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A Review on the Clinical Aspect of *Guda* (jaggery) in *Brihatrayi* and *laghutrayi*

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ABSTRACT

Bruhatrayi (*Charaka, Sushruta, Vagbhata Samhita*) and *laghutrayi* (*Sharngadhara, Bhavprakasha, Madhavnidan*) are the pillars of Ayurveda which also serve as a reference book or guide for clinicians and scholars. The matter for every subject is scattered in whole *Samhita* and have to take great efforts if anyone wants to search for details about a single topic. Jaggery is one of the most useful and beneficial product in traditional Indian kitchen since ancient time and there are many types of research on jaggery has been published but most of them were specific concern about marketing and focused on the nutritional value and colour product (jaggery). Very few study concern about the medicinal uses of jaggery but *Ayurvedasamhita* have given details about its various medicinal properties and uses in various diseases and formulations. This article might fulfil the demand of scholar for medicinal uses and properties of *guda* (Jaggery) arranged in brief and tabular form. The information might at a glance view for reference in *Brihatrayi* and *Laghutrayi*.

Key Words: *Guda*, Jaggery, *Brihatrayi*, *Laghutrayi*, Medicinal properties and uses

INTRODUCTION

Ayurveda is called *Veda* for *ayu* (Life, longevity, health and wealth). For thousands of year, it was played a vital role in health problems i.e. Prevention (Swastha rakshana) and the cure of diseases (Vyadhiparimoksha)¹ of not only human being but also another living thing in the world. It has mentioned very details and specific about *ahara* (diet) and *ausyadi* (medicine). All *Samhita* has given importance to *Sa-hara* before medicine and also stated the first stage towards the disease cure process. Some of the product mentioned in *Ayurveda Samhita* plays an important role as diet and medicine also. Jaggery is one of them and the most useful and beneficial product in traditional Indian kitchen since ancient time. There are many types of research on jaggery that has been published but most of them were specifically concerned about marketing and focused on the nutritional value and colour product (jaggery). Very few study concern about the medicinal uses of jaggery but *Ayurvedasamhita* has given details about its various types, medicinal properties and uses. There are three types viz. *Naveen, Purana* and *Prapurana-Guda* mentioned in *Samhita* but the clear demarcation is not mentioned. It has been specified in *Nighantu*. Properties of

all types of *Guda* are different hence the medicinal uses also changed accordingly. General properties are described in various *Samhita* are *Na-atishleshmakar, Mala-Mutra shud-dhikar, Krimi-Majja-shyonit-Meda-Mamsavardhaka, Agni-mandya Hridya* and *Pathya*.²⁻⁴

To date, the medicinal properties and uses of *guda* in *bru-hatrayi* (*Charaka, Sushruta, Vagbhata*) and *laghutrayi* (*Sharngadhara, Bhavprakasha, Madhavnidan*) are not compiled in one rooftop. Hence the topic is selected for study and organised clinical aspect of *guda* in brief with the tabular form which has given in *Brihatrayi* and *Laghutrayi*. Which will be more helpful for clinician and scholar to find the appropriate reference in one place. *Madhavnidan* is a specific concern about diagnosis hence it has not mentioned any information about jaggery and its medicinal uses.

REVIEW

Charaka has given guna of *Guda*, i.e. The *Krimi-Majja-shyonit-Meda-Mamsavardhak, Annapanavidhiadhyaya* in *Sutrasthana*. *Alpa doshkar* is the final prepared *shudhha*

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Guda. In Chikitsa sthana for chikitsa, where Guda is one of the ingredients, binding agent, as anupana with a particular Kalpa according to disease, hetu of disease. chikitsa Charak Samhita listed various Kalpa. All data summarized in Table 1 for quick reference.³

Sushruta has mentioned *Guda* and its properties in sutrasthana adhyaya 45, Dravdravya vidhyaninya shlok no.160. Guna karma of *Naveen* and *Puran Guda* was separately mentioned by shushurta. As the Sushruta was mainly concern with shalyatantra, Kalpa of *Guda* found less in numbers than in Charak Samhita but pathya-apthya specifically given in sutrasthana which are summarized in Table 2.⁴

Vagbhat mentioned properties of guda in Sutrasthana, dravdravyavdhyniya, shlok 48, 49 (AH.Su 5/48, 49). *NaveenGuda* is kaphakarak and create agnimandya while *Puran Guda* is Hridya, Pathya. There are very scattered references in Samhita about use of guda in chikitsa of urdhvajatrugata roga, grahani roga, arsha, skin diseases etc are summarised in Table 3.⁵

Asthangsangrahkara mentioned *Guda* in Sutrasthana, dravdravyavdhyniya, shlok 87 (As.Su 6/87). He explained more or same uses as Astangahriday like in jwara, swasa, Kasa, hikka, swarabheda, aruchi, arsha, Grahani, pandu, udara, pleeha and rasayana in combination with other drug or solitary which was concluded in Table 4.⁶

Sharangdhar has given more detailed information about ma- tra (proportion) of *Guda* in Panchavidh Kasay kalpana. *Guda* is used in various diseased condition as kalpa form or as anu- pana. There are several Kalpa like Hemagarbha pottali rasa, Shital Jwaradi Rasa, Pathyadi kwatha, Shadanga Kwatha and used in many formulations especially in asava- aristha kalpana and many more these are summarised in Table 5.⁷

Bhavaprakasha Samhita written by Acharya Bhava Mishra. *Guda* is described at Nighantu part of samhita in Ikshu- varga. *NaveenGuda* properties are mentioned as Vrushya, Guru, Snigdha, Vatanashak, Mutrashodhan, Na-ati-pittakara,

Medakara, Kaphakara, Krimikara, Balakara, Swasakara and *Puran Guda* is Laghu, Pathya, Anbhishandi, Agnijanaka, Pusthikruta, Pittaghna, Madhur, Vrushya, Vataghna, Rak- taprasadaka. Bhavprakasha has mentioned specific guna with particular anupan like *Guda* with Ardraka- quickly re- duces the enhanced kapha, with Haritaki it acts on Pitta and when used with Sunthi it acts as Vatahara. The scattered ref- erence of guda used in chikitsa is summarised in Table 6.⁸

