



Role of Panchamruta Loha Guggulu in Galaganda

Archana Pagad¹ and Gazala Hussain²

¹Assistant Professor, ²Associate Professor, Department of Rasashastra and Bhaishajya Kalpana.

Sri Dharmasthala Manjunatheshwara College of Ayurveda and Hospital, Hassan.

Received: 12 Jul 2022/ Accepted: 6 Aug 2022 / Published online: 1 Oct 2022

*Corresponding Author Email: 4archanapagad@gmail.com

Abstract

Galaganda is a swelling which occurs of different sizes in kantha pradesha (neck region). It can be compared with Hypothyroidism because of similar symptoms like Shaitya, Gurutva (heaviness), Sopha (inflammation). Now a day's it has become more prevailing condition because of sedentary lifestyle, stress and hormonal imbalance. Females are more affected than males (6:1 ratio). Treatment modalities in Ayurveda are in terms of Shodhana (Bio- purification), Raktamokshana (Blood letting), Udgharshana, Bandhana, Kavalagraha (gargling with medicament liquid media), Lepa (anointment), Abhyanga (massage), Dhoomapana (medicated inhalation of fumes) and Rasayana (rejuvenation) have been mentioned. The Panchamruta loha guggulu is a formulation mentioned as Shamanoushadi in the treatment of Galaganda. The drugs present in the formulations have the properties of Shothahara (anti- inflammatory), Vedana sthapaka (analgesic) and Agnivardhaka (promotes digestive fire) which helps in Samprapti vighatana (breaking the pathogenesis).

Keywords

Galaganda, Hypothyroidism, Panchamruta loha guggulu

INTRODUCTION

Galaganda is disease caused due to impaired Vata, Kapha doshas and Medho dhatu (fat tissue) there is also involvement of Ama which is because of Dhatvagnimandya (impairment of agni in tissues). References of Galaganda are found in texts of Ayurveda. Acharya Charaka has mentioned in Maharogadhyaya under twenty variety of Sleshma Vikaras¹ and has mentioned the detail description in chikitsa sthana². In Sushruta Samhita nidanasthana it has been defined as the swelling which hangs like scrotum in the neck³.

Hypothyroidism is the commonest endocrine disorder caused due to deficiency of thyroid hormone with raised Thyroid Stimulating Hormone

(TSH) levels. The global incidence of hypothyroidism is increasing alarmingly. The synthesis and transport of thyroid hormones play a vital role in the normal physiology and functioning of thyroid hormones. The level of TSH is the primary indicator of hypothyroidism. While analyzing the signs and symptoms of hypothyroidism in Ayurvedic view, the involvement of all Srotas is seen. The Kapha dosha and Vata dosha vrudhhi (aggravation of kapha and vata) is elevated and Pitta doshakshaya is seen. Though a few physicians consider it as a Sthanika vyadhi (localized disease) under Galagandaroga, its Dushti lakshanas (signs and symptoms) are seen all over the body. In treatment of it, Panchamruta loha guggulu has been explained.

Galaganda- Nidana, Samprapti⁴ (Etiology & Pathogenesis)

The intake of food and vihara (habits/ traits) that lead to the aggravation of Vata- Kapha and lead to Agni dushti (impairment of agni) which in turn vitiates Medas; later, the dosha i.e., Medhastita dosha take seat (ashraya) in Kanta (neck region), manya causing swelling over neck called as Galaganda which is having twak samanavarna, snigdha (unctuous) and

Katina (hard). The shape swelling will be like badara (Jujube fruit size), kola and amalaki (Indian gooseberry size) which increase as the time passes sometimes it is associated vedana (pain), kandu (itching) and may be gambeera avagada that is deep rooted. According to predominance of Dosha the Galaganda can be classified into three types Vataja, Kaphaja and Medaja.

Table 1: Lakshana of Galaganda ^{5, 6, 7}

Types	Lakshanas (Symptoms)
Vataja Galaganda	Shyava arunavarna (blackish brown colour), karkasha in sparsha (rough to touch), krishna sirayukta (black blood vessels), there will be gradual increase in swelling associated with suchivatvedana (pricking pain), mukhavairasyata (loss of taste), talu and gala shosha (emaciation of palate, throat and neck).
Kaphaja Galaganda	Twak varna (discolouration of skin), kanduyukta (itching), sheeta sparshi (cold to touch), mahanagatra (increase in weight), chiren vrudhhi, chiratpaka, mandapeeda and madhurasyata (sweetness in mouth)
Medaja Galaganda	Snigdha (unctuous), guru (heavy), pandura varna (whitish in colour), alparujayukta (mild pain), alabuvat (oval in shape) in shape there will be vrudhi and kshaya (increase and decrease) in its size and aspasthashabdha (unclear speech) when person speaks, durgandha (bad body odour) and kanduyukta (itching). Medaja Galaganda is smooth and soft in touch, brown in colour and foul in smell, slow pain and itching is also present. Its root is thin and hangs like Tumbi. The patient feels greasy in his mouth and the voice of the patient is not clear.

Treatment for Galaganda

The treatment modalities comprising of Vamana (Emesis), Virechana (Purgation), Nasya (Nasala therapy), Swedana (Sudation), Dhoomapana (Inhalation of medicated smoke), Siravyadha (blood-letting therapy), Agnikarma (Cauterization), Ksharayogas (phyto alkali use), Pralepa (external

applications), Langhana (fasting) and Purana ghratapana (intake of old ghee) have been mentioned. In Bhaishajya ratnavali under Mastishkarogadhikara, Panchamruta loha guggulu is mentioned which is a Guggulu kalpa and is a herbomineral formulation.

