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CRITICAL REVIEW OF GUGGULU FORMULATIONS WITH SPECIAL REFERENCE TO CHAKRADUTTA

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Abstract

In the Bhaishajya Kalpana domain, medication preparation and administration need artistry with scientific precision. Among scholars, researchers, and Rasashastra students, Chakradutta is highly appreciated because it is an updated manual of traditional Ayurvedic medicine for the betterment of humankind. It was written by Acharya Chakrapanidutta in the 11th century and another name of this book is "*Chikitsa Sangraha*". Vrnds'siddhayoga is the main inspiration of this book, as the author acknowledges at the end of the book. Among the various Kalpanas, at its core lies *Guggulu Kalpana* i.e. *Vati Kalpana* made up of *Guggulu*, an oily latex named *Niryasa*, sourced from the Indian bdellium tree, scientifically named *Commiphora mukul*. Chakradutta, an eminent ancient Indian physician, adeptly employed various Kalpana (Pharmaceutical preparations), often utilizing guggulu as a key binding agent. Whether consumed alone or in combination with other medications, particularly in pill form. According to *Chakradutta*, it is a versatile herb that shows its efficacy in both medicinal (*Udaroga*, Inflammation, Arthritis, *Medo roga* (obesity), *Gridhrasi*, *Sandhivata*, *Katigrah*, *Aamvata*, *Kasa*, *Kushtha*, *Krimi roga* (Microbial infections), *Prameha*, *Vrana* (wounds), *Vidradhi*, *Pandu*, *Apsamar*, *Austharoga*, *Skin disorders*, *Bhagandar*, *Asthi- Bhagna* (fracture), Dislocation, *Amlapitta* and *Dhoopan yoga* (all types of *Jvar*, *Vranshatha* (Abscess), *Krimi roga*, *Durgandhitkarna*, *Vrishchikavish chikitsa*, *Baalgrahnashak*). Its usage in *Kalka* formulations to treat *Shotha* and in *churna* for treating ailments like *Amlapitta* (acid reflux), highlights its diverse applications. *Kwath* formulations utilize *Gugguluto* address different health issues. Moreover, in this book, its incorporation into *Taila* (oil) and *Ghrita* (ghee) preparations enhances its therapeutic value further. This article will be further helpful in understanding the action of Guggulu

in different diseases and its prominence in *Strotovikaras* underscores its broad-spectrum efficacy, validated by multiple studies.

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Introduction:-

Guggulu Kalpana is a widely used herbal mixture in Ayurveda, often used alongside other formulations like *Panchavidha Kashaya Kalpana*, *Churna*, *Vati*, *Sneha*, and *Sandhana Kalpana*. It serves both medicinal and religious purposes. The *Atharvaveda* is the first known source that mentions Guggulu. *Commiphora wightii* is a plant believed to exude a substance called *Guggulu*, known for its disease-fighting properties. It's found in northern India, Bangladesh, and Pakistan and has been used for centuries to treat various ailments, including Skin diseases, Lipid disorders, Osteoarthritis, Rheumatoid arthritis, and Edema. The Sanskrit term Guggulu means "one that guards against disease". Due to the author's incredible acceptance, *Chakradutta*, an essential treatise by *Acharya Chakrapanidutta*, changed its name from '*Chikitsa Sangraha*'.¹ These fundamental therapy guidelines for many ailments are derived from the ancient *Vrindakrita Siddha Yoga* practice. A basic and simple treatment plan for a broad range of illnesses is described in this book. It is organized into chapters based on illnesses, clinical conditions, treatment approaches, and preventive medicine. It describes *Rasaparpati*, a valuable invention made from refined and processed mercury and sulphur. It differs from others with its straightforward and useful therapy approaches customized for particular conditions.

This paper aims to explore the medicinal uses of Guggulu formulations as described in *Chakradutta*.

Formulations of Guggulu –

Guggulu in various forms and as a primary ingredient or binding agent in *Chakradutta* are listed below.

Dhoopan-

Different types of *Gugguludhoop* formulations are used for fumigation in *Chakradutta*. To prepare this, Guggulu resin is typically combined with other herbs and ingredients. The resultant incense is used in various therapeutic practices.

