *Shodhana* included that *Raktamokshan*, *Vaman*,

Virechana (*Mruduvirechana*), *Basti* whereas *Shamana Chikitsa* as *Doshapratyanika*, *Vyadhipratyanika* and *Ubhayapratyanika*⁵. Here, review of this three *Taila* which is discussed in details.

MATERIALS AND METHODS

The present study is explained review about *Guduchi Taila* which is mention in Chakradutt w.s.r to *Pradhana Aushadha* as *Guduchi* and *Rogadhikar* is *Vatarakta*. (1)

Guduchi Taila 6 (GT 1):

Table 1 *Dravya* with proportion for preparation of *Guduchi Taila* 1

Sr. No.	Pradhan Dravya	Kalka Dravya with Proportion	Liquid Dravya with Quantity	Taila with Quantity
1	<i>Guduchi</i>	<i>Guduchi Kalka</i> (1/4 part)	a) <i>Guduchi Kwatha</i> (16 part) b) <i>Godugdha</i> (same part)	<i>Tila Taila</i> (4 part)

*Classically, there is no proportion mentioned in Classical text. but here proportion is mentioned upon Sharangdhar Samhita *Sneha Paka* part as (*Kalka: Sneha: Dravdravya*) 1:4:16. 1) *Guduchyadi Taila* 7 (GT 2):

Table 2 *Dravya* with proportion for preparation of *Guduchyadi Taila* 2;

Sr. No.	Pradhan Dravya	Kalka Dravya with Proportion	Liquid Dravya with Quantity	Taila with Quantity
1	<i>Guduchi</i>	--	a) <i>Guduchi Kwatha</i> b) <i>Godugdha</i>	<i>Tila Taila</i> (4 part)
2	<i>Guduchi</i>	--	a) <i>Kashmari Kwatha</i> b) <i>Godugdha</i>	<i>Tila Taila</i> (4 part)
3	<i>Guduchi</i>	--	a) <i>Draksha Swarasa</i> b) <i>Godugdha</i>	<i>Tila Taila</i> (4 part)
4	<i>Guduchi</i>	--	a) <i>Yashtimadhu Swarasa</i> b) <i>Godugdha</i>	<i>Tila Taila</i> (4 part)

* There is no reference to proportion in classical texts. However, the Sharangdhar Samhita *Sneha Paka* chapter specifies proportion therein: (*Kalka: Sneha: Dravdravya*) 1:4:16.

According to reference, proportion & method of preparation has not described as well. Here, proportion is mentioned upon Sharangdhar

Samhita *Sneha Paka* part as (*Kalka: Sneha: Dravdravya*) 1:4:16.

Bruhad Guduchitaila⁸ (GT 3):

(a) *Kwath Dravya*:

Guduchi 1 *Tula* – 4.8 kg

Water 1 *Dron* – 12.288 l

Stop boiling when remaining is 1/4th

Table 3 *Dravya* with proportion for preparation of *Bruhad Guduchi Taila* 3;

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Sr. No.	Pradhan Dravya	Kalka Dravya with Proportion	Liquid Dravya with Quantity	Taila with Quantity
1	Guduchi (1 Tula – 4.8 kg)	Yashtimadhu (glycyrrhiza glabra), Manjishtha (Rubia cordifolia), Jivaniya gana Kushth (Saussurea lappa C.B Clarke) Ela (Elettaria cardamoum) Agaru (Aquilaria malaccensis) Munakka (Vitis Vinifera) Jatamansi (Nardostachys jatamansi) Vyaghranakhi (Capparis zeylanica) Nakhi (Helix aspera) Harenu (Vitex agnus-castus Linn) Stravani (Ruddhi) (Habenaria edgeworthii Hook. f. ex Collett.) Vyosh (Zinzibar officinale, Piper longum, piper nigrum) Shatahya (Foeniculum vulgare) Bhringaraj (eclipta alba) Vacha (Acorus calamus) Sariva (Hemidesmus indicus) Tvak (Cinnamomum zeylanicum Breyn.) Patra (Cinnamomum tamala) Vikranta (Licopodium imbricatum Rox.) Sthira (Desmodium gangeticum) Amalaki (emblica officinale) Keshar (crocus sativus) Hriber (coleus zeylanicus) Padmaka (Prunus cerasoides D. Don) Utpal (Nymphaea stellata Willd.) Tagar (Valeriana officinalis) Chandan (Santalum album) *1 Karsh – 12 g for each dravya	Prepared Guduchi Kwath (3.072 l) Godugdha 1 Dron – 12.288 l	Tila Taila (1 Adhak – 3.072 kg)

* According to reference, proportion & method of preparation has not described as well. Here, proportion is mentioned upon Sharangdhar Samhita *Sneha Paka* part as (*Kalka: Sneha: Dravdravya*) 1:4:16⁹.

