

INTRODUCTION

Ayurveda describes numerous formulations for the management of diseases originating from *Aama*, *Vata*, and *Kapha*. Among them, *Guggulu Kalpana* holds a unique position due to its potent anti-inflammatory, *aampachak*, and *vatahara* properties. *Amritadi Guggulu* is a classical formulation indicated mainly in *Amavata*, *Sandhivata*, *Vatarakta*, *Sotha*, and chronic inflammatory disorders.

Amritadi Guggulu has been described in *Bhavaprakash*, *Madhyama Khanda*, under *Guggulu Prakarana*. The formulation combines *Guduchi* (***Tinospora cordifolia*** (Willd.) Hook.f. & Thomson), *Haritki* (***Terminalia chebula*** Retz.), *Vibhitak* (***Terminalia bellirica*** (Gaertn.) Roxb.), *Amalki* (***Phyllanthus emblica*** L.), *Shunthi* (***Zingiber officinale*** Roscoe.), *Marich* (***Piper nigrum*** L.), *Pippili* (***Piper longum*** L.) *Suddha Guggulu* (***Commiphora wightii*** (Arn.)Bhandari), *Danti* (***Baliospermum solanifolium*** (Burm.) Suresh) , *Vidang* (***Embelia ribes*** Burm.f.), *Twak* (***Cinnamomum verum*** J.Presl) and *Trivrit* (***Operculina turpethum*** (L.) Silva Manso) which collectively act as *Dipana*, *Pachana*, *Amapachak*, *Sothahara*, and *Rasayana*.

OBJECTIVE

- To describe the standardized method of preparation of *Amritadi Guggulu*.
- To ensure uniformity, quality control, and safety during manufacturing.
- To provide a reproducible protocol suitable for academic, pharmacy, and industrial use.

FORMULATION DETAILS

- **Name of the formulation:-** *Amritadi Guggulu*
- **Dosage Form:-** Vati (Tablet)
- **Category:-** Classical Ayurvedic Formulation *Guggulu Kalpana*

INGREDIENTS AND COMPOSITION

S.No.	Sanskrit Name	Botanical Name	Part Used	Quantity
1	<i>Guduchi</i>	<i>Tinospora cordifolia</i> (Willd.) Hook.f. & Thomson	Stem	500 gm.
2	<i>Haritki</i>	<i>Terminalia chebula</i> Retz.	Fruit	250 gm.
3	<i>Vibhitak</i>	<i>Terminalia bellirica</i> (Gaertn.) Roxb.	Fruit	250 gm.
4	<i>Amalki</i>	<i>Phyllanthus emblica</i> L.	Fruit	250 gm.
5	<i>Shunthi</i>	<i>Zingiber officinale</i> Roscoe.	Rhizome	12 gm.
6	<i>Marich</i>	<i>Piper nigrum</i> L.	Fruit	12 gm.
7	<i>Pippili</i>	<i>Piper longum</i> L.	Fruit	12 gm.
8	<i>Guggulu</i>	<i>Commiphora wightii</i> (Arn.)Bhandari	Gum resin	250 gm.
9	<i>Danti</i>	<i>Baliospermum solanifolium</i> (Burm.) Suresh	Root	12 gm.
10	<i>Vidang</i>	<i>Embelia ribes</i> Burm.f.	Fruit	12 gm.
11	<i>Twak</i>	<i>Cinnamomum verum</i> J.Presl	Bark	12 gm.
12	<i>Trivrit</i>	<i>Operculina turpethum</i> (L.) Silva Manso	Root	6 gm.

RAW MATERIAL SPECIFICATION

1. *Guduchi*

- Mature stem collected from healthy plant.
- Greenish-brown in colour.
- Free from fungal contamination and pests.

2. *Triphala Dravyas*

- Fully matured fruits.
- Properly dried under shade.
- Free from insect infestation and foreign matter.