Table 1:-GugguluDhoop.

S. No.	Name of formulations	Ingredients	Rogadhikar	Dose / Anupana / Application
1)	Gugguladidhoop	Guggulu, the Tail of an owl	Chaturthik fever-Tying Gugguladidhoop and owl's tail in a black cloth and fuming it.	Fumigation
2)	Ashtanga dhoop	Guggulu, Neem Leaf, Vacha, Kutha, Haritaki, Sarso, Yava with equal amount of Ghrita	All types of Jvar (fever)	Fumigation
3)	Aparajita dhoop	Guggulu, Vacha, Sarj, Nimb, Arka (root), Aguru, Devdaru	All types of Jvar (fever)	Fumigation
4)	ShriveshtakadiDhoopa	Shrivaas(Gandhaviroja), Guggulu, Agar, Shaalniryas	Vranshotha (Abscess)	Fumigation
5)	Karna-kriminashak Yoga	Guggulu	Krimiroga, DurgandhitKarna	Fumigation

6)	Vrishchikavishnash	Guggulu + Lepa of Madar Patra kalka	Vrishchika vish chikitsa	Fumigation
BaalgrahnashakGugguluDhoopan				
7)	Pootana-Matrukagrahanashak chikitsa	Bilwa Patra, Guggulu, Sarson, NimbaPatra, Mesh-shringa	Graha- nash	Fumigation
8)	KatuPootana-Matrukagrahanashak chikitsa	Bilwa Patra, Sarp-nirmoka, Guggulu, NimbaPatra, Sugandhbala, Ghrita	Graha- nash	Fumigation
9)	Shakunika - Matrukagrahanashak chikitsa	Bilwa Patra, Rasona, Guggulu, Sarp-nirmoka, Nima Patra, Ghrita	Graha- nash	Fumigation
10)	Shushka- Revati matrukagrahanashak chikitsa	Guggulu, Mesh shringa, Sarso, usher, Sugandhbala, Ghrita	Graha- nash	Fumigation
11)	Sutika – Matrukagraha chikitsa	Guggulu, NimbaPatra, Godhum, Go- shringa, Shweta-sarshap, Ghrita	Graha- nash	Fumigation
12)	Pili-Pichchhikamatrukagrah chikitsa	Bilwa Patra, Guggulu, Go-shringa, Sarp-nirmoka, Ghrita	Graha-nash	Fumigation
13)	Kalika – Matrukagrah chikitsa	Shweta- Sarsap, Guggulu, Bilwa Patra, Ghrita	Graha-nash	Fumigation

Guggulu–

Different types of Guggulu formulations in which guggulu is used as the main and binding agent. To make Guggulu Vati, the resin is purified and mixed with other natural substances. This mixture is then shaped into small tablets or pills.

Table2:-GugguluFormulations.

S. No.	Name of formulations	Ingredients	Rogadhikar	Dose / Anupana / Application
1)	Rasnadigutika	Rasna Churna, Guggulu, Go-ghrita	Gridhrasi,	
2)	Aditya paakGuggulu	Triphla, Pippali, Daalchini, Ela, DashmoolaKwath, Shuddha Guggulu	Sandhivata	Mansa ras
3)	TrayodashangaGuggulu	Abha, Ashwagandha, Habusha, Guduchi, Shatavari, Gokshura, Vridhadarak, Rasna, Shatahava, Shati, Ajwain, Shunthi, Shuddha Guggulu, Go-Ghrita	KatigrahGridhasi, Bahu-prashtaHanugrha, Stiffness, Sandhigatvata, Asthigatvata, Majjagatvata, Snayugatvata, Kosthagatvata, Vata-kapha janyaroga, Vaatjanyaroga, Yonigatropa, Asthibhangna, Ashthividdha, Khanjavata	Sura, Yusha (Juice), Madya, Ushna jal, Go-dugdha, Mansa ras
4)	KaishoreGuggulu	Guggulu, Triphla, Trikatu, Vidang, Dantimool, Nishoth, Ghrita	Vrana, Kasa, Kustha, Gulma, Shotha, Udar rog, Pandu, Prameha, Mandagni, Vibandh, Pramehapidika	Yusha (Juice), Ushna jal, Go-Dugdha,

