

Guggul – Herbal Remedies To Lower Cholesterol

General DescriptionThe guggul tree (sometimes spelt as 'guggulu') is an indigenous Indian tree which found abundantly in the temperate climates of north India. It is a small shrub, not more than 4 meters in height. It has a thin bark with thorny branches and trifoliate leaves. It has red or pink flowers with four petals each. The gum of the guggul tree is used extensively in Ayurvedic medicine. This gum is a yellowing resinous substance that is obtained from the stem of the guggul plant. The guggul plant is very well established in Ayurveda. Even in Sushruta Samhita, one of the most detailed works on Ayurvedic medicine, the virtues of the guggul in the treatment of obesity and rheumatism are recorded. Guggul is commercially available for the treatment of cholesterol and triglyceride deposits in the body. Western research has proven that guggulsterone, a chemical available in the guggul gum is the main beneficial factor in lowering cholesterol. Guggulipid, an extract of the guggul gum is also effective in lowering blood cholesterol. The guggul is famous in the west with the name mukul myrrh tree. Biologically, it is named Commiphora wightii or Commiphora mukul. In Ayurveda, guggul is rarely taken in its pure form. Whenever it is prescribed for direct oral medication, the guggul needs to be purified. This method of purifying the guggul herb is known as the shodhana. Shodhana is done by boiling the herb in either cow's milk or its urine. This makes the drug more acceptable to the human body, but it reduces its volatile oil content and hence makes the drug a little less effective in therapeutic terms.

PropertiesGuggul is known to have the following properties:-(i) Guggul disintegrates the cholesterol accumulated in the body. Hence it is used in the treatment of various cardiovascular problems.(ii) Guggul flushes out the toxins from the body and promotes easy digestion of foods. It has a mild laxative effect.(iii) Guggul is known to be a liver stimulator.(iv) Guggul purifies the blood.(v) Guggul has a treating effect on the nervous system.

Uses(i) Cervical Spondylosis Cervical spondylosis is a special type of arthritis which affects the cervical vertebrae, i.e. the vertebrae of the neck region. For the treatment of this disease, guggul is by far the best remedy. It is used in the form of its preparation Simhanada Guggul. The dosage prescribed for the patients is two to four tablets twice a day, followed by a glass of hot water or milk. Due to its laxative effect, it also removes the ama, i.e. the toxic buildup of waste materials in the body. If the bowels move in a regular fashion, the pains of spondylosis are very much reduced. In fact it is only after treating constipation first that any medication for the spondylosis would work.(ii) ConstipationGuggul is a laxative. It facilitates the movement of the bowels and keeps the digestive system clean.(iii) ObesityGuggul is used primarily in the treatment of obesity. It is used in a very unconventional way. The gum resin of the guggul is used to make incense sticks. These are lighted and the fumes are inhaled. Guggul can also be given internally for obese people. Both Navaka Guggul and Triphala Guggul are effective in the treatment of obesity.(iv) RheumatismYogaraj Guggul is extensively used in the treatment of rheumatism. Two to four tablets twice a day need to be taken. The dose must be followed by a glass of hot water or milk.(v) SciaticaGuggul is very effective in treating problems related to the nervous system. It is given to the patient of sciatica in the form of Yogaraja Guggul, of which guggul is the main ingredient. The dosage is two tablets four times a day along with warm milk or water.

Special Ayurvedic Preparations(i) Guggul Tiktaka ghrita Guggul Tiktaka ghrita is elaborately prepared by boiling guggul in a special kind of butter.(ii) Navaka GuggulNavaka Guggul is a combination of guggul with other important herbs. It is generally used in weight loss.(iii) Simhanada GuggulSimhanada Guggul is a preparation with guggul with the main ingredient which is used as treatment for cervical spondylosis.(iv) Triphala GuggulTriphala Guggul is a compound extract (of triphala) to which guggul is added.(v) Yogaraja GuggulYogaraja Guggul is a very special preparation with guggul as the main ingredient. It is a mixture of about twenty powder extracts, among which guggul is the chief ingredient. It is used as a carminative, for lowering cholesterol and as an antipyretic. Apart from these, there are many other guggul preparations being widely used such as Gokshuradi Guggul, Salai Guggul, Amrutadi Guggul, Kaishora Guggul, Kanchanara Guggul, Trayodashanga Guggul and Maha Yogaraja Guggul.

PrecautionsThe use of guggul must always be done under the supervision of an Ayurvedic physician. Excess of guggul almost always causes a rash on the body. But there are other more serious problems associated with an over-intake of guggul. For one, guggul interferes with the liver functions. Hence people with liver conditions must not use guggul. Guggul is used in the treatment of digestive problems. But an excess of guggul can worsen the conditions. People having constant problems such as diarrhea and inflammatory bowel disorder must avoid taking guggul.

About the Author

Life Plus is committed to provide absolutely the best natural nutritional supplements, included are those that aid in proper digestion, which ensures.

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