



EXPLORING THE THERAPEUTIC POTENTIAL OF *NIMBADI GUGGULU*: FROM ANCIENT TEXTS TO CLINICAL STUDIES

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ABSTRACT: Background: *Ayurveda* represents a well-established traditional medical system with a rich scientific foundation rooted in ancient Indian knowledge. *Guggulu Kalpana* is a prominent Ayurvedic formulation widely used in managing various disorders, particularly those involving *Vata* and *Kapha doshas*. Among these, *Nimbadi Guggulu*—comprising *Nimba*, *Vasa*, *Patola*, *Triphala* and *Guggulu* is classically indicated for *Vata-Kaphaja Shiroroga*. Despite its therapeutic relevance, *Nimbadi Guggulu* remains a less-explored formulation with limited consolidated literature. **Aim:** This review aims to compile, analyze and systematically present classical and contemporary information on *Nimbadi Guggulu*, highlighting its historical references, formulation method, pharmacological basis and therapeutic applications. **Material and Methods:** This review draws from classical Ayurvedic texts and databases for an evidence-based overview of *Nimbadi Guggulu*'s formulation and properties. It analyses ingredients *Rasapanchaka*, traditional uses, and modern research for therapeutic insights. **Results:** Classical exploration revealed references to *Nimbadi Guggulu* in only three authoritative texts—*Brihat Nighantu Ratnakar*, *Bharat Bhaishajya Ratnakar* and *Basavarajeeyam*—describing it for *Vata-Kaphaja Shiroroga*, with a decoction-based preparation incorporating *Shuddha Guggulu*. Modern literature, including clinical and case-based studies, indicates its efficacy in conditions such as *Ardhavabhedaka* (migraine), *Kaphaja Shiroroga* (sinusitis), skin disorders like *Vipadika* and *Padadari*, and select inflammatory conditions. The pharmacodynamic attributes of its ingredients—anti-inflammatory, analgesic, antimicrobial and immunomodulatory—support its classical indications. **Conclusion:** *Nimbadi Guggulu* is a therapeutically significant yet under-documented Ayurvedic formulation, particularly useful in *Vata-Kaphaja* disorders. This review provides a consolidated reference for clinicians and researchers and underscores the need for further scientific validation, standardization and quality control studies to enhance its clinical utility.

Keywords: *Nimbadi Guggulu*, *Samhita*, Efficacy, Review, *Shiroroga*

INTRODUCTION: *Ayurveda* has long been a revered scientific field within India's rich cultural heritage. Thousands of years before the modern medicine came into existence, *Ayurveda* was an established and time-tested medical science. The fundamental principles and concepts of *Ayurveda* are the epitome of scientific brilliance possessed by ancient scientists.¹ The advancement of this traditional medical system will help preserve cultural heritage and promote the responsible use of natural products in healthcare, with an emphasis on quality and safety.

Guggulu Kalpana is one of the most widely prescribed herbal formulations for managing a variety of diseases. *Guggulu Kalpa* means a medicine that contain an equal or more amount of *Guggulu* as compared to other ingredients.² Numerous *Guggulu* formulations are described in various books like *Samhita*, *Nighantus*, *Sangraha granthas* and *Yoga* (Formulations).

Among them, one of the formulations is *Nimbadi Guggulu* which contains drugs *Nimba* (*Azadirachta indica* A. Juss.), *Vasa* (*Adhatoda vasica* Nees.), *Patola* (*Tricosanthes dioica* Roxb.), *Amalaki* (*Emblica officinalis* Gaertn.), *Vibhitaki* (*Terminalia bellerica* Roxb.), *Haritaki* (*Terminalia chebula* Retz.) and *Guggulu* (*Commiphora wightii* (Arn.) Bhand.). *Nimbadi Guggulu* is indicated internally for *Vata-Kaphaja shiroroga*.³

Shiroroga (Headache), an ancient lifestyle disorder with diverse symptoms, is effectively managed with *Nimbadi Guggulu*. Yet, detailed studies and accessible resources on *Nimbadi Guggulu* are extremely limited, rendering it a less-explored and insufficiently described

formulation. This review compiles and organises the available classical and contemporary knowledge-covering its historical background, traditional preparation and modern scientific insights-to provide a clear understanding of its therapeutic role in *Ayurveda*. This work aims to support future research and offers physicians a valuable reference for its therapeutic applications.