5)	Amrita Guggulu	Guduchi, Guggulu, Triphla, Danti, Vyosha, Vayavidang, Dalchini, Nishotha	Vata-rakta, Kustha, Arsha, Mandagni, Dushta-vrana, Prameha, Aamvata, Bhagandar, Nadivrana, Adhya-vata, shotha	Acco. To the Jatharagni and Bal (Capacity) of patient
6)	Punarnava-amrita Guggulu	Guduchi, Guggulu, Punarnava, Triphala, Danti Pippali, Chitrakmoola, Shunthi, Dalchini, Vayavidang, Nishotha	Vata-rakta, Kustha, Arsha, Mandagni, Dushta-vrana, Prameha, Aamvata, Bhagandar, Nadivrana, Adhya-vata, Shotha	Acco. To the Jatharagni and Bal (Capacity) of patient
7)	Yogaraj Guggulu	Chitrak, Pippalimoola, Ajwain, Mangrail, Vayavidang, Ajmoda, Jeera, Devdaru, Chavya, Ela, Saindavnamak, Kustha, Rasna, Gokshura, Dhaniya, Triphla, Nagarmotha, Trikatu, Dalchini, Khas, Yavakshar, Talis patra, Tejpatra, Shuddha Guggulu, Ghrita	Aamvata, Vataroga, Krimiroga, Dushtvrana, Pleeharoga, Gulma, Udarroga, Anaha, Karna roga,	
8)	SinhanaadGuggulu	Triphlakwath, Shuddha guggulu, Shuddha Gandhak, Eranda Tail	Vata -pitta -kapha Khanj roga, Panguta, Durjayshwasroga, 5 types of Kasa, 18 types of Kushtha. Vatarakta, Gulma, Udar, Aamvata	1 Gram of Tablet
9)	Brihat SinhnaadGuggulu	Shuddha Guggulu, Sarso tail, Triphla, Jala, Trikatu, Triphala, Nagarmotha, Vayavidang, Devdaru, Guduchi, Chitrak, Nishotha, Danti, Chavya, Surana, Mankand, Parad, Gandhak + 1000 Shuddha Jamalghotachurna	Aamvata, Shirovata, Sandhivata, Katigrha, Ashmari, Mutrakricha, Bhagna, Kasa, Timira, Udarroga, Amlapitta, Kushtha, Prameha, Anal prolapse, Shwas roga, Anaemia, Jaundice, Oedema, Arsha	2 Gm Ushna Jala
10)	AmritadiGuggulu	Guduchi, Ela, Vayavidang, Kutajchhal, Vibhitak, Haritaki, Amlaki, Shuddha Guggulu	Stholaya (obesity), Bhagandar(Fistula)	
11)	Navak Guggulu	Vyosha, Chitak, Triphla, Nagarmotha, Vayavidang, Guggulu	Medoroga, Kaphajroga, Aamvata	
12)	Trayushani Vati	Trikatu, Triphala, Shuddha Guggulu	Prameha, Mutraghata, Vataroga, Udara roga	1-1Gm (Bhawna-GokshuraKwatha)
13)	TriphalaGuggulu	Amalaki, haritaki,	Vrana	Paan

