Review on *Simhanada Guggulu* and its Medicinal Properties

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**ABSTRACT:**
In the current climate, stress and lifestyle changes-related diseases are comparatively more prevalent. Degenerative bone disease is one of them. *Simhanada Guggulu* is an herbal and mineral combination that is frequently used in therapeutic settings to treat rheumatoid arthritis. It has six constituents and is recommended for both neurological and musculoskeletal conditions. *Simhanada Guggulu*’s components, *Rasa, Guna, Virya, Vipak, and Karma*, work to lessen the clinical symptoms of *Amavata* (Rheumatoid arthritis). The pharmacological characteristics and therapeutic applications of *Simhanada Guggulu* are discussed in this review paper. utilising a variety of authors, periodicals, and academic works. Here, an effort has been made to discuss how *Simhanada Guggulu* and the medicines that make it up can be used therapeutically.

**Key words:** *Simhanada Guggulu*, therapeutical use, pharmacological properties

**INTRODUCTION**
All Ayurvedic classics emphasize the significance of drugs, and Acharaya Charaka named them as one of the four components of Chikitsa ChatushaPada.¹ It is essential to take recipes into account while choosing a course of treatment for a specific condition. According to a more thorough definition provided by the World Health Organization, “A drug is any substance or product that is used or intended to be utilised to alter or investigate physiological systems or pathological condition for the benefit of the recipient.”² Since ancient times, the medicinal properties of *Guggulu* have been well known. Due to its unpalatable taste and liquid state, a new formulation known as *Guggulu Kalpana* was developed.³ *Guggulu*, which is the oleo gum resin of the plant *Commiphora wightii*, works as a binder when a tablet containing it and other components is made.⁴ In recent years, natural excipients have received much more attention than synthetic ones since they are safer and have therapeutic benefits. *Simhanada guggulu* is a traditional remedy used to treat excess, aggravated Vata in the body. It is particularly effective for treating excessive Vata in the muscles and joints, which might manifest as tics, spasms, or tremors as well as cracking joints.⁵

**MATERIAL & METHOD**
Material related to *Simhanada guggulu* is collected from Ayurvedic text and text book of modern medicine respectively. The index, non-index medical journals has also referred to collect information of relevant topic. Table 1 Shows Ingredients of *Simhanada Guggulu*⁶

**Pharmacological properties of Simhanada Guggulu**⁷
The majority of medications that work as *kaphavataharas*
have properties like tikta, kashaya, katu rasa, and ushna, ruksha guna, and ushna virya. Due to its lekhana function, Guggulu removes extra jalamsha and aamavata that have built up in the joints. Ushna guna aids in restoring normalcy to the vitiated vata. The ushnata and igrata of guggulu will be decreased by adding triphala. The majority of the compound's medications have vata shamaka effects. These medications also have the vitally important vedana stapaka, nadi balya, shушalashaka, and shvaṭhara effects that provide symptomatic alleviation in vatavyādi. Simhanada guggulu comprises a synergistic combination of herbs that help the body detoxify, including triphala, eranda, and guggulu, which together help to remove excess vata from the joints, nerves, muscles, and joints. Triphala has a deepening quality that cleanses the body of ama. We may conclude from all of these factors that Simhanada guggulu is the greatest medication for treating rheumatoid arthritis or amavata.

Therapeutical use of Simhanada Guggulu

Rheumatoid Arthritis- Rheumatoid arthritis can be effectively treated with Simhanada Guggulu. It lessens oedema, discomfort, stiffness, and inflammation. It also strengthens bones, joints, muscles, and ligaments while increasing joint flexibility.

Hyperuricemia & Gout- Simhanada Guggulu contains triphala, which has antioxidant, anti-inflammatory, and anti-gout or antihyperuricemic properties in addition to lowering serum uric acid levels.

Terminalia Bellerica in Triphala has strong antihyperuricemic action and reduces serum uric acid level significantly. In individuals with hyperuricemia (an abnormally increased serum uric acid level) and gouty arthritis, the combination of triphala, castor oil, Shuddha Gandhak, and guggulu reduces inflammation, discomfort, and stiffness.

DISCUSSION

One of the most effective and frequently given herbal remedies for a variety of diseases is guggulu kalpana. It is a highly well-liked, secure, and efficient formulation for reducing tridosha, particularly vatadosha. Guggulu kalpana is prepared using either the Kuttana (Pounding) method or the Analapaka method (Heating). Here, the Simhanada guggulu is prepared using the analapaka (Heating) method. A herbal-mineral preparation called Simhanada guggulu is recommended in the amavata condition. It is having kaphavatahara property. The main target area of the drug is asthi majjagata vata. Simhanada guggulu is mentioned in khanjya, pangulya, shwasas, kasa, kushtha, vatarakta, gulma, and udara shola in addition to amavata. The beneficial phytochemicals in triphala include tannin, the alkaloid quinone, flavonoids, phenolic acids gallic and ascorbic, epicatechin, soluble sugar, ellagic acid, saponins, sterols, diterpenes, and terpenoids. The antimicrobial, antibacterial, antioxidant, and immunomodulatory activities of triphala are as a result. It is a wonderful Rasayana with restorative ingredients. Castor oil, or Eranda Taila, contains properties that balance Vata and Kapha Doshas and get rid of them by purging. These properties include Agnivardhaka (increase in digestive fire), Bhedhaka (penetrate into micro channels), and Srotoshodhaka (remove obstruction from the micro channels).

CONCLUSION

Simhanada Guggulu is Agnideepaka, Kaphavatahara, Amapachaka and Pittavardhaka properties. It has anti-inflammatory and analgesic qualities, and it also changes how the immune system reacts to autoantigens. This means that Simhanada Guggulu can be utilised as an efficient Ayurvedic treatment for a variety of diseases, especially those that are mentioned in Amavata (Rheumatoid Arthritis).

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Table 1 Ingredients of *Simhanada Guggulu*