MODERN VIEW

According to modern parameter, jaggery is far complex than sugar hence get digested slowly than sugar and releases en- ergy accordingly slow and not spontaneously thus provides energy for a longer time and is become beneficial to the body. As it is prepared in iron vessels Jaggery hence rich in ferrous salts (iron) and popularly used in anaemia for a long time. It also contains traces of mineral salts which are very helpful for the body. Jaggery act as a very good cleans- ing agent. It acts as a purifying agent for lungs, respiratory tracts, stomach, intestines and oesophagus. It is highly rec- ommended to take jaggery daily who workplaces are full of dust as it can keep them safe from asthma, cough & cold, congestion in chest etc. It is rich in significant minerals re- quired for the human body (viz., Potassium-1056 mg, Cal- cium-40-100 mg, Magnesium-70-90 mg, Phosphorus-20-90 mg, Sodium-19-30 mg, Iron-10-13 mg, Manganese-0.2-0.5 mg, Zinc-0.2- 0.4 mg, Copper-0.1-0.9 mg, and Chloride-5.3 mg per 100 g of jaggery), vitamins (viz., Vitamin A-3.8 mg, Vitamin B1-0.01 mg, Vitamin B2- 0.06 mg, Vitamin B5-0.01 mg, Vitamin B6-0.01 mg, Vitamin C-7.00 mg, Vitamin D2- 6.50 mg, Vitamin E-111.30 mg, Vitamin PP-7.00 mg), and protein-280 mg per 100 g of jaggery, which can be made available to the masses of malnutrition and undernutrition to lessen the health issues. It has been reported micronutrients present in the jaggery plays a better role in antitoxic and anti- carcinogenic properties. All features of *Guda* shown in Table 1 to Table 6 according to various Ayurved books.⁹

Table 1: References of Guda from Charaka Samhita

Reference	Preparation(Yoga)/ AmayikPrayoga	Uses
Ch.su. 13/66	<i>Mrudukosthi laxana</i>	<i>Rechan by Guda sevan only</i>
Ch.su.17/27	<i>Krimijanya Shirshula</i>	<i>Hetu</i>
Ch.su. 17/37	<i>Krimijanya Hridroga</i>	<i>Hetu</i>
Ch.su. 26/40	<i>Sanyog virudhha-do not eat Anup,Gramya,Jaliya mamsa with Guda</i>	<i>Badhirya, Sharir kampa, Andhatva (Blind- ness)</i>
Ch.su. 27/238	<i>Guna of Guda</i>	<i>Krimikar, Majja-shonit-meda-mamsakara.</i>
Ch.Chi.1/2-15	<i>Bhallataka Guda</i>	<i>Rasayana</i>
Ch. Chi. 3/104	<i>Trikantakadi Kshirpaka</i>	<i>Jwara</i>
Ch. Chi. 3/105	<i>Aragwadhadi Niruha Basti</i>	<i>Jwara</i>

Table 1: (Continued)

Reference	Preparation(Yoga)/ AmayikPrayoga	Uses
Ch. Chi. 4/92	<i>Sarpi guda</i>	<i>Raktapitta</i>
Ch. Chi. 5/96	<i>Guda</i>	<i>Vataj Gulma</i>
Ch. Chi. 5/130	<i>Draksha+Abhaya+Guda</i>	<i>Pitaj Gulma</i>
Ch. Chi. 5/155	<i>Danti Haritaki leha</i>	<i>Sukha virechaka-Gulma,Arsha</i>
Ch. Chi. 5/176	<i>Gudakshar Leha</i>	<i>Rakta Pittahar</i>
Ch. Chi. 7/7	<i>Hetu</i>	<i>Kustha</i>
Ch. Chi. 7/61	<i>Gudatail</i>	<i>Kusthashaman</i>
Ch. Chi. 7/162	<i>Guda</i>	<i>Svitra kustha</i>
Ch. Chi. 8/100	<i>Guda-Sharkara yoga</i>	<i>Kasa, Swasa, parsvasool</i>
Ch. Chi. 8/101	<i>Sharkara guda +vira</i>	
	<i>Guda+Nagaradi</i>	
Ch. Chi.11/61	<i>Sarpi Guda-Gud</i> , not a Content, name given as shape resembles.	<i>Kshataksheen chi</i>
Ch. Chi. 12/27	<i>Gudabhaya</i>	<i>Strotorodh, Mandagni,swayathu</i>
Ch. Chi. 12/39	<i>Triphaladyarista</i>	<i>Gulma, udar</i>
Ch. Chi. 12/47	<i>Guda</i>	<i>Gulma, udar, Arsa</i>
Ch. Chi. 13/78	<i>Abhaya-Guda</i>	<i>Pliharoga</i>
Ch. Chi. 14/53	<i>Guda+Arkashrit+SnuhiKsheer-Pralep</i>	<i>Arsha</i>
Ch. Chi. 14/54	<i>Guda+Pippali+Chitrakadi lepa</i>	<i>Arsha</i>
Ch. Chi. 14/105	<i>Pippalyadi Ghrut(Anupana)</i>	<i>Apan Vayu, Mala Vibandha in Arsha.</i>
Ch. Chi. 14/119	<i>Gudayukta Pippali</i>	<i>Anuloman</i>
Ch. Chi. 14/140	<i>Abhayaristha</i>	<i>Arsha</i>
Ch. Chi. 14/146	<i>Dantyarishta</i>	<i>Arsha</i>
Ch. Chi. 14/150	<i>Phalaristha</i>	<i>Arsha</i>
Ch. Chi. 15/87	<i>Trishanadya Ghrita</i>	<i>Grahani Chi Mandagni</i>
Ch. Chi. 15/133	<i>Bhunimbadi Churna-Guda sharbat</i>	<i>Grahani</i>
Ch. Chi. 15/153	<i>Duralabhasav</i>	<i>Grahani</i>
Ch. Chi. 15/157	<i>Mulasavawa</i>	<i>Dipan, Anaha</i>
Ch. Chi. 15/160	<i>Pindasav</i>	<i>Rasayana</i>
Ch. Chi. 15/223	<i>Gudavaikrita</i>	<i>Bhasmak Rog Chikitsa</i>
Ch. Chi. 16/59	<i>Guda+ Dantimula</i>	<i>Kamla</i>
Ch. Chi. 16/72	<i>Mandur Bhasmadi Yoga</i>	<i>Pandu</i>
Ch. Chi. 16/98	<i>Haritaki+Madhu+Guda</i>	<i>Kamla Nashak Yog</i>
Ch. Chi. 16/105	<i>Guadoaristha</i>	<i>Pandu</i>
Ch. Chi. 17/115	<i>Madhukadi Yoga</i>	<i>Kasa,Sawa,Hikka</i>
Ch. Chi. 17/130	<i>Sarkara Amlki Yoga</i>	<i>Hikka, Swas</i>
Ch. Chi. 18/51	<i>Dusparshadi leha-Purana Guda</i>	<i>Vataj kasa</i>
Ch. Chi. 18/59	<i>Agastya Haritaki</i>	<i>Kasa,Kshaya,swasa</i>
Ch. Chi. 18/69	<i>Gudayukta dughapana after manshiladi Dhumpana</i>	<i>Kasa(Jirna)</i>
Ch. Chi. 18/72	<i>Gudayukta Dugha –after Prapoundrikadi Dhum-papana</i>	<i>Kasa</i>
Ch. Chi. 18/105	<i>Kasahar Gutika</i>	<i>Sukradosha, Rajovikar</i>
Ch. Chi. 18/146	<i>Dhumpana yoga</i>	<i>Kasa</i>

