VETTUMARAN GUTIKA - A REVIEW
Dr Arvind Paikrao
Associate professor, G J Patel Institute of Ayurvedic Studies
And Research Anand Gujarat-India

ABSTRACT
Ayurveda is the science of life, they said; “hitahitam sukhamb dukham ayustasya hitaaahitam manam cha tacha yetroktam ayurveda sa yuchate” to sustain life for longer period without suffering from disease require the wholesome food and to follow wholesome habits of living. Persons become victim of various diseases by adopting unwholesome things their life. Ayurveda have two main principles, “swasthasya swasthy rakshanam, and aturasya vikara prashamanam cha”. Chronic diseases are satisfactorily treated by ayurveda, but acute disease like jwara, find to treat somewhat challenging. It is here to explain the drug Vettumarana gulika in jwara awastha. The word Vettumarana stands for immediately action on jwara.

KEYWORDS: Jwara, ama, jwaraghna, shula-shulagna, kapha-vataja jwara etc.

INTRODUCTION
In Sahasrayoga many formulations are mentioned to treat many ailments. ‘Vettumaran gulika’ have Jawaragna property [1] as mentioned in the text Sahasra yoga. Jwara is the rasa pradoshaja vikara, which is caused because of ama, so here ama pachana dravya are highly effective. In Ayurveda particularly, charaka has explained the jwara as the first chapter in Nidanasthana. In chikitsa sthana they have explained as the importance of jwara, “it said as jwara is the first appear when the person borne out and it is the major reason for death also. “Janmadau nidhane cha twamapachaaraantareshu cha” Cha. Chi 3/25[4].

Table No.1 CONTENTS OF VETTUMARANA GULLIKA

<table>
<thead>
<tr>
<th>Sr no.</th>
<th>Dravya</th>
<th>Latin name /classical name</th>
<th>Family/class</th>
<th>Dosha karma</th>
<th>Gana/class</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Hingula</td>
<td>Cinnabar (Hgs)</td>
<td>Sadharana rasa</td>
<td>Sarvadoshaghna, kaphapittakara</td>
<td>Sadharana rasa</td>
</tr>
<tr>
<td>2</td>
<td>Tankan</td>
<td>Borax (Na₂B₄O₇ 10H₂O)</td>
<td>Kshara</td>
<td>Vatakaphaghna, Pittakritha</td>
<td>kashara</td>
</tr>
<tr>
<td>3</td>
<td>Maricha</td>
<td>Piper nigrum</td>
<td>Piperacae</td>
<td>Vatakapha shyamaka</td>
<td>Dipaniya, Shulaprashamana</td>
</tr>
<tr>
<td>4</td>
<td>Vatsnabha</td>
<td>Aconitum ferox</td>
<td>Ranunculaceae</td>
<td>vatakaphashyaamaka,</td>
<td>Sthavara visha</td>
</tr>
</tbody>
</table>
**PROCEDURE:** Take equal quantity of purified Hingula, purified Tankana, purified Vatsanabha, Maricha and Ajamoda. Triturate well to prepare homogenous powder, then impregnate for three time with adraka swarasa. Prepare the gulika (pills) in size of mudga. Then dried and stored in airtight container. Therapeutic dose is 250mg to 500mg two times a day\(^{[1]}\).

**INDICATIONS:** Jwara, masurika jwara, vata roga, sannipata jwara\(^{[1]}\).

**Table: 2 AMAYIKA PRAYOGA & ANUPANA**

<table>
<thead>
<tr>
<th>SL.NO.</th>
<th>DISEASE</th>
<th>ANUPANA</th>
</tr>
</thead>
<tbody>
<tr>
<td>01</td>
<td>Jwara</td>
<td>Jeeraka Kashaya</td>
</tr>
<tr>
<td>02</td>
<td>Chardi</td>
<td>Shati Kashaya</td>
</tr>
<tr>
<td>03</td>
<td>Mutraghata</td>
<td>Narikela jala</td>
</tr>
<tr>
<td>04</td>
<td>Shula</td>
<td>Ajamodarka</td>
</tr>
<tr>
<td>05</td>
<td>Gulma</td>
<td>Lashuna swarasa</td>
</tr>
</tbody>
</table>

**HINGULA (Cinnabar)**

**PHARMACODYNAMICS**
- Rasa: Tikta, katu, & kashaya
- Guna: Usna
- Virya: Usna
- Doshakarma: Sarvadoshagha, kaphapittakara\(^{[2]}\)

**KARMA**
- Dipana, Rasayanam, Vrushya, Balya, Vajikara, Putrajanan, Sukhaayukara, Agnivardhaka, Rucchhya, Divya, Netraamayaghna\(^{[2]}\).

**TANKANA (Borax)**

Types: Sonari suhaga: shweta, and Choukya suhaga: pita\(^{[2]}\).

**PHARMACODYNAMICS**
- Rasa: katu,
- Guna: Ruksha, tikshana, saaraka,
- Virya: usana,
- Doshakarma: Vatakaphagnha, Pittakritha\(^{[2]}\).

**KARMA**
- Vatakaphaghna, pittakritha, hridya, balya, sthavaradi-visha naashaka, agnidiptikrita, stripuspaajanana\(^{[2]}\).

**MARICHA (Piper nigrum)**

Gana: Charaka: dipianiya, sulaprashamanam, krimighna, shirovirechana\(^{[4]}\).

**PHARMACODYNAMICS**
- Sushruta: trikatu, pippalyaadi\(^{[5]}\).

Chemical composition: Dried Piper: Piperine: 2.8 to 9, Piperttine: 1.7 to 7.4\(^{[7]}\).