3. *Shunthi*

- Well-dried rhizome.
- Characteristic pungent taste and aroma.
- Free from moisture.

4. *Marich*

- Well-matured, spherical, heavy, and compact with a blackish-brown color and strongly wrinkled surface.
- Sharp, pungent taste with a strong aromatic odor.
- Free from insect infestation and foreign matter.

5. *Pippali*

- Well-matured, cylindrical, compact, and unbroken, having a dark green to blackish color.
- Strong aromatic odour with a distinctly pungent taste.
- Free from insect infestation and foreign matter.

6. *Danti*

- Mature, thick, hard, and well developed, with a brown to dark brown external surface.
- Bitter and acrid taste with a faint odour.
- No signs of decay or insect damage.

7. *Vidang*

- Fully mature, spherical, hard, and heavy, with a uniform dark brown to black color.
- Aromatic odour and a distinctly astringent pungent taste.
- Free from fungal growth or insect damage.

8. *Twak*

- Thin, smooth, light brown, brittle, and quills easily on drying.
- Sweet, warm, aromatic odour and a mildly pungent, sweet taste.
- Free from mould and extraneous matter.



Raw Drugs



9. *Trivrit*

- Mature, long, cylindrical, heavy, and firm, with a greyish external surface.
- Faint odour and a distinctly bitter, acrid taste.
- Free from decay or insect infestation.

10. *Guggulu*

- Pale yellow to brown oleo-gum-resin.
- Aromatic and sticky.
- Free from sand, bark, and adulterants.

EQUIPMENT REQUIRED

- Stainless steel vessels
- Heating mantle or gas stove
- Grinder / pulveriser
- Sieve (80)
- Stainless steel spatula
- Weighing balance

METHOD OF PREPARATION

Shodhan of Guggulu

Crude *Guggulu* is broken into small pieces.

These pieces are tied in a clean cotton cloth to form a *pottali*.

The *pottali* is suspended in *Guduchi Kwath* or *Triphala Kwath*.

The liquid is heated gently until *Guggulu* melts and dissolves in the medium.

The dissolved mass is filtered through cloth.

The filtrate is further heated to evaporate liquid content.

Preparation of *Churna*

Guduchi stem, *Triphala*, *Trikatu*, *Vidang*, *Danti*, *Trivrit* are dried separately.

Each ingredient is pulverized individually.

The powders are passed through 80 no. sieve to obtain fine *churna*.

All powders are mixed uniformly.



Kwath Preparation



Grinding

Preparation of Amritadi Guggulu

- ✓ *Shuddha Guggulu* is taken in a stainless steel vessel.
- ✓ Prepared fine *churna* is added slowly with continuous stirring.
- ✓ Trituration is continued until a uniform homogeneous mass is formed.
- ✓ The mass is rolled into tablets of 250-500 mg while warm
- ✓ The tablets are dried under shade.



Vati (Tablets)

DOSE AND ADMINISTRATION

Dose: 250-500 mg, 2 times daily

Anupana: Lukewarm water, *Guduchi Kwath*, or *Eranda Taila*

STORAGE CONDITIONS

- Store in a cool and dry place
- Protect from moisture and sunlight
- Use airtight containers
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SHELF LIFE

3 years, as per guidelines for *Guggulu* formulations.

PRECAUTIONS

- Should be used under medical supervision
- Caution in pregnancy
- Avoid in severe gastritis without consultation

PHARMACOLOGICAL ACTION

Deepan– Increases digestive fire

Pachan- Improves digestion

Amapacaka- Digest toxin at cellular level

Shothahara- Reduces inflammation

Vatakaphahara- Reduces vitiated vata-kafa dohsa

Rasayana- Immunomodulator



CONCLUSION

Amritadi Guggulu is a classical formulation beneficial in chronic inflammatory and ama dominant disorders. Standardization through this report ensures quality, safety, and reproducibility, making it suitable for academic, clinical, and industrial applications.