Table 2: Ingredients of Panchamrutaloha guggulu⁸

Sl. No.	Name of medicine	Quantity
1.	Shuddha Parada (Purified Mercury)	48 grams
2.	Shuddha Gandhaka (Purified Sulphur)	48 grams
3.	Rajata bhasma (Calyx of silver)	48 grams
4.	Abhraka bhasma (Calyx of Mica)	48 grams
5.	Svarnamakshika bhasma (Calyx of Copper pyrite)	48 grams
6.	Lauha bhasma (Calyx of Iron)	96 grams
7.	Shuddha Guggulu (Purified <i>Commiphora mukul</i>)	336 grams
8.	Katu taila/ Sarshapa taila (Mustard oil)	Quantity sufficient

Method of Preparation

Shuddha Parada and Shuddha Gandhaka are triturated to form a Kajjali and specified bhasma are mixed well after formation of fine powder of all ingredients. Guggulu is pounded in iron vessel and

made into a soft mass, then the powder of other ingredients is added and pounded along with Katu taila till whole mixture becomes soft mass. The pills are rolled, dried and stored.

Table 3: Properties of Ingredients

Sl. No.	Name of drug	Rasa	Guna	Virya	Karma
1.	Shuddha Parada	Shadrasa (has all six tastes)	Snigdha (Unctuous), Sara (mobility), Guru (heavy)	Ushna (Hot in potency)	Yogavahi, Krimighna (anti-microbial), useful in Kushta (skin disease), Valipalita (wrinkles and greying of hair)
2.	Shuddha Gandhaka	Madhura (Sweet)	Ushna (Hot), Snigdha (Unctuous)	Ushna (Hot in potency)	Rasayana (rejuvenator), Amanashaka, Krimi nashaka (anti-microbial)
3.	Rajata bhasma	Kashaya (Astringent)	Sheeta (cold)	Sheeta (Cold in potency)	Kshaya (pthisis), Nadishula
4.	Abhraka bhasma	Madhura	Snigdha (Unctuous)	Sheeta (Cold in potency)	Rasayana (rejuvenator), Balya (strengthening), Dhatuvardhaka (improves the dhatu)
5.	Swarna makshika bhasma	Madhura (Sweet)	Snigdha (Unctuous)	Sheeta (Cold in potency)	Rasayana (rejuvenator), Svarya (improves voice)
6.	Loha bhasma	Kashaya (Astringent)	Ruksha (dry), Lekhana (scraping)	Sheeta (Cold in potency)	Rakta, Mamsa Pushtikaraka (nourishing), Panduroga (anaemia), Yogavahi (carries the qualities of that thing or substance with which it is associated in the combination)
7.	Shuddha Guggulu	Tikta, Katu, Kashaya	Laghu (light), Sara (mobility), Tikshna (sharp), Ruksha (dry)	Ushna (Hot in potency)	Gulma (Tumour), Udavarta (Condition in which there is upward movement of vayu), Arbuda (growth), Sthoulya (obesity)
8.	Sarshapa taila	Katu, Tikta	Laghu (light), Snigdha (Unctuous)	Ushna	Krimi (Worm infestation), Kandu (itch), Kushta (skin disease)

DISCUSSION

Galaganda is a disease which is caused mainly due to aggravation of Vata, Kapha, Pitta kshaya leading to agnimandya (impairment of digestive fire) which affects Rasa and Medo Dushti predominantly. On basis of conceptual analysis based on its symptomatology Galaganda mimics the disease hypothyroidism. The treatment can be planned based on Dosha Pratyaneeka Chikitsa (aimed towards the bodily constitution), sthana Vyadhi Pratyaneeka Chikitsa (targeting the disease). The guggulu present in yoga contains Guggulsterone (E & Z) as its main Phyto-constituents which is a potent anti-inflammatory agent also possesses the hypolipidaemic and antiseptic actions^{9, 10}. Guggulu increases Pachakagni and Dhatvagni in the body by its Agni deepaniya action and hence it prevents the

further formation of Ama in the body. Roupya bhasma known for its Vatashamaka (alleviates vata) property, has analgesic effect and used to manage conditions like pain and inflammation^{11, 12}. Swarnamakshika bhasma is indicated in the effective management of Mandagni (low agni) and has Rasayana property¹³. Loha bhasma is useful in treatment of various diseases like Pandu (anaemia), Shotha (inflammation) and Sthoulya (obesity)¹⁴. It controls the prakopa of Vata (aggravation of vata) and helps in reducing the Shoola (pain), Shotha (inflammation) by its Vedanahara (analgesic) and Sothahara (anti-inflammatory) properties. Abhraka bhasma has Rasayana property. Hence in Samprapti vighatana of disease Galaganda the Panchamruta loha guggulu can be a formulation of choice.

CONCLUSION

Panchamruta loha guggulu is a herbo-mineral formulation indicated in Galaganda. The drugs present in the formulation possess Vata-kaphahara, Agnideepaka, Vedanasthapaka and Shothahara properties. It also replenishes and rejuvenates the impaired dhatus by its Rasayana effect. On the basis of above properties, we can say that the drug Panchamruta loha guggulu is suitable for the breaking the pathology (samprapti vighatana) of Galaganda.

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