**KARMA**
- Dipana pachana- amapachana, Vatunulomana, Yakruttautejaka, Krimighna, Uttejaka (hrudayottejaka), Kaphaghna, kaphanissaraka, Swedajanana- kusthaghna, Jwaraghna-vishamajwara, Raktotklesha- lekhana,
**VATSANABHA (Aconitum ferox)**

Two types: White & black
- **Gana:** Charaka: Sthavara visha[^4], Sushruta: Kandavisha[^5], Bhava prakasha: Dhatvadi varga[^6].
- **Chemical composition:** Root contains: Pseudo aconitine (similar substance to aconite), Aconitine, Picro-aconite, Benzoin-aconite, Homonipline[^7].

<table>
<thead>
<tr>
<th>PHARMACODYNAMICS</th>
<th>KARMA</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rasa: Madhura,</td>
<td>Swedajanana, Vednasthapanam, Shothahara, Lala prasekajanana, Dipana pachana, sulaprasamamana, Yakruduttejaka- Ashodhita, Hruduttejaka-Shodhita, Mutrajanana, Shukra stambhaka, Balya-brimhana, Madakara, Kustaghna-sWedajanana, Jwaraghna, Arshoghna Rasayanam[^3].</td>
</tr>
</tbody>
</table>

**AJAMODA:** (Trachyspermum roxburghinum)

- **Gana:** Charaka: *Sula prashmanam, dipaniya[^4].* Sushruta: *Pippalyaadi[^5].*
- **Chemical composition:** Seed contains volatile oil, a-limonene, terpinene, dipentene, d-linalool, diperinone, thymoquinol, thymol, crsxtalline, ketonic acid[^7].

<table>
<thead>
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<th>KARMA</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rasa: katu, tiktha,</td>
<td>Sulaprasamamam, Dipana, Vidahi, Krimighna, Vedana sthapana, Hridayottejaka, Kaphaghna, Mutrapravartaka, Garbhashayaottejaka, Vajikarana, Katupousthik[^3].</td>
</tr>
</tbody>
</table>

**DISCUSSION**

<table>
<thead>
<tr>
<th>Dravya</th>
<th>Guna</th>
<th>Rasa</th>
<th>Virya</th>
<th>Doshakarma</th>
<th>Karma</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tankana</td>
<td>Ruksha</td>
<td>Katu</td>
<td>Ushna</td>
<td>Vata-kaphagnha</td>
<td>Agnidiptikruta</td>
</tr>
<tr>
<td>Maricha</td>
<td>Laghu, Tikshna</td>
<td>katu</td>
<td>Ushna</td>
<td>Vata-kapha shyamaka</td>
<td>Jwaraghna, srtorodhahara</td>
</tr>
<tr>
<td>Vatsanabha</td>
<td>Vyavayi, vikasi,</td>
<td>Madhur</td>
<td>Ushna</td>
<td>Vatapitta shyamak, tridoshahara</td>
<td>Swedajanana, vedana sthapana</td>
</tr>
<tr>
<td>Hingula</td>
<td>Ushna</td>
<td>Tikta, katu, kashaya</td>
<td>Ushna</td>
<td>Sarvodo-Shaghna, kapha</td>
<td>Agnivardhaka, ruchya,</td>
</tr>
</tbody>
</table>
1. This drug contain five dravyas, all dravyas have hot in potency, tankana, maricha, ajamoda are vatakaphashyamaka, Vatsanabha is vatapittashyamaka & tridoshahara, Hingula is kaphapittakara & sarva doshahara.

2. As per the karma are considered the Tankana is agnidiptikrit, Hinula is agnihardhahara, & ruchya, Ajamoda is dipana shulaprasamana, Maricha is jwaraghna srotorodhhahara and Vatsanabha is swedajanaka & vedanasthapana.

3. As per the Indian Materia mediaca the action of Tankana is diauretic, emmenagogue, astringent, and antacid, local sedative and antisепtic\[7\].

4. Action of Maricha is acrid, pungent, hot, and carminative, piperine is antipyretic & antiperiodic. Ajamoda seed contain antiseptic thymol, seeds posses diffusible stimulant, stomachic carminative, antispasmodic & anthelmentic\[7\].

5. Vatsanabha contain napelline, pseudo-aconitine, small quantity aconitum, picro-aconitum, aconine, benzyle aconine & homo-nepelline\[7\].

6. Action of Vatsanabha diphoratic, diuretic, antiperiodic, anti diabetic, antiphlogestic, antipyretic in small doses. In large doses it is virulent, poison, narcotic, and powerful sedative it reduces frequency and tension of pulse and paralysis the respiratory centre\[7\].

**CONCLUSION**

1. This yoga, consists of five dravyas, all having katu rasa expect vatsanabha (madhura), common ushna virya, and doshaghnata vata-kapha shamaka expect hingula & vatsanabha (sarvadosha shamaka) expect hingula & vatsanabha (sarvadosha shamaka)

2. Because of dipana, (agnikrita or agnidipana), pachana, (amapacvhana), srotorodhhahara, swedajanaka, sulaprasamana, vatanulomaka, krimighna, & rasayanam, it could be working as jwaraghna.

3. In this yoga, the tankana would be working as the antidote of the vatsanabha visha.

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CORRESPONDING AUTHOR
Dr Arvind Paikrao
Associate professor, G J Patel Institute of Ayurvedic Studies & Research Anand Gujarat-India
E-mail: drarvindayurved@gmail.com

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