



Shree Swaminarayan Ayurvedic College,

Opp. SAIJ GIDC, Swaminarayan Vishwamangal Gurukul, Kalol

GUGGULU



Latin name: *Commiphora mukul*

Family: Burseraceae

Regional names: ગુગુલુ (Gujarati), गुग्गुलु (Hindi)

Morphology: Shrub. Branches knotty crooked ending in spine. Leaves: 1-3 foliate, leaflets-rhomboid ovate. Flowers: fascicles of 2-3. Fruit: Drupe.

Synonyms: Palankasha, Marudeshya, Kananiryasa, Pura, Durga.

Rasa Panchaka:

Rasa: Tikta, Katu

Guna: Snigdha, Picchila.

Virya: Ushna

Vipaka: Katu

Karma: Tridosahara

Useful parts: Niriyasa

Indications: Amavata, Kustha, Prameha, Medoroga, Vatavyadhi

Dosage: 2-4g

Formulations: Yogaraj Guggulu, Kaishora guggulu, Chandraprabha vati, Amrutadi guggulu.