

Raasna Guggulu In Gridhrasi: A Review

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ABSTRACT

Gridhrasi (Sciatica) has been described as one of the *Vata Vyadhi* by Acharyas and is included under 80 types of *Nanatmaja Vata Vyadhi* described by Acharya Charaka. One of the most common symptoms of *Gridhrasi* is *Ruka* (low back pain of radiating type), which is very common in today's era due to improper lifestyle and various other reasons i.e., due to trauma, other diseases, etc. Various formulations have been described by Acharyas for the management of *Gridhrasi*, and among them, *Raasna Guggulu* is directly indicated for the treatment of *Gridhrasi* by many Acharyas. *Raasna Guggulu* is very effective in the treatment of *Gridhrasi*, as in *Gridhrasi* there occurs vitiation of *Vata* and *Kapha Dosha*, and both the drugs (present in *Raasna Guggulu* i.e., *Raasna* and *Guggulu*) are described as best by Acharyas for the pacification of vitiated *Vata* and *Kapha Dosha* respectively. This article aims at helping in understanding the therapeutic benefits of *Raasna Guggulu* in the management of *Gridhrasi* in detail, based on *Rasa Panchaka* (i.e., *Rasa*, *Guna*, *Veerya*, *Vipaka*, and *Prabhava*), *Karma* (i.e., *Shothahara*, *Vedana Sthapana*, etc.) and chemical constituents of its contents.

Keywords: *Gridhrasi*, *Raasna Guggulu*

INTRODUCTION

Gridhrasi is characterized by the onset of *Ruka* (pain), *Toda* (pricking pain), *Stambha* (stiffness), and *Spandana* (pulsation) initially in *Sphika* (buttock) and then radiating distally to the posterior aspect of *Kati* (waist), *Prishtha* (back), *Uru* (thigh), *Janu* (knee), *Jangha* (calf) up to *Pada* (foot)¹. It is of two types based on *Dosha* involved^{1,2} i.e., *Vataja* and *Vata-Kaphaja*, but have dominance of *Vata Dosha*. In Ayurveda, various methods are described for the treatment of *Gridhrasi* (Sciatica) i.e., *Bheshaja* (various formulations) and various other therapeutic procedures like *Snehana*, *Swedana*, *Raktamokshana*^{3,4}, *Agnikarma*³, *Basti Karma*³, etc. *Raasna Guggulu*⁵ is one of the formulations given by Acharyas in the treatment of *Gridhrasi* (Sciatica). Many Acharyas have directly indicated it in the management of *Gridhrasi* (Sciatica) (as described in Table. no.1)^{5,6,7,8,9,10,11}. As it has been mentioned by our Acharyas (*Aptopdesha*), so its action and efficacy are undoubtful in the treatment of *Gridhrasi*.

Table No.1

S. No.	Name of Textbook	Reference
1)	Gada Nigraha ⁶ (<i>Vatak</i>)	<i>Kaya Chikitsa Khand, Vata Rogaadhikar</i> , 18/146
2)	Vrinda Madhava ⁷ (<i>Vatika</i>)	<i>Vata Vyadhi Chikitsa</i> , 22/73

3)	Bruhat Nighantu Ratnakar ⁸ (<i>Vatika</i>)	<i>Vata Vyadhi Chikitsa, Gridhrasi</i> , Page no. 1051
4)	Chakradatta ⁵ (<i>Gudika</i>)	<i>Vata Vyadhi</i> , Verse-50
5)	Yoga Ratnakar ⁹ (<i>Vatak</i>)	<i>Vata Vyadhi Chikitsa, Gridhrasi</i> , Verse-2
6)	Rasa Ratnakar ¹⁰ (<i>Vatika</i>)	<i>Vata Vyadhi Chikitsa</i> , Verse-31
7)	Bharat Bhishajya Ratnakar ¹¹ (<i>Vatak</i>)	<i>Guggulu Prakaran, Rakaaraadi Guggulu Prakaran</i> , Verse-1

Drug review

Raasna Guggulu is an important formulation described by ancient Acharyas for the treatment of diseases, which have dominance of *Vata Dosha* and is specially indicated in the treatment of *Gridhrasi*. It has been mentioned by many Acharyas as mentioned above, with different names i.e., *Raasna Guggulu* by Chakradatta in the form of *Gudika*, *Raasnadya Guggulu*⁹ by Yoga Ratnakar in the form of *Vatak*, etc. but all Acharyas have described same constituents of *Raasna Guggulu* i.e., *Raasna* and *Guggulu*.

