



Critical Review Of Bhagottar Gutika: An Ayurvedic Rasaushadhi

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ABSTRACT

Bhagottar Gutika is a herbometallic formulation which may be categorised as a *Rasaushadhi* as it contains *Parada* as its constituent. The formulation is described in various classical texts of *RasaShastra* as an indication of *Kasa* and *Shwasa* (respiratory tract disorders). The formulation contains various herbal ingredients like *Pippali*, *Haritaki*, *Bibhitaki*, *Vasamoola*, *Bharangi*, *Babbula* etc. These all drugs are very potent and proven to be helpful in *shaman* of *Vata* and *Kapha dosha*. *Bhagottar Gutika* is rarely available in market with any pharmaceutical company. The present study is an attempt to critically analyze various references of the formulation for the appropriate way of preparation and the *samprapti vighatan* which it ensures in treatment of *Kasa* and *Shwasa*.

keywords: *bhagottar*, *bhaishajya*, *gutika*, *ayurveda*, *rasaushadhi*, *herbometallic*

INTRODUCTION

Ayurveda, the science of life is regarded as the complete health care system for prevention as well as treatment of different diseases.¹ It emphasizes on sustaining the equilibrium of body, mind and soul for maintenance of proper health. Also along with health, it also touches each and every aspect of life which uses inherent principles of nature to maintain health of a person. In *Ayurveda*, the word 'Aushadha' or 'Dravya' is used as a synonym of drug. *Ayurveda* considers that management of disease is governed by *Chikitsa Chatushpada* i.e. four basic pillars of treatment. The physician, the Drug, the Attendant and the Patient constitute the *Chikitsa Chatushpada*² and in this context, drug has most important role and it functions like a weapon of physician. The *Ayurvedic* drugs used in the treatment of disease can be broadly classified into two categories viz *Kashthaushadhi* & *Rasaushadhi*. *Rasaushadhi* are superior to *Kashthaushadhi*, because in previous one physical and therapeutic properties are degradable in due course whereas in *Rasa-Aushadhi* those properties are more stable. Utility of *Rasa-Aushadhi* is tremendous because it can be applicable in *Asadhya Vyadhi* also³.

Bhagottar Gutika is also a *Rasaushadhi* which is herbometallic formulation described in various *Ayurvedic* classical texts. It is first mentioned in *Rasa Ratna Sammucchya* as *Saptamrit Vati*.⁴ The drug is indicated in *Kasa* and *Shwasa* at all the places where it has been mentioned. It contains *Parada*, *Gandhaka*, *Pippali*, *Haritaki*, *Bibhitaki*, *Vasamoola* and *Bharangi* as its ingredients with *Babbula Patra Swarasa Bhawana*.⁵

OBJECTIVES

To critically analyze *Bhagottar Gutika* in order to appreciate various references of the same in different *Ayurvedic* texts.

MATERIAL AND METHODS

Present study critically analyzes the various classical texts like *Rasa Ratna Sammucchya*, *Yogratnakara*, *Chakradatta*, *Bhaishajya Ratnawali* etc with respect to its ingredients, dose, *Anupana*. Formula of *Bhagottar Gutika* is also analyzed critically focusing on the *Bhawana* to be given and its probable mode of action.

No ethical clearance was needed for this review article.

RESULTS

Bhagottar Gutika in Classics

It is first mentioned in *Rasa Ratna Sammucchya* names as *Saptamrit Vati* in *Kasa* and *Shwasa* containing seven ingredients⁶. *Bhaishajya Ratnawali*⁷ has quoted is as below

रसभागो भवेदेको गन्धको द्विगुणो भवेत् ।
 त्रिभागा पिप्पली पथ्या चतुर्भागा बिभीतकी ।।
 पञ्चभागा तथा वासा षड्गुणा सप्तभागिका ।
 भार्गी सर्वमिदं चूर्णं भाव्यं बबूलजैःद्रवैः ।।
 एकविंशतिवारांश्च मधुना गुडिका कृता ।
 माषकैकप्रमाणेन प्रातरेकान्तु भक्षयेत् ।।
 कासं श्वासं हरेत् क्षुद्रकाथस्तदनु कृष्णया ।।

Table I showing Bhagottar Gutika in different Rasashastra classics

Sr No	Name of Book	Name Mentioned as
1.	Ras Ratna Sammucchaya ⁸	Saptamrit Vati
2.	Ras Kamdhenu ⁹	Bhagottaro Vatak
3.	Rasendra Sar Samgraha ¹⁰	Ras Gutika
4.	Yoga Tarangini ¹¹	Bhagottar Gutika
5.	Yoga Ratnakar ¹²	Bhagottar Vati
6.	Yoga Chintamani ¹³	Bhagottar Gutika
7.	Brihat Ras Raj Sundar ¹⁴	Kasakartari Rasa
8.	Ras Chandashu ¹⁵	Saptamrit Vati
9.	Bhaishjya Ratnawali ¹⁶	Bhagottar Gutika

Ingredients of Bhagottar Gutika

The ingredients of Bhagottar Gutika are Parada, Gandhaka, Pippali, Haritaki, Bibhitaki, Vasamoola and Bharangi with 21 times Bhawana with Babbula Patra Swarasa. Only in Rasendra Sara Samgrah, Amla is taken in place of Vasamoola. In all other classical books the ingredients of Bhagottar Gutika are same.

