

## Formulation Of Mahayograj Guggulu- A Research Article

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**ABSTRACT:** Mahayograj Guggul is especially recommended for joint related problems. It is a natural herbal product which helps to nourish the affected area and provide relief from joint inflammations. Mahayograj Guggul is widely used in Ayurvedic treatment of joint diseases, skin diseases, asthma, cold, cough, anorexia, piles, sprue, diabetes, fistula, bloating, emaciation, and low digestion power, male and female infertility. Mahayograj guggulu contains guggulu as its base and hence it will follow all the properties of this ayurvedic formulation. As a general rule in Ayurvedic medicinal science, Guggulu is administered in combination with other herbs and hence mahayograj guggulu will also be given with other herbs or herbal ayurvedic medicines.

**KEYWORDS:** Joint, Mahayograj, Formulation, Herbs, Ayurvedic, Medicines

### **INTRODUCTION:**

*Mahayograj guggulu*<sup>1</sup> an Ayurvedic proprietary (classical) medicine and one among those listed by Saper *et al.*<sup>2</sup> as having an unacceptably huge metallic content, has been in use in Ayurveda for the treatment of various neurological disorders.<sup>3</sup>

### Ingredients of Mahayograj guggulu

Name of the ingredient	Sanskrit name	Part used	Content
Zingiber officinale Rosc.	Nagara (Sunthi)	Rz.	3 g
Piper longum Linn.	Pippali	Fr.	3 g
Piper longum Linn.	Pippali mula	Rt.	3 g
Piper retrofractum Vahl.	Chavya	St.	3 g
Plumbago zeylanica Linn.	Chitraka	Root	3 g
Ferula narthexs Bioss.	Hinga bharta	Exd	3 g
Trachyspermum ammi (L.) Sprague	Ajamoda	Fr.	3 g
Brassica campestris Linn.	Sarsapa	Sd.	3 g
Cuminum cyminum Linn.	Sweta jiraka	Fr.	3 g

Carum carvi Linn.	Krisna jiraka	Fr.	3 g
Vitex negundo Linn.	Renuka	Sd	3 g
Holarrhena antidysenterica (Roxb.ex Flem.) Wall	Indrayava (Kutja)	Sd.	3 g
Cissampelos pareira Linn. Hirsute (DC.) Forman	Patha	Root	3 g
Embelia ribes Burn. f.	Vidanga	Fr	3 g
Scindapsis officinalis (Roxb.) Schott.	Gajapippali	Fr	3 g
Picrorhiza kurroa Royle ex Benth.	Katuka	Rt/Rz	3 g
Aconitum heterophyllum Wall.	Ativisa	Rt/tr	3 g
Clerodendrum serratum (Linn.) Moon	Bharangi	Rt	3 g
Acorus calamus Linn.	Vacha	Rz	3 g
Marsdenia tenacissima (Roxb.) Moon	Murva	Rt	3 g
Terminalia chebula Retz.	Haritaki	P	40 g
Terminalia bellirica (Gaertn.) Roxb.	Bibhitaki	P	40 g
Phyllanthus emblica Linn.	Amalaki	P	40 g
Commiphora wightii (Arn.) Bhandari.	Guggulu-shodhita	Ext.	180 g
Incinerated metals			
Tin	Vanga Bhasma	-	48 g
Silver	Rajat Bhasma	-	48 g
Lead	Naga Bhasma	-	48 g
Iron	Loha Bhasma	-	48 g
Mica	Abhraka Bhasma	-	48 g
Iron oxide	Mandura Bhasma	-	48 g
Mercuric sulfide	Rasa Sindura (Parada)	-	48 g

#### METHOD OF PREPARATION :-

1. Calculate the quantity of the drugs mentioned under MAHAYOGRAJ GUGGULU in AFI-I (5:6) and as per master formulary record of the pharmacy for the required batch and quantity.
2. Accurately weigh the tested drugs from the raw material store, clean them and then pass through 20 and 30 mesh to discard foreign materials. Again weigh the drugs and adjust their weight loss according to master formula.
3. Clean the Pulveriser as per SCP (Standard Cleaning Procedure).
4. Coarsely powder the drugs which are required in the Yog and sieve from the sieve (No.100).
5. Guggulu is then taken and purified according to the procedures mentioned in AFI-1(5).

6. Kasaya of the coarsely powdered drugs is prepared and filtered. Shodhit guggulu is added to the filtered kasaya and boiled again in an iron vessel. When the kasaya becomes concentrated, it is again filtered and all the bhasmas mentioned in the Yog are added in it.
7. Mixing machine is then cleaned with hot & cold water 5-6 times with nylon brush and proceed as per SCP (Standard Cleansing Procedure).
8. The concentrated mixture alongwith fine powders of the drugs are then shifted in the mixture machine and pounded well to make a homogenous mixture.
9. Small quantity of ghrit was added to the homogenous mixture and again pounded well to form a uniform mass.
10. The soft mass was then taken out in a clean tray and pass the material through the varti making machine and the pills were prepared. Weighed them properly and place them in the sunshine in transparent covered trays till they are dried.
11. The dried pills are then rotated in the coating machine to get the required lust of the pills.
12. Seal and label the pills in well cleaned bottles as per GMP mentioned in D & C Act 1940 and the rules made there under.

**PRODUCT SPECIFICATIONS :-**

- a.)Colour:-Black
- b.)Taste:-Bitter
- c.)Smell:- No specific smell

**DISCUSSION AND CONCLUSION:**

Mahayograj guggulu because of the presence of so many herbs and processed heavy metals can be beneficial in a variety of skin diseases. With the combination of mahayograj guggulu and neem decoction, most of the skin issues can be resolved permanently. It is widely used in the **Ayurvedic treatment of joint and bone related diseases**. As a general rule in Ayurvedic medicinal science, Guggulu is administered in combination with other herbs and hence mahayograj guggulu will also be given with other herbs or herbal ayurvedic medicines.

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