MATERIAL AND METHODS:

This work draws upon classical *Ayurvedic* texts, contemporary research publications and pharmacopoeia standards, supported by systematic search of academic databases like AYUSH portal, PubMed, Ayush Research Database (ARD), Directory of Open Access Journals (DOAJ) and traditional manuscripts. The gathered material was thoroughly analysed, organized and compared to present an evidence-based overview of *Guggulu Kalpana*. From the classical view, references of *Nimbadi Guggulu* were collected by reviewing various *Samhitas*: *Charak Samhita*, *Sushruta Samhita*, *Ashtanga Sangraha*, *Ashtanga Hridaya*, *Bhela Samhita*, *Kashyap Samhita*, *Sharangdhara Samhita*; *Nighantus*: *Bhavprakash Nighantu*, *Nighantu Ratnakar*, *Brihat Nighantu Ratnakar*; *Sangraha granthas*: *Ayurveda Sangraha*, *Chikitsa Sara Sangraha*, *Rasendra Sara Sangraha*, *Rasa Yoga Sangraha*, *Siddha Yoga Sangraha*, *Rasa Tantra Sara Va Siddha Prayoga Sangraha*, *Bharat Bhaishajya Ratnakar*, *Ayurveda Ratnakar*, *Vaidya Shabda Sindhu*; *Yoga* (Formulations) books: *Bhaishajya Ratnavali*, *Yoga Ratnakara*, *Yoga Tarangini*, *Yoga Chintamani*, *Rasa Yoga Ratnakar*, *Rasa Yoga Sagara*, *Sahasrayoga*,

Siddha Bhaishajya Manimala, Basavarajeeyam, Vrinda Chikitsa, Ayurveda Prakasha, Rasa Ratna Samuchaya, Rasa Tarangini, Rasamanjari, Rasamrita, Rasa Chandanshu, Rasa Raja Sundar; API Part-II Vol. I-IV, AFI Part-I-II. These authoritative texts provided detailed descriptions and contextual information essential for understanding its traditional use.

Alongside the traditional literature, the formulation was compiled by documenting the individual drugs of *Nimbadi Guggulu*, including its *Rasapanchaka* and properties. This systematic compilation helps in understanding the therapeutic contribution of each ingredient within the formulation. In addition, information from a modern perspective or research studies was gathered by exploring relevant material available through online platforms such as Google, Journals, and Articles. The data obtained from these digital resources was systematically reviewed and integrated into the result and discussion section.

RESULT:

An in-depth review of *Nimbadi Guggulu* has been done, encompassing both its classical and modern perspectives.

Classical view:

Guggulu is a well-known drug and widely used in Ayurveda. The earliest reference to *Guggulu* is found in the *Atharvaveda*⁴. From then until now, it has remained a highly valued medicinal herb. *Guggulu* has been used since ancient times across various Indian systems of medicine. *Guggulu* is an exudate (oleo gum resin) obtained from the plant *Commiphora wightii* (Arn.) Bhand. Preparations having the exudate as the main effective ingredient are known as *Guggulu*.⁵

Types of Guggulu: *Bhavmisra* has classified the *Guggulu* on the basis of colour. These are *Mahishaksha*-bluish black, *Mahaneel*-blue, *Kumuda*-white, *Padma*-red and *Hiranya*-golden colour.⁶ However, two varieties *Mahishaksha* and *Kanaka Guggulu* are usually preferred for medicinal preparations. *Mahishaksha Guggulu* is dark greenish brown and *Kanaka Guggulu* is yellowish brown in colour.⁵

Guggulu Pariksha: Characteristics of genuine *Guggulu* are as below:

1. In *Ashtanga Sangraha*- Intense smell, *Snigdha*, *Pichchila* and free from physical impurities.⁷
2. In *Kaiyadev Nighantu*- Melts in sunlight, immediately burns in fire.⁸
3. In *Rasa Ratnakar*- Burns in fire, melts in sunlight and gives milky emulsion in lukewarm water.⁹
4. In *Bhavprakash*- (a) New *Guggulu* - *Bruhana*, *Snigdha*, yellowish looks like a ripen jambul fruit, aromatic and gummy in nature, (b) Old *Guggulu* - *Lekhana*, Dry emitting bad smell, devoid of natural colour and potency.¹⁰