		vibhitak, (Kwatha) Guggulu		
14	TriphalaGuggulu Vati	Amalaki, haritaki, vibhitak, (Churna) Guggulu	Vrana	Vati
15	VidangadiVatikaGuggulu	Vayavidanga, Triphala,Shunthi, Maricha , Pippali, guggulu	Dushtavrana, Apachi, Prameha, Kustha, Nadi Vrana	Vati
16	AmritadiVatikaGuggulu	Amrita, Patola, Triphala, Trikatu, Vayavidanga, Guggulu	Vrana, Vatarakta, Gulma, Udarroga, Shotha, Pandu	1-1 Aksha (10-10 gm)
17	SaptangaGuggulu	Shuddha Guggulu, Triphala, Trikatu	Nadi vrana, Dushtavrana, Shoola, Bhagandar	Vati
18	NavkarshikaGuggulu	Triphala, Guggulu, Pippali, Jaggery	Shotha, Gulma, Arsha, Bhagandar	Vati
19	SaptavinshatiGuggulu	Shunthi, Maricha, Pippali, Triphala, Nagarmotha, Yayavidang, Guduchi, Chitrak, Kachur, Ela, Hawber, Devdaru, Tumbaru, Pushkarmoola, Chavya, Indrayan, Haldi, Daruhaldi, Vidalavan, SauvarchalLavan, Yavakshar, Sajjikshar, SaindhaLavan, Gajapippali, Shuddha Guggulu, Ghrita	Bhagandar, kasa, shwas, arsha, harudyashoola, krimiroga, calculus, unmad, kshayroga, prameha,nadivrana, elephantiasis	1 Kola (5gm) Madhu
20	Laksha Guggulu	Laksha, Asthisanhar, Arjuna, Ashwagandha, Nagabala, Shuddha Guggulu	Asthi-bhagna	Vati
21	Abha Guggulu	Bark of Babul, Haritaki, Vibhitak, Amalaki	Asthi- bhagna (Fracture), dislocation	Vati
22	EkavimshatiGuggulu	Chitrak, Triphala, Shuthi, Marcicha, Pippali, Jeerak, Karvi, Vacha, Saindhav Lavan, Ativisha, Kustha, Chavya, Ela, Yavkshar, Vayavidang, Ajwain, Nagarmotha, Devdaru, Shuddha Guggulu, Goghrita	18 types of Kustharoga, Krimiroga, Dushtavrana, Grahani, Arsha, Mukha roga, Gradhrasi, Bhagna, Gulma	Vati
23	Pancha- tiktaghritaGuggulu	Nimba, Amrita, Adusa, Patola Patra, Kateri, Jala, Patha, Vayavidanga, Devdaru, Gajpippali,	Kushtha, Nadivrana, Vata roga, Arbuda, Bhaganadar, Gulma, Prameha, Shwas, Kasa, Pandu, Vata-rakta	Vati

		Yavkshar, Sajjikshar, Shunthi, Haridra, Saunf, Chavya, Kushtha, Tejbala, Karicha, Bark of Kutaj, Ajwain, Chitrakmoola, Bhallataka, Vacha, Pippali moola, Manjistha, Triphala, Shuddha Guggulu, Ghrita		
24.	NavkashayaGuggulu	Amrita, Adusa, Patolapatra, NimbaTwaka, Triphala, Khadira, Amalatas, Shuddha Guggulu	Vishaja – Visarpa, 18 types of Kushtha	Vati

Table 3:-Kwath formulations.

S. No.	Name of formulations	Ingredients	Rogadhikar	Dose / Anupana / Application
1.	GuduchyadiKwath	GuduchiKwathTriphlakwath, Shuddha Guggulu	Kroshtuk Shirsha	Paan (drink)
2.	VatsadaniKwath	Vatsadani(Guduchi), Shuddha Guggulu	Vata-Rakta (Gout)	Paan (drink)
3.	Urustambha - Yoga	Guggulu,	Urustambha	Paan (drink) with Gomutra, DashmoolaKwatha
4.	Triphaladi Yoga	Triphala, Chavya, Kutki, Pippalimoola, Guggulu	Urustambha	Paan (drink) with Gomutra
5.	HaritakyadiKwath	Haritaki, Shontha, Devdaru, Punarnava, Guduchi	Shothodar	Paan(drink) - Their Kwatha+ Gomutra+ Guggulu
6.	Kwath yoga	a) Shuddha Guggulu with Punarnava kwath, Devdarukwath, Shunthikwath b) Shuddha Guggulu with Gomutra c) Shuddha Guggulu with Dashmoolakwath	Shotha	Paan (drink)
7.	Shothghna Yoga	a) Shuddha Guggulu with Gomutra	Shotha	Paan (drink)
8.	Kwath yoga	Guggulu with Gomutra	VatajVridhi	Paan (drink)
9.	Kwath yoga	Punarnava, Devdaru, Shunthi, Dashmoola, Haritaki –with the kwath of all mentioned drugs or With Eranda taila	Vatajvidradhi	Paan (drink)
10.	Kwath yoga	Triphala, Sahijana, Varuna, Dashmoola, withkwatha of all drugs Shuddha Guggulu	Kaphajvidradhi	Paan(drink) with Gomutra
11.	VisarpaNashakkwath	I. Shuddha Guggulu with	Visarpa	Paan (drink)