Contents and method of preparation of *Raasna Guggulu* -The constituents of *Raasna Guggulu* are *Raasna* and *Guggulu* only (as described in Table no. 2). According to Acharyas, *Raasna Guggulu* is prepared by mixing one *Pala* (i.e., four *Karsha* - 48gm)¹² of *Raasna* with five *Karsha* (60gm)¹² of *Shuddha Guggulu*. After collection and verification of raw drugs i.e., *Raasna* and *Guggulu*, their impurities should be removed. Then fine powder of *Raasna Panchanga* is obtained after filtering its grinded powder form through a sieve of number 120. Then *Shodhana* of *Guggulu* is done, using *Dola Yantra Swedana Vidhi* in *Kwatha Dravyas*¹³ described by Acharyas like *Triphala Kwatha*, *Nirgundi Patra Kwatha*, etc. After collecting *Shuddha Guggulu*, *Raasna Panchanga* fine powder is added to it in a ratio of 4:5 i.e., 4 parts of *Raasna* and 5 parts of *Guggulu*. Then both are pounded together and *Mardana* (Trituration) is done in *Kharal Yantra* (Mortar and Pestle) to make it a uniform mixture. Then after *Mardana* (Trituration), it is dried in Tray drier. The dry form obtained after drying is again filtered using a sieve to obtain a fine powder. The fine powder is used for making tablets of 500mg each using tablet making machine and then collect the tablets and store in an airtight container.

The dose of *Raasna Guggulu* is 1-2 *Masha*¹¹ (i.e., 1-2 gm as one *Masha* is equal to one gm)¹² so, tablets of 500mg each can be made using *Raasna* and *Guggulu* in a ratio of 4:5 and should be given orally, two tablets twice a day with lukewarm water.

*Raasna (Pluchea lanceolata)*¹⁴

Raasna belongs to the *Asteraceae* family and is an erect, stiff herb or undershrub, which usually grows gregariously in dry barren wastelands and is distributed in Punjab, Rajasthan, Maharashtra, Gujarat and Bengal. Its *Mula* (root), *Patra* (leaf), and *Panchanga* (whole plant) can be used for medicinal use according to the requirements of *Vaidya*.

Rasa Panchaka*¹⁴(Ayurvedic Pharmacological Properties) of *Pluchea lanceolata– The drug is *Tikta* (bitter) in *Rasa*, *Guru* in *Guna*, *Ushana* in *Veerya*, *Katu* (pungent) in *Vipaka*, and has *Vata* and *Kapha Dosha Shamaka* action. It pacifies vitiated *Vata Dosha* due to its *Guru Guna*¹⁵ and *Ushana Veerya*^{16,17}, and *Kapha Dosha* due to its *Tikta Rasa*¹⁸ and *Katu Vipaka*¹⁶. It has other properties/actions like *Shoola*

Prashamana, Sheeta Prashamana, Vedana Sthapana, Rakta Shodhaka, Vrishya and Rasayana Karma along with *Vata and Kapha Dosha Shamaka* action.

Acharya Charaka has described *Raasna* in *Agray Prakrana* and describes it as best (*Agray Dravya*)¹⁹ for *Vata Shaman*. Acharya Sushruta included it under *Arkadi Gana*²⁰ and *Sleshma Shamana Varga*²¹. *Arkadi Gana Dravya* have *Kaphaghana* (Pacifies *Kapha Dosha*) properties. Acharya Vagbhatta also included it under *Arkadi Gana*²² having *Kaphaghana* (Pacifies *Kapha Dosha*) properties. In Ras Tarangani, it has been included in *Vatahara Gana*²³ and *Kaphahara Gana Dravyas*²³. According to AFI, it has *Shoola Prashamana* and *Vedana Sthapana Karma* so it will help by the pacification of the most common symptom of *Gridhrasi* i.e., *Ruka*.

Phytochemicals and Pharmacological Actions of *Pluchea lanceolata*¹⁴ – The plant of *Raasna* have many active chemical constituents i.e., Sterol Glycosides, Taraxasterol, Sitosterols, etc. (as described in Table no. 3). It has many Pharmacological actions due to aforesaid chemical constituents i.e., Anti-inflammatory, Anti-oedema, Spasmolytic and Analgesic.

Guggulu (Commiphora wightii (Arnott) Bhandari)²⁴

Guggulu belongs to the *Burseraceae* family and is a small tree or shrub having a height of 1.2 to 1.8 m, which is found on the banks of the Ganga at Mayagunj, Bhagalpur, Bihar, Orrisa, in arid rocky tracts of Rajasthan, Khandesh, Deccan, Bellary and Mysore. Its *Niryas* (Gum oleoresin) is used for its medicinal use, which makes milky emulsion in hot water and it burns readily. When fresh, it is viscid and golden coloured having an aromatic odour, bitter and astringent in taste.