Guggulu Shodhana:

Shodhana is an important procedure for *Guggulu*. It is an exudate that may contain external impurities such as dust, dry leaves, sand, stones and other foreign material.¹¹ Therefore, it is essential to remove these impurities to make it suitable for internal use. Various media have been described in the literature for *Shodhana* of *Guggulu*.¹² The quality and pharmacological properties of *Guggulu* may differ based on the purification medium used. Consequently, variations in these properties can lead to differences in their therapeutic effects. As the different techniques are described for

the *Shodhana* of *Guggulu*¹³, they were (a) Dissolve in liquid and filtering, (b) *Swedana* (boiling in liquid), (c) *Swedana* and frying in *Ghrita*, (d) Dipping in *Ghrita*. Likewise various liquid media are also prescribed for *Guggulu*, like *Triphala kwatha*, *Dugdha*, *Guduchi kwatha*, *Panchatikta kwatha*, *Dashmoola kwatha*, *Nimba patra kwatha*, *Nirgundi kwatha* with *haridra churna*, *Gomutra*, *Vasapatra swarasa*, *Vasa patra kwatha*, *Nirgundi patra swarasa* with *haridra churna*, water, *Goghrita* in various *ayurvedic* texts.

Guggulu Vati Kalpana: When a *Vati* formulation contains *Guggulu* as its primary ingredient (about 50%), it is known as *Guggulu Vati Kalpana*. Although classical *Ayurvedic* texts do not describe *Guggulu Kalpana* in a separate chapter, its extensive use and implication have resulted in its recognition as a distinct section in modern *Ayurvedic* references, such as the *Ayurvedic Formulary of India (AFI)* and *Bharat Bhaishajya Ratnakara*.

Guggulu vati general preparation methods-¹⁴

1. *Paka vidhi* (with the help of *Agni*): *Shuddha Guggulu* is heated with required quantity of water in wide mouthed clean stainless-steel vessel. When *Paka* of suitable consistency is attained, the fine powder of medicinal drugs is added and stirred well to roll the pills of desired size and shape.

2. *Kuttana vidhi* (without the help of *Agni*): *Shuddha Guggulu* is pounded rigorously either manually or in pounding machine by adding fine powder of medicinal drugs little by little. When all the medicinal drugs are evenly incorporated into *Guggulu* and total the mixture turns smoother with required consistency of

rolling pills, the pills of desired size and shape are rolled. The preparation pills are dried in shade and stored in airtight containers for further therapeutic use.

Other methods of *Guggulu vati* preparation:

1. *Adityapaka Guggulu: Bangasen Samhita, Vatavyadhi/214-216*

In this method, *Guggulu* is mixed with other powders after that, *Dashmoola Kwatha* is added to it and dried under sunlight. *Kwatha* is added, and the procedure of drying is carried out 7 times.

2. *Bhavana-Triphala Guggulu, Bhavprakash, Vatarakta-29/213-221*

In this formulation, 7 *bhavana* of liquid media are given to *Guggulu* and *Shilajita*.

Method of preparation of Guggulu Vati-¹⁵
Guggulu vati prepared by **Paka method** is as follows:

- First to dissolve the *Guggulu*, a small amount of water, *Kashaya*, *Swarasa* must initially be added.
- Then, cooked till it reaches *Paka Lakshana*. After that, all components are finely powdered and boiled until *Paka Lakshana* is reached.
- Then, applying a small amount of ghee, it is rolled into a *Vati* and thoroughly dried.
- The colour and other characteristics of *Guggulu Kalpana* vary from preparation to preparation depending upon the ingredients added to the specific formulations.

Guggulu Paka Lakshana:¹⁶

The *Paka Lakshana* of *Guggulu* can be classified into 2 types:

1. Pakakaleene (during the time of paka)

- During the stirring process, the *paka* substance adheres firmly to the spoon.
- It attains three to four thread consistencies.

- It settles in the water bowl without spreading.

- It remains very soft and sticky to touch.

2. Pakaanantara (after paka)

- The constituents must have the appropriate colour, flavour, and odour.

- Fingerprints are imparted over the paka material.

