

## CRITICAL REVIEW OF GANDHAKA VATI

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**ABSTRACT**

Ayurveda is one of the most ancient health care systems. Backed by time-tested pharmacological wisdom and added with sophisticated research, *Ayurveda* currently stands as one among the chief competitors in global market of traditional therapies. *Rasa shastra* is a partially independent branch of *Ayurvedic* Medicine, which deals with metals and minerals to produce the drugs with higher efficacy, possessing innate qualities like quick action and effective in lower doses with good palatability. *Gandhaka* is an important element of *Rasa Shastra* and stands next to *Parada* in importance. *Gandhaka vati* is unique formulations which contains *Gandhaka* as main ingredient along with other drugs. The present study has been carried out to compile various *Gandhaka vati* mentioned in *Rasayogasagara*.

**KEYWORDS:** *Rasayogasagara*, *Gandhaka Vati*, *Gandhaka*.

**INTRODUCTION**

*Rasayogasagara* is an authentic text written by *Vaidya Pandit* Hariprapannaji. *Rasayogasagara* is a compilation of various *Ayurvedic* pharmaceutical formulations. *Gandhaka* is identified as Sulphur, grouped under *Uparasa varga*<sup>[1]</sup> which is used as a chief ingredient in many formulations. *Gandhaka* is an abundantly available and extensively used drug in the preparation of *Rasaushadhi*. *Rasayogasagara* has described 9 *Gandhaka vati* in its first part which contain *Gandhaka* as the main ingredient along with other drugs. It further deals with its utility in the management of various ailments mainly related to *annavaha*

*srotas*. This review is a compilation of various *Gandhaka vati* mentioned in *Rasayogasagara* along with its indications.

## MATERIAL AND METHODS

A review was done on various *Gandhaka vati* mentioned in *Rasayogasagara* text. In the present study, each *Gandhaka vati* was analysed according to the ingredients, dose, *anupana*, *pathya* and *apathya* for better perception.

*Vati* are solid dosage forms containing medicament. *Vati Kalpana* are one of the most easiest and feasible *kalpa* among various others preparations because of its easy administration, accuracy of dosage, palatability, easiest and cheapest as regard of packing and transport.

*Gandhaka vati* are formulations which contain *Gandhaka* as the main ingredient. There are 9 different *Gandhaka vati* described in *Rasayogasagara* with different description in methodology, dose, duration etc.

### Description of *Gandhaka vati*

#### 1. *Prathama Gandhaka vati*<sup>[2]</sup>

*Shuddha Gandhaka* 1 part is taken in *khalva yantra* added with 4 parts of *Sunti satva* (essence of *Zingiber officinale* Roscae) and homogenous mixture is prepared. *Bhavana* is carried out with *Nimbu* (*Citrus auruntifolia*) *swarasa* for 7 times. *Saindhava lavana* is added according to taste and *vati* are prepared of *Chana matra* (Pea size). It is consumed at a dose of 1 *vati* after food and acts as *Agnideepana* and *Aruchi nashaka*.

#### 2. *Dviteeya Gandhaka vati*<sup>[3]</sup>

Half *pala* of *Shuddha Gandhaka* (24g) is added with 1 *karsha* (12g) each of *Shuddha Chitraka churna* (*Plumbago zeylanica*), *Maricha* (*Piper nigrum*), *Pippali* (*Piper longum*), half *pala* (24g) of *Sunti* (*Zingiber officinale*), 1 *kola* (6g) of *Yavakshara* (alkali prepared from barley plant) and *Trilavana* i.e., *Saindhava lavana*, *Sauvarchala lavana* and *Vida lavana*. All the ingredients are taken in a *khalva yantra*, homogenous mixture is prepared and *bhavana* is carried out with *Nimbu* (*Citrus auruntifolia*) *swarasa*. 1 *vati* is consumed after meals or before food in case of *Mandagni*, *Sula*, *Grahani*, *Ama*, *Gulma* and *Udavarta*.

#### 3. *Tritiya Gandhaka vati*<sup>[4]</sup>

1 *pala* (48g) of *Shuddha Parada*, ½ *pala* (24g) of *Shuddha Gandhaka* and *Sunti* (*Zingiber officinale*), 1 *pala* (48g) of *Lavanga* (*Syzygium aromaticum* Linn.) and *Maricha* (*Piper*

*nigrum*), 3 *pala* (144g) of *Saindhava lavana* and *Sauvarchala lavana*, 1 *pala* of *Chanakamla* (sour acidic medicinal preparation obtained from Chickpea) and *Mulaka Kshara* (Alkali of *Raphanus sativus*) are added in *khalva yantra*, homogenous mixture is prepared, *bhavana* is done with *Nimbu swarasa* for 7 times and *vati* of *badara pramana* are prepared. 1 *vati* of this *yoga* cures all types of *Ajirna*.

