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REVIEW ARTICLE

An Ayurvedic Polyherbal Formulation *Kaishore Guggulu*: A Review

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ABSTRACT

Kaishore guggulu is the one of the most famous Ayurvedic formulation that is used traditionally to support healthy joints, muscles and connective tissue. It is especially useful for balancing pitta in the musculoskeletal system (FDA). Kaishore guggulu is good in the treatment of and aggravated patients i.e. muscle pain. This review explains the pharmacological potential of Kaishore guggulu along with the other pharmacological activities of the part used of each ingredient in the formulation. This review helps the researcher to explode more about this important Ayurvedic formulation.

Keywords: - Kaishore guggulu, Pitta, Musculoskeletal, Fibromyalgia, Gout.

INTRODUCTION:

Kaishore guggulu or Kishore guggul is an herbal remedy based on purified guggulipid in Ayurvedic medicine. Antiallergic, antibacterial and blood purifying properties are found in this herbal preparation [1]. Guggulu is exudates obtained in the form of oleo gum resin from the stem of the plant *Commiphora mukul* (Hook.ex.). It is known to have analgesic, anti-inflammatory activity etc. It is used in various Ayurvedic formulations. Traditionally it is used for skin disorder [2]. Kaishore Guggulu is also used for for gout [3- 4]. Kaishore guggulu is good in aggravated fibromyalgia patients i.e. muscle pain. A dose of Kaishore guggulu 200 mg twice daily after meals is also useful for the treatment of back pain [5]

Method of Preparation of Kaishore Guggulu [1]

Triphala and giloya are cut into small pieces manually or into a pulverizer. They are dipped overnight into water. In the morning, this water is boiled until 1/4th of water is left. Then, decoction is prepared by filtering this water. In this decoction of triphala and giloya, purified guggul gum is added and this mixture is heated slowly so that we get syrup like liquid of hard consistency. Now, powders of herbs (number 4 to 11) are added and this mixture is pounded (stricken again and again) either by hand or in a mortar and pestle or in chattu machine. Processing this mixture for some hours decreases the particle size and increases the bioavailability of the mixture. Thereafter, tablets are made from this gum like mixture either by hand or by tablet machine. The average size varies between 250-500 mg per tablet. It is taken with milk or water or herbal decoction.

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Table. 1 Ingredients of Kaishore Guggulu tablet:

Sr. No.	Ingredient Name	Scientific name (Family)	Part used	Pharmacological activities of part used
1.	Guggul	*Commiphora mukul* Hook. (Burseraceae)	Oleo gum resin from stems	Antiobesity, antihypercholestremic [6-9], Cardioprotective [10], antiepileptic, antiulcer, rheumatoid arthritis [11], atherosclerosis [12], antioxidant [13,14], dysuria, diurnal/nocturnal pollakiuria, urinary retention [15] and antiinflamatory [16-17]
2.	Haritaki	*Terminalia chebula* Retz. (Combretaceae)	Fruits	Antiviral [18], antimutagenic/ anticarcinogenic [19], antioxidant [20-21], adaptogenic [22], antianaphylactic [23], antidiabetic and retinoprotective activity [24-26]
3.	Bibhitaki	*Terminalia bellerica* (Combretaceae)	Fruits	Antimicrobial [27], hepatoprotective, antihypertensive, fever, superficial skin infections, urinary tract, diarrheal infections [28-29], hypoglycaemic [30], anticancer [31], antifungal [32-33], and nephroprotective [34]
4.	Amalaki	*Emblica officinalis* Gaertn. (Euphorbiacea)	Fruits	Antimicrobial, cytotoxic [35], antibacterial [36], in haemorrhage, diarrhoea, dysentery [37], adaptogenic, hepatoprotective [38-39], antitumor [40], hypocholestrolemic [41], antioxidant [42], anti ulcerogenic [43], anti-inflammatory, analgestic, antipyretic [44], hypnotic [45] and anticonvulsant [46]
5.	Chinnaruha or Amarta	*Tinospora cordifolia* (Willd.) Miers ex Hook. F. & Thoms] (Menispermaceae)	Stem	Dyspepsia, fever, urinary diseases [47], bitter, stomachic, diuretic [48], skin diseases [49-50], anti-dote to snake bite and scorpion sting [51], antiinflamatory [52-53], antitubercular [54], hypoglycaemic [55], immunosuppressant [56] and urinary calculi [57]
6.	Sunthi	*Zingiber officinale* (Rosc.) (Zingiberaceae)	Rhizomes	Antiemetic [58-59], antitumor [60], vertigo [61], seasickness [62], motion sickness [63], anti inflamatory and analgesic [64]
7.	Marica	*Piper nigrum* Linn. (Piperaceae)	Seeds	Antioxidant [65] and anticancer [66]
8.	Pippali	*Piper longum* Linn. (Piperaceae)	Fruits, root and stem	Caecal amoebiasis [67], myocardial infarction [68], mosquito larvaelcidal [69], antibacterial, antifungal [70], chemoprotective, antilipidperoxidative [71], hepatoprotective [72-73], spasmolytic [74], antiallergic [75], immunomodulatory, antitumor [76], antiamoebic [77], bronchitis, cough, cold [78], antitubercular [79], vasodilation [80] and antifertility [81]
9.	Krmiripu	*Embelia ribes* Burm (Myrsinaceae)	Fruits	Myocardial infaraction [82], cerebral ischemia [83], tumors, ascites, bronchitis, jaundice, mental disorders [84], antihyperhomocysteinemic [85], antioxidant [86], antihyperglycemic [87] and antimicrobial [88]
10.	Tirivrt	*Operculina turpethum* L. (Convulvulaceae)	Root	Anti-ulcer, anti-inflammatory, anti-diarrheal [89], haemorrhoids and chancres [90]
11.	Danti	*Baliospermum montanum* (Willd.) Muell-Arg (Euphorbiaceae)	Leaves, root, stem	Increasing neutrophil function [91], anticancer [92], hydroxylnitrile lyase activity [93], antimicrobial [94], antifungal [95], antioxidant [96], immunomodulator [97], anthelmintic [98] and hypatoprotective [99]

CONCLUSION:

Kaishore guggulu is mainly used as antiallergic, antibacterial and blood purifying properties. Kaishore guggulu can be used to support healthy joints (in gout), muscles (in fibromylegia), in back pain and connective tissue. It acts as aging skin health promoter, natural blood cleanser, useful as supportive dietary herbal supplement in many health conditions such as diabetes, skin diseases etc. There is minute scientific study about the pharmacological activities of the Kaishore guggul. So this review helps the researcher to explore this formulation for more pharmacological activities of the Kaishore guggul.

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