



E-ISSN: 2278-4136  
P-ISSN: 2349-8234  
JPP 2019; SP1: 662-664

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(Special Issue- 1)  
**2<sup>nd</sup> International Conference**  
**“Food Security, Nutrition and Sustainable Agriculture -  
Emerging Technologies”**  
(February 14-16, 2019)

## Importance and standard manufacturing procedure protocol for Rasanadi Guggulu

**Chhaya, Singh Azad and Wineet Chawla**

### Abstract

Guggulu is oleo gum resin (oleo resin) that exudes results of injury from the bark of genus *Commiphora mukul* Hook. Ex Stocks is belongs to the rosid dicot family. It possesses a huge ethno medical history and represents a phytochemicals reservoir of heuristic medical values. Guggulu is one in all the ingredients of the many imperative formulations utilized in the Ayurveda most of that square measure named with suffix ‘guggulu’. Guggulsterone a main active substance in guggulipid, an extract of the *C. mukul*, won't to treat a spread of disorders in human. It is ascertained that pure guggulu is employed in numerous guggulu formulations in varied sickness conditions with or without specific anupana. The formulation conception of guggulu in piece of writing characterized for higher pharmacokinetic and polyvalent effects with multiple mechanism of drug action. Hence, it's would like of gift era to conduct the diagnosing and clinical test to support the therapeutic efficaciousness of Guggulu formulations cited within the ancient literatures. Guggulu preparation is one of the most important classical preparations in ancient literature. Rasana is a wonderful anti-inflammatory and pain relieving herb, helpful in headache, earache, neurologic pains etc. Ginger, Devdaru and Eranda square measure glorious Vatahara herbs balance Vata Dosha. Guggulu formulation being administered over 1000s of years can be generalized; above Ayurvedic formulations of Guggulu has helped treating conditions giving an alternate support to the patients. It discusses in detail, the effects thereof to the patients. It concludes saying neurological conditions can be treated with the help of Guggulu Rasayan.

**Keywords:** Guggulu, therapeutic, ayurvedic etc

### Introduction

Rasanadi Guggulu (Rasana Guggulu) is AMAPACHAK and Carminative ayurvedic medication. It pacifies Vata associated with AMA (toxins developed from undigested foods). Generally, it's going to be used all told forms of Vata disorders, but it's found to be additional sensible symptom (ringing sensation inside the ears), headache, and head ache. It's collectively used for the treatment of sinuses and fistula. It collectively has effects on APANA divinity and improves its downward natural movement. Therefore, it reduces flatulence, bloating, viscous gas and abdominal pain occurring because of excess viscous gas. It's collectively used in cases where excess AMA and Vata aggravation unit of measurement root causes of the diseases [1-6]. Therefore, it's useful in inflammatory disease. In addition, it's collectively effective for inflammatory disease, and degenerative joint disease. Guggulu preparation is one in every of the foremost necessary formulations in classical literature. Yoga Ratanakar is one in every of main reference of this formulation. Rasanadi Guggulu is Associate in Nursing Ayurvedic pill helpful in treating headache, joint pains, nerve connected pains, fistula etc. It contains Guggulu (*Commiphora mukul*) because the main ingredient [7-15]. Composition of Rasanadi guggulu composition are smaller to other Guggulu Preparation the ingredients: Rasna (*Pluchea lanceolata*), Amruta, Giloy (*Tinospora cordifolia*), Eranda (Castor, Surahva), Devadaru (*Cedrus deodara*), Vishva (Ginger). All the higher than in equal elements are pure Guggulu (*Commiphora mukul*) in equal amount to the total of higher than herbs. Technique of preparation: Fine powders of the higher than herbs is mixed with Guggulu and pounded along until a fine solid mass is ready. It's rolled into pills. From a pharmaceutical stand purpose, this pill is Associate in Nursing example for Niragni Guggulu Vati, wherein, Guggulu is simply