Table 1: (Continued)

Reference	Preparation(Yoga)/ AmayikPrayoga	Uses
Ch. Chi. 18/166	Pippali Ghrita	Kasa
Ch. Chi. 18/168	Haritaki Leha- Purana Guda	Swasa, Kasa
Ch. Chi. 18/171	Eranda Patra Bhasma Yoga + Dugdha	Kshayaj Kasa
Ch. Chi. 18/172	Drakshadi Leha- Puran Guda	Kasa
Ch. Chi. 18/173	Chitrakadi Leha	Kasa
Ch. Chi. 19/ 114	Bilva Yoga	Kaphaj Atisar
Ch. Chi. 21/126	Dantyadi Lepa	Visarpa—Granthi
Ch. Chi. 22/34	Guda Sharbat(Panak)	Talusosh
Ch. Chi. 22/51	Guda Sharbat(Panak)	Madyajanya Trishna
Ch. Chi. 22/56	Guda sharbat(Panak)	Annaj Trishna
Ch. Chi. 24/184	Guda	Rochan, Paachan
Ch. Chi. 26/12	Shyamadi Vrti	Udavarta
Ch. Chi. 26/14	Pinyaka Varti(Krimighna Varti)	Udavarta
Ch. Chi. 26/18	Guda Madya	Udavart
Ch. Chi. 26/86	Pathyadi Kalka	Hridparshvasool, Pristhasool
Ch. Chi. 26/91	Sarpi Guda	Pittaj Hridayroga
Ch. Chi. 26/193	KsharGutika-(Puranguda)	Kustha Roga
Ch. Chi. 26/219	Karvyadi Yoga	Arochak
Ch. Chi. 26/285	Sarpiguda	Swarbheda

Table 2: References of Guda from Sushrut Samhita

Reference	Preparation(Yoga)/ AmayikPrayoga/ Anya	Uses
Su. Su.19/16	Apathya	Vrana
Su. Su.20/13	Apya, Anup jal,mamsa, is apathy for consuming Guda	-
	Ikshuvikara is apathya with Fishes	-
	Kakmachi and Guda is virudhha anna.	-
	Varaha Mamsa and Guda is Ssanyog viruddha	-
Su. Su.36/7	Use always Puran guda	-
Su. Su. 44/6	Ikshuvikara+nishot churn	Virchan in Pittaj Vyadhi
Su. Su.44/7	Guda+Nishot -Lehya	Virechan
Su.Su. 44/11	Guda+Trivrutadi-Gutika	Virechana
Su.Su. 44/25	Guda+Nishothadi Gutika	Kapha Vataj Gulma, Pleeha,Udar
Su.Su. 44/52	Guda Haritaki Modak	Grahani, Pandu, Gulma, Arsha
Su. Su.44/66	Niliphala+Suthi+Haritaki+Guda lehya	Agni Deepan, Vayu Anuloman,Vrishya
Su. Su.44/68	Guda+Nagar+Haritaki-Lehya	
Su. Su.44/82	Mahavrikshadi Utkarika	Shrighra Virechak
Su.Su.44/88	Triphaladi Churna+Guda	Shrestha Virechan, Pramha, Gulma
Su.Su.45/160	Guda	Guna varnana
Su.Su.45/161	Puran Guda	Guna Varnana
Su.Su.45/182	Gudasidhu	Guna Varnana
Su.Su.45/212	Guda Shukta	Guru Abhishyandi
Su.Su.46/386	Yava sattu+ Guda	Mutrakrichha Udavarta
Su.Su.46/388	Guda Panak	Mutral, Guru

Table 2: (Continued)