Dose: *Ashtanga Sangraha* mentioned dose up to 1 *Tula* (100 *Pala*) must not more than 1 *Pala* in single dose¹⁷. In *Ananda Kanda*, 1 *Nishka* (3 gm) to 1 *Karsha* (10 gm) daily¹⁸. In *Harita Samhita*, 1 *Karsha* (10 gm) to 1 *Pala* (48 gm)¹⁹.

Shelf-life: 2 years- made with plant origin, Indefinitely- made with metals and minerals.²⁰ According to Drug and Cosmetic act- 5 Years.²¹

To explore classical mentions of *Nimbadi Guggulu*, we examined several *Samhitas*, *Nighantus*, *Sangraha Granthas* and *Yoga* (Formulations) texts. Upon detailed review, we found that *Nimbadi Guggulu* is referenced in only three texts i.e. *Brihat Nighantu Ratnakar*, *Bharat Bhaishajya*

*Ratnakar*²² and *Basavarjeeyam*²³. The method of preparation, dose and uses are mentioned below.

Method of Preparation of *Nimbadi Guggulu*: The drugs *Nimba twak*, *Triphala*, *Vasa* and *Patola* are taken in equal quantity and cooked well with 4 times water. This is reduced to ¼ and filtered. To this decoction, equal amount of *Shuddha Guggulu* is added and heated at a mild intensity of heat. Then it is rolled into the pills and dried in the shade. Dose: 1 *Karsha*. During the medication, unctuous and warm food is recommended. *Nimbadi Guggulu* subsides *Vata-Kaphaja Shiroroga* effectively.

Holistic Drug Profiling:

This includes key attributes such as the Latin name, Family, *Rasapanchaka*, *Karma*, *Prayoga* and Part used, offering a comprehensive overview of the individual drug of the *Nimbadi Guggulu*.

1. **Nimba:** *Azadirachta indica* A. Juss., Fam. Meliaceae.

Part Used: Stem Bark.²⁴

Rasapanchaka:

Table no.1: *Rasapanchaka of Nimba*

<i>Rasapanchaka</i>		A.P.I. ²⁴	B.P. ²⁵	K.N. ²⁶	R.N. ²⁷	D.N. ²⁸	M.N. ²⁹
<i>Rasa</i>	<i>Tikta</i>	+	+	+	+	+	-
	<i>Katu</i>	-	+	+	+	+	-
<i>Guna</i>	<i>Laghu</i>	+	+	+	-	+	+
	<i>Ruksha</i>	+	+	+	-	+	+
<i>Virya</i>	<i>Sita</i>	+	+	+	+	+	+
<i>Vipak</i>	<i>Katu</i>	+	+	+	-	-	-

(B.P.- *Bhavprakash Nighantu*, K.N.- *Kaiyadev Nighantu*, R.N.- *Raj Nighantu*, D.N.- *Dhanvantri Nighantu*, M.N.- *Madanpala Nighantu*, A.P.I.- *Ayurvedic Pharmacopeia of India*.)

Karma: *Kapha-pittahara*, *Dipana*, *Grahi* (irritable bowel syndrome), *Krimighna*, *Netrya*.

Prayoga: *Jvara* (fever disorder), *Kushtha* (Integumentary disease), *Krmi* (Worm infestation disorder), *Prameha*

(Polyuria disorder), *Vrana* (Ulcer disorder), *Kasa* (Cough disorder), *Chardi* (Vomiting disorder), *Visaroga* (Poisoning), *Arsa* (Haemorrhoids), *Gulma* (Abdominal lumps), *Netra roga* (Ophthalmic disease), *Kandu* (Pruritus disorder).³⁰

2. Amalaki: *Emblica officinalis* Gaertn.,
Fam. Euphorbiaceae

Part used: Fruit³¹

Rasapanchaka:

Table no.2: Rasapanchaka of Amalaki

Rasapanchaka		A.P.I. ³¹	B.P. ³²	K.N. ³³	R.N. ³⁴	D.N. ³⁵	M.N. ³⁶
Rasa	<i>Amla</i>	+	+	+	+	+	+
	<i>Kashaya</i>	+	+	+	+	+	+
	<i>Madhura</i>	+	+	+	+	+	+
	<i>Tikta</i>	+	+	+	+	+	+
	<i>Katu</i>	+	+	+	+	+	+
Guna	<i>Laghu</i>	+	-	+	+	+	+
	<i>Ruksha</i>	+	+	+	+	+	+
<i>Virya</i>	<i>Sita</i>	+	+	+	+	+	+
<i>Vipaka</i>	<i>Madhura</i>	+	-	+	-	-	-

Karma: *Tridosahara, Vayasthapana, Rasayana* (Rejuvenate), *Caksusya, Vrusya* (Aphrodisiac).

