



## SHIVA GUTIKA-A CRITICAL APPROACH TO ITS PHARMACOLOGICAL ACTION

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### ABSTRACT

Ayurveda the science of life guides every human being to maintain and promote health, and prevent ailments. Shivagutika has been mentioned in Ashtanga sangraha in Rasayanavidhana that Lord Shiva has given this formulation for the treatment of prameha to his son Lord Ganesha. Shivagutika with Shilajathu as its main ingredient not only for prameha it cures all most all disease that effect the body. The specific observation confirms, Shivagutika as enhancing vyadhikshamatva property (Immunity) as superior to other formulations. It can be given to diseases of Pranavaha Srotas (Respiratory System), Annavaha Srotas (Gastrointestinal Tract), Purisavaha Srotas (Excretory System), Rasavaha Srotas and Raktavaha Srotas (Haematological). Shilajathu has Kashaya (astringent), Amlarasa (sour taste), Katu vipaka (pungent in biotransformation), Anushnaseetaveerya (not too cold in potency). It is used as Yogavaha as it increases efficacy of other drugs. The Shivagutika contains Brimhana (Nourishment), Deepana (stimulation of digestive power), Pachana (digestive), Anulomana, Jwaraghna, Kusthaghna drugs etc. Apart from this some drugs in Shivagutika have kaphavata shamaka property. Thus, exclusive remedies should be explored to uproot the disease, or else the potent medicines for effective control over the dreadful diseases. Shivagutika is a Shamana treatment, administered orally for a long duration is said to be very effective in combating the multi system involvement of the disease. If it is taken for two years it further enhance life span and alleviates all disorders. There is a great scope of research to find out management with long lasting effect, to treat the entire feature complex with single regimen.

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### INTRODUCTION

Ayurveda is considered as the science of life. The ultimate aim of Ayurveda is to guide every human being to maintain and promote health, and prevent ailments, which is the main hindrance to achieve dharma. Shivagutika has been mentioned in Ashtanga sangraha Uttara Sthana Rasayanavidhana, Cakradatta Rasayanadhikara, Yogaratnakara Rajayakshmadhikara and Sahasrayoga. By mythological concept Lord Shiva has given this formulation for the treatment of prameha to his son Lord Ganesha. Another view claims that Lord Ganesha was afflicted by prameha because of his eating and working habits like taking lots of sweets and sitting in same place, for which his father gave him the formulation named Shivagutika to rectify the disorder. Shilajathu, the main ingredient of Shivagutika has Kashaya (astringent), Amla rasa (sour taste), Katu vipaka (pungent in transformation), Anushnaseetaveerya (not too cold in potency). It is useful in alleviating Tridoshas (three humours). It is said that there is no such disease which cannot be cured with Shilajathu. It is also used as Yogavaha as it increases efficacy of other drugs. The properties which are

assembled in the rasadravyas like Abhraka, Gandhaka, etc. and Parada and in all precious stones and in all the metals, are concentrated in Shilajathu, in order to driven away the senility and death<sup>1</sup>. Shivagutika is unique in its category as it is capable of showing Shamana (Cure morbid factors with Oral medicine), Brimhana (Nourishment) and Rasayana effect (Immunity enhancer). Shivagutika acts as antibiotic, analgesics, anti-inflammatory, immuno-modulatory, antiviral, antioxidant and antimicrobial activities. Gastrointestinal upsets which are increased by analgesics and anti-inflammatory drugs which produce headache, dizziness, drowsiness etc.<sup>2</sup>, in all such conditions we can use this medicine. There is a great scope of research to find out management with long lasting effect, to treat the entire feature complex with single regimen.

### MATERIALS AND METHODS

Sl.No.	Ingredients	Botanical name	Part Used	Quantity taken
1.	Shilajatu (Black bitumen)			768 g
2.	Haritaki	Terminalia chebula	Pericarp	Q. S
3.	Vibhitaki	Terminalia bellirica	Pericarp	Q. S
4.	Amalaki	Emblia officinalis	Pericarp	Q. S
5.	Bilva	Aegle marmelos	Root/Stem Bark	Q. S