#### 4. *Chaturtha Gandhaka vati*<sup>[5]</sup>

1 *pala* of *Sunti churna* (48g), ½ *pala* (24g) of *Shuddha Gandhaka* and ½ *pala* (24g) of *Saindhava lavana* are mixed, *bhavana* is done with *Nimbu swarasa* and *vati* are to be prepared. It is indicated in *Ajirna* and *Visuchika*. This is also known as *Raja vati*. Similar reference can be found in *Yoga Chintamani gutika prakarana*, *Arogya prakasha* and *Ayurveda Sara Sangraha gutika prakarana*.

#### 5. *Panchama Gandhaka vati*<sup>[6]</sup>

1 *pala* (48g) of *Gandhaka* is taken in a vessel melted and poured in *Nimba* (*Azadirachta indica* A. Juss) *swarasa* for 7 times. 12 *nishka* (36g) of this *Gandhaka* is added with 12 *nishka* (36g) of *Mishri*; *bhavana* is done with *Nimba swarasa* and 3 *vati* are prepared. Administration of 7 *vati* of this cures all types of *Prameha* within 7 days and the patient is advised to take *Sasa mamsa* (meat of rabbit) as *pathya* during this period.

#### 6. *Shasta Gandhaka vati*<sup>[7]</sup>

4 parts of *Sunti* is added with ½ part each of *Saindhava lavana* and *Shuddha Vatsanabha* (*Aconitum ferox* Wall.), 1 part of *Shuddha Gandhaka* and *Haritaki*; homogenous mixture is prepared and *bhavana* is carried out with *Nimbu swarasa* for 7 times. It is taken in 1 *kola* (6g) *matra* and is indicated in *Visuchika*, *Ajirna*, *Sula*, *Mandagni* and *Chardi*. It is also known as *Raja vati*.

#### 7. *Saptama Gandhaka vati*<sup>[8]</sup>

*Kshara* is prepared out of *Triphala* (*Haritaki*, *Vibhitaki*, *Amlaki*), *Chitraka*, *Kadalikanda* (*Musa paradisiaca* Linn), *Chana* (*Cicer arietinum*) and *Arka* (*Calotropis gigantea* Linn.) separately. To this equal quantity of *Navasadara* is added, *bhavana* is carried out with *Snuhi* (*Euphoria nerifolia* Linn) *ksheera*, and subjected to *puta*. After *swangasheeta*, it is added with equal quantity of *Panchalavana* (*Saindhava lavana*, *Samudra lavana*, *Bida lavana*, *Sauvarchala lavana*, *Romaka lavana*), ½ part of *Shuddha Gandhaka*, 4 parts each of *Trikatu* (*Sunti*, *Maricha*, *Pippali*), *Chitraka*, *Jeeraka* (*Cuminum cyminum* Linn) and *Hingu* (*Ferula*

*foetida*). The whole mixture is fried in ghee taken in a *khalva yantra* and subjected to *bhavana* with *Lasuna* (*Allium sativum*) *swarasa* and *Nimbu swarasa*, *vati* are prepared. Intake of 1 *vati* after food cures *Mandagni*, *Ajirna*, *Gulma*, *Yakrit roga*, *Pleeha roga*, and *Aruchi*.

#### 8. *Ashtama Gandhaka vati*<sup>[9]</sup>

*Shuddha Gandhaka*, *Maricha* (*Piper nigrum* Linn), *Chukra* (*Rumex vesicaris*) and *Sauvarchala lavana* are taken in equal quantity and homogenous mixture is prepared. 3 *masha* (3g) of this *Gandhaka vati* acts as *Agni vardhaka* and relieves *Baddha koshta*.

#### 9. *Navami Gandhaka vati*<sup>[10]</sup>

It is also known as *Visuchika vidhvamsini trikatu rasayana*. *Lasuna*, *Shuddha Gandhaka*, *Jeeraka*, *Saindhava lavana*, *Trikatu* and *Hingu* are taken in equal quantity in *khalva yantra* and homogenous mixture is prepared. *Bhavana* is done with *Jambeera* (*Citrus medica*) *swarasa* and *vati* are prepared. It is administered along with *Nimbu*, *Ardra* *swarasa*, *Saindhava lavana* and *Sauvarchala lavana* as *anupana* in conditions like *Sula*, *Visuchika*, *Chardi*, *Krimi*.