DISCUSSION

Guduchi (*Gud Rakshate*, which means it protects against disease)¹⁰. It attributes such as *Vatahara* and *Rakta Roga Prashaman*¹¹. Although *Guduchi* also represents a *Rasayana* and a *Vyadhipratyanik Aushadha* for *Vatarakta*. It is *Tridoshashamak*; *Vatahara* due to *Snigdha Ushna Guna*, *Kapha & Pitta shaman* due to *Tikta, Kashay Rasa*¹². Here, GT 1 (Showing table no.1) has prepared with *Guduchi* only, therefore it has benefited as mentioned above. GT 2 (Showing in table no.2) has different kind

of liquid media used; *Guduchi Kwath, Kashmari Kwath* (has *Madhura, Kashaya, Tikta Rasa & Vatapittahara* action), *Draksha Svarasa* (has *Madhur* in *Rasa & Vipak, Sheeta Guna*) & *Yashtimadhu Svarasa* (*Madhura* in *Rasa & Vipaka*); the liquid media has used for *Kwathan* of *TailaPaka*, they are assimilating with *Taila* helpful to *Rakta prashadan*, Helpful to reduce burning sensation & pain at affected sites. All *Aushadha* are used as *Kwatha Dravya* with *Godugdha*. As we know, *Godugdha* is help to remove *Ruksh Guna* by *Snehan Karma* there may help to *Tvakgat Vat Shamana* as well as

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*Raktavardhan karma*¹³. Another preparation is *bruhad Guduchyadi Taila* (Showing in Table no.3), which is administered as *Anuvasan Basti*, *Abhyanga* and *Paan* (oral dose) also. It is helpful to cure both *Vatarakta* (*Uttan* and *Gambhira*). Also, useful in *Punsavanan Karma*. One single, *Guduchi Taila* (Showing in Table no.2) can be useful for *Vatarakta* and *Kushtha roga* condition which is plain *Guduchi taila* (prepared with *Guduchi Kalka* and *Kwatha*). besides curing *Vatrankta* and *Vrana*, the preparation of *Taila* stated *drav dravya*, which is *Kalka* and *Kwatha*, also cures *Kushtha roga* (Skin diseases) (Showing in Table no.1). Whereas GT 2 has a *Pradhan aushadh* is *Guduchi* but there is different liquid media *Kashmari Rasa*, *Draksha Svarasa*, *Yashtimadhu Rasa* or *Kwatha* the different liquid media is used for single *Guduchi Taila* preparation (As shown in table no.2). And these are all *Guduchi Taila* has a common *rogadhikar* which is *Vatrankta* but there are chances that there may be all *dravya* is working on different formulation which help to single *dosha pradhanya vatarakta*. When we talk about GT 3, there are so many *Kalka Dravya* which are different from above GT1 & GT2 (As shown in table no. 1 & 2) and these *Kalka Dravya* are mostly work as *Rasayana Karma* because there is *Jivaniya Gana Dravya*, *Amalaki*, *munakka* etc. which is helpful to reduce *Rogaghnata* as well as *Rasayan Karma*. GT 3 (Shown in table no.3) has a *rogadhikar* which are *Vatarakta*, *Punsavanan*, *vatapittahar* also works on *Sweda*, *Kandu*

(Itching), *Ruja* (Pain), *Pama*, *Shirokampa*, *Ardita* and *Vrana krut Dosha*.

CONCLUSION

Guduchi Taila can be use supremely for cure *Vatarakta*, *Kushtha*, *Tvakdosha*, *Vrana*, *Visarpa*, *Kandu*, *Dadru* condition, and another *dravya* with *Guduchi* can be used for *Vatarakta* only. Another one *Guduchi Taila* with many of mentioned *Kalka dravya* which are performed for *Rasayana Karma* can be useful for above discussed condition and can be used as *sarvadhatu poshak* which is helpful to formation of embryo. Hence, these three formulations are mentioned in *Chakradutta Vatarakta Chikitsa Adhyaya* but their work is different with combination of Drugs. *Aushadha* is always depends upon *Yukti* which is important weapon of *Vaidya*.

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