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6.	Syonaka	Oroxylum indicum	Root/Stem Bark	Q. S
7.	Gambhari	Gmelinaarborea	Root/Stem Bark	Q. S
8.	Patala	Stereospermumsuaveolens	Root/Stem Bark	Q. S
9.	Agnimantha	Premnaintegrifolia	Root/Stem Bark	Q. S
10.	Salaparni	Desmodiumgangeticum	Whole Plant	Q. S
11.	Prisniparni	Urariapicta	Whole Plant	Q. S
12.	Brihati	Solanum indicum	Whole Plant	Q. S
13.	Kantakari	Solanum xanthocarpum	Whole Plant	Q. S
14.	Gokshura	Tribulusterrestris	Whole Plant	Q. S
15.	Guduci	Tinospora cordifolia	Stem	Q. S
16.	Patola	Trichosanthesdioica	Root	Q. S
17.	Bala	Sida cordifolia	Root	Q. S
18.	Yastimadhu	Glycyrrhiza glabra	Root	Q. S
19.	Gomutra (cow's urine)			Q. S
20.	Kshira (cow's milk)			Q. S
21.	Kakoli	Liliumpolyphyllum	Sub. Root	48 g
22.	Ksirakakoli	Fritillaria roylei	Sub. Root	48 g
23.	Musta	Cyperusrotundus	Rhizome	48 g
24.	Puskaramoola	Inularacemosa	Root	48 g
25.	Citraka	Plumbago zeylanica	Root	48 g
26.	Rasna	Alpiniagalanga	Root	48 g
27.	Meda	Polygonatumcirrhifolium	Root	48 g
28.	Mahameda	Polygonatumverticillatum	Root	48 g
29.	Riddhi	Habenaria intermedia	Sub. Root Tuber	48 g
30.	Cavya	Piper chaba	Stem	48 g
31.	Gajapippali	Scindapsus officinalis	Fruit	48 g
32.	Patha	Cissampelospareira	Root	48 g
33.	Jivaka	Microstylismuscifera	Root	48 g
34.	Risabhaka	Microstyliswallichii	Sub. Root Tuber	48 g
35.	Danti	Baliospermummontanum	Root	48 g
36.	Vidari	Puerariatuberosa	Root Tuber	48 g
37.	Ksiravidari	Ipomeadigitata	Root Tuber	48 g
38.	Vira	Cocciniagrandsis	Root	48 g
39.	Satavari	Asparagus racemosus	Root	48 g
40.	Narikela	Cocos nucifera	Endosperm	48 g
41.	Karkatasringi	Pistaciaintegerrima	Gall	96 g
42.	Sunthi	Zingiberofficinale	Rhizome	96 g
43.	Marica	Piper nigrum	Fruit	96 g
44.	Pippali	Piper longum	Fruit	96 g
45.	Talisapatra	Abieswebbiana	Leaf	192 g
46.	Vidari	Puerariatuberosa	Root Tuber	48 g
47.	Vamsalocana	Bambusabambos	Silicacious Con.	24 g
48.	Twak	Cinnamomumzeylanicum	Stem Bark	96 g
49.	Ela	Elettariacardamomum	Seed	96 g
50.	Tejapatra	Cinnamomumtamala	Leaf	96 g
51.	Nagakesara	Mesuaferrea	Stamens	96 g
52.	Tila taila	Sesamum indicum	Seed	96 g
53.	Ghrita (cow's ghee)			192 g
54.	Madhu(Honey)			384 g
55.	Sarkara			768 g
56.	Jati	Jasminum officinale	Flower	Q. S

Godugdha, Jeevanthi, Jivaka, Ghrita etc. so it can be used in karshya, as rasayana. The drugs like Talisapatra, Pippali, Pushkaramoola, Kantakari, etc. acts on the symptoms related to Pranavaha Srotas includes Kasa, Swasa, Pratisyaya, Peenasa, Parshvashoola. The formulation contains many Deepana, Pachana drugs like Pippali, Marica, Nagara, Gajapippali etc. is best for Agnimandya. Drugs like Musta, Kutaja helps in the case of Atisara. Drugs like Danti, Triphala are effective in maintain the Anulomana of Vata and also helps in constipation. Drugs like Musta, Patola, Katuki, Agnimantha in yoga can act against Jwara. The drugs are also having action on Kusta, Chardhi, Angamardha etc. Apart from this the other drugs in Shivagutika have kaphavata shamaka property. Ghrita contains Snigdha and Guru Gunas which helps in reducing Vata dosha and maintaining kapha dosha. Ghrita has madhura rasa which is saptadhatu vardhaka (cherishes all dhatus), Indriya prasadaka (enlighten the Indriyas). It is rasayana, smriti-buddhi- agni-shukra-oja vardhaka (increase the memory, intelligence, digestive power, immunity etc.) which are useful in resisting ageing process.

## CONCLUSION

Shivagutika is a famous and effective Ayurvedic medicine. It is used for a variety of conditions like Ojaskara (Increase the Ojas/Immunity), Varna prasadana (increase skin tone), Balya (induces strength to the body), and has eliminative action like Durmedohara (eliminates excess fat from the body), Prameha hara (relieves Diabetics), Lekhana (scrape off unwanted tissues), Chedana (splits and expels the morbid matters), Mutrala (diuretic), Visha hara (acts against Poisonous accumulation in the body), Rajayakshma (Tuberculosis), Vatarakta (Gout), Yoni dosha (disease related to female reproductive system), Shukla dosha (disease pertaining to sperm), Jwara (Fever), Splenic disorders (Pleeharoga), Arshas (Piles), Pandu(Anaemia), Grahani(IRS-Irritable bowel syndrome), Chardhi (vomiting), Gulma (Distension of abdomen), Peenasa (Rhinitis), Hikka (Hiccough), Kasa( cough), Swasa(Dyspnoea), Aruchi ( Tastelessness), Udara(Ascities), Switra (Leucoderma), Kushta (skin disease), Klaihya (Weakness), Mada (Intoxication), Kshaya (Phthisis), Sosha (Debility), Unmada (Mental disorders), Apasmara (Epilepsy), Mukha-Akshi-Siro roga (disease related to mouth, eyes and head), Atisara (Diarrhoea), Kamala (Jaundice), Yakritroga (Liver disorders), Vidradhi (Abscess), Bhagandhara (Fistula in ano), Rakta pitta (Bleeding disorders), Atikarshya (excessive emaciation), Atisthoulya (excessive stoutness), Slipada (Elephantiasis), Sakalavisha (All types of poison), Virudhabhakshanabhojana dosha (effects due to the intake of contradictory foods at the same time), Krimi (Worm infestations). Shivagutika is a Shamana treatment/Rasayana, administered orally for a long duration is said to be very effective in combating the multiple system involvement of the disease. It improves the ability to consume food followed by the increasing the weight, patient treated with Shivagutika proves the effect. Shivagutika as enhancing the vyadhikshamatva property (Immunity) as superior to other formulations. The person who use this medicine always victorious in scholarly debates. If a person's hair has grown grey due to old age or without it (timely or untimely), with its use those become black and curly like black bees. It enhances strength, wards of fear of disease, enable one to copulate with hundred women and be beloved of them. With its use a mentally retarded or ignorant person or who cannot speak properly become proficient in srutis (Vedic literature) and

At the time when the sun's heat is intense, the best Shilajathu should be collected, soaked and macerated for 3 times in each of the decoction of the drugs from Sl. No. 2 to Sl. No.20 and water. Again, it is macerated with milk for 7 times. Decoction is prepared from one pala, each of the drugs from Sl. No. 21 to Sl. No. 39 and two amsumati boiled in one drone of water and decoction reduced to a quarter. Shilajathu processed above is put into this decoction, together with powder of the drugs from Sl. No. 41 to Sl. No. 51, taila, Ghrita,ksaudra and sarkara. All these are mixed well and rolled into pills<sup>3</sup>, which should be dried and kept in fresh container scented with Jati flowers.

The pills should be taken at proper time and proper dose, followed by some Anupana (Adjuvants) like milk, meat soup, pomegranate juice, raisins, cold water, honey, appropriate Asava and Arishta(fermented medicine) based on the target disease. After the drug is digested, one should take light diet consisting of milk, wild meat and vegetarian soup for a week<sup>4</sup>. Thereafter, everything comes to usual. There is no fear even if it is taken at random after meals nor does it produce any complication if used by persons delicate and indulged in sex.

## DISCUSSION

The Shivagutika contains Brimhana drugs like Shatavari, Vidari, Riddhi, Risabhaka, Ksiravidari, Meda, Mahameda,

smritis and one practising yoga gets nearer to lord Shiva<sup>5</sup>. If he using this medicine for 1 year without break can continue to live up to 200 years with all the sense organs and physical capabilities intact and strongly positioned. One using this medicine for 2 years can live up to 400 years likewise<sup>6</sup>. This recipe is capable to remove all kinds of diseases. Thus, exclusive remedies should be explored to uproot the disease, or else the potent medicine for effective control over the dreadful diseases. It can also be given to diseases of Pranavaha Srotas (respiratory System), Annavaha Srotas (Gastrointestinal tract), Purisavaha Srotas (Excretory system), Rasavaha Srotas and Raktavaha Srotas (Haematological). And also, can be given to the diseases caused due to the Visamasana janya, Sahasajanya, Vegadharana janya and Kshayaja<sup>7</sup>. Shivagutika can be used as a safe, potent, cost effective and sometimes as a nonsurgical management.

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