Rasa Panchaka²⁴(Ayurvedic Pharmacological Properties) of *Commiphora wightii (Arnott) Bhandari* – *Guggulu* is *Tikta* (bitter) and *Katu* (pungent) in *Rasa*. It has different properties (*Guna*) according to its state, *Purana Guggulu* (old) has *Laghu, Ruksha, Tikshana, Vishada, Sara, Sukshma, Sugandhi Guna* and *Nava Guggulu* (new) have *Snigdha* and *Pichchhila Guna*. It is *Ushana* in *Veerya, Katu* in *Vipaka*, and has *Vata and Kapha Dosha Shamaka* action. It pacifies vitiated *Vata Dosha* due to its *Ushana Veerya*^{16,17}, and due to its *Tikta*¹⁸ and *Katu Rasa*¹⁸; *Laghu*²⁵, *Ruksha*²⁵, *Tikshana*²⁵, *Vishada*²⁵ and *SaraGuna*²⁵; *Katu Vipaka*¹⁷ and *Ushana Veerya* pacifies vitiated *Kapha Dosha*. Along with its *Vata* and *Kapha Dosha Shamaka* action, it has *Shothahara, Vedana Sthapana, Vrana Ropana, Nadibalya, Deepana, Anulomana, Rakta Vardhaka, Rakta Prasadana* and *Durgandhahara Karma*.

Acharya Sushruta included it under *Ealaadi Gana*²⁶, *Katu Varga*²⁷, and *Dhupana Dravya*²⁸. *Ealaadi Gana Dravya* has *Vatasleshmahara* (Pacifies *Vata* and *Kapha Dosha*) properties. Acharya Vagbhatta has also included it under *Ealaadi Gana*²⁹ having *Vata-kapha Nashaka* properties. According to AFI, it has *Vedana Sthapana Karma* so it will help by pacification of the most common symptom of *Gridhrasi* i.e., *Ruka*.

Phytochemicals and Pharmacological Actions of *Commiphora wightii (Arnott) Bhandari*²⁴ – The *Niryas* (Gum oleoresin) of plant *Guggulu* is used for making formulations and it has a complex mixture of chemical constituents i.e., Steroids, Diterpenoids, Aliphatic Esters, Carbohydrates, varieties of inorganic ions and amino acids. *Niryas* of *Guggulu* contains Lignans, Sesamin, Pluviatilol, Monocyclic Diterpenoids, Guggulsterol, etc. (as described in Table no. 3). It has many Pharmacological actions due

to aforesaid chemical constituents i.e., Anti-inflammatory, Ca²⁺ antagonist activity, Hypolipidemic, Anti-viral, Antibacterial, Atherosclerotic, Anti-arthritic, Anti-rheumatic, etc.

Table No. 2 (Contents of Raasna Guggulu)

Ingredients	Raasna	Guggulu
Scientific Name	<i>Pluchea lanceolata</i>	<i>Commiphora wightii</i> (Arnott) Bhandari
Family	<i>Asteraceae</i>	<i>Burseraceae</i>
Rasa	<i>Tikta</i>	<i>Tikta, Katu</i>
Guna	<i>Guru</i>	<i>Purana Guggulu</i> (old) - <i>Laghu, Ruksha, Tikshana, Vishada, Sara, Sukshma, Sugandhi</i> <i>Nava Guggulu</i> (new) - <i>Snigdha, Pichchhila</i>
Veerya	<i>Ushna</i>	<i>Ushna</i>
Vipaka	<i>Katu</i>	<i>Katu</i>
Doshaghanta	<i>Vatakapha Shamaka</i>	<i>Vatakapha Shamaka</i>

Table No. 3 (Phytochemicals constituents and Pharmacological actions of Raasna Guggulu Ingredients)^{14,24}

Drug	Phytochemicals constituents	Pharmacological actions
Raasna (<i>Pluchea lanceolata</i>)	Sterol Glycosides, Taraxasterol, B and Y- Sitosterols, Flavone Glycoside, Neolupenol, Pentacyclic Triterpene, Choline Chloride, Pluchine	Anti-inflammatory, Anti-oedema, Spasmolytic, Analgesic
Guggulu (<i>Commiphora wightii</i> (Arnott) Bhandari)	Lignans, Sesamin, Pluviatilol, Guggullignans I and II, Myricyl Alcohol, B-Sitosterol, Series of long-chain Polyol Esters derived from Homologous Tetrols (Guggultetrols), and Ferulic Acid (D-Xylo-Guggultetrol- 16 to 22 Ferulate), Monocyclic Diterpenoids, Z-Guggulsterol, Guggulsterol VI, Two Hypolipidemic Agents, Viz., Z- and E-Guggulsterones (4, 17(20)-Pregnadien- 3, 16- Diones), etc.	Anti-inflammatory, Ca ²⁺ antagonist activity, Hypolipidemic, Anti-viral, Antibacterial, Atherosclerotic, Anti-arthritic, Anti-rheumatic

