

VETTUMARAN GUTIKA - A REVIEW

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ABSTRACT

Ayurveda is the science of life, they said; *“hitahitam sukham dukham ayustasya hitaahitam 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. ‘Vettumarana 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

Sr no.	Dravya	Latin name /classical name	Family/class	Dosha karma	Gana/class
1	Hingula	Cinnabar (Hgs)	Sadharana rasa	Sarvadoshaghna, kaphapittakara	Sadharana rasa
2	Tankan	Borax (Na ₂ B ₄ O ₇ 10H ₂ O)	Kshara	Vatakaphaghna, Pittakriha	kashara
3	Maricha	Piper nigrum	Piperaceae	Vatakapha shyamaka	Dipaniya, Shulaprashamana
4	Vatsnabha	Aconitum ferox	Ranunculaceae	vatakaphashyaamaka,	Sthavara visha

				tridoshahara	
5	Ajamoda	Trachyspermum roxburquinum	Apiaceae (umbelliferae)	kaphavata shyamaka, Pittavardhaka	Sulaprashmanam, dipaniya

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

SL.NO.	DISEASE	ANUPANA
01	Jwara	Jeeraka Kashaya
02	Chardi	Shati Kashaya
03	Mutraghata	Narikela jala
04	Shula	Ajamodarka
05	Gulma	Lashuna swarasa

HINGULA (Cinnabar)

PHARMACODYNAMICS	KARMA
<ul style="list-style-type: none"> ➤ Rasa: Tikta, katu, & kashaya ➤ Guna: Usna ➤ Virya: Usna ➤ Doshakarma: Sarvadoshaghna, kaphapittakara^[2] 	Dipana, Rasayanam, Vrushya, Balya, Vajikara, Putrajanan, Sukhaayukara, Agnivardhaka, Rucchya, Divya, Netraamayaghna ^[2] .

TANKANA (Borax)

Types: Sonari suhaga: shweta, and Choukya suhaga: pita^[2].

PHARMACODYNAMICS	KARMA:
Rasa : katu, Guna: Ruksha, tikshana, saaraka, Virya: usana, Doshakarma: Vatakaphaghna, Pittakritha ^[2] .	Vatakaphaghna, pittakritha, hridya, balya, sthavaradi-visha naashaka, agnidiptikrita, stripuspajanana ^[2]

MARICHA (Piper nigrum)

Gana: Charaka: dipaniya, sulaprashamanam, krimighna, shirovirechana^[4].

Sushruta: trikatu, pippalyaadi^[5].

Chemical composition: Dried Piper: Piperine: 2.8 to 9, Piperttine: 1.7 to 7.4^[7],

PHARMACODYNAMICS	KARMA
Rasa: katu, Guna: Laghu, tikshna, Virya: Usna, Vipaka: Katu, Doshakarma: Vatakaphashyaamaka ^[3]	Dipana pachana- amapachana, Vatunulomana, Yakruttauttejaka, Krimighna, Uttejaka (hrudayottejaka), Kaphaghna, kaphanissaraka, Swedajanana- kushthaghna, Jwaraghna- vishamajwara, Raktoklesha- lekshana,

	Nadiyuttejaka- nadibalya, Sula prashamana, Danthya, Chakshusya, Srothorodhahara ^[3] .
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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, Homonioline^[7].

PHARMACODYNAMICS	KARMA
Rasa: Madhura, Guna: Rukshya, tikshana, laghu, vyavayi, vikasi, yogavahi, Virya: Usna Vipaka: Madhura, Doshakarma: vatakaphashyaamaka, tridoshahara ^[3] .	Swedajanana, Vednasthapana, Shothahara, Lala prasekajanana, Dipana pachana, sulaprashamana, Yakruduttejaka- Ashodhita, Hruduttejaka-Shodhita, Mutrajanana, Shukra sthambhaka, Balya-brimhana, Madakara, Kusthaghna-swedajanana, Jwaraghna, Arshoghna Rasayanam ^[3] .

AJAMODA:(*Trachyspermum roxburguinum*)

Gana: Charaka: *Sula prashmanam, dipaniya*^[4].

Sushruta: *Pippalyaadi*^[5]

CHEMICAL COMPOSITION:

Seed contains volatile oil, a-limonene, terpinene, dipentene, d-linalool, diperinone, thymoquinol, thymol, crestalline, ketonic acid^[7].

PHARMACODYNAMICS	KARMA
Rasa: katu, tiktha, Guna: laghu, ruksha, tikshna, Virya: ushna, Vipaka: katu, Doshakarma: kapha-vata shamaka, Pittavardhaka ^[3] .	Sulaprashamanam, Dipana, Vidahi, Krimighna, Vedana sthapana, Hridayottejaka, Kaphaghna, Mutrapravartaka, Garbhashayaottejaka, Vajikarana, Katupousthik ^[3] .

DISCUSSION

Dravya	Guna	Rasa	Virya	Doshakarma	Karma
Tankana	Ruksha	Katu	Ushna	Vata-kaphaghna	Agnidiptikruta
Maricha	Laghu, Tikshna	katu	Ushna	Vata-kapha shyamaka	Jwaraghna, srtorodhahara
Vatsanabha	Vyavayi, vikasi,	Madhur	Ushna	Vatapitta shyamak, tridoshahara	Swedajanana, vedana sthapana
Hingula	Ushna	Tikta, katu, kashaya	Ushna	Sarvodo-Shaghna, kapha	Agnivardhaka, ruchya,

				pittakara	
Ajamoda	Laghu, ruksha, tikshna	Katu, tiktam	Ushna	Kapha vata shyamaka, pittavardhaka	Deepana, sulaprasmanam, poustika.

1. This drug contain five dravyas, all dravyas have hot in potency, tankana, maricha, ajamoda are vatakaphashyamaka, Vatsanabha is vatapittashyamaka & tridosahara, Hingula is kaphapittakara & sarva doshahara.

2. As per the karma are considered the Tankana is agnidiptikrit, Hinula is agnivardhaka, & ruchya, Ajamoda is dipana shulaprasmanam, Maricha is jwaraghna srotorodhahara and Vatsnabha is swedajanan & vedanasthapana.

3. As per the Indian Materia mediaca the action of Tankana is diauretic, emmenagogue, astringent, and antacid, local sedative and antiseptic^[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, antidiabetic, 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

doshaghata vata-kapha shamaka expect hingula & vatsanabha (sarvadosha shamaka)

2. Because of dipana, (agnikrita or agnidipana), pachana, (amapacvhana), srotorodhahara, swedajanaka, sulaprasmanam, 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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