Reference	Preparation(Yoga)/ AmayikPrayoga/ Anya	Uses
Su. Su.46/394	Food Material Prepared from Guda	Vidahi, Vat Nashak
Chikitsa Sthana		
Su.Chi.5/12	Gudaharitaki	Vatrakta
Su.Chi.6/13	Gudaharitaki	Arsha
Su.Chi.6/13	Dantiharitkyarista	Arsha, Grahani, Pandu.
Su.Chi.6/15	PippaliMarichyadi Arista	Pleeha, Agnimandya, Arsha, Gra-hani, Hridrog, Pandu, Shopha, Kustha, Gulma, Udar
Su.Chi.9/13	Dadrunashak Lepa	Dadru
Su.Chi.10/6	Haritkyadi leha (Sa-ikshujat)	Kustha
Su.Chi. 11/5	Varjya in Prameha	-
Su.Chi. 12/13	Loharistha	Shohta, Gulma, Kustha, Prameha, Pandu.
Su.Chi. 14/10	Haritaki Guda	Udara, Gulma, Vidradhi, Kustha.
Su.Chi. 18/16	Vranashodhan	Kaphaj Vrana
Su.Chi. 23/11	Varjya in Shohta	Shohta Vyadi
Su.Chi. 23/12	Lohabhasma+Guda Haritaki	Shohta
	Sunthi+ Guda	Shohta
Su.Chi. 28/4	Bakuchi Guda pinda	Medha, Ayu.
Su.Chi. 38/48	Guduchyadi Athapan Basti	Vataroga
Su.k. 7/52	Vishaghna Yoga	Alark Yoga

Table 3: References of Guda from AstangaHridaya

Reference	Preparation(Yoga)/ Amayik Prayoga	Uses
AH.Su.5/48	Guna of Guda	Na-atishleshmakar, Mala-Mutra shuddhikar.
AH.Su.5/49	Guna of Puran Guda	Hridaya, Pathya,
AH.Chi.1/120	Jwarahar Basti	Jwara
AH.Chi. 1/153	Rasayan yog	Visham Jwarchikitsa
AH.Chi. 3/22	Dashmooladi Guda siddha peya	Kasa roga
AH.Chi. 3/51	Dadimadi leha	Pinas, Swasa, Kasa
AH.Chi. 3/52	Gada kshradi yoga	Swasa, kasa
AH.Chi. 3/68	Guda sidhha dugdhpana after Manshiladi Dhumpana	Old kasa, Swasa
AH.Chi. 3/77	Gudodaka+ Madha+ Marich	Kasa, Swasa
AH.Chi. 3/128	Agastiprash	Vali, Palit, 5 type of Kasa, Kshayroga, Swasa, Hikka etc
AH.Chi. 3/136	Vasistha Rasayana- Jirna Guda	More potent than Agastiprasha
AH.Chi. 3/148	Gudodaka after Manshiladi Dhumpana	Kshat chikitsa
AH.Chi. 3/164	Pippli + Guda Sidda Ghrita	Kasa
AH.Chi. 3/166	YavaHaritaki Lepa	Swasa, kasa
AH.Chi. 3/166	Yav Haritaki lepa	Swasa, kasa
AH.Chi. 3/169	Eranda Patra Kshar yog	All Kasa, Swasa
AH.Chi. 3/170	Trikatu+ Madhu + Guda-Puran Guda	
AH.Chi. 3/172	Haritaki+ Sunthi+Guda-Gutika	

Table 3: (Continued)

Reference	Preparation(Yoga)/ Amayik Prayoga	Uses
AH.Chi.4/37	Pippalmula yoga	Hikka, Abhishyanda, Kasa
AH.Chi.4/42	Taila,Daruharidradi Lehya yoda	Shleshma nashak
AH.Chi.4/47	Sunthi+ Guda- Eat/ Navan Nasya	Hikka, Swasa
AH.Chi.5/38	Guda+Ghrit & Koshna Jala	Vataj Swarabheda
AH.Chi. 5/51	Gudodak- For Vaman	Pittaj Aruchi
AH.Chi. 6/32	Panchakoladi kalka	Hriday, Parshwa shoola, Gulma
AH.Chi.6/66	Dadhi+ Guda	Vatatmaja Trishana
AH.Chi.6/76	Gudodaka	Trishna due to Seeta Jala snana
AH.Chi.6/78	Gudodaka(Seeta)	Trishna due to Sneha Bhojan
AH.Chi.7/57	GudaSidhu	Madya
AH.Chi.7/98	Madya prepared by Guda	Vatroga
AH.Chi. 8/54	Sunthi+Guda Guda+Kshar+Ghrit Haritaki+Guda	In Gadha Varchasam(In Hard stool)
AH.Chi.8/58	Ghritbharjit Pippali+ Haritaki with Guda	Anuloman in Arsha
AH.Chi.8/61	Sura	Arsha
AH.Chi.8/72	Chittrakadi Ghrit,Pippalimula grhita,	Anulomak
AH.Chi.8/85	Guada(Sura)	Anulomak
AH.Chi.8/110	Kutajavleha	Arsha, Grahani,Swasa
AH.Chi.8/144	Karanjadi Sukta	Anuloman,Pliha, Gulma, Udar
AH.Chi.8/145	Karanj-Chittrakadi Chukra	Arsha,Agnidipan,Pandu, Udar,pleeha etc
AH.Chi.8/150	Pilusandhan Kalpa	Arsha
AH.Chi.8/151	Dashmuladi lehya	Gulma, Pleeha, Prameha, etc
AH.Chi.8/154	Chittrakadi Leya	Arsha, Kushtha, pleeha, Gulma,
AH.Chi.8/155	Gudadi Vati	Arsha, Twaka vicar
AH.Chi.8/157	Marichyadi Gutika	Arshahar
AH.Chi.8/158	Suranadi Vati	Arsha
AH.Chi.8/160	Indrayavadi Gutika	Arsha
AH.Chi.9/18	Dadhi, tail, ghrita, dugdha+Sunthi& Guda	After Ama pachan
AH.Chi.9/109	Pathadi yoga+Guda+Takra	Kasthasadhya atisar
AH.Chi.10/17	Talisadi Gutika	Kaphaj Chhardi, grahani
AH.Chi.11/27	Karanjadi Churna	Sarkara patan(Kidney stone)
AH.Chi.13/41	Sukumar Rasayan	Arsha,vidradhi
AH.Chi.14/41	Sunthi+Guda+Kale Tila yoga Gutika	Vataj Hridrog, Gulma, Arsa
AH.Chi. 14/93	Dantiharitaki leha	Gulma, Hridrog, Kustha, Utklesha
AH.Chi.14/120	Til kwath with Ghrita and Guda	Gulma
AH.Chi.15/125	Gudadi varjya padarth	Varjya in Udara vyadhi
AH.Chi 16/15	Gudadi Vati	Pandu.
AH.Chi.17/5	Guda+Haritaki with takra	Agnimandya, malavstambha
AH.Chi 17/6	Gudardraka yoga	Gulma, Udar, Arsha, Shotha, Prameha, Alsak
AH.Chi 17/16	Dashmuladi leha	Shotha, Jwara, Meha, Gulma, Karshya,Amvata, Amlapitta, Raktapitta, Vivarnata, Mutrakruchha.
AH.Chi 18/26	Danti Chittrak muladi lepa	Granthi