		Triphlakwath II. Shuddha Guggulu with kwathof Duralabha, Parpatak, Patola, Kutki III. Shuddha Guggulu with Khadirashatakkwath		
12	ShadangGugguluKwatha	Vibhitak, Hatitaki, Amalaki, Patola, Nimba, Adusa, Shuddha Guggulu	Akshipaka , Netra Shotha, Netrapaka, Netra-shoola, Bilwa roga	Paan (drink)
13	ShadangGuggulu		Vranshukra	Paan (drink)

Table 4:-Kalka formulation.

S. No.	Name of formulations	Ingredients	Rogadhikar	Dose / Anupana / Application
1)	Devdarvadi Kalka	Devdaru, ShunthiKalka	Guggulu, Shotha	Kalka Paan with Gomutra
2)	Devdarvadi Kalka	Devdaru, ShunthiKalka	Guggulu, Shotha	Kalka, Paan with Gomutra

Table5:-Churna formulation.

S. No.	Name of formulations	Ingredients	Rogadhikar	Dose / Anupana / Application
1)	Punarnava Churna	Punarnava, Devdaru, Haritaki, Amrita, Shuddha Guggulu	Twakvikar, Shotha, Udarroga, Pandu, Obesity, Salivation	Churna Paan with Gomutra
2)	Vasa Guggulu	Vasa, NimbaTwaka, Patola Patra, Triphala, Asan, Yavasa, Shuddha Guggulu	Amlapitta	Churna - powder
3)	Churna yoga	Gandhaviroja, Sarjarasa, Guggulu, Devdaru, Mulethi	VatajAushtha (lips) roga	Churna Pratisarana (Local application)

Table6:-Sneha formulations.

S. No.	Name of formulations	Ingredients	Rogadhikar	Dose / Anupana / Application
1)	Palankshadya tail	Guggulu, Vacha, Haritaki, Varischkaali, Arka, Sarso, Jatamansi, Pootna, Bhootkeshi, Sarpagandha, Hingu, Chorak, Lashuna, Shatavari, Chitrak, Kutha, Stool of carnivorous birds, oil, Goat Urine	Apasamar (Epilepsy)	Abhyanga (External Application)
2)	Nishadya Taila	Haldi, Ark Ksheer, SaindhaLavan, chitrak, Guggulu, Kaner, Bark of Kutaj	Bhagandar	Abhyanga (External Application)
3)	SoreshawarGhrita	Tulsi, Devdaru, Trikatu, Triphala, 5 Types of Lavan, Vayavidang, Chitrak, Chavya, Pippali moola, Guggulu, Hawber, Vacha, Yavakshar,	Shlipada, Apachi, Goitre, Antravidhi, Arbuda, Grahani, Shotha, Arsha	2 Karsha (20gm) Paan

		Patha, Shati, Ela, Vidhara, Ghrita, DashmoolaKwatha, Kanji, Dadhimanda		
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Discussion:-

The *Guggulu* formulation is crucial because it enhances the effectiveness of other drugs in the mixture without losing its power. It's like a booster that helps treat diseases effectively. Historically, *Guggulu* was seen as a powerful substance, like nectar, used to restore strength to gods during battles². It was also used as a potent fumigating agent in ancient times. *Guggulu* can be purified using various substances, each enhancing its specific properties and making it more useful for healing. *Sneha*, *kalka*, *churna*, *kwath*, and other forms of *guggulu* can be used as a stand-alone medication or in combination with other medications to treat a variety of ailments. *Guggulu* compositions may be customized to treat different illnesses by altering the accompanying *Anupanaeg*. *Yogaraj Guggulu* in *Vata* and *Aamvata*³. For treating a particular disease or dosha *Anupana* makes a big difference in *Vatshonita* (gout) *Guggulu* is consumed by mixing it with cow milk and with *Brihat* and *Laghu Panchmoola* in *Vata* and *Kapha dosha* as mentioned in *AstangaSanagrahUttartantra*. For a variety of conditions, due to its *sukshma*, and *sara* properties impacting the body's channels (*strotas*), these formulas are beneficial.