DISCUSSION

Raasna Guggulu is very effective in the treatment of *Gridhrasi*, as it has been described by our ancient Acharyas (*Aaptopdesh*) so its efficacy is undoubtful in the management of *Gridhrasi*. *Raasna* and *Guggulu*, both have *Vata* and *Kapha Dosha* pacification properties due to their *Rasa*, *Guna*, *Veerya* and *Vipaka*. In *Gridhrasi* vitiation of *Vata Dosha* (dominant) along with *Kapha Dosha* occurs. So, *Raasna* and *Guggulu* will help in the pacification of various symptoms of *Gridhrasi* by the pacification of vitiated *Vata* and *Kapha Dosha*. Both *Raasna* and *Guggulu* have *Tikta Rasa*, so due to its *Sleshma-*

*upshosa*³⁰(Reducing *Kapha Dosha*) it will aid in relieving symptoms like *Tandra*, *Gaurava*, and *Arochaka* as these occur due to the vitiation of *Kapha Dosha*. Similarly, *Katu Rasa* of *Guggulu* will act by reducing *Kapha Dosha* (*Sleshmanam Shamyati*)³¹ and by its *Vrananavsadyati*³¹ properties it will help in reducing pain and other symptoms of sciatica by reducing tissue injury and promoting the local tissue healing process. By the action of its *Guna*, *Raasna* has *Guru Guna* and it has been described by Acharyas that *Guru Guna* has *Bhruhana*²⁵(nourishes *Dhatu*) properties so, it will help in removing *Kshaya Janya Vata Dushti* and will aid in healing process of local damaged tissue and by increasing muscle strength (in Lower back). *Guggulu* due to its *Laghu* and *Ruksha Guna* will cause the pacification of *Kapha Dosha*; *Tikshana* and *Sara Guna* will cause the pacification of both *Vata* and *Kapha Dosha*. Moreover, as told by Acharya Sushruta, *Laghu Guna* has *Ropana*³² properties, so it will help in rebuilding damaged tissue and can reach deeper tissues at the cellular level due to its *Sukshma Guna*. By the action of its potency (*Veerya*), both *Raasna* and *Guggulu* have *Ushana Veerya*, which have *Vata* and *Kapha Shamaka Karma*. Its action can be understood as, Acharyas have described *Ushana* causes *Swedana*, *Vilayana* (to melt) and *Pachana*²⁴ so, due to these actions, it removes *Srotas Dusti* caused due *Kapha Dosha* and will lead to *Anuloma Gati* of *Vata Dosha* leading to the pacification of symptoms like *Ruka*, *Toda*, *Stambha*, *Spandana*, etc. *Guggulu* due to its *Deepana Karma* will help in relieving *Arochaka*, which occurs due to *Agnimandya*. The potency of *Raasna Guggulu* can be further enhanced by using *Shuddha Guggulu*, whose *Shodhana* is done using *Vata-Kapha Nashaka Dravyas* described by Acharyas like *Nirgundi Patra Swarasa*, *Triphala Kwatha*, etc. *Raasna* has Anti-inflammatory, Anti-oedema, Spasmolytic and Analgesic, so it will help in the pacification of pain due to its Anti-inflammatory and Analgesic properties and will relieve stiffness due to its spasmolytic properties. Similarly, *Guggulu* will help in relieving symptoms due to its pharmacological properties like Anti-inflammatory, Ca²⁺ antagonist activity, Hypolipidemic, Anti-arthritic, etc.

CONCLUSION

Gridhrasi is caused due to the dominance of *Vata* and *Kapha Doshas* and constituents of *Raasna Guggulu* i.e., *Raasna* and *Guggulu*, are best for the pacification of *Vata* and *Kapha Dosha* respectively, as described by Acharyas.

रासना वातहराणाम् श्रेष्ठं ॥
गुग्गुलु अनिलमेदोहराणां श्रेष्ठं ॥

It can be concluded that *Raasna Guggulu* will be effective in the treatment of *Gridhrasi* due to aforesaid properties along with some lifestyle modifications, as improper postures while doing daily routine activities, which play an important role in the manifestation of its symptoms.

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