Table 3: (Continued)

Reference	Preparation(Yoga)/ Amayik Prayoga	Uses
AH.Chi 19/27	Varjya padartha- dadhi,dugdha, guda etc	Kustha
AH.Chi 19/31	Vidangadi vati	Kustha, Switra, swasa, kasa, Udar, Arsha, Meha, Pleeha, Granthi.
AH.Chi 19/44	Bakuchi vati	Kustha
AH.Chi 19/47	Pathyadi Guda	Kustha
AH.Chi 20/19	Guda, Dugdha, Matsya	Kapha+Krimi Utklesh for Krimi nirharan chikitsa
AH.Chi 20/35	Guda, Mamsa, ghrita, Dadhi	Varjya in Krimiroga.

Table 4: References of Guda from Astanga Sangraha

Reference	Preparation(Yoga)/ Amayik Prayoga	Uses
As. Su. 6/87	Naveen- Kaphakar, Agnimandya Puran-Hridya and Pathya	Guna of Naveen and PuranGuda
As.Chi. 1/66	Guda+Sarivadi kashay	
As.Chi. 1/67	Guda+Gambhari etc Kashay	
As.Chi. 1/68	Guda+Pippalyadi Kwatha	Vataj Jwara
As.Chi. 1/69	Guda+Aragwadhadi Kwatha	
As.Chi. 1/70	Satavari+Guda/ Guduchi+Guda	
As.Chi. 1/72	Bharangi+Guda	
As.Chi. 1/78	Ativishadi Kwatha	Kaphaj jwara
As.Chi. 1/82	Drakshadi Kwath Traymanadi Kwath	Sannipatik Jwara
As.Chi. 2/57	Chaturstra Parni Basti	Jwaranashak
As.Chi.2/102	Jirak Kalka+Guda/Guduchi Swarasa	Sheeta Jwara
As.Chi.2/121	Rasaynadi Yukta Guda+Bhallataka	Vishamjwara
As.Chi. 4/20	Dushparshadi churna+ Puran Guda	Vataj Kasa
As.Chi. 4/68	Guda+Yavakshara+Pippali+Dadim	Kasa, Swasa
As.Chi. 4/69	Dadimadi churna	Rochan, swarya, Pinas
As.Chi 4/89	Triphala, Pippalyadi Avleha	Kaphapradhan Kasa
As.Chi. 4/92	Guda+ Dugdha after Dumpana	Vata Kaphaj Kasa+Jirna Kasa
As.Chi. 4/95	Mainshiladi Dhumpana+ Guda+ Dugdhan	Kaphaj Kasa
As.Chi. 5/8	Gudodak	Kasa
As.Chi. 5/47	Sarpiguda	Kasa
As.Chi. 5/85	Agstyaleha	Rasayan, Swas, Kasa,Hikka, Kshaya
As.Chi. 5/93	Vasistha Rasayan- Jirna Guda	Rasayana, Swasa, Kasa, Hikka
As.Chi.5/121	Pippali Ghrit	Kasa, Jwara, Aruchi
As.Chi.5/128	Chitrakadi churna Lehya	All types of Kasa
As.Chi. 6/38	Utkarika	Hikka, Swasa
As.Chi.6/40	Ajakshir+Sunthi+Guda	Hikka, Swasa
As.Chi.6/41	Pippali muladi Yoga	Hikka, Abhishyanda
As.Chi.6/51	Guda-Tail-Nishadi churna	Kasa, Swasa
As.Chi.6/58	Guda+Sunthi Oral or Nasya	Hikka, Swasa
As.Chi.7/17	Shukta-Raga	Kanthya,Rochan

Table 4: (Continued)