Prayoga: *Prameha, Raktapitta* (Bleeding disorder), *Netra roga, Kustha, Arsa, Soma roga* (Leucorrhoea), *Pradara* (Abnormal vaginal discharge), *Mutrakrechra*

(Dysuria), *Sula* (Abdominal pain disorder).³⁷

3. Bibhitaki: *Terminalia bellerica* Roxb.,
Fam. Combretaceae.

Part used: Fruit.³⁸

Rasapanchaka:

Table no.3: Rasapanchaka of Bibhitaki

Rasapanchaka		A.P.I. ³⁸	B.P. ³⁹	K.N. ⁴⁰	R.N. ⁴¹	D.N. ⁴²	M.N. ⁴³
Rasa	<i>Kashaya</i>	+	+	+	+	-	+
Guna	<i>Laghu</i>	+	+	+	+	+	-
	<i>Ruksha</i>	+	+	+	+	+	-
<i>Virya</i>	<i>Usna</i>	+	+	+	+	-	+
<i>Vipaka</i>	<i>Katu</i>	-	-	-	-	+	-
	<i>Madhura</i>	+	+	+	+	-	+

Karma: *Kapha-pittahara, Kesya* (Hair tonic), *Chaksusya, Bhedana, Madakari* (*Phala Majja*).

Prayoga: *Jvara, Kasa, Svasa, Atisara* (Diarrhoea), *Asmari* (Urinary stone

disorder), *Chardi, Trsna* (Polydipsia disorder).⁴⁴

4. Haritaki: *Terminalia chebula* Retz.,
Fam. Combretaceae.

Part used: Fruit.⁴⁵

Rasapanchaka:

Table no.4: Rasapanchaka of Haritaki

Rasapanchaka		A.P.I. ⁴⁵	B.P. ⁴⁶	K.N. ⁴⁷	R.N. ⁴⁸	D.N. ⁴⁹	M.N. ⁵⁰
Rasa	<i>Amla</i>	+	+	+	+	+	+
	<i>Kashaya</i>	+	+	+	+	+	+
	<i>Madhura</i>	+	+	+	+	+	+

	Tikta	+	+	+	+	+	+
	Katu	+	+	+	+	+	+
Guna	Laghu	+	+	+	-	+	+
	Ruksha	+	+	+	-	+	+
Virya	Usna	+	+	+	+	-	-
Vipaka	Madhura	+	+	+	-	-	+

Karma: Tridosahara, Anulomana, Rasayana, Prajasthapana, Caksusya, Hradya, Lekhana.

Prayoga: Sotha, Prameha, Kustha, Vrana, Chardi, Vatarakta, Mutrakrcchra, Netra roga, Krmi, Hrdroga (Cardialgia), Asmari (Urinary stone disorder), Klaibya (Erectile

dysfunction disorder), Kasa (Cough), Svasa (Dyspnoea).⁵¹

5. Vasa: *Adhatoda vasica* Nees., Fam. Acanthaceae.

Part used: Leaves, Root, Flower, Whole plant.⁵²

Rasapanchaka:

Table no.5: Rasapanchaka of Vasa

Rasapanchaka		A.P.I. ⁵²	B.P. ⁵³	K.N. ⁵⁴	R.N. ⁵⁵	D.N. ⁵⁶	M.N. ⁵⁷
Rasa	Tikta	+	+	+	+	-	+
	Katu	+	+	+	+	+	-
Guna	Laghu	+	+	+	+	+	-
	Sara	+	+	+	+	+	-
Virya	Sita	+	+	+	+	-	+
Vipaka	Katu	+	-	-	-	-	-

Karma: Kapha-pittahara, Hradya, Svarya.