Naamkaran

'Bhagottar Gutika' is named so because the ingredients used in this formulation Uttrotar(one by one next) are increasing in 'Bhag'(ratio/part) and the dosage form is in form of pills so known as Gutika.

Table II showing contents of Bhagottar Gutika as per Bhaishajya Ratnawali

S. NO.	Ingredients	Latin Name	Parts to be used	Proportion
1.	Parada	Mercury	-	1 Part
2.	Gandhaka	Sulphur	-	2 Part
3.	Pippali	Piper longum	Fruit	3 Part
4.	Haritaki	Terminalia chebula	Fruit	4 Part
5.	Bibhitaki	Terminalia bellerica	Fruit	5 Part
6.	Vasamoola	Adhatoda vasica	Root	6 Part
7.	Bharangi	Clerodandrum serratum	Bark	7 Part
8.	Babool Patra Kwatha	Acacia arabica	Leaves	21 Bhawana

Table III showing the Pharmacological Properties of Ingredient Herbs

Sr No	Name of Herb	Rasa	Guna	Veerya	Vipaka	Karma
1.	Pippali ¹⁷	Katu, Tikta	Laghu, Tikshna	Anushnasheeta	Madhura	Deepana, Paachana, Kaphavataashamak, Kasahara
2.	Haritaki ¹⁸	Kashaya, Amla, Katu, Tikta, Madhura	Laghu, Ruksha	Ushna	Madhura	Tridoshaghna, Krimighna
3.	Bibhitaki ¹⁹	Kashaya	Laghu, Ruksha	Ushna	Madhura	Shothahara, Deepana, Krimighna, Kaphashamaka
4.	Vasamoola ²⁰	Tikta, Katu	Ruksha, Laghu	Sheeta	Katu	Kaphapittashamaka, Krimighna
5.	Bharangi ²¹	Katu, Tikta	Laghu, Ruksha	Ushna	Katu	Kaphapittashamaka, Shwasahara, Jwaraghna
6.	Babbula ²²	Kashaya	Guru, Ruksha	Sheeta	Katu	Kaphaghna. Vishaghna

Dose²³

According to Bhaishajya Ratnawali, human adult dose is 1 masha i.e. 1 g.

Anupana/ Vehicle²⁴

Anupana is said to be *Kantkari kwatha* with *Pippali churna*.

DISCUSSION***Bhawana Dravya***

There is a controversy regarding the *Bhawana Dravya* in *Bhagottar Gutika* to be which part of *Babbula*. As the verse by *Bhaishajya Ratnawali* says '*Babbulajaih*' word for *Bhawana*, its literal meaning in *Sanskrita* language is in plural sense. So it is part originated from *Babbula* tree and may be *Patra swarasa* only or may be taken as *Niryasa*, *Twaka Kwatha* and *Patra Swarasa* collectively as well. Only *Twaka Kwatha* or *Niryasa* should not be taken for *Bhawana*.

Probable Mode of Action

Pippali, *Vasamoola* and *Bibhitaki* are specially *Kaphashamaka* drugs which clear the *Pranawaha Srotasa* along with the *Tridoshghnata* of *Haritaki*. *Bharangi* is also specially *Kaphashamaka* and helpful in relieving the respiratory related problems. Most of the ingredient herbal drugs have potent *Krimighna*(antibiotic) effect also. *Parada* and *Gandhaka* in form of *kajjali* increase the potency of the drug mixture and itself also have a strong antimicrobial potential. Honey used as binding agent for the preparation of pills is also very effective in *Kasa*. Hence all the ingredients collectively contribute to treat the respiratory tract infections as indicated by various classical texts.

CONCLUSION

Ayurvedic treatises have many hidden drugs which are yet to be explored by the modern era. As the literature suggests, *Bhagottar Gutika* is also one of them which cures *Kasa* and *Shwasa* with appropriate *Samprapti Vighatana* of the diseases. It has a very good potential in field of respiratory tract infections and can prove itself as a great solution in front of the global problem of modern era like Antibiotic Resistance. Hence antimicrobial and clinical studies should be planned on *Bhagottar Gutika* and other hidden drugs to scientifically validate the potential of *Ayurvedic* formulations.

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