Reference	Preparation(Yoga)/ Amayik Prayoga	Uses
As.Chi.7/54	Triphala Pippalyadi lehya	Swarya, Kasa, Swasa
As.Chi.7/55	Sunthi, Pippalyadi Lehya	Swarya, Kasa, Swasa
As.Chi.7/62	Madhuk-Drakshadi Nasya+Gudanam	Swarya
As.Chi.7/76	Vaman	Pittaj Arochaka
As.Chi.7/83	Karvyadi yoga	Arochaka
As.Chi.7/92	Talisadi Modak	Rochya, Agnidipan, Kasa, Swasa, Aruchi, Vaman, Pleeha, Hriday Parshva shola
As.Chi.8/22	Panchakoladi Yoga	Hriday, Parshva, Yonishool
As.Chi.8/28	Pathya	Vatik Hridroga
As.Chi.8/46	Gudambu	Trishna chikitsa (Trishna After cold shower)
As.Chi.8/47	Cold Gudambu	Trishna(After snigdha bhojan)
As.Chi.10/12	Haritaki+ Guda-Takra anupana	Agnimandya, Guda(Anus) Shoola, Shotha
As.Chi.10/15	Chitrak moola Kwatha (Lehya)+Guda+Madhu	Arsha
As.Chi.10/20	Dantyaristha	Arsha, Grahani, Pandu, Hridrog, Kamla
As.Chi.10/22	Amlkaristha	Arsha, Grahani, Pandu, Hridrog, Kamla, Khalitya, Palitya
As.Chi.10/23	Guggulasava	Arsha, Grahani, Pandu, Hridrog, Kamla, Khalitya, Palitya
As.Chi.10/26	Karanj Sukta	Arsha, Gulma, Anaha, Pleeha, Udar
As.Chi.10/27	Pilu Sukta	Arsha, Gulma, Anaha, Pleeha, Udar
As.Chi.10/35	Kutajavleha	Arsha, Grahani, Swasa, Kasa
As.Chi.18/15	Mastvaristha	Pandu rog, Prameha, Sthoolta, meda, Arsha
As.Chi.19/3	Sunthi+Guda with Punarnava Kwatha	Svayathu(Shotha)
As.Chi.19/17	Ashtashatarishta	Shotha, Udar, Arsha, Bhagandar
As.Chi.22/4	Malayu Rasa+Guda- Virechana	Shvitra
As.Chi.22/35	Guda, Dugdha, Mansa etc –Apathya	Krimi
As.Chi.23/44	Gokshur Tail	Vatroga
As. Kp.1/17	Yavagupana= Dugdha+Guda+Saindhav	Vaman Purvakarma
As. Kp.1/25	Ikshwaku + Guda+ Til kalka -	Kasa, SwasaJwara, Vaman
As. Kp.2/52	Gudadi Modak	Grahani, Pandu, Kandu
As. Kp.2/55	Sunthi+Haritaki+ Nilini+Guda-Koshna Jal (Anupana)	Virechana
As. Kp.6/18	Amrutadi Basti	Basti Vyapad(Pakvshay sthite swinne)
As.U.2/85	Lepa(Anagarak Rajsa+Guda+Jala)	Nabhi Patan
As.U.4/9	Balkagar(Guda etc)	Bali
As.U.6/19	Bali (Guda, dugdha etc)	Naimesha Graha
As.U.6/29	Bali samgri	Pitrugraha Dosha
As.U.7/9	Devadi Kopa(Akramana) kala	Graha Kala
As.U.7/21	Guda etc	Favourable things for Sarpa Graha
As.U.8/14	Give their(Graha's) favourable thing	Graha chikitsa
As.U.8/20	Gudapoop	Naag Graha Chikitsa

Table 4: (Continued)

Reference	Preparation(Yoga)/ Amayik Prayoga	Uses
As.U.12/15	Guda etc Parisheka	Vrtma Roga
As.U.19/41	Sunth churn pottali+Madhu+Guda Parishek	Kaphaj Netraroga
As.U.24/3	Guda-bhojan	Pratishyay
As.U.24/31	Guda+Marich+Hingu-Nasya	Avinas+ Putinasa
As.U.26/16	Agnikarma	Krimidanta
As.U.26/30	Agnikarma	Dantanadi
As.U.35/10	Lepa -Shodhan	Kaphaj Granthi
As.U.43/59	Gudodaka+ chaturjat	Agad
As.U.46/53	Guda lepa	Shvaan Damsha
As.U.46/58	Guda	Panartha
As.U.47/12	Guda lehan	Visajanit Swasa
As.U.47/13	Guda pana	Visajanit Hikka
As.U.49/18	Guda+Haritaki+Sarkara	Pittaj Vyadhi
As.U.49/67	Guda Bhallataka	Rasayan
As.U.49/76	Somraji	-
As.U.49/116	Lasun Guda rasayana	Rasayana
As.U.49/236	Vidangadi Guda	Rasayana

Table 5: References of Guda from Sharangdhar Samhita

Reference	Preparation(Yoga)/ Amayik Prayoga	Uses
Purvakhanda		
S.P.Kh.2/6	Matra of guda in kwatha kalpana- 1 karsha	-
S.P.Kh.2/13	Kasmaryadi kwatha with guda	Vataj Jwara
S.P.Kh.2/148	Pathyadi Kwatha-Guda anupana	Sirshul
	Shadanga Kwatha- Guda anupana	Sirshul
S.P.Kh.2/167	Trikantakadi Kshir	Mala-mutra vibandha , kaphaj jwar
S.P.Kh.3/2	In Fant Kalpana -the quantity of Guda should be taken the same as in kwacha	-
S.P.Kh.5/2	In Kalka Kalpana (Mentioned Common quantity of Guda.)	-
S.P.Kh.5/14	Guda is avoiding in rason Sevan Kal.	-
S.P.Kh.5/18	Sunthi+Til+Guda=Kalka+Dugdha	Parinama Sula
S.P.Kh.5/26	Nishothadi Kalpa+Guda	Krimiroga
S.P.Kh.6/2	Guda use as a Prakshepa for churna in the same quantity	-
S.P.Kh.6/47	Laghu Gangadhar Churna+Guda+Takra	Pravahika, Atisara
S.P.Kh.6/115	Ajmodadi Vati(Guda as binding agent)	Amvata, Sandhisula, Gridhrasi
S.P.Kh.7/1	Guda- Vati, Gutuka synonyms	-
S.P.Kh.7/2	Guti preparation method from Guda	-
S.P.Kh.7/9	Bahushal Guda	Arsa, All Gulma, Vatodar, Pratishya
S.P.Kh.7/14	Marichyadi Gutika	Kasa
S.P.Kh.7/16	Guda Vatika	Swasa, Kasa
S.P.Kh.7/23	Yvoshadi Gutika	Pinas, Swasa, Kasa

Table 5: (Continued)