The hurdles in this procedure are determining the genuineness of the raw *Guggulu*. Purification is necessary for *Guggulu* before using it. Its therapeutic qualities are enhanced by this procedure, known as *Shodhana*. *Guggulu*'s efficacy is further enhanced by using several drugs in the purifying process which is purification in *Triphala kwath*⁴, *Go-Dugdha*⁵, *Vasa patraswaras*, and *kwath*⁶ etc.

It provides treatment for fever, Abscess, *Karna roga*, *VrishchikaVisha*, *Udarroga* (gastrointestinal diseases), Inflammation, *Baalgrahnash*, Arthritis, *Medoroga* (obesity), *Gridhrasi*, *Sandhivata*, *Katigrah*, *Aamvata*, *Kasa*, *Kushtha*, *Krimiroga* (Microbial infections), *Prameha*, *Vrana* (wounds), *Vidradhi*, *Visarpa*, *Shwas roga*, *Shohta*, *Pandu*, *Apsamar*, *Austharoga*, Skin disorders, *Bhagandar*, *Asthi- Bhagna* (Fracture), Dislocation, *Amlapitta*, and malignancies regarded as one of the most ancient and sacred herbs in Ayurveda. It gained popularity in medicine as a tablet form due to its ease of use viz. dose fixation, stability for a long time, and patient acceptability. Because it binds effectively and increases the medication's efficacy so, it is commonly preferred.

Guggulu plays a significant role in many formulas, blending potently with other constituents without sacrificing effectiveness. These combinations are useful for curing illnesses, especially those *Vata* and *Kaphajvyadhi*. It promotes phagocytosis and functions as an activator of white blood cells, blood cells, and *Rakta prasadak* (blood purifying). It exhibits Synergistic effects when used with other medications⁷. It functions as a vehicle for entrapping medicine and facilitating their sustained release action due to its *Ushna Sookhma*, *Teekсна*, and *Vishad* characteristics⁸. *Guggulu*'s *sukshma* nature allows it to work directly on cells and tissues. *Guggulu* has a *Yogavahi* (Synergistic) quality, which causes it to behave differently in different conditions depending on the medications employed in the formulation. It is versatile and is used in various forms like *Kwath* (decoction), *Kalka* (paste), *Churna* (powder), and *Sneha yoga* (medicated oil or ghee), each showing different properties and benefits. Its usage in *Kalka* formulations in *Shohta* and for treating ailments like *Amlapitta* (acid reflux), highlights its diverse applications in this book. *Kwath* formulations utilize *Guggulu* to address different health issues. Moreover, its incorporation into *Taila* (oil) and *Ghrita* (ghee) preparations in the treatise enhances its therapeutic value further. Notably, in *TriphalaGuggulu*, the absence of *Pippali* in *Chakradutta* distinguishes it from other classical formulations. The current study has found that 57 formulations of *Guggulu* in *Chakradutta* employ *Guggulu*.

Conclusion:-

The overview of the study highlights *guggulu*, or the resinous material of *Commiphora wightii*, as a significant addition to traditional medicine. For its abundance of *Guggulu* formulations, it is frequently mentioned. *Guggulu* is changed into a variety of medications in this literature, providing adaptable care for a wide range of ailments. This book focuses primarily on therapeutic approaches, it does not provide a detailed description of *Guggulu* which is present in other textbooks. It shows a structured line of treatment for various diseases. The therapeutic principles outlined by *Chakradutta* remain relevant and beneficial for Ayurvedic practitioners and researchers today.

Considered a significant resource in Ayurveda, this treatise has stood the test of time and continues to be highly regarded by scholars, physicians, and teachers in the field. Numerous studies have also validated the broad spectrum of healing properties attributed to *Guggulu*.

Table showing total no. of formulations according to the varieties:

Total no. of Guggulu formulations	Dhoopan	Guggulu	Kwath	Kalka	Churna	Sneha
	13	24	13	1	3	3

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