## DISCUSSION

*Gandhaka* plays an important role in preparation of *Rasaushadhi*. Different types of *Gandhaka vati* are explained in *Rasayogasagara*. *Gandhaka* has *Madhura*, *Katu Tikta rasa*, *Sara*, *Snigdha Laghu guna*; *Ushna virya*; *Katu*, *Madhura vipaka*; *Vata-kapha shamaka*, *Pitta vardhaka*; and properties like *Deepana*, *Pachana*, *Vishaghna*, *Amadoshanashaka*, *Rasayana*.<sup>[11,12]</sup> *Gandhaka* is added with various other drugs like *Sunti*, *Trikatu*, *Chitraka*, *Saindhava lavana* etc during the processing of these *Gandhaka vati*. The synergistic action of these drugs enhances the therapeutic efficacy of *Gandhaka*. These *Gandhaka vati* have common indications in *Annavaha sroto vikara* like *Ajirna*, *Visuchika*, *Sula*, *Chardi*, *Krimi*.

- In the first and fourth *Gandhaka vati*, *Gandhaka* is added with *Sunti* and *Saindhava lavana*. The ingredients of the formulation have *deepana*, *pachana*, *rochana* and *avidahi* properties. It aids in digestion by stimulating digestive fire, cleanses oral cavity and acts as *aruchi nashaka*.
- In the second *Gandhaka vati*, *Shuddha Gandhaka* is added with *Chitraka*, *Trikatu*, *Chitraka* improves digestive strength by its *deepana*, *pachana* properties and helps to relieve *mandagni* and *amadosha*. *Chitraka* also acts as *sulaghna* and indicated in

*Grahani*. The other ingredients also have similar properties and helps in relieving *mandagni, sula, grahani, ama, gulma* and *udavarta*.

- In the third *Gandhaka vati*, *Kajjali* is added with *Sunti, Lavanga, Maricha, Saindhava lavana, Sauvarchala lavana, Chanakamla* and *Mulaka kshara*. *Parada* balances all the *tridosha* and has *yogavahi* property. When combined with other drugs it helps in increasing bioavailability of the drugs added and acts as *sarvamaya hara*.
- In the fifth *Gandhaka vati*, *Gandhaka* is purified in *Nimba swarasa*, added with *Mishri* and again the mixture is subjected to *Nimba swarasa bhavana*. *Nimba* is indicated in *meha* and *Mishri* is a *hitakara dravya*. Studies have shown that *Azadirachta indica* plays significant role in management of Type 2 diabetes by improving insulin signaling molecules and glucose utilization in skeletal muscle.<sup>[13]</sup>
- In the sixth *Gandhaka vati*, *Gandhaka* is added with *Shuddha Vatsanabha, Sunti, Haritaki* and *Saindhava lavana*. *Vatsanabha* has *yogavahi* property which can enhance the bioavailability, tissue distribution and efficacy of the other drugs.
- In the seventh *Gandhaka vati*, *Gandhaka* is added with *Kshara* prepared of various drugs, *Pancha lavana, Trikatu* and *Hingu*. All the ingredients are indicated in *gulma* and *udara vikara* and collectively they help in relieving *mandagni, ajirna, gulma, yakrit, pleeha* and *aruchi*.
- In the eighth *Gandhaka vati*, *Gandhaka* is added with *Maricha, Chukra* and *Saindhava lavana*. *Maricha* has *deepana* and *pittakara* properties. *Chukra* has *deepana, pachana, pittakrut, bhedi* properties and is useful in *vishtamba*. Collectively the drug acts by improving the status of the *agni* and relieving *baddha koshta*.
- In the ninth *Gandhaka vati*, *Gandhaka* is added with *Lasuna, Saindhava lavana, Jeeraka, Trikatu* and *Hingu*. Most of the drugs have *krimighna* and *sulaghna* properties which helps in relieving *sula, vibandha, chardi* and *krimi*.

*Gandhaka*, commonly known as Sulphur (S) is one of the most essential elements of human physiology. Sulphur is involved in formation of Bile salts, Fat digestion, absorption and helps in detoxification in the body. *Gandhaka* on internal administration gets converted into alkaline sulphide and sulphureted hydrogen, which aids healthy digestion, prevents toxic buildup and purifies blood. Sulfur-containing compounds can efficiently form a line of defense against reactive oxygen and nitrogen species<sup>[14]</sup> and helps in management of oxidative stress induced pathological conditions.<sup>[15]</sup> All the drugs in *Gandhaka vati* have

*deepana*, *pachana* and *Amadoshahara* property which improves the status of *agni* and when the *agni* is corrected the disease also gets pacified.

## CONCLUSION

*Gandhaka vati* explained in *Rasayogasagara* are formulations with *Gandhaka* as the main ingredient. All the nine *Gandhaka vati* have disease specific indications along with dose and *anupana*. *Gandhaka* being *deepana*, *pachana*, *amajirna prashamana* improves the status of *agni*. In *Gandhaka vati*, *Gandhaka* is added with various others drugs which collectively acts and helps in healing various ailments mainly related to *Annavaha srotas*.

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