Reference	Preparation(Yoga)/ Amayik Prayoga	Uses
S.P.Kh.7/24	Guda chatustaya Gutika	Mutrakruchha, Arsha
S.P.Kh.7/25	Vridhhadaruk Modak	Arsha
S.P.Kh.7/27	Suran Pindi	Arsha
S.P.Kh.7/31	Brihatsuran Vatika	Vata, Kaphaj Grahani, Kasa, Swasa
S.P.Kh.7/60	Gudapakasam	-
S.P.Kh.7/85	Gokshuradi Guggul (Guda not a content, word use for Guggul paka)	-
S.P.Kh.8/2	Quantity of Guda should be taken twice with respect to churna (Avleha Kalapana)	-
S.P.Kh.8/34	Agastyaharitaki	Kshaya, Kasa, Jwar
S.P.Kh.8/39	Kutajavleha	Atisar, Arochaka, Grahani, Pandu
S.P.Kh.10/03	Anukta Mana-1 Tula Guda in 1 dron drava	-
S.P.Kh.10/19	Kumaryasava	Bruhan Rochan, Vrushya
S.P.Kh.10/31	Pippalyasava	Kshaya, Gulma, Udarvikar, Grahani
S.P.Kh.10/36	Lohasava	Agnidipan, Pandu, Kshaya, Gulma, Kushta
S.P.Kh.10/45	Kutajaristha	Jwara, Atisar
S.P.Kh.10/66	Babbularistha	Kshaya, Kushta, Atisara
S.P.Kh.10/70	Draksharishta	Urah:Kshata, Kshaya, kasa, swasa
S.P.Kh.10/73	Rohitakaristha	Grahanivikara, Panduroga, Hridroga, Kushta
S.P.Kh.10/86	Dashamularistha	Grahani, aruchi, Swasa, Kasa.
S.P.Kh.11/77	Satva Patan vidhi-Dhatu	Laksha, Madhu etc and Guda
S.P.Kh.12/52	Shita Jwaradi Rasa (Guda Anupana)	Vishamjwar
S.P.Kh.12/103	Hemagarbhapottali rasa (Guda Anupama)	Kaphaprakopa, Kshaya, Swasa
Uttarkhanda		
S.U.Kh.8/18	Gudadinasya	Karna, Nasa, Shiroroga
S.U.Kh.11/85	Dantyadi Daran Lepa	Danta Shoola, krimi

Table 6: References of Guda from Bhavprakasha

Reference	Preparation(Yoga)/ AmayikPrayoga	Uses
B.P.1/681	Agastyadi Nasya	Chittabhrama
B.P.1/752	Visham Jwaranashak yoga	Vishamjwara
B.P.1/755	Marichyadi Yoga	Vishamjwara
B.P.1/756	Shunthyajaji Yoga	Vishamjwara
B.P.1/757	Guduchi Modak	Satat Jwara Chikitsa, Rasayana
B.P.1/819	Gudapippali	Mandagni, Kasa, Ajirna, Swasa, Vibandha.
B.P.2/57	Gudabilva	Raktatisara, Amashula, Vibandha
B.P.2/88	Chatusammodaka	Atisara, Anaha, Vibandha, Visuchika, Krimiroga.
B.P.4/60	Kalyanaka Guda	Grahani, Swasa, Kasa, Swarabheda
B.P.4/68	Mahakalyanaka Guda	Grahani, Prameha, Uroroga, Pratishaya, Dourbalya.
B.P.4/77	Kushmanda Kalyana Guda	Grahani, Kustha, arsha, Bhagandara, Jwara, Adhmana.
B.P.5/71	Laghushuran Modak	Agnipradipana, Shula, Gulma, Arsa
B.P.5/76	Bruhat Shuran Modak	Arsha, Shotha, Sleepada, Grahani

Table 6: (Continued)

Reference	Preparation(Yoga)/ AmayikPrayoga	Uses
B.P.5/83	Bahushal Guda	Arsha, Udara, Gulma, Prameha, Pandu, Halimaka
B.P.5/92	Guda Paka pariksha	Guda paka siddhi pariksha
B.P.5/94	Tila-Bhallatakadi Modak	Arsa, Kasa, Shwasa, Pleeha, Pandu, Jwara
B.P.5/95	Sagudabhaya Yoga	Pitta saman, Kandu, Kukshi pida, Arsa
B.P.6/37	Gudastaka	Agnimandya
B.P.6/86	Jwala Anarlassa (anupana)	Ajirna, Atisara, Grahani, Kapha, Hallas.
B.P.6/143	Guda	Ajirna due to Shurana
B.P.7/5	Guda	Abhyantar krimi hetu
B.P.7/7	Guda	Kaphaj Krimi hetu
B.P.7/15	Guda	Purishaj Krimi hetu
B.P.7/22	Guda+ Kampillaka	Udargat krimi
B.P.7/28	Gomutra siddha Mandur+ Guda	Pandu
B.P.7/30	Punarnava Mandur	Pandu, Kamla, Halimaka
B.P.12/31	Ghrithmishrit dugdhpana after manashiladi dhupan	Kasa
B.P.12/37	Haritkyadi churn+ Guda	Kasa, Kaphanasan, Agnivardhan
B.P.12/39	Marichyadi churn	Kasa
B.P.12/42	Marichyaddi Gutika	Kasa
B.P.12/44	Bhruharitaki	Kasa
B.P.13/19	Sunthi+Guda-Nasya	Hikka
B.P.14/43	Bharangi Guda	Swasa,Kasa, Arsha, Aruchi, Gulma
B.P.18/16	Laja Udaka+ guda	Trushna
B.P.18/27	Gudambu	Trushna due to Snigdha Annapana
B.P.20/80	Kushmanda swarasa+ Guda	Mada induced due to Kodo Dhanya Sevan
B.P.24/136	Tail+ghruta+Ardraka+matulung Swaras+Guda	Kati, Prustha, Trika-shula, Gulma, Grudrasi, Udavarta
B.P.24/251	Ashwagandha or Bibhitaki+ Guda with us-nodaka	Hridaygata vata
B.P.24/259	Idravaruni Mula+Pippali+Guda	Sandhigata Vata
B.P.24/355	Guda	Varjya in Rasona Sevan Kala
B.P.25/29	Guda+ Vardhamana Pippali	Urusthambha
B.P.26/59	Ghritha+ Tail+Guda+Shukta+ Shunthi	Tarpana, Katishula
B.P.26/93	Ajmodadi Churna Vatak	Amvat, Vataroga, Kshudha, Vrudhhi
B.P.26/103	Prasarani Leha	Amvata
B.P.29/44	Haritaki+Guda	Vatarakta
B.P.29/49	Ghritha+Guda	Vatarakta
B.P.29/53	Ghritha+ Guda	Kapha, Pitta Prashamana, Kandu, Visarpa
B.P.30/49	Guda	Pittaj shula
B.P.30/51	Guda+Haritaki+with Ghritha	Pittaj Shula
B.P.30/67	Vidangadi Modak	Tridoshaj Parinamshula
B.P.30/68	Shunthyadi kalka	Parinam shula
B.P.30/79	Gudayukta foods	Annadrava Shula
B.P.30/81	Godhum modaka+ Guda+ cold milk	Annadravashula

