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## Review on *Simhanada Guggulu* and its Medicinal Properties

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### ABSTRACT:

In the current climate, stress and life style 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.<sup>1</sup> 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."<sup>2</sup> 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.<sup>3</sup> *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.<sup>4</sup> 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.<sup>5</sup>

## 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*<sup>6</sup>

### Pharmacological properties of *Simhanada Guggulu*<sup>13</sup>

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 aamatva* that have built up in the joints. *Ushna* guna aids in restoring normalcy to the vitiated *vata*. The *ushnata and ugrata* 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, shulashamaka, and shothahara* effects that provide symptomatic alleviation in *vatavyadhi*. *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*<sup>14</sup>**

**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 *vata dosha*. *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.<sup>15,16</sup> A herbal-mineral preparation called *Simhanada guggulu* is recommended in the *amavata* condition. It is having *kaphavatahara* property.<sup>17</sup> The main target area of the drug is *asthi majjagata vata*. *Simhanada*

*guggulu* is mentioned in *khanjya, pangulya, shwasas, kasa, kushta, vatarakta, gulma, and udara shola* in addition to *amavata*.<sup>18</sup> 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.<sup>19</sup> 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).<sup>20</sup> The ama and *kapha doshas*, which are the main contributing reasons to this condition, are antagonistic to the bitter and pungent tastes found in *guggulu*. *Guggulu's* hot potency relieves vitiated *Vata* and prevents the Ama Dosha from remaining at the site of pathogenesis and producing *Srotorodha* (obstruction). Additionally, it has *Vata's* cold and dryness qualities working against it (vitiating air).<sup>21</sup> Thus, it controls *Ama and Vata* together and minimizes the process of pathogenesis.<sup>22</sup>

## **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*<sup>6</sup>

<b>Drugs</b>	<b>Rasa</b>	<b>Guna</b>	<b>Vipaka</b>	<b>Virya</b>	<b>Dosaghanta</b>	<b>Karma</b>
<i>Shuddha Guggulu</i> <sup>7</sup>	<i>Tikta, Katu, Kashaya</i>	<i>Tikshna, Sara, Picchila, Laghu,</i>	<i>Katu</i>	<i>Ushna</i>	<i>Tridoshghna</i>	<i>Shotahara, Vedanasthapana, Vranaropana</i>
<i>Amalaki</i> <sup>8</sup>	<i>Pancharasa, Lavanarahita, Amlapradhana</i>	<i>Guru, Ruksha, Sheeta</i>	<i>Madhura</i>	<i>Sheeta</i>	<i>Tridoshghna</i>	<i>Dahaprashamana, Shonitasthapana, Kushtaghna</i>
<i>Bibhitaki</i> <sup>9</sup>	<i>Kashaya</i>	<i>Ruksha Laghu</i>	<i>Madhura</i>	<i>Ushna</i>	<i>Tridoshghna</i>	<i>Shotahara, Vedanasthapana, Raktasthambhana</i>
<i>Haritaki</i> <sup>10</sup>	<i>Pancharasa, Lavanarahita, Kashayapradhan</i>	<i>Laghu, Snigdha</i>	<i>Madhura</i>	<i>Ushna</i>	<i>Tridoshghna</i>	<i>Vedanasthapana, Vranashodhana, Vrana ropana</i>
<i>Erandmoola Churna</i> <sup>11</sup>	<i>Madhura</i>	<i>Snigdha, Guru, Sukshma.</i>	<i>Madhura</i>	<i>Ushna</i>	<i>Vatakaphahara</i>	<i>Vedana, Deepana, Sothahara</i>
<i>Shudha Gandhaka</i> <sup>12</sup>	<i>Katu</i>	<i>Laghu, Snigdha,</i>	<i>Madhura</i>	<i>Ushna</i>	<i>Kaphavatahra</i>	<i>Deepana, pachana, vishahara</i>