Prayoga: Svasa, Kasa, Jvara, Chardi, Prameha, Kustha, Ksaya, Pandu (Anaemia), Raktapitta.⁵⁸

6. Patola: *Tricosanthes dioica* Roxb., Fam. Cucurbitaceae

Karma: Kapha-pittahara, Vrusya, Varnya, Dipana

Prayoga: Indralupta (Patchy alopecia), Medoroga (Obesity), Netra roga.

Part used: Fruit, Leaf, Root.⁵⁹

Rasapanchaka:

Table no.6: Rasapanchaka of Patola

Rasapanchaka		A.P.I.	B.P. ⁶⁰	K.N. ⁶¹	R.N. ⁶²	D.N. ⁶³	M.N. ⁶⁴
Rasa	Tikta	-	+	+	+	+	-
	Katu	-	+	+	+	+	-
Guna	Laghu	-	+	+	-	-	+
	Ruksha	-	+	+	-	-	+
Virya	Usna	-	+	+	+	+	+
Vipaka	Katu	-	-	-	-	-	-

7. Guggulu: *Commiphora wightii* (Arn.) Bhand., Fam. Burseraceae

Rasapanchaka:

Part used: Niriyasa⁶⁵

Table no.7: Rasapanchaka of Guggulu

Rasapanchaka		A.P.I. ⁶⁵	B.P. ⁶⁶	K.N. ⁶⁷	R.N. ⁶⁸	D.N. ⁶⁹	M.N. ⁷⁰
Rasa	Tikta	+	+	+	+	+	+
	Katu	+	+	+	+	+	+
	Kashaya	+	+	+	+	+	+
Guna	Laghu	-	+	+	-	+	+
	Ruksha	-	+	+	-	+	+
	Sukshma	-	+	+	+	+	+
	Visada	+	+	-	-	-	-
Virya	Usna	+	+	+	+	-	+
Vipaka	Katu	+	+	+	-	-	-

Karma: Tridosahara, Rasayana, Vrusya (new), Lekhana (old).

Prayoga: Sthoulya/Medoroga, Amavata (Rheumatism), Vata-vyadhi, Prameha, Apaci (Lymphadenopathy), Gandmala (Lymphadenopathy in throat region), Sotha (Oedema), Pitaka, Ashmari, Arsas, Kustha.⁷¹

Modern View:

A comprehensive search of online academic platforms such as Google Scholar, Research gate and peer-reviewed journals was conducted for this review. The findings revealed prior clinical and case-based research on Nimbadi Guggulu. Analysis of these studies suggests their therapeutic relevance in managing Shiroroga and Skin diseases.

The available literature reports clinical investigations on multiple forms of Shiroroga, notably Ardhavabhedaka (Migraine) and Kaphaja Shiroroga (Sinusitis).

1. Ardhvabhedaka:⁷²

Nimbadi Guggulu is a Vati Kalpana, mentioned in Basavarajeeyam and indicated for severe type of Shiroroga especially Vata-Kaphaja Shiroroga. Most of the ingredients of this formulation have

Tikta-Kashaya Rasa which pacifies Kapha, Madhura Vipaka which pacifies Vata. Drugs like Vasa, Nimba, Amalaki have Sheeta Virya which normalises Pitta. Guggulu has a Kapha Vatahara action and also Rasayana, which also adds to the effect in relieving the chronic pain in Ardhavabhedaka.

2. Kaphaja Shiroroga:⁷³

Treatment with Ardhanarishvara rasa nasya and internal medication of Nimbadi Guggulu, mentioned in classics for Duhsaha (unbearable) Shiroroga of Vata-Kapha origin, a combination of Nimba, Triphala, Patola, Vasa and Guggulu, has proven Sothahara (anti-inflammatory), Vednahara (analgesia), anti-microbial and immune modulatory effects. Thus, it helped in the reduction of inflammation and infection and thereby sinuses get proper drainage and ventilation and hence relief in the symptoms of Kaphaja Shiroroga.

Existing evidence comprises case studies focusing on skin disorders, notably Vipadika (Palmoplantar psoriasis) and Padadari (Cracked feet).

1. Vipadika (Palmoplantar psoriasis):⁷⁴

The main ingredient of Nimbadi Guggulu, like Nimba has anti-inflammatory,

antioxidant and immunomodulatory properties, which helps in reducing inflammation, itching and other symptoms associated with *Vipadika*. Other ingredients like *Triphala*, *Guggulu* also have similar properties.