Table 6: (Continued)

Reference	Preparation(Yoga)/ AmayikPrayoga	Uses
B.P.30/87	Guda Mandur	Annadravashula
B.P.31/38	Madanphaladi varti	Udavarta
B.P.31/41	Gudastaka	Inhances bala, agni, Varna, Udavarta
B.P.32/27	Guda+Haritaki+Draksha	Pittaj Gulma
B.P.32/33	Sajjikshara+Guda	Gulma
B.P.32/47	Tilva kwatha+Guda+Trikatu+ Ghrita+Bharangi	Raktaj Gulma
B.P.34/11	Ghrita+Dugdha+Guda+Arjun churna+	Hidroga, Jirna Jwara, Raktapitta
B.P.34/14	Tail+Ghrita+Guda+Godhum+Arjun	Hidroga
B.P.35/22	Trikantakadya Ghrita Lehan with Guda	Mutrakrichha, Ashmari, Mutraghata
B.P.35/30	Guda + Dugdha	Mutrakruchha, Sharkara, Vatroga
B.P.35/42	Yava+ Eranda Muladi Kwatha+ Guda	Mutrakriccha
B.P.35/44	Guda+Amalaki	Vrushya, Shrama, Tarpana, raktapitta, Mutrakrichha
B.P.36/37	Guda+Dugdha+ Guda+Ghrita	Mutrakrichha
B.P.37/44	Yavakshara+Guda	Mutrashmari
B.P.37/48	Haridra+Guda+Tushodaka	Medhrasarkara
B.P.37/56	Trunapanchyamuladi Ghrita	Mutradosha, Sharkara, Asmari
B.P.37/63	Sunthi+Varun+Gokshura, Pasanbheda+Bramhi-- Kwatha+Guda+Yavakshara	Ashmari samanya chikitsa.
B.P.37/68	Pashanbhedadi Yoga+Guda+Karkati +Trapusha Beeja Kalka	Ashmari
B.P.37/72	Varun Churna Yoga	Mutrakrichha, Ashmari
B.P.37/75	Varun Bhasma Jala+Yavakshara	Udarroga,Asmari,Pleecha, Gulma, Shroni,Kukshi- tivra shula.Vataj Mutrakruchha
B.P.37/77	Varun Guda	Asmari
B.P.37/87	Jirna Guda+ varunadya Grita	Asmari
B.P.38/1	Guda Vaikruta	Prameha hetu
B.P.38/43	Guda, Kanji, Sauviri, Sura, Talra, Kshira, Ghuta, Gugdha, Amla,Ikshurasa etc	Varjya Padartha.
B.P.39/45	Loharistha	Sthaulya, Agni, Shotha, Kustha, Prameha
B.P.42/31	Guda+Ardra,Guda+Sunthi, Guda+Haritaki,Guda+Pippali	Shotha, Pratishtaya, Galaroga, Mutra roga,
B.P.42/33	Sunthi+Guda with sweta Punarnava Rasa	Shotha
B.P.42/34	Pippali+ Sunthi+ Guda	Shotha,Amajirna, Shula, Mutrashaya shodhan.
B.P.42/35	Gudadi vatak	Shotha
B.P.45/14	Guda+Haridra+Gomutra	Sleepada
B.P.54/150	Bibhitaki+Kakodumbar+Guda+Bakuchi)+Guda +Ajwayan	Udarda
B.P.60/38	Guduchyadi Yoga	Masurika
B.P.62/50	Guda + Ghrita	Suryavata
B.P.62/33	Guda+ Sunthi- kalka nasya	Shirshool
B.P.62/56	Haritakyadi Kwath+ Guda- Nasya	Bhru, Shankha, Karna, Netra shola, ardhavbhedak

DISCUSSION

Properties of *Guda* described by various Acharya are approximately similar. Uses in various diseases through many formulations are different and peculiar. There are few references where *Guda* used solely in treatment like virechana, ajirna, shola etc and abundant reference found in combination with other medications. There are some references where *guda* is considered as hetu of some diseases like *krimi* or in some *karma* (Procedure). It is specifically called *apathya* in *apya*, *anupa mamsa*, *Vrana*¹⁰ and *virudhha* (incompatible) when taken with *kakamachi* (*Solanum nigrum*), *Varaha Mamsa* and *Guda* is *Ssanyog viruddha*.^{11,12} It is a very useful product of sugar cane which is almost useful in all systems of the body. According to modern research, it will help in anaemia, jaundice etc diseases which are already mentioned in *samhita*. It is one of the examples and proof that whatever matter mentioned in *samhita* will be used in today's era also.

CONCLUSION

The compiled references of medicinal properties and uses of *Guda* (Jaggery) which is a very common *ahar* (Dietary) as well as *aushadhi* (Medicinal) *dravya* in Ayurveda will simplify the search in *Brihatrayi* and *Laghutari*.

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