pounded with different herbs to arrange tablets (in different cases, it's cooked and so mixed with different seasoning powders.) Rasanadi Guggulu used as Vatavyadhi neurologic disorders like palsy, hemiplegic, neuropathy, joint connected disorders etc. Karnagada ear disorders with pain and discharge Shirogada – headache, headache etc. Nadi sinus Bhagandhara Fistula. Rasana is a wonderful anti-inflammatory and pain relieving herb, helpful in headache, earache, neurologic pains etc. Ginger, Devdaru and Eranda are wonderful Vatahara herbs – they balance Vata Dosha. They conjointly possess anti-inflammatory impact and thus helpful to bring down pain and swellings of fistula and sinus. They assist in healing the sinus track. Impact on Tridosha: Balances Vata Dosha [16-20]. Reference: Yogaratnakara, Bruhat Nighantu Ratanakar, and Brihat Yoga Tarangini Anupana – Co drinks: supported the sickness being treated, several co drinks are used. Example: Maharasnadi Kashaya for headache, joint disorder etc. Lohasavam for Bhagandhara (fistula) etc. Side effects: There aren't any acknowledged aspect effects with this medication. Folks with sensitive abdomen could take this medication twenty minutes once food. Over-dosage could cause or worsen delicate abdomen discomfort. It is utilized in wet mothers and kids. Throughout physiological state, this could solely be taken supported doctor's prescription for an awfully short amount of your time. Strength of this product: 250 – five hundred mg. Dosage: one – a pair of times on a daily basis, before or once food, as directed by MD. Common adjuvant used: Starch, Lactose, Talcum, Shellac, Gum acacia. Period of time is 5 years from the date of producing. 6 months, once the bottle is opened. Storage: Store in a very cool dry place, faraway from daylight and reach of kids. It is used for an amount of four – twelve weeks, in a very reducing dose format [21-24].

## Material

**Table 1:** Rasanadi Guggulu for 50Kg Batch Size.

S. No	Ingredient	Botanical Name	Quantity
1.	Rasana	Pluchea lanceolata	12Kg
2.	Guduchi	Tinaspora cordifolia	15Kg
3.	Erandmool	Racinus Cominus	3Kg
4.	Devdaru	Cedrus deodara	15Kg
5	Sunthi	Zingiber Officinalis	2Kg
6.	Sudha Guggulu	Comiphora mukul	3Kg

## Method

1. Weigh all ingredients as per prescribed formula.
2. Crush the whole ingredient by geometrical technique.
3. Create the Swaras or juice of Rasana.
4. Collect all the powder in mass mixer.
5. Add the Sudha guggulu in it combine till all the powder is correctly combined.
6. Add all powder in edge runner mill and add simmering in it till all the paste properly mixed.
7. Then the paste type is place in dry bed kitchen appliance machine till all the paste is dry type
8. Crush all the paste type in pulvrisor and create a fine powder.
9. Add the Starch, Lactose, Talcum, Shellac, Gum acacia.
10. Then pill mechanical device is employed for creating the pill as per prescribed size.

## Result

Forty Eight Kilogram of powder was obtained and pills are

made of it. And put it in a plastic suitable container.

## Observation

1. Color become dark black and tablet are round in shape.
2. In edge runner mill most sophisticated instrument in it paste form are formed after one complete day with full rotation.
3. The Temperature of drying should between 80-90 degree Celsius.
4. The mixing should done in geometry way.
5. The powder should in mass mixer for 3 hours in a day with full speed.
6. After compression the drug is transfer in a tight bottle container.

## Discussion

Preparation methodology For making Rasanadi Guggulu (Rasana Guggulu), take a mortar and place Sudha Guggulu in it and add little amount of clarified butter. Pestle it and step by step add the fine powder of different ingredients of Rasanadi Guggulu. Once the mixture is prepared to form tablets, and then build tablets of every five hundred mg. but it is not used by industries because it is suitable for the small batch preparation. In large scale its swaras are used for the lubrication making the kalk or paste form. Edge runner mill is most durable machine for the preparation of this Guggulu and mass mixer play another important role in the mixing of this guggulu preparation.

## Conclusion

Safety Profile of Rasanadi Guggulu is significantly safe for many people once taken as per its indications in applicable indefinite quantity beneath skilled superintendence. They additionally possess anti-inflammatory impact and thence helpful to bring down pain and swellings of fistula and sinus. They assist in healing the sinus track. They additionally possess anti-inflammatory impact and thence helpful to bring down pain and swellings of fistula and sinus. They assist in healing the sinus track. Balances Vata Dosha. It is often used for a amount of four – twelve weeks, in a very reducing dose format. Five years from the date of producing. 6 months, once when the bottle is opened. Store in a very cool dry place, off from daylight and reach of youngsters.

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