2. *Padadari* (Cracked feet):⁷⁵

Nimbadi Guggulu acts as an immunomodulatory and antioxidant property. It contains 1 part of *Nimba*, *Triphala* (*Amalaki*, *Haritaki*, *Vibhitaki*), *Vasa*, *Patola* and *Guggulu*. These components contain *Tikta* (Bitter), *Katu* (Pungent) and *Kashaya* (Astringent), *Rasa Pradhana* with *Laghu* (light), *Ruksha* (dry) *Guna*. *Nimba* has *Vrana shodhaka*, *Tridosashamaka*, *Vranashodhaka*, *Vranaropaka* properties.

Other case reports similarly highlight the role of *Nimbadi Guggulu* when utilised as complementary therapeutic agent.

1. Submandibular Sialadenitis:⁷⁶

Nimbadi Guggulu aids in the body's detoxification and possesses analgesic, anti-inflammatory, and antibacterial qualities. *Marmani vati lepa* along with internal medications like *Nimbadi Guggulu* and *Punarnavashtaka Kashaya* is effective in management of Submandibular Sialadenitis, which helps to reduce the symptoms of sialadenitis and shows great result.

2. Subacute Dacryocystitis (*Puyalasa*):⁷⁷

Puyalasa is characterised by *Pakwashopha* (suppurated swelling) at *kaninika sandhi* characterised with *Sandra*, *puya*, *puti srava* which is a *sannipataja vyadhi*. As per *Acharya Vagbhat*, *Puyalasa* is compared to *Vrana* which is *Suksma* in size at *kaninika sandhi*, prior to wound formation, its characterized by *shopha*, *samramba*, *vedana* and *puyasrava*. *Puyalasa* can be

compared with Dacryocystitis, where in there is inflammation of the lacrimal sac secondary to Nasolacrimal duct (NLD) obstruction. Here, the indications and symptoms have completely disappeared after using *Nimbadi Guggulu* directly and *Triphala Kashaya* eye wash locally.

DISCUSSION:

Guggulu Kalpana is a growing Ayurvedic compound that effectively treats a variety of illness by boosting the effectiveness of related medications without diminishing its own power. According to Rule 161B of the Drugs & Cosmetics Rules, 1945 (Official Gazette of India), *Guggulu Kalpana* has a five-year shelf life, indicating high stability. It is favoured for durability and long-lasting medicinal potency because it has a longer shelf life than other *Ayurvedic Kalpana*, such as *Churna* (2 years) and *Sneha Kalpana*.

Nimbadi Guggulu is an uncommon medication that has been found in literature; we are conducting this type of review work or comparison. It is mostly utilised in *Vata-Kaphaja Shiroroga*. The ingredients needed to make it are readily available, but the formulation is scarce as it is not mentioned as much in classical texts. However, the medications that are part of this mixture are readily available and quickly prepared. Most of the ingredients of this formulation have *Tikta-Kashaya rasa* like *Haritaki*, *Bibhitaki*, *Nimba*, *Vasa*, *Patola* which pacifies *Kapha*, *Triphala* has *Madhura Vipaka* pacifies *Vata*. *Guggulu* has *Kapha-Vatahara* action and also *Rasayana* which also adds to the effect in relieving the chronic pain in *Shiroroga*.

Shiroroga (Headache) was a common problem occurring due to imbalances of doshas. Acc. *Acharya Charak*, *Shiroroga*

occurs due to the vitiation of *Vata* and *Kapha* doshas. This imbalance causes obstruction of channels in the head, leading pain and heaviness.⁷⁸ In modern times, *Shiroroga* has become increasingly common due to stress, inadequate sleep, unhealthy lifestyle and excessive use of technology. Nowadays, people depend on painkillers, medical treatments and relaxation methods for relief. Although the causes have evolved over time, headache continue to be a widespread health problem affecting individuals of all ages.⁷⁹

CONCLUSION:

This compilation-based article on *Nimbadi Guggulu* is designed to provide comprehensive information, eliminating the need for readers to refer to other sources for details related to *Nimbadi Guggulu*, as all relevant information is presented in one place. However, further research is essential to establish proper standardization and quality control measures, which will help in developing